

**ROYAL YEAST CAKES**  
MAKE PERFECT BREAD

Enables housekeepers and others to produce the finest quality of Home-made Bread without trouble. Bread made with Royal Yeast will keep fresh and moist longer than that made with any other.

MADE IN CANADA  
ENGILLET COMPANY LIMITED  
TORONTO, ONT.  
WINDSOR, MONTREAL

the calling of a soldier, he says that he is honored, not because he is eager to slay, but because he is willing to die.

If reluctance to take life is merely a kind of modern or new-world sentimentalism, what shall we say of the general abhorrence of suicide or of infanticide? Is sanitary science merely a form of hysteria? Surely an increased regard for the sacredness of life is a sign of advanced civilization. Our own lives are given to us in trust, and may be laid down only for some cause that is greater than life itself. It is not recklessness of life that needs to be cultivated, but a deep and abiding sense of duty.

Modern civilization may also diminish the passion of hatred, and that is surely an unmixed benefit. Of all the calamities of war, hatred is the worst—worse than the destruction of property or the loss of life. Hatred is hysterical. To the extent that it is diminished, men grow in strength of mind and heart.

**Guaranteed for all Climates**

**Dominion Raincoats**

Best for Quality Style and Value

ASK YOUR DEALER

MADE IN CANADA

could see in their eyes plans for a hastily gotten-up dinner—salesgirls were anxious to get away from business, more fortunately provided for women were hastening uptown to dress for dinner. And every face was lined and pale, drawn from the strain of the day, whether it had been work or pleasure.

Jeanette rode home with me—Jeanette works in a large store, as head stenographer. She looked as tired as the others. "Rest," she scoffed, when I asked her whether she couldn't relax during the day. "Rest? Where? From 8.30 till noon, not a chance with all my work. At noon, between lunch and the shopping I always have to do, my hour is gone; from then till closing I'm busy." She thought the argument settled.

However, most days could stand five minutes taken off the shopping. And every day she could throw herself on the bed for the same period before eating supper. And she would find a wonderful improvement in her looks. For the thing that pulls most girls down is nervous strain. Frequently this is the result of a physical strain—and unfortunately most of the physical strain of work is unavoidable. And here is where the five minutes' rest will serve to quite tense nerves, to relax tired muscles. Most large shops have rest rooms with big chairs and couches where the girls can snatch five minutes' rest. Some shops even have "relief periods" of half an hour during the day. All working places should have.

**Art Pottery**

You will be pleased with the choice assortment of

**New Art Pottery**

which we are showing this week. The assortment contains: Flower Bowls, Bud Vases, Vases of various shapes, Jars, etc. in Yellow, Jet, Verd, Red and Blue. This is very attractive. Priced from \$1.00 to \$5.00.

**ROBERT JUNOR**

64 KING ST. E. SOUTH SIDE  
Hamilton, Ont.  
THE HOUSE FOR GIFTS.

**HELP WANTED.**

**WANTED—GIRLS TO WORK ON** Linen undergarments and finished silken dresses. We also teach learners, any girl with good knowledge of plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.

**WANTED—HOUSEMAIDS AND WAITRESSES.** Previous experience not necessary. Apply, "The Welland", St. Catharines, Ontario.

**WANTED—EXPERIENCED COOK—** general; no laundry work; wages \$5.00; references. Address, 235 Queen street south, Hamilton, Ont.

**MISCELLANEOUS.**

**WANTED—GIRLS OF GOOD EDUCATION** to train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

**Trade Briefs.**

Newfoundland's output of copper ore increased from 2,000 tons in 1914 to approximately 15,000 tons during the past year. Most of the ore was purchased by dealers in the United States.

Since the outbreak of the European war American goods have been substituted for those which Newfoundland previously imported from Great Britain. Newfoundland's markets are now favorable to all lines of American products.

Chevrolet is the centre of Germany's machine tool trade and has just experienced its most prosperous year, one firm declaring a 16 per cent. dividend and setting aside \$60,000 for the dependents of those who serve in the army.

Tanning extracts are needed in Holland.

An artificial fertilizer has been produced in Spain by securing a potassium compound from sea water.

American cotton goods have become popular in Ceylon.

The 1916-17 sugar crop in Santo Domingo is estimated at approximately 150,000 bags which will be an increase of 18 per cent, over the crop of 1915-1916.

There is a market for cottonseed oil in Argentina.

Through the efforts of consular agents at Barcelona, Spain, orders for \$100,000 worth of goods were placed in this country.

**A WOMAN'S MESSAGE**

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides regularly or irregularly, bloating or unnatural enlargements, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment with ten days' trial entirely free and postpaid also references to Canadian ladies who gladly tell how they have regained health, strength and happiness by this method. Write to-day. Address, Mrs. M. Summers, Box 8, Windsor, Ontario.

**FEAR OF DEATH.**

**Terror of the End Still Haunts Men and Women.**

The statement has been made that the present generation is suffering from a hysterical fear of death, and that this explains the reluctance of some to enter the war. We doubt whether one age or one country differs from another in its view of death. Certainly it cannot be maintained that modern civilization and its comforts have increased the fear of death. It was in the Elizabethan age, the age of heroes, as we regard it, that the prayer against "battle, murder and sudden death" was framed. In this comfortable, prosaic age, it is no uncommon thing to hear a man or woman express a preference for sudden death to any other—death itself being inevitable.

Bacon says that men fear death as children fear to go into the dark, and that they fear, not so much death as the stroke of death. There is no passion in the mind of man, he says, but it mates and masters the fear of death. "Revenge triumphs over death; love slights it; honor aspires to it; grief fleeth to it." Bacon must have seen men and women facing death cheerfully in the discharge of the most common duties of life.

Men fear death to-day no more than they did a thousand years ago, but they are more reluctant to destroy life. Capital punishment, once inflicted for a trifling theft, is now reserved for murder. We have a higher sense than our ancestors of the sacredness of life. The modern movement against war is the result, not of an abject clinging to life, but of a strong repugnance of taking the life of another. When Kuskin considers

**Wonderful Bilious Remedy Actually Prevents Attacks**

There are two great causes of biliousness—they are constipation and defective liver action.

When Dr. Hamilton's Pills are taken, they not only correct constipated bowels, but act upon the liver as well.

Quite unlike ordinary medicines which purge and give temporary relief, Dr. Hamilton's Pills remove the conditions which cause biliousness, and thus permanent cures are effected. No person who occasionally uses Dr. Hamilton's Pills will ever suffer from the headache, bad stomach or bilious complaint. Get a 25c box to-day.

**NO TANKS!**

There has been a stir in Hun-land from East Prussia to Alsace; It has travelled o'er the Fatherland at truly magic pace; And the cause of all the trouble which has stirred the German ranks, is the Tanks.

The Tanks are little animals of thirty feet in length, And their diet of machine guns helps to keep them up to scratch. They are very keen on fighting, and they're always up to pranks, Are the Tanks.

They can eat up any mansion just as they please; They love the taste of dug-out, and they simply dote on trees; They roll down all the craters, they can walk up all the banks, Can the Tanks.

Their names are nothing striking—they're as modest as can be; They're simply labelled, "Creme de Menthe," or maybe, "Wait and See!" But they never think of turning tail—they're beautifully Mean, Are the Tanks.

They move along like caterpillars spilling for a fight; And though they're low, of impudence they really are the height. You get no "change" from them, except in "marks"—not pounds or francs; Oh, Tanks!

So the Germans who for two whole years had thought they had a "slam," Will soon be back in Hamburg, or Wiesbaden, or Potsdam; But before that comes to pass you'll hear from out their shattered ranks: "No Tanks!" —David Rose, in English Exchange.

**KEEPS CHILDREN WELL MAKES THEM ROBUST**

**HERE IS GOOD ADVICE FOR THE HEAD OF EVERY FAMILY.**

Rapid growth, work at home and in the school-room, are sure to tax the strength of every child, and often prove the beginning of a chain of weakness that lasts through life.

Give your sons and daughters a fighting chance! Give them good home surroundings, fortify them with education—but above all else do everything possible to insure for them perfect health in years to come.

In no way can you destroy weakness and build up health so surely as with Ferrozone. It's the concentrated nourishment in Ferrozone that enables it to do so much good. It contains the very elements that are needed in building up bone and sinew, in vitalizing and strengthening the blood. The appetite Ferrozone brings will gladden any parent's heart, and when color, spirits, vim and energy increase day by day then you know what grand work Ferrozone is doing. Because it makes and keeps you healthy, because it is pleasant, harmless and sure to do enormous good—you and your children should use Ferrozone every day. Sold by all dealers in 50c. boxes, six for \$2.50, or direct by mail from the Cattarhazone Co., Kingston, Ont.

**FIRST TRAIN OPERATED TORONTO TO MONTREAL SIXTY YEARS AGO TO-DAY**

Montreal, Oct. 27.—This is the sixtieth anniversary of the inauguration of railroad communication between the cities of Montreal and Toronto. On October 27th, 1856, the Grand Trunk operated its first through train between these two important Canadian centres.

Toronto and Montreal had been dependent for their communication upon the St. Lawrence waterway and the stage routes, and after the close of navigation each year intercourse was maintained with great difficulty. The Grand Trunk Railway Company was incorporated in 1852, to build a railroad between the cities, the undertaking being looked upon as one of great national importance. The first section from Montreal to Brockville, 125 miles, was completed in November, 1855, and it was on the 27th of October of the following year that the second section from Brockville to Toronto was thrown open, joining up the two principal centres.

The company had promised the people of Canada that it would provide these new facilities for travel during the winter of 1855, and it accomplished its pledge, in spite of many difficulties. The general manager of the road in his report to the directors in the following year said, "Notwithstanding all these obstacles, the trains

were enabled to run with a regularity which was not surpassed, and in the majority of cases not equalled, by any railroad on the continent."

The first train to operate over the Toronto-Montreal line was the forerunner of The International Limited of to-day. It represented the last word in railroad equipment, although it only consisted of three first-class and three second-class coaches. The operating schedule was a fast one for those days. The eastbound train left Toronto at 7.00 a. m., and the westbound train left Montreal at 7.30 a. m., and the running time was fourteen hours between the two cities, as against the seven and one-half hours of The International Limited of to-day.

The first train from Toronto was greeted on arrival in Montreal by thousands of visitors from all parts of Canada and the United States. There were military parades, trade and society processions, torchlight marches, fireworks and dancing.

The Mayors of Boston, Cleveland and Portland, and representatives of the city of Chicago congratulated the Mayors of Montreal and Toronto, and the proceedings were graced by the Governor-General of Canada. The Point St. Charles shops of the Grand Trunk were turned into a great banquet hall, with seating accommodation for 4,400 guests, and every table was crowded. Speeches were made by the Governor-General, the Governor of the State of Maine and other notabilities. The Mayor of Montreal alluded with pride to the fact that the Grand Trunk possessed 849 miles of railroad; to-day the Grand Trunk System comprises 8,115 miles of road. Montreal newspapers, in describing the banquet hall, said that the table cloth was close upon one mile in length.

One of the ceremonies in connection with the opening of the line was a visit to the Victoria Bridge, then under course of construction, with two abutments and nine piers out of twenty-four already built. Barges, steamboats and sleighs in the winter served to move passenger and freight traffic across the St. Lawrence to join up with the railroad line to the Atlantic seaboard. The company's officials were looking forward with confidence to the new traffic which the steamship Great Eastern planned in connection with the through booking arrangements of the Grand Trunk, would bring to the line.

Five months after the opening of the road between Toronto and Montreal night trains were added to the schedule, and railway history gives many complimentary accounts of the excellence of the accommodation provided. The first sleeping coach ever made for any railroad in the world was built at Hamilton, Ont.

The Grand Trunk is justly proud to-day of the fact that it was Canada's pioneer railroad and takes especial pride in the fact that it has led the way in a very large number of the most important improvements in connection with railroad transportation, and that it is pursuing the same progressive policy in initiating or adopting all modern devices making for the safety and comfort of its patrons.

**TORONTO FAT STOCK SHOW**

Farmers who have choice stock to market shortly would do well to enter in Toronto Fat Stock Show, Union Stock Yards, Toronto, December 8th and 9th, 1916, and secure some of the big premiums offered, in addition to market price of their animals. This show has been coming to the front very rapidly, and carries the best and largest exhibition of fat butcher stock in Canada, and this year promises to be better than ever.

**RELAX FIVE MINUTES.**

**For Beauty and Health Girl Workers Should Find Time.**

Can you relax absolutely five minutes at a time, three times a day? If you can, it will go a long way toward making and keeping you beautiful, says a writer. Last week I stood on the street corner downtown, watching the girls going home. The shops were closing, it was the time of day when all classes are mingled together, all in a rush homewards. A few late shoppers were scurrying along—you

**RHEUMATISM IN THE BLOOD**

It Can Only Be Cured by Thoroughly Enriching the Blood Supply.

Not so long ago rheumatism was looked upon as a pain in the muscles or joints brought on by exposure to dampness or bad weather. Now doctors know that it is rooted in the blood and while exposure may start the pain, nothing but the removal of the poisonous acid from the blood will cure the trouble. It is a waste of both time and money to try to cure rheumatism with liniments, poultices or anything that only goes skin deep. Rubbing lotions into the skin may give temporary relief, but it actually helps to circulate the poisonous acid more freely, and thus in the end increases the trouble, and perhaps leaves the sufferer permanently crippled. The one cure, the only cure, for rheumatism is to drive the acid which causes the trouble out of the blood. To do this no other remedy can equal Dr. Williams' Pink Pills, which actually make new blood, sweep out the poisonous acid, loosen the stiffened, aching joints, and bring good health and comfort. Here is the proof: Mr. Joseph Crouse, of Ninevah, N.S., says: "For several years I was severely afflicted with rheumatism. The trouble seemed to locate in all the joints in my body, and my suffering at times was most intense, and the disease greatly interfered with my activity. I doctored steadily for a long time, but the trouble was obstinate and did not yield in the least to the doctors' treatment. One day a friend told me of some cures of rheumatism by the use of Dr. Williams' Pink Pills, and strongly advised me to try them. I did so, and to my great surprise, eight boxes completely cured me of the trouble, and I was as supple, active and free from pain as ever I had been in my life. Better still, I have never felt a symptom of the trouble since."

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

**INTERVIEW WITH THE HON. J. D. HAZEN, K. C., MINISTER OF MARINE AND FISHERIES AND NAVAL SERVICE**

Canadians have won undying fame upon the battlefields of Flanders and France. An equal opportunity for distinction upon sea is now offered. A Canadian Naval Overseas Division, which will be attached to the Grand Fleet, is being organized and five thousand men are being called for. The new force will be as distinctly Canadian as are the four divisions now fighting on the Somme. There will be Canadian rate of pay, Canadian separation allowance and assistance from the Canadian Patriotic Fund. The sailors from the Dominion will wear a special Canadian badge, no matter where or in what unit of the navy they are serving. The organization and maintenance of the division is under the direction of Hon. J. D. Hazen, Minister of Naval Service, who is taking an enthusiastic personal interest in the matter and is making a special plea for recruits for this service.

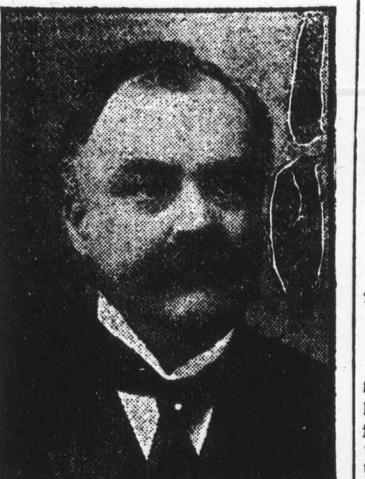
"When war first broke out," explained Mr. Hazen, "the Canadian Government asked the British authorities how we could best help, and suggested raising recruits for the navy, as well as a land force. At that time all naval reserves had been called out, and the Admiralty had a surplus of men. We were informed that they needed no men for the navy, and we could best serve the interests of the Empire by raising land forces. All our

efforts were accordingly so directed. "Since then the naval building programme has been greatly accelerated. The many new ships which have been put in service have had to be manned and there has been an increasing call for sailors. In addition when conscription came into force in the United Kingdom, recruiting for the navy stopped. New channels to supply the necessary men had to be found. To-day the Imperial Navy, which has swept the seas, bottled up the German fleet in the Kiel Canal and has guarded the whole of the Empire, requires men. The navy at all costs must be maintained at full fighting strength."

As soon as Canada was made aware of the change in the situation in regard to the navy we offered to form an Overseas Division of the Royal Naval Canadian Volunteer Reserve and lend them to the Admiralty for service in the Imperial Navy. The Admiralty were pleased to accept the offer and asked if possible that five thousand men be sent, of which two thousand would be required by the end of the present year.

"Every recruit Canada gives to this force will mean the saving of one soldier for the British army, for if the necessary men are not secured conscripts at present serving in the army will have to be transferred to the navy."

Explaining the arrangements for pay, Mr. Hazen said: "The pay of men in the Imperial Navy is very much less than that in forces in the Canadian navy, and consequently the Dominion Government decided that in order to put the Overseas Division of the Royal Naval Canadian Volunteer Reserve on the same footing as the Canadian Expeditionary Force, they would give them similar pay. However, it was



pointed out that it was not desirable on a man-of-war to have men serving on board side by side receiving different scales of pay. The men of this Overseas Division will only themselves receive the same pay as their shipmates in the Royal Navy; the balance of their pay will be retained in Canada until their return, although a portion of this balance will, if so desired, be forwarded monthly to the wives or dependents of the men, the remainder accumulating until their return.

"All recruits as soon as enrolled will be given their uniforms and be sent to either one of the naval depots in England for training. They will be sent overseas as ordinary seamen, and those who wish to serve in the stoking ratings will be entitled to volunteer for such service. The question of their advancement to higher ratings will be left in the hands of the Lords Commissioners of the Admiralty, and should they desire to make promotions in this overseas division, the Canadian Government will increase the men's full Canadian pay to the equivalent rate of pay in the Canadian Expeditionary Force for the relative rank.

"The Dominion has been divided into six areas for recruiting purposes, each area being in charge of a naval recruiting officer, who by permission of the Department of Militia and Defence will be allowed to utilize the militia recruiting machinery, and it is hoped that by this means the whole of the Dominion will be reached."

Minard's Liniment Cures Garget in Cows.

Your Autumn Cold.

Take it in time. Hold up that cold. It is easy to prevent. Corral the first sneeze. Slap yourself briskly on the back. On the back between the shoulders is the place. The exercise stimulates circulation and prevents congestion. If you can, take a drink of hot water immediately and repeat every half-hour during the day. Many severe illnesses have their foundation in a cold, which, if taken in time, can readily be prevented by simple means.

Minard's Liniment Cures Diphtheria.

"Did the burglars upset you home much?" "Terribly. When I entered and saw everything upside down my first thought was that Jim had come home unexpectedly and changed his clothes."—Detroit Free Press.

**GIRLS WANTED**

Experienced knitters and loopers, also young girls to learn. Clean work and highest wages.

CHIPMAN-HOLTEN KNITTING CO., LIMITED, HAMILTON, ONTARIO.

**FOR SALE AT A BARGAIN**

2 POTTER CYLINDER PRESSES—A half sheet Double Royal size and a half sheet Double Royal size. Make us an offer for them. Well suited for a County Printing Office. Address, Times Printing Company, Hamilton, Ont.

**RABBITS FOR SALE.**

Temporarily overstocked; bargains while they last. Grey Flemish Giants, Rufus Red Belgian Hares all ages fully pedigree. Write to DONALD WATERS, 175 Jackson Street West, Hamilton, Ont.

**HE DIDN'T HAVE TO.**

(Judge.)

"Does your husband ever tell you, when he stays out late at night, that it was because somebody gave an interesting talk at the club?"

"No."

"How interesting. Doesn't he ever give you any excuse at all or make any explanation?"

"Never. He works on a morning newspaper."

Minard's Liniment Co., Limited.

Sirs—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,  
J. G. LESLIE.  
Darthmouth.

**Washing White Things.**

If you can keep your white silk gloves and white silk waist from the light and sunshine while they are drying after being washed they will stay white so much longer. It is exposure to light that helps to turn them yellow. A white waist may be rolled in a Turkish towel until it is ready to be ironed. Gloves may be washed at night and dried in the dark. If this is not feasible, they may be dried in a closet or other dark place. Waists may be treated the same way if one does not wish to roll in a towel. If you wish to keep gloves and waists white, you must also remember to wash them before they become very much soiled and be sure to use a good, fine white soap in washing them and to rinse out every bit of the soap before drying them.

**The Horseshoe Legend.**

Here is an explanation of the old horseshoe superstition: St. Dunstan was a skilled farrier. One day while at work in his forge the devil entered in disguise and requested Dunstan to shoe his "single hoof." The saint, although he recognized his malign customer, acceded, but caused him so much pain during the operation that Satan begged him to desist. The St. Dunstan did, but only after he had made the evil one promise that neither he nor any of the lesser evil spirits, his servants, would ever molest the inmates of a house where the horseshoe was displayed.

**"Meat Prices Will Not Come Down"** is the cheerful news from the Department of Agriculture. Meat prices will not worry the man or woman who knows that a **Shredded Wheat Biscuit** will supply more real body-building nutriment than beefsteak or eggs and at much less cost. Shredded Wheat remains the same price, the same high quality, supplying all the nutriment a man needs for a half-day's work. Two shredded wheat biscuits with peaches and cream or other fruits make a complete, nourishing meal at a cost of not over five cents.

Made in Canada

**NERVOUS HEADACHE**

Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous disorders.

50 Cents a Box, all Dealers, or Edmanston, Bates & Co., Limited, Toronto.

**Dr. Chase's Nerve Food**

**2 IN 1 Combination Cooker and Heater**

The most efficient and economical stove made.

- Will burn coal, wood, coke, corn cobs or anything burnable.
- Fitted with Duplex Grate, Hot Blast Tube and Screw Dampers.
- Will hold fire over night, cook, boil and bake equal to the largest range.
- Has a fine oven of heavy steel sheets riveted together. Body of polished steel.
- If your dealer has not a sample for your inspection, send \$21.00 to us and we will prepare freight to your nearest railroad station.

**\$21.00 DELIVERED AT YOUR HOME TOWN**

**HAMILTON STOVE & HEATER CO., LIMITED**  
Hamilton, Ont. Canada's Oldest Stove Makers.