## TRAGEDY OF THE LOST "TICKET

ERROR OF A MINUTE WRECKS PROMISING CAREER.

A Bitter Price is Paid By a Merchant Captain Who Makes a Mistake.

"The finding delivered the other day, of the Board of Trade inquiry into the collision between the Mendi and Darro last February, when the former was lost, with six hundred of a South African labor battalion, was that the collision was caused by the wrongful act and default of the mas-ter of the Darro, whose certificate was

Just a little paragraph in a corner of the British newspapers, the epitaph, perhaps, to a fine career.

That is one of the bitter tragedies of the Merchant Service—long years of toil, and zeal, and skill, and then, by the error of a minute, a moment's faulty judgment or seamanship, a career is cut short.

In no other service does there exist the unwritten law that he who has failed is ruined, and no other service paris, which publishes the following review of the food restrictions now

when men have lost their ships in circumstances which are not to be ex-

was required of him, the officer did no-

reached their coffee, the vessel struck. One of the most tragic illustrations of over zeal in a captain to save his ship above all other considerations, was that of the disaster to the Salem in 1904, a big New York excursion steamer. This caught fire, and instead of running his vessel aground and awaiting rescue, the captain put on full sneed and tried to reach port with full speed and tried to reach port with the ghastly result that over one thou-sand Sunday-school children, out for the day's treat, were burnt to

In full view of the agonized onlookers.
In the summer of 1915 occurred the terrible disaster to another excursion ship, which, ironically enough, took place right in the heart of the city of

The boat was lined up alongside the Chicago river to take on over 1,500 passengers. Through gross neglinassengers. Through gross neglinassengers on the part of the authorities, there are three meatless days each suddenly turned over on its side and deposited its human cargo into the dirty river. In less than ten seconds

rule that those who go down to the sea in ships must pay the cruel penal-ty of shipwreck with their lives was the fate which overtook the captain of one of the liners which grounded on a coral island in Jamaica.

The boat was crowded with passen-

gers, making a pleasure trip to the West Indies, and fortunately as the weather was calm, all were safely landed. But the captain returned to his ship and shot himself through the

The pitiful part is to come. It was not the brain he shattered that was at fault, but the Kingston earthquake, which had wrecked the lighthouse.

## What Interested Her.

What Interested Her.

The director of the British Museum, Sir Frederick, Kenyon, has had many amusing experiences with visitors.

Once, he was showing a distinguished lady some of the priceless treasures of which he is the custodian, but for a long time nothing seemed to interest her very much. Then suddenly he noticed a change. Her face lighted up and she leaned forward.

"What is it, madam?" asked Sir Frederick, gratified at this tardy sign of awakening appreciation. "Pray do not hesitate to ask if there is anything you would like to know."

"So good of you!" said the lady. "I wish you would tell me what brand of black lead you use on those iron ventilators that are let into the floor. We have the same sort of things at my house, but my maids never get them to shine half so brilliantly."

Beef scrap causes hens to speed up

In These War Times you want real food that contains the greatest amount of body-building material at lowest cost. The whole wheat grain is all food. Shredded Wheat Biscuit is the whole wheat in a digestible form. Two or three of these little loaves of baked whole wheat -ith milk and a litt e fruit make a nourishing, strengthening meal.



Made in Canada

THE WORLD ON RATIONS.

Food Restrictions in Some of the Eu-

## Germany.

The figures in regard to German food restrictions are known to us in detail. Among the commodities on short allowance in Germany worthy of memmanders of the P. and O. liners are wrbidden to have any social interval.

eiving that he had done all that quired of him, the officer did no-nore; and before the diners had it their coffee, the vessel struck, their coffee, the vessel struck,

ounces, and consists of two and a half ounces of butter, one ounce of margar-ine and one ounce of bacon. In real-

ine and one ounce of bacon. In reality, however, nobody receives more than one ounce of butter.

The allowance of potatoes is three pounds per week, but the press believes that this will soon be reduced to two pounds, on account of the failure of the potato crop.

Bulgaria.



# Pudding

Here's a new one—a most delicious desert that can be made in a hurry.

To one and one-half cups of milk add one cup of

Grape-Nuts and one level table-spoonful of sugar, boil six minutes, cool and serve with milk or cream. Add rai-sins if desired.

Get a package of Grape-Nuts from your procer and try this pleasing recipe.



bread is eleven ounces a person. In Sweden it is nine and a half ounces. Netherlands.

The daily allowance of bread in the Netherlands is nine ounces a person, the meat allowance seven ounces and the potato allowance fifteen ounces.

EATING NUTS KILLS ANIMALS. Fed to Livestock in Holland Because

of Shortage of Fodder. Because of the shortage of fodder in Holland farmers have been feeding their live stock with nuts, and as a result many of the cattle have died

and the health of a large percentage and the health of a large percentage has been affected seriously.

The United States Consul at Am-sterdam writes that all kinds of sub-stitutes for fodder have been fed to animals. The death of stall-fed animals has been frequent and is attri-buted to spoiled or otherwise unwhole-some food. In many such cases the animals have been freely given acorns, chestnuts and beechnuts, unshelled and uncooked. All of these nuts, it is averred, in their natural state have poisonous elements, especially in the

than a kilogramme (2.2 pounds) at the utmost daily, and then only after they have been shelled and boiled, care being taken to throw away the boil-ing water. It is remarked, however, that nuts\*can be fed more freely to

and potatoes.

The bread allowance differs in variMany a serious illness has been

commanders of the P. and O. liners are forbidden to have any social intercourse whatever with passengers during the voyages.

This rule dates back to the time of the stranding of their big ship, the China, which was run ashore on an island in the Red Sea in 1897.

A birthday party was in progress for one of the passengers, who was a well-known lady of title. She sat at the captain's right hand, and the reports of the inquiry showed that he was so engrossed in his fair neighbor's conversation that he paid no attention to three notes which were sent him from the bridge.

A Race With Death.

These notes were from the officer of the was was formerly a pint and a to the was was formerly a pint and a to the was so the was was formerly a pint and a to the was was formerly a pint and a to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was was formerly a pint and a to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was was formerly a pint and a to the was companied to the was a to the wa These notes were from the officer of the watch, and they warned the captain that the vessel was rapidly nearing a certain point, and that the course should be altered.

Austria-Hungary.

The situation in Austria is no better and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink they receive no milk at all.

Austria-Hungary.

The situation in Austria is no better and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weak-new and the lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weak-new and the lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink delicate constitution. These pills will give you a new appetite, improve your and lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink delicate constitution. These pills will give you a new appetite, improve your and lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink delicate constitution. These pills will give you a new appetite, improve your and lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink delicate constitution. lack of energy, clear the complexion of pimples and blotches, cure pain in the back and general weakness, cause the disappearance of headaches, dizziness and heart fluttering. Give these pills a fair trial and you will soon note a wonderful change in your condition. Your spirits will brighten, good health and strength will return, and feel like a new person. You can confirm these statements by enquiring began to cry.

"What's the trouble, my little "What's the "What's t and strength will return, and you will feel like a new person. You can confeel like a new person. For can will associate the seed of painful Goitre by a strong your friends almost anywhere as thousands and thousands of hope less sufferers have been restored to new health and energy by using Dr. Williams' Pink Pills.

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brock ville, Ont.

A "LINGERIE CHRISTMAS."

No-man's Land.

Embroidery is receiving a great impetus these days, and the vocational officers who order supplies for the occupational work—under which head crocheting and embroidery come—are

compational work—under which head crocheting and embroidery come—are gazing with amazement at the orders for material for ladies' nightgowns, boudoir caps, camisoles, etc., which come to them to be filled.

Tommy is on to all the technical names, and his "lingeric Christmas" is going to be made an epoch of note in the family annals. There is no doubt that along with great grandmother's "sampler," posterity will find among its heirlooms the boudoir cap which Uncle John embroidered for Aunt Mary when he was a soldier in the results of the decision of the comes. Yes! It is harmless.

Camellias require very careful watering; not enough or too much water causes the buds to drop. When buds drop when buds to drop. When buds drop when the flowers have faded and when the flowers have faded and when the new shoots are growing. Forty-five to fifty-five is the right temperature.

Minard's Liniment Cures Garget in Cows New Air Raid Alarm.

Frocks for Winter



After shoveling the snow from the sidewalk for two hours little Patsy,

LEMON JUICE IS

which Uncle John embroidered for Aunt Mary when he was a soldier in the hospital.

"At any rate the needlework is irreproachable, and even though they never sew another stitch, the boys have proven that they can embroider as well as they fight," declared the matron in one of the hospitals who has directed this occupational work.

In some of the western hospitals the work 'has been put in special stores' for Christmas sale and others are being taken for winter work. Some men have become so expert as to fill orders for monograming bridal linens and are making tidy little incomes.

Cow's milk contains from 3½ to 4 per cent. of fat. Whales' milk contains 43 per cent.

Sinard's Einiment Cures Distemper.

YES! LIFT A CORN

Cincinnati man tells how to dry up a corn or callus so it lifts

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops palmitin and oleine soreness at once and soon the corn or hardened callus loosens so it can be "h lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you.

A foln of mutton has more fat nutries than any other joint.

Fats yield glycerine, an essential component of high explosives.

Athletic training does not rid of "fat." but of the excess water in the tissues of the body.

A famine in fat (as in Germany) is more fat nutries.

tell him to get a small bottle for you is more terrible than a famine from his wholesale drug house. It is bread.

fine stuff and acts like magic every A man doing sedentary work

## Tommy's Watch.

A Tommy on furlough entered jeweler's shop and, placing a much-battered gold wat on the counter, said: "I want this 'ere mended."

After a careful survey the watch-maker said: "I'm afraid, sir, the cost of repairing will be double what you gave for it."

"I don't mind that," said the soldier.
"Will you mend it?"
"Yes," said the jeweler, "at the

price."
"Well," remarked Tommy, smiling, "I gave a German a punch on the nose for it, and I'm quite ready to give you two if you'll mend it."

Minard's Liniment Cures Diphtheria.

Cupid's Machine Gun.

An amorous British youth was being taken to task for his flirtations "Engaged to four girls at once!" ex-claimed his horriffed uncle. "How do claimed his horrified uncle. "How do you explain such shameless conduct?"
"I don't know," said the graceless nephew. "Cupid must have shot me with a machine gun."



England's Self-Confidence

give you a new appetite, improve your girdle or sash are unusually attractive hear new sash are unusually attractive hear nerves, banish depression and lack of energy, clear the complexion of pimples and blotches, cure pain in so enormously increased through the creation of a great army in such a short period that one cannot imagine anything diverting British public opinion from its war policy."

Evening Up With Haig.

Fats in The Diet.

There is no fat in potatoes. Lard is nearly 90 per cent. fat. Butter is the best form of fat for

The fat of plants is contained in the seeds.
At least a third of the body's food

Cocoa is the only popular beverage which has "fat."

The colder the climate the greater the craving for fat.

Body fat is of three kinds—stearine,

Oats are the "fattest" and most heating" of the cefeals.

A loin of mutton has more fat nu-

A man doing sedentary work re-quires three ounces of fat daily in

some form.

Linseed oil is the most important vegetable oil in the productio

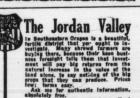
glycerine for explosives.

American meat is the richest in fat; British home-grown meat is second.

A Cure for

**Bad Breath** ""Bad breath is a sign of decayed teeth, foul stomach or unclean bowel." If your teeth are good, look to your digestive organs at once. Get Seigel's Carative Syrap at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and \$1.00 Bottles. Do not buy substitutes. Get the genuine.

80000000000



R. A. SMITH, Colonization & Industrial Ad-linion Pacific System Room 1346 U. P. Bldg., Omaha, Neb.

When buying your Piano insist on having an "OTTO HIGEL"

PIANO ACTION

ABSORBINE

Reduces Strained, Puffy Ankles, Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Guts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICID Does not blister or remove the fair and horse can be worked. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. A BSOR BINE, \$R\$, endestit interest or manhat, restore farnise. Palanta (Search, Swaller Voles, Concentrated—with a few frage required at an applied on. Free \$1 per bottle at dealers or delivered.

8. f. 100 Mg. 5. D. f., \$16 t. ymans Bidg., Montreal, On. Moorbine and Absorbine, \$E., are made in Canada.



Exposure Aches Cold rain; winds, and dampness bring out the rheumatic aches. An application of Sloan a Liniment will soon have the blood circulating and the pain will disappear. For neu-ralgia, lame back, stiff neck, sprains, strains, and all muscle soreness, Sloan's Linimentean't be beat. No rubbing: it quickly penetrates and does its work with-out stain or clogging of the pores. Better than platters or chimon of Sloan's Liniment. Generous sized bottles, at all duggists, 25c., 50c., \$1.00.



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BAKING

POWDER

MTAINS NO ALU

Teacher-Name the chief exports of

Prompt Pupil-Soldiers! Second Pupil (indignantly)—Soldiers are not exports; they are trans-

Minard's Liniment Cures Colds. &c.

Ayrshires, Jerseys and Guernseys are the best milch cows

PRODUCE

N EW LAID EGGS, POUNTRY, PEAS, beans, honey, onlons wanted. High-est prices given. J. D. Arsenault, 1195 St. Catharine East, Montreal.

MISCELLANEOUS

NEAR BUFFALO — WONDERFUL Farm bargains: exceptional oppor-tunities awaiting immediate purchasers; descriptive catalogue free. Buffalo Farm Exchange, Brisbane building, Buffalo, New York.

FAVEN AND HELL'—Sweden-borg's great work on a real world beyond and the life after death a 400 pages; only 25 cents postpaid. W. H. Law. 486D Euclid Avenue, Toronto. CANCER. TUMORS. LUMPS. ETC. internal and external, cured without pain by our home treatment. Wite us before too late. Dr. Bellman Medical Co., Limited. Collingwood. Ont.

**CUTICURA HEALS** ECZEMA ON BABY

Spread Covering Body. Awful Disfigurement. Itched and Burned. Had to Scratch.

which began on her face and spread all over her body. It was in over her body. It was in a rash and was very sore and inflamed, causing awful disfigurement. The rash itched and burned making her scratch terribly and she was cross. "Then I used Cuticura Soap and Ointment. Baby was healed with six cakes of Cuticura Ointment." (Signed) Mrs. Henry Richard, Murray Harbor, P. E. I., April 2, 1917.
You may rely on Cuticura to care for your skin, scalp, hair and hands. For Free Sample Each by Mail address post-card: "Cuticura, Dagt. A, Boston, U. S. A." Sold everywhere.



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## Machinery For Sale

1 WHEELOCK ENGINE, 18x42.

New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept \$1,200 cash for immediate sale.

1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C. Will accept \$425 cash for immediate sale 1 LARGE LEATHER BELT. Double, Endless. 24 inch x 70 ft. Will accept \$300 for immediate sale, although belt is in excellent con-

dition and new one would cost about \$600. PULLEYS, Large size. 26x66-\$30; 12x60-\$20; 121/2x48-\$12; 12x36-\$8. 2 BLOWERS OR FANS, Buffalo make.

One 10 Inch, other 14 Inch discharge-\$30 each. REAL ESTATES CORPORATION, LTD.

60 Front St. West, Toronto

off with fingers.



boisonous elements, especially in the shells. It is said that horses have died within two hours after eating raw and unshelled beechnuts in considerable quantities, the stomach and intestines being fatally disordered.

Experts advise that nuts be fed to stock in limited quantities, not more those as lightermannes (22 sounds) of the stock in limited quantities, not more those as lightermannes (23 sounds) of the stock in limited plantities, not more those as lightermannes (23 sounds) of the stock in limited quantities, not more those as lighter and sounds (24 sounds) of the stock in limited quantities, not more than a lighter and sounds (24 sounds) of the stock in limited quantities, not more than a lighter and sounds (24 sounds) of the stock in limited quantities, not more than a lighter and sounds (25 sounds) of the stock in limited quantities, not more than a lighter and sounds (25 sounds) of the stock in limited quantities, not more than a lighter and sounds (25 sounds) of the stock in limited quantities, not more than a lighter and sounds (25 sounds) of the stock in limited quantities, not more than a lighter and sounds (25 sounds) of the stock in limited quantities, not more than a lighter and sounds (25 sounds) of the stock in limited quantities, not more than a limited quantities, not more than a limited quantities, not more than a limited quantities, and more than a limited quantities and more than a lin



The double collar and the wide

An Occasion For Grief.

manly Garments.

Turkey.

In Turkey the theoretical bread allowance is supposed to be nine ounces a day, but it rarely exceeds five ounces.

Denmark and Sweden.

In Denmark the daily allowance of the aships must pay the cruel penal-shipswreck with their lives was ate which overtook the captain of the liners which grounded on al island in Jamaica.

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Denmark the daily allowance of the sheet with the liners which grounded on a lisland in Jamaica.

Denmark the daily allowance of the sheet with the daily allowance of the daily allowance of the white, shake this cheap beauty lotion to clear and whiten your skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and tan lotton, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or totlet counter will

New Air Raid Alarm.

