

AN EASY WAY TO GET FAT AND BE STRONG

The scientific way to get fat and be strong is to use Sargol. This modern treatment is called Sargol and has been termed the greatest of flesh-builders. Sargol aims through regenerative, re-constructive powers to coax the stomach and intestines to naturally soak up the fattening elements of your food and pass them into the blood, where they are carried to the starved, broken-down cells and tissues of your body. You can readily picture what result this amazing transformation should produce as with increased weight the cheeks fill out, hollows about the neck, shoulders and bust disappear and form a rounded, healthy, solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, and can be obtained from any druggist of this vicinity. It will refund your money if you are not satisfied, as per guarantee found in every package. If you find a druggist who is unable to supply you, with Sargol, send \$1.00 money order or registered letter to the National Laboratories, 174 St. Antoine St., Montreal, and a complete ten days treatment will be sent you, postpaid, in plain wrapper.

GRANDMA NEVER LET HER HAIR GET GRAY

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is messy and troublesome. For 50 cents you can buy at any drug store the ready-to-use preparation, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. Gray, faded hair, though no disgrace, is a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur Compound and look years younger. This ready-to-use preparation is a delightful toilet requisite and a medicine. It is not intended for the cure, mitigation or prevention of disease.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take Tablespoonful of Salts If Back Hurts, Bladder Bothers. We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble. The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system. When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night. When you have severe headache, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts. Take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders. Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

For Halloween!

Choice Snow Apples, Hickory Nuts, Walnuts, Filberts & Almond Nuts. New Dates, Maple Sugar and Maple Bon Bons. New Clover Honey.

J.R.B. Gage, Montreal Street

BUILDERS! Have You Tried GYPSUM WALL PLASTER It Saves Time P. WALSH

THE CONFESSIONS OF ROXANE

(By Frances Walter)

I AM ONCE MORE DISILLUSSIONIZED. (Copyright, 1916, by the McClure Newspaper Syndicate.)

I shall not attempt to describe the dining-room to which Mr. Gordon escorted Mariam and me. My recollection of it is so blurred that I can not. As I think of it here before my eyes lovely women, some stately, some young and shrinking, some bold and hardened; nearly all of them painted and bejeweled, beautiful or oddly formed; and men, tall and handsome or small and ugly; red-faced and pale-faced; some with staring, shameless eyes, others with shifting glances; some bending across tables as though pleading with the women who accompanied them; others plainly satiated and bored; some whose faces were flushed with wine, others who viewed with cold cynicism all that they beheld. Mixed with it all is the recollection of pungent odors, so fragrant, some nauseating, and the alluring strains of the orchestra. Even yet I can close my eyes and feel the impulse which swept over me that night. It is the belief of some persons that good men and good women are always good; that honor and purity are unfaintly by circumstance or environment; that whatever the conditions under which one is placed virtue will be triumphant. But that is not the case. In an atmosphere such as Mariam and I found ourselves that night purity and virtue may become very unstable attributes. When the stage is set so that every combination of art, every flash of light, every flower, the very atmosphere itself, is designed to accomplish one purpose, it is likely that that purpose will be accomplished. In the place where we were a hundred minds and a hundred pairs of hands had combined their efforts to create an atmosphere of sensuousness, and they had succeeded. Under its influence the virtues became numbed and the senses ruled, so that when newcomers gazed upon the half-clad dancers with their lithesome bodies twisting first this way and that; as the noxious perfume of the wine mounted to the brain and the wine flushed the face, they became

"Low Cost of Living" Menu

Menu for Saturday. BREAKFAST: Orange or Stewed Fruit, Home Made Cereal, Cornmeal Griddle Cakes, Coffee or Cocoa. LUNCHEON OR SUPPER: Parsi or Green Peas, Mixed Salad, Warm Gingerbread, Milk or Tea. DINNER: Baked Stuffed Eggplant, Chicken Salad, Fruit Holly-Poly, Coffee. Chicken Salad: Materials—Two cups chicken, 2 cups celery, 1 cup mayonnaise, 2 cups shredded lettuce, 1 hard boiled egg, 6 stuffed olives. Utensils—Knife, 2 measuring cups, bowl. Directions—Cut the cold chicken into small squares and mix with celery, which has been cut finely. Set in cold place, dust with salt and pepper just before serving; add half of the mayonnaise and the other half cover over the top. Garnish either with hard-boiled eggs cut into six pieces, or cut olives, capers or parsley. The garnish is a matter of taste.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review

Buttons for One-Piece Frocks

is shown a youthful dress of Santiago brown velveteen, having long one-piece fancy sleeves and an open neck trimmed with a turn-down collar of velveteen surmounted by another collar of pink silk gauze. The skirt is a three-piece model and may be made with or without the tab extensions at the front. The back of the waist and back gore of the skirt are cut in one piece. In medium size the frock requires 4 1/2 yards 54-inch material. In cutting the dress a part of the velveteen is used in open width and the remainder folded in half. The purpose of the open width is to accommodate the front gore of the skirt, pocket section, sleeve and collar, all of which are laid on a lengthwise thread of material. Of course two widths of the velveteen are laid together, right sides facing, so that these sections of the pattern will be cut in duplicate. Now, take the folded goods and place the back gore and back of the waist (in one piece) on the lengthwise fold, as shown in the cutting guide. The front is laid on a lengthwise thread. If desired, without tab extension on front, cut off extensions on front gore and pocket section along small "o" perforations. Narrow braid may be stitched about the belt and collar, as well as the upper edge of the hem. The new shades of brown are very beautiful and especially effective in velveteen and other inexpensive fabrics. Inexpensive and smart is this self-trimmed frock of Santiago brown velveteen. The buttons on the front of the skirt, waist and sleeves are made of the same material. The smart dressmaker has developed the button idea for dress trimmings to a large and charming extent. What makes the style more attractive to the woman desiring to construct an inexpensive frock is the fact that many of the smartest models have their buttons made of self-material. Here Pictorial Review Costume No. 6953. Sizes, 14 to 20 years. Price, 20 cents. A German inventor's disc talking machine record has a groove that automatically returns the needle to the starting point to make it repeat. A successful filmometer is a man who can separate other men from their money without the aid of a sandwich. The Dominion Railway Board held a session in motor cars at the proposed spur of the C. N. R. in North Toronto. The foundations of the air castles are generally poor.

THE OLD LOG CABIN

Pioneer Structure in Toronto Was Erected in 1794.

There is a widespread lack of knowledge concerning the history of the celebrated pioneer's log cabin which for years has occupied a place of honor in the Exhibition grounds in Toronto. A great many citizens would be willing to wager that it is part of the original Castle Frank. There are also many other similar erroneous ideas current which the Star Weekly thinks it is timely to correct. At commencement of the reign of George III. was born in Nottinghamshire, England, one William Smith, turning to the study of architecture and engineering as he grew up, he acquired sufficient proficiency to be sent, in 1774, by the British Government to superintend military works in Cape Breton. Upon his arrival there he drew a large tract of land which proved a valuable coal mine, and to this day operated as the Dominion Coal Company. Smith developed it to the extent that he was able to freight a vessel and sell the cargo in New York in 1792, coming up to Newark (now Niagara) in the same year. There he fell in with Governor Simcoe and accompanied him on his first tentative examination of the Toronto vicinity as a site for Upper Canada's capital. They found only one English family—that of William Peak—and three Indian wigwags east of the Don, one of them occupied by Chief Kashago. In 1793 Smith moved to the site here from Niagara, and being given choice of land by the Governor, selected a town lot at the corner of King and Sherbourne streets, along with part of lot 15 on the east bank of the Don, immediately south of the present site of the King-Edwards Hotel. His first act was to clear a space whereon he could erect his cabin of logs. Subsequently Governor Simcoe utilized Smith in drawing plans for the building of Castle Frank, up the Don—the Governmental summer house—also in planning, surveying, and laying out the future city. The laborer had done these real York pioneer's especially William Smith—this first original York pioneer, who was present at Toronto's birth. After General Simcoe's departure he pursued a contractor's calling near the King-Edwards Hotel, the "Cathedral," and in 1808 the "big lighthouse" on the island, in which his son-in-law assisted. He served in the War of 1812 and was taken prisoner at the capitulation of York, but was spared peacefully to breathe his last in the realization that he had built his town lot. He was buried in St. James' churchyard, King street. His eldest son, Thomas, having been killed at the battle of Queenston Heights—the next son, William, succeeded to the business, which he amplified and extended as being primarily in other directions. He was the first assessor and collector of York and Markham Townships, holding office till his death in 1839. John Smith, his oldest son, now came into the family fortune. He was born in 1811 at the corner of the King-Edwards Hotel, and when, later on, he sold the town lot, once more reverted to the original property over the Don, where he built a comfortable residence hard by the old log cabin. He was present at the skirmish that he had built on his town lot. The Mackenzie troubles.

Soldiers Helped Farmers

The extent to which the military authorities have co-operated with the farmers in getting in the crops is indicated by a statement issued by the Ontario Organization of Resources Committee. Over 6,000 men have been given leave of absence from the military divisions. In No. 1 Military Division, 1,400 non-commissioned officers and men have been granted leave from the London camp for harvesting. From the Kingston camp, No. 3 Division, over 1,000 furloughs have been granted, the periods ranging from two weeks to two months.

One Tongue

With bilingual teaching in French, German and Rutenian wiped off the curricula, the public schools of Manitoba have opened, making a new step in the school and language struggle in the Province. Very little information is available yet as to the outcome of the change. Backers of the French language in St. Boniface and in other French-speaking districts throughout the Province announced recently that they were prepared to put up a struggle for their language. They refused to discuss their plans, stating that they were waiting for the Department of Education to show its hand. It is probable that there will be a good deal of leniency at first in the administration of the Act. So far reports of trouble have been received from the German and Rutenian districts, and the department is hopeful that any threatened trouble will die out.

Why and Tuberculosis

One excellent provision in the New Ontario dairy standards act provides that when the whey from a cheese factory is returned in the same cans in which milk is heated to the factories the whey must be pasteurized. It would be still better to insist on pasteurization in all cases. Unpasteurized whey is one prolific cause of the spread of tuberculosis in animals. Albert Sinclair was acquitted of a charge of manslaughter arising out of the death of his son, Albert, at Toronto. Love would not be love did it not cheerfully indulge in sacrifice.

A Theory Of Progress

By ETHEL HOLMES

Miss Mary Medford and Miss Gwen Dolan Tracy, chums, twenty-two and twenty-three years old respectively, both rich in their own right, thought much on the same lines. "Gwen," said Miss Medford, "I have an idea that progress is the only means to happiness. We must be constantly going onward and upward. You and I are apparently at the end of our rope and still very young. We have independent fortunes. If we marry ordinary men we'll be bored through life. Let us go abroad and each marry a title." "What kind of a title?" "A knight, for instance." "Then, I suppose, according to your theory, in time we'd have to divorce the knight and marry a baron." From the baron we'd have to rise to an earl, then a duke, and so on till we got a king. But I'm with you." The two girls sailed for Germany, where every other respectable man is a noble—at least a Von—but that was not the kind of nobility they wanted. So they went into France. Here they found it difficult to understand what a title was worth. France being a republic, they couldn't see what advantage a count or a duke had over a commoner. Besides, the old nobility were all either legitimists or Orleanists and the most recent ones, Bonapartists. If the sovereign of either won the government the others would be down and out. Our heroines, being practical American girls, had no use for uncertainties. So they went over into England. Britain has always been considered the best place in the world for noble game. The law of primogeniture provides for one branch of the family at the expense of the others. But the prizes were correspondingly few. The sons of some of the oldest blooded titles were or had been married to music hall girls, and this further reduced the American girls' chances. Though they had brought letters to families in England and were admitted socially, neither of them saw anything worth purchasing, for really that is what their intentions meant. After spending several months in England looking over the bargain counters they made up their minds to return to America and take up some fad. Gwen said she would prefer a dog. But what they had been hunting for all over Europe came to them on the steamer coming home. They had met a young woman in England whom they had asked to help them in their quest. This lady informed them that two young noblemen, the Earl of Elmhurst and the Marquis of Babbington, were going to America Incog. Whether the girls purposely bought tickets on the same steamer as the noblemen, or vice versa, does not appear. At any rate, the four crossed together, and before they had been out twenty-four hours they were as thick as peas in a pod. The noblemen passed by ordinary names, Elmhurst as Mr. Calkins and Babbington as Mr. Struyger. They did not tell the girls that they were noblemen incog, and the girls did not tell them that they had been informed concerning them. Calkins froze to Mary; Struyger made up to Gwen. The boys both declared that if they ever married they would wish to be married for love. Naturally, after such a statement, the girls would have been very foolish to tell them that they knew them to be British peers. Of course it could not be expected that the two American girls would snare two such men within the few days of a voyage, but they came very near together. The night before they made the port of New York both couples were on deck sitting close in dark corners. Calkins told Mary that he wished to give her some mementoes of the voyage which she had made so happy for him, and she promised to accept a silk umbrella that he had intended for an American lady friend of his in Boston. Struyger proffered upon Gwen to accept a box containing a dozen pairs of gloves. In the morning while the vessel was steaming up New York bay the ladies gave the gentlemen their addresses and the gentlemen gave the ladies the mementoes of the trip. When the ship was docked the ladies went down the gangway together and were driven home. During the ride Mary, while comparing notes with her friend as to the probability of a conquest, was fingering the handle of the umbrella that had been given her. "Why, it uncovers," she said. She trusted it till it came off, and something dropped from it into her lap. Picking it up, she examined it. "Why, it's a diamond!" she exclaimed. From the head of the umbrella that she had removed she poured out a couple of dozen more. "Good gracious, what a gift! It's worthy of an emperor." Gwen at once examined her glove box. She found nothing but the gloves at the time, but after she got home a further examination revealed a false bottom and more diamonds. During the day a customs inspector, called with an order for the contents of the girls. Two smugglers had been announced from the other side of the water, had been arrested, and a compromise had been made by which they were to escape with their liberty. "Well, I declare!" exclaimed Mary, "strained at a gnat and swallowed a camel." "In other words," added Gwen, "aimed at two noblemen and caught a pair of smugglers."

One Request — to those who write for our Recipe Book.

The recipes for Ice Cream, Frozen Custard, Pies, Cakes, Muffins, Popovers, Gams, Puddings, Sauces, Gravies, Entrees, Relishes and lots of other deliciously good dishes, call for

BENSON'S CORN STARCH. We cannot guarantee the success of these recipes unless you do use BENSON'S Corn Starch. To insure everything turning out just as you want it, will you not insist on having BENSON'S? Write for the recipe book today, to Montreal Office, and order BENSON'S at your grocer's. THE CANADA STARCH CO., LIMITED. MONTREAL, CANADA. BRANFORD, PORT WILLIAM, AUSTRALIA. Sole Agents: The Dominion Book Co., Ltd., 100 St. James St., Montreal, P. Q.

Never Sticks in Package or Shaker. REGAL Table Salt. FREE RUNNING. The two girls sailed for Germany, where every other respectable man is a noble—at least a Von—but that was not the kind of nobility they wanted. So they went into France. Here they found it difficult to understand what a title was worth. France being a republic, they couldn't see what advantage a count or a duke had over a commoner. Besides, the old nobility were all either legitimists or Orleanists and the most recent ones, Bonapartists. If the sovereign of either won the government the others would be down and out. Our heroines, being practical American girls, had no use for uncertainties. So they went over into England. Britain has always been considered the best place in the world for noble game. The law of primogeniture provides for one branch of the family at the expense of the others. But the prizes were correspondingly few. The sons of some of the oldest blooded titles were or had been married to music hall girls, and this further reduced the American girls' chances. Though they had brought letters to families in England and were admitted socially, neither of them saw anything worth purchasing, for really that is what their intentions meant. After spending several months in England looking over the bargain counters they made up their minds to return to America and take up some fad. Gwen said she would prefer a dog. But what they had been hunting for all over Europe came to them on the steamer coming home. They had met a young woman in England whom they had asked to help them in their quest. This lady informed them that two young noblemen, the Earl of Elmhurst and the Marquis of Babbington, were going to America Incog. Whether the girls purposely bought tickets on the same steamer as the noblemen, or vice versa, does not appear. At any rate, the four crossed together, and before they had been out twenty-four hours they were as thick as peas in a pod. The noblemen passed by ordinary names, Elmhurst as Mr. Calkins and Babbington as Mr. Struyger. They did not tell the girls that they were noblemen incog, and the girls did not tell them that they had been informed concerning them. Calkins froze to Mary; Struyger made up to Gwen. The boys both declared that if they ever married they would wish to be married for love. Naturally, after such a statement, the girls would have been very foolish to tell them that they knew them to be British peers. Of course it could not be expected that the two American girls would snare two such men within the few days of a voyage, but they came very near together. The night before they made the port of New York both couples were on deck sitting close in dark corners. Calkins told Mary that he wished to give her some mementoes of the voyage which she had made so happy for him, and she promised to accept a silk umbrella that he had intended for an American lady friend of his in Boston. Struyger proffered upon Gwen to accept a box containing a dozen pairs of gloves. In the morning while the vessel was steaming up New York bay the ladies gave the gentlemen their addresses and the gentlemen gave the ladies the mementoes of the trip. When the ship was docked the ladies went down the gangway together and were driven home. During the ride Mary, while comparing notes with her friend as to the probability of a conquest, was fingering the handle of the umbrella that had been given her. "Why, it uncovers," she said. She trusted it till it came off, and something dropped from it into her lap. Picking it up, she examined it. "Why, it's a diamond!" she exclaimed. From the head of the umbrella that she had removed she poured out a couple of dozen more. "Good gracious, what a gift! It's worthy of an emperor." Gwen at once examined her glove box. She found nothing but the gloves at the time, but after she got home a further examination revealed a false bottom and more diamonds. During the day a customs inspector, called with an order for the contents of the girls. Two smugglers had been announced from the other side of the water, had been arrested, and a compromise had been made by which they were to escape with their liberty. "Well, I declare!" exclaimed Mary, "strained at a gnat and swallowed a camel." "In other words," added Gwen, "aimed at two noblemen and caught a pair of smugglers."

Great Values on Saturday

Men's fall suits in tweeds and worsteds, browns, greys and mixtures. Reg. \$15.00 to \$20.00, for \$12.00. Men's Overcoats. Don't miss seeing our fine selection of winter overcoats, in all shades and sizes. Saturday for \$10.00, \$12.00, \$15.00, \$18.00 and \$20.00. Sweater Coat Specials. Reg. \$7.50 pure worsted sweater coat, with shawl collar, navy, Oxford, brown or crimson. Special price on Saturday, \$4.00. Other good values \$2.00 up. Mothers — We're setting new selling records with these new boys' suits, overcoats and mackinaws at \$3.50, \$5.00 and \$7.50; and that's a good evidence of splendid values. Come in and see. See our ladies' high cut boots, patent leather, with calf tops, all sizes. Reg. \$6.00. Saturday for \$4.00.

Louis Abramson's The Uptown Clothier - 336 Princess St.

P.M. G. OF NEWFOUNDLAND. Hon. J. A. Robinson, Daily News Editor, is Appointed. St. John's Nfld., Oct. 27.—Hon. John Alexander Robinson, for the past 22 years editor of the St. John's Daily News, has been appointed Postmaster-General of Newfoundland succeeding the late Hon. Henry Woods, and Hon. Charles Emerson has been appointed Registrar of the Supreme Court. These appointments cause two legislative vacancies, Mr. Robinson having been a member of the Legislative Council for some years, and Mr. Emerson having been a member of the Lower House, and also minister without portfolio in the Morris Cabinet. Rev. R. J. Power, of Chalmers church, Halifax, was extended a unanimous call to Avenue Road Presbyterian church, Toronto. Colin C. McCrimmon, a former Toronto druggist, died suddenly in Detroit. While praying for sinners some men forget themselves in the petition.

"The White Flour Pinch"—have you felt it? With the advancing price of wheat "the seven-cent loaf is doomed," say the bakers. In its place we have the eight-cent loaf—in many cities only the sixteen-cent loaf. A loaf of white flour bread is not a complete ration. However wholesome and pure, it does not supply all the proteins the human body needs. In Shredded Wheat Biscuit you have all the body-building nutriment in the whole wheat grain prepared in a digestible form. It is always the same price, always the same high quality. Eat it for breakfast with milk or cream or with fruits. Made in Canada.

CUNARD LINE. CANADIAN SERVICE. MONTREAL TO LONDON (Via Falmouth). From Montreal Oct. 21. From London Oct. 21. MONTREAL TO BRISTOL (Avonmouth Dock). From Montreal Oct. 25. From Bristol Oct. 25. CABIN PASSENGERS ONLY. For information apply local Ticket Agents or The Hubert, Bedford Company Limited, General Agents, 50 King St. East, Toronto. Oldest Copper Mine. London, Oct. 27.—Rio Tinto, which has just declared an increased dividend is the oldest known copper mine in the world. Shadon of the Phoenicians hang about the beginnings of Rio Tinto, in the eleventh century before the Christian era; Carthage "exploited" the mine; Goths succeeded Romans in digging out its ore. Today British stockholders are drawing dividends from it.