

IF BACK HURTS BEGIN ON SALTS

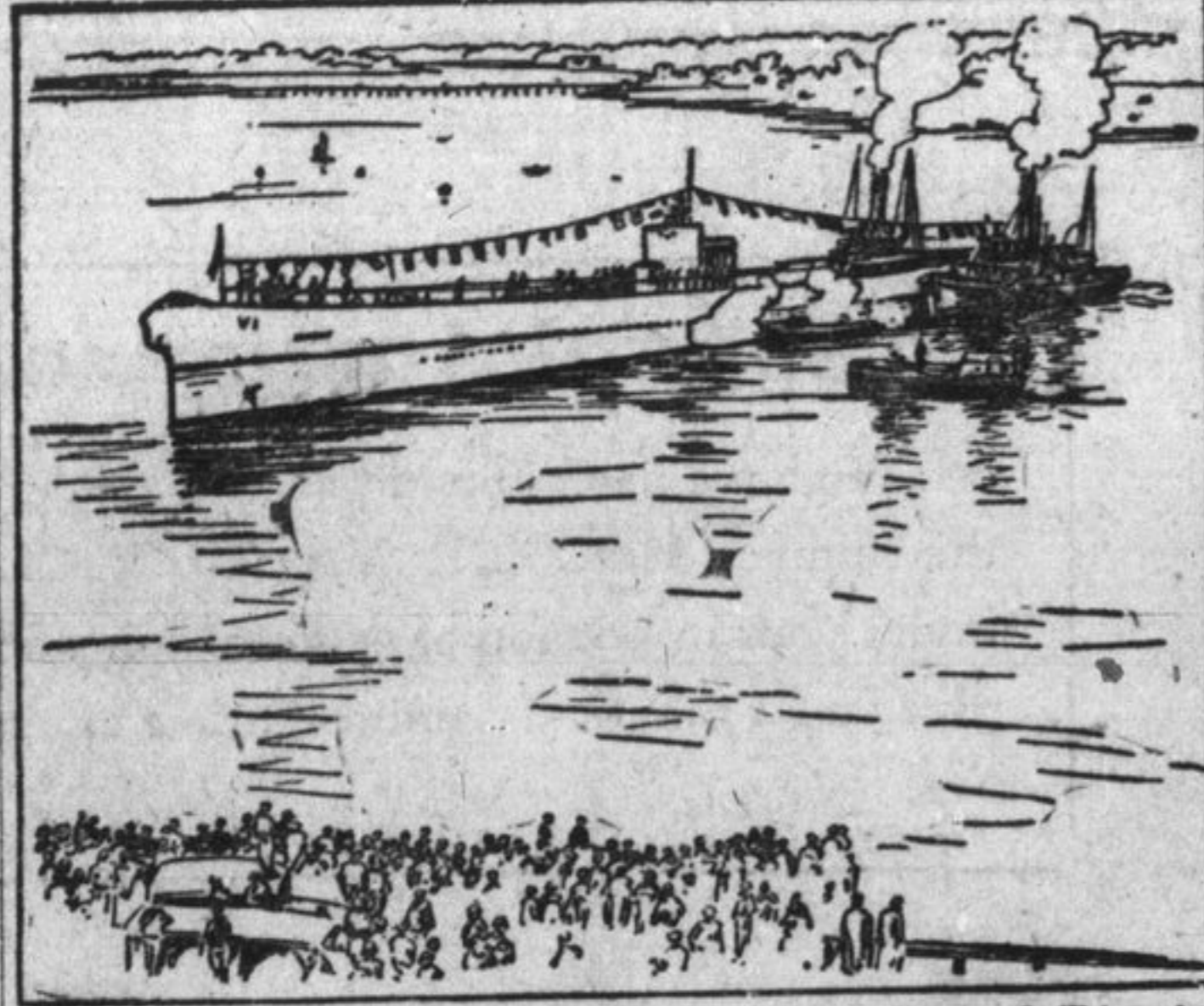
Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food clogs the kidneys...

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush clogged kidneys...

What the World Is Doing

(As Seen by Popular Mechanics Magazine)



Shortly after launching, the Giant Submarine "V-1" with its Gay Passengers is Welcomed to the Sea and Preparations Are Made to Complete It for Voyage across the Atlantic

Giant Sub Able to Cross Atlantic with Crew of Eighty-Seven

The fighting efficiency of Uncle Sam's navy will be greatly increased, officials believe, by the "V-1," the giant submarine, nearly twice as large as any previously built here.

Over Thousand Accidents an Hour Cause Heavy Loss in U. S.

An average of twenty-one accidents occur every minute in the United States, according to figures compiled by the government, those caused by automobiles leading in number.

A good filler for cracks in stoves and furnaces is made by mixing equal parts of salt and wood ash into a paste.

An Artistic Storm Door for the Home

There seems to be no happy medium between the expensive glassed-in porch and the ugly, drab storm doors used on the more modest houses.

Almost every storm door on the street was painted a dull gray, regardless of the color of the house or its trimmings.

The result was a sturdy storm door which harmonized with the quiet tones of the house and was not an eyesore.

Logging Radio Stations

Neatness and compactness are the outstanding features of a new device for logging radio stations. The call letters and other data concerning the various stations are printed on a strip of paper, which is held on two rolls and turned forward or backward by means of two small knobs.



College Girl Chums

are the ideal shoes for girls in their "teens." Correct in shape for growing feet, yet stylish in appearance, and, most important of all, providing long months of wear.

Chums shoes are made of the very best leather it is possible to secure, and the Ahrens tradition of "Quality First" is behind every pair of Chums.

There is no shoe like Chums for boys and girls. Ask for them by name.

Write for our Chums booklet and nearest dealer's name. Made Only By Charles A. Ahrens Limited, Kitchener, Ont.

Making Sure of a Harbor Berth!



As the Great Lakes grain carriers unload in Montreal harbor, waiting their turn in endless procession, the big ocean-going steamships line up at adjacent berths to fill their holds with the same grain as it pours in a golden stream from the spouts of the harbor's efficient carrier system.

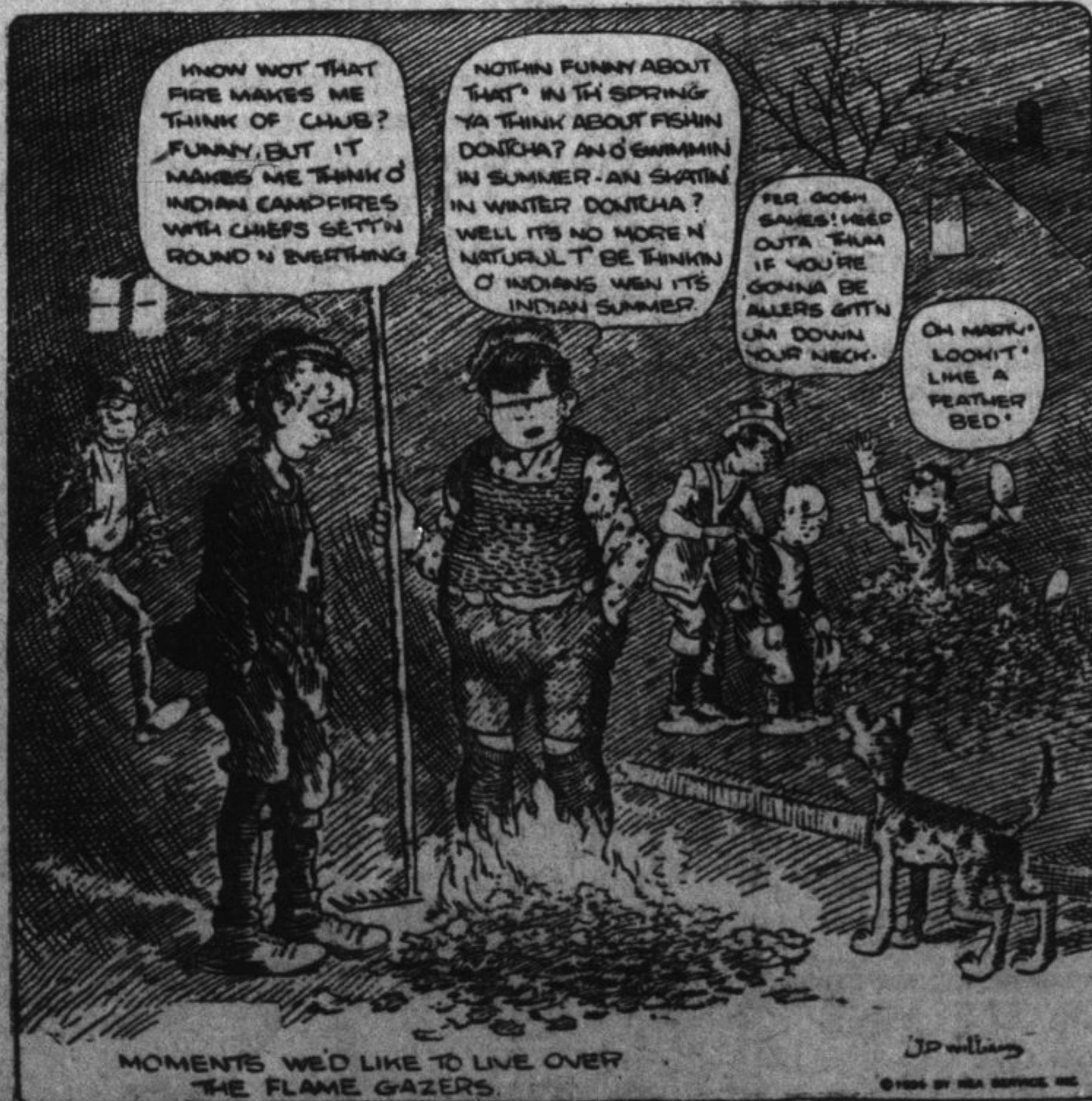
phone by Long Distance from far-away lake ports to reserve accommodation for unloading when they shall reach Montreal. From January 1st to September 30th this year, Montreal exported 22,000,000 bushels more grain than the seven next important ports of America combined. The total was over 99,000,000 bushels.



Capt. H. F. Hallifax of S.S. Pomeroy

OUT OUR WAY

By Williams



MOMENTS WE'D LIKE TO LIVE OVER THE FLAME GAZERS

Keep an apple in your cake box to keep your cake moist. See, of course, that the apple is a perfect one and change when it shows any signs of decay.

Castor oil, beaten up with the white of egg is much more palatable to the average individual than taken in its natural state.

Flowers worn on ribbon bracelets make very quaint accessories for bouffant evening dresses of pastel shaded taffeta.

In custards and sauces you can omit all eggs over two and substitute two tablespoons of cornstarch for each egg omitted.

Left over cake makes very delicious puddings if milk and eggs are added, and a fruit sauce poured over.



Staying Power!

ON the rugby field, in sports of any kind, the athlete prepares himself for staying power. He develops himself to the maximum of efficiency.

The athlete daily eats the foods which give him the greatest amount of energy without taxing his digestive organs. So should you. Grape-Nuts is the food you should eat every day.

Ask your grocer to send you Grape-Nuts for to-morrow. Four teaspoonfuls with cream or milk are sufficient for each serving.

GRAPE-NUTS VEGETABLE SOUP

1 cup Grape-Nuts, 1 pound veal stew, 3 tablespoons shortening, 2 onions, medium size, 1 quart tomatoes, 2 quarts water, 1 cup carrots, sliced, 1 cup peas, 4 table-spoons salt, 1 teaspoon black pepper, few sprigs parsley, 2 cups potatoes, sliced.

Put shortening in stew pan; when it starts smoking put in stew meat cut in small pieces. When light brown, slice in onion. When onion is brown, put in tomatoes, and cook 20 minutes; add 2 quarts water and let boil 15 minutes; then put in sliced carrots, peas, parsley, salt and pepper. Let cook until peas and carrots are quite tender, then put in potatoes; when potatoes are almost done, put in Grape-Nuts and cook three minutes.

This recipe serves ten to twelve.

"Theres a Reason"

Grape-Nuts

Made in Canada

CANADIAN POSTUM CEREAL CO., LIMITED Head Office: Toronto Factory: Windsor

WHY THE WEATHER?

J.M. CHARLES F. BROOKS Secretary, American Meteorological Society, Tolu, Mex.

Clouds as Thermostats.

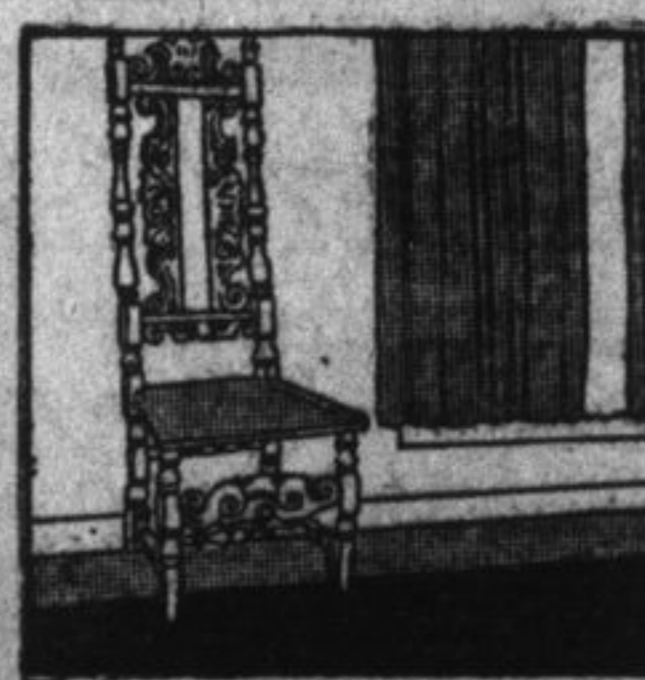
It is well known that cloudy days and nights have more equable temperatures than clear ones; but it is not so well appreciated that to a large extent the clouds are the result of daytime heating and nighttime cooling.

FOR SALE

SOLID BRICK HOUSE on stone foundation, double parlors, dining room and kitchen, 4 bedrooms and den, hardwood floors throughout; lights, gas, three piece bath, hot water heating, wall plugs, garage. This house is newly decorated and in first class condition and will be sold. Worth the money. Please call at office for information.

M. B. TRUMPOUR Phone 704 or 3078w 270 PRINCESS STREET

PREFERENCE IN LIGHT



If you have any special piece of furniture or art object that you want to be noticed in a room, place it opposite the entrance doorway in a light spot, so that a person entering the room could not help but see it and admire it.

BEECHAM'S PILLS

The Safest and Best Family Medicine

to drop the pamphlets over all parts of Spain.

The first edition of the Ibanex pamphlet will total some 2,000,000 copies, and it will be printed in Spanish, with French editions for distribution in Paris and copies printed in English for New York. The title will be "Alfonso XIII Unmasked, or the Militaristic Terror in Spain."

Very fine machine stitching done with a gold or silver thread is one effective form of trimming. Lemon juice and whitening makes a good paste with which to clean ivory handles.

SAYS RED PEPPER HEAT STOPS PAIN IN FEW MINUTES

Rheumatism, lumbago, neuritis, headache, stiff neck, sore muscles, strains, sprains, aching joints. When you are suffering so you can hardly get around, just try Red Pepper Rub. Nothing has such concentrated, penetrating heat as red peppers, and when heat penetrates right down into pain and congestion, relief comes at once.

Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes the sore spot is warmed through and through and the torture is gone. Rowles Red Pepper Rub, made from red peppers, costs little at any drug store. Get a jar at once. Be sure to get the genuine, with the name Rowles on every package.

"Cascarets" 10c if Constipated, Dizzy, Bilious



Feel fine! Let "Cascarets" clean your bowels and stimulate your liver. No griping or overacting. Millions of men, women and children take this harmless laxative with a little. It doesn't sicken you like pills, oils, calomel and salts. Tastes nice—acts wonderful. 10c, 25c and 50c boxes—any drugstore.

replaced, and the thermostat ceases to function. During the night, however, if the air is damp, the formation of a fog or low cloud sheet may take place as a result of the cooling by radiation and conduction, and such a fog or cloud will virtually prevent a further fall in temperature.

Ibanex to Bombard Spain by Airplane

Paris, Nov. 11.—Spain will be bombarded aerially shortly after Nov. 26th by two airplanes charged with Vincente Ibanex's anti-King Alfonso pamphlets, the Spanish author announced here.

Ibanex, who recently denounced King Alfonso and the reigning military dictatorship, said that two airplanes had already been chartered.