OWES HER LIFE TO "FRUIT-A-TIVES"

The Wonderful Medicine, Made From Fruit Juices and Valuable Tonics.

MADAME ROSINA FOISIZ

[illegible] St. Rose St., Montreal.

[illegible] you to tell you that [illegible] to 'Fruit-a-tives'. This [illegible] relieved me when I had [illegible] hope of ever being well. [illegible] a terrible sufferer from [illegible] had suffered for years; [illegible] I took did me any good. [illegible] about 'Fruit-a-tives'; and [illegible] After taking a few [illegible] now entirely well. You [illegible] permission to publish this [illegible] I hope it will persuade [illegible] sufferers from Dyspepsia to [illegible] 'Fruit-a-tives' and get well".

MADAME ROSINA FOISIZ.

"Fruit-a-tives" is the only medicine [illegible] made from fruit.

[illegible] 50c., 6 for $2.50, trial size 25c. [illegible] or sent postpaid on [illegible] price by Fruit-a-tives [illegible] Ottawa.

Christmas Maple Balls.

[illegible] popped corn, one cup [illegible] sugar, one-half cupful sugar [illegible] spoonful butter substitute [illegible] teaspoonful salt.

[illegible] pick over, discarding [illegible] popped corn and put in a [illegible] butter substitute in [illegible] add syrup and sugar. [illegible] the boiling point and let boil [illegible] will become brittle when [illegible]

[illegible] gradually, while stir[illegible] over corn which has [illegible] with salt. Shape into [illegible] balls with as little pressure as possible.

COLOR CHANGES IN LEAVES

RESULT OF CERTAIN CHEMICAL PROCESSES

Fallen Leaves Contain Valuable Elements, Such as Nitrogen and Phosphorus.

The change in the color of the leaves of trees in autumn is the result of certain chemical processes which take place in the leaves. The change is not, as many suppose, due to the action of frost, but is the tree's preparation for winter. The process is thus described by a technical journal:

"All during the spring and summer the leaves have served as factories, where the foods necessary for the trees' growth have been manufactured. This food making takes place in numberless tiny cells of the leaf and is carried on by small green bodies that give the leaf its color. These chlorophyll bodies, as they are known, make the food of the tree by combining carbon taken from the carbonic acid gas of the air with hydrogen, oxygen and various minerals supplied by the water which the roots gather. In the fall, when the cool weather causes a slowing down of the vital processes, the work of the leaves comes to an end. The machinery of the leaf factory is dismantled, so to speak, the chlorophyll is broken up into the various substances of which it is composed, and whatever food there is on hand is sent to the body of the tree to be stored up for use in the spring. All that remains in the cell cavities of the leaf is a watery substance in which a few oil globules and crystals and a small number of yellow, strongly refractive bodies can be seen. These give the leaves the yellow coloring so familiar in autumnal foliage.

Produces Colored Tints.

"It often happens, however, that there is more sugar in the leaf than can be readily transferred back to the tree. When this is the case the chemical combination with the other substances produces many colored tints, varying from the brilliant red of the dogwood to the more austere reddowns of the oak. In coniferous trees, which do not lose their foliage in the fall, the green coloring matter takes on a slightly brownish tinge, which, however, gives way to the lighter color in the spring.

"While the color of the leaf is changing other preparations are being made. At the point where the stem of the leaf is attached to the tree a special layer of cells develops, which gradually sever the tissues which support the leaf. At the same time nature heals the cut, so that when the leaf is finally blown off by the wind or falls from its own weight the place where it grew on the twig is marked by a scar.

"Although the food which has been prepared in the cell cavities is sent back to the tree, the mineral substances with which the walls of the cells have become impregnated during the summer months are retained. Accordingly, when the leaves fall they contain relatively large amounts of valuable elements, such as nitrogen and phosphorus, which were originally a part of the soil. The decomposition of the leaves results in enriching the top layers of the soil by returning these elements and by the accumulation of humus. That is why the mellow black earth from the forest floor is so fertile. But if fires are allowed to run through the forest and the leaves are burned the most valuable of the fertilizing elements are changed by the heat into gases and escape into the air. As a result, forests which are burned over regularly soon lose their soil fertility, even if no apparent damage is done to the standing timber."

"Winter Blindness."

The above is not a new disease. It is merely a term which stands for the temporary blindness that may fall upon anyone with sight through the erasing of visible things by fogs or mists or blizzards. Such blindness, though infinitely preferable, is often more confusing than real blindness, for a blind man has sharpened instincts to counteract his lack of vision; he "sees" better than the best-sighted man in a pea-soup fog.

For instance, he knows how to walk in a straight line. A man in a blizzard inclines to a circular course. A blind man in sunshine will walk faster and more surely than you can walk in the impenetrable mist. Close your eyes while you walk along the pavement, and how far will you travel without hitting a house or the road, or opening your eyes? Thirty yards, maybe.

Mists at sea are particularly confusing. The wise captain heaves to until the mist clears. Once the writer was on a ship that "walked" into a white maze near Boston Harbor. The engines were stopped, and all night the fog-signals sounded. After twenty-four hours the fog lifted, and almost side by side was another ship, also stationary. Neither had had any consciousness of the other one's presence!

To cut velvet, pin the pattern on the wrong side of the velvet.

Montreal Daily Star.

MONTREAL, WEDNESDAY, OCTOBER [illegible], 1916

WHAT SOLDIERS WANT.

A suggestion to those who are sending gifts to soldiers overseas comes from Lt.-Col. (Canon) Frederick George Scott, Senior Chaplain of the First Division, in a cable received by friends in Montreal. He says "The men want playing cards and chewing tobacco."

CHEW STAG TOBACCO

"Ever-lasting-ly Good"

THE NIGHTMARE PARAPET

A GRIMLY REALISTIC PICTURE OF WAR AS IT IS

British Soldier As He Lies in Hospital Tell of Two Things That Haunt His Brain.

Going over the top, being shelled to blazes in a trench—those are not the memories that haunt me most as I lie here, though Ive had a full-sized man's share of both, and am not greedy for more.

A smell and a stream. They are the two things I find it most difficult to forget.

We were in the line. The trench sides, disintegrated by days of rain, were continually falling in. The trench itself was almost knee-deep in liquid mud. Behind, there was a disreputable crop of little wooden crosses, leaning drunkenly in all derections, many of them splintered, but reaching stragglingly almost to the parados. In front there was a tangled mass of rusty wire, with things hanging on to it like a devil's ghastly mockery of a washing-day. Beyond that, ten yards of shell-churned, offensive mud; then a stagnant, green-scummed channel, on the further bank of which the blonde beast had built a kind of parapet that was surely the outcome of a nightmare. It was built of the dead—German dead.

A Cellar Mystery.

The second memory belongs to the end one of a little row of cellars. There had been a row of houses there—once. Forty-eight hours before, German troops had been there. Just behind there was a German burial-ground, which, now and again German shells were ploughing up. We had been marching for thirteen hours. The cellars were to be our billets for a few hours more. We threw ourselves on to the floor, and tried to sleep, but could not. There was a stench in the place that made us wish to get out. There was a pile of earth near the doorway over which we had to walk when we entered. We kept eyeing this.

At length a batman got a spade, and the first thing he brought to light was a yard-long tress of hair. Beneath the earth was the body of a girl. What hellish deed had been committed in the cellar we could only guess.

We started off to our new line, down a hillside, the whole of which was pocked with shell-craters, each crater a bog. It was pitch dark. First one man would slip and stick, and his thigh boots would have to be sacrificed before he could be extricated; then another, and another, until in one company nineteen men were picking their floundering way along in their stockinged feet, and the slush underfoot was a compound of melted snow and mud. Fatal to strike a light, to speak above a whisper.

Stream as a Trench.

We reached our trench. Trench? Just the shallow bed of a stream, the water still running. Not many yards away, on the slope of the hill on the other side was the enemy line. When day came every man had to crouch down, thigh deep in water and mud. Bent double, else he would offer a fair target, until his back ached excruciatingly, though his legs seemed dead. Then trench-mortar shells and bombs began to come over to us, and men began to roll over and bite their lips lest a cry carry the news to the German. And there, head and shoulders propped up so that they would not drown, they had to stay until darkness came again. Certain death to attempt succour in the light of day, save the little first-aid that we could render. Our doctor, who had been left behind, tried to make his way across the open to us. We buried him that night.

Time seemed to have feet of lead. My watch was stopped. I asked a corporal the time. The question was passed along in whispers until it reached a man who possessed a timekeeper.

"'Nine o'clock."

Only two hours had passed since daybreak! It seemed two weeks! Another ten hours before a man could stand upright!

Welcome Relief.

Mortar shells and bombs continued to fall. It was impossible to hit back. Night came at last. A fresh company came to relieve us. Those of us who were unwounded began the task of getting the wounded and the dead across the bogs and up the hill.

I shall never forget the stream. It was Hades—a bitterly cold Hades, a terribly wet Hades, but a real Hades for all that.

Over 100,000,000 People in Europe Face Starvation

Reliable Experimental Station tests show that Fertilizers have increased yields of grain, potatoes, etc., 25% to 130%.

The 1917 Report of the Board of Agriculture, England, records the fact that in a general report from English farmers who undertook to grow more food, 40% of the farmers made special mention of the great service rendered by fertilizers.

You can help stave off famine and make profit yourself by preparing to fertilize your spring crops, and to top-dress your fall wheat next spring.

Write for our Free Bulletins on Crop Increase.

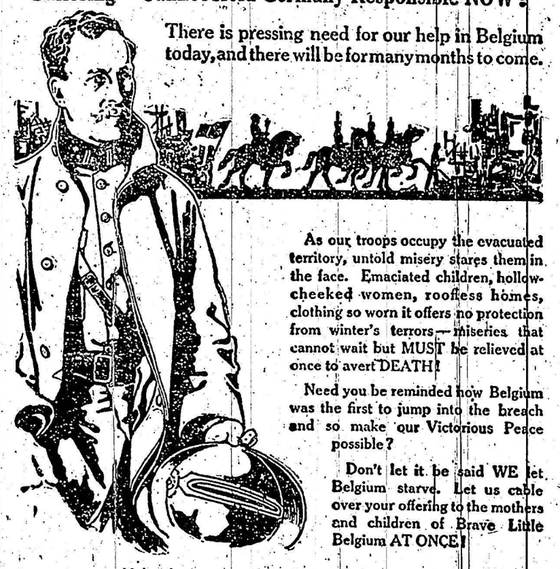
THE SOIL AND CROP IMPROVEMENT BUREAU
OF THE CANADIAN FERTILIZER ASSOCIATION.
1111 Temple Building - - - - - Toronto

Belgium Starving

Under Allied Flags

Immediate Help Needed to Relieve Starvation and Suffering—Cannot Hold Germany Responsible NOW!

There is pressing need for our help in Belgium today, and there will be for many months to come.



As our troops occupy the evacuated territory, untold misery stares them in the face. Emaciated children, hollow-cheeked women, roofless homes, clothing so worn it offers no protection from winter's terrors—miseries that cannot wait but MUST be relieved at once to avert DEATH!

Need you be reminded how Belgium was the first to jump into the breach and so make our Victorious Peace possible?

Don't let it be said WE let Belgium starve. Let us cable over your offering to the mothers and children of Brave Little Belgium AT ONCE!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act) 127

to your Local Committee, or to

Ontario Branch—Belgian Relief Fund—95 King St. W., Toronto

NEW CANADIAN INDUSTRY.

Making of Handkerchiefs in the Dominion Developed in Wartime.

The manufacture of handkerchiefs is now being undertaken in Canada. The absence of supplies in imported handkerchiefs, formerly secured from Great Britain, Ireland and Switzerland, has made possible the development of an extensive trade during wartime. Supplies of linen cloth and yarn have been reduced to the vanishing point by the prohibition of export from Great Britain. One concern has been started in Ontario, the only one in Canada turning out handkerchiefs exclusively. While starting on a comparatively small scale, a market has been secured for the entire output of 500 dozen handkerchiefs a day. Supplies of lawn and nainsook used in the manufacture of the goods are being secured from textile mills.

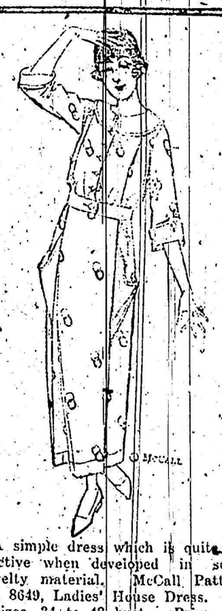
About thirty-five per cent. of the handkerchiefs being turned out are of khaki color, for which a steady demand is being experienced for the militia forces. Equipment consists of sewing machines, an embroidery machine and an electrically driven mangle.

Imports of cotton handkerchiefs for 1916 were placed at $625,902, of which $544,384 came from Great Britain. Switzerland ranks second as the source of the handkerchiefs used in Canada. Imports of cotton handkerchiefs from all sources in 1915 were valued at $489,483, compared with $660,616 in 1914 and $932,652 in 1913. Imports of linen handkerchiefs show a value of $239,855 for 1916, of which $233,266 came from Great Britain.

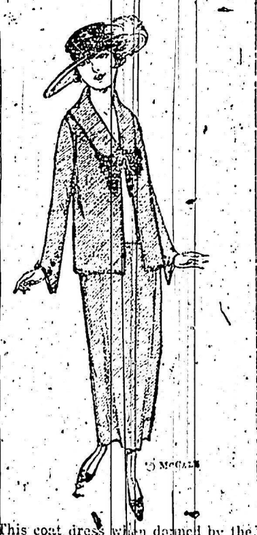
Women doctors have been of the greatest service to the country. Not only have they released men for medical service at the front, but have actually carried on base hospitals as efficiently as men—Sir Watson Cheyne.

Minard's Liniment Cures Diphtheria.

For Winter Days



A simple dress which is quite attractive when developed in some novelty material. McCall Pattern No. 8649, Ladies' House Dress. In 8 sizes, 34 to 48 bust. Price, 25 cents.



This coat dress when donned by the Miss would enhance her appearance to the highest degree. McCall Pattern No. 8652, Misses' Dress. In 3 sizes, 16 to 20 years. Price, 25 cents.

was cured of Rheumatic Gout by MINARD'S LINIMENT.
Halifax. ANDREW KING.

was cured of Acute Bronchitis by MINARD'S LINIMENT.
LT.-COL. C. CREWE READ.
Sussex.

was cured of Acute Rheumatism by MINARD'S LINIMENT.
Markham, Ont. C. S. BILLING.
Lakefield, Que., Oct. 9, 1907.

Canada's Dairy Products.

There are about 3,500 cheese and butter factories in Canada, and over 220,000 dairy farmers supply these with milk and cream. The total value of the output of these factories in 1916 was upward of 62,000,000. The grand aggregate of dairy products in Canada—cheese, creamery butter, whole milk sold for consumption, output of condensers, dairy butter made and milk consumed on the farm—is estimated at $200,000,000.

Minard's Liniment Cures Colds, &c.

General Sir Edmund Allenby was born in 1861 and was the son of Mr. Hynman Allenby, of Felixstowe. He was born at Brackenhurst, near Southwell, his mother's home.

Tea or coffee stains of long standing can be taken out by applying a little glycerine, after washing once; a second washing will entirely remove the stain.

Our enemies made this war a war of engineering and science. We accepted the challenge, and there is no point in which we have not beaten them.—A. J. Hobson.

Keep your shoes neat

2 IN 1 SHOE POLISHES

LIQUIDS and PASTES

For BLACK, WHITE, TAN, DARK BROWN OR OX-BLOOD SHOES

PRESERVE the LEATHER

THE F. F. DALLEY CORPORATION LTD. HAMILTON, CANADA

ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

MADE IN CANADA

E.W. GILLETT COMPANY LIMITED

WINNIPEG TORONTO, ONT. MONTREAL

BRITISH SOLDIERS TORTURED

Prisoners Forced to Work Behind the Firing Line.

Fresh evidence of the ferocious treatment of British prisoners of war captured during the 1918 offensive by Germans is contained in a further report by Justice Young's committee. Much sworn evidence is given that prisoners behind the firing line were half starved and overworked, were brutally treated, were forced to sleep shelterless and were unable to change their clothing. A number actually died of starvation. The report shows that the Germans transferred to East Prussia and German Poland prisoners who were no longer fit to work behind the lines on the western front.

A witness from Insburg, East Prussia, said he saw over 200 prisoners arrive in camp there. There were two trains containing mostly stretcher cases. All were raving for something to eat. Some of them found tub refuse which they devoured. Their clothing was torn and they said they had no proper food nor medical treatment. They could hardly even wash and the dirt was thick on their hands and faces. They looked like skeletons.

Minard's Liniment Cures Garget in Cows.

The Hospital for Sick Children

TORONTO

War Laid Heavy Hand on Children's Charity.

Dear Mr. Editor:

The annual report of the Hospital for Sick Children, which marks a new record, despite the heavy handicap placed upon its work.

The task of ministering to the suffering young is a province of the Hospital's work. The national call has taken 43 nurses from its forces have gone overseas.

Yet the number of patients treated is 5,048, or 2[illegible] more than last year. Of these 1[illegible] were from 296 places outside Toronto.

The tireless efforts of the staff made possible a reduction in the average length of stay necessary for the little patients from 24 days in 1914 to 14 days.

These results show that the children rich dividends of the invested kindness of their superiors.

There has been a great stewardship of the funds entrusted to the Hospital. There has been no extravagance—in every pound spent except where it would prevent the suffering, the shortening, the sickness of the children, the daily cost of operation was kept at the lowest point which would allow the children entrusted to the Hospital to get the best skill and the best of care.

And yet so high has risen the cost of every item in the Hospital's budget—in labor, in fuel, and, above all, in medical supplies—that the minimum expense of taking care of one child for one day has risen from $2.24 back in 1914 to $3.18 in 1918. Of that, $1.66¾ per day that the Ontario Government grants do not cover must come from voluntary contributions.

During the last four years debts were incurred to the extent of $100,000, which the Trustees felt assured would be met by the public as soon as the war drew to its close, and those heavy demands which have been met from the generosity of the loyal people of this province. The time has now come when it is necessary to make the Hospital's direst need of financial assistance.

If this appeal fails to rally the friends of this Charity to its support, it will be necessary to mortgage its buildings and plant. By the bounty of the late John Ross Robertson that property has just been cleared of debt for the first time since it began its ministry of healing mercy.

Little children will have lost a big-hearted friend, and this province a noble benefactor. It is for the public to decide whether his life-work shall be shadowed with a mortgage within less than a year of his passing.

What think you?

Send your answer as soon as possible to the Secretary-Treasurer, Hospital for Sick Children, College Street, Toronto. Meanwhile the Charity will "Carry on," trusting in your support.

IRVING S. ROBERTSON,
Chairman of Appeal Committee.

Rolls or biscuits may be freshened by placing them in a paper bag, twisting the top of the bag together, dipping it in cold water and placing in a hot oven for a few minutes. When taken out the rolls will be as light and hot as when first baked, and are far more wholesome.

Minard's Liniment Cures Distemper.

What is the use of supposing that the Germans have resented? What is the use of supposing that they are sorry for what they have done? All they are sorry for is that it has not succeeded.—Mr. Churchill.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Marshal Foch recently gave Mr. Lloyd George his photograph inscribed with the words—"To the great Prime Minister who drove away the clouds from a very stormy sky."

These patterns may be obtained from your local McCall dealer or from the McCall Co., 70 Bond St., Toronto, Dept. W.

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $2,500. Will go for $1,200 on quick sale. Box 69, Wilson Publishing Co. Ltd. Toronto.

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell $2,000 Worth double that amount. Apply H. E. Wilson Publishing Co., Limited, Toronto.

STORM WINDOWS FOR SALE

GET OUR PRICE. LET US KNOW [illegible] Hallman Manufacturing Co., Hamilton.

MISCELLANEOUS

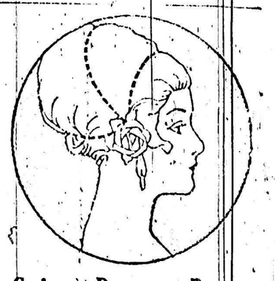
CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write before too late. Dr. Hellman Medical Co., Limited, Collingwood, Ont.

ACHES AND PAINS QUICKLY RELIEVED

You'll find Sloan's Liniment softens the severest rheumatic ache

Sloan's

30c., 60c., $1.20.



Cuticura Promotes Beauty Of Hair and Skin

If the Soap is used for everyday toilet purposes, assisted by occasional touches of Cuticura Ointment to first signs of pimples, redness, roughness, or dandruff. Do not confound these fragrant super-creamy emollients with coarsely medicated, often dangerous preparations urged as substitutes.

Sample Each Free by Mail. Address postcard: "Cuticura, Dept. N, Boston, U.S.A." Sold by dealers throughout the world.

Hotel Del Coronado

Coronado Beach, California

Where the balmy yet invigorating climate makes possible the enjoyment of outdoor sports throughout the Winter months.

POLO, GOLF, TENNIS, MOTORING, FISHING, BAY AND SURF BATHING

Write for Winter Folder and Golf Program.

JOHN J. BERGAN, Manager