



Home-Made Biscuits — and CROWN BRAND CORN SYRUP

Fresh from the oven and piping hot! So light they melt in the mouth! A rare treat indeed. But even so much better served with CROWN BRAND CORN SYRUP.

For candy-making you can't beat CROWN BRAND CORN SYRUP. And it makes excellent pudding sauces.

THE CANADA STARCH COMPANY, LIMITED.

Manufacturers of
the Famous Ed-
wardsburg Brands.



Montreal, Cardinal,
Brantford,
Fort William.

Made in Canada.
Sold by All Grocers.

Send for the Ed-
wardsburg Free Re-
cipe Book.

NOTES AND COMMENTS

The arrogance of the man who arises to the minor heroism of a cold bath has been complained of by less heroic folk who arise to a tepid or warm one. To be set apart by the ability to stand the shock of cold water has seemed to less vigorous folk an unsubstantial claim to immortality. It lacks moral sufficiency and is too much made of by the cold bather. Another arrogance is given consideration by the Rev. Walter Dwight. It is the arrogance of early risers. Mr. Dwight denies them heroism and enters into doubt as to their intelligence. As a rule he finds them a "notably arrogant set," appearing to believe that they move on a "higher plane."

Every normal human being, not given ordinarily to early rising but on occasion tempted or forced into it, has felt the strange spiritual afflatus, the moral patting on the back in consequence thereof. The feeling that a good deed has been done for a naughty world is inexplicable, but supreme.

Mr. Dwight is remorseless. The early riser is the least intelligent of mankind. "In the average man of to-day, moreover, early rising is merely a form of atavism. Miles of

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

Dr. Morse's Indian Root Pills Machinery For Sale

Engine, shafting, belting, pulleys, etc. from large factory for sale. Wheelock engine, 18 by 42, complete with cylinder frame, fly wheel, bearings, etc., all in good condition. Shafting from one inch to three inches, pulleys thirty inches to fifty inches, belting six inches to twelve inches. Will sell entire or in part.

NO REASONABLE
OFFER REFUSED.

S. Frank Wilson & Sons,
73 Adelaide Street West, Toronto.

statistics, gathered by careful investigators, show that the lower a people is in the scale of civilization the earlier they get up. Europeans, for example, rise later than the natives of Asia; the red Indian is up before the yellow Corean; the Zulu's passion for early rising is renowned, while the depraved Patagonian, travelers report, does not go to bed at all. In the case also of nations, classes, and individuals, their hour of rising has proved a remarkably accurate index of their culture and refinement. The Bavarian, for instance, gets up later than the Prussian, the Parisian later than the Londoner, the townsman than the villager, the actor than the postman, and Polly has to rise long before Muriel. Indeed, unless it is practised from high spiritual motives, a chronic addiction to early rising is generally the mark of intellectual barbarism or of industrial servitude. Early risers, therefore, have little reason for boasting.

They have little reason, indeed, but any one who may be able to explain why a person arising by ordinary habit at 7.30 and finding himself up by explicable or inexplicable circumstance at 4.30 should feel that his spirituality has been enhanced and his worth increased will have an understanding of that little. It may be that the purity of the early morning transplants itself into his consciousness, but if that be so why then should a man arriving at sun up to seek his bed be at the other end of the spiritual world from the man getting up from his at the same hour? In early rising there is a smug consciousness of right doing that is not easily explained.

Many a man would starve if he had nothing to live on but his reputation.

INFORMATION FOR INVENTORS

Messrs. Pigeon, Pigeon & Davis, patent solicitors, Montreal, report that 133 Canadian patents were issued for the week ending November 3rd, 1913, 83 of which were granted to Americans, 37 to Canadians, 7 to residents of foreign countries, and 6 to residents of Great Britain and colonies.

Of the Canadians who received patents, 21 were residents of Ontario, 9 of Quebec, 3 of Manitoba, 3 of British Columbia, and 1 of Saskatchewan.

Young Folks

In Kittykin Land.

Cosy Nap Cottage—the the Kittykins call it—stands on Big Blue Hill, near Great Misty Woods, where the shadows and the Shy Things live.

Seven little steps lead to each door, and each little kitten-cat has his own turning, winding stair that leads to his napping place. The cubby-holes are lined with soft silk cushions, that are stuffed with catnip. All the windows are open to the sunshine, and when the chilly breezes blow up through Great Misty Woods, each little hearthstone is warmed by a purring little fire.

When Jack Frost comes to Kittykin Land, and the snow lies white on Big Blue Hill, the Kittykins bring out their newly-painted sleds and race each other to the Coasting Road.

One of the "remembering lessons" in Kittykin Land is to help those in trouble, and surely no Kittykin ever seemed born to help anyone out of trouble so kindly and quickly as Little Grayaid.

Old Feather Owl taught her the Three Wisest Ways when she was very young. There are many helpful rules that have been known in the Owl family for ages; but the Owls never seemed wise enough to use them.

Grayaid has taken the whole course of What-to-do Lessons, and the How-to-do-it Course as well. She knows just when the fresh carrots and cabbages are good for little rabbits.

The day that Brown Rabbit hurt his paw, in trying to climb a tall tree, he would have had a very sorry time but for little Grayaid. She soothed his hurt little feelings, and helped him walk home to his home on Three Pine Hill.

Grayaid tied him up most comfortably in bandages, and made him a refreshing vegetable salad, which put him to sleep.

Another blessing in Kittyland is Helping Witch, who lives near Opal Pool. The Kittykins are never afraid of her wrinkled face or of her sharp voice; they love to listen to wonderful witch tales.—Youth's Companion.

NERVOUS WOMEN

Can Only Find Relief by Ton- ing the Nerves With New Rich Blood

The woman who "flies to pieces" over the least noise or excitement soon fades and loses her good looks. Dark rings appear under her eyes, the lines about her mouth and forehead deepen and lengthen, the eyes become sunken, the face drawn and the complexion sallow.

The trouble is nervousness, and if the strain is not relieved and the nerves properly nourished, nervous collapse and years of sickness may easily follow. Dr. Williams' Pink Pills for Pale People will save you from this dreadful affliction. These Pills make the new, rich blood that nourishes and tones the nerves and banishes every trace of nervousness. Mrs. Margaret Donley, Amherst, N.S., says: "I believe Dr. Williams' Pink Pills saved me from the grave. I was taken down with nervous prostration, and for months was unable to walk. I slowly recovered until I was able to go about, but there the improvement ended. I was getting weaker and weaker until I could just get from the bed to a couch. The least noise would set me trembling all over, and often when I went to the table I would leave it hungry and yet unable to eat. Sometimes I was taken with smothering spells and felt as if I was going to die. At other times I would be so nervous that I could not hold anything in my hands. I was doctoring all the time, but without benefit, and finally I made up my mind I would try Dr. Williams' Pink Pills. They were the first medicine that gave me any relief, and I was soon able to take a short walk. I continued using the Pills, gradually gaining new health and strength, until I finally felt as well as ever I did in my life. At the time Dr. Williams' Pills cured me I was living in Sackville, and my illness and cure was known to everyone in that place, and my friends, like myself, believe the Pills saved my life."

These Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Household Hints.

For very delicate fabric which will not take starch, try sugar in the rinsing water.

Squash pudding will be found as acceptable substitute for squash pie—especially for the children.

Housewives should remember to keep a large proportion of vegetables in the family diet for winter.

Save the lids of the large tins and put knobs on them—they will make good covers for pots and pans.

Never choose a turkey too fat—the flavor of a fat bird is never so good as the flavor of one just moderately plump.

Root vegetables which have withered can be revived by slicing off the ends and placing them in cold water for a few hours.

If something you are cooking happens to scorch, set the kettle in cold water immediately, and there will be no scorched taste.

It is said that if people insisted on having every meal appetizing and savory, it would make a tremendous difference to their health.

Cereals should not be put away in paper bags because they soon break and allow the dust and flies to get in. Wide-mouthed glass jars are sanitary and convenient.

When bed quilts or blankets are too short, sew a stronger piece of cloth to one end. This can be tucked under the mattress and the bed-clothing held firmly in place.

Do not tack the oilcloth or linoleum in place when it is laid, but let it lie in place and be walked over for a few days. There will be no difficulty getting it to lie smooth.

GUARD THE CHILDREN FROM AUTUMN COLDS

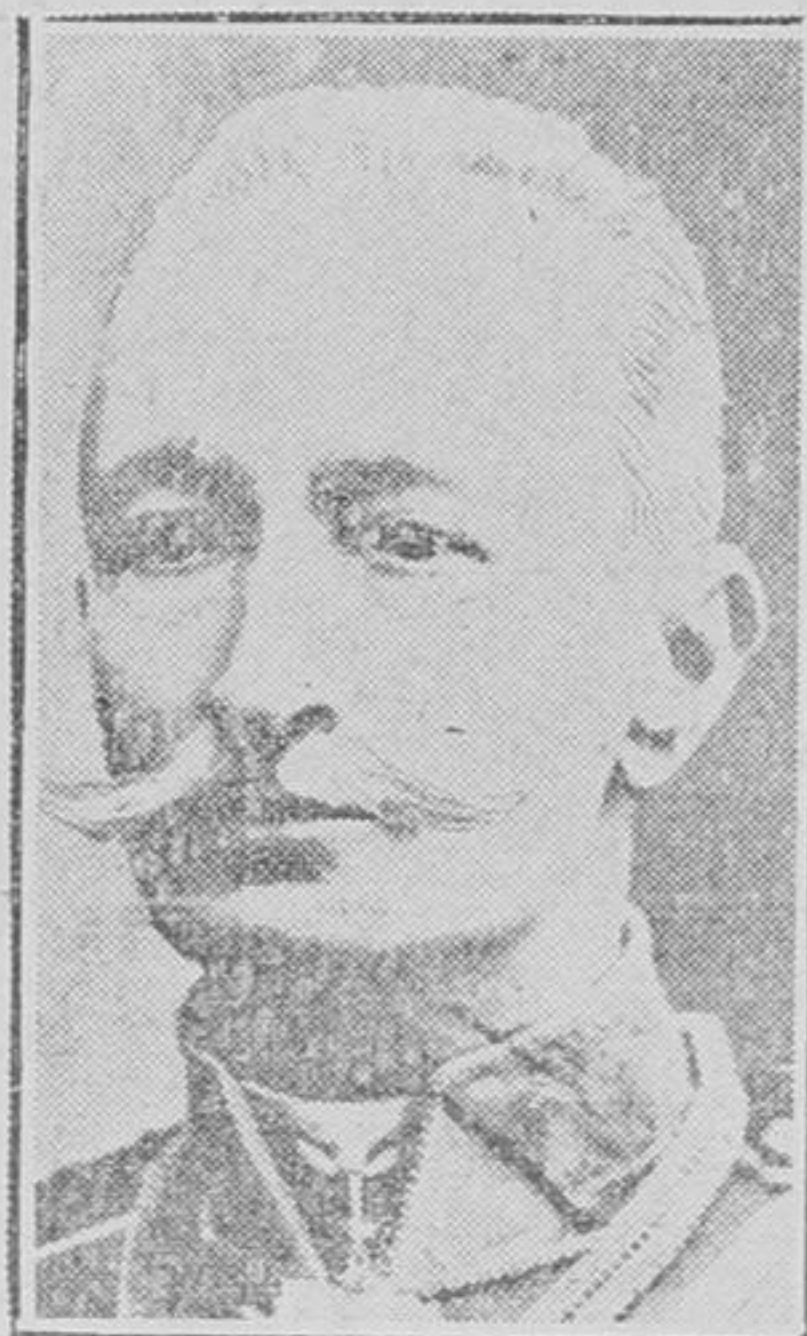
The fall is the most severe season of the year for colds—one day is warm while the next is wet and cold, and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent cold, or if cold does come on suddenly the prompt use of the Tablets will quickly cure it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SAVED BY A FALL.

An Explorer's Experience in North- ern Canada.

Journeying through northern Canada by pack horse and canoe, Mr. F. A. Talbot had some very lively experiences. On one occasion, which he describes in "The New Garden of Canada," his party were riding along the top of a cliff that dropped sheer down some three hundred feet into the McLeod valley.

The trail along the cliff was very narrow and riven with small ditches. The party had strung out to a length of half a mile or so, our pace to a slow walk. The foremost ones, including myself, had drawn up at an ugly wound in the cliff face, where a gang of rock drillers were busily engaged tearing out a path for the railway, which skirts the summit of this precipice. We were intently watching the men disengage huge chunks of rock, pry and warp them to the cliff edge, and then pitch them over, to go hopping, skipping, and jumping down the almost perpendicular wall with increasing velocity, until they ended their mad career with a loud report and a terrific splash in the river. We had pulled our horses to the brink of the cutting, to watch the work at the closest possible range, when a wild cry broke out behind.



General Brusiloff.

In command of one of the Russian armies now repelling the Germans.



MOST PERFECT MADE

THE INCREASED NUTRITIOUS VALUE OF BREAD MADE IN THE HOME WITH ROYAL YEAST CAKES SHOULD BE SUFFICIENT INCENTIVE TO THE CAREFUL HOUSEWIFE TO GIVE THIS IMPORTANT FOOD ITEM THE ATTENTION TO WHICH IT IS JUSTLY ENTITLED.

HOME BREAD BAKING REDUCES THE HIGH COST OF LIVING BY LESSENING THE AMOUNT OF EXPENSIVE MEATS REQUIRED TO SUPPLY THE NECESSARY NOURISHMENT TO THE BODY.

E. W. GILLETT Co. Ltd.
TORONTO, ONT.
WINNIPEG MONTREAL

Turning round, we saw one of the members of the party coming along like the wind, and pulling furiously at his steed. His horse had bolted. It made straight for the cliff, and when it reached the edge, made a sharp swerve, and drove right into us. As it swung round from certain death, we lost sight of the rider, and to our horror we saw the saddle go over the cliff.

"Good heavens, he's over!" we cried.

We slipped off our horses and ran to the spot, expecting to see the battered form of our friend lying at the bottom of the cliff. We crawled out on hands and knees, but could see no trace of him, except the saddle, caught on a projecting rock about ten feet below.

"What's the matter? Who are you looking for?" asked a trembling voice behind us.

It was our friend Charlton. We were looking for his mangled body, and here he was beside us, as white as a sheet, and rubbing his right shoulder pretty vigorously.

"Gee, that was a close shave! What happened?"

"The girth snapped just as the brute swerved at the edge. He pitched me to the ground in a small ditch, and threw the saddle the other way, over the cliff."

Charlton looked badly scared, as well he might. Had not the saddle given way as it did, horse and rider would certainly have gone over.

WON'T MIX

Bad Food and Good Health Won't Mix.

The human stomach stands much abuse, but it won't return good health if you give it bad food.

If you feed right you should feel right, for proper food and a good mind is the sure road to health.

"A year ago I became much alarmed about my health, for I began to suffer after each meal, no matter how little I ate," says a Western woman.

"I lost my appetite, and the very thought of food grew distasteful, with the result that I was not nourished, and got weak and thin.

"My home cares were very heavy, for beside a large family of my own I have also to look out for an aged mother. There was no one to shoulder my household burdens, and come what might I must bear them, and this thought nearly drove me frantic when I realized that my health was breaking down.

"I read an article in the paper about some one with trouble like mine being helped by Grape-Nuts food, and acting on this suggestion I gave Grape-Nuts a trial. The first dish of this delicious food proved that I had struck the right thing.

"My uncomfortable feelings in stomach disappeared as if by magic, and in an incredibly short space of time I was again myself. Since then I have gained 12 pounds in weight through a summer of hard work and realize I am a very different woman, all due to the splendid food, Grape-Nuts." Name given by Canadian Postum Co., Windsor, Ont.

Read the famous little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true and...