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**A. B. SHUBERT, Inc.**  
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**THE THOUGHTS OF THEOBALD.**

**BREAD.**

I find that in my article last week on Bread that at least one other baker besides Lynch's, had, to that time, kept up the weight of their loaves. This was the Anglo-American Bakery. It is better also to say that Mr. Lynch did not know that I was going to write about bread, or did he inspire the article. I have been careful to get his case and it is this: that as long as he had flour which was purchased at the low rate, he gave the public the benefit of it by neither altering weight nor price. As soon as he had to enter the market and buy high-priced flour, he had to fall in line with the other bakers who had reduced the weight of the loaf.

The bakers considered that it would be better to keep the price the same, and I am informed that though there is a law standardizing the weight of bread, it is about 40 years old, and is considered unworkable.

**SLIDING.**

I am glad to add my word to the timely article by the Editor of the Daily News about the harsh law, and the harsher penalty-threat of the regulation against sliding on the streets of the city. A great many people will often speak against the tearing down of an institution before some other is ready to take its place. Confining the sliding places to one in the extreme east and one in the extreme west and is not providing adequate facilities for this innocent pastime, which is enjoyed in almost every street now. The crowding together on Robinson's Hill of all the slides is going to prove far more dangerous to life than at present, and it will mean that smaller children will not be permitted to

"take no thought for the morrow, what ye shall eat or what ye shall drink." "If God so clothe the grass of the field . . . shall He not much more clothe you, O ye of little faith?" What was meant was summed up in the phrase: Ye cannot serve God and Mammon. But I doubt not at all that most of us are serving Mammon. The system that forces a child into a workshop instead of a school means that there is a mammon-serving somewhere. No one is cautious enough to say that everything is satisfactory in the world; that there are not wrongs to right; that justice is supreme.

**AU REVOIR.**

And with this "Thought," I come to the point where "Theobald" says "Good-Bye" to The Evening Telegram and its many readers, especially those who have followed his "Thoughts" during the past year or more.

I took this name because I saw one day that its meaning is "Bold for the People." Where I have felt it my duty, I have endeavored to live up to the name and this privilege I hope to retain in the future as in the past.

**In Milady's Boudoir.**



**CARING FOR THE EYES.**

A woman is as old as her eyes. They are indisputable evidences of the years she has lived and the experiences she has passed through. The complexion may be managed and tinted to look like a baby's but alas for the utter sophistication in the eyes under the babyish, flower trimmed hat.

You should take two courses of treatment, one for the physical attributes of the eyes and another for their spiritual aspect. Kind thoughts, tolerance, high ideals, unselfish deeds, devotion to the beautiful in art, literature and music, and most of all, sympathy for every living thing; all these, if a constant habit of mind, will give the eye the beauty that charms, and draw young and old who come within their radius.

Now for the physical treatment. The eyes must be kept bright and lustrous for only so will they suggest youth. They must be kept from sinking, for sunken eyes suggest ill health and old age. Their lids must not be permitted to become red rimmed, nor may their lashes be allowed to thin out, as lashes will, after twenty five with most people.

If there is the slightest tendency toward swelling of the lids particularly of the skin under the eyes, consult a physician, for this condition is usually the outward symptom of more or less serious internal disarrangement. Hollows, or blue or purple shadows, beneath the eyes are also signs of inward trouble and should not be neglected.

A cloth wrung out in hot water in which bicarbonate of soda has been dissolved, and laid over the closed eyes for ten minutes, will remove the traces of even a hard crying spell. The arch of the brows also is most important to the beauty and expressiveness of the eyes. Cultivate the habit of keeping the brows quiet when talking, which only makes wrinkles in the forehead.

**Fads and Fashions.**

It is said there is a great season coming for lace.

Suit coats are frequently of fingertip length.

Many blouses are made to wear outside the skirt.

Hats are taking a slanting position on the head.

Belts are not fashionable unless they slant a trifle.

Skunk fur is often made up in crepe with fur ends.

Dresses are effectively trimmed with bead embroidery.

The most fashionable gowns are very simple in outline.

Tunics of colored tulle are worn over white satin skirts.

Tones of mole or tete de negre continue to be favorites.

Some of the newest collars fasten close around the throat.

Military braiding persists in a quiet way as a decoration.

A coat frock can be worn successfully almost anywhere.

Many afternoon princess frocks have the normal waistline.

You may have bouces on your skirt and still be in fashion.

Some of the new slippers have straps high above the ankle.

Long Russian effects continue to be favoured for evening dress.

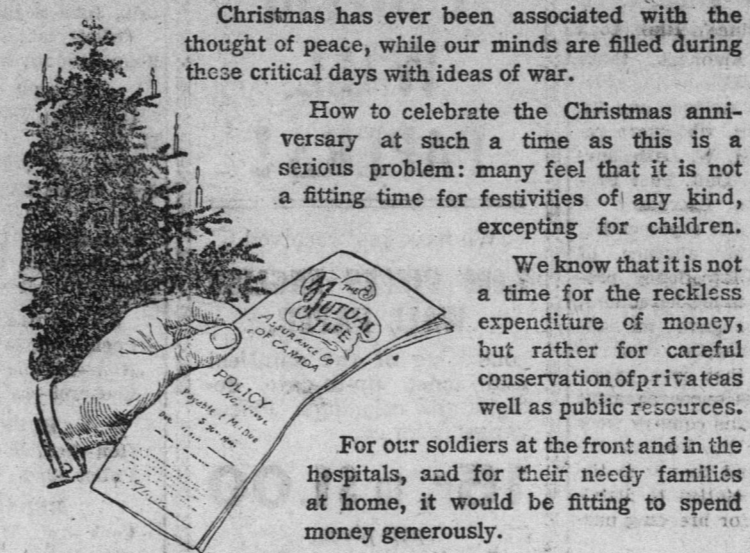
Bronze green and brown are charming for afternoon dresses.

Fur-edged "muff pockets" are seen on Russian fashioned coats.

The classic or Mojan-age type of gown absolutely compels a long skirt.

**HINARD'S LINIMENT CURES DISTEMPER.**

**Christmas in War Time**



Christmas has ever been associated with the thought of peace, while our minds are filled during these critical days with ideas of war.

How to celebrate the Christmas anniversary at such a time as this is a serious problem: many feel that it is not a fitting time for festivities of any kind, excepting for children.

We know that it is not a time for the reckless expenditure of money, but rather for careful conservation of private as well as public resources.

For our soldiers at the front and in the hospitals, and for their needy families at home, it would be fitting to spend money generously.

But for our own purposes luxuries should certainly be avoided and expenses confined to necessary things.

Among these, life insurance policies should occupy a leading place, and at this time no gift could be more appropriate for a wife or other beneficiary than a life insurance policy.

The merit of a life insurance policy as a Christmas gift is that it diffuses its benefits throughout the whole year, protecting the household both night and day.

A Life, Limited Life, Endowment or Life Income Policy in The Mutual of Canada is without an equal as a Christmas gift in war time.

Mutual Life Policies, besides protecting the home, are good investments. The splendid profits earned by the Company go to the policyholders exclusively, so that a Mutual Policy "blesses him that gives and him that takes."

**The Mutual Life of Canada**

Waterloo, Ontario  
A. S. RENDELL, Gen. Agent; W. J. PIKE, Spec. Agent  
St. John's, Newfoundland

**Fads and Fashions.**

Many novel cravats are worn. Long overskirts are still with us. Russian blouse coats are still in favor. Blouses are of transparent material.

Belts are very important this season. High white shoes are very fashionable. All the pile fabrics are still in high favor. The fan grows more important every evening.

Tailored garments have full-length sleeves. There is a possibility that skirts will be longer. Voile blouses are trimmed with soutache braid.

**If a Man should Write "Santa Claus" with the simple faith that his Children do, he would probably say something like this:--**

Dear Old Chap,—For ages you and I have been filling the stockings of the children. You have attained unlimited fame which I don't envy a bit, but if it hadn't been for my hard earned dollars, they'd have attached your sled and reindeer for debt.

Friends are going to give me something this year, as usual, but tell them that I am not collecting curios.

**I do not want**

a new collar for the dog, a box of flowers, a box of candy, a bottle of perfume, or some 5c. cigars; but there are things I do want, some of them I must have, others I should like to have, but wouldn't buy for myself; if somebody would only give them to me, it would be great! So will you kindly give this list your attention, old friend.

**I should like**

some new Neckties. Nobody ever has enough Ties (40c. to \$1.40), and some nice Shirts—every man likes to have plenty Shirts, 75c. to \$3.80.

A House Coat, Smoking Jacket or Bathrobe would be a big improvement on the old coat I wear around the house, \$7.80 to \$12.00 each.

My Hat is a little behind the times (\$1.40 to \$2.20), and I never did have a Dressing Case, \$2.80 to \$4.20.

A Silk Umbrella (\$2.10 and \$3.00). I could then leave the old one down at the office in case I was caught there in a storm.

It is about time I had a new pair of Gloves (95c. to \$4.00); Motor Gauntlets (\$1.20 to \$2.80); but unless some one gives them to me I shall probably have to go on wearing my soiled ones.

A good Smokers' Outfit, such as Bishop's keep, would be a delightful treat, \$1.95, \$4.00 and \$5.30.

Many a night at home I would be more comfortable in a pair of Slippers. I like the leather kind best (\$1.20 to \$2.70).

I could be made very happy with a new pair of Gaiters (\$2.70 and \$3.15), and if any one wants to save me money as well as improve my appearance, I am needing a Raglan (\$11.40 up) or Waterproof (\$4.20 to \$17.00).

Yours hopefully,  
A MAN.  
P. S.—And as an old pal, fail not to instruct them to buy at Bishop's

WHERE SPECIAL PREPARATIONS HAVE BEEN MADE FOR THE XMAS GIFT PROBLEM OF THE WHOLE FAMILY.

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MAIL ORDERS RECEIVE CAREFUL CONSIDERATION.

**The Three Functions of the Liver**

1. It manufactures the bile essential in the process of digestion.
2. The starch and sugars derived from the food are stored in the liver and sent to the tissues as needed.
3. It detects and destroys poisons.

**Dire Results of Overeating**

From the standpoint of health man's cardinal sin is overeating.

The digestive system can look after a certain amount of food, but when continually crowded the food mass is delayed in the alimentary canal and what is not digested ferments.

In other words, this food spoils or rots, and poisonous bacteria are given off.

It is the duty of the liver to destroy these poisons. It usually succeeds, but after a time it tires, increases in size from overwork, and finally fails.

**What Failure of the Liver Means**

The poisons then hurry through the liver and into other organs or tissues.

Then you have torpid liver, indigestion, head-

aches, bad breath, bilious spells and irregular action of the bowels.

This condition is described as auto-intoxication, or self-poisoning by food.

Cirrhosis of the liver follows. Complications set in. Bright's disease, hardening of the arteries, apoplexy are natural developments.

But these conditions do not come on you suddenly. You have months or years of warning.

**How to Get the Liver Right**

The thing to do is to keep the liver active and the bowels regular by use of such treatment as Dr. Chase's Kidney-Liver Pills, and you will then run no risk of such serious developments.

This medicine acts directly and specifically on the liver. By promptly

awakening the sluggish action of this all-important organ a good flow of bile is ensured. This is poured into the intestines, where it acts as Nature's cathartic in keeping the bowels regular.

**Prevent Host of Ills**

Such a multitude of ills arise from sluggish action of the liver, kidneys and bowels that Dr. Chase's Kidney-Liver Pills are considered a household necessity wherever their merits are known.

By all means regulate your diet to your needs.

Then remember that when your liver does get wrong and threatens to upset the whole digestive system Dr. Chase's Kidney-Liver Pills will afford quick relief and prevent all serious complications.

One pill a dose. 25 cents a box.

**Dr. A. W. Chase's Kidney-Liver Pills**