. CONTAINS NO ALUM - MADE IN CANADA

Lunch Sandwiches Tomato and cheese sandwiches are

good.
Slice a small tomato very thin and

take out seeds.

Also remove the soft part, leaving

only the firm portion.

Put one slice on the bread, one thin shaving of cheese over it, and then put

Sardine sandwiches are excellent when carefully prepared, and when lemon is used Scrape off all the skin from the sar-

dines, take out the bones and drain them on brown paper.

Mash the sardines with a fork,
sprinkle withh lemon juice, and spread

n toasted bread smoothly. Cut the bread very thin for all lunch sandwiches, and spread lightly with butter, trim crusts (not taking off all the crust)- but making the two pieces

even. Wrap in wax paper. Minard's Liniment Cures Garget In

Double Eyed Fish.

There is a fish equipped with bifocal eyes, one-half of the lens for seeing above the surface of the water and the other for submarine use. This characteristic also gives the fish it popu-

lar name—double eyes.

The fish inhabits the shores of South America. Sometimes they swim with the eyes half out of water. Ex-amination shows that each lens is divided into two parts by a dark band The half above the band is cut o water and the other half below the

Naturalists tell us that the fish's eyes became "double" from its prac-tice in swimming with them half submerged. Nature made the part of the eye above water adapted for seeing in the air, while the other part re-mained adapted for vision under

The double-eyes grow to about a foot in length, and in Brazil are caught for food.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. The sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by wall at 25 cents a lock from The Dr. mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville,

A RECORD STURGEON.

One Fish Provided a Meal for 1,000 People.

coldon indeed is the sture the finny monster which Edward II. made a Royal fish, and which, when caught in the Thames, becomes the property of the Crown, captured in English waters nowadays. For this reason not a little interest was arous-ed a few days ago when it was announced that a stargeon 9 feet 9 in. in length, weighing 435 pounds, been caught in the River Delph Weiney Washes, near Littleport, Norfolk. This fish, which according to the estimate of a salesman at Spital fields, who unimately sold it for would provide a meal for nearly 1,000 people, had been noticed in the river, and attempts had been made to shoot it. But the cartriages used were load ed with shot too small to have any effect on the sturgeon's hard skin. A large net, therefore, was drawn across the vigor, after which a boat rowed alongside the fish, when one of the men succeeded in forcing a large and powerful hock attached to a strong pole into his throat. This enabled him to keep its head out of water just long enough for the fish to be killed with a gun. Some idea of its size and weight may be gathered from the fact that five men were required to land it. This, however, is by you means the largest sturgeon which has been caught in English waters. The record was a fish weighing 400 pounds, while in the North Sea fish weighing as

much as 562 pounds and 735 pounds have been captured by trawlers. It is pointed out that one of the most remarkable facts about the fish netted in the North Sea is that they are similar to the American species, whence it would seem that the specimens caught from time to time in our waters must have made the voyage across the Atlantic, since the fish appears to have died out as a regular in habitant of British waters. Sturgeons pass the greater part of the year in the sea, but periodically ascend large rivers, and it was due to this characteristic that the specimen was caught recently in the River Delh. Not only do they atten great size and weight. do they attain great size and weight, but, according to the estimates of some experts, they sometimes live as long as two hundred years. Apropos of the fact that Edward II. made the sturgeon a Royal fish, it is interesting to note that its flesh, quite apart from

served for the table of the king. EVIDENCE CLOSED.

the fact that caviare is made from the roe, is always held in great estima-tion, and in olden days was always re-

Lawyer's Wife—So your client was acquitted of murder. On what grounds?
Lawyer-Insanity. We proved that his father once spent two years in an asylum.
Lawyer's Wife—But he didn's, did he?
Lawyer'yes. He was doctor there, but we had no time to bring that fact out.

I was cured of painful GOITRE by MINARD'S LINIMENT. BAYARAD M'MULIN. Chatham, Ont.

I was cured of Inflammation by MINARD'S LINIMENT. MRS. W. A. JOHNSON. Walsh, Ont.

I was cured of Facial Neuralgia by MINARD'S LINIMENT. Parkdale, Ont. J. H. BAILEY.

STAY-AT-HOMES' RIGHT TO SING

Of Their Guard of Canada, Doubted by Preacher.

Coming and Going Soldiers and Their Outlook.

Two crowds of men in khaki met and mingled at Quebec this last weekend. The one bunch going to the front the other coming back from the front,

many wounded, all disabled. You could see the difference in their faces and in their walk. You could not say that one bunch was in better spirits than the other: and yet, even in that matter there was a differ-

It came out in the course of an afer-church conversation.

There was a church parade for the men about to leave, and some of the ewly-returned men were there too. The preacher, in the course of his sermon, said:

"I sometimes ask myself the question, when we sing, 'O, Canada, we stand on guard for thee,' what right we have to sing it,—we who stay comfortably at home.

Some of his civilian hearers must have found it hard to give a satisfactory answer to the question. Even among his soldier hearers there was at any rate one who was not altogether satisfied with himself.

He was talking it over afterwards with a young fellow of the departing

regiment. regiment.
"I hadn't been two days in the trenches," he said, "didn't have a chance to do anything, before I got hit; and now this," he continued, looking down at his right arm. "Is good for nothing. It'll be months be-fore I can use it, they say, and may-be never Taik of me 'standing on guard' for Canada or anything else!" The other was evidently at a loss, at first. But then an idea struck him. "I guess that's what was the matter with my brother," he said, "It's on ac-count of him getting knocked out that I'm going. There's only two of us boys, and we did most of the farm

work between us. He came back with a game leg,—had to spend three months in a convalescent hospital— one of the places that the Military Hospitals Commission is running, if

you ever heard of them. "Well, they had all sorts of classes there, teaching the boys book-keep-ing and short-hand and type-writing, and mechanical drawing and carpen and meenanical drawing and cobbling, and raising vegetables and chickens and such like. They wanted to find out what every man was likely to do best, and make him real fit for it, so best, and make him real fit for it, so he shouldn't be shoved out of his job when the rest of the boys come back and jobs are not plenty as they are

"Jack said he didn't feel as if he'd ever be fit for anything. The job he'd taken on was fighting, and he wanted to go back and finish it, and as he couldn't do that—well, you know how a man would feel.

"There was another man there, halfcrippled with rheumatism, and he said to Jack one day I was there—'See here, somebody's got to keep things going at home, or how can we keep things going at the front? I've got to go into an office or something of that sort. It's not what I've been that sort. It's not what I've been used to, but even office work's got to be done. As for you—well, I envy you. There's some things you can't do, but there's many you can, on the

farm.
"'If you can't fight with 'em you And Jack sort can feed 'em,' he said. And Jack sort of chewed over that for a while, and said he guessed it was so. And he's doing it. Jack says his leg don't bother him near as much as he thought it would. And Dad says Jack is more use now than he was before.

"There's lots of things they show you how to do with one arm. Only I guess, with the electricity, and machines for getting power back into your limbs when they feel like being

gone for good and all, you won't have to do with one arm after all."

The invalid seemed to see things in a more cheerful light. "Well," said he, after a pause, "if I can't do my bit over there. I can't do it over here, daressy. It won't be

it over here, daresay. It we for lack of trying, if I don't." ST. VITUS DANCE CAN BE EASILY CURED

A Tonic for the Blood and Nerves With Rest All That is Needed.

Many a child has been called awk ward, has been punished in school for not keeping still or for dropping, things, when the trouble was really St. Vitus dance. This trouble may appear at any age but is most often met between the ages of six and fourteen. The most frequent cause of the disease is poor blood, aggravated by indoor confinement, or mental strain at school. Under these conditions the blood fails to carry nourishment to the nerves and the child begins to show listlessness and inatten-tion. Then it becomes restless and twitching of the muscles and jerking of the limbs and body follow. A remedy cures it so thoroughly that no trace of the disease remains is Dr. Wil-liams Pink Pills which renew the blood thus feeding and strengthening the starved nerves. This is the only way to cure the trouble, and parents should lose no time in giving treatment if their child seems nervous or irritable. Mrs. Wm. A. Squires, Cannington, Ont., says: "My only daughter, now fourteen years of age was troubled for several years with St. Vitus dance. She was so bad that at times she would lose control of limbs and her face and eyes would be contorted. We had medical advice and medicine, but it did not help her. In fact we thought the trouble growing worse, and finally we had to take her from school. About a year ago we began giving her Dr. Williams' Pink Pills and by the time she had taken five boxes she was completely cured, and is now a fine healthy girl. I firmly believe we owe this to Dr. Williams' Pink Pills and are very grateful for her restoration to perfect health."
You can get these pills from any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brock ville, Ont.

COLD LIGHT.

Man is Far Behind Nature in II. lumination Power Yet.

If M. Dussaud has succeeded in producing cold light he has raised mankind in this particular to the level of the glow worm and the lightning bug. These attractive creatures produce their illumination without heat; man has never been able to equal them in this respect, though engineers of the highest attainments have studied the problem, the solution of which would result in a conservation of energy in a degree difficult to estimate.
Mr. Hutchinson, of Mr. Edison's establishment, has told the Sun's readers that if all its energy could be transformed into light "one small dyname would light a whole city"; and the application of light in new ways

in industry, mechanics and art is ob-

Dame Nature does these things better. A lady of the Phengodini flashes a red light at each end of her body, and a green light along her sides. the railroad beetle. The cucuyo one of the Elateridae, reaches a length of two inches, and is the beetle used a hair ornament in the countries for tunate enough to harbor it. The light of these interesting fellow citizens is produced practically without heat, as is the luminosity of the familiar lantern carriers who may be seen on the lawn o' nights. But the

seen on the lawn o' nights. But the method by which they generate their illuminant is a mystery.

M. Dussaud wears a good reputation, earned by his achievements in engineering. We hope the announcement made in his behalf is justified by his discoveries. It is humiliating to confess that an untutored lightning laws without scientific or technica! bug, without scientific or technical training, surpasses man in the field of applied physics.—New York Sun.

Every Woman's Ambition For Rosy Cheeks New Easily Satisfied

Hollow cheeks, with dark lines under the eyes, how a woman

But rosy cheeks, clear skin, and

But rosy cheeks, clear skin, and bright eyes, give them to a woman, and she is happy.

The woman who attracts, whose fresh, dainty complexion compels admiration, is always careful of her health, particularly of her blood condition. Bad complexion always means had blood bad blood

bad blood.

Girls, don't let your blood grow thin or watery. To do so brings on haggard looks and declining strength.

Many a woman who has allowed herself to run down, to develop that tired, worried look has built up again in this simple way. Why don't you

At the close of every meal, just At the close of every meai, Just take two small chocolate-coated Ferrozone Tablets—any person can do this in a minute. The action of Ferrozone is apparent at once. It sets you up, makes you feel good, starts up your appetite, aids digestion, brings that old-time feeling of youth into the system again.

Ferrozone puts you on the right road—the one leading to health.

Not a man, woman or child needing blood, vigor, endurance—not a person who is weak, nervous or sick-ly, not a person in ill-health who won't receive immediate help from Ferrozone.

As a tonic or restorative, as a realth-bringer and body-builder, Ferrozone is unrivalled. It cures because it feeds and nourishes, because it contains the elements that build up and strengthen. For better looks and better health try Ferrozone yourself, sold everywhere, 50c. per box, 6 boxes for \$2.50, or by mail from The Catarrhozone Co., Kingston, Ont.

WONDER BOATS

'Jackies" at St. John, N.B., Tell of New Marvels.

45-Mile-an-Hour Cruisers-Huns Will Fight.

(St. John, N. B., Telegraph) "You won't know our navy, you

won't when this war is over," said a sturdy son of the sea, who was on board the battleship Warrior when she Telegraph last night.

He was a member of a gun laying' draft of forty-three men that arrived in the city yesterday on the Chignecto from the West Indies where the boys have been engaged in gunnery practice. Not a few of them had been in that famous battle, but they did not seem to be wan or paralytic, in spite of that terrible experience; they were heart, who men after Nelson's own

saw their duty ahead and did it.
"Yes," he continued, "no one knows
the wonderful new ships that have been added to the navy since the war began. There's two I know about, light battle cruisers in Beatty's squadron, the Glorious and Resolution. They develop a speed of forty-five knots an hour, those fighting boats do. Now what do you think of that?'

"FAST AS EXPRESS TRAIN." The poor landlubber could only blink hard and express his wonder-ment. "Yes, sir, fast as an express train, and that's tearing up the water

The tar in question shifted his quid to the other cheek and said with a twinkle in his eye, "That's a bit faster than the express trains in this country. I don't know much about them but what with the experience I've had

TRAPPERS! Send your

furst our because they know they set a uquaxe deal, and receive more money for their furs. You will also. We buy more furs from trappers for each than any other five firms in Canada.

FRIE Hallam's Trapper Guide 605 pages 1.

Hallam's Raw Fur Quotations. We have the contractions of the contractions of the contractions of the contractions of the contractions. Address as follows:

JOHN HALLAM Limited

201 Hallam Building, Toronto. WINDOWS THE REAL PROPERTY AND AND ASSESSMENT

Art Pottery

New Art Pottery

which we are showing this The assortment contains Flower Bowls, Bud Vases, Vases of various shapes, Jars, etc., in Yellow, Jet, Verd, Red and Blue. This is very attractive. Priced from \$1.00 to \$5.00.

64 KING ST. E. SOUTH SIDE

Hamilton, Ont. THE HOUSE FOR GIFTS.

that's my impression." The other members of the bluejacket party laughed heartily at what they called a "direct hit." While The Telegraph admitted that perhaps Beatty would be able to go racing the railroads in this country with good chances of this country with good chances of success.
"A nifty little boat, that's wo

calls it." said a second member of the party who had hitherto held his peace.
"We've never seen her likes afore in
the old North Sea and I guess the next

the old North Sea and I guess the next time we meet Fritzie he'll think we harnessed up the lightnin' bolts."
"So you think he'll come out again?"or there'll be some disappoint-ed blokes in Jellicoe's outfit, I'm tellin' you. There'll come a time when they've got to come out and fight it out with bare knuckles under the old

London rules." Fils last remark betokened that he sometimes donned the mitts with his chums while afloat

"There'll be no rounds, either, just one straight scrap to the end. One of us for the junk heap after that. Can you guess who?" Then the land-lubber sure this jolly sailor was a scrap per with hard knuckles as well as big guns.

BEAR BAD MAN WITH PADDLE. "Some say that the Germans are cowards when they beat it back Kiel, but that's not so," he continued, displaying his salt-sea opinion. "The Germans are scared the Russians will come down out of the Baltic and run come down out of the Battle and run
in the back door when they come out
the front. Oh, the old bear is a bad
man with a paddle too, when he's
roused, and the Russian fleet is
watchin' all the time."

That the British tar is not only a
fair fighter but unprejudiced in his

fair fighter but unprejudiced in his opinion was shown when he was asked what kind of gun-layers the Germans were. "They're not so bad at first—midlin' good I'd say—right neat when they goes—into action, but the poor blokes git excited. They needs nerve—tonic, they do. When we give 'em two or three salvoes they go into the air and their gun-layin' is jist 'orrible for a salior to behold."

He said that in the Jutland fight the German fire was very effective at first, but as soon as the British ships got warmed up in action the Germans seemed to lose their skill and ther shells went wide of the mark WARRIOR SANK ON WAY HOME.

WARRIOR SANK ON WAY HOME.

The lad who was a survivor of the Warrior said that his ship sank nine hours after the action as the was being towed house. Every effort was made to keep her afloat without success, and finally she went down, with hor colors fiving as gaily as ever. her colors flying as gaily as Five hundred and twenty men saved off the ship before she yielded to the call of Davy Jones

The boys expressed the oft-repeated opinion of the navy that more ships were destroyed in the Jutland battle than the German or British admirally ever announced and that the German loss was heavy indeed, losing some of their finest ships.

was such in the Jutland fight, when talking to a representative of The By New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. 8, Windsor, Ont.

Odd and Interesting Facts. Sleep is the final stage of the pro-

cess of nutrition.

The output of Navaio Indian blankets during the last year amounted to \$750,000.

There is very little rain in Persia Except along the coast of the Caspian Sea agriculture depends almost entire ly on irrigation.

Water and fireproof barrels will be made in Hawaii from bagasse, a sugar

mill by-product, for exporting sugar and importing potash. One of the tasks that keep the President of the United States busy is the

50 000 documents each year. The paper industry in Spain is seriously affected by war, on account of the difficulty of obtaining supplies of paper pulp and chemicals formerly imported from European countries.

Minard's Liniment Cures Diphtheria.

ECONOMY. (London Tit-Bits)

(London Tit-Bits)
In the third-class compartment of the eity train the conversation turned on the important subject of economy. Various views were expressed. Then a small main line one corner said, slowly:
"A friend 'o mine-leastways, 'e's more of an acquaintance like-'e ain't spent a 'a'penny in five years."
"Roi!" "What are you givin' us?" and similar remarks greeted this statement. ment.
"Fact!" said the small one, briefly, as he lit his pipe. "But 'e'll he out of jail next week!"

It's a poor rule that won't work both ways. If it wasn't for a little rain there would be no hay to make while the sun shines.

ISSUE NO. 43, 1916

HELP WANTED.

WANTED Startests, thy sell wit good missioned of plain sewing; good wages; ideal factory conditions. Zharnorman saminacturing Co., tid., American a) carib streets, Ramilton, Ont.

WANTED — HOUSEMAIDS AND Waltresses. Previous experience not necessary. Apply, "The Weiland", St. Catharines, Ontarie.

WANTED— EXPERIENCED COOK-general; no laundry work; wages \$25.00; references. Address, 555 Queen street south, Hamilton, Ont.

MISCELLANEOUS.

WANTED-GIRLS OF GOOD EDUCA-tion to train for nurses. Apply Wellandra Hospital, St. Catharines. Ont

Experienced knitters and loopers, also young girls to lears. Clean work and highest wages.

CHIPMAN-HOLTON KNITTING CO., L'MITED, HAMITTON, ONTARIO.

FOR SALE AT A BARGAIN

POTTER CYLINDER PRESSES—A half sheet Double Demy and a half sheet Double Royal size. Make us an offer for them. Well suited for a Country Printing Office. Address. Times Printing Company, Hamilton, Ont.

RABBITS FOR SALE.

Temporarily overstocked; bargains while they last. Grey Flemish Glants, Rufus Red Belgian Hares all ages fully pedigree. Write to DONALD WATERS.

175 Jackson Street West, Hamilton, Ont.

A MOST WORTHY OBJECT

Dear Sir,—With the continued duration of the European war, the increased suffering and destitution of thousands of widows and orphans have impelled the various societies and churches of the Allied countries in Detroit, to combine for the purpose of giving a grand charity bazaar for their relief, which will be held at the New Tabernacle, Grindley Field, De-

New Tabernacle, Grindley Field, De-troit, Mich., November 15th to 25th.

A space has been assigned to the Canadians for a booth, and all donat-ions in cash, as well as the proceeds from merchandise donated to the Canadian section, will be forwarded to the Relief Committee, founded and conducted by the Canadian Government. The fund will also be increased by the proportion of the general fund to which the Canadian section is entit-

May I ask you in the interests of charity, to give this public notice, and request the readers of your valuable journal to forward to the secretary at 111 East Congress street, Detroit. Mich., the names and addresses of their relatives and friends now residing in this State, in order that we may communicate with them with a view of interesting them in this hu-

mane undertaking.
Thanking you in anticipation, I am. yours very respectfully, H. Buchnell, Secretary.

Minard's Liniment Cures Colds, Etc.

Don't Whip a Child in Anger. It is absurd to whip a child who is

evercome by anger. The best thing to de is to let him alone and let his passion wear itself out. If ne could be taken before the anger gets the upper hand of him he might be controlled. What the parent should do is study the things which will arouse the child's anger and then avoid these things. It is the height of folly for a parent to excite anger in a c then try to control it by punishment. It is worse than folly; it is brutal and is likely to ruin the child.—Mother's

Minard's Liniment Cures Distemper. EXCLUSIVE.

(New York Times)

A new story is being told about a certain Landon club fa:ned internationally for both its exclusiveness and its dulf-

for both its exclusiveness and as walles.

In one of the rooms a rule of silence is stringently enforced. The other day occupants of the room were startled to see a member press a bell button with evident annoyance, and when the waiter appeared to lear his exclaim, pointing to a neighbor in a chair:

"Waiter, remove that member,"

The man in the chair had been dead three days.

Wigwag-I feel fine. I was up with the lark this maorning. Guzzler-I wonder if it was the same lark I kept up all night?

"Beans Is Beans" -and the cost is soaring skyward with pork, beef, eggs and other foods until the cost of living represents an increase of from 30 to 50 per cent. While meats and vegetables are beyond the reach of many millions of families, Shredded Wheat Biscuit continues to sell at the same old price and retains the same high nutritive quality. Shredded wheat biscuit contains all the rich body-building nutriment in the whole wheat grain, including the bran coat, which is so useful in keeping the bowels healthy and active. Eat it for any meal with milk or cream

or in combination with fruits. Made in Canada

\$21.00 DELIVERED AT

2 IN 1

Will burn coal, wood, coke, corn cobs or anything burnable.

Fitted with Duplex Grate, Hot Blast Tube and Screw Dampers.

Will hold fire over night, cook, boil and bake equal to the largest range.

Has a fine oven of heavy steel sheets closely riveted together. Body of polished steel.

HAMILTON STOVE & HEATER CO., LIMITED

Combination Cooker and Heater

The most efficient and economical stove made.

If your dealer has not a sample for your inspection, send \$21 direct to us and we will prepay freight to your nearest railroad station.

Hamilton, Ont. Canada's Oldest Stove Makers