



ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

MADE IN CANADA

EW. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

Manual Training of Mutilated Soldiers

As a suggestion in chirocuro of the value of arts and crafts this war is rich in fine examples taken from the tragic experiences of the battle. Surgeons who have seen the battlefields and hospitals of Europe dwell upon the stupendous problems of caring for the men disabled and mutilated by modern shot and explosives. How are these men to be trained and fitted for work? Can a man who has lost his right hand be taught to use the left? Should he learn a new trade or cultivate the old one with his left hand? Can men blinded by explosives be taught to use their fingers in drawing or in such unions of brain and fingers as music and typewriting?

These problems were discussed at a recent meeting of the French Academy of Sciences. Obviously both technical and social issues are here in question in the first place the normal and working life of artisans and professional men has of necessity, given way to military duty. Though we assume that most of them will be taken back into the industrial life of the nation, others will be permanently or partially incapacitated for one cause or another. In addition to the drainage of huge bodies of men from civil employments, which cannot fail to produce its effect in the future, there will be a shortage of sound men caused by the war. The loss of mil-

and physical force. Of the other two, one describes the use of artificial limbs, hands, fingers, while the other is an outline of a new system, which will be published shortly in detail, of training the left hand.

The observations, which were made at first hand by a Polish surgeon, Klesk, on the eastern battle front, are recorded and extended by the Belgian physician Joteyko and his pupil, Kiplani, whose book on ambidexterity is the standard. These studies are of the most practical and useful kind. At the outset the interesting question arises: Why are the majority of the human race right-handed? Without entering into the countless theories of the cause it is probable that owing to the position of the heart and great arteries, which are placed for the most part on the left, the need to protect this side of the body has been a guiding factor and had led to the almost involuntary preference for the right hand. It is certain that the right side of the body is usually stronger and better developed than the left; the muscles and nerves are quicker and more responsive and more capable of precise movements. It also appears that the case of left-handed soldiers who have lost the right hand is marked by the following special features: Left-handed men who are being trained to use this hand when they are accustomed to help it with the right are more easily tired than right-handed men; it is found that left-handed men are less accurate in their work; they are able to work less, for muscular action in their case accelerates the heart and breathing so much that they leave off sooner. In fact, it is said that it is much easier to train a

soldiers who had lost the right hand learned to write correctly with the left in four weeks, though in some instances a mirror writing seemed in corrigible. In these cases it appears to be useless to attempt any other kind. Much of the success of this training depends upon the nature of a man's trade or profession. It is far easier simply to require rough movements, the muscular work of lifting weights, for example. But in the teaching of trades that are skilled, that require very fine and precise movements of the hands and fingers, failures were not uncommon. Here a new trade is perhaps the best thing. But the great truth which these writers convey is the advantage of the training of both hands. A man who can use both hands in his work is much less helpless when he is disabled; it is said that the ambidextrous are more alert mentally, of stronger "fibre," as William James puts it. Perhaps they are; but there is something fanciful in these statements, and experience on a sufficient scale is wanting. The practical results of training disabled men are distinctly consoling. A considerable proportion are restored to a comfortable existence and earn their living with comparative ease. The manual training of such men is worth further investigation.—New York Sun.

Thirty-two thousand six hundred and eighty-eight pounds of opium were produced in the Madras district, India, in the past year. It brought unusually high prices.

MY FOUR LITTLE ONES USED BABY'S OWN TABLETS

Mrs. Albert Nie, St. Brieux, Sask., writes: "I have been using Baby's Own Tablets for the past seven years and they have done me four little ones a great deal of good." The Tablets do not harm being guaranteed by a government analyst to be absolutely free from injurious drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

FACTS FOR THE CURIOUS.

Waterpower electricity is gradually replacing and saving coal.

Except along the Caspian Coast, Persian agriculture is dependent almost entirely on irrigation.

That whooping cough is caused by a bacillus has been discovered by two European physicians.

Paper is spun into thread and woven into a substitute for jute textiles by a process invented in Bohemia.

Java is estimated to have exported \$5,000,000 pounds of tea in 1915, as compared with \$5,000,000 pounds the year before.

Silk fabrics, heavily impregnated with the salts of lead or tin are being made in France for X-ray garments for physicians.

Kansas is said to have fewer millionaires and paupers than any other state in the Union.

In the far north of the Russian Empire lives a race of people who do not know the Russians are and who do not know that there is a war.

Pleurisy Pains Vanish! Chest Colds Cured!

NERVILINE HAS NEVER FAILED TO CURE.

Don't suffer? Nerviline is your relief. Nerviline just rubbed on, loils of it, will ease that drawn tight feeling over your ribs, will destroy the pain, will have you smiling and happy in no time.

"I caught cold last week while motoring," writes P. T. Mallory, from Lynden. "My chest was full of congestion, my throat was mighty sore, and I had the fiercest stitch in my side you could imagine. As a boy I was accustomed to have my mother use Nerviline for all our minor ailments, and remembering what confidence she had in Nerviline I sent out for a bottle at once. Between noon and eight o'clock I had a whole bottle rubbed on, and then got into a perspiration under the blankets. This drove the Nerviline in good and deep, and I woke up next morning fresh as a dollar and absolutely cured. Nerviline is now always part of my traveling kit, and I will never be without it."

The large 50c family size bottle is the most economical, or you can easily get the 25c trial size from any dealer.

Tea Chewers of Siam.

"Chewing tea comes from Siam," said a traveler. "They call it mieng. It is in a plug, like chewing tobacco, and it has a villainous smell. This smell is due to the fermentation it has undergone. The tea that the Siamese employ for chewing purposes is a very coarse, rank plant. It is gathered like ordinary tea, but the leaves after being compressed into plugs are buried for fifteen days. They ferment during burial. On their resurrection they are very, very fragrant indeed. The Siamese boatmen chew tea. The rickshaw men chew it. The litter carriers chew it. They say it makes them work better. This is probably the truth, for I chewed a plug myself in Anam, and it exhilarated me strangely. But the aftermath was bad—a headache, smarting eyes and nervous depression."

Minard's Liniment Cures Gargic in Count.

Unfortunately, the man who depends upon a train of thought doesn't always get there on time.



CANADIANS WANTED FOR THE ROYAL NAVY

Two thousand Canadians are wanted for the Royal Naval Canadian Volunteer Reserve towards manning the new ships of the Imperial Royal Navy. Immediate overseas service. Only men of good character and good physique accepted.

Pay \$1.10 Minimum per day—Free Kit \$20.00 per Month Separation Allowance

Apply to the nearest Naval Recruiting Station, or to the Dept. of Naval Service, OTTAWA

Being the Vice President.

"Isn't it easy to be a vice president?" remarked a young woman who had been sitting in one of the galleries for some time watching the Senate work. "Clutch," colloquially responded her escort.

But senators know differently, for they are fully aware of what it means to sit hour by hour and pilot their august body through the parliamentary jingles which frequently are confronted. The rules for legislative procedure in the United States Senate are practically no rules at all, paradoxical as it may seem. The course of the upper house is guided largely upon precedent and past rulings of vice presidents, and as a consequence the presiding officer must be thoroughly conversant with what his predecessors have done from the time the nation was born. This means long hours of study and extensive reading.—Cincinnati Enquirer.

Minard's Liniment Cures Colds, Etc.

QUITE AGREEABLE.

"This is the last time I shall bring this bill," said the enraged collector. "Thanks," replied the impetuous debtor. "You are so much more considerate than the other fellow; he said he was going to come again."

TAKE NOTICE

We publish simple, straight testimonials, not press agents' interviews, from well-known people.

From all over America they testify to the merits of MINARD'S LINIMENT, the best of Household Remedies.

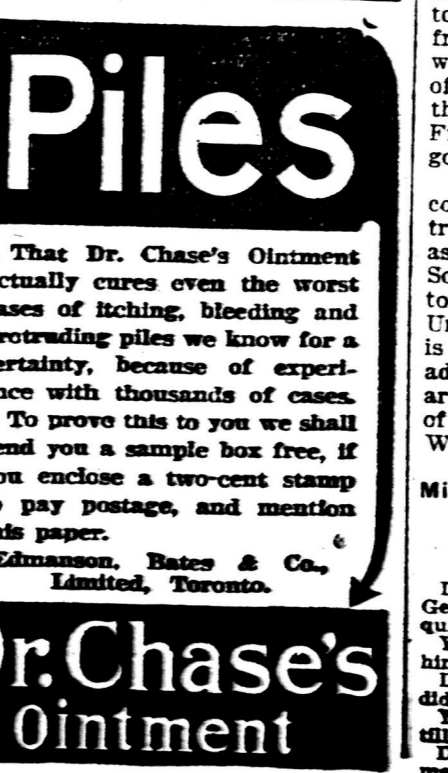
MINARD'S LINIMENT CO., LTD.

DUBLIN PROSPERS.

No Poverty Has Followed the Great Rising.

Dublin, Ireland, Nov. 7.—(Correspondence of the Associated Press)—The Dublin correspondent of the Associated Press has interviewed the Right Hon. James Gallagher, Lord Mayor of Dublin, in reference to the statements which have been made regarding a supposed exception state of distress in the city, due to the April rebellion, and its suppression.

The Lord Mayor said: "We are absolutely better off this year than last year, notwithstanding the rebellion. There is, as far as I can see, no exceptional distress at all. There is, on the contrary, a good deal of money coming into the city for separation allowances for the dependents of the men, most of them of the working classes, who joined the army. Information obtained from various traders in the city enable me to say that trade is as good, if not better, than it was twelve months ago. Moreover, employment has been added to work done in the city. We have five or six factories, each employing from one hundred to six hundred hands. Women are earning very good wages.



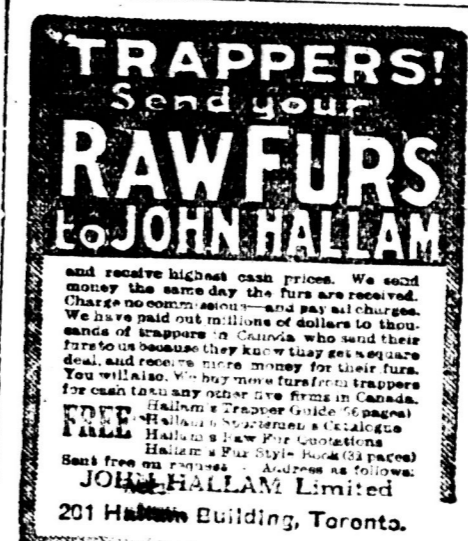
Piles

That Dr. Chase's Ointment actually cures even the worst cases of itching, bleeding and protruding piles we know for a certainty, because of experience with thousands of cases.

To prove this to you we shall send you a sample box free, if you enclose a two-cent stamp to pay postage, and mention this paper.

Edmondson, Bates & Co., Limited, Toronto.

Dr. Chase's Ointment



TRAPPERS' RAW FURS

Send your JOHN HALLAM

and receive highest cash prices. We send money the same day the furs are received. We are paid out millions of dollars in the fur trade in Canada, and from the same source we send these furs to the fur trade in Canada. For each take any other fur from a trapper and send it to us. We will pay you the highest price for it. JOHN HALLAM, Limited, 201 Hulse Building, Toronto.

and Dublin women have proved very adaptable in shell making. The result is that the Government is able to turn out shells in Dublin and in Ireland generally, cheaper than it can do in England.

"The effect of the rebellion," said the Lord Mayor, "was only temporary. A certain number of people were thrown out of employment by the destruction of the premises in which they were working; but that temporary need was promptly met. I got up a fund, which amounted to five or six thousand pounds, and the five or six committee, which had been working for the Prince of Wales' fund in relief of war distress gave me permission to spend from their resources something like \$2,000 in addition. We had the necessities of all the machinery used by the local relief committee. The need was only temporary. The people who were not employed at that time have got employment either from their old or new employers. Some went to England and secured employment in the munitions factories."

"The authorities of the St. Vincent de Paul Society, who have closer touch with the poor in the city of Dublin than any other organization, tell me that the number of cases on their books in the city is exactly the same to-day as it was at the beginning of October last year."

Wonderful for the Blood!

Cures Sallow Skin, Headache, Langour and Tiredness.

You don't need to be told how you feel—blue, sort of sickish, poor appetite, vague pains, tired in the morning. This condition is common at this season.

Fortunately there is prompt relief in Dr. Hamilton's Pills, which immediately relieve the system of all poisons and disease-producing matter. Thousands have been so utterly depressed, so worn out as to be dependent, but Dr. Hamilton's Pills always cured them. "I can speak feelingly on the power of Dr. Hamilton's Pills," writes C. T. Fearman of Kingston. "Last spring my blood was thin and weak. I was terribly run down, and awful headaches and a gnawing, empty feeling about my stomach, I couldn't sleep or work that night. I used Dr. Hamilton's Pills—they did me a world of good." At all dealers in 25c boxes.

Vastness of South America.

The vastness of South America is little understood. Travel about 20,000 or 40,000 miles each year trying to cover my circuit. It takes me longer to go between the extreme points from Panama by steamer than from the west coast and on through the strait of Magellan to Asuncion, Paraguay, than it would take to go to San Francisco to Cairo and back to Glasgow.

You think of Bolivia as a little country, it is as big as Germany, Austria and England. Peru is as large as all the United States from Nova Scotia to Indiana, from Canada south to the gulf. Argentina equals all the United States west of Omaha. Brazil is a United States with another Texas added. The resources of that vast area are in keeping with the bigness of the continent.—Homer C. Stuntz in World Outlook.

Minard's Liniment Cures Diarrhoea.

WILLING TO TRY. (L29) Daughter of Western Farmer—Oh, quit, and papa is away! Young Foreman—Yes, I know I wired him this morning for instructions. Daughter of Western Farmer—What did he answer? Young Foreman—He said: "Hold hands till I come." Daughter of Western Farmer—Well, it means an awful lot of money, but I guess we can do it, can't we?

ISSUE NO. 48, 1916

HELP WANTED.
WANTED—GIRLS TO WORK ON knit underwear—seamers and finishers—stitchers preferred. We also teach learners, any girl with good knowledge of plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen and Garth streets, Hamilton, Ont.
WANTED—EXPERIENCED COOK—general; no laundry work; wages \$25.00 per week. Address, 335 Queen Street South, Hamilton, Ont.

GIRLS WANTED

Experienced knitters and loopers, also young girls, to learn. Clean work and highest wages.
CHIPMAN-HOLTON KNITTING CO., LIMITED.
HAMILTON, ONTARIO.

FOR SALE.
FOR SALE AT A BARGAIN
2 POTTER CYLINDER PRESSES—half sheet Double Demy and a half sheet Double Royal size. Make as a copy for them. Well suited for a Country Printing Office. Address, Times Printing Company, Hamilton, Ont.

Nature Worked Backward.
The following is an interesting instance of the reversal of the ordinary course of nature that cost an English market gardener dear:
Watercress is eagerly devoured by caddis worms, and caddis worms are a favorite food of trout. The trout in turn have grown fat on caddis worms. Now, in the case referred to, it happened that a large stream of watercress had three-quarters of its crop ruined by the ravages of caddis worms. On investigation it was found that the trout, which ordinarily protected the plants from the worms, had been devoured ahead of time, so to speak, by a flock of hungry herons, which, in thus reversing the course of events, had brought disaster to the owner of the watercress.

THE HOUSE FOR GIFTS

When in Hamilton do not fail to visit Junor's, the House for Gifts. See our display of China, Art Pottery, Glass and Antiques Furniture, Pictures, etc. You will be made welcome.
ROBERT JUNOR
62 KING ST. E. SOUTH SIDE
Hamilton, Ont.

Science Notes.

Under normal conditions France makes 26,000,000 pairs of gloves per year.

Pearls are steadily increasing in value; they are now worth three times as much as they were ten years ago.

The banana takes the place of cereals among the Indians of South America, in the East Indies and in parts of Africa.

The two-edged weapons are found among the earliest specimens of Japanese metal working.

Biblical mention is made of 19 different precious stones, 9 metals, 104 trees and plants, 35 animals, 39 birds, 6 fishes, 11 reptiles, 20 insects and other smaller creatures.

A rifle ball covers 1,200 yards in two seconds.

Minard's Liniment Cures Diphtheria.

WISE SENATOR.

(Washington Star) "You never admit that you are sorry for anything you have said."
"No," replied Senator Boraham. "Being sorry for what you have said is a way of bringing what you said to the attention of people who might never have known you said it."

Plumbing supplies are needed in France.

Killing the Calves

All sorts of excuses are offered for the high price of beef, the most plausible being the alleged demand for veal—"the killing of calves which should be allowed to grow into regular beef." You cannot have beef if you eat it as "veal" but you can have Shredded Wheat Biscuit which contains more real nutriment than beef and costs much less. Shredded wheat biscuit is the whole wheat steam-cooked, shredded and baked. Make it your "meat" for ten days and see how much better you feel. Wholesome and strengthening for any meal with milk or cream or in combination with fruits.
Made in Canada

2 IN 1 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, Hot Blast Tube and Reverse Damper.
- Will hold fire over night, cook, boil and bake equal to the largest range.
- Has a fine oven of heavy steel sheets closely riveted together. Body of polished steel.
- If your dealer has not a sample for inspection, send \$1 direct to us and we will gladly freight to your nearest railroad station.

\$21.00
DELIVERED AT YOUR HOME TOWN

HAMILTON STOVE & HEATER CO., LIMITED
Hamilton, Ont. Canada's Oldest Stove Makers.

loss in war which is not merely destructive of limb but of life must accentuate the poverty and the number of unemployed which are always with us. Thus the main problem is the shortage of able-bodied men plus the unusual increase of cripples.

Fortunately, throughout America and Europe the resources of science are being assembled to find a remedy. The war is a practical lesson in the value of manual training, training of the hand in a large sweep of uses. The manual arts are the earliest and the most productive, and, it is now asserted, the most intellectual, in the sense that they teach the most perfect union of the mind of the worker with the product of his work. According to experts this training of the hands, of both hands, it should be noted, enriches the mind by adapting from the impressions of the external world whatever produces symmetry in the development of the intellect. If this notion be obscure, examples may clear away the difficulty. For instance, painters like Leonardo da Vinci were at once painters, mathematicians and mechanics, and, on the other hand, Watts, who perfected the steam engine, was supremely at home in the processes of the arts.

The present method of training disabled soldiers is chiefly a continuation of the study of symmetry of mind and body. It is a study of the utmost importance at any time, for every year dangerous trades take an annually a heavy toll of maimed and mutilated men. Three special works on the subject from three totally different points of view have recently appeared. One, by an American, Taylor, is devoted to the study of economy in muscular movements, or, in other words, the study of how to perform a given task with the least expenditure of motion

\$4,900.00 IN PRIZES

—AT THE—
TORONTO FAT STOCK SHOW

UNION STOCK YARDS
TORONTO
FRIDAY AND SATURDAY Dec. 8th, 9th 1916

Prizes for all regular classes, as well as special prizes for Boys, Farmers, Breeders and Feeders.

DO NOT MISS IT

AGED RU... REPEN... HIS

Austrian Ex... Tired of Lar... ing Wo... VIEWS O... London Paper... That the C... Pass U...

Paris Cable... Austrian Emp... and Sixte of Pami... Belgian Army. Pro... cently decorated by the War Cross.

Vienna, Nov. 25... perior Francis Jos... cured at 2,500,000... peaceful, the aged... away as though he...

Among those in... at Schoenbrunn... appeared, Archduke Joseph.

The death of Pr... known to but nev... last night. Compa... pers voted regre... htd not been app... see the end of the... body is rested in... never lifted a m... The life-appea... Francis Joseph, au... of state affairs au... It is not likely th... kind will estab... NOT during the W... COMMENTS OF T... London Cable... newspapers, contin... of Emperor Fran... the opinion that t... upon the war, bo... of German domi... gary, both milita... The standards... to assess the con... the late Emper... 1914. Whether... that crime or g... there is at pres... deace to determi... that the woe dese... the direct res... situation of Austr... ditious rulers of... sibility of the Em... evil work, just... in the process of... Hapsburg domini... troi.

Expressing the... death of Francis J... effect on the war, it... times: "Austria... pletely under the... it is difficult to... fer of nominal au... less old man to a... one can affect the... Under Francis Jos... erred into ruin, back... unalterable. These... death will release... virile forces, or... of the imperiled m... A WILLING AC... The editorial in... papers occur in the... death of Emperor Fr... the accession of a... not markedly ab... was."

The extent to wh... peror Francis Jos... war is discussed, an... sensus of opinion... deliberately requir... for her own sake... take the view that... however, it is not... dead in mind, a... tent point of view... German troops and... other countries... policy.

It is contended... ers that the death... removed the last... many a complete... nation. The view... declared, is that... ability to sustain... to be considered... Germany... Austria... Lithuania... The British em... the alleged custo... the claims thrown by... the war, and... etted.

The future of A... says the Morning Post... darker or more glo... the outcome of the... lose. Even if the... a delicate detail... Vassal of Germany... name."

LINE OF EMPE... ALTHOUGH FRANC... is recognized by... to have been... Great Britain... reign are similar... day's estimates of... and his personal... "Beyond the... and the 4... side... says the Times... no positive... he groped in the... of least res... involving himself... millions and his... trouble the... world has... The British... the British... he remained what he...