

MATINEES WED & SAT BEST SEATS 25c & 50c

# GRAND OPERA HOUSE

PRICES NEVER CHANGE

MATINEES WED & SAT BEST SEATS 25c & 50c



MISS MONTELL

EVERY WOMAN'S FAVORITE ACTRESS

# ELEANOR MONTELL

IN HER LATEST SUCCESS

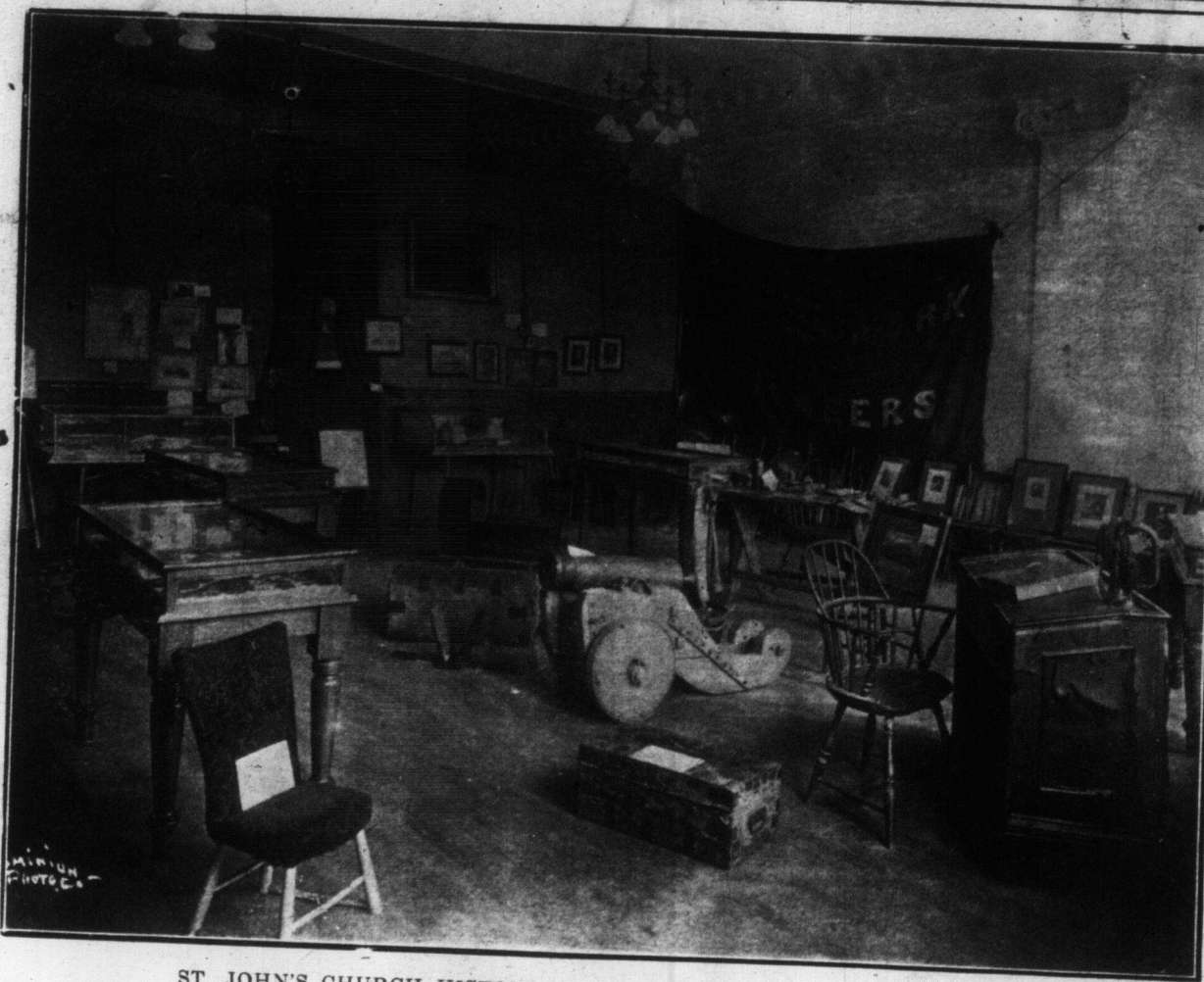
## "A WOMAN'S NAME"

NEXT WEEK — FIRST TIME ANYWHERE AT GRAND'S PRICES "GET RICH QUICK WALLINGFORD" — NEXT WEEK

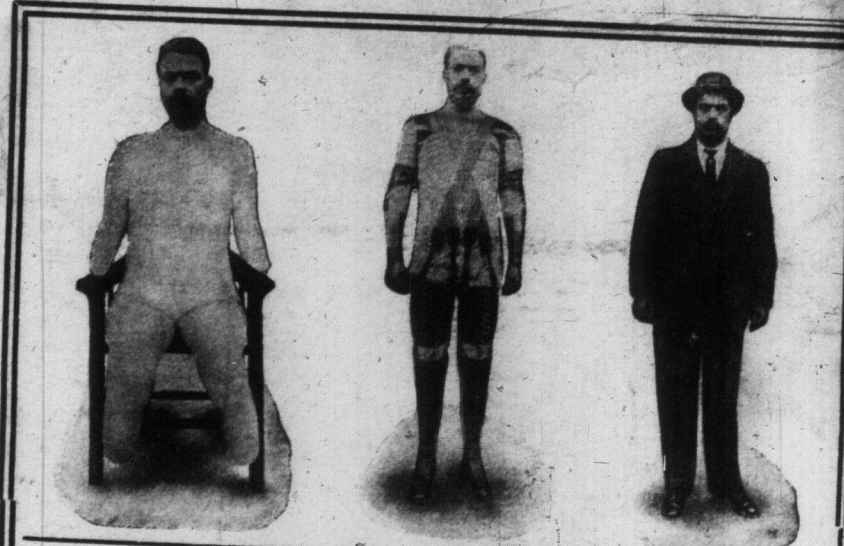
ANTHONY STRONG'S GRIPPING STORY OF LIFE IN THE POLITICAL UNDERWORLD OF A GREAT CITY



SCENE FROM ELEANOR MONTELL'S NEW PLAY "A WOMAN'S NAME" AT THE GRAND THIS WEEK



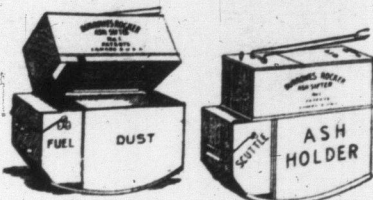
ST. JOHN'S CHURCH HISTORICAL EXHIBITION IN VICTORIA HALL. — Dominion Photo Co.



Authors & Cox, 135 Church St., Toronto, Ont. Barrie, Nov. 11th, 1912.

Dear Sirs— I take pleasure in writing to you to say I am well pleased with my outfit. Limbs fit me neat and perfect in every way, not rubbing or chafing the stumps in any way. I am able to keep them on all day, walked about half a mile today. Feeling grateful to you for your care in fitting me up satisfactorily. I remain, Yours sincerely, Peter J. Murphy, Box 642, Barrie.

Above letter was received, unsolicited, from Mr. Murphy, two weeks after application of limbs, further substantiating how well Canada can produce an actual necessity without appealing to foreign manufacture. The firm of Authors & Cox, manufacturers of Artificial Limbs, Trusses, Deformity Appliances, etc., enjoy the full confidence of Canada's leading surgeons, railroad companies, corporations, contractors, and individuals, because they are exclusive and careful in their work.



The Burrowes' Patent Dustless Rocker Ash Sifter is quick, clean and easy to work and can be used in the house.

The ashes can be sifted and dumped in the scuttle without dust escaping. This cannot be said of any other sifter.

Double screens sift the ashes twice, not too high and cannot clog; large space for ashes (attached to scuttle, and double rims prevent dust escaping).

Should your dealer not keep this write for circulars, prices, etc.

## FREE LARGE GOLD-PLATE CLOCK

We will give this beautiful clock free of all charge to any lady who will sell fifty sets of our beautiful embossed Christmas post cards at 10 cents a set (six beautiful cards in each set). The clock is a perfect timekeeper, in just like picture. It is nine inches tall, and will grace the parlor of any home. Your friends all want cards, and you can easily earn a clock in a few hours. Send us your name, and we will send you the cards. When they are sold we will send you the money, and we send you the clock, carefully packed, and at prepaid. Address

HOMER-WARREN CO., THE BURROWES MFG. CO. DEPARTMENT 157 TORONTO 611 King St. West, Toronto. Phone Adel. 1039.



JEANIE MARSHALL OGLE, 68 FERRIER AVE.

### "GIRLS, YOU MUST EXERCISE."

Almost every day we read of some wonderful thing that some person accomplished thru somebody's wonderful system of physical culture, says Eleanor Montell. Then we make up our mind that we will try the same course. Do we? As a rule we do not. I have and I am sure that if you try the exercise that I am going to suggest you will be better off physically. Don't say that you can't find time. I find the time and you must remember that an actress to get much exercise, must do something unusual, consequently, I have formed a little course of physical exercise especially for myself that I am going to give you the secret. The only principle involved is stretching. Did you ever notice a cat stretch after it has been sleeping? It is waking itself up, making the muscles underneath "there is something doing."

The first thing when you wake in the morning, stretch your lungs by taking a long, deep breath. I am with you on the assumption that you sleep stretch your entire body by throwing your arms over your head and seeing how far you can push your feet toward the foot of the bed. Do not do this hastily, work slowly until you can feel the blood tingle to your toes. Then jumping out of bed,

go to the window and draw three or four long breaths, filling your lungs until they seem ready to burst. Hold the air until you count four, then let it out slowly thru your nose. Now take a position with one arm in the air and the other thrown back of you, bending back and yawning with your whole might. After you have done this two or three times, you may be sure that you have dislodged any lazy microbes that may be lurking about in your system. Then go over to the doorway, and standing with your back to it, rise on your tip toes; throw your arms up and see how near you can come to reaching the top of the door. Don't be afraid, this will not hurt you, as you are not trying to lift any heavy weights. When you go to put on your stockings, push your legs but in front of you as far as possible. Work your feet even further, and when you clasp your corsets draw your abdomen up by taking a long breath until you are stretched your bust way out of the corset. If you find you cannot do this easily and sink back with ease, your corsets are too tight. Just one last word; you must stretch and keep stretching. Stretch your lungs and your liver. Stretch your heart, take the whole wide world into its embrace. Stretch your mind to its broadest. You can even stretch a point, if thereby your mouth stretches in a smile.

### HOCKEY SKATES FREE



To any boy who will sell 30 sets of our handsome embossed Christmas Post Cards, at 10 cents a set (six beautiful cards in each set), we will give a pair of guaranteed "Star" Hockey Skates—double ends, with puck stop. Rigidly built and light weight. Send us your name and we will send you the cards to sell. When sold send us the money and we send you the skates. We prepay all charges.

HOMER-WARREN COMPANY DEPT. 158, TORONTO

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