

The Man In The Street

Those Braves are good hitters, but we mustn't overlook the fact that General French has an average of .996, several times up and safe at first.

"Buy a barrel of apples," but don't overlook stocking up on potatoes for the winter.

Col. Sam's latest roll-call is 500,000. What a successful aviator he would have made. Going up!

Can Bender come back or is he badly broken?

Unfortunate newspapermen have to work on Monday next, but still we've a lot to be thankful for. For one thing, we're grateful that the Atlantic ocean is as wide as it is at present.

News head says: "War effects marked on spongers," which probably means that the bartenders are now ejecting all loafers.

If you're going to the series games, don't worry about that "All-seats-sold" dope. Lots of good room on the bleachers.

That "business as usual" slogan doesn't seem to improve the stock exchange chances.

Despatch says that the German cavalry made 22 charges in one night. Gee! Their credit must be good.

Saucy Things!

The tall, broad-shouldered, fine-looking young man in the city market was standing outside his stall, a good-natured smile on his countenance. Up the aisle came a pretty young woman, apparently on shopping bent. "Any veni-

PILES FOR FIFTEEN YEARS

Cured by Zam-Buk

To those who suffer from this painful malady the following letters will be of deep interest. Mr. J. McEwen, of Dundas, Ont., writes: "For fifteen years I suffered with piles and could get no permanent cure until I tried Zam-Buk. After having given Zam-Buk a fair trial I found I was getting better, and in the end it completely cured me."

Mr. James Keady, of Killaloe, Ont., says: "I suffered greatly from piles. The pain from these, as anyone who suffers from them will know, was at times almost unbearable. I tried first one remedy and then another, but all without effect. The piles still continued as bad as ever. I heard about Zam-Buk and commenced with the treatment. To my great joy, after perseverance, I obtained relief from the agonising pain of the piles. Having been cured by Zam-Buk I heartily recommend the balm to all sufferers from piles."

Why not end your suffering? Take the advice of the hundreds who have done so and give Zam-Buk a fair trial. This marvellous remedy quickly relieves the suffering, it soothes and heals the inflamed, irritated hemorrhoid veins, and perseverance with Zam-Buk effects permanent cures.

Every home needs Zam-Buk—accidents will happen, and Zam-Buk is the best "first aid." It quickly takes the sting out of a cut, the fire out of a burn or scald, the soreness from a bruise. Blood-poison or other complication cannot creep in where Zam-Buk has been applied. It is a sure cure for piles, eczema, ulcers, children's scalp sores, varicose veins, cold cracks, chapped hands, etc. At all druggists and stores, or post-paid from Zam-Buk Co., Toronto, 50c. box, 50c. for \$1.25. Zam-Buk Soap, 25c. tablet. Send 1c. stamp this ad. and name of paper and we will mail you free sample of Zam-Buk.

HAD ECZEMA 20 YEARS

Cured by Zam-Buk

Mr. Joseph Johnson, 884 Broomfield street, New York, writes: "Over twenty years ago eczema appeared on my hands and face. I went to a doctor, but his treatment afforded only temporary relief. Finding medical attention and treatment of little avail I commenced to try first one and then another of the so-called remedies which were recommended, but for over twenty years I suffered from this painful, humiliating disease. During this time I spent hundreds of dollars and all I got was temporary relief. At last Zam-Buk was suggested to me; I decided to give it a trial, but did not expect a cure."

"The first few applications proved this remedy entirely different to the scores of preparations I had used in vain. Perseverance with Zam-Buk and Zam-Buk Soap, I am more than glad to say, has effected a complete cure."

"Zam-Buk is beyond all question a marvellous preparation and I most heartily recommend it to all sufferers from eczema."

Think of it, suffering day in and day out for twenty years! Think of the grip this disease must have had on the entire system! Think of the healing power of Zam-Buk which, despite the long-standing nature of the disease, effected a cure! How much more easily and more quickly the cure could have been effected had Zam-Buk been applied at the outset!

If you suffer from any skin disease or injury, piles, ulcer, abscess, rheumatism or eczema, take this lesson to heart. Try Zam-Buk first and give it a fair trial. At all druggists and stores, or post-paid from Zam-Buk Co., Toronto, 50c. box, 50c. for \$1.25. Zam-Buk Soap, 25c. tablet. Send 1c. stamp this ad. and name of paper and we will mail you free sample of Zam-Buk.

"GHOST GOWN" DESIGN FROM PARIS

IT IS THE TASTE, THE FLAVOR OF BAKER'S COCOA

That Makes It Deservedly Popular

An absolutely pure, delicious and wholesome food beverage, produced by a scientific blending of high-grade cocoa beans, subjected to a perfect mechanical process of manufacture.

Made in Canada by

Walter Baker & Co. Limited

ESTABLISHED 1870

MONTREAL, CANADA DORCHESTER, MASSACHUSETTS

The Most Costly War

that has involved the whole human race for all time is the conflict between Nature and Disease. The first move in the warfare against Disease is to clear the system of all the accumulated toxins of past food follies by eating Nature's food—

SHREDDED WHEAT

the food that keeps the bowels healthy and active by stimulating peristalsis in a natural way and at the time supplies all the tissue-building material in the whole wheat grain prepared in a digestible form.

"War Prices" need not disturb the housewife who knows the nutritive value and culinary uses of Shredded Wheat. It contains the maximum of nutrient at smallest cost. Delicious for breakfast with hot or cold milk or cream, or for any meal with sliced pears, sliced peaches, or other fruits.

"IT'S ALL IN THE SHREDS"

"Made in Canada" by

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ontario
Toronto Office: 49 Wellington St. East

MORNING NEWS OVER THE WIRES

A convention of the Conservative party of Gloucester county will be held at Carleton Place, Ont., on Monday evening, Oct. 12, to select a candidate to contest the county at the next election for the dominion government.

Further evidence in the Downing case at Hopewell Hill, N. B., was given yesterday, when Mrs. J. J. Downing, wife of the complainant who charges J. J. Downing with trying to poison him, was heard. She told of her relations with the accused which, she said, had been on an intimate basis for some time. The case was further adjourned.

The Westmorland County Teachers' Institute met yesterday at Sackville. With an attendance of 125, E. D. McPhee, principal of the high school, presiding. Valuable papers were presented and discussed.

WHY, INDEED?

"King Lear is a great character," remarked the friend.

"Yes," answered the actor, "I suppose I remember my performance last season."

"No, I must confess I have never seen 'Lear' in the part."

"Indeed!" was the rejoinder in a tone of gentle surprise. "Then how on earth did you know it was a great character?"

THE REASON WHY

You don't take sauce? Perhaps not, but if you look for the reason why, you will find it in the fact that the word "sauce" suggests to your mind a thin, dark, hot, irritating fluid, which, if taken at the table, runs all over the plate, saturates the vegetables and eventually leaves a disagreeable burning sensation in the mouth. No wonder that under these circumstances, you do not take sauce—but, change the circumstances, and the taste will probably change with it.

A new sauce has been introduced by the Midland Vinegar Company of England, which is known as H. P. Sauce, and is quite different to the old fashioned sauces referred to.

H. P. Sauce has proved an immediate success, and is now used regularly by those who previously never took sauce. It is prepared by blending together the purest fruit juices with a thick, creamy pure malt vinegar. The manufacturers' secret process produces a thick, fruity sauce which, if placed on the side of the plate can be eaten with the meat like mustard.

H. P. Sauce is also used very extensively in the kitchen, for housekeepers have discovered that old and familiar dishes of which everyone has grown tired become tempting and delicious when enriched and enlivened with H. P. Sauce. All family grocers are selling H. P. Sauce. Of course its success has brought many imitations, but if you ask for H. P. and see that these letters appear on each label, you will preclude the possibility of disappointment.

WHY CHILDREN ARE SO

Something on Bad Manners of the Younger Generation

(Quoted from Pictorial Review, October, 1914.)

Marion Harland tells in October Pictorial Review the following: "I have been showing the bad manners of the children of today and how best to set about curing the evil."

"My eldest granddaughter and my namesake!" said a proud grandmother, leading forward a girl of twelve.

"She has the right name," I observed, after acknowledging the introduction, still holding the child's hand and looking from one to the other. "She looks like you."

"O Good Gracious!" cried Miss Pert, with a grimace and a shrug. "I hope not!"

"My dear!" said the mother in gentle reproach, while the grandmother colored and tried to laugh.

"Well, I don't care, Mama! I'd go out and hang myself if I thought I looked like Grandmama!"

Which brings me to the question of curbing the growth of individuality in the young human animal. Essays are written, lectures are spoken, books are published in support of the theory that every young immortal should be allowed to live his or her own life, to grow into the pattern designed by the Lord of Creation—not as the whim of the parent may suggest.

What I and other grave-eyed mothers of the old school would brand as a spoiled child, is "an eager young spirit" quickened by burning zeal for knowledge and a benevolent desire to impart it to others as soon as he gets hold of it. In allowing him to have his say at all seasons and in whatever company, the parents obey a natural law, according to our new woman. Still graver of eye and thought, we ask ourselves—not the parents—to what purpose the eager youngling's seniors have lived, if what we could tell him is not of more value than what he can prattle of to us.

"The child must be himself and not another," we are warned. "The product of pinching back and pruning and trying to uprightness, may be the parent's ideal. It is not what Nature designed in sending this fresh creature into the world."

Let me illustrate: A friend of a new school mother brought a bunch of moss-roses as a birthday gift to what I should characterize as a "cherubid" nursemaid. Dressed in the most approved mode, he received with his mother upon the sixth anniversary of the day that had seen his terrestrial debut. When the flowers were smilingly offered to him, he scowled, he frowned, he struck them from the visitor's hand and hid howlingly in the fold of his mother's skirts.

"No! No! No!" a wicked woman to put nasty green moss on the pretty roses God made!"

This representative anecdote has been told in coterie and in council, in evidence of exquisite sensibility and passionate

ON THE ADVICE OF HIS DOCTOR

He Used Dr. Chase's Ointment for Protruding Piles With Splendid Results.

Too often a doctor can only think of an operation when asked for a treatment for piles. Some are sufficiently broad-minded to use the most effective treatment available, which is undoubtedly Dr. Chase's Ointment, as was proven in the case referred to in this letter.

Mr. Simon E. Jones, Railway street, Inverness, N. S., writes:—"I have found Dr. Chase's Ointment the best treatment obtainable for protruding piles. For three years I suffered from piles, and was advised by a local physician to try Dr. Chase's Ointment. I had tried many treatments in vain, and therefore know which is the best. I can highly recommend Dr. Chase's Ointment, and you are at liberty to use this statement."

The record of cures of every form of piles which stands behind Dr. Chase's Ointment is the strongest guarantee you can have that it will promptly relieve and cure this ailment, even in the most aggravated form. 60c a box, all dealers.

WOMAN SUFFERED TEN YEARS

From Female Ills—Restore to Health by Lydia E. Pinkham's Vegetable Compound.

Bellefleur, N. S., Canada.—"I doctored for ten years for female troubles and did not get well. I read in the paper about Lydia E. Pinkham's Vegetable Compound and decided to try it. I wrote now to tell you that I am cured. You can publish my letter as a testimonial."

—Mrs. SUZANNE BARNES, Bellefleur, Nova Scotia, Canada.

Another Woman Recovered.

Auburn, N. Y.—"I suffered from nervousness for ten years, and had organic pains that sometimes I would lie in bed four days at a time, could not eat or sleep and did not want anyone to talk to me or bother me at all. Sometime I would suffer for seven hours at a time. Different doctors did the best they could for me until four months ago I began giving Lydia E. Pinkham's Vegetable Compound a trial and now I am in good health."

—Mrs. WILLIAM H. GILL, No. 11 Pleasant Street, Auburn, New York.

The above are only two of the thousands of grateful letters which are constantly being received by the Pinkham Medicine Company of Lynn, Mass., which show clearly what great things Lydia E. Pinkham's Vegetable Compound does for those who suffer from women's ills.

If you want special advice write to Lydia E. Pinkham, Medicine Company, (consultation) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Penmans Sweater Coats

Everyone is familiar with the sight of the inferior-made sweater-coat—how it bags here and sags there, how the pockets bulge and gape and the whole effect is one of untidy looseness. How could it be otherwise with a coat made from non-elastic wool and stretched to shape.

Penmans Sweater-Coats are different. They have a decidedly dressy appearance, a smartness that outlasts the period of newness.

There are dozens of occasions when a good sweater-coat is the correct thing to wear. You can get your exact type of physique fitted in a Penmans Sweater-Coat—all colors and combinations of colors.

Penmans Limited
Paris, Ont.

Sweaters Underwear Hosiery

Sit up and take Notice

That the real smart dressers to-day are wearers of

WOLTHAUSEN Guaranteed Hats.

They lead in style, fit and finish with a hundred different shapes, either Soft or Stiff, to choose from.

And, always remember that the word **Guaranteed** means your money back if not satisfied.

Ask your dealer. He knows.

Wolthausen Hat Corp., 1111 1/2 St. Clair, St. Louis, Mo.

The mark that distinguishes one hat from another.

And a Lady Can Have a Fair, Clear Complexion by Using Stuart's Calcum Wafers After Each Meal.

You women ought to hear some more raves over a beautifully clean and clear skin. There is nothing that charms a man or a woman as this. Where there are pimples, blotches, liver spots, etc., the blood is diseased and filled with impurities. Clean the blood and these effects disappear at once. That is what Stuart's Calcum Wafers do almost beyond belief.

"She Was a Pimply Person Once Upon a Time."

Stuart's Calcum Wafers are known to hundreds of thousands of men and women. Perhaps some of the faces you admire now were made beautifully free from skin blemishes by Stuart's Calcum Wafers.

You won't be always worrying about what your friends and strangers think of your "broken-out" face, if you give these wonderful little wafers a chance.

That's because they go right to the seat of the trouble, the blood, driving out all impurities, strengthening it, leaving the skin free from blemish.

Stuart's Calcum Wafers are perfectly harmless and may be taken freely by any one. They contain absolutely no mercury, no poisonous drugs, no opium.

Stuart's Calcum Wafers contain Calcium Sulphide, and a mild alternative—every doctor prescribes them a hundred times a year. They are the most effective blood-cleansers known to man.

It doesn't matter whether you have blackheads and pimples "something awful," or boils, tetter, rash, carbuncles, eczema, liver spots or a muddy complexion, try Stuart's Calcum Wafers and get a surprise in a short time.

Buy a box from your druggist anywhere. All druggists keep them in stock. Price 50c. A small sample package will be mailed free to anyone who will address F. A. Stuart Co., 175 Stuart Bldg., Marshall, Mich.

Get a Sweater-Coat that will retain its shapeliness always!

HERE is such a thing as "class" or distinction to a sweater-coat. It depends on the knitting, plus quality in the material.

The method of knitting and the fact that they are made from choicest and fleeciest selected wools, account for the shape-retaining quality of

Penmans Sweater Coats

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