

EIGHT HOURS A DAY

CONSTITUTES THE DRILL WORK OF VOLUNTEERS.

The Way the Soldiers Put in the Day At Drill, Meals and Recreation—Grow Healthy At Their Duties.

Six o'clock is an early hour for citizens to get up these cold mornings but the overseas volunteers who are in the city seem to be growing healthy by doing so. Every morning reveille is sounded at six o'clock and in a half an hour they are ready to parade to the cricket field or their parade grounds for their early drill.

At half past seven breakfast is ready and needless to say this hour never comes too soon. Tea or coffee, porridge and milk, meat and bread and butter makes a suitable breakfast and by eight-thirty the men are ready for their morning work.

Five Million Killed or Wounded Since War Started. Western Flanders, Nov. 24.—The astounding casualties, which three and a half months of modern warfare has produced is a serious matter for the whole of Europe.

Helps Toward Living. Sunday.—Faith must become active through works.—C. W. Wendte. Monday.—We find in life exactly what we put in it.—Emmerson.

Friday.—Security is mortal's chiefest enemy.—Machbeth. Saturday.—Only those acquainted with a subject competent to decide as to its merits and practical value.—Boyd.

Post Office Christmas Don't's. A few don'ts from the post office for Christmas: Don't wait until the last minute to mail your gifts.

Short Circuits and Cross Currents. Toronto News. In regard to the course of General Sam Hughes, minister of militia, it might be just as well to point out that Sir Robert Borden assumes and has assumed responsibility therefor; and repeatedly has had his attention drawn to it, and that therefore he approves of it.

Is the Service Non Political? Toronto News. The work of recruiting, training and equipping the Canadian soldiers at Salisbury was done in a workmanlike manner and with a minimum of delay.

Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

Sixteen bodies have been recovered from the wreck of three vessels near Grand Marais, Mich., on Lake Superior.



A British officer in his trench. The guns back of him are only dummies to draw the German fire.

WORKMEN'S GRIEVANCES

Employees Make Charges Which Government Denies. Ottawa, Ont., Nov. 24.—Many workmen who were employed by the government at Port Nelson have come back, and are charging the government with refusing to pay them what they earned. They also stated that the big new dredge was wrecked, and that several sailing vessels had sunk in the harbor.

The men also complained that their families at Halifax, who had been given power of attorney to draw their salaries above the amount spent at the stores at Port Nelson, had in some cases been unable to get any money. The department replies that in such cases there was no balance to pay to the families.

The yearly agreement with the men was to ensure a sufficient number of men all the time to expedite the work as far as possible.

GERMANS MUST FALL BACK

General Retirement Will Develop Rapidly Into a Rout. London, Nov. 24.—A correspondent on the Franco-Belgian frontier, writing to the Sunday Observer, says: "The terrific fighting of the last five weeks north of Lille, thought it has cost the allies thousands of lives, has, in the aggregate result, been all in their favor, for the Germans' situation is incomparably worse now in West Flanders than it was the week after they had entered Ostend."

The flood, the bitter frost, which grips the hearts and mortally assails the lungs of the German infantry in their flimsy trenches, and the unconquerable courage and tenacity of the British, Belgians and French alike, have so demoralized the Kaiser's hordes that when the general retirement, which is now inevitable, begins, it will rapidly develop into a rout.

The 220-acre farm, the property of the estate of the late Stearns R. Ramsome, put up for sale by auction at Delta, was not sold. The highest price offered was \$9,000. Mrs. Richard Percival, aged about eighty-three years, died at Lansdowne on Thursday and was buried at Lyn. Deceased was an Anglian.

INDIANS WANTED TO FIGHT THE GERMANS.

And Would Have Wiped Out a German Settlement. An interesting story was told by Rev. John Marshall at one of the series of special services being conducted by Rev. C.S. Applethart at Islington Methodist church last Sunday.

Rev. John Marshall is the missionary at Jack River, the farthest north charge in the Anglican church in Canada, located in the Hudson Bay territory.

One evening while taking a short walk, Mr. Marshall was stopped by the chief of one of the neighboring Indian tribes, as well as if it were true that the motherland was fighting with Germany. On being assured that such was the case, the chief walked away, apparently in a deeply thoughtful mood.

Next morning, before his usual rising hour, Mr. Marshall was awakened by the sound of numerous horses' hoofs approaching the street on which he lived. Such an unusual occurrence aroused Mr. Marshall's curiosity, who as soon as possible came face to face with the sheriff of Jack River, who was on a similar errand.

As to Fortresses. Professor M. A. Gerthwohl discusses in the current Fortnightly Review a question pointedly raised by the course of this war—"Are Fortresses 'valueless'?" His opinion is that it is simply a question of whether the fortresses are equipped with as heavy guns as the besiegers. Even Liege the Germans brought up 11 and 12-inch Krupp howitzers, while at Namur 15 1/2 inch howitzers were used.

Poincare's Story. President Poincare of France tells an amusing story of an old peasant who was very superstitious and "faddy."

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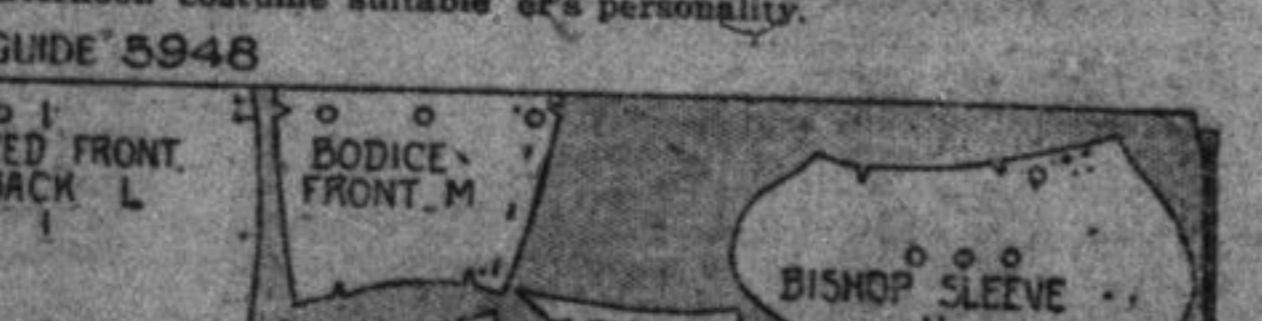
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to development in striped velvet or serge, made with swathed girldie bodice and circular skirt.



Stunning afternoon costume suitable for the season. CUTTING GUIDE 5948. FOLD OF 44 INCH MATERIAL WITHOUT NAP. Pictorial Review waist, No. 5948. Sizes 22, 24, 26, 28, 30, 32, 34 and 36 inches. Bust, Price, 15 cents. Skirt No. 5953. Sizes 22, 24, 26, 28, 30, 32, 34 and 36 inches waist. Price, 15 cents.

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There's a newness to our plumbing that appeals to critical people.

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MRS. THOMSON TELLS WOMEN How She Was Helped During Change of Life by Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I am just 52 years of age and during Change of Life I suffered for six years terribly."

Compound to me and I tried it at once and found much relief.

Sixteen bodies have been recovered from the wreck of three vessels near Grand Marais, Mich., on Lake Superior.

A BACKACHE with burning, highly colored urine—sure signs of weak or inflamed kidneys.

GIN PILLS FOR THE KIDNEYS

OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT.

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S. Roughton, Manager, The Mutual Life Assurance Co. of Canada. Phone 610.

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