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Our full cream cheese has that snappy twang you like. Use plenty of it in cooking; there is nothing that contains higher food value. This means good health for your family.

**ENGLISH CHEDDAR. DUTCH, CANADIAN and INGERSOLL. PARMESIAN—in Bottles.**

**BOWRING BROTHERS, LTD. GROCERY DEPT.**

## Andrew Bonar Law First Canadian Born Premier of Britain.

Parliament Dissolves by Proclamation Thursday -- Elections to Take Place Nov. 15 -- Henry Ford Wins First Schooner Cup Race.

MINISTRY PROBABLY ANNOUNCED TOMORROW.

LONDON, Oct. 23. Andrew Bonar Law today accepted King George the task of forming a Cabinet, and advised his Majesty to dissolve Parliament, which will be done by royal proclamation on Thursday. He was England's first Canadian Premier. The King this morning formally left of Lloyd George. He came to the Unionist meeting this afternoon when Bonar Law was unanimously elected leader of the Unionist Party. The King will be a Privy Council probably on Monday. If the Prime Minister has accepted the Ministry, for swearing in the new ministers. The King will be the advice of the Prime Minister, the dissolution of Parliament on Thursday, and, according to the arrangements, the election will be held on November 15. Bonar Law is understood to have his Cabinet almost completed, and it is expected the composition of the Ministry will be announced tomorrow. The almost universal opinion is that he succeeds to a most difficult and arduous task, and many misgivings are heard as to whether his health will stand the strain, but he has made it clear that if he finds his health unequal to the task he shall be allowed quietly to step aside.

**BONAR LAW ELECTED UNIONIST LEADER.**

LONDON, Oct. 23. Andrew Bonar Law was unanimously elected leader of the Unionist Party at their meeting this afternoon.

**A CLOSE FINISH.**

GLoucester, Oct. 23. The Gloucester schooner, Henry Ford, Capt. Clayton Morrissey, today took the first race in the series for the International Fishermen's Trophy from the Canadian defender Bluenose.



## Spare a little thought from your day's work

and think about your health, upon which depends the ability to work—or play.

In health the human system is like a perfectly regulated machine, each part working harmoniously and smoothly without undue wear or friction. Every mental or bodily effort uses up tissue which is quickly replaced by Nature when the food is properly chosen.

Grape-Nuts with good rich milk is a delicious and highly nourishing food. It contains the necessary vitamins

**"There's a Reason" for Grape-Nuts**

THE BODY BUILDER

Canadian Postum Cereal Co., Ltd., 45 Front St. E., Toronto. Factory: Windsor, Ontario.

Capt. Angus Walters, by two minutes and nineteen seconds. It was the American's race from the start. Morrissey drew first blood when he shot the schooner over the line to the weather of the Bluenose and blanketing Angus, established a comfortable lead in the reach for the first mark and he was never headed thereafter. The Bluenose ran true to form on the windward leg when the wind freshened, reducing the lead of ten minutes which the challenger had established on the first part of the reach to three minutes at the second mark. The Canadian gained slightly on the third leg, another reach, when a slight lull was encountered, but dropped behind on the next broad reach when the wind failed. On the close reach to the finish line in a freshening breeze, the Bluenose cut down the lead of five minutes to a half. The Ford is a faster vessel than the Bluenose in a ten to fifteen knot variable weather. How the two compare in moderate to heavy weather remains to be seen. The next race is on Wednesday, the postponement having been made on account of the illness of Captain Morrissey.

### THE RACE.

GLoucester, Oct. 23. The Bluenose crossed the line first, closely followed by the Ford which overtook her at the first mark and rounded it forty-five seconds ahead. Gloucester, Oct. 23.—In the last two miles of the second leg the Ford apparently demonstrated her superiority over the Bluenose, going to windward in a moderate breeze and smooth sea. She opened out a lead of 700 yards and gained steadily. She showed herself much better in reaching than on Saturday, and still had a good lead when the boats rounded the second mark.

GLoucester, Oct. 23.—The time at the second mark was Ford 1:37.10; Bluenose, 1:40.05. At two thirty the breeze increased to twelve knots with a big sea running. The Bluenose gained a couple of hundred yards, but the Ford was still in the lead.

GLoucester, Oct. 23.—The time at the fourth mark, Ford, 3:24.40; Bluenose, 3:29.50.

GLoucester, Oct. 23.—The sch. Henry Ford won the first official race of the International fishing vessel contest today. The official times at the finish were: Ford, 4:01.45; Bluenose 4:03.50.

GLoucester, Oct. 23.—Time at third mark, Ford, 2:28.30; Bluenose, 2:30.55. Breeze softening and speed of boats about ten knots. The Ford had a commanding lead and it was estimated she would win by a few minutes. The Committee now announce that both boats crossed the starting line at 11:00.04.

### November Rod and Gun.

Sportsmen and lovers of the outdoors ought to find a lot of old pleasure in their perusal of the November issue of Rod and Gun in Canada. The usual collection of stories, articles and features is not only extensive and generous as usual, but it is of particularly high quality as well. Raymond Thompson is the author of a thrilling tale, entitled, "The Scourge of God," while "Madawaska" is a charmingly illustrated article that is full of interest. The departments are all instructive and well-balanced. A feature is a complete table of the trapping laws of the provinces of the dominion, while the Trap Line Department, edited by M. U. Bates, offers a wealth of valuable information which the trapper will not want to miss.

Rod and Gun in Canada is published monthly at Woodstock, Ontario by W. J. Taylor, Limited.

## Since Viking Days

cod-liver oil, now known to be exceptionally rich in the vitamins, has been a means of health and strength to tens of thousands.

## Scott's Emulsion

is cod-liver oil direct from the "Land of the Vikings," made into a form not unlike rich cream. It helps make and keep boys, girls and grown people sturdy.

## Elsie Ferguson in Excellent Photodrama.

"SACRED AND PROFANE LOVE" AT THE NICKEL.

"Sacred and Profane Love" featuring Elsie Ferguson went over big at the Nickel Theatre last night. The picture is artistic from every standpoint and is flawlessly acted and produced. The heroine of this adventure secretly fed her mind upon "Mademoiselle De Maupin" and "Darwin's Origin of Species." The rest of the story shows how Carlotta innocently involved in the dastardly conduct of a suicide of a married man, and in a successful effort to save the pianist from utter defeat by his passion for abstinence. Restored to manhood, the pianist and Carlotta become man and wife.

Elsie Ferguson is easily equal to the part of Carlotta. The complicated emotions of the young English girl are portrayed by Miss Ferguson with rare sympathy. Conrad Nagel makes the pianist a living personality, and the rest of the cast is of good quality. The production is excellent in every detail.

The Nickel announces for early showing the true story of the "Battle of Jutland." This picture is original and not an acted photoplay, so patrons can rest assured of seeing the real article when they witness this film.

## QUIT TOBACCO

So easy to drop cigarette, Cigar, or Chewing habit

No-To-Bac has helped thousands to break the costly, nerve-rattling tobacco habit. Whenever you have a longing for a smoke or chew, just place a harmless No-To-Bac tablet in your mouth instead. All desire stops. Shortly the habit is completely broken, and you are better off mentally, physically, financially. It's so easy, so simple. Get a box of No-To-Bac and if it doesn't release you from all craving for tobacco in any form, your druggist will refund your money without question.

## Ingram Builds Paris Dance Hall.

One of the famous Parisian dance palaces of pre-war days—and which since has become the target for reformers' crusades—was reconstructed on the grounds of Merto's West Coast studios in Hollywood, Calif., as a setting for one scene of "The Four Horsemen of the Apocalypse," the colossal Rex Ingram production of the world-famous novel by Vicente Blasco Ibanez, now showing at the Star Theatre.

The scene shows vividly the mad dance craze which struck Paris immediately before the European cataclysm. Every detail was faithfully carried out according to plans of Jacques d'Auray, who handled the French technicalities of the production.

Rudolph Valentino, enacting the leading male role in the picture, is called upon, as the famous tango leader, to execute some of the dances for which he gained an international reputation. Alice Terry, as Marguerite, the heroine of the story, received careful instruction from Mr. Valentino in the intricacies of the tango and other Brazilian dances which are seen in this screen adaptation by June Mathis of the famous novel.

A real Tzigane orchestra furnished the proper tempo for the different dances.

Rex Ingram had great difficulty in assembling the crowd for the palace, as the chief requirement was that they be adept at dancing the tango and maxin.

It was a case of "many were called, but few chosen," as the tango had its day some years ago, and seemed to be a lost art. Finally, Mr. Ingram succeeded in assembling the desired number, and after several days of rehearsing under the tutelage of the best dancing instructors obtainable in Los Angeles, the lost art of dancing the tango was revived and as a result the dance scene as shown on the screen is correct in every detail.

A novel way of achieving the long uneven hemline is to have an apron effect in front which is longer than the skirt.

## NICKEL

## ELSIE FERGUSON

## "Sacred and Profane Love"

A WILLIAM D. TAYLOR PRODUCTION  
An appealing story from the celebrated stage success by Arnold Bennett.  
Scenario by Julia Crawford Ivers. Cast includes Conrad Nagel.

COMING--  
THE TRUE STORY  
OF THE  
"Battle of Jutland"

## BRIMFUL of GOODNESS

Specially selected items of apparel to meet the requirements of the moment. Prices pared to the finest—making the occasion economical, timely—and resultful of much savings in our popular:

## MEN'S and BOYS' SHOP

**WORKING SHIRTS.**  
Mottled Brown Flannelette Top Shirts, with collar and 3 breast pockets; comfortable looking; \$2.00 value. Special \$1.80

**BOYS' FELT HATS.**  
Real Fall style; shades of Grey, Green and Brown smart shapes for little chaps; values to \$2.00. Special 90c.

**FELT SLIPPERS.**  
Everett shape; all Felt, made in shades of Grey, Brown and Navy; soft padded Chamols sole; home comfort. Regular \$2.00. Special \$1.69

**"ARROW" SHIRTS.**  
True to form "Arrow" Shirts, liked by the most exacting in shirt styles; pretty plain stripe, patterned in assorted shades; any wanted size. Special \$2.70

**COAT SWEATERS.**  
Snug-fitting, cosy to wear for indoor or outdoor wear; ideal for the motorist; Brown shade trimmed with Fawn, and Grey trimmed with Purple. They're Special at \$2.90

**COAT SWEATERS.**  
Fine Knitted Wool Coat Sweaters, with military collar; shades of Brown, Grey and Maroon. Special \$3.90

**KID GLOVES.**  
Men's and big Boys' Kid Gloves. Astrachan back, Kid palm, Wool lined. Special \$1.35

**POLICE BRACES.**  
Reliable Braces for those engaged in hard work; double strength back; all leather strappings. Low Priced 38c.

**Bow TIES.**  
Neat appearing Bow Ties, in Fancy Silks; simple to tie. Special 78c.

**SOFT FELT HATS.**  
Inexpensive—yet check full of nobleness and neatness; shades of Grey, Fawn and Brown; bound rim. Your size is here. Special \$3.10

**BOYS' TOP SHIRTS.**  
A Special Line showing pretty plain stripe patterns; band not collared; soft cuffs. Regular \$1.30. Special 95c.

**BOYS' JERSEYS.**  
Warm, snug-looking Wool Jerseys for boys from 6 to 9 years; nice clean looking, Fawn shade, relieved with Navy stripe on collar and cuffs. Special \$1.95

**James Baird LIMITED**

THE SAVE AS YOU SPEND STORE

## Fads and Fashions.

Long-haired fur is favored as trimming on coats.  
Ermine tails trim a new fur hat in summer ermine.

The bertha of metallic lace is well favored for the frock of velvet.  
Narrow colored piping is the latest form of trimming in lingerie.

Broadtail matching in color faces the brims of youthful hats of duvetyne.

The all-white costume has been accepted for sports and daytime wear.  
Touches of white fur are noted on millinery and as edgings on frocks.

A triotone shape of chocolate brown velvet is trimmed with a self cocade.  
Fur edges and gold stitching are features of smart felt hats for the children.

Ermine and kolinsky edge the upturned brims of jaunty little hats of black velvet.  
A new and interesting tinsel ribbon gives the effect of groups of tiny raised nailheads.

A brand of plain material is used as the necklines and hem of a bright printed sports frock.  
Slipper satin in browns and black is used for the crowns of the face and fur trimmed hats.

A smart black tricorn drops a full black lace veil from the back of the hat to the hips.  
Silver embroidery on the left closing line accents the straight lines of a brown Canton frock.

The square bib-like effect in collars may be worn either at the back or the front of the frock.  
Vari-colored embroidery outlines the short sleeves, pockets and neckline of a black velvet frock.

Seldom is the black velvet frock without a touch of color or a gleam of cut metal to brighten it.  
Veils have smart border effects, with a decided preference for metal threads in interesting effects.

Braided trimmings and colorful embroidery give distinction to straight-line tailored frocks.  
Deep circular flounces finish the cape models of kolinsky, summer ermine, and pure white ermine.

Sleeves might quite smartly be tight to the elbow and then suddenly widen in Japanese kimono effect.

