You will like its Fine Granulation

Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves. Just cut off the corner and pour out the sugar as you need it.

Lantic Sugar

comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities

"The All-Purpose Sugar"



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

Disgusted Scots.

(New York Sun.) Correspondents on the front see some great exhibitions of courage on the part of Sir Douglas Haig's men-some of them rather amusing. One writer sends the following to his paper in London:

"The angriest man I have seen since the first morning of the fight was a Ssotsman who was so disgusted that he had difficulty in finding words to express himself at having got a bullet through his leg before the real fun began. It was another Scotsman who regretted that the enemy ran instead of stopping to have it out, because, he said, when you can use your bayonet "It makes it so much cheaper - an admirable phrase.

Minard's Liniment Cures Colds, Etc.

Officers' Training School.

The Defence Minister of Australia bas decided to establish a Central School of Instruction for selected candidates for commissions in the Australian Imperial Force. school, which will be in the neighborhood of the Royal Military College at Duntroon, will have 400 candidates, and will be under the supervision of the staff of the Military College. It has also been decided establish a non-commissioned officers' school in each district, and no non-commissioned officer will be permitted to embark with the Australian Imperial Forces until he has qualified at one of these schools. Candidates for commissions will also be required to pass through the noncommissioned officers' school.

CHILDHOOD AILMENTS

Childhood ailments in most cases come through some derangement of the stomach or bowels. Baby's Own Tablets have been proved by thousands of mothers to be the greatest medicine known for the cure of these ailments, simply because they regulate Concerning them, Mrs. Napoleon Lam- tain much of their food along the tuce, or serve it in a little pan with bert, St. Ignace, Que., writes: Baby's Own Tablets are an excellent their bills or feet by clams. Large medicine for childhood ailments and gulls have been observed flying away I am well pleased with their use." The Tablets are sold by medicine toes. Willets and sandpipers on sevdealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., the beach at Wallops island, Va., un-

QUICK CLEANING.

Some Aids When Time is the although alive, was exhausted and Great Question.

a gown becomes soiled when there is prisoner, unable to fly as the weight no opportunity to have it cleaned or of the bivalve pulled its head downwhen it must be worn in so short a ward. time that the lace cannot be washed | A robin at West Chester was so enand dried in time. Quite soiled lace raged when, it saw its reflection in a may be treshened wonderfully by laying it over some white paper and its bill striking the glass in futile efsprinkling it freely with talcum powder and rubbing it gently with a clean list. soft cloth. A handkerchief will do. The powder will sift through and then the lace may be turned and rubbed on the other side. When the powder becomes soiled throw it away and sift on some fresh powder. A black chiffon walst with georgette dazed condition, and the bird which collar, cuffs and vest, which really seemed soiled beyond help was made presentable in this way for an occasion that demanded such a waist.

If time permits lace at the neck and sleeves may be washed without being removed from the gown by folding a Turkish towel and holding it under the lace right up to the dress material. Then dip a small brush (a vegetable crush is about right, and such a brush should be kept in the bathroom) in warm water and rub lightly over white soap. Rub the lace gently Turn the towel or move it until a time saw this ,but showed no resentclean portion comes under the lace ev- ment, nor did they make any outcry

ery few moments. After you have covered the lace with the soapsuds then dip the brush in clear water and go over carefully again. Usually that will clean the lace, but if it is much soiled you may have to cover it again. Care must be taken not to get much water on the brush, or it will run back on the dress material. When the lace looks clean spread out the waist or gown on the bed and let the lace dry over the towel. If it is carefully pulled out when wet it will not need any pressing.

Minard's Liniment Cures Garget In

The Woodshed Test.

A city man, familiar with life in the country, used the "woodshed test" to determine whether it is safe to lend a farmer money. If he finds a good stock and effective in action, in the most of wood on hand, with plenty of it chronic cases. Get a 25c bex to day: split and neatly piled and some split they bring and keep robust good health. very fine, so that it will kindle easily. he concludes that the man is fcrehanded, looks out for his wife's comfort, does not spend his rainy days at the store and is a good risk. If the woodshed shows shiftlessness he refuses to lend .- Youth's Companion.

Absolutely Sore **Painless** Corns No cutting, no plasters or pads to press the sore spot. Go!

without pain. Takes out the sting overnight. Never failsleaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

BIRD TRAGEDIES.

The Feathered Creatures Often Bring Themselves to Destruction.

Birds and other wild creatures, like human beings are often the victims of peculiar and unusual accidents. bowels and sweeten the stomach. Sea gulls and shore birds, which ob- to stuff tomatces or cabbage or letocean surf are sometimes caught by a poached egg and some spinach, or with these bivalves hanging to their eral occasions have been found along able to escape from the vicelike grip

of clams. The late Dr. John R. Everhart, of West Chester, discovered a kingfisher on the bank of a creek. The bird. died soon after it was liberated. This kingfisher had evidently attempted to dishes from one large, plump bird, and make a meal on a fresh water mussel. and the hard shells closed upon the Sometimes the lace at the neck of bird's bill and it was held a helpless

> window pane that it severely injured forts to vanquish a phantom antagon-

A man at Atlantic City was rowing a boat in a heavy fog, when a flying wild duck, unable to see the boat coming toward it, struck the man with full force on the back of his head. The man was knocked forward in a weighed some three pounds, fell dead with a broken neck.

Rails, coots and woodcock are often killed by flying against wires of telephone and telegraph lines.

One day as David Prichard, of Scranton, was making a cast for a trout in the Broadhead, a swallow darted at his fly and was hooked by the wing.

Last summer I saw an old purple was almost large enough to fly from the nest and throw it on the ground. speak the sout the box at the

usually done when their young by accident fall from the boxes, This poor little marten, which had been so badly treated by its father, was picked up, and its legs were found to be paralyzed, owing to the fact that fine string-probably carried by the birds into the box as a part of the nest-was tangled so tightly about the legs as to have cut off practically all circulation. It would seem that Mr. Purple Marten and his forty odd relatives who had homes and young in the same box, realized that this crippled youngster would never be able to provide for itself, and it was unanimously agreed that it should die, and the blue-coated father was the execu-

THE HIDDEN HIDE.

(Judge)
Little Bobby was sent to the bathroom and told to take a thorough bath, after having played close to Mother Earth all day.
"How are you getting along?" called his mother.
"Pretty well," replied Bobby, optimistically: "I'm almost getting down to

\$1,000 REWARD!!

For a Case of Incurable Constipation.

To any person who cannot be cured of Constipation by Dr. Hamilton's Pills, the above reward will be paid. bles is much nearer the Belgian of the most popular features the com-No medicine gives such lasting satisfaction or effects such marvellous cures as Dr. Hamilton's Pills. Relief those days when the French and Britinstantly follows their use. That blinding headache goes forever, that in artillery of all kinds, especially feverish feeling in the skin is soothed away, bilious fits and stomach disor-

ders are stopped. Don't be nervous about reige Dr. Hamilton's Pills; they are mild enough for a child to use, yet certain

FOR FAMILY OF TWO.

One Plump Chicken Furnishes Four Good Meals.

A family of two is often hard pressed for variety, while left-overs from average cuts are simply nightmares. Two sisters (one an invalid) Putnam's Extractor treat a large plump chicken thus: Remakes the corn go move with a sharp knife one wing and one side of the breast.

Do not use the bony part of the wing, but put that aside; you thus obtain two portions. Take your choice now if you will serve chicken eu casserole, fricassee of chicken and rice, steamed chicken with macaroni, or chicken en papilotte. Then you have the legs and pickings from the earcase to dispose of. Serve these as a souffle, croquettes, or a chicken and macaroni pie, or en casserole (using different flavoring and making the gravy into a thick sauce); or you may use the meat as a mince with which let it appear in the centre of an omelette. Let us say that you choose-THE DISHES.

Dish 1-Steamer chicken and semolina (one wing, one side of breast). Dish 2-Chicken en casserole (one wing, one side of breast). Dish 3-Chicken and macaroni pie

Dish 4-Mince with egg and spinach

one leg and all pickings). If you do not need large portions you will find you can abtain the four then there is the carcase with which to make clear broth, with rice and vegetables or white soup. Managing thus, there need be no lack of variety, and every dish is made of one cooked meat.

BETTER THAN SPANKING

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 8, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

COMBLES AND THIEPVAL.

The perfect co-operation of the French and British south and north of the strongly fortified position of marten pull one of its young, which Combles has resulted in the capture of that place and of Thiepval by the Allied forces. Upward of thirty-five so-called villages have been carried in the offensive that began in July. The Germans had been in possession of them nearly two years, and most of them were strategically important. Such villages as Combles, dominating a district, has been elaborately fortified by underground cement works, from which it was impossible to drive the occupants by artillery fire. It could be done only by charging infantry that was well supplied with

Trenches flush with the ground can be shattered by artilery, and infantry with a screen of gas cloud thrown out then go in and finish the business: but to take an underground Gibraltar like Combles of the crossroads which has been called the key to Peronne (the objective of the present offensive), positions to the north, south and east must be seized before success is assured. Thus previous to the capture of Combles the British carried Ginchy and Morval on the northwest and northeast and the French forced their way to Fregicourt on the east, cutting the road to Sallisel. Thereupon the British rushed Combles, and the bombing of the underground works began. The capture of Combles by the nutcracker method is only less important than would be the

2 m 1

\$21.00

DELIVERED AT YOUR HOMR TOWN

Combination Cooker and Heater

The most efficient and economical stove made.

Will burn coal, wood, coke, corn cobs or anything burnable.

Fitted with Duplex Grate, Het Blast Tube and Screw Dampers. Will hold fire over night, cook, boll and bake equal to the largest range.

Has a fine oven of heavy steel sheets dosely riveted together. Body of polished steel.

If your dealer has not a sample for your inspection, send \$21 direct to us and we will prepay freight to your nearest railroad atation.

HAMILTON STOVE & HEATER CO., LIMITED

Hamilton, Ont. Canada's Oldest Stove Makers

taking of Peronne, six miles to the

The "Big Push," as Tommy Atkins calls the offensive on the Somme, makes slow progress measured by the mile. But when a place like Combles. with its one narrow gauge road and converging high roads, falls we may be sure that the German Central Staff knews what the gain means. Was it a month ago that Contalmaison fell into the hands of the British?—Contalmaison is only eight miles west of Combles. The exact time doesn't mat-What does matter is that Comfrontier, so much nearer Maubeuge

machine guns. Presently, if General Joffre's plans work out right, Peronne will be un- fying lunchen; and they can have der the French flag once more. Perhaps fifty miles away, as the crow connection on wet or cold days-a flies, is the frontier of Belgium. Between are many battlefields on which magazines and papers and in which the Allies were worsted early in the the employees can rest for the balwar. Peronne is a railway centre ance of their lunch hour. The arvalue. But Peronne will resist the appointments are harmonious; there nutcrackers stoutly. The loss of it is an air of quiet dignity about the by the Germans would be a severe place, Mr. W. A. Cooper, manager of blow to their prestige, which in the the sleeping and dining car depatrwest has had some hard knocks of ment, said that this was in accordlate. Swiftly as the "Big Push" moves | ance with the well-known policy of the lesser objectives merge into the the Canadian Pacific of taking care of great objective. The plan is intri- its employees. The people in the ofeate and the execution of it requires iron resolution that disregards sacri-It is only a dull intelligence that does not see that if the gains continue the Germans will have to shorten their line or it will break.

I was cured of terrible lumbago by MINARD'S LINIMENT. REV. WM. BROWN.

I was cured of a bad case of earache by MINARD'S LINIMENT. MRS. S. KAULBACK.

I was cured of sensitive lungs by MINARD'S LINIMENT.

MRS. S. MASTERS.

They Meant Well. A postal correspondent sends the

following extracts from letters that have recently been addressed to the "Dear Sir,-My husband has been

away at the crystal palace and got a four days furleng and has now gone to the mind sweepers." "Dear Sir, I am his grandfather and

grandmother. He was born and brought up in this house in answer to your letter.'

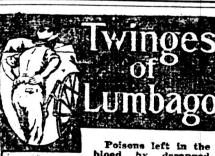
"Dear Sir : You have changed my little boy into a little girl, will it make any difference in the future?" "Dear Sir: "I have not received no pay since my husband gone from no-

Another correspondent who had a grievance replied: "In previous correspondence with your office I am always described as 'Mrs.' you yould form a different opinion if you saw my whiskers."-Manchester Guardian.

Minard's Liniment Cures Liphtheria.

Made a Social Cutcast.

In court circles in England it is a serious matter to incur royal displeasure. The man or woman who does so intentionally ceases to be recognized by His Majesty, which means social extinction. The offender's name is struck out of the visiting list of every person who is anybody in society, and should the offender be a man he is politely informed that his resignation from his club or clubs would not be out of place. No man or woman of social repute will in future know him, and if he is in the army or navy he has no option but to resign, or he will find himself out dead by every one of his brother officers.-London



kidneys cause blood by deranged rheumatism, lumbago, backache and bodily pains. Lasting cure is only obtainable when the activity of the kldney- is

t This is best accomplished by Dr. Chase's Kidney-Liver Pills, because of their combined action on liver, kidneys and bowels. The system is cleansed, the blood purified and the pains and aches disappear. One pill a dose, 25 ets. a box, all

Dr.Chase's

CARE FOR ITS HELP

C.P.R. Cafeteria at Windsor Station Building.

For the convenience of the employees, of whom there are nearly 2,000 in the Windsor Station buildings, the Canadian Pacific Railway has recently set up a cafeteria luncheon at 15 cents in a large apartment which will accommodate 251 persons at a sitting. Judging by the attendances, it is bound to be one pany has put its hand to. There are and Mons of painful memory, but of hundreds of girls, especially, who have not time to go home, or who, ish were outnumbered and inferior if they do go home, are greatly pressed for time. With this service at their disposal they will save car fare; they will get a thoroughly satisthe comfort of the locuse room in lounge room which contains a piano, strategically of considerable rangement is four to a table; all the fices constituted quite a little city in themselves. Many could not go home with convenience. This lunch room would meet the wants of many. Of course, there would still be the 30cent luncheon upstairs, and the regular dining room, in which you could have what you wanted and pay for the same as much as you liked; but this was strictly for the employees, male and female, who would prefer to have their luncheon inside the building to going to restaurants-those of them who were in the habit of going

LESS CROWDED.

to restaurants.

(Life) Lillis-Were you at the lecture last

that little hall.
Gillis-On the contrary, I thought it was quite a relief after being out on the municipal golf-links all afternoon.

If Strength Declines As Age Advances Follow This Suggestion

So many women grow old before their time, perhaps your wife or sister. A little while ago, buoyant, full of vigor and activity-she enjoyed life and imparted pleasure to the whole family; but now in a few short years she has faded and lost color and strength. She is just ready to develop some disease that will further weaken and debilitate. You remember how it began, failure of appetite, tired in the morning, found housework burdensome, always nervous and a little irritable. It's a shame to let her go down hill further, when you can build her up so quickly with Ferrozone. The change this nourishing tonic makes in a weak woman is surprising. It gives great zest for food, increases appetite and digestion enormously. The blood gets richer and stronger and adds new life to every organ in the body. A rebuilding process works through the entire system. The first week will show an improvement, and a month or two will fatten up the thinnest, most run-down woman you can think of. Take Ferrozone for lost color, for nervousness, for weakness-use it when run-down and feeling poorly—it will do you more lasting good, keep you in better health, than anything else. Just as good for men and children, too, because Ferrozone is harmless and safe. 50c. per box or six for \$2.50, at an dealers, or direct by mail from the Catarrhozone Co., Kingston, Ont.

Ada Rehan's Bandsman.

Miss Ada Rehan used to say that the nnest appreciation of her acting she ever observed came from a bandsman in the orchestra of a Birmingham theatre. When she played the angry Katharine she had one piece of superb fury—a swift march to the back of the stage, a right about turn and then a straight march down the stage, pulling up short and sharp at the footlights. One night she saw a bandsman sitting directly in her line of advance shrink back in his chair at the moment of the full stop at the footlights.

"Sure, he thought, I wasn't going to stop on the stage," Miss Rehan said. "I wonder if he is married to a Kath-

The next day she sent him a box of cigars.-Manchaster Guardian.

NEWS TO HER (Rochester Times)

(Rochester Times)

A traveling man one night found himself obliged to remain in a small town on account of a washout on the railroad caused by the heavy rain. which still coming down in torrents. The traveling man turned to the waitress with:

"This certainly looks like the Flood."

"The what?"

"The Flood. You've read about the Flood, and the ark landing on Mount Ararat, surely."

"Gee! Mister," she returned. "I sin't seen a paper for three days."

ISSUE NO. 44, 1916

HELP WANTED WANTED GIRLS TO WORK W knit underwear scamers and fished stitchers preferred. We also to learners, any girl with good knowled plain sewing; good wages; ideal fory conditions. Zimmerman Manual turing Co., Ltd., Aberdeen and streets, Hamilton, Ont.

WANTED - HOUSEMAIDS waitresses. Previous expent not necessary. Apply, "The Wells St. Catharines. Ontario. WANTED— EXPERIENCED general; no laundry work; \$25.00; references. Address, 325 street south, Hamilton, Ont.

MISCELLANEOUS.

WANTED-GIRLS OF GOOD EDUCA tion to train for hurses. Apply Wellandra Hospital, St. Catharines, Ont

GIRLS

ers, also young girls to learn CHIPMAN-HOLTON KNITTING CO., L'MITED, HAMI "ON, ONTARIO.

FOR SALE AT A BARGAIN

2 POTTER CYLINDER PRESSES—A half sheet Double Demy and half sheet Double Royal size. Make us an offer for them. Well suited for a Country Division Officer of them. fer for them. Well suited for a C try Printing Office. Address, T Printing Company, Hamilton, Ont.

RABBITS FOR SALE.

Temporarily overstocked; bargains while they list. Grey Flemish Giants, Ruius Red Belgian Hares all ages fully DONALD WATERS 175 Jackson Street West, Hamilton, Ont.

Ancient Basket Makers.

The Worshipful Company of Basket Makers dates back to 1539, but basket making was a recognized craft in London mere than a century before then. In 1463 basket makers 'and other foreigners" were banished by the common council to the old manor of Blanche Appleton, and in 1508 even those English basket makers who were still permitted to live in the city were similarly dealt with, on account of their indifference to the danger from fire .- London Chronicle.

Minard's Liniment Cures Distemper.

About Coal.

That lump of coal that one scorns cevening?

Gillis—Yes.

Willis—Wasn't that awful!? The idea of 5,000 people jammed and squeezed into that little hall.

Gillis—On the contrary, I thought it accompanied by several thousand of accompanied by several thousand of its fellows, requiring just 35 men to prepare it for the consumer's cellar. Among the little army which prepares coal for the public is the con-

tract or company miner, who drills the vein and shatters the coal loose with explosives, the laborers who load it into the mine cars, and "loaders" who put the coal through chutes. In addition there are door tenders, no air outlets and inlets.

Bratticemen build partitions. Engineers run big exhaust fans. Masons and lampmen are everywhere, and in gaseous mines "shot firers" handle the explosives. Then there are stationary engineers.

compressed air and electric locomotive mine cars, road cleaners, track repairbrakemen, stablemen, mule shoers, car oilers and a veterinary. Others are headmen and footmen. shafter repairers and hoisting engineers, pumpmen and water boilers. hoisting engineers, rockmen. rock stowers, timbermen, machinists,

carpenters, electricians, siltsmen, res-

cue men foremen, assistants and-just

Got His Reply.

plain laborers.

A funny man indulged in a practical joke recently. He put an advertisement in a paper for a wife and requested each candidate to inclose her carte de visite. It was a foolish thing to do, but one of the candidates served him out very well by sending the following letter: "Sir, I do not inclose my carte, for, though there is some authority for putting a cart before a horse, I know of none for putting one before an ass."

She-I'm sure there are many girls who could make you happier than I could. He-That's just the difficulty; they could, but they won't.-Boston Transcript.

The Bread Problem is

not a problem in the home

where Shredded Wheat is known. The whole whea grain is the real staff of life, and you have it in Shredded Wheat Biscuit prepared in a digestible form. It contains more real body-building material than meat or eggs, is more easily digested, and costs much less. The food for the up-and-coming man who does things with hand or brain-for the kiddies that need a well-bal-

drudgery. Delicious for breakfast or any meal, with milk or cream.

anced food for study or play

—for the housewife who must

save herself from kitchen

Made in Canada.

U.S. WARSH IDED U-B LATE

Beresford and Syde Charge in the H of Lords.

GERMANY'S P

Viscount Grey Says is One Between and Washingt

London Cable.—Some of the feeling that the American warships in re sengers from the vessels su erman submarine U-53 American coast amounted of neutrality were made to House of Lords by Barc and Baron Sydenham.

Lord Beresford is recogn country as the spokesman in the House of Lords, an dennam's varied activities cluded the authorship o navai amairs.

Baron beresford stated th tion of American samps and to be quite within the bot neutranty, and that he ti British were bound to tak this fact. The submarine question

forward by Lord Sydennan ed if the particulars of the the British steamer Stepha others had been received, a the circumstances were in with the German pledge to States. He referred to "th of the U-53 under the very American navy," and to t tion of President Wilson resulted in the German ple Sydenham declared: "Even exploits of the U-53 that torn to sheds. Yet the of the United States has m whatever, that the sinking ships goes on almost every Norwegians have lost 18 this one month, and what neutrals think of their po resentative?'

WARSHIPS ABETTED VI No life, he said, was lost the presence of America Lord Sydenham took the p the presence of America actually enabled German; wnat ne said President Wi scribed as a sacred and u rule of international law. Baron Beresford express ion that Germany intend America into the war, so a

to say she could not tigh world, and also because States would be a valuab her at the peace conference tinued: "The United States are aiding and abetting this ous state of affairs. If States had not sent their

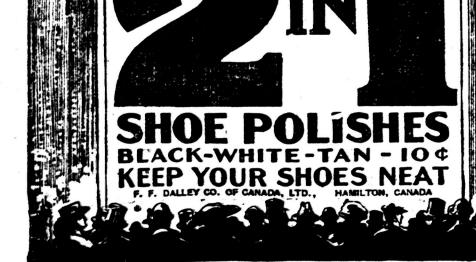
for some extraordinary r the Germans would no broken the pledge to whi tention had been called. are bound to take notice which does not appear within the bounds of net far as the United State Foreign Secretary Grey s have no understanding wi

ited States Government as formation they are going what they will do with the when they obtained it. do is to obtain informati selves from such sources : to us, and these sources in imagine, are officers in cha merchant vessels sunk or access, and from these their individual statement happened.

ARE SECURING REP "That is what is being c other side, I understand. perts, I trust, win reach the in due course as to the sta survivors, and when these received I cannot imagine why they should not be n in this country, or that th any reluctance on the g Admirany-or among the concerned to making publi which we shall have got to as to how the vessels wer treated by the German en "Lord Sydenham," cont

count Grey, "queued statem by Lora (rewe in August of the of vessels sunk by Ge marines since the Germa ment gave a piedge to States Government in Ma year, up to the middle of circumstances which were not in accordance with th which included firing to ships without warning at ciently providing for the the crews or passengers stips were sunk. I am su miralty (indeed, I think i n:ade public) can mulitipl which have occurred since of August and are occurr week of allied or neutral vessels having torpedoes fir without warning, and m less of life occurring form placed in open boals as chance of safety when the sunk.

PLEDGE, IS IGNOR "These instances are oc different parts of the wor whether they occurre United States coast the other is a matter on which I co neunce any opinion until v



THE GREAT BRIGHT WAY