## STRICKEN IN THE STREET

### Completely Restored To Health By "Fruit-a-tives"

382 St. Valier St., Montreal.

"In 1912, I was taken suddenly ill with Acute *Stomach Trouble* and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try "Fruit-a-tives". *I began to improve almost with the first dose*, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise "Fruit-a-tives" enough". H. WHITMAN.

50c. a box, 6 for $2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

**DR. DeVAN'S FEMALE PILLS** Reliable medicine for all Female Complaints. $5 a box, or three for $10, at drug stores. Mailed to any address on receipt of price. The Scobell Drug Co., St. Catharines, Ontario. 4

**PHOSPHONOL FOR MEN** Restores Vim and Vitality; for Nerve and Brain Troubles; increases 'grey matter'; a Tonic—will build you up. $3 a box, or two for $5, at drug stores, or by mail on receipt of price. The Scobell Drug Co., St. Catharines, Ontario.

## EYES Examined

*How many days work have you lost because of your eyes aching or your head dizzy? In many cases eye glasses are the remedy.*

**Dr. S. J. Harvey**

Manufacturing Optician. Phone 1476. 8 S. Market St. Open Tuesday and Saturday evenings. Closed Wednesday afternoons August and September.

## Have You Tried

Djer Kiss Talc
Djer Kiss Face Powder
Djer Kiss Perfume
Djer Kiss Toilet Water
Djer Kiss Sachet

They Are All Good

**FRANK McDOWELL**
DRUGGIST
Cor. George and Colborne Sts.
Phone 403


# WOMEN SAVE OR SOLDIERS STARVE

### An Appeal to Housewives of Canada to Conserve Food Supplies in Order That Our Men at the Front May Have Sufficient to Eat.

When the Food Controller was appointed it was generally supposed that the action was in response to a growing demand that the prices of foodstuffs should be lowered. There was and is a general suspicion that these prices are being artificially controlled for the benefit of the middlemen, and it was argued that if private interests could regulate prices in their own behalf a Government official clothed with sufficient authority could regulate them in behalf of the masses of the people. It may be that Hon. Mr Hanna will come to that phase of the problem before long, but it is important to bear in mind that it is not this phase of the question with which he is now dealing, and that the campaign that has been launched, urging housewives to save certain foods is contemplating only one thing—the conservation of these foods for the men at the front, and for the people of England, whose supplies may otherwise be insufficient.

**Not to Save Money.**

The housewives of Canada are not urged to save food so that they may save money or reduce the prices of food, though there may be an indirect tendency in this direction. They are asked to save food so that our soldiers may eat it. If they have to rise from the table with appetites not wholly appeased they are asked to remember that their inconvenience or even discomfort is as nothing compared with what our armies are called upon to endure. Nor is very drastic action demanded. It has been estimated that if every household saved one pound per head per weak the surplus would be enough to ensure an ample supply for export. In the pledge cards which are being circulated the Food Controller says that normal consumption of wheat must be reduced 25 per cent. in order that Canada and the United States may be able to send to Great Britain and our Allies the 460,000,000 bushels that they require.

**Save Beef and Bacon**

A similar reduction must be made in the consumption of beef and bacon.

"The men in the trenches will go hungry if you fail them" warns Mr. Hanna, and surely no more ought to be said on this head. If bacon were only ten cents a pound and beef five cents a pound it would still be a vital necessity to conserve the supply, so without regard to the fact that prices are abnormally high, the consumption of beef and bacon must be reduced. It is pointed out that there is no necessity for the people of Canada to go on short rations. They have plenty of substitutes for beef and bacon in other meats, fish, eggs and fowl; and for white bread, in cereals, whole wheat bread which is recommended by Dr. Hastings, Toronto Medical Health Officer, and in the hundred and one dishes that can be prepared from corn, rice, etc.

**Do Not Avoid Substitutes**

We are also advised to eat perishable products, and it was to promote their consumption that a ban was placed on selling of canned vegetables some little time ago. In reply to the suggestion that the people at home should go on eating as before the war, while the soldiers be permitted to eat the substitutes it is only necessary to say that the substitutes cannot be preserved or packed and shipped as readily as white flour, bacon, and beef. A soldier cannot be expected to get up in the morning and prepare a pan of Johnnycake, for instance. And while whole wheat bread may be more nourishing than the ordinary white bread if the soldier prefers the white bread and there is not enough to go round, then the soldier must have first preference and we folks at home ought to be willing to eat what he doesn't want.

**Waste is a Crime.**

The war has forced many economies upon the people of Canada, but yet it is said that $50,000,000 worth of food goes into the garbage pails of the nation every year. To waste in these days is a crime, for the sufferer is not the person who wastes but the person who may go hungry because of that waste. We must eat up the scraps. The old-fashioned doctrine of the clean plate must be preached again. Housewives who have entrusted the whole duty of buying and preparing the food to servants must now recognize that they have a personal responsibility in the matter.

The work of the women of Canada is of vital importance. They must do the saving; the men must do the financing and the fighting. They ought to remember that Britain is on food rations and is thriving on them; that every household from the King's down comes under the restrictions that have been found necessary if victory is to be assured. The women of Canada who have already shown such magnificent spirit, have it in their power to strike a blow for the Allied cause comparable to the blow their sons and brothers struck at Vimy Ridge.

# THROUGH ST. ELOI, YPRES, THE SOMME, VIMY AND FRESNOY

### Interesting Letter From Pte. M. Halstead, on Leave in England.

The followiyng interesting letter has been received by Mrs. A. Halstead, 294 Park Avenue, from her son Max, who went overseas witu the 84th battalion:—

Edinburgh, Aug. 20th.

Dear Mother:

At last I have got a few days from the line. I have spent five days in London. Well mother, it is a very long while since I last wrote to you. I'm awfully sorry and very ashamed that I'm not writing oftener. I've been waiting over a month for this chance to write to you from Blighty, and tell you a lot of things I could not tell you when writing from France. I've been in five large engagements, St. Eloi, Ypres, Somme, Vimy Ridge and Fresnoy. I will not tell you where we are at present.

No doubt you were very surprised to hear I had gone back to the signal section. I will tell you how it came about. They wanted to give me a stripe and put me in charge of one of the gun crews. I said I didn't want a stripe, but that I'd like to get back in the signal section in preference to staying on a gun crew with some new man in charge, who had not been in France as long as I had. I've found out I've done a wise thing, got a lot easier job with much less danger to myself.

I left London yesterday and am now in Edinburgh. I thought I should like to see Scotland as well as England. I've been through St. Paul's Cathedral, Westminster Abbey, Tower of London, Madame Tussaud's wax works and a lot more places of interest in London, and now mother I must close. I'm going to see Edinburgh this afternoon.

Love to all at home. Do not think that if sometimes I do not write that I'm not thinking of you all, all the time, because you are never out of my mind.

Your loving son,

MAX.

BRANDON TYMAN
As the Pilot in the "Sky Pilot," Grand Opera House, October 1st


## DYSPEPTIC FOR SIX YEARS

**Halifax, N. S. Sergeant tried everything on the market, but only Cure was Dr Cassell's Tablets**

Sergt. Duncan MacNeil (home address 116 Pleasant street, Halifax, N.S.), writing from Europe, says:—"For six years I suffered from frequent attacks of Dyspepsia, and though I tried all the remedies on the market I obtained little or no relief. I had not been long with the C.E.F. when my old trouble returned. Then a friend told me about Dr. Cassel's Tablets. The first box brought such pronounced relief that I continued, and to make a long story short, complete cure was effected."

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold F. Ritchie, and Co., Ltd., 10 McCaul street, Toronto.

Dr. Cassell's Tablets are the supreme remedy for Dyspepsia, Kidney Troubles, Sleeplessness, Anaemia, Nervous ailments, and Nerve paralysis, and for weakness in children. Specially valuable for nursing mothers and during the critical periods of life. Price 50 cents per tube, six tubes for the price of five, from Druggists and Storekeepers throughout Canada. Don't waste your money on imitations; get the genuine Dr. Cassell's Tablets.

Proprietors, Dr. Cassell's Co., Ltd., Manchester, Eng.


# TROOPS OF 20 NATIONS TRAMP ROAD TO MACEDONIAN FRONT

### Vivid Pen Picture by Noted War Correspondent—The Monastir Highway an Historic Road

Herbert Corey, the war correspondent, in a communication to the National Geographic society, gives a vivid pen picture of the Macedonian battle front. A part of the communication made public by the society reads:

"The story of Macedonia to-day is the story of the Monastir road. Along this highway Alexander and Xerxes and Galerius once tramped with their legions. It has been the link between the Adriatic and the Aegean seas ever since history was written.

"For centuries it has carried its oxcarts with their solid wooden wheels, and long trains of donkeys and peasant women bowed under packs. Serbs and Bulgarian raiders have descended on Saloniki along it. For 30 centuries fighting men and peasants and thieves and slaves have marched through its bottomless mud.

"To-day it is kaleidoscopic as it could never have been in the worst days of its bad history. To the oxcarts and donkeys have been added great camions and whirling cars filled with officers in fur and gold, Englishmen in khaki, Italians in gray green, Russians in Brown, Serbian soldiers in weather-washed gray, head its surfaces. Fezzed Turks are there and Albanians in white embroidered with black, and Cretans in kilts and tights and tasseled shoes.

**Airmen Numerous**

"Airmen, so wrapped in furs that they remind one of toy bears, dash by in cars that are always straining for the limit of speed. Arabs perched high on their little gray horses, direct trains of the blue carts of the French army. Gaudy Sicilian carts with Biblical scenes painted on their side-boards are dragged through the mire.

"Senegalese soldiers, incredibly black, watch with an air of comical bewilderment the erratic ventures of donkeys that seem to have been put under pack for the first time. Indo-Chinese soldiers in pagoda-shaped hats tipped with brass putter about at mysterious tasks. Blackish-brown men from Madagascar carry burdens. Moroccans in yellowish brown swing by under shrapnel helmets.

"New levies marching toward the front, the sweat beads standing out on their pale foreheads as they struggle under their 60-pound packs, give the road to the veterans of six months service—hard, capable, tireless. Overhead the fliers purr on the lookout for the enemy. Big guns lumber along behind caterpillar tractors. Ammunition dumps line the road and hospitals dot it. Girl nurses from France and the United States and all the British Empire ride over it.

**Ambulances Always Present**

"Always the ambulances are there. They are always given the road. The men who turn out for them anticipate the day when, in their turn, they will be riding in a Red Cross car toward Saloniki and home.

"At the farther end of the road is Monastir, taken last winter by the allied forces in a battle that in any other war would have been set down as great. At the bend of the road is Saloniki, the allied base, where Cicero lived for a time and St. Paul shook the dust from off his feet as a testimony against the Thessalonians of his day, and where Suleiman the Magnificent, built the white tower, in whose oubliettes bones still smoulder of the victims of 500 years of Turkish rule.

"At right angles to that road, as though they were the bent bow of which the road is the arrow, [illegible] a million fighting men of the [illegible] forces. Not many in this conflict, perhaps. Macedonia is rarely mentioned in the communiques. Yet the British did not employ so many men in South Africa during the whole Boer war. In one day I have counted the uniforms of 20 fighting peoples on the road."

# SIDELIGHTS ON THE STAGE AND SCREEN

"Roseland" [illegible] musical comedy which [illegible] Opera House to-night comes to [illegible] city most highly recommended [illegible] caste of fifty including [illegible] dancers. There are many most attractive [illegible] production will be [illegible] few centres in Ontario [illegible]

"THE SKY PILOT"

An amusing incident occurred during the opening week of "The Sky Pilot" at the Teck Theatre, Buffalo. Despite the management's announcement that the play was based upon two well known Ralph Connor stories, "Sky Pilot" and "Black Rock" people were continually enquiring of the ticket sellers "whether the play was about an aviator" and "whether there was an airplane in the show."

One man, before handing in his money at the box office, remarked in a matter-of-course way, "I suppose this play is all about a flying man, his flier and his girl."

"Oh, no, not at all," replied the theatre treasurer. "It's about a clergyman and, believe me, sir, it's some play."

"Well, in that case," said the would-be purchaser, turning away, "I guess I won't go in. I don't think I'd like it."

"If you like thrills, laughter, love, and a good story you won't miss it," urged the box office man. "Go in on my recommendation."

"All right, I will." And the man entered the playhouse.

At the close of the performance the stranger walked up to the treasurer, who was standing in the lobby, and exclaimed with enthusiasm: "Say that was a peach of a play. And that clergyman chap—well, no flying man has anything on him. I'm mighty glad I saw it, and I want to thank you for the tip. I'll tell all my friends to see it." Then he walked out of the lobby into the street.

Just then a young man came up to the treasurer and asked him if he knew who the stranger was.

"No," replied the ticket seller. "Do you?"

"Yes," he said, "that's———," mentioning the name of a noted aviator. "I happen to know he's in Buffalo this week. I'm taking a course in aviation myself. I suppose he thought he was coming to see a play with a flyer for a hero."

The theatre man nodded.

"So did I," laughed the budding aviator.

"The Sky Pilot" will be at the Grand Opera House on Monday.

"HENPECKED HENRY."

Laughter is recommended by all physicians as good for what ails you. The man who can laugh and enjoy himself is ever welcome in any throng. Laughter is a better tonic than any concoction the apothecary can mix, because it drives dull care away and the patient does not know he is taking medicine.

Many a business man with cares on his mind is transported into another land in a few moments when he gets a chance to laugh heartily. It is a stimulant both to the brain and the brawn. Some men make a business of establishing laugh factories, and then, with the aid of the public maintaining them for the good of all.

If you are in need of the best tonic in the world, get ready to see Halton Powell's "Henpecked Henry" when that man of a million troubles comes to the Grand Saturday matinee and night, Sept. 29th.

"Henpecked Henry" is the best laugh factory ever put on the American stage, and principally so because his many predicaments are home-like productions. This famous cartoon musical farce has enjoyed most successful runs through the English speaking nations, and almost entirely so because it is a geyser of mirth. As the show comes here, it is presented by an especially strong cast and the girliest of girls, who make life happy for themselves and for their auditors, by working the hilarity mill overtime.

THE REX.

Every item on the programme at the Rex Theatre for the first part of the week, shown for the first time here yesterday afternoon and evening gave general satisfaction to the patrons of this theatre. "The Sin Ye Do," a Triangle Feature, starring Frank Keenan and Margery Wilson, is a play with a punch, and of intense interest throughtout. "The Fugitive Passenger" the first of a series, entitled "The Further Adventures of Stingaree", was a decided success. It is a thrilling red blooded picture that should prove popular. The portly but popular Fatty Arbuckle, and Mabel Normand are the scintillating stars in "Bright Lights", a laughable, frolicksome Triangle Comedy.

Two first class acts of vaudeville round out a good bill. Small and Jordan with their high class singing, and Pinard and Dudley, with comedy music provide good entertainment.

THE BRANT

Jack Pickford gives us another of his remarkable characterizations of youthful life, at the Brant, the first of this week, when he appears in "The Varmint," a powerful film story based upon the magazine series of the same name. "The Varmint" is a schoolboy, a regular boy, though misunderstood by many. In his portrayal of this role, Jack Pickford is seen at his best, and shines not as the "brother of Mary Pickford," but as a star of the first water, in his own right. In his support appear Louise Huff and Theodore Roberts, and thus the trio are once more brought together, who made such a hit in "What Money Can't Buy." Decidedly "The Varmint" is a picture worth seeing. The Five Serbians present an unusual singing act, with skill and ability. The final episode of "The Great Secret" brings the serial to a fitting close. Polly Moran and other Keystone luminaries cavort in the Sennett comedy "Her Circus Knight."

CANADIAN PACIFIC RAILWAY.

Effective Sunday, Sept. 30th. General change of time will take place. Consular Agents or W. B. Howard, District Passenger Agent, Toronto, Ont., for particulars.


## BRANT THEATRE

Showing Special Features
**The Five Servians**
An Original Singing and Musical Offering.

**Jack Pickford and Louise Huff.**
IN
*THE VARMINT*
*Last Episode The Great Secret*

**Her Circus Knight**
A Screaming Keystone Comedy.

*Coming Thursday, Friday and Saturday*
**Marguertie Clark**
In Her Latest Humorous Photo play
*THE AMAZONS*
Don't Fail to See Miss Clark at Her Best.

## REX THEATRE

Vaudeville Pictures
NOW SHOWING
**Small and Jordan**
High Class Singing

**Pinard and Dudley**
Comedy Music
*Frank Keenan and Margery Wilson in*
**THE SIN YE DO**
Triangle Feature

*THE FUGUTIVE PASSENGER*
A Further Adventure of
**STINGAREE**
Each Episode Complete
First Time Shown in This City.

*Fatty Arbuckle and Mabel Normand*
in the Screaming Triangle Comedy.
**BRIGHT LIGHTS**

## GRAND Opera House

MATINEE AND NIGHT.
SATURDAY, SEPTEMBER 29TH.

The Season's Musical Comedy Hit.
**HENPECKED HENRY**
With Clyde Long, Fay Davenport and A Big Company of Fun Makers.

*A RIOT OF COLOR, MUSIC AND GIRLS*
There are no Heart Throbs—Just Laughs.
20—BIG SONG HITS—20
*SEATS THURSDAY, AT BOWLES*
PRICES MATINEE, LOWER FLOOR 50c, GALLERY 25.
NIGHT 25c 50c, 75c $1.00

SEATS NOW ON SALE

## GRAND OPERA HOUSE

**Coming Monday Night, Oct. 1**
*Direct from Big Dramatic Triumphs at The Royal Alexandra Theatre, Toronto.*

*NOT A MOVING PICTURE*

Last Night's Huge Audience at the Royal Alexandra, Toronto Thrilled and Enthused at
RALPH CONNOR'S FAMOUS
# "SKY PILOT"

"As Tender as a Woman and with the Heart of a Hero."
Founded on Connor's Best Stories "The Sky Pilot" and "Black Rock."
Dramatized by Frank Mandel and Geo. H. Brennen.

A CAST OF STELLAR QUALITY
*PRICES 25c to $1.50* *Seats by Mail Now Ready*

## GRAND OPERA HOUSE

ONE NIGHT ONLY
*Tuesday, Sept. 25th*

QUEEN OF THE SEASON'S MUSICAL SHOWS.
The New York Casino Theatre Brilliant Success
# FLORA BELLA

50 People SUPERB CAST OF VOCAL AND DANCING ARTISTS Entire New York Production
MUSIC BY CHARLES CUVILLIER AND MILTON SCHWARZWALD, BOOK BY COSMO HAMILTON AND DOROTHY DONNELLY, DANCES BY CARL RANDALL STAGED BY RICHARD ORDYNSHI
SCENERY BY JOSEPH URBAN
REALLY THE BEST GIRL AND MUSIC SHOW OF THE SEASON

PRICES: 25c, 50c, 75c, $1.00, $1.50. SEATS ON SALE AT BOLES DRUG STORE