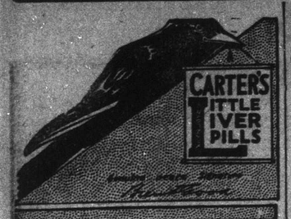

Two Splendid Things

One is plenty of open-air exercise.

If you can't get all of that you should, it's all the more important that you should have the *other* tried-and-true remedy for a torpid liver and bowels that don't act freely and naturally.

Take one pill every night; more only when you're sure it's necessary.

CARTER'S LITTLE LIVER PILLS

Genuine bears Signature Brent Good

Colorless faces often show the absence of Iron in the blood. **Carter's Iron Pills** will help this condition.

GIRLS! LOTS OF BEAUTIFUL HAIR

25-Cent Bottle of 'Danderine' Makes Hair Thick, Glossy and Wavy.

Removes All Dandruff, Stops Itching Scalp and Falling Hair.

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25-cent bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

Oct.6,20

What Thin Folks Should Do To Gain Weight.

Good Advice for Thin 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-in creams, resign themselves to life-long skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered regenerative force makes fat grow after years of thinness, and is also unequalled for repairing the waste of sickness or faulty digestion and for strengthening the nerves. This remarkable discovery is called Saltogyn. The best strength-giving, fat-producing elements of acknowledged merit have been combined in this peerless preparation, which is indorsed by eminent physicians and used by prominent people everywhere.

A month's systematic use of Saltogyn should produce flesh to the extent of at least 10 pounds by correcting faults of digestion and by supplying highly-concentrated fats to the blood. Increased nourishment is obtained from the food eaten, and the additional fats that thin people need are provided. It can be obtained from the Standard Drug Company and other leading druggists everywhere.

NOTE.—While Saltogyn has given excellent results in the treatment of nervous indigestion, it should not be taken longer than five days at a time by those who are not willing to gain at least ten pounds in weight.—Advt.

PEOPLE OF RUSSIA BETRAYED TO HUNS BY AGENTS IN U. S.

Herman Bernstein Hears From "Sherlock Holmes of Russia" How Czar's Purchasing Commissioners Were Bought Up.

NOTORIOUS MADAME SCHWIMMER AIDED BERNSTORFF IN NEW YORK PLOTS

Muscovy Now Overrun With Spies, Who Entered Land as Returned Exiles After the Revolution—Thousands of Lives Lost Through Devilish Intrigues That Brought About Emperor's Overthrow.

By Herman Bernstein, Special Investigator in Russia for the New York Herald.

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(Copyright Canada by New York Herald Company.)

(First Installment.)

Russia was betrayed in this war by the Tsaritsa Alexandra, now exiled with the Tsar in Siberia.

Russia was betrayed by Premier Stuermer, who died a prisoner on the eve of his trial for high treason.

Russia was betrayed by Minister of the Interior Protopopoff, a creature of Rasputin, and he is now awaiting his fate in the fortress of Peter and Paul.

Russia was betrayed by War Minister Soukhomlinoff, now condemned to imprisonment for life at hard labor.

Russia was betrayed by War Minister Soukhomlinoff, now condemned to regime in great haste for fear lest he might name his fellow conspirators and traitors in the highest places.

German spies and agent provocateurs have worked in Russia uninterruptedly and brazenly throughout the war. They were active in the palaces of the Tsar, in the cabinet, in the police department and at headquarters of the general staff.

Betrayed People and Allies.

Russian generals, sympathizing with Germany for many reasons and knowing the spirit and will of their masters, betrayed Russia to Germany. The old regime betrayed the people of Russia and thus also betrayed Russia's allies.

Hundreds of thousands of lives, the flower of Russia, were sacrificed on the battlefields, victims of this conspiracy.

The revolution came in a large measure as a protest against this stupendous betrayal.

Germany's system of espionage in Russia was built long before the outbreak of the war. During the war the German Government worked unhindered within the Russian Empire and not a single Russian military secret remained a secret to the German military staff.

Mr. Spann, brother of a member of the kaiser's cabinet, was director of the Putiloff works, the largest munitions factory in Russia. There were mysterious explosions in the Putiloff works in the course of the war, there were repeated labor disorders among the tens of thousands of laborers in the Putiloff works, and large supplies of munitions were stored at the weakest points at the front, which fell into the hands of the Germans.

Mild Sentence for Traitor.

During the old regime Spann was charged with treason. As he was director of the Putiloff works and a brother of a German cabinet member, he had powerful friends in Russia. So his punishment was mild. He was exiled to Siberia for about a year. Public opinion was amazed and aroused, but in those days it could be amazed and aroused in silence. It was dangerous to tell the truth.

In Siberia the famous historian of the Russian revolution, Vladimir Bourtseff, met him. He, too, was an exile then. His crime was that he loved Russia. He was banished to Siberia soon after he came to Russia to help during the war, believing that all Russians, even those who had always fought Russian autocracy mercilessly, must come to the aid of the Russian people against the arrogance and violence of the military autocracy of Germany, which is striving to enslave the world.

Spann Now a Free Man.

Vladimir Bourtseff met the brother of the German cabinet minister in Siberia and acquainted himself with his views and activities. According to Bourtseff, who has unmasked many agents provocateurs, this same Spann, brother of a member of the German cabinet, is now back in Petrograd, free, directing German espionage in Russia.

At the famous Moscow conference Premier Kerensky, General Korniloff, General Alexieff and members of the Russian cabinet reviewed the condition of Russia with extraordinary frankness. They discussed the status of the army and military operations without restraint. The reason why they were not afraid to divulge these secrets of the conference was that they were aware that Germany knew all this better than Russia knew, and they wanted Russia to know.

The German Government, through its agents, took immediate advantage of the absolute freedom of the press and freedom of speech that came with the revolution, and employed for their own purposes the consequences of the blunders made by the people, who mistook license for liberty.

Agents for a Separate Peace.

Among the immigrants and Russian exiles who rushed to new Russia from different countries, from Switzerland, England, France, the United States, Italy and the Scandinavian countries, there came a new mass of German agitators and agents provocateurs, under the guise of revolutionists, internationalists and so-called pacifists, who wanted to induce the free Russian people to do for Germany what the old regime was on the eve of doing—they wanted Russia to make a separate peace with Germany. They demoralized the Russian army and injected poison into the organism of Russia, from which she is recovering with difficulty.

Russia is bleeding in the grip of German espionage and pro-German agitators, who advocate peace with Germany at any price, knowing that the price is Russia's new liberty.

The provisional government of the Russian republic, headed by Kerensky, is making heroic efforts to liquidate the sins of the old regime and to liberate Russia now from the grip of kaiserism in different disguises.

Russia was betrayed during the war by the old regime. The new regime is fighting the effects of German espionage, which has fortified itself and spread its activities everywhere. The betrayal of Russia took place not only in Russia, but also on American soil. The Russian Government is now investigating the activities of a number of Russian officials who were in America during the war for the old Russian Government and who are charged not only with colossal graft and corruption, but with the betrayal of Russia to German agents in this country.

Fears of Russia's Betrayal.

Before I left for Petrograd in May I had occasion to acquaint myself with a series of charges made against certain members of the Russian officials that revealed astounding facts and accounted for many of Russia's reverses.

Upon my arrival in Russia I discussed this subject with Vladimir Bourtseff, who has been styled the Sherlock Holmes of the Russian revolution. He familiarized me with additional facts, which he subsequently presented to Boris Savinkoff, head of the war department, and to the department of justice. The government immediately started an investigation and witnesses were examined by a special commission appointed for that purpose.

From the documents in Bourtseff's possession it appears that German and Austrian espionage had built itself a nest among some of the members of the Russian commission in America which was supervising the purchase of war materials for the Russian Government.

Several members of the Russian commission, sent by the old government, are charged with graft and treason, with the betrayal of Russia upon an unprecedented scale.

Secrets Sold to Germans.

According to the witnesses, German and Austrian agents worked as secretaries of certain members of the commission, and Russian military secrets were betrayed, information concerning munition orders was sold, the dates of shipment were divulged and wireless notification was given concerning the start of steamships carrying war materials for Russia. The testimony presented by Vladimir Bourtseff to the government showed that German agents organized explosions in munition factories here, that with the aid of persons connected with the Russian commission Russian war materials were spoiled, that unfit and worthless supplies were shipped and that some of the members of the Russian commission worked together with German representatives in this country for a separate peace between Germany and Russia.

The revelations contained in the materials submitted by Bourtseff to the Russian Government expose the machinations of the former Tsar's servants, who worked hand in hand with German agents for Russia's destruction, and which probably cost Russia countless thousands of lives.

One Apartment in Woman's Name.

One of the chief offenders, according to the charges made by witnesses now in Russia, was Colonel Vladimir Nekrasoff, a member of the Russian commission, who returned to Russia some time ago. Nekrasoff lived at the Belleclaire Hotel here and occupied two other apartments in New York. One of the witnesses testified that one of his apartments was kept in the name of Rosika Schwimmer, where Colonel Nekrasoff and Count von Bernstorff, then German ambassador to the United States, met several times.

It will be remembered that Rosika Schwimmer, an Austrian pacifist advocate, was the originator of the Ford peace expedition. It was Mme. Schwimmer who induced Henry Ford, the idealist with millions of dollars, to finance the expedition. She misled and deceived him by assuring him that she had documents from the neutral governments to the effect that they were eager for the calling of a conference and that they would participate in such a conference.

I was with the Ford expedition, as a guest of Mr. Ford, and within the first few days I realized that Henry Ford was the victim of a bold adventure, that Mme. Schwimmer had no such documents as she described to Mr. Ford, and that she was working for German and Austrian interests rather than in the interest of durable peace.

Woman Used Ford As Mask.

It was pathetic to see Mr. Ford, whom I regard as one of the noblest idealists of our age, when it dawned upon him that something was wrong with the expedition. I was the first to declare to Mr. Ford that I would leave the expedition upon reaching Stockholm. I felt that I could not be identified with an expedition whose moving spirit, Rosika Schwimmer, was disguising behind the noble ideals of Mr. Ford and his purest motives a scheme which was intended to serve not only her own selfish interests, but perhaps also one of the groups of belligerents against another. Henry Ford was the first man to leave the expedition in Christiania. I was his first guest to leave it.

The admission of Nekrasoff to the effect that von Bernstorff, then German ambassador to the United States, and Colonel Nekrasoff, a member of the Russian commission in America, met several times with Mme. Schwimmer in 1915, casts a very strong suspicion on Mme. Schwimmer's activities in this country and her peace propaganda. The bringing together of representatives of enemy governments is more than strange, but, in the light of the disclosures brought out in the charges against Colonel Nekrasoff, that he had betrayed Russian military secrets to the German and Austrian authorities, the incident assumes serious proportions.

A shadow is thus cast on the Ford peace expedition, which was engineered by Rosika Schwimmer, perhaps to serve both German and Russo-German interests.

George Lurick, an Esthonian, who lived in New York and is at present in Petrograd, is one of the numerous witnesses against several members of the Russian commission.

Told to Reject Order.

Mr. Lurick declared that Colonel Nekrasoff one day sent his assistant, an honest, decent and reliable man, to one of the munitions factories in Baltimore working for Russia. He gave to him the following instructions:

"I know that you are a Russian patriot, but you must reject the entire order, even if it meets with every requirement in accordance with specifications."

When his assistant endeavored to raise objections, Colonel Nekrasoff interrupted him.

"What is the use of arguing, my friend? Reject the entire order and that will settle the matter. It makes no difference anyway—these munitions will never reach the Russian front. The war is unpopular in Russian Governmental spheres. We must lose it. Our Empress Alexandra Feodorovna wants us to lose it. Rasputin is also in favor of Russia's defeat. He is also for the Germans."

Bourtseff has information that Colonel Nekrasoff received large sums of money for depriving the Russian army of war supplies at a time when it was retreating from Galicia because of lack of munitions. It is understood that many explosions in munitions factories took place as a result of arrangements between members of the Russian commission and agents of the German Government in this country, and that ships carrying ammunition for Russia were thus blown up, that orders for munitions were given to factories directed by Austrians, Germans and Hungarians. The result of such arrangements is easily surmised.

How Nekrasoff and others worked hand in hand with agents of the German and Austrian governments, how a young woman named Alexandra Mirolubskaya, now in Petrograd, came to this country at the request of Nekrasoff, posed as his sister and then acted as intermediary between Nekrasoff and the German agents who bought Russian military secrets and organized plots against Russia, will be told in the next installment.

(End of First Installment.

(The second installment of Berstein's revelations will appear on Monday.)

"I ACCEPT"

Advertiser Illustrations —New York Evening Telegram.

BIGGEST CROWDS IN TEN YEARS AT GALT FALL FAIR

GALT, Oct. 5.—Despite the fact that it rained all night and then turned bitterly cold, the best crowd in ten years attended the fair at Dickson Park this afternoon. The program was the best ever presented here, and the exhibits were splendid. All events were well filled. Special attractions were a baby show, Gladys Comber's child dancers, and pipers, and the speeding events.

The Kilties Band was in attendance. Over three thousand people were on the grounds. The winners of speeding events were: Farmers' road horse—Bernstihl, Bridgeport; S. Pickard, Galt; R. Harman, Hespeler.

Pacers—H. Litt, Guelph; M. Kreh, New Hamburg; J. Davey, Kitchener.

Gentlemen's road race—A. Y. Pringle, Hamilton; W. F. Fisher, Waterloo; E. Fried, Roseville.

Free-for-all—H. Litt, Guelph; J. W. Davey, Kitchener; M. Kreh, New Hamburg.

RAIN FAILED TO SPOIL BIG FAIR

BRUSSELS, Oct. 5.—Brussels fair today was a wonderful success in spite of the bad weather, the gate receipts being over $400. The races and other sports had to be cancelled owing to the wet half-mile track. Two fine drills were put on by Brussels pupils of the continuation and public school. Kincardine pipe band gave a good program, and the Barclay children of London pleased the crowd with their Highland dances.

In the evening a big concert was held in the skating rink. Galt Maple Leaf male quartet and the Barclay dancers gave an excellent program.

FINGAL MILL BURNED.

ST. THOMAS, Oct. 5.—The saw and gristing mill belonging to Isaac Gilbert at Fingal was totally destroyed early today, together with several farmers' grist. There was no insurance. The loss will be between $1,200 and $1,500. It is believed the fire originated from the fire-box.

TEDDY DEMANDS COMPLETE WRECK OF POWERS NOW RUN BY PRUSSIA

Overthrow of Germany and Dissolution of Austria and Turkey Necessary.

REFORMS EUROPE'S MAP

Free Arabia, Armenia, Poland and Lithuania and a Jugo-Slav State.

KEEP GERMAN COLONIES

Obligatory Military Training of Americans to Prevent Recurrence of War.

NEW YORK, Oct. 5. — Theodore Roosevelt, speaking here tonight at a "national service" mass meeting under the auspices of the mayor's committee on national defence, declared that the only peace which will make the world safe for democracy must be based upon the complete overthrow of Germany and the dissolution of Austria and Turkey. Included in the program he outlined were a free Arabia and Armenia, Poland and Lithuania with an independent commonwealth and a jugo-slav state.

"Continually we hear rumors of peace," he said. "I think the circulation of such rumors is injurious to America and to the cause of decency and democracy. We should make it clearly understood that the conduct of Germany has been such that we regard as enemies of mankind all persons who would strive to bring about a peace based upon treating Germany, Austria and Turkey on the one hand, and the Allies on the other, as standing on a footing of equality. The only peace that will make the world safe for democracy is a peace based on the complete overthrow of Germany and the dissolution of Austria and Turkey.

Only Hope for Democracy.

"Unless we have used the phrase in a hypocritical and insincere manner, this is the way to make the world safe for democracy, and the only way; and this means that the only peace we can accept is the peace of overwhelming victory. Turkey's conduct toward the Armenian and Syrian Christians has been such as to make it evident that the Turk must not only be driven out of Europe, but his empire destroyed. Give Arabia freedom; give Armenia freedom. Establish a free city at Constantinople and keep the straits absolutely open for the Russians and everyone else.

"Make a greater Poland, and probably a great independent Finland, too. Give the Lithuanians at least autonomy; make an independent jugo-slav commonwealth to include on a footing of an entire equality Croats, Serbians and Slovaks, whether orthodox, Catholic or Mohammedans. Restore Italian-Austria to Italy, and Rumanian-Hungary to Rumania.

Give Belgium Full Due.

"As for Belgium, she is not only entitled to restoration but to the heaviest kind of indemnity. Let France have Alsace-Lorraine; let Poland include the whole Baltic coast, to which she is entitled. Let the British and the Japanese keep the colonies they have won.

"As for the United States, we wish nothing except to have it clearly understood that the Monroe doctrine is to be upheld in the future as in the past. South of the equator this doctrine can be left to Brazil, Argentina and Chile, who are strong enough to maintain it, and whom we will aid in maintaining it only when they so desire.

"But around the Caribbean and at the points bearing upon the approach to the canal, we must ourselves maintain it.

"We do not desire to see Germans or Magyars oppressed by anybody; but we do not intend that hereafter they shall oppress others. Peace should be along the line thus roughly indicated. Then do whatever the agreements can do to make peace permanent and minimize the chances of war in the future.

Avoid Folly and Hypocrisy.

"But avoid folly and hypocrisy and do not make believe that any paper's scheme will bring the millenium or abolish all chances of future war. After we have done all we can do by Hague conferences and arbitration agreements and treaties let us profit by the lesson of the last three and a quarter years, and remember that all these things taken together will be an utterly insufficient safeguard for peace against alien aggression. There is but one permanent method of securing safety for this nation, and that is by training our strength in time of peace, by preparedness; and the only effective preparedness must rest on a system of universal obligatory military training for all our young men; a training which is against war, for it will render it most unlikely that there ever will be war; a training which will also immeasurably increase the self-respect and patriotism, and the moral and physical fitness of young men for the tasks of peace."

URGES WORKINGMEN TO SINK DIFFERENCES IN DEMOCRACY FIGHT

KITCHENER, Oct. 5.—The Merchants Bank Hall was crowded tonight, mostly by workers who listened attentively to Miss Laura Hughes of Toronto, who spoke in the interests of Dr. Hett, candidate of the Independent Labor party. Miss Hughes declared the workers' one salvation is to get members into the House at Ottawa, so that legislation may be passed which will benefit the workingman. She pleaded with all those who had that outlook to sink petty differences and join hands and hearts and help the Independent Labor party in this movement for democracy.

She spoke at some length of the shortcomings of the Borden Government, and referred to the Bruce report which the Government suppressed so the people would not know of the conditions, and how the wounded Canadian soldiers were being treated.

At the close of the address there was considerable heckling on the part of Socialists present, but Miss Hughes proved too much for them, and the audience scored the interrupters. When the question was asked Dr. Hett, the candidate, whether he was a labor or win-the-war candidate, he said that anyone who knew his attitude towards conscription would know he was not a "win-the-war" candidate.

MANAGER OF WM. DAVIES MAY FACE INDICTMENT

TORONTO, Oct. 5.—The Star today carries an Ottawa dispatch quoting W. F. O'Connor, cost of living commissioner of the labor department, as stating this morning that he has secured permission from the attorney-general of Ontario to indict Mr. Fox of the Wm. Davies Company of Toronto, for failure to supply certain information requested by the department.

DANCE AT STRATHROY.

STRATHROY, Oct. 5.—The local members of the 63rd Battery were guests tonight at a dance given in the Armories by Misses Ross, Calvert and De Cow. About forty couples were in attendance and a most enjoyable evening was spent.

Your Grocer will say "SALADA" THA

pleases his most discriminating customers.

Sold only in metal packets. Never in Bulk.

B295

ST. THOMAS, Oct. 5.—Mrs. A. McCallum, 16 Celestine street, has been advised that Sapper J. R. Moodie had been wounded by gas shells on September 25. Sapper Moodie enlisted with the Canadian Engineers at London in February, 1916.

ST. THOMAS, Oct. 5.—C. McMurtry and P. C. Southern today were notified by the naval department, Ottawa, that they were successful in their wireless telegraph examinations taken at Port Burwell wireless station recently, and to hold themselves ready for orders.

The Newest Idea In Hosiery

We paid a big sum to obtain new and improved machines to knit seamless, full-fashioned hosiery—the most up-to-date in the world. We control these machines—no others can use them.

Mercury Hosiery

knitted on these new machines has the narrow ankle that fits without a wrinkle—something that women have long wanted in Canadian-made hosiery. We get this by fashioning the hose at the sides (see 2 in the picture).

The toe also is perfectly turned and fits without a wrinkle (see 3).

The dotted lines at toe and ankle show how much wider ordinary hosiery is.

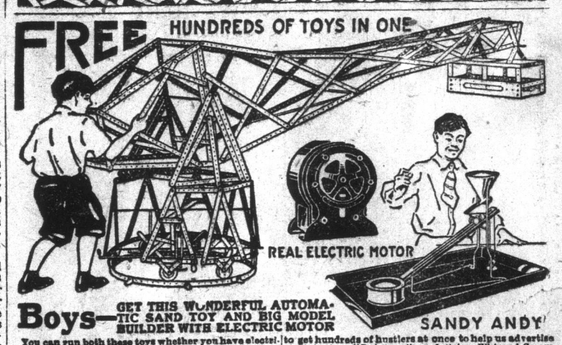
No. 1 at the top shows the fashioning here which makes the hosiery more elastic and comfortable at this point.

Made in Black Cashmere, Black Lisle, White Lisle, of the finest finish and quality.

Ask your dealer to show you this new "Mercury" hosiery.

Mercury Mills, Limited, Hamilton, Canada

Also makers of high grade hosiery for men and underwear for men, women and children 51



Boys—GET THIS WONDERFUL AUTOMATIC SAND TOY AND BIG MODEL BUILDER WITH ELECTRIC MOTOR

SANDY ANDY

You can run both these toys whether you have electric light in the house or not. This is truly the biggest and best offer ever made to boys and every real live boy in Canada should take advantage of it.

"Sandy Andy" is more than a mere toy. It is a construction toy which works automatically. Pour sand in the hopper and Sandy Andy begins to work. The sand runs from the hopper to the car, which when nearly full runs down the track, automatically dumps at the bottom and then goes up for another load. This operation continues indefinitely as long as there's any sand in the hopper. You'll never tire of "Sandy Andy."

There's "pep" and ginger in the way it works—just like real big machinery and incline railroads.

All boys know the American Model Builder. It is real. With it you can make hundreds of toys in one. Actual working models of trucks, derricks, travelling cranes, aerial swings, fire ladders, bridges, etc. The outfit is complete and contains pulleys, gears, pinions, axles, beams, machine screws, etc., and best of all, a real electric motor capable of lifting 10 pounds, goes with each builder, so that you can actually run all the models you build.

This wonderful offer is made to boys because we want to get hundreds of dealers at once to help us advertise and introduce "Daintees," our delicious Whipped-Cream Candy-Coated Breath perfume. Write to-day for a big Free sample package to try and just 20 large handsome packages to introduce among your friends at only 10c each. You'll sell them instantly by opening your sample package of "Daintees" and asking all your friends to try them. Everyone will buy a package or two because they cannot resist the delicious flavor. Two or three little "Daintees" will perfume the breath, cleanse the mouth and leave a lasting fragrance.

Return our $3.00 when the "Daintees" are sold and we'll promptly send you the Automatic Sandy Andy with a supply of clean white sand, and the complete big Model Builder and Electric Motor, but we also require you without selling any more goods by simply showing your grand prize among your friends and getting only five of them to sell our goods and earn our fine premiums as you did.

Write now boys and in a few days you'll be the proud owner of the finest toys in town. Remember we stand payment of all delivery charges under our reimbursement plan—it doesn't cost you a cent.

Address: 78

Regal Manufacturing Co. Dept. S 12 Toronto, Ont.

Abbey's Effer-vescent Salt

STANDS BETWEEN

YOU and ILLNESS

WHEN you're not yourself and feeling out of sorts, slightly feverish, sallow complexion, nervous headache or depressed—take a spoonful of ABBEY'S SALT in a glass of tepid water, morning and night.

The regular use of ABBEY'S SALT will keep the intestines clear, sweeten the stomach and promote a vigorous, healthy digestive system.

Your Doctor will proudly prescribe ABBEY'S—We Guarantee It.

In Sealed Bottles *Sold Everywhere* 5

An Effective Nerve Tonic ABBEY'S VITA TABLETS 50 Cents a Box