

AT 8,000 FEET IN THE AIR

EXPERIENCE OF A CANADIAN
AIRMAN IN FRANCE.

**Engine Refused to Work and Flight
Lieut. Munday Narrowly Escaped
Imprisonment.**

An exciting trip was taken by Flight Lieut. Munday, of Toronto, who only a few months ago received his commission, and shortly afterward was sent to France. He described the experience as follows:

"I landed in France on a Thursday, and Friday morning I was over the line for the first time. On this first trip I very nearly became a prisoner of war.

"I crossed at eight thousand feet above the clouds and wishing to see what 'Hunland' looked like from the air, I shut off my engine and came through the clouds to five thousand feet. Then I endeavored to 'switch on,' but my engine had 'given up the ghost,' to use a service term. You can imagine my feelings—my first trip over the line and a prisoner of war.

Engine Refused to Work.
"I pushed the nose of my machine down and almost got into a nose-dive, but still my engine refused to start. At one thousand feet I was on the point of giving up and selecting a landing place, when the engine showed signs of activity and with a little coaxing I managed to get it re-revolutions to half the number required for flight. I headed for France, or rather Belgium, and sagged over the trenches and 'No Man's Land' at 500 feet. Rifles and machine guns were turned on my machine, and upon landing just behind the Belgian lines I discovered that my machine had been hit four times, but not much damaged. So that was my initiation to the war zone and I often wonder what I would be doing now if my engine had 'given up the ghost' for good on that trip.

Fate of Pilots.
In the squadron to which I was attached there were eighteen pilots. To-day six are still intact for service. Of the six, one only is at the front, the remainder are recovering from wounds and injuries received in action. I have been informed that I will be unfit for service for approximately two months, but I am eager to get back to the front to get even with Fritz for many sleepless nights and interrupted meals. They seemed to know our mealtime to the minute and would of ten favor us with a few reminders of the war in the shape of shells and bombs and on one occasion we had 'gas' as an appetizer for breakfast."

Flight Lieut. Munday was quite badly hurt in the shoulder at the time of his flight, and has been in an English hospital since.

MR. ROOT'S REPORT ON RUSSIA

Country's Most Serious Lack is Money and Adequate Transportation.

The Hon. Elihu Root, as leader of the mission to Russia from the United States, has sent forward a brief statement of the situation there that is quite reassuring. He does not minimize either the dangers or the difficulties, but he does insist that the outlook is hopeful, and that he and the members of his party are greatly encouraged.

He tells us that he found no organic or incurable malady in the Russian democracy; democracies are always in trouble, he remarks somewhat facetiously, and Russia is passing through no darker days than his own republic has gone through lately.

"We must remember," he says, "that a people in whom all constructive effort has been suppressed for so long cannot immediately develop a genius for quick action. The first stage is necessarily one of debate. The solid, admirable traits in the Russian character will pull the nation through the present crisis. Natural love of law and order and capacity for local self-government have been demonstrated every day since the revolution. The country's most serious lack is money and adequate transportation. We shall do what we can to help Russia in both."

To help Russia in both will be one of the great services that the United States will render.

SOLDIERS USE NEW SLANG.

New Words Developed by Contact With Experiences at Front.

After the war some one will have to compile—for the benefit of realistic, but inexperienced novelists—a little code of the slang of the New Armies. It could hardly be done now for a good deal of that slang is in a state of flux. Phrases like "wind up" (i. e., frightened), or to "put the wind up" any one (i. e., make him frightened), have remained pretty constant during the last two years. But words like "wash-out" (noun and verb), have developed all sorts of varying applications. Simply and originally a "wash-out" must have been the state of a camp whose occupants had been almost literally washed out by torrents of rain. By an easy extension it became a description of any particularly unpleasant situation—a water-logged trench, very naturally indeed—but afterward anything at all, from a heavy artillery strike by the Germans to a poor meal or an unpopular officer.

Is Breakfast Ready?

The answer is easy in the home where **Shredded Wheat Biscuit** is the regular every day breakfast cereal. Being ready-cooked and ready-to-eat, **Shredded Wheat Biscuit** is the joy of the housekeeper in summer. Served with sliced bananas, berries, or other fruit, they make a nourishing, satisfying meal at a cost of a few cents.



Made in Canada.

A SCENE IN LONDON'S SLUMS.

Influence of a Little War Shrine on the Rough Inhabitants.

I walked the other day through one of London's meanest streets. The barrows of costermongers lined the pavements. Rough women jostled each other and shouted in foreign tongues. Odds and ends of unsavory-looking washing fluttered from the windows of slums overhead, writes an English-woman.

And in the midst of all this dirt and disorder I came upon a very beautiful little war shrine. In letters of gold against a background of white marble names were inscribed—the "Roll of Honor."

Before the shrine lay great bunches of roses and pink carnations. As I looked at this tiny oasis in London's lowest slum a woman in a ragged shawl and with very dirty hands slouched up. In those hands she carried a bunch of lilies. She looked about her furtively to see if any one was watching, then placed the lilies at the shrine. Tears were in her eyes as she turned away. "Good old Bill!" I heard her mutter. "He always did like flowers!"

Then I saw that among the dozen names inscribed on the shrine under the title "Roll of Honor" was that of Private Bill Johnson, of the "Die Hards," and after his name were the words, "Killed while rescuing a wounded comrade."

A big policeman—a typical London "Bobby"—and they have to be big and very strong to cope with certain forms of liveliness evinced frequently in London's slums—strolled up. "That there little war shrine does more to uplift the men and women of the neighborhood than the sermons of a thousand parsons would," he observed, "there ain't near so much drinkin' and cursin' and fightin' round here since we set up the roll of honor. It kind of sets 'em an example, it does. Take the case of that old woman just gone by, that left her lilies here. One of the worst and toughest cases in London, she used to be. But since her grandson was killed—givin' his life for a friend—and the War Office sent the old lady 'is decoration' that he won for gallantry—well, she's a different being, and that's sayin' a lot, for she was one of the hardest drinkers and the most quarrelsome in the neighborhood. Now she spends her money on flowers instead of drink, and through I don't much hold with wastin' money on flowers, it's better than the drink."

The solution of the food problem lies in the hands of the women of the world.

Preparing for To-morrow

Many people seem able to drink tea and coffee for a while without apparent harm, but when health disturbance follows, even though slight, it is wise to investigate.

Thousands of homes, where tea or coffee was found to disagree, have changed the family table drink to

Instant Postum

With improved health, and it usually follows, the change made becomes a permanent one. It pays to prepare for the health of to-morrow.

"There's a Reason"

Canadian Postum Cereal Co. Ltd. Windsor, Ont.

ARMENIA OF TO-DAY.

Nation Has Preserved Its Traditions and Religion for Centuries.

In spite of the efforts of barbarous masters, and notwithstanding the most frightful persecutions the Armenians have been able for centuries and centuries, to preserve their traditions, their language and the religion of their ancestors. This persistence of the Armenian vitality is one of the most remarkable facts of Oriental history, a fact almost unique of its kind; for, of all the people subjugated by the Arabs and Turks, very few have been able to preserve the three principle elements of nationality—customs, language and religion.

The Ghebers, the last Mazdaian remnants of ancient Persia, still form communities that are preserved solely by religion; for the old language has little by little disappeared to give place to dialects of modern Persia mixed with archaic forms. The Chaldeans, for the most part Christians, have in general abandoned their language, while a great number have changed their religion and become coalesced with the mass of the Arabs.

The less numerous Christians of Saint John (Macedons), living in Lower Chaldea, are still attached by religious beliefs, but their ancient speech is dead. The Copts, in Egypt, remaining Christians, witnessed the extinction of their language scarcely a century ago, and Syria has experienced a similar vanishing of a great number of its traditions; Copts and Syrians now speak but the language of their masters.

Little by little the Moslem religion has succeeded, not only in unifying the language, but also in reducing creeds. In the Turkish empire to-day we meet fragments only of the Christian races. The Armenians only have the moral force to cope with the calamity, they alone have preserved all the intellectual and moral inheritance of their ancestors.

THE STORY OF THE STAIRS

Every time you go up stairs you can test your state of health—the condition of your blood.

Do you arrive at the top of the stairs breathless and distressed? Does your heart palpitate violently? Do you have a pain in your side? Perhaps you even have to stop half way up, with limbs trembling and head dizzy, too exhausted to go further without resting. These are unfailing signs of anaemia. As soon as your blood becomes impoverished or impure the stair-case becomes an instrument of torture. When this is so you are unfit for work; your blood is watery, and your nerves exhausted, you are losing the joy of an active life and paving the way for a further break down and decline. In this condition only one thing can save you. You must put new, rich, red blood into your veins without further delay and so build up your blood anew. To get this new, rich blood give Dr. Williams' Pink Pills a fair trial, and they will give you new vitality, sound health, and the power to resist and throw off disease. For more than a generation this favorite medicine has been in use throughout the world and has made many thousands of weak, despondent men and women bright, active and strong.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

SAVING FOOD AT LONDON ZOO.

Horseflesh is Only Meat Used—Bread Made From Condensed Flour.

How the Zoological Gardens in London are helping to conserve the British food supply was told by the Duke of Bedford at a recent meeting of the Zoological Society in London. He said they had not replaced the animals that had died since the war began and had killed off all of those that were easily replaced.

The only meat they gave to the carnivora was horse flesh purchased from the army. They had ceased using potatoes. The bread given to the monkeys and other small mammals was made from flour rejected by the Board of Trade and ship's biscuits that had outlived their usefulness as human food. Instead of wheat they used dark paddy, rice and locust beans. They were replacing oats with a mixture of maize and split horse beans.

Hay was that left by the army buyers, supplemented with park grass and foliage. Only Chinese pickled eggs were employed and the fish was that unsuitable for human use. Bananas, formerly fed to many small mammals and birds, had to a great extent been replaced by bottled mangold-wurzel and beets. Only five pounds of sugar a week were used, and this was "foot" sugar unsuitable for human food. And the "greens" were limited to eleven bushels a week of kinds not sold for human consumption.

Now is the time to break up sod where winter wheat or rye is to be sown in the autumn.

Canadians should not consider that 1917 will be the only year that rigid economies must be practised. There is no knowing at this date when the war will end, and even after it has ended there will be urgent need for Canada's surplus of food for many months while Europe is being regenerated.

INVENTIONS NEEDED.

Chance to Promote Industry and Incidentally Make a Fortune.

"Anybody who wants to make a fortune can get on quick by inventing a machine that will pick cotton satisfactorily," says Prof. W. J. Spillman, chief of the United States Government Office of Farm Management. "It will be a simple enough contrivance when it arrives, and the everyday citizen will marvel that the idea did not occur to him."

"Such a machine would enormously augment our annual cotton output. For, mark you, it is small trouble to plant wide areas—that is, to put the seed in the ground—but the laboring of the crop is a slow and rathering process. It is, then, not the planting, but the labor required for picking the cotton, that limits the output and raises the cost of the product."

"Already there are cotton-picking machines. The essential feature of one of them is a revolving belt carrying steel bristles that (operated by a man on a horse-drawn vehicle) catch up the cotton, which is raked off the belt by a row of teeth into a sack."

"Another contrivance, carried on a wagon, has several long rubber tubes attached to it. In the wagon is a vacuum cleaner that operates in much the same fashion as a vacuum housecleaning machine. Men walk behind, pointing the ends of the tubes at the bolls, and the cotton flies up them and into a receptacle provided for the purpose."

"These devices are ingenious, but by no means wholly satisfactory. The steel bristles miss a good deal of the cotton. The vacuum contrivance costs money and is expensive to operate. Besides, it collects a lot of dirt and waste vegetable material with the cotton."

"Before long, however, the problem is bound to be solved. And by that time we may have another much-needed farm invention—a machine that will not only dig potatoes, but will pick them up, knock the dirt off them and sort them in sizes ready for market."

TIMBER GROWING IN CANADA.

Two-thirds of the Dominion Area Should be Reserved for Forests.

One of the surprises to those visiting Europe in peace times is the method by which all lands are carefully examined and put to work according to their capacity. No farmer is permitted to locate on non-agricultural soil, and at the same time, good farming soil cannot be retained under such a crop as timber. Canada has only made a beginning at applying such a policy of business efficiency in the use of the nation's natural resources. Thousands of farmers are to-day tied to farms that produce only a few dollars a year, their efforts and ambitions practically wasted in a time when man-power is at a high premium. Taking the whole of Canada's area, more than two-thirds will never produce field crops, and the bulk of the two-thirds will prove profitable under only one crop, namely timber.

All efforts for the protection of the forests against fire and other forms of needless waste aim to keep in a productive condition those millions of acres that can never grow field crops. Canada holds a tremendous national advantage in her forests, but from the beginning of the last century premium. Taking the whole of Canada's area, more than two-thirds will never produce field crops, and the bulk of the two-thirds will prove profitable under only one crop, namely timber.

Told the Truth.

"Jimmy," said the gentle old lady sadly to the young imp who lay with a broken leg in the hospital, "the nurses tell me that you have been a very naughty boy."

"Yes, Ma'am," acknowledged Jimmy, his sun-burnt face and tousled head half-hidden in the pillow.

"But, why?" came the gentle query.

"Can't 'elp it, missus!" shame-facedly whispered Jim.

"Now, look here," said the old lady as she rose, "I shall be at the hospital again, next week, and I want you to promise me to be a good boy till then, and, if so, you shall have a whole shilling."

Jimmy fervently promised; but, alas, all his mischief reassured itself, and he was sadly in disgrace when the old lady again visited the ward.

"Well, little man," she said mildly, "I'm not going to ask the nurses if you have been a good boy. Tell me yourself. Now, do you deserve that shilling?"

Slowly Jim raised his big brown eyes to her face, and then lowered them again.

"Gimme a penny," he said in a low voice.

Blasting With Lime.

One Pea or Two Peas?

We deceive ourselves much more often than other people deceive us, because we cannot rely upon the testimony of our physical senses. Illusions of one sense or another are everyday experiences. We have illusions of vision and illusions of hearing. They are always interesting. But illusions of feeling are especially curious, being rarer. Here is one that anybody may try: Take a pea and roll it to and fro on the table with the forefinger and middle finger. It feels, of course, like one pea. But repeat the process with those two fingers crossed and the pea becomes to the feeling two peas. Try it.

Minard's Liniment Cures Colds, Etc.

AGENTS WANTED

One Agent in each town, to sell a new American home article, GNOGAS, making Light and Heat, from common coal oil in any home, as needed. No dirt, smoke, odor, no fires to build and no ashes to carry. Cheapest and most efficient of all fuels. Write quickly, Glorita Heat and Light Co., 321 Yonge Street, Toronto.

A One-Piece Dress



Something absolutely new is the slip-on frock shown above which requires no fastening of any kind—neither buttons, hooks and eyes, nor snaps. The two-piece skirt is attached to the blouse, and the waistline adjusted by an elastic which may be drawn tight or loose as desired. McCall Pattern No. 7891, Ladies' Simplicity Dress; in 7 sizes; \$4 to 46 bust. Price, 20 cents.

This pattern can be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

When Your Eyes Need Care
See Murrie Eye Medicine. No Smarting, No Itching, No Stinging. Try It for Red, Weak, Sore Eyes and Granulated Eyelids. Murrie is recommended by our Oculists—not a "Patent Medicine"—but used by successful Physicians for many years. Now dedicated to the public and sold by Druggists at 50c per bottle. Write for Book of the Eye Eye, Murrie Eye Remedy Company, Chicago, Ill.

A canary's ears are at the back of and a little below its eyes. There is no outer ear such as animals have, but simply a small opening which is covered by feathers. It is quite surprising that birds should possess the very acute hearing which they do while lacking the fleshy flap which enables the animals to catch sounds.

I bought a horse with a supposedly incurable ringbone for \$20.00. Cured him with \$1.00 worth of MINARD'S LINIMENT and sold him for \$85.00. Profit on Liniment, \$65.

MOISE DEROCSE, Hotel Keeper, St. Philippe, Que.

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it Freezone. Any druggist will sell a tiny bottle of Freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without hurting the surrounding skin. Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't Freezone, tell him to order a small bottle for you from his wholesale drug house.

Minard's Liniment Cures Colds, Etc.

BABY SLEEPS.

The baby wept; The mother took it from the nurse's arms. And hushed its fears, and soothed its vain alarms, And baby slept.

Again it weeps, And God doth take it from the mother's arms, From present griefs, and future unknown harms, And baby sleeps.

—Samuel Hinds.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Every garden needs a compost heap. A good way to start the heap is to cut weeds and pile them up upside down. On this pile throw all the cuttings from the lawn, weeds from the garden pulled before they go to seed, tops of vegetables, pea vines, &c., old bones and if the pile is away from the house garbage can also be thrown on it, covering this promptly with a few shovelfuls of earth. Next year when rotted and sifted this makes excellent potting soil and good compost to spread over the garden.

It is doubtful if any of us realize the need that there will be for meat and live stock in the European countries after peace is declared. Canadian breeding stock and Canadian meat products will be in demand. It behooves the Canadian breeder and feeder to grasp the opportunity and produce a maximum of live stock when prospects are so good for continuous high prices. No better outlet for the best of our stuff can be found than at the auction sale of the Eighth Annual Toronto Fat Stock Show, Union Stock Yards, December 7th and 8th next.

Minard's Liniment Cures Diphtheria.

It is estimated that there are 600 professional story-tellers in Tokio, who wander from house to house relating tales. The story-teller learns a new set of stories when he finds that the old ones are too well known.

Poor tea that can be sold at a low price is most extravagant in use. A little good tea, like Salada, makes many more cups; hence it's real economy.

If winter flowering plants have not been reported to not longer delay. Get good rich potting soil from the nearest florist and repot the plants at once. Plunge the plants in the garden and keep them well watered.

Minard's Liniment Cures Garget in Cows

Influence Needed.

He was very young and fresh and new, and he was a second lieutenant. One day he sought his elderly colonel, and poured forth a complaint.

"Sir, I should be so obliged if you'd use your influence to prevent the men in my platoon from calling me 'Baby Bunting.'"

"Certainly, my lad—certainly!" said the old colonel. "I will, with pleasure—if you'll use your influence to stop the whole battalion calling me 'that bow-legged old duffer with the bald head.'"

NERVOUSNESS AND BLUES

Symptoms of More Serious Sickness.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."

—Mrs. ROSE STROPEL, Sage Avenue, Washington Park, Illinois.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

GILLETTE'S EATS LYE DIRT. CLEANS-DISINFECTS

Every merchant should unload freight cars promptly. Fruit growers are suffering for cars that are kept standing for days waiting to be unloaded. During the month of May at the principal Eastern markets after the cars were placed on team tracks for unloading the average detention of cars for unloading was four days. Help the whole country by unloading with as little delay as possible.

MONEY ORDERS.

REMIT by Dominion Express Money Order. If lost or stolen, you get your money back.

When boiling corned beef you will improve the flavor by adding a small onion, a few cloves and several bay leaves to the water in which it is boiled.

Minard's Liniment Cures Diphtheria.

The "Queen of Heaven" (Jeremiah vii, 18; xvi, 17, 18, 19, 25) is the moon worshipped as Astarte or Astar.

NEWSPAPERS FOR SALE

PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 Adelaide Street, Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC. Internal and external cured without pain by our home treatment. Write us before too late. Dr. Hellman Medical Co., Limited, Collingwood, Ont.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

BOOK ON DOG DISEASES And How to Treat Them
Mailed free to any address by the Author
America's Pioneer Dog Remedy
H. CLAY GLOVER CO., Inc., 115 West 31st Street, New York

NUXATED IRON

Increases strength of delicate, nervous, rundown people 100 per cent. in ten days in many instances. \$1.00 per bottle. It falls at per full explanation in large article soon to appear in this paper. Ask your doctor or druggist about it.

Suffered Three Weeks With Chapped Hands. Sore and Unsightly. Cuticura Soap and Ointment Healed.

Above are extracts from a signed statement recently received from Miss Gladys Hambleton, Roxton Falls, Que., Nov. 29, 1916.

How much better to prevent such suffering by using Cuticura for every-day toilet purposes, the Soap to cleanse and purify the pores, with touches of Ointment now and then as needed to soothe and heal the first signs of eczemas, rashes, dandruff and pimples. You will use no other once you try these super-cure emollients.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

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