

"War-Time Cookery" FREE

Send name and address for new "War-Time Cookery" This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in home cooking and baking.

Approved by Canada Food Board

ADDRESS

E. W. Gillett Co. Ltd.
TORONTO, CANADA



Winged heel Watch Cases

EMERSON SAID
"It is impossible for a man to be cheated by anyone but himself."

Wise men know the value of a reliable Timepiece, backed by the reputation of a successful manufacturer. You cannot cheat yourself when you buy a Watch Case bearing the "Winged heel" quality mark.

THE AMERICAN WATCH CASE CO. OF TORONTO, LIMITED

The largest manufacturers of Watch Cases in the British Empire

GIRLS! ACT NOW! HAIR COMING OUT MEANS DANDRUFF

"Danderine" will save your hair and double its beauty at once.

Try this! Your hair gets soft, wavy, abundant and glossy at once.

Save your hair! Beautiful! It is only a matter of using a little Danderine occasionally to have a head of heavy, beautiful hair; soft, lustrous, wavy and free from dandruff. It is easy and inexpensive to have pretty, charming hair and lots of it. Just spend a few cents for a small bottle of Danderine. Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fullness and an incomparable gloss and lustre, and try as you will, you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp. Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

Robert's 35¢ Cod Liver Oil & Tar

Is a scientific remedy in which the powerful curative properties of Cod Liver Oil and Tar are combined. The nauseous effect of the oil having been removed, the extractive principles remain to build up wasted strength and remove the irritating effects of Coughs, Colds, Bronchitis and other affections of the respiratory organs. Try it, for it

does stop coughs

WOMEN

Suffering from

—lassitude, low spirits and loss of appetite will find renewed strength, brighter looks, better health and clearer complexions by using Beecham's Pills. They give you the very help you need, and are a natural aid to the stomach, liver, bowels and blood. Gentle and positive in action, without any disagreeable after-effects—Use

BEECHAM'S PILLS

are worth a guinea a box

Directions of Special Value to Women are with Every Box. Sold every where. In boxes, 25 cents.

SUNLIGHT SOAP is made from the sweetest and choicest of edible oils and fats. It contains no harsh or strong ingredients. It is the purest and most efficient of soaps and, if used judiciously, the most economical of soaps.

RUSSIAN EVENTS WILL HUM ALONG FOR FEW WEEKS

Germany Hustling To Get Strong Bases for Future Operations.

A RACE AGAINST WINTER

Berlin Enlists Aid of Churches and Moneyed Interests to Create Monarchy.

BY ARTHUR S. DRAPER.

(Copyright, 1918, by the Tribune Association, New York.)

LONDON, Aug. 19.—Events in Russia are likely to develop rapidly within the next few weeks, for the winter is coming soon, and then operations on a large scale are impossible. The Allies are racing for positions which will serve best to link up the various parts of the Russian front, while the Germans aim at consolidating their own strong bases for future activities.

The report that the enemy has strong fortifications at Kronstadt is believed to be the first move toward the occupation of Petrograd and then of Moscow. Evidence accumulates that Germany's real aim in Russia is to re-establish a monarchy with the help of churches and moneyed and landed classes, while the Allies are working at invitation of Social Revolutionaries and the anti-German Social Democrats.

Bolshevik Third Party.
The Bolsheviks are sandwiched between these two forces, unable to join either, but manage to keep alive by terrorism. Despite the German aims to establish a monarchy with the help of the Bolsheviks, the latter appear to expect the war to continue, and the more the Germans from the Allies, for they have chosen to make an agreement with the Bolsheviks to fight the Allies rather than join the Allied forces against the Germans.

Doctor David Soskice, writing as an observer, regarding the German plans, says:
"Another Rasputin?"
"In Moscow live the great industrial families, too. At the head of the Orthodox Church, Patriarch Tikhon, an able old man with a face and an appearance of a peasant, but a clever organizer, who holds great sway over the workingmen and the more ignorant masses in Moscow. The brutal plunder of the church by the Bolsheviks caused a revival of energy among the people of the Orthodox Church, led by Patriarch Tikhon. The Bolsheviks have joined hands with the Moscow group of great manufacturers and landowners and started agitation for a 'federation monarch'—a direct antithesis to those of the Bolsheviks. The German monarchists are the worst remaining in a field of civil war, while the east, supported by the Allies, is the best. The 'Volga front' with a million or more men, which would be a more formidable front than the original Russian front a year ago."

U. S. WILL CALL UP ALL MARRIED MEN WITHOUT DEPENDENTS

War Secretary Baker Makes Statement.

WASHINGTON, Aug. 19.—No general exemption of married men simply because of their married status is contemplated by the war department in preparing for the proposed extension of draft ages. Secretary of War Baker declared today in a statement before the House military committee on the new administration man-power bill. Mr. Baker said his previous remarks on this subject had been misconstrued and that married men who do not support their families and who are not engaged in useful occupations will continue to be called. "There are many married men in the country who ought to go and fight as freely as single men," he added.

The war secretary, with Gen. March and Provost Marshal Gen. Crowder, appeared before the House committee at 10 o'clock today to reiterate their explanation given the Senate that immediate enactment of the man-power bill is imperative in order to carry out the enlarged war program.

You Feel Fine

Fatigue is the result of poisons in the system, the waste matter resulting from the activities of life. The kidneys have failed to filter these poisons from the blood and you are tired.

But awaken the kidneys and liver by using Dr. Chase's Kidney-Liver Pills and you soon feel fine. The poisons are swept from the system, the pains and aches are gone, and you are ready for work and for play.

"CASCARETS" FOR HEADACHE, COLDS, LIVER, BOWELS

Enjoy life! Don't stay bilious, sick, headachy and constipated.

Get rid of bad breath, sour stomach, coated tongue, indigestion.

Get a 10-cent box now. They're fine. Cascarets loosen your liver, clear your thirty feet of bowel and sweeten your stomach. You eat one or two, like candy, before going to bed and in the morning your head is clear, tongue is clean, stomach sweet, breath right and cold gone. Get a box from your druggist and enjoy the nicest, gentlest liver and bowel cleaning you ever experienced. Cascarets stop sick headache, biliousness, indigestion, bad breath and constipation.

Mothers should give a whole Cascaret to cross, bilious, sick, feverish children any time. They are harmless and never gripe or sicken.

\$170,000,000 SPENT IN TORONTO BY THE IMP. MUNITIONS BD.

Flavelle Says Great Plants Will Pay for Selves.

TRIUMPH FOR CANADA

History Will Have Something To Say of Industrial Achievement.

TORONTO, Aug. 19.—British Forgings Limited, the great munitions plant in the Ashbridge Bay district, is the property of the Imperial Munitions Board, and Sir Joseph Flavelle was asked today what will become of such plants after the war is over.

"We have received no instructions from the Imperial Munitions Board," Sir Joseph said. "I expect that we will receive instructions when the war is over to liquidate their assets in Canada."

That means we will sell the plants to concerns which will utilize them for industrial purposes, he said that we confidently expect that these plants will have paid for the entire capital expenditure out of profits.

But how do you reckon profits if they are the property of the Imperial Munitions Board?

"They are operated as separate units, under the name of a limited company, and our expectation is that, by charging up their output at such prices as are being paid to privately owned factories, we will show a profit sufficient to wipe out the cost at the termination of their contracts for munitions."

\$170,000,000 Spent in Toronto.

"How much has the Imperial Munitions Board spent in Toronto?"

One hundred and seventy million dollars, Sir Joseph answered. The response of Canadian industry to the demands of the war has been simply wonderful. Men of the highest ability have given their services without fee to the management of different factories and in the direction of various branches of munition work. But their doing it for nothing is not the remarkable feature of the case. What they have actually accomplished is the wonderful thing. And, of course, not financially able to work for nothing, but they do not alter the magnitude of their achievements. Then there has been the service of those who have contributed to the war effort—working day after day faithfully and at maximum capacity in the fulfillment of tasks which have become monotonous because of their sameness.

First Rank in Efficiency.

"I am not a believer in boasting," said Sir Joseph. "But history will have some interesting things to say about industrial achievement in Canada during the war."

Take the Canadian Aero-planes, Ltd. of Toronto (an Imperial Munitions Board concern), and I venture to say that while it is not the largest aeroplane plant in existence, it holds first place in several respects—result of organization, production per foot of floor space, and general efficiency of administration.

"Has your board any control over the R.A.F.?" he was asked.

"No," he said, "but we have instructions to honor their commanding officers' requisitions for equipment—I don't mean food."

"And that entails—?"

"An expenditure of a million dollars a half a month in Canada on equipment for this branch of the service alone," said Sir Joseph.

FOOD BOARD FORBIDS WINDSOR CONCERN TO DEAL IN PROVISIONS

Cancels License of Consumers' Association When Company Advertises.

OTTAWA, Aug. 19.—The Canada Food Board has cancelled the license of the Consumers' Association of Windsor, Ont., and has forbidden that concern to deal in provisions, or indirectly, in any food commodities. The order becomes effective forthwith.

The food board took this action because the Consumers' Association continued to do advertising which the board had specifically forbidden. The advertising in question tended to convey the impression that the Consumers' Association was acting under directions from the food board.

We are partners with the Canada Food Board, was one of the statements. The association also advertised against the war, and used such expressions as "Plenty of sugar," and "Use lots of sugar in preserving," which tended to encourage the consumption of sugar.

AMERICANS IN CANADA WILL BE RELIEVED OF PAYING DOUBLE TAXES

MONTREAL, Aug. 19.—"The Canadian-American delegation to Washington to protest against the injustice of the double income tax on American citizens residing in Canada, that is, the necessity of paying income tax in Canada and again in the U. S., met with a friendly and favorable reception from the U. S. Government and we received every assurance that this injustice would be done away with during the coming week," said M. P. V. G. Mitchell, who returned today to Montreal, from his trip to Washington as one of the Canadian-Americans who went there to protest against the tax.

YOUNG PEOPLE'S SOCIETY MEETS

ILBERTON, Aug. 19.—The union young people's meeting of Bethel Methodist, Ivan Presbyterian, Poplar Hill Baptist and Diocesan and Coldstream Friends Societies postponed from August 8, took place at Ivan Presbyterian Church on Monday evening, August 19. The subject for discussion was "What Are the Fundamentals of Christianity?" A special collection was taken in aid of French relief work.

ONE SON GETS MEDAL, ANOTHER GETS BULLET

TORONTO, Aug. 19.—C. Stevens has received word that one soldier son has been awarded the Military Medal, while another has been wounded.

Sergeant Major F. Stevens has, for conspicuous bravery, been awarded the medal, and his brother, Pte. M. H. Stevens, has been admitted to a hospital in Shrewsbury with gunshot wounds in the thigh. Another brother, Capt. C. Stevens, of Windsor, Ont., is also overseas.

WESTERN UNION RAISE IS FOR ALL EMPLOYEES

WASHINGTON, Aug. 19.—In announcing his approval of a ten per cent increase in the wages of employees of the Western Union Telegraph Company, Postmaster-General Burleson said today the increase would not be discriminatory in any manner. The increases will apply to all employees, not only to those who join the association formed by the company before the Government assumed control.

LARGE CHINESE FORCE TO REPEL ENEMY INVADERS

Second Transport With American Troops Has Reached Vladivostok.

WASHINGTON, Aug. 19.—The Chinese Government has sent a large force of troops to the Siberian border to prevent a threatened invasion of Chinese territory by German and Hungarian prisoners of war who joined with the Red Guard and other elements of the Bolshevik against the Czechoslovaks in the Trans-Baikal region.

ANOTHER U. S. TRANSPORT VLADIVOSTOK, Friday, Aug. 16.

A second transport, carrying American forces, arrived at Vladivostok today. The transport bearing the first contingent of American soldiers entered the harbor yesterday afternoon after a voyage of seven and one-half days from Seattle. A third troopship is expected to arrive this evening.

A HITCH OVER JAPAN?

PEKING, Aug. 19.—(By the Associated Press).—The movement of Japanese troops from Chang Chun to the Mukden-Harbin Railroad, to the Manchuria-Siberian front, has been further delayed.

This delay is due to the demand made by the Japanese recently that the Chinese Eastern Railway, the Chinese officials in Harbin have been ordered to furnish Japanese representatives in Peking, have declined to consent to the taking over of the railroad by Japan.

GERMAN SEA WOLF CUTS OCEAN CABLE NEAR U. S. COAST

American Naval Officials Informed Sub Crew Landed Off Atlantic Port.

WASHINGTON, Aug. 19.—American naval officials now concede the possibility that German submarines operating off the Atlantic coast have been in communication with persons on shore and even may have landed members of their crews.

It was learned today that the navy has reported that an officer of the American steamer O. J. Jenkins saw and recognized in a New York saloon a submarine officer who boarded his ship off the coast. The American turned to call a companion's attention to the German and the latter disappeared.

Two of the raiders who have been off the coast now are declared to have ceased operations, one of them not having been heard from since she was bombed.

American naval estimates place the total number of German submarines operating recently on this side were described in official circles as of the cruiser type, with a maximum radius of 17,000 miles, carrying two guns of approximately 5.5 inches. One of the three is believed to be equipped especially for cutting cables.

BOYS OF U. S. WITH THE FRENCH TIGHTEN GRIP ABOVE VESLE

Great New Allied Guns Blazing at Aisne and Beyond It.

WITH THE AMERICAN ARMY ON THE VESLE FRONT, Aug. 19.—(By the Associated Press).—The Americans and French increased their grip on their holdings north of the Vesle River by several points early Monday morning by slight infantry advances. The manoeuvres were carried out without encountering any serious resistance.

West of Bazoches the Germans sent out patrols, but these were pushed back by the Americans.

The French and Americans Sunday began operating the biggest guns they have used since they reached the Vesle. These heavy guns are blazing away at the Aisne region and beyond it, where aerial observers have reported that the Germans are concentrating supplies.

The Farmer- ettes

Whether from city or country, find themselves living under an unusual strain. The unusual work necessitates the use of different muscles, and this development demands a good supply of pure, rich blood.

Because it goes directly to the formation of new blood, Dr. Chase's Nerve Food is of the greatest assistance in building up new cells and tissues and strengthening the muscles.

THE SAFEST MATCHES IN THE WORLD

also the cheapest, are

EDDY'S SILENT 500's

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market.

War-time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.

YWT

SUFFERED TERRIBLE AGONY

"Fruit-a-lives" Alone Gave Him Quick Relief.

Buckingham, Que., May 3rd, 1915.

"For seven years I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, and I had chronic Constipation. I tried many remedies, but nothing did me good. Finally, a friend advised 'Fruit-a-lives.' I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach I say take 'Fruit-a-lives,' and you will get well."

ALBERT VARNER.

See a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-lives, Limited, Ottawa, Ont.

VIENNA IS PRACTICALLY WITHOUT ANY MEAT

WASHINGTON, Aug. 19.—Three meatless days per week have been ordered by the municipal authorities at Vienna, according to an official dispatch today from Switzerland. The Austrian capital is reported threatened with complete exhaustion of its meat supplies.

WHEN A SOLDIER IS DISABLED

it is not always from wounds. A great many men are disabled through foot trouble. Even the bravest man cannot "carry on" if his feet are suffering from sore feet. Hence the necessity for Zam-Buk to keep the soldiers' feet in good condition.

A military authority in "The War Office Times" says: "If every man in the service were supplied with a tin of Zam-Buk it would, in my opinion, greatly add to the efficiency of the army."

For blisters, cuts, scratches, burns and sores of all kinds, Zam-Buk is unequalled. All dealers 50c box.

Zam-Buk

TELLS DYSPETICS WHAT TO EAT

Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas on Stomach, Etc.

Indigestion and practically all forms of stomach trouble, say medical authorities, are due to the presence of an excess of hydrochloric acid in the stomach. Chronic acid stomach is exceedingly dangerous and sufferers should do either one of two things.

First, a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach, and lead to excess acid secretion or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Bismarck Magnesia at their meals.

Secondly, a more reliable stomach antacid than Bismarck Magnesia, and it is widely used for this purpose. It has no direct action on the stomach, and is not a detergent. But a teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food, will neutralize the excess of acid which may be present and prevent its further formation. This removes the whole cause of the trouble and the patient gets naturally and healthily without need of pepsin pills or artificial digestants.

Get a few ounces of Bismarck Magnesia from any reliable druggist. Ask for either powder or tablets. It comes as a liquid, milk or citrate, and is the tastiest remedy not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."—Advt.

CUTICURA

Heals Skin Trouble With One Cake Soap and Two Boxes Ointment.

Terrible itching on back of neck. After three weeks got flaky and became sore. Was red and scratching caused sleepless nights. Got Cuticura Soap and Ointment. Itching not so bad after using them. Now healed.

From signed statement of Mrs. William Quigley, Windsor, N. S.

If Cuticura did no more than soothe and heal eczemas, rashes, itches and burnings, bringing speedy comfort to tortured, disfigured men, women and children it would be entitled to the highest praise. But it does more. By using the Soap exclusively for toilet purposes, allowing no other soap to touch your skin, you will in many cases prevent these distressing experiences.

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

THE SAFEST MATCHES IN THE WORLD

also the cheapest, are

EDDY'S SILENT 500's

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market.

War-time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.

YWT

Bolshevik Chiefs on Warship Ready To Flee to Germany

Constantly in Fear of Successful Uprising Against Them.

WASHINGTON, Aug. 19.—Petropavlovsk's reign of terror is reported raging unchecked in an official dispatch from Stockholm. It is estimated that 30,000 arrests have been made since the beginning of August among army officers and middle class citizens.

The Bolshevik chiefs are said to be on board the warship Aurora in the roadstead of Kronstadt, prepared to sail for Germany in case of a successful uprising against them.

Never known to disappoint the Most Critical Tastes—

"SALADA"

A Tea-pot Test is better than a page of Advertisement.

Black—Green or Mixed . . . Sealed Packets Only.

September List

Columbia Records

Earl Fuller's Rector Novelty Orchestra Jazzes "Missouri Waltz"

Louise, Ferera and Greenus have ukeled it, Prince has orchestrated it, Campbell and Burr have sung words to it—and now to complete the Columbia Records of this fascinating melody Earl Fuller has jazzed it! An irresistible dancing record of the most popular waltz of the day. A2578—90c

"Oh, Frenchy!"

"Rosie Green was the village queen" who "left for France with an ambulance," and of course "Rosie Green met a chap named Jean, a soldier from Poree." We'll let you guess the rest of this melodious romance of the great war—or better, hear Arthur Fields sing it on one of the catchiest Columbia Records yet. A2569—90c

Van and Schenck Take a Whirl at "Tackin' em Down"

Here's a decided novelty—dancing instructions for a rapid-fire negro shuffle-step given in a rollicking Van and Schenck duet. A record that brings down the house and starts everyone shuffling every time. A2570—90c

51 other sparkling hits in the September List

Send me records to my soldier. There's a Grafonola in his Y. M. C. A. or Knights of Columbus Hut.

New Columbia Records on sale the 20th of every month.

COLUMBIA GRAPHOPHONE COMPANY

90 TORONTO

FOR SALE BY

WM. McPHILLIPS

Every Record is inspected before being sent out.

169 DUNDAS STREET.

COLUMBIA RECORDS AND GRAFONOLAS ON SALE AT

HARMONY HALL

4 Doors North of Dundas, 421 Richmond Street.

Peoples Outfitting Co.

240 DUNDAS STREET. PHONE 5616

The Wright Piano Co., Ltd.

352 DUNDAS STREET.

A. M. DOUTHWRIGHT, Manager.

Columbia Machines and Records. "Wright Pianos Are Right Pianos."

NORDHEIMER'S

227 DUNDAS STREET, 2 Doors West of Majestic Theatre.