

**TWELVE SIGHTS OF OLD LONDON**  
As Seen By Canadian Soldiers on Furlough There.

When the Canadian soldier gets settled in camp overseas he at once begins to look forward to his "four days' leave" which as a rule he spends in London. A young overseas soldier, who recently enjoyed this holiday, sends this letter to his father:

"Last week I went to London on leave for four days. We took train from camp at 5 p.m. on a special through to Victoria Station, arriving there at 7.15. I at once went to the Union Jack Club, for soldiers and sailors, and there secured a room for a shilling a night. Right here I can say it is one of the greatest institutions I have ever seen or heard of. One walks in through the state-ly big doorway and on the left is the booking clerk. Here you give your rank, name and regiment, and a shilling, and get a check. Across the hallway you secure your key.

**Comfortable Place.**  
"The hall is all done in oak and tile and decorated with old war and hunting trophies, also some rare old prints and some beautiful plants and palms. The floor is fancy tile and in the foyer are easy chairs and small tables. To the right one goes into the reading room, a gigantic room filled with massive easy chairs, and a library that would do honor to a millionaire's home. Back of this again is the writing room fitted up accordingly.

"On the right of the main entrance is the restaurant, which is as big as that in the King Edward, and as well appointed. Here you can get any kind of food at rock-bottom prices and it certainly is cooked properly. Then they have between the reading room and the restaurant the lounge with its massive furniture and thick rugs. Here one can sit like the old-timers do, with his pint, and his pipe and read the evening papers.

"Downstairs there is a billiard parlor, hot baths (free), a wash room, and a place to shine shoes and clean your brass. The materials for this are furnished free.

"Next we come to the upper floors; they are of polished concrete and are so clean you could eat off them. The rooms are about 10x10 and contain a dresser, an iron bed, and a patent washstand much the same as ours, only you pour the water into it with a pitcher, and it runs out into a pan underneath when the plug is removed. The beds are snowy white, and no matter if you stay an hour or a month the linen is changed every day. It certainly felt good after rough, dusty blankets, to roll into a clean white bed and switch off the electric lights.

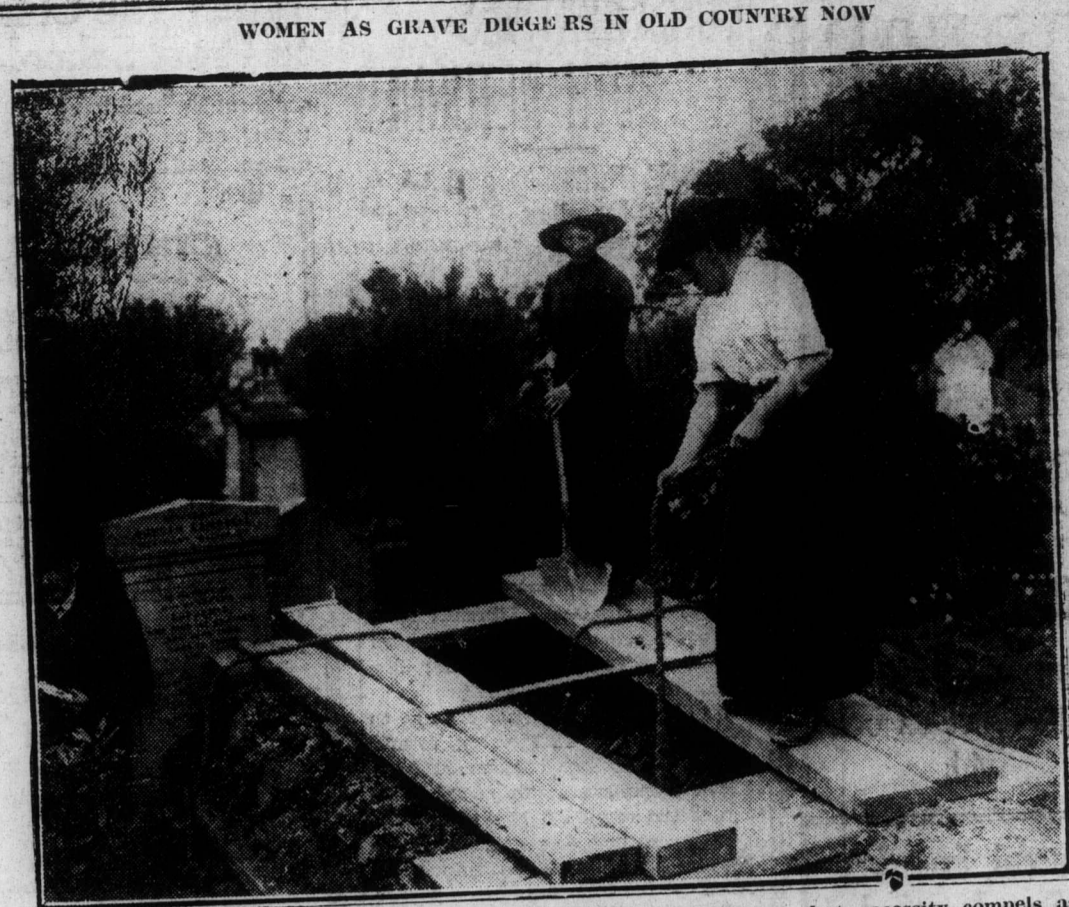
"The employees were—before the war—all time expired service men, but when they were called up it was given over to their wives if they cared to do the cleaning; so all the morning everyone must be out of his bedroom by 9 o'clock and cannot go back until afternoon, so that everything may be properly cleaned.

**The Streets of London.**  
"Now we'll move out to the streets of London. These are unlike anything I have ever seen before and everyone is congested with traffic all hours of the day and night. Here we see the omnibus in all its glory with its lady conductor in her nifty uniform and brass buttons. One climbs up on top, pays his penny and starts on an adventure. We pass by great, stately buildings, the like of which one can only believe by seeing them, and then, a sudden turn, and we are among squalid houses and dirty children. Then we pass on to the sight of London—Westminster Abbey—and say, Dad, this beauty with all its old traditions brought to mind, it has a tendency to leave one depressed, by its greatness, its wonderful architecture and hundreds of pigeons feeding from the hands of passers-by, a more wonderful sight I never expect to see.

**Some Contrasts.**  
"Next we are coming to one of the poorer districts away from the heart of the city. Here one sees the effects of the war, on the other side, everywhere, there's a look of prosperity brought about by the higher wages paid just now, but as to what the reaction will be after the war I would hesitate to estimate as things must come back to normal and then the poorer classes must go back to the slums and dirt. "This leads me to think that Canada will get thousands who cannot go back after tasting of the better things of life. It also is going to lead to the spread of socialism and also of crime for the masses are not going to take kindly to the step backward, that is bound to come.

"Next we cross the Thames at London Bridge and come back to our starting point, through a warehouse district and arrive in about mid-night, after taking a stroll up some of the side streets to see what can be seen.

"On arriving back at the club, one bumps into every branch of the British service and of the Colonial in the main hall. You get a cup of coffee and a sandwich for four cents—impudence and proceed to bed. Next morning it is off to see the Tower of London, to which all soldiers are admitted free. Just here let me say, that at the time it was built it was impregnable and even to-day it would stand a severe strain of battle. First is the Bloody Tower, where—if you remember your history—the two baby princes were put to death by the order of Richard. Here also Raleigh wrote his history of the world while imprisoned for twelve years. Also Thos. Wentworth, Earl of Stafford and Archbishop Laud, were put to death. In fact it has been many violent deaths to its



One of the latest trades for women to invade is that of grave diggers, but necessity compels as there are no men left in Glasgow to attend to the cemetery duties.

memory it has long been known as the Bloody Tower—since 1575. "The Tower of London consists of a number of towers, each built by different rulers away back to the time of King Stephen and in different towers—each with its own name—one is told of the death of such as Lady Jane Grey, Edward V. Henry VI, Anne of Boleyn, Queen Catherine Howard and many others. As you can understand it is almost impossible to describe it in detail and one cannot find some of it in history. Take Three The Sights. It is a day to go through it. Here Roger Casement was kept.

**The Royal Jewels.**  
"Also in one Tower are the Royal Jewels, and say, Dad, there are big masses of gold work, that if you did not see you would say 'twould be impossible to make; everything is so beautiful, and the jewel studded ornaments and sworas are wonderful and beyond the wildest imagination of a person who has not seen them.

"They are kept in an enormous glass case surrounded by iron bars. Wax Works, where one can see in wax, that is—uncanny, every celebration for hundreds of years back and right up to the present. Roger Casement was there in wax when I was in. In the Chamber of Horrors are all the celebrated cases of murder, arson and crime done in wax—which is not a very cheering sight. It would be difficult to describe this place, so I won't attempt it. It took over a half day to even give the whole of it a quick run over.

"Next we have the Parliament Buildings. These you have seen in picture and can no doubt gather something of their magnitude and beauty; but the inside proved a disappointment to me. I have never followed English politics enough to understand their system of Government; but the statues and paintings, which are massive and beautiful are certainly worth seeing.

"Our next visit was to the Zoo and it is too big to see in a day, so one leaves it with a feeling of half satisfied curiosity. Every living thing is to be seen here from a small, to the rarest of animals and also the largest.

"I've given you a very faint idea of some of the things I have seen and I will try later to give you further insights as I recall them to memory. In fact, on the whole, there is so much crowded into four days, and so much to see, that one cannot think of it all at one time."

**WOMEN AS GRAVE DIGGERS IN OLD COUNTRY NOW**

**LESS MEAT IF BACK AND KIDNEYS HURT**

Take Glass of Salts to Flush Kidneys If Bladder Bothers You—Drink Lots of Water.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder, and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

**ESCAPED FROM GERMANY.**

(Associated Press)  
Amsterdam, Netherlands, Sept. 22.—No less than 1,500 escaped Russian prisoners-of-war are stated to have so far reached this country from Germany. Owing to the deficient shipping connections with England lately, over 150 are now awaiting sail for that country en route for home to rejoin their regiments, according to the Amsterdam Telegraaf.

**THIS CORRESPONDENT**

Says That the Kaiser Is Strong and Vigorous.

His Face, However, Is Seamed and Lined Under Strain.

Behind the Somme Front, Sept. 20.—(Correspondence of the Associated Press)—There never was a time when so little was known of the Kaiser's movements as at present. When he decides upon a trip to some point, it is kept as secret as possible, and if ever reported in the German press, is delayed until the royal visitor is far away—perhaps on the other side of the empire. It is believed Emperor William visits the front more frequently than any other ruler.

Recently correspondents visiting the southern section of the Somme front did not learn until well past midnight that the emperor at nine o'clock on the morning of the day just breaking would review as many of the troops as could be assembled in parade formation on a broad level ground that was formerly a backyard of an ancient chateau. They formed three sides of a square, at one end of which was a military band, and in the centre the officers.

Half an hour after the appointed time the Kaiser arrived in a lean, gray automobile. He sprang from the car with the vigor of a young man. He wore the helmet of a general of infantry, but the tall boots, combed hair high above the knee, of a cuirassier. He cast from his shoulders the long gray cape with a fur collar in which he is shown in his favorite pictures, and with a stride of long steps, lifting each foot high toward the ground, his majesty walked toward that end of the formation where the band stood. His standard bearers, who always walk behind him, had their work cut out for them as he strode ahead. At first he paused just a moment, greeted the general in command, bowed and saluted to other officers, and then turned down the line. He walked as one attempting to go through a dewy pasture and still keep one's feet reasonably dry, with great high steps.

After making the rounds of three sides of the square the emperor turned and strode to the center to chat with the various high officers gathered there, and then began to pin orders and medals on the breasts of the chosen few.

It was only at the conclusion of this ceremony that correspondents standing at a little distance had a chance to see his majesty at close range, and to get a good look at his seamed and lined, but strong, healthy, vigorous face.

After the decoration the Kaiser walked to the roadway that leads by the chateau, then faced about and prepared to review the troops. Most of them were new troops, probably few had ever marched by their emperor before, and it was possible to detect some nervousness. But they paraded in the goose step as bravely and as stiffly as ever did a like set of men on the Tempelhofer Feld.

The commander made the customary address in which he pledged loyalty to his majesty and a firm determination to fight on. His voice rose and fell with emotion, and what he said obviously affected the emperor. The Kaiser answered, in a voice that from a distance was hard to understand, though it was silver clear and more highly pitched than that of his general. The soldiers, however, could hear it, and their faces glowed as their emperor thanked them.

The parade ended as abruptly as it began. The emperor, hastily donning his fur-collared cape, sprang back into his gray limousine and was off.

**DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION**

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood.

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to stick in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking, and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water clean the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

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Being forced to take over the Stove Stock of J. H. Lake and Co., and not wishing to continue the business, we will offer for immediate disposal about 75 stoves, consisting of: New Coal Cook Stoves—New Gas Cook Stoves—New Gas Heaters—New Gas Plates—New Oil Cook Stoves.

**A Few First-Class Second Hand Cook Stoves and Heaters.**  
Including Happy Thought, Art Garland, Jewel, McClary, Radiant Home and others. Also—

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**New Prices August 1, 1916**

The following prices for Ford cars will be effective on and after August 1st, 1916.

Chassis . . . . .	\$450.00
Runabout . . . . .	475.00
Touring Car . . . . .	495.00
Coupelet . . . . .	695.00
Town Car . . . . .	780.00
Sedan . . . . .	890.00

f. o. b. Ford, Ontario

These prices are positively guaranteed against any reduction before August 1st, 1917, but there is no guarantee against an advance in price at any time.

**C. J. MITCHELL**  
55 DARLING STREET

After September 16

**White Label Ale**

—and—

**Invalid Stout**

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