



Grapes
green or ripe, in jelly, spiced conserves, or simply preserved in light syrup, make a delicious and inexpensive addition to your winter supplies.

Lantic Sugar

because of its purity and FINE granulation, is best for all preserving.

2 and 5-lb Cartons
10 and 20-lb Bags

"The All-Purpose Sugar"

PRESERVING LABELS FREE
54 gummed and printed labels for a red ball trade-mark. Send to
Atlantic Sugar Refineries, Ltd.
Power Bldg., Montreal

Gunpowder and Artillery.

There is abundant evidence that the origin of gunpowder and artillery goes far back in the dim ages of the past. The Hindu code, compiled long before the Christian era prohibited the making of war with cannon and guns or any kind of firearms. Quintus Curtius informs us that Alexander the Great met with firearms in Asia, and Philostratus says that Alexander's conquests were arrested by the use of gunpowder. It is also written that those wise men who lived in the cities of the Ganges "overthrew their enemies with tempests and thunderbolts shot from the walls."

Minard's Liniment Cures Garget in Cows.

Storm Often Misnamed.

It is a curious fact that what is generally known in some of the eastern states as a northeastern storm is in reality, says Popular Mechanics, of quite a contrary origin. Because a strong wind which frequently carries heavy rain is apparently driven from a northeasterly direction it is popularly assumed in a specific area that the storm originates somewhere in a north-eastern zone, while in truth its real source is in the west or southwest. The explanation is that such a disturbance is merely an air draft of a barometric depression in the opposite direction. The storm is known as a "flareback" and is one of the conditions which cause a weather fore-caster difficulty.

Sore Corns
Go!

out the sting overnight. Never fails—leaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

Moorish America.

What kind of people do live in South America? The Spanish, the Portuguese, but chiefly the descendants of these European races who have inter-married with the Indians. Other nations have made lesser contributions. Brazil, which is only a few days by steamer from West Africa, is one-third negro, the crudest type of negro on the American hemisphere. There is a strong mark of the Moor upon the Spaniard. The Arabic Moor wrought his customs very deeply into the life of Spain. The people of Mexico and Cuba might be called Moorish Americans rather than Latin Americans. The customs, manners and heart experiences in these people of Latin America are more Moorish than Christian, more Moslem, more Arabic than Spanish.—World Outlook.

Minard's Liniment Cures Colds, Etc.

Romance of a Railway.

The Uganda railway possesses a history unrivaled for romance. Not only does it run through wild jungle, traverse lofty viaducts thrown across deep gorges and climb mountain passes to a height of 8,300 feet, but in its early days it received far too many unwelcome attentions from the natives. It was found that coils of telegraph wire became quite the rage in feminine fashions, while in the hands of sturdy warriors bolts and nuts became formidable weapons. The floods of the rainy season are now the only untoward occurrences that break the ordinary routine of the line.—London Chronicle.

**PILES CURED AT HOME BY
NEW ABSORPTION METHOD**

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality, if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. 8, Windsor, Ont.

POLISHED RICE

**Is Said to be Cause of the Dreaded
Beri-Beri.**

Recent investigations are said to leave no doubt that that terrible malady, beri-beri, is due to eating polished rice. The outer covering of the grain contains a principle inimical to the disease. Science has not succeeded in definitely establishing its identity, but regards it as an organic base which exists also in the yolk of an egg, in peas, beans, barley and, perhaps, yeast.

While but a minute quantity of it is required to fortify the system against neuritis, that amount is declared to be absolutely essential, and rice-eating people, therefore, are subject to beri-beri in case the outer covering of the rice, which contains this principle is removed, as it is, in the polishing process.

A quality of this principle, just discovered, is that it is destroyed when submitted to a temperature of 120 deg. Centigrade, or above. It thus appears that perfectly safe rice may be deprived of its neuritis-preventing quality when cooked under steam pressure, as is frequently done when the regular preparation of large quantities is necessary.

There are forms of neuritis called beri-beri which occur where rice is no part of the diet. They may result from alcohol, lead, arsenic and various bacteria. They are sometimes the result of a diet that is not well balanced. Whether they are true beri-beri, science has not yet definitely established.

There is no longer any doubt, however, that the typical disease is caused both in man and fowls, by the consumption of polished rice. Scientists insist that its ravages in civilized countries would be vastly wider, did not other foods contain the principle which we eliminate from rice to make the grain more sightly.

Tortures of Rheumatism

Yield to This Remedy

A Marvel of Speed, an Unfailing Cure
for Old Chronic Cases.

GET A TRIAL BOTTLE TO-DAY.

With reliable old Nerviline you can rub out the pain of Rheumatism, Sciatica, Lumbago, or Neuralgia—rub it away so completely that you feel like new all over.

It matters not how deeply seated the pain is, or how long you have had it—rubbing with the king of all liniments "Nerviline" will cure you.

Nerviline is highly concentrated—about five times stronger than the ordinary white ammonia liniment—therefore it penetrates quickly—sinks into the joints and gets right at the core of the pain at once—draws out the lameness, takes away the stiffness—eases the joints that have hurt you, so much.

Out comes the pain every time you rub on Nerviline, which contains some of the most valuable pain-subduing remedies known to science. Worth its weight in gold to every family in the land, and sure to cure the emergent and minor ills of a hundred kinds that constantly arise. Get the large 50c. family size bottle; small trial size 25c. Nerviline is sold by every dealer, everywhere.

Why He Enlisted.

Some time ago, before conscription was seriously mooted, a certain patriotic grocer called together his staff, which consisted of a solitary assistant, and proposed that one of them should enlist. Further, to the somewhat relief of the other, he said, "he would go himself, being a single man. 'Ye Mackay will stay behind and keep the business going'."

Mackay, with tears in his eyes, warmly seconded, so in a short time the deed was done.

Many months passed by, as the storybook says, and the former grocer when going off trench duty received the shock of his life, for did he not see his assistant dressed in khaki standing before him?

"Mackay! Great Firkins, can that be ye?" he exclaimed, aghast. "Did I not leave ye in charge of the shop?"

"So I thought at the time, master," replied Mackay, sadly, "but the fact is, it was no a shop ye left me in charge of, but a' your wumman folk. So, sez I tae maeel, 'Mackay, if ye got tae fecht ye may as well fecht something ye can hit,' so I jined."—Tit-Bits.

Minard's Liniment Cures Euptheria.

A GREAT CORPORATION

If all the trackage over which the Canadian Pacific has control—that is, all the leased lines, or lines taken bodily over, or with running rights—be included in a grand total, the company operates to-day 20,000 miles of track. This fact alone would tell of the bigness of the corporation which, thirty years ago, issued its first annual statement on a sheet of note paper. The company owns 100,000 miles of telegraph; 10,000,000 acres of unsold lands, worth \$200,000,000, and controls shipping to the extent of 400,000 tons. One of the notable features of the great corporation is that it takes account of so many things, which, at the first blush, might not seem to be related to railways transportation. The comfort of the inner man on the trains is, of course, of prime moment; but note how the Canadian Pacific Railway went out of its way to provide dietetic gastronomy. The railway company milks its own cows and makes its own soap. It bakes its own bread, and it bakes a tunnel through the mountains above the clouds. It grows its own potatoes, and its potatoes are of world-wide import and significance.

Success is the result of personal effort. Even fame is a bubble that only comes to the man who does his own blowing.

Pith of the Sunflower Stalk.

The sunflower is cultivated to a considerable extent in Central Russia, where every part of the plant is put to certain economic uses. The discovery of the extreme lightness of the pith of the stalks essentially increased the commercial value of the plant. This light cellular substance is now carefully removed from the stalk and applied to a good many important uses. One of its chief uses is the making of life-saving appliances. Cook with a buoyancy of one to five and reindeer's hair with one to ten has been used. The pith of the sunflower has a buoyancy of one to thirty-five. The latter can be used advantageously in the construction of boats and life preservers. A sufficient quantity can be worn on a person without any inconvenience. The pith of the larger sunflower stalks is used extensively as a substitute for other materials formerly employed in making moxas for cauterizing purposes.—London Mail.

**Have a Good Complexion!
The Flower of Good Health**

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and, above all, keep the system regular. No aid to complexion compares with Dr. Hamilton's Pills. They tone and enrich the blood, clear a system of waste products, promote good digestion, and, in short, establish sound health, which, after all, is the keynote to all happiness and well-being. Don't delay; the charm of a lovely complexion and all the blessings of health are yours, once you employ this old-time family remedy. All dealers sell Hamilton's Pills in 25c boxes.

About the U. S. Presidents.

The religious connections of the presidents of the United States have been as follows:

Episcopalian—Washington, Madison, Monroe, W. H. Harrison, Tyler, Taylor, Pierce and Arthur.

Presbyterian—Jackson, Polk, Buchanan, Lincoln, Cleveland, Benjamin Harrison, Wilson.

Methodist—Johnson, Grant, Hayes, McKinley.

Reformed—Van Buren, Roosevelt.

Unitarian—John Adams, John Quincy Adams, Fillmore, Taft.

Disciple—Garfield.

Thomas Jefferson was not a sectarian, but his biographer says that he was a believer. President Johnson was not a church member, but attended the Methodist church, of which his wife was a member.

Three presidents of the United States have been Harvard men, the Adams and Roosevelt. Two have been Princeton, Madison and Wilson.

FOR THE FARMERS

Many Attractive Prizes for Farmers Only, at the

**SEVENTH ANNUAL
TORONTO FAT STOCK SHOW**

**UNION STOCK YARDS
DECEMBER 8th and 9th, 1916**

Prize List on Application to the Secretary
Union Stock Yards, Toronto



**Sugar feeds and sweetens
in proportion to its purity.**

**ST. LAWRENCE
RED DIAMOND GRANULATED**

is refined exclusively from choice sugar-cane sugars and is absolutely pure. Government tests prove it.

It is sold in fine, medium and coarse grain in many handy sizes of refinery sealed packages to suit your taste and convenience.

The 100 lb. bag is the size which recommends itself specially to the careful housewife. Your dealer can supply it in the size grain you prefer.

The RED DIAMOND is on every Package.

ST. LAWRENCE SUGAR REFINERIES, Limited, MONTREAL

Jefferson, Monroe and John Tyler were from William and Mary. Polk was graduated from the University of North Carolina, Pierce from Bowdoin, Buchanan from Dickinson, Hayes from Kenyon, Garfield from Williams, Arthur from Union, Taft from Yale. Although there have been several soldiers elected to the presidency because of their military achievements, Grant is the only West Point graduate.—Syracuse Post Standard.

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

French Foods.

Do you know them? The French have many dainties. Various places have special delicacies.

The "chitterlings" of Troyes are much sought after.

So are the "truffles" of Perigord and the "madeleines" of Commercy.

Did you ever eat the snails of Burgundy, the shrimps of Mantua or sardines of Nantes and Royand?

Great gastronomic delicacies are the capons of Mans, the Bayonne hams, Rouen ducks and Pecamp herrings.

Add to these oysters of Marenne, Carole and Arcaehon, fowls of Bresse, trout from the Doubs, and "grenouilles"—frogs.

Verdun, where the great battle rages, is noted for coated almonds; Nancy, of war fame, for macaroons; Chartres and Nerae, for pates.

Among the specialties in French fruits and vegetables are Agen prunes, Montmorency cherries and Fontainebleau white grapes.

Isigny butter, Rheims biscuits, Arles and Lyons "saucissons," Cavajillon melons, La Garde chestnuts, Argenteuil asparagus, Chateau Briand Angelicas, Soissons haricot beans and Bar-le-Duc jams are among the table foods prized in war-torn France.

"The plowman homeward plods his weary way." The reader put aside his volume of poems. "Times change," he commented. "I see in Kansas they are taking hired hands to the harvest fields in taxicabs."—Louisville Courier-Journal.

Frozen Food in Siberia.

The markets of Irkutsk, in Siberia, are an interesting sight, for the products offered for sale are in most cases frozen solid. Fish are piled up in stacks like so much cordwood, and meat likewise. All kinds of fowl are similarly frozen and piled up. Some animals brought into the market whole are propped up on their legs and have the appearance of being actually alive, and as one goes through the markets one seems to be surrounded by living pigs, sheep, oxen and fowls standing up. But, stranger yet, even the liquids are frozen solid and sold in blocks. Milk is frozen into a block in this way and with a string or a stick frozen into and projecting from it. This, it is said, is for the convenience of the purchaser, who is thus enabled to carry his milk by the string or stick handle.

**Any Woman's Struggle
For Good Health
Quickly Rewarded**

A SIMPLE HOME TREATMENT
NOW ADVOCATED THAT GIVES
FINE RESULTS.

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong.

Putting off only make matters worse. The best advice we can give any sickly woman is to test out the following treatment.

At the close of every meal, with a sip or two of water, take two chocolate-coated Ferrozone Tablets. This seems to be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine.

Ferrozone's action aids the three principal functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferrozone supplies nutrition—this gives strength, vim, stability.

Elimination is assured because Ferrozone quickens the action of the liver, kidney and bowels—this guarantees the maintenance of vigorous health.

Ferrozone puts you on the right road—the one that leads to health.

Not a man, woman or child needing blood, vigor, endurance—not a person who is weak, nervous or sickly, not a person in ill-health who won't receive immediate help from Ferrozone.

As a tonic and restorative, as a health-bringer and body-builder, Ferrozone is unrivaled. It cures because it feeds and nourishes, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 50 cent boxes, 6 boxes for \$2.50, or by mail from The Cattarhozone Co., Kingston, Ont.

Saloniki a Sty of Squalor.

Saloniki resembles most ports of the eastern Mediterranean in being a picture of beauty from a distance and a sty of squalor near at hand. It is, in fact, a slatternly Levantine town in a beautiful medieval setting, comely in the mass, unpleasant in detail.

As you survey Saloniki from the water it has a dignified air that accords well with its historical renown, being set in stately isolation upon the steep slopes of its bare hills and girdled by ruined but still massive walls that rise to a great Venetian citadel on the landward side. Graceful white minarets that the Turks built are sprinkled about among the houses, and the quay, that is the chief street of the town, lined with picturesque Greek sailing craft, stretches for a full mile along the water's edge. But

HELP WANTED.

WANTED—GIRLS TO WORK ON knit underwear—seamers and finished stitchers preferred. We also teach learners, any girl with good knowledge of plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen & 7 Garth streets, Hamilton, Ont.

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

MISCELLANEOUS.

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

LADIES WANTED.

TO DO PLAIN AND LIGHT SEWING at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

**GIRLS
WANTED**

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

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

ashore, shut in by the narrow street of the "Frank quarter," your vivid impression of squalor and slovenliness soon makes you forget the graceful picture from the sea.—G. Ward Price in London Times.

"All's fair in love and war," quoted the Wise Guy. "Still, it seems silly to kiss a girl behind her back," suggested the Simple Mug.

**ANTIQUE FURNITURE
FINE CHINA, GLASS AND
ART GOODS**

We certainly made no mistake in this combination. Our faith in the liberal spirit, refinement of taste and broad-minded appreciation of the citizens of Hamilton, the surrounding cities and towns, has already proved that our faith was not misplaced. New goods now arriving will challenge comparison with the best shown in Canada.

ROBERT JUNOR

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

Origin of the Name Siberia.

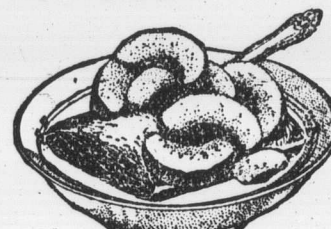
In 1582 Yermak, a Cossack chieftain, with a band of warriors "chosen for their bravery rather than for their morality," set out to chastise and subdue a powerful Tartar tribe east of the Ural Mountains. When Czar Ivan IV. heard of it he was badly frightened, for he feared to stir up the fierce Tartars. He frantically sent orders for the expedition to return. But it was too late. Yermak and his men had already crossed the mountains. When they approached the city of Sibir, the stronghold of the Tartar chief, they found an army thirty times as large as their own awaiting them. But they were far better equipped with arms and ammunition than were the Tartars and administered to them a crushing defeat. Sibir was captured and became the nucleus of the expansion of the Russian empire in Asia, giving its name to the new country—Siberia.

Minard's Liniment Cures Distemper.

Absolute Reality.

What does our science, so sublime compared with the frailty of our means, so contemptible in the fact of the boundless spaces of the unknown, what does our science know of absolute reality? Nothing. The world interests us only because of the ideas which we form of it. Remove the idea and everything becomes sterile, chaos, empty nothingness. An omnium gathrum of facts is not knowledge, but at most a cold catalogue which we must thaw and quicken at the fire of the mind; we must introduce thought and the light of reason; we must interpret.—Fabre.

A Real "Peach Cobbler"—Not a soggy, doughy, inedible combination, but a crisp, tasty, easily-digested dish of whole wheat with peaches and cream. Cover one or more Shredded Wheat Biscuits with sliced peaches and then pour cream over them. Nothing so appetizing and satisfying and nothing so easy to prepare.



Made in Canada