

Hun Troops Weakened and Can Bear No Long Attacks

British Supremacy of the Air Is Admitted by German Prisoners Who Deride Their Own Air Craft.

By Courier Leased Wire. London, Sept. 25.—(New York Sun.)—A correspondent at British headquarters in France, says that the recent British advances in which they straightened their line from Elers to Cotreclette on the Somme front, have shown that the German morale has been lowered.

"We are receiving abundant proof of the weakening of the German troops," he writes. The German prisoners ascribe this partly to the system of keeping the men in the trenches for long periods without relief, with the result that they are completely worn out.

"German officers captured admit that their troops are incapable of prolonged resistance because of fatigue. Men of the German thirteenth corps repeatedly conceded the superiority of the British and French troops, and were particularly impressed with the extraordinary expenditure of ammunition by the allies' artillery.

"German prisoners no longer emphasize the presence of strong German reserves behind the front. Though they will not admit that the Somme offensive really threatens to

Those New "Bran Foods"

—a new one is born every week—a recognition of the need of food laxatives instead of drug laxatives.

The problem of presenting bran to the human stomach in combination with a nutritious, easily digested food was solved twenty years ago by the invention of **Shredded Wheat Biscuits**, the food that supplies all the body-building material in the whole wheat grain in a digestible form, combined with bran, which is Nature's laxative. A body-building, strength-giving food. Served with milk or cream or other fruits.

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THE QUARREL OF THE TREES

Who began it nobody knew, but before the quarrel was ended every tree in the forest had something to say. Leaves and wind, branches and twigs and even the tree-sprites quarreled.

"Men," said the giant oak, who was so old the trees had lost track of his age, "call me the 'Hercules of the Forest.' I am sturdy, strong and famous."

"Famous?" murmured the elm. "Are you more famous than I? I, too, am a giant and a stately one. A tree in my family is so big that a dozen men could stand in its hollow trunk."

"Permit me to remind you," he snapped, "that warships once were made of my wood!" And then before the elm could answer, into the quarrel came the birch with a proud flutter of leaves and waving branches.

"What is strength?" she laughed, "an old grace and beauty. Men call me 'the lady of the woods.'"

"And use your twigs to 'birch' the school boys!" cried a new voice.

The trees all looked around. It was the ash who spoke.

"I," said the ash proudly, "have the strength of the oak, the sturdiness of the elm and the grace of the birch. Men call me the Venus of the woods and find my wood tough enough to use for bows."

"Hum!" murmured the birch with scorn. "Your roots strike so deep nothing can live near you!"

It was so true the ash tree hung low head and said never a word in reply.

An old linden tree, who was sometimes called a lime, felt that it was high time he spoke his merits.

"There was a time," he began, "when shields were made of my wood and history is graven on me. Many and many a carving in the old

HUNS ARE WARY OF WAR LOANS

Small Subscriptions Are Not Received as in the Past.

By Courier Leased Wire. London, Sept. 25.—Small investors are not subscribing to the new German war loan in the same numbers as to previous issues, according to a Reuter's Amsterdam despatch quoting the Cologne Gazette.

"However important and valuable" says The Gazette, "are subscriptions for the million war loans would never have been a great success without small single subscriptions."

The paper adds that the farmers are afraid that Germany must suffer bankruptcy owing to the gigantic and ever-increasing cost of the war.

British Bombed Belgian Coast

By Courier Leased Wire. London, Sept. 25.—British monitors and destroyers

bombarded the Belgian coast on Sunday between Heyst and Bruges, according to a Reuter despatch from Brussels.

"The hot weather pest makes people better acquainted with their resources of strength and endurance," says the Reuter's despatch, "which invigorates the brain, promotes refreshing sleep and overcomes that tired feeling."

HOW TO KEEP WELL

BY JOHN W. S. McULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

THE AMOUNT OF FOOD one eats is determined by one's weight, the amount of work one does, the season of the year, and to some extent, by one's digestion. A great part of the food we eat goes to make heat, consequently the fuel value of the food is of great importance. In winter weather should be twice as great as that of the summer when the heat ranges from 90 to 100 Deg. F.

Food value is generally indicated by the term calorie. A calorie is the amount of heat required to raise one kilogram of water one degree centigrade. A man doing active manual labor requires 4,000 calories of food daily, as compared with 2,000 calories required by the man lying quietly in bed. In a general way the amount of food a person needs varies with the weight, but the unit of food per pound of weight is highest in the first year of life and lessens year by year as one becomes older. The body grows very rapidly in his first year and besides he takes a great deal of exercise. He works harder than an older person.

Foods are classed as Proteins, Fats, and Carbohydrates or Sugars. The proteins are the substances necessary for the growth and repair of the body tissues. The fats keep us warm and the carbohydrates supply energy. Eggs, milk, cheese and meat give the largest amount of protein; milk and butter the largest supply of fats, while sugar, jam, bread, milk, and cereals largely supply the carbohydrate. The following tables indicate the quantities of food and food values for the diet.

BREAKFAST—				
	Amount in ozs.	Protein.	Fats.	Carbohydrates.
Cereal.....	8	43	8	178
Eggs (boiled).....	1.4	93	8	60
Bread (one slice).....	1	61	8	308
Butter.....	1/4	108	46	60
Milk.....	6	93	108	123
420				

DINNER—				
	Amount in ozs.	Protein.	Fats.	Carbohydrates.
Meat.....	1	108	46	60
Potato.....	2	31	8	246
Green Vegetable.....	2	61	8	308
Bread (one slice).....	1	61	8	308
Butter.....	1/4	108	46	60
Dessert (Custard).....	1	31	8	92
330				

SUPPER—				
	Amount in ozs.	Protein.	Fats.	Carbohydrates.
Cereal.....	8	43	8	178
Milk.....	6	93	108	123
Crackers.....	2	61	8	308
Fruit (as baked apple).....	2	31	8	216
260				

(2) Diet for Boy Nine Years Old.				
	Amount.	Protein.	Fats.	Calories.
Toast.....	3 pieces	31	8	75
Butter.....	1/2 oz.	27	11	60
Cereal.....	3 oz.	15	3	75
Sugar.....	1/2 oz.	3	11	75
Cocoa.....	7 oz.	31	8	200
DINNER—				
Broth.....	6 oz.	31	8	60
Green vegetable.....	3 oz.	61	8	90
Potato.....	3 oz.	31	8	90
Rice.....	3 oz.	31	8	90
Bread.....	2 slices	61	8	150
Butter.....	1/2 oz.	27	11	60
Dessert (Custard).....	1/2 oz.	31	8	120
160				
SUPPER—				
Toast.....	2 slices	31	8	70
Eggs.....	1/2 oz.	43	8	113
Butter.....	1/2 oz.	27	11	60
Milk.....	8 oz.	93	108	123
Baked Apple.....	1	31	8	90
390				

TRIESTE WATER SUPPLY CUT

Italians Accomplish Important Feat Against That City.

By Courier Leased Wire. New York, Sept. 25.—A news agency despatch from Rome to-day says: "Italian troops have cut the Trieste water supply. The Rome dispatch does not state how the water supply was cut. It appears probable that an Italian advance in the vicinity of Monfalcone about thirteen miles north of Trieste, accomplished the feat."

MUST APPOINT A WATCHMAN

Mayor Writes Letter to L. E. and N. Railway, to that Purport.

The following letter from Mayor Bowby has reference to the appointment of a watchman of the dangerous crossing at the corner of West Mill Street and Chestnut Avenue. Such an appointment has been in mind by officials for some time and it is now necessary owing to the new regulations concerning the blowing of whistles, etc., which eliminates all warning of an approaching train at this point, and thus increases the danger.

Brantford, Sept. 25, 1916.
Martin L. Todd, Esq.,
The Lake Erie and Northern Railway Company,
Galt, Ont.

Dear Sir:—Mr. Thomas Slattery was a Civic Employee and was hurt at the Waterworks. Mr. Frank, some three months or more ago applied to you as I understand to appoint this man on your railway as watchman, he being a fit and proper person for such a position. Now, as the city has determined to allow no railway to ring bells or blow whistles in the limits of the Corporation, it seems to me that your railway will not be able to defer action in making an appointment as watchman.

I trust that you will favorably consider the application.

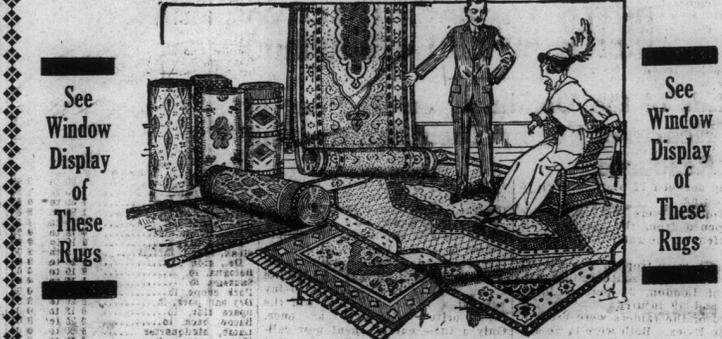
I have the honor to remain, yours truly,
J. W. BOWBY, Mayor.

John Smith, Municipal Council section foreman, was instantly killed by a train at Wilbury.

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Exceptional Value in Heavy Pile Axminster Rugs

WE have purchased and just received into stock an extra fine range of heavy pile Axminster Rugs, in a large range of patterns and sizes. For the next 10 days we will put these Rugs on sale at prices lower than those prevailing two years ago.



These Rugs are all new designs and colorings NOT SLOW SELLING PATTERNS OF PAST SEASONS, and can be had in five different sizes and the designs are suitable for any room in the home, and were it not for the fact that we bought an immense quantity, thereby getting a special discount, we could no more mark these rugs at these prices than we could fly.

Hall and Den Sizes 1 1/2 x 2 1/2 Yards	Parlor and Reception Room Rugs 2 1/4 x 3 Yards
This size makes a nice Hall Rug, Den or Sewing Room Rug, and a good practical size for a bed-side rug, and the price certainly is not prohibitive. To-day's actual value \$15.00.	This size is a very popular sized rug and can be used in a variety of places, and although we have a large stock of this size, we would advise you procuring one at once as there is sure to be a great demand for it at this low price. To-day's actual value \$25.00.
Sale Price \$10.50	Sale Price \$19.00
Diningroom and Bedroom Sizes 3 x 3 Yards	An Average Room Size 3 x 3 1/2 Yards
On account of this rug being exactly square, it comes in nicely for any square or nearly square room, and as the range of designs is so large in this size, we have them suitable for any room of these dimensions. To-day's actual value \$35.00.	Any Housefurnishing Department sells more of this particular size rug than any other size made, and for that reason you will find a large number of this size on display. Place your order early if you are needing a rug of this size. To-day's actual value \$38.50.
Sale Price \$26.00	Sale Price \$28.50
Large Dining or Living Room Size 3 x 4 Yards	
We have in stock of this Axminster Rug, probably 40 or 45 rugs, and there are eight exceptionally good designs for your selections, and we feel sure you will find your rug among these, and then take into consideration the substantial saving involved. To-day's actual value \$42.50.	
Sale Price \$31.50	

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Pure, Clean? **MILK?**

You get nothing else from us. Pasteurization makes it as clean and pure as deep spring water.

Did you ever stop to think about the old cans and half-washed bottles in which milk is often delivered? Not here, though, because every bottle leaving our building is sterilized.

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64-66 NELSON STREET

Classified Advertising PAYS

The waste paper basket in some offices is emptied once a day, sometimes twice a day. Besides scraps of paper and envelopes it usually contains many circulars addressed to the man who seldom opens them.

Thousands of dollars are wasted by circular publicity. There is no surer method of reaching the people you want than through the CLASSIFIED COLUMNS OF THE COURIER. There is no waste publicity in CLASSIFIED ADVERTISING. You can reach a greater number of possible buyers at a cost far below that of sending circulars, and the only time needed is to write your copy.

Eliminate office basket waste and turn your money into CLASSIFIED ADVERTISING.

FRUIT BULLETIN

Housewives will do well to put down a large quantity of Canadian Elberta peaches which are now at their best. You should see your grocer at once, and put down an extra supply of Niagara Peninsula Grown Fruits. Fruit is good food and is healthful. Ask your grocer for the Niagara Grown kind. LOOK FOR THIS LABEL ON THE BASKET.

NIAGARA PENINSULA

FULL VALUE PACKAGE GROWERS NO. 264

CARLING'S

2% ALE, PORTER, and RED RIBBON BEERS

surpass in quality all the other brands.

Ale and Porter are put up in quarts and pints; Red Ribbon Beer in cases of 2 dozen pints.

Its sale is increasing daily. Try it and be convinced.

Agents for Brantford and District.

J. S. Hamilton & Co.
44 - 46 DALHOUSIE STREET

TWO ENEMY ZEPPELS ARE BROUGHT DOWN

Continued from Page One
ed; 45 men, 37 women and 17 children injured. Considerable number of small dwelling-houses and shops were demolished or damaged and a number of fires were caused. Two factories sustained injury and three empty railway trucks were destroyed, and the permanent ways slightly damaged in two places.

"No reports have been received of any military damage."

The Localities Visited
An earlier statement by Sir John said: "Fourteen or fifteen airships participated in the attack on Great Britain last night. The south-eastern, east Midland counties and Lincolnshire were the principal localities visited."

"An attack on London was carried out by two airships coming from the south-east between 1 and 2 o'clock, and also by one airship from the east arriving between 12 and 1 o'clock in the morning."

"Aeroplanes were sent up and fire was opened from the anti-aircraft gun defences, the raiders being driven off."

"Bombs were dropped, however, in the southern and south-eastern districts of London, 28 persons being killed and 99 injured."

"Two of the raiders were brought down in Essex. Both were large airships of a new pattern."

"One of the raiders fell in flames and was destroyed with its crew of 22. The officers and men of the second were captured by the militia. The roar of dropping bombs was heard in many districts where the raiders were invisible. It is not believed that more than two or three invading Zeppelins which crossed the East Coast succeeded in reaching the environs of London, and that two of these paid the death penalty given in material, the casualties of the past two raids, it is believed, will have a depressing effect on the morale of the Zeppelin crews in the future."

Londoners were jubilant at the exultant enthusiasm shown from the first, in disclosing that the destruction of a giant sky-raider is already taken as an ordinary incident in this unusual world-war.

Careful Defences
The fact that the airships were brought down well outside of London, both this time and Sept. 3rd, shows the care with which the defences have been built with the raiders were further evidenced by the speed with which the searchlights picked up the airship about midnight and suddenly a searchlight beam shot to the starlit sky. Three more hours of the whirling airships were caught in the coils and the guns began sending up shrieking sharpshooters.

For a minute or two the raiders kept its course, then wavered, turned partly away and suddenly dissolved, apparently into thin air. Evidently the ship was beclouded in the smoke and the lights lost her completely.

In the meantime, however, bombs were dropping and red flares were visible as they hit the earth. The city was quiet for an hour, the searchlights flashing only occasionally in the hunt for raiders. All London within sound of the guns and bombs was out to see the spectacle of the glow and the thrill of a Zeppelin which had been the eastward clement, when appeared low in the sky it looked first like the moon rising in its last quarter from behind a cloud bank. From the city it appeared to hang stationary for a minute or more, then glowing redder a reader slowly and steadily to the perpendicular and streaked into the gloom of the smoky night ground-mist.

To the watchers in Essex, however, the spectacle of the flaming fall Zeppelins had all the thrill of the end of the 1911, and they cheered the gunners and their fortunate shots that brought the raiders to earth.

Attack Was Expected
All London expected the attack Saturday night, the Germans evidently having selected Saturday as their greatest effort. But a bright moon deterred any attempt at three weeks ago, when thirteen raiders came over the sea. The chat from the unlucky 13 to 12 last night brought, however, worse, rather than better luck to the flying squadrons. From the moment the first Zeppelins appeared it was evident that raiders were of the new and late types. This has been borne out by the two brought down. One of the burning Zeppelins in falling crashed through a row of tall chimneys, the envelopes supports. As usual village fire engine was quickly to the scene and began putting out the blazing wreckage. Police constables and volunteers removed bodies as rapidly as possible. So of these were charred beyond all cognition, while others were white and recognizable. All appeared to be young men, well clad wearing the remains of stout lead coats and shoes of rather poor quality, which is taken here to indicate that good footwear is not plentiful in Germany.

To-day thousands journeyed to see to view the wreck, but precautions prevented souvenir hunters from making away with anything detachable. There were no sightseers also viewing the damaged outskirts of the city.

From the number of bombs dropped, both explosive and incendiary