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Rapid

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AYRE & SONS, Limited

A Combination!

They're nice looking, good wearing, well-fitting, and above all **CHEAP**, what we are showing this week for men in

SHIRTS.

Prices: 75c., 85c. and \$1.10

for Working Shirts.

Dress Shirts, \$1.20, at

A. & S. Rodger's.

Submarine-Gun.

It is known that airmen can render good service in the tracing of submarines in anything like a calm sea, but even when a submarine has been thus discovered, it is still far from being a defenceless prey for the bomb-thrower, as the guns are also equipped for slanting fire. Nevertheless, it had been a great objection that in order to serve the guns when they have been brought outside the boat and set on deck, the vessel had to come entirely to the surface of the sea, thus offering a fairly large target.

The newer submarines of the Germans are, therefore, provided with a contrivance to enable them to fire even when remaining under water. This is a double advantage; they are less visible, and, owing to the layer of water which breaks the force of a bomb, fairly well protected.

The gun goes through the conning-tower by means of a bullet-proof, water-tight deck, and is then served from inside the boat. Within certain limits it can be turned in all directions, so that a circular zone above the conning-tower becomes dangerous for airmen.

A periscope, which is connected with the barrel of the gun, is got outside in the same way by means of a bullet-proof compartment. The gun can also, of course, be placed in another chamber specially built out from the boat, instead of in the conning-tower. The gun alone comes to the upper surface, whilst the gunner himself remains below and fires from under the water.

The Turkey.

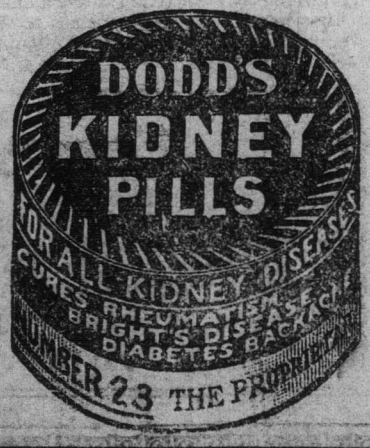
By GEORGE FITCH.
Author of "At Good Old Sivas."
The turkey is the national bird of thankfulness. He reigns not upon coins or in our poetry, but upon our bills of fare and in our dreams.

The turkey is a large bird with pompous ways like a new-laid millionaire. He does not fly, but about the chicken yard and converses in a loud hobble-gobble which might easily be mistaken for a political speech by a contented conservative candidate. The turkey is hatched in the spring and arrives at his juiciest perfection about the middle of November, about which time he becomes almost entirely extinct each year. He is made valuable and useful by the simple process of laying him on a log and removing his gobble with an axe. Why this method has never been tried on aldermen and ward politicians is an exasperating mystery. We are indeed a careless nation.

The turkey originally inhabited America in a wild state and was discovered by the Pilgrim fathers in the fall of 1630. The Pilgrim fathers already knew how to make mashed potatoes and pumpkin pies and when they discovered the turkey, they knew that the time was now ripe for a Thanksgiving celebration. The turkey has been the central figure of Thanksgiving ever since. Thanksgivings vary in fervency and good cheer with the varying price of turkey and its continual ascent during the past few years has sent a wave of pessimism over the land. Of late it has almost seemed as if no one but millionaires and inmates of prisons could afford to be truly thankful with oyster dressing on Thanksgiving Day.

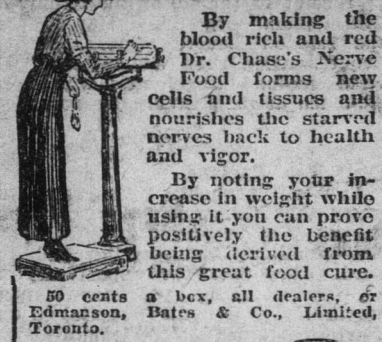
The turkey himself is partly to blame for this. He is a most capriciously unhealthy bird. Knowing that the appetite of the nation will be whetted for him in November, he takes a positive pleasure in dying in June. A young turkey is the most versatile and expert dyer on record. He will die of heat, chill, thirst, damp feet, thunder, dust and indigestion, and will sometimes die of all of them at once. Ten young turkeys can drown under a burdock leaf in a heavy dew and the man who counts his turkeys before he has un-gobbed them is indeed foolish.

The patriotic turkey dies for his country on Thanksgiving Day, but unlike other patriots he comes back and insists on repeating the performance. There might properly be two Thanksgivings Days—the one on which he finally disappears from the bill of fare.



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By making the blood rich and red, Dr. Chase's Nerve Food forms new cells and tissues and nourishes the starved nerves back to health and vigor.

By noting your increase in weight while using it you can prove positively the benefit being derived from this great food cure.

50 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

Amazing Ruses of Women Spies.

Austrian Authorities Find it Necessary to Make Them Disrobe.

Paris, November 18.—The amazing ruses by female spies attempting to cross the Austro-Swiss frontier are revealed in a despatch from Geneva to-day. The Austrian military authorities force all women travellers to disrobe, since it was discovered that military documents had been concealed beneath a porous plaster on the back of one spy. Another woman, who bore her arm in a sling, was found to be carrying a message in a small tube inserted in a wound on her arm.

All women travellers are led by female attendants into a bathroom, where they are stripped and scrubbed with hot water. Frequently this reveals very small pieces of very thin tissue paper, upon which are written military secrets. Often thin strips of tissue paper have been found stuck to women's bodies or hidden beneath cosmetics.

DR. DE VAN'S FEMALE PILLS Reliable medicine for all Female Complaints. 25 a box or three for \$10, at drug stores. Mailed to any address on receipt of price. THE SCIENCE OF DOCTORS, St. Catharines, Ontario.

In M-lady's Boudoir!



It is not necessary to diet to reduce the weight. If enough oxygen is taken into the system regularly fat cannot accumulate. Relaxation is a question of controlled breathing. The nearest approach to real rest is to lie flat upon the back, on the floor or other unyielding surface, and breathe rhythmically. The exhalation must be controlled and be equal in time to the inhalation. Spread arms and legs to a comfortable angle and turn the head to one side to relieve the tension on the neck muscles.

You should then concentrate which becomes realization through repetition. Following are some of the exercises which, practised five minutes a day, will keep a woman young and lovely until four score and ten years at least:

Stand erect. Slowly extend the arms, hold them tense until a warmth is felt in the palms and tips of the fingers. Lie flat on a hard surface and stretch the arms above the head. This may be done on a couch or in bed by invalids and is especially useful for arousing the circulation.

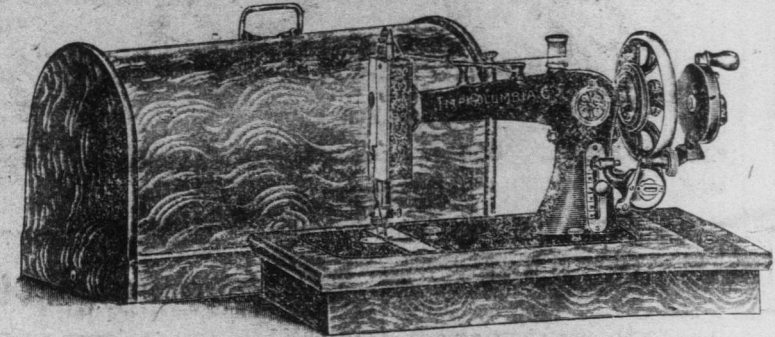
Lie flat on the back with one arm at the side and the other across the body to control rhythmic breathing and quiet the nerves, after which deep breathing becomes automatic in any position.

Stand erect with one arm outstretched, the other raised to the head. Have the mental impulse of starting to walk. This flattens the abdomen, strengthens the torso and spinal columns without conscious effort, and controls the breath. Throw the weight on the left foot, the right stretched backward, the left arm extended in front and the right extended back. In this position the whole body may be energized through breath control without muscular effort.

Control the breath, raise one knee, bend over and touch it with the chin. This is excellent for reducing thick waist lines.

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The Rubber that fits your shoe snugly and has that necessary trim and dressy appearance. Of light weight but long wear. Absolutely the best quality Rubber made.



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"When Goodyear discovered the vulcanizing process of treating rubber, he started, incidentally, to the world's health. About fifty million pairs of rubber shoes and rubbers are made, sold and worn in the United States every year. When you reflect that the most fruitful cause of colds—and all the dangerous and fatal diseases that colds lead to—is a pair of wet feet, it is easy to see that this enormous use of rubber footwear must have a very marked influence on the general standard of health. When Goodyear discovered how to make rubber, human longevity took a great bound forward."—Popular Science.

F. Smallwood,
THE HOME OF GOOD SHOES (Nfld. Agency).