

GRAND TRUNK RAILWAY SYSTEM

Local Branch Time Table

IN EFFECT JUNE 25TH, 1916. Trains will leave and arrive at City Depot, foot of Johnson street.

Table with columns for Train No., Direction, and Time. Includes routes to West, East, and Brockville.

What Thin Folks Should Do To Gain Weight

Good Advice For Thin, Underdeveloped Men and Women.

Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs, who, having tried advertised flesh-makers, food-fads, physical culture stunts and rub-on creams, resign themselves to life-long skininess and think nothing will make them fat. Yet their case is not hopeless.

THE CONFESSIONS OF ROXANE

By Frances Walter.

MR. GORDON ASTONISHES ME WITH A BIT OF FINANCIAL INFORMATION

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Mariam's assertion that Mr. Gordon was in love with me did not tend to quiet my nerves, already upset by our meeting and the conversation, which Mariam, all unconsciously, had led into the dangerous channels. However, I did not lose my self control, although my manner, as I presided at luncheon, must have been somewhat unnatural.

"You should have been at the Stock Exchange yesterday," he remarked. "I seldom go there myself, but I knew it would be an exciting day, so I dropped in for half an hour. The result far exceeded my expectations. It was the stormiest session that that frantic body ever saw."

"Which means that somebody lost money?" inquired Mariam, who had not yet forgotten her regained composure.

"There were a great many persons who lost money, and they lost a great deal of it," replied Mr. Gordon.

"Those horrid munition manufacturers, I imagine," suggested Mariam.

"Yes," he answered. "The A. B. C. Company changed control."

"The A. B. C. Company," I inquired. I was on the verge of saying it was Arthur's company when something stopped me.

"Yes. They were gobbled up by the Sunlight Corporation."

"Why, the Sunlight is your company?" exclaimed Mariam.

"Yes. The A. B. C. people have been giving Sunlight a great deal of trouble, so I thought the best thing to do was to buy their stock. But that is a secret, Mariam. I was not known in the transaction, and as you are aware, it is not generally known that I am in the Sunlight Company."

Mr. Gordon the owner of the company for which my husband worked! I had caused me one moment's uneasiness, the thought of all other men, I would have known all along that I could never love any one else, and I should have indignantly spurned the advances of any other man.

By permitting Mr. Gordon to talk to me of his love I had placed myself in the position of one who thought she had some day learn to love him. In other words, I was on the verge of liaison with my husband's employer. This is not a pleasant thought to permit in one's mind, but it precisely described my condition.

I knew, of course, that Mr. Gordon had no knowledge of where my husband was employed. He never had asked about Arthur, and Mariam had mentioned his name only once or twice. I never had spoken to either of them about the A. B. C. Company. Thus I was able to dismiss immediately from my mind the suspicion that I had played any part whatever in the change of control of that great corporation.

That had been the first thought which came to me as we sat at luncheon. It flashed into my brain like a shaft of lightning. But, as I said I was able to put it aside as impossible. Mr. Gordon had not bought the A. B. C. Company with the purpose

Killing the Calves

All sorts of excuses are offered for the high price of beef, the most plausible being the alleged demand for veal—"the killing of calves which should be allowed to grow into regular beef."

You cannot have beef if you eat it as "veal," but you can have Shredded Wheat Biscuit which contains more real nutriment than beef and costs much less.

Shredded wheat biscuit is the whole wheat steam-cooked, shredded and baked. Make it your "meat" for ten days and see how much better you feel.

Wholesome and strengthening for any meal with milk or cream or in combination with fruits.

Made in Canada

THE PULL IN THE ARMY APPOINTMENTS

Financial Post (Ind.). Excepting those interested in supplying war material, the war has hit many investors very hard. Expenses have gone up and incomes are no higher. Heavier taxes have been levied on investors.

The Dominion expects to get \$25,000,000 this year from this source. Then there are the charities, war funds and the prospects of still higher taxes for years to come.

It is the thrifty, the money-savers, the hard-working farmers, mechanics and business men, the widows and children who will have to bear these heavy burdens. Therefore, anything that tends to affect the cost of the war, is one of the most important interests of our readers.

The greatest weakness, the cause of millions of the taxes we have to pay, is waste and inefficiency, due to incompetency in Government circles in Ottawa and London.

This is because ministers who direct the great Dominion and Federal affairs are appointed through family and party history and not because of the practical experience and administrative record.

Menu for Saturday

BREAKFAST: Sliced Peaches or Pineapples, Cereal of Choice, Creamed Eggs on Toast, Coffee or Tea.

LUNCHEON OR SUPPER: Fried Tripe with Salted Onions, Baked White Potatoes, Cabbage Roll, Fruit, Turnover.

DINNER: Baked Slice of Ham with Sweet Potatoes and Apples, Roast Beef, Open Apple Pie, Coffee.

Directions: Put the butter into saucepan; melt add flour and onion; mix well and add the cold milk slowly; stir until smooth and creamy; then add the salt, pepper and boil two minutes. Chop the eggs (rolls and whites together) and add to the cream sauce. Serve on toast; garnish with sprigs of parsley, and dust with the paprika.

"Low Cost of Living" Menu

Creamed Eggs on Toast. Materials—Four hard-boiled eggs, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon grated onion, 1 cup milk, 1 teaspoon salt, 1/4 teaspoon white pepper, 1/4 teaspoon paprika, 4 slices toast.

Utensils—Saucepan, measuring cup, teaspoon, tablespoon, flour sifter, knife.

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EGG-O BETTER THAN THE BAKING POWDER YOU HAVE BEEN USING RETURN IT AND GET YOUR MONEY BACK BEST BY TEST

3 Pounds of Happiness in these Glass Jars of CROWN BRAND CORN SYRUP. Includes an image of a woman and a jar of syrup.

Victor Records. Includes an image of a gramophone and a record.

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