

Our Kitchen is Your Kitchen—it cost two million dollars and was built to furnish you with crisp, golden loaves of Shredded Wheat, the purest, cleanest, most nutritious cereal food in the world. It is ready-cooked and ready-to-serve, delicious for breakfast with milk or cream, or for any meal in combination with sliced peaches.



Made in Canada

MOVEMENT OF GRAIN.

The Figures Surpass in Interest the Latest Fiction.

Western Canada's crop year commences on September 1st and ends on August 31st of the following year. So it happens that during September, those chiefly interested in the marketing of the crop, collect and compile statistics to show how the details compare with those of the preceding twelve months.

Grain figures are of interest wider than most. To the multitude concerned in the movement of grain from the farmer's siding to the consumer, they surpass in interest the latest fiction. To the business section, they speak of obligations met and credits removed; to manufacturers, as foreshadowing a revival of order and a busy season for the industry; to the farmer and his people, they take tangible form in new articles of comfort about the home; but to the men on the railways, they provoke reminiscences of days and nights on the road, and continuous striving to keep the ordinary traffic of the country in motion while the wheat was moving to the sea.

During the twelve months ended August 31st, the Canadian Northern Railway handled over its lines between Lake Superior and the Rocky Mountains, 109,122 cars of grain produced along its rails, and inspected by the Government at Winnipeg, Calgary and other points in the West. This is an increase of 69,828 cars over the total of the last previous year, and represents a gain of 178 per cent. A modern box car carries 1,200 bushels, so that the figures mean really, that the Canadian Northern transported over its steel more than 130,000,000 bushels of grain.

Coupled together, these 109,122 cars would form one continuous train from Toronto to Montreal and back, and up north as far as Parry Sound. Split this up into freight trains of fifty cars each, which is the average over the Canadian Northern between Winnipeg and Port Arthur, and there are 2,182 trains, each with locomotive, caboose and train crew. The cars handled over and above the total of the year before, would constitute a train continuing without a break from Toronto to New York.

The terminal elevators at Port Arthur have been making records also. Of the crop of 1914, the movement of which closed on August 31st, 1915, the Canadian Northern Railway elevator at Port Arthur, the largest consolidated elevator in the world, handled 18,000,000 bushels. Of the crop year which ended with August last, the same elevator handled 55,884,560 bushels. Its receipts of wheat alone this year totalled 38,582,531 or more than twice the handlings for the elevator of all grains during the preceding crop year.

Largest Elevator in Russia.

A new grain elevator of the Imperial Bank will be opened in Samara in the near future. It will be not only the largest elevator in Russia, but, in capacity, the largest in Europe. Its capacity will be over 2,000,000 bushels. Elevator building is being pushed with all energy possible under present difficult conditions for the purpose of developing the elevator system in grain regions of European Russia and Siberia.

Knives were formerly part of a bride's accoutrement, and were worn sheathed at the girdle.



Adds to the Joy of Living—

It isn't alone the deliciously sweet nut-like taste of Grape-Nuts that has made the food famous, though taste makes first appeal, and goes a long way.

But with the zestful flavor there is in Grape-Nuts the entire nutrient of finest wheat and barley. And this includes the rich mineral elements of the grain, necessary for vigorous health—the greatest joy of life.

Every table should have its daily ration of

Grape-Nuts

"There's a Reason"

Canadian Protein Cereal Co., Ltd., Windsor, Ont.

WHEN THE SUB. GOES INTO ACTION

DESCRIPTION OF A TRIP ON BRITISH "TIN FISH"

Crew of the Submarine Know Nothing of What is Going on Overhead.

A graphic description of the "life" in a British submarine about to attack a German ship is given in the following account. Look carefully and see how the grim shadow, almost flush with the sea, blends with the grey waters and the grey sky. Her narrow deck is washed from end to end, her bow hidden in a pillow of boiling sea, her counter lathered in the foaming eddies of her wake. Behind the canvas "doggers" of her tiny bridge her commander and helmsman ply their trade, the only members of her crew visible, the others are at their stations in her well-lighted interior. Suddenly there is a sharp word of command, more men appear on her deck, all her movable gear—the wheel, the ventilation cowls, the compass, and other objects—is detached and taken inside her hull. The rails are turned down in one moment flush with the deck. Then everyone disappears; the hatch is screwed tight, the main ballast tanks are filled, the periscope is pushed up to its full height, and thus she prepares to dive to the wet shadowy realms of the cod and the conger eel.

Silence After Noise.

The roar of her oil engines has suddenly ceased. The silence seems strange after their thunderous noise. To take their place comes the gentle hum of the electric motors which drive her below the waves. The commander is in the conning tower, his eyes glued to the vibrating lens of the periscope. The stolid coxswain has the wheel controlling the horizontal rudders that work the boat in her trips below. The second coxswain has the wheel that steers her to port and starboard. The leading torpedo-man at the switchboard controls all the electrical devices that man has chained to his will to work this strange ship. The torpedoes are at the fully-charged tubes. The engine staff have seen that the water and oil are shut off and are now at the Kingston valves and "Blows" (blow-off valves) on the main ballast tanks. Everyone stands by his station, blind to the world without, waiting for the commands of the one man who can see.

Order to Dive.

"Dive fifteen feet!" comes the order, quick and concise. The next moment the bow has canted down ever so little and the boat like a shadow has slid below, guided by the steady hand of the first coxswain.

In the far distance a ship, grey from truck to waterline, is speeding along the horizon tossing a trailing haze of smoke from her belching funnels.

"Torpedo stations ready!" comes from above. The firing reservoirs of the tube are instantly charged with compressed air, the caps covering the outside ends of the tubes are raised by "No. 2" of each tube, and water floods each chamber until a warning spurt from a tiny vent inside the boat tells the torpedo-man that all is clear for firing.

The silence which now reigns is alone broken by the hum of the motors. Everything depends on the judgment of one man; the others see nothing, know nothing, and have blindly to obey his will. The cruiser is now standing up a dark silhouette on the skyline. Not one of her people have seen the "plume" of the submarine's periscope heading straight and true to cut them off.

Single Word, "Fire!"

Already a string of concise orders is coming down from the commander; finally, "Starboard tube—stand by." The tube is ready, "No. 2" (the chief torpedo man has jumped round to bang down the firing ball in case the electric circuit fails).

The commander's finger crooks round one of the pistol triggers before him—very carefully he is aiming with his whole ship (for the tubes are fixed in the hull). Then comes the single word, "Fire!" There is a heavy thud, a momentary alteration in the boat's trim (at once corrected by the alert coxswain), and at the same instant over 200 pounds of explosive in the war nose of the torpedo goes hurrying away at forty miles to the hour.

"Good Shot."

The enemy notes the wake of the "tin fish"; there is a burst of flame from his secondary battery, and as the shells start on their screaming courses there is a fresh series of commands inside the submarine, and like a shadow her periscope has vanished, and she is plunging down to sixty feet below the surface, and turns and twists away, steered by clock and compass. All the while her crew are listening. Water is a good conductor of sound and will bring to their ears a message if the torpedo has gone "home." Suddenly they hear it—just a heavy thud—and on the instant they slip towards the world of fresh air once more. As the periscope projects the commander starts and ejaculates, "Good shot—right in her engine-room."

Causes.

Blx—A physician says that yawning is caused by a lack of oxygen in the blood.
Dlx—Or a lack of pep in the conversation.

AGES OF GENERALS IN WAR.

Average of Germans is Highest, With French Next.

British.	Years of age.
General Sir D. Haig	55
General Sir H. Plumer	60
General Sir H. Rawlinson	58
General Sir C. Munro	56
General Allenby	56
General Pulteney	55
General Sir C. Ferguson	52
General Byng	54
General Alderson	58
General Sir H. Wilson	52
General Haking	56
General Gough	46
General Birdwood	51
General Hunter-Weston	52
General Lord Cavan	61
General Kair	60
General Fanshawe	57
General Morland	52
General Snow	59
General Cosgrove	54

Average	53.9
French	
General Joffre	65
General de Castelnau	65
General Foch	65
General Langie de Cary	67
General Petain	59
General Rubail	65
General Villaret	60
General Roques	60
General Humbert	55
General Gourand	47
General Franchet d'Esperey	60
General d'Urbal	58
General Hely d'Oissel	55
General Dubois	64
General de Maudhuy	60

Average	60.5
German.	
General von Scholtz	66
General von Fabek	63
General von Elchorn	69
Prince Leopold of Bavaria	70
General von Woyrsch	70
General von Linsingen	67
General von Bothmer	64
Field Marshal von Hindenburg	63
Field Marshal von Mackensen	71
General von Heeringen	67
General von Eimern	64
General von Straub	64
General von Gaebe	65
General von Falgenhauser	72
General von Kluck	71
General von Bessler	67
General von Bulow	71
General von Below	63

Average	66
(American Civil War.)	
General McClellan	39
General Hooper	51
General Grant	43
General Sheridan	34
General Sherman	45
General Lee	58
General Longstreet	41
General Jackson	41

REAL HOMES FOR CHILDREN.

Should Not Be Kept Too Long in the Shelter or Orphanage.

In his annual report on the Children's Aid Societies of the Province, Mr. J. J. Kelso says:

It frequently occurs that Societies have to be reminded that they are making improper use of their children's shelter by permitting the inmates to remain therein too long.

The thought of the shelter as a human "clearing house" should never be permitted to be pushed in the background by other considerations. One of the tendencies seems to be to aim at having a large number of inmates. This is a grave mistake. Get the children out into homes where good mothering is assured, and you will not only obtain satisfactory results more quickly but at the same time multiply your society's capabilities for usefulness and efficiency. The natural shelter of a child is motherly arms—not bricks and mortar.

To carry the foregoing into effect requires homes in which to place the children, and as time passes the impression becomes a conviction that more thought and energy should be directed to the finding of a class of homes, that is where there is a wealth of affection. Too much reliance is being placed upon the casual application fortuitously reaching the Society at the time it is needed. There are many good people who have desirable homes, who are considering the proposition of taking to their hearth and heart some needy child—but they get no further. An active campaign judiciously managed would result in many of these "prospects" becoming "actualities," to the blessing of the child and home and the honor of the Society. The best homes have to be sought for and it is a quest worth while.

In rural England it was a custom to strew the path from the house of the bridal couple to the church with herbs, flowers, and rushes.

Minard's Liniment Relieves Neuralgia. True Success.

Mabel—Was your bazaar a success?
Gladys—Yes, indeed; the minister will have cause to be grateful.
Mabel—How much were the profits?
Gladys—Nothing. The expenses were more than the receipts. But ten of us got engaged, and the minister is in for a good thing in wedding fees.

There seems, however, a chance that this danger is being revived by the regulations making the wearing of chevrons obligatory. These chevrons are in the form of an inverted V and are worn on the right arm between the elbow and shoulder to denote that the wearer has been wounded, and on the left to show the length of time he has been at the front, one showing one year of active service, two for eighteen months. They are worn in all sorts of material and colors, officers wearing them in gold and silver. When worn on leave or during convalescence their visibility is a good point, but at the front they draw upon their wearers the same danger that badges of rank formerly did.

An Italian proverb says: "On Friday or Tuesday neither marry nor set out on a journey."

Minard's Liniment for sale everywhere.



Vaseline Capsicum
Breaks up colds in throat and chest. Better than a mustard plaster for rheumatism, gout, sprains, cramps, etc. Will not blister the skin.
Sole in Canada by CHESEBROUGH MFG. CO. (Incorporated) 1280 Chestnut Ave. Montreal

USES POISON GAS.

Method Employed by Bombardier Beetle to Defend Himself.

A little British beetle has been employing poison gas to defend itself for untold ages. One of the strongholds of the Bombardier beetle (Brachinus crepitans) is along the shores of the Thames in the Gravesend district. The Bombardier beetle is very liable to be attacked by some of the fierce ground beetles, or Carabidae, as they are properly called. These ground beetles are extremely active, hunting about all over the place and at once giving chase when they see the timid Brachinus appear from beneath a stone. Offhand one would think that there could only be one ending to the chase, but, as soon as the pursuer draws close, a very remarkable thing happens.

First of all the Bombardier beetle ejects a peculiar liquid which, when it comes into contact with the atmosphere "bursts" into a sort of a pale blue-green flame, followed by a kind of "smoke." Instantly the pursuing beetle seems to be overwhelmed and quite stupefied by the suddenness of the attack. The smoke appears to have a blinding and suffocating tendency, and the effect lasts for a minute or so. During this time the Bombardier beetle makes good its escape.

THANKFUL MOTHERS

Thousands of thankful mothers throughout Canada—many of them your own neighbors—speak with the greatest praise of that splendid medicine, Baby's Own Tablets. Many mothers would have no other medicine for their little ones. Among these is Mrs. Albert Nie, St. Brieux, Sask., who says: "I have been using Baby's Own Tablets for the past seven years and they have done for my children a world of good. I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Making a Bad Matter Worse.

It is a dangerous thing, when you have let slip an unfortunate remark, to try to cover up the blunder. Mrs. G. was talking with the wife of Judge H. about her son's choice of a profession. "I don't want him to be a lawyer," she said. "Why not?" said the judge's wife. "I think there is nothing much finer than the legal profession for a bright boy."
"Well," said Mrs. G., bluntly, "a lawyer has to tell so many lies." Then it dawned on her that she was talking to the wife of a lawyer; so she hastily added, "That is in—er—to be a good lawyer!"

TORONTO FAT STOCK SHOW.

As evidenced by an advertisement which appeared in last week's issue, the Toronto Fat Stock Show are giving special attention to farmers and breeders, and are offering many handsome prizes for classes where stock must be bred, fed and owned by the exhibitors. This is work along the right lines and should bring out a good entry.

GOLD CORD A WAR PERIL.

Now Very Difficult to Distinguish An Officer.

One of the earliest lessons of the war was that of the danger to officers in allowing them to wear badges of their rank, gold cord around their coat sleeves, gold decorations on their headgear, etc., which marked them out to the enemy's picked shots and resulted in unnecessary and avoidable losses among them, says a Paris despatch. This lesson was learned, and now it has become so difficult at the front to identify an officer that a failure to salute is overlooked on this ground.

There seems, however, a chance that this danger is being revived by the regulations making the wearing of chevrons obligatory. These chevrons are in the form of an inverted V and are worn on the right arm between the elbow and shoulder to denote that the wearer has been wounded, and on the left to show the length of time he has been at the front, one showing one year of active service, two for eighteen months. They are worn in all sorts of material and colors, officers wearing them in gold and silver. When worn on leave or during convalescence their visibility is a good point, but at the front they draw upon their wearers the same danger that badges of rank formerly did.

An Italian proverb says: "On Friday or Tuesday neither marry nor set out on a journey."
Minard's Liniment for sale everywhere.

TRAPPERS! RAWLURS JOHN HALLAM
FREE
JOHN HALLAM Limited
202 Hallam Building, Toronto.

A NEW SERVICE.

Now Possible to Send a Day Letter by Telegraph.

Mr. J. McMillan, who has initiated many notable improvements since he became General Manager of the C.P.R. Telegraphs eighteen months ago, has just decided to inaugurate an important service entirely new to Canada over the hundred and ten thousand miles of wire under his immediate control, namely, the day letter which may now be sent between points in Canada on the Canadian Pacific system at a rate very much reduced as compared with the usual commercial rush telegram. Mr. McMillan is convinced that many of those who send telegrams would be quite satisfied if these arrived on the same day, whereas a proportion of the cost of the rush telegram is due to the cost of speedy delivery. The day letter of fifty words will be rated at one and a half times the cost of a regular rush message of ten words and can still bring an answer the same day, which is as quick as many people desire. There are sixteen hundred C.P.R. telegraph offices throughout Canada, at each of which the new service will be in force, so that this will be a Dominion-wide service stretching from Louisburg, Nova Scotia, to Victoria, B.C. Messages will be taken in either French or English, code words not being permissible.

Mr. John McMillan offers his success to a genial and tactful disposition which made him one of the most popular C.P.R. officials in the West, where his work centred until he was called to the head office in Montreal last year. Although less than fifty years of age, he joined the C.P.R. at its inception, working on construction in 1853. After acting for a number of years as operator at Donald B.C., he became Inspector of Telegraphs at Winnipeg in 1902, Assistant Superintendent in 1906, Superintendent at Calgary in 1907, General Superintendent at Winnipeg in 1913, and finally Manager of the whole telegraph system in March, 1915.

CANT CURE PARALYSIS.

Swedish Investigators Confess Inability to Find a Remedy.

Sweden, almost alone among European countries, has been repeatedly scourged by infantile paralysis, and, as a result, a number of physicians and bacteriologists have devoted themselves for years almost exclusively to the study of the disease. These authorities admit that they, as yet, do not know what can be done to prevent or cure the disease.

In the words of a report by Dr. Carl Kling, Professor Alfred Peterson, and Dr. Wernstedt, "virus carriers are very common and often in number greatly exceed the clinically positive cases." Disease carriers are almost inevitably found among healthy members of families where cases of poliomyelitis have occurred. Investigations proved that the secretions of the mucous membranes of the mouth of a person who had recovered from the disease contained virulent microbes of infantile paralysis 204 days after the onset of the disease. Investigations with other patients have repeatedly shown the presence of virulent germs of the disease four months and more after the patient's recovery.

Animal experimentation appears to have demonstrated, however, that the microbe gets weaker soon after the termination of the acute stage of the disease, probably in eight to fourteen days after the onset. The Swedish authorities, however, advise isolation for some weeks after the disappearance of the acute symptoms.

In China bacon and sugar are hung on to the bride's sedan chair as a sop to the demons who might molest her on her journey.

NEURALGIA PAINS YIELD QUICKLY
Hundreds Find Sloan's Liniment Soothes Their Aches.

The shooting, tearing pains of neuralgia and sciatica are quickly relieved by the soothing external application of Sloan's Liniment.

Quiets the nerves, relieves the numbness feeling, and by its tonic effect on the nerve and muscular tissue, gives immediate relief.

Sloan's Liniment is cleaner and easier to use than mussy plasters and ointments and does not clog the pores. Just put it on—it penetrates. Kills pain. You will find relief in it from rheumatism, neuralgia, sciatica, stiff neck, toothache, etc.

For strains, sprains, bruises, black-and-blue spots, Sloan's Liniment quickly reduces the pain. It's really a friend of the whole family. Your druggist sells it in 25c., 50c. and \$1.00 bottles.



OVER NINE MILLION DOLLARS

What Forest Fires Cost Canada in the Year 1915.

Canada has lost through forest fires in 1915 over nine million dollars. This equals more than six times what has been spent on forest protection work from coast to coast.

The enormous sum wasted through this year's forest fires most of which were preventible, would add another \$480 to the first year's pension allowances of nearly 19,000 Canadian soldiers.

It is noteworthy that while some parts of the Dominion owe to rainy weather their immunity from fire damage, the season's record proves beyond gainsay that in areas where first rate fire protection systems were in operation, losses of life and property were held down to a remarkable minimum.

Quebec had some heavy fires in the Lake St. John and Saguenay districts, also in the Gaspé peninsula and west of Escalena on the Transcontinental railway. It is a striking fact, however, that within the 24,000 square miles of Quebec, covered by the two well-organized associations of limit holders, the amount of green timber burnt is practically negligible. This immunity was not a matter of luck but of consistent patient effort to educate settlers, lumber-jacks and others in care with fire, coupled with a system of promptly reporting all outbreaks, and attacking forest fires in their incipency with large forces of men and modern equipment.

British Columbia faced fairly favorable fire conditions through the summer months and the cost of fire fighting was reduced by about 75 per cent, over the record of 1915. The number of fires was about half of last year. The British Columbia forest protection service is the most complete in Canada thus far and the saving of timber is a logical consequence.

A heavy average of rainfall kept fire troubles at arm's length in Alberta, Saskatchewan and Manitoba and this weather condition was undoubtedly responsible for the escape of the main areas of big timber throughout Ontario. The Claybelt fires at the end of July and first week of August provided a tragic sacrifice of 262 lives and what is estimated to be six million dollars worth of property. There was practically no forest guarding organization in the first swept district, except along the railway track.

New Brunswick escaped the risks of 1916 with a very small timber loss. Nova Scotia having a similar experience. The records of the Dominion Railway Board show that the private-owned railway lines of Canada have not been responsible this year for any damaging forest fires. Those that were started were promptly extinguished by railway employees.

Only an average of one person in every 350,000 is killed by lightning in the British Isles every year.

Minard's Liniment Cures Dandruff. He Knew.

Lecture—The idea of eternity, my friends, is something too vast for the human mind to conceive.

Voice from the Audience—Did you ever pay for a \$700 piano on the installment plan?
Minard's Liniment Co. Limited. Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results. Yours truly, T. B. LAVERGNE, St. John.

PROSPERS UNDER BRITISH.

Arabs of Besra Are Learning to Enjoy Modern Business.

The frontier city and river port of Besra, in Asiatic Turkey, has since its occupation by the British in the present war enjoyed more prosperity than in twenty years under Turkish rule, says a British eye-witness account. Besra is a green spot. It is like an oasis in a great desert. The date palms are festooned with vines which make a canopy, and fig trees and pomegranates with scarlet flowers grow beneath. The very air seems to sweat, the weather is so warm. Strike a match and it will burn dully without a flicker as if the flame were choked.

Besra is never so rich; money is pouring in, trade is brisk, prices are high. Three banks have opened. The Arabs of the city are learning luxurious ways. The four new theatres which have sprung up during the war barely meet their demand for entertainment. And they are no longer content with their simple diet of dates and khobez (a coarse bread), but purchase English stores and eat pineapples and salmon and biscuits and butter out of a tin.

The Way of Man. Mrs. Wilkins—Did Fussieleigh take his misfortune like a man?
Mrs. Williams—Precisely. He blamed it all on his wife.

"Made in Canada" DOMINION RAINCOATS
Best for quality, style and value. Guaranteed for all climates.
Ask Your Dealer

SEED POTATOES IRISH COBBLERS. Supply limited. Write for quotations. H. W. Dawson Brampton.

HELP WANTED. CABINET MAKERS AND MACHINISTS. Hand made. Steady work at highest wages. Apply to The Bell Furniture Co., Southampton, Ont.

NEWSPAPERS FOR SALE. PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LEUKEMIA, ETC. Internal and external, cured with out pain by our Home Treatment. Write us before too late. Dr. Bellman Medical Co., 1 Limited, Collingwood, Ont.

BOOK ON DOG DISEASES And How to Feed
Mailed free to any address by the Author H. CLAY GLOVER CO., Inc. 118 West 31st Street, New York

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

Become a Registered Nurse and receive pay while learning. The 26th Israel Hospital of New York City Founded 1890. Accredited by the New York State Board of Health. Offers a two-month course in nursing. Most complete and up-to-date. Plan a course with all-graduate and experienced instructors. For particulars, address 115 West 42nd Street, New York.

WANTED!

Help for Woollen Mill. Carders, Weavers, Fullers and Napper Tenders.

Good wages paid in all Departments, and steady work assured. We have several openings for well-trained men where energy and ability will bring promotion. Write, stating full experience, if any, age, etc., to The Slingers Manufacturing Co., LIMITED, BRANTFORD, ONTARIO.

Machinery For Sale

Whetlock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and dynamo 30 K. W. belt driven. Ail in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

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

Even Up. "See the spider, my son, spinning its web," said the instructive parent to his small son. "Is it not wonderful? Do you reflect that no man could spin that web, no matter how hard he might try?"

"Well, what of it?" replied the up-to-date offspring. "Watch me spin this top. No spider could do that