

Polished Rice

Is Said to be Cause of the Dreaded Beri-Beri.

Recent investigations are said to leave no doubt that that terrible malady, beri-beri, is due to eating polished rice. The outer covering of the grain contains a principle inimical to the disease. Science has not succeeded in definitely establishing its identity, but regards it as an organic base which exists also in the yolk of an egg, in peas, beans, barley and, perhaps, yeast.

While but a minute quantity of it is required to fortify the system against neuritis, that amount is declared to be absolutely essential, and rice-eating people, therefore, and subject to beri-beri in case the outer covering of the rice, which contains this principle is removed, as it is, in the polishing process.

A quality of this principle, just discovered, is that it is destroyed when submitted to a temperature of 120 deg. Centigrade, or above. It thus appears that perfectly safe rice may be deprived of its neuritis-preventing quality when cooked under steam pressure, as is frequently done when the regular preparation of large quantities is necessary.

There are forms of neuritis called beri-beri which occur where rice is no part of the diet. They may result from alcohol, lead, arsenic and various bacteria. They are sometimes the result of a diet that is not well balanced. Whether they are true beri-beri, science has not yet definitely established.

There is no longer any doubt, however, that the typical disease is caused both in man and fowls, by the consumption of polished rice. Scientists insist that its ravages in civilized countries would be vastly wider, did not other foods contain the principle which we eliminate from rice to make the grain more starchy.

Lantic Sugar

because of its purity and FINE granulation, is best for all preserving.

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

"The All-Purpose Sugar"

PREPARING LABELS FREE
5¢ printed and printed labels for a red ball trademark. Send to Atlantic Sugar Refineries, Ltd., Power Bldg., Montreal

Gunpowder & Artillery.

There is abundant evidence that the origin of gunpowder and artillery goes far back in the dim ages of the past. The Hindu code, compiled long before the Christian era prohibited the making of war with cannon and guns or any kind of firearms. Quintus Curtius informs us that Alexander the Great met with firearms in Persia and Phlostratus says that Alexander's conquests were arrested by the use of gunpowder. It is also written that those wise men who lived in the cities of the Ganges overthrew their enemies with tempests and thunderbolts shot from the walls.

Winard's Liniment Cures Garget in Cows.

Storm Often Misnamed.

It is a curious fact that what is generally known in some of the eastern states as a northeast storm is in reality a contrary origin. Because a strong wind is frequently carried from a northeasterly direction it is popularly assumed in a specific area that the storm originates somewhere in a north-eastern zone, while in truth its real source is in the west or southwest. The explanation is that such a disturbance is merely an air draft of a barometric depression in the opposite direction. The storm is known as a "flareback" and is one of the conditions which cause a weather forecaster difficulty.

Sore Corns Absolutely Painless

No cutting, no plaster, no pads to press the sore spot.

Put on the Corn Extractor makes the corn go without pain. The sting overnight. Never falls leaves no scar. Get a 25c bottle of Putnam's Corn Extractor to-day.

Moorish America.

What kind of people do live in South America? The Spanish, the Portuguese, but chiefly the descendants of these European races who have intermarried with the Indians. Other nations have made lesser contributions. Brazil, which is only a few days by steamer from West Africa, is one-third negro, the crudest type of negro on the American hemisphere. There is a strong mark of the Moor upon the Spaniard. The Arabic Moor wrought his customs very deeply into the life of Spain. The people of Mexico and Cuba might be called Moorish Americans rather than Latin Americans. The customs, manners and habits of the people of Latin America are more Moorish than Christian, more Moslem, more Arabic than Spanish.—World Outlook.

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Romance of a Railway.

The Uganda railway possesses a history unrivaled for romance. Not only does it run through wild jungle, traverse lofty veldts, cross deep gorges and ascend mountain passes to a height of 8,000 feet, but in its early days it received so many welcome attentions from the natives, it was found that coils of telegraph wire became quite the rage in feminine fashions, while in the hands of sturdy warriors bolts and nuts became formidable weapons. The floods of the rainy season are now the only untoward occurrences that break the ordinary routine of the line.—London Chronicle.

PILES CURED AT HOME BY NEW ABSORPTION METHOD

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment for your trial, with references from your own locality, if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write to-day to Mrs. M. Summers, Box P. S., Windsor, Ont.

Tortures of Rheumatism Yield to This Remedy

A Marvel of Speed, an Unfailing Cure for Old Chronic Cases.

GET A TRIAL BOTTLE TO-DAY.

With reliable old Nerviline you can rub out the pain of Rheumatism, Sciatica, Lumbago, or Neuralgia, and away so completely that you feel like new all over.

It matters not how deeply seated the pain is, or how long you have had it—rubbing with the king of all liniments "Nerviline" will cure you.

Nerviline is highly concentrated—about five times stronger than the ordinary white ammonia liniment—therefore it penetrates quickly—sinks in deeply—and gets right at the core of the pain at once—draws out the lameness, takes away the stiffness—eases the joints that have hurt you so much.

Out comes the pain every time you rub on Nerviline, which contains some of the most valuable pain-subduing remedies known to science. Worth its weight in gold to every family in the land, and sure to cure the emergent and minor ills of a hundred kinds that constantly arise. Get the large 50c. family size bottle, small trial size 25c. Nerviline is sold by every dealer everywhere.

Why He Enlisted.

Some time ago, before conscription was seriously mooted, a certain patriotic grocer called together his staff, which consisted of a solitary assistant, and proposed that one of them should enlist. Further, to the somewhat relief of the other, he said he would go himself, being a single man. "Ye Mackay will stay behind and keep the business going?"

"Mackay," with tears in his eyes, warmly seconded, so in a short time the deed was done.

Many months passed by, as the storybook says, and the former grocer when going off to trench duty received the shock of his life, for did he not see his assistant dressed in khaki standing before him?

"Mackay! Great Perkins, can that be ye?" he exclaimed, agast. "Did I not leave ye in charge of the shop?"

"So I thought at the time, mister," replied Mackay, sadly, "but the fact is, it was no shop ye left me in charge of, but a' your wumman folk. So, sez I, 'tae mazel, Mackay, if ye get the fecht ye may as well fecht something ye can hit,' so I joined."—The Bits.

Minard's Liniment Cures Ephemera.

Have a Good Complexion! The Flower of Good Health

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and, above all, keep the system regular. No aid to complexion comes from the "chatterlings" of Troyes or any such sought after.

So are the "truffles" of Périgord and the "madeirines" of Combray.

Did you ever eat the snails of Burgundy, the shrimps of Mantua or sardines of Nantes and Royan?

Great gastronomic delicacies are the capons of Mans, the Bayonne hams, Rouen ducks and Fécamp herrings.

Add to these oysters of Marne-Carême and Arcachon, fowls of Bresse, trout from the Doubs, and "grenouilles"—frogs.

Verdun, where the great battle rages, is noted for coq au vin, Nancy, of war fame, for macarons, Chartres and Norm. for pates.

Among the specialties in French fruits and vegetables are Agen prunes, Montmorency cherries and Fontainebleau white grapes.

Isigny butter, Bascosons, Ales and Lyons "sablons," Cavailon melons, La Garde chestnuts, Argentine asparagus, Chartres Bland Angellus, Solsons' haricot beans and Barle-Duc jams are among the table delicacies prized in war-torn France.

"The plowman homeward plods his weary way." The reader put aside his volume of poems. "Times change," he commented, "I see in France they are taking dried hams to the harvest fields in taxicabs."—Louis' The Courier-Journal.

French Foods.

Do you know them? The French have many dainties. Various places have special delicacies.

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A GREAT CORPORATION

If all the trackage over which the Canadian Pacific has control—that is, all the leased lines, or lines taken bodily over, or with running rights—be included in a grand total, the company operates to-day 29,000 miles of tracks. This fact alone would tell of the bigness of the corporation which, thirty years ago, issued its first annual statement on a sheet of note paper. The company owns 100,000 miles of telegraph, 10,000,000 acres of unsold lands, worth \$200,000,000, and controls shipping to the extent of 400,000 tons. One of the notable features of the great corporation is that it takes account of so many things, which, at the first blush, might not seem to be related to railways transportation. The comfort of the inner man on the trains is, of course, of prime moment; but note how the Canadian Pacific Railway went out of its way to provide dietetic gastronomy. The railway company milks its own cows and makes its own soap. It bakes its own bread, and it bakes a tunner through the mountains above the clouds. It grows its own potatoes, and its policies are of world-wide import and significance.

Success is the result of personal effort. Even fame is a bubble that only comes to the man who does his own plowing.

FOR THE FARMERS

Many Attractive Prizes for Farmers Only, at the SEVENTH ANNUAL TORONTO FAT STOCK SHOW

UNION STOCK YARDS
DECEMBER 8th and 9th, 1916
Prize List on Application to the Secretary
Union Stock Yards, Toronto

FOR PRESERVING USE ONLY

ST. LAWRENCE SUGAR

RED DIAMOND GRANULATED

Sugar feeds and sweetens in proportion to its purity.

ST. LAWRENCE SUGAR

RED DIAMOND GRANULATED

is refined exclusively from choice sugar-cane sugars and is absolutely pure. Government tests prove it.

It is sold in fine, medium and coarse grain in many handy sizes of refinery sealed packages to suit your taste and convenience.

The 100 lb. bag is the size which recommends itself specially to the careful housewife. Your dealer can supply it in the size grain you prefer.

The RED DIAMOND is on every Package.

ST. LAWRENCE SUGAR REFINERIES, Limited, MONTREAL

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Any Woman's Struggle for Good Health Quickly Rewarded

A SIMPLE HOME TREATMENT NOW ADVOCATED THAT GIVES FINE RESULTS.

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong.

Putting off only makes matters worse. The best advice we can give any sickly woman is to test out the following treatment.

At the close of every meal, with a sip or two of water, take two chocolate-coated Ferrozone Tablets. This seems to be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine.

Ferozzone's action aids the three principal functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich red blood—this gives good color.

Its purifying nutrition—this gives strength, vim, stability.

Elimination is assured because Ferrozzone enlivens the action of the liver, kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferozzone puts you on the right road—the one that leads to health.

Not a man, woman or child need fear blood, vigor, endurance—not a person who is tired, run-down or sickly, but a man, woman or child who would like to feel the difference between Ferrozzone.

As a tonic and restorative, it is a health-bringer and body-builder. It is rich and nourishing, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 25 cent boxes, 6 boxes for \$2.50, or by mail from The Cattaraugus Co., Kingston, Ont.

Saloniki a Sty of Squalor.

Saloniki resembles most ports of the eastern Mediterranean in being a picture of beauty from a distance and a sty of squalor near at hand. It is, in fact, a stately Levantine town in a beautiful medieval setting, comely in the mass, unpleasant in detail.

As you survey Saloniki from the water it has a dignified air that accords well with its historical renown, being set in stately isolation upon the steep slopes of its bare hills and girdled by ruined but still massive walls that rise to a great Venetian citadel on the landward side. Graceful white minarets that the Turks built are sprinkled about among the houses, and the quay, that is the chief street of the town, lined with picturesque Greek sailing craft, stretches for a full mile along the water's edge. But

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ISSUE NO. 40, 1916

HELP WANTED

WANTED—GIRLS TO WORK ON BUT UNDER-SEAMSTRESSERS and finished stitchers preferred. We also teach learners, any girl with good knowledge of plain sewing; good wages; ideal factory conditions. Zimmerman Manufacturing Co., Ltd., Aberdeen a 1 Garth street, Hamilton, Ont.

WANTED—HOUSEMAIDS AND WAITRESSES. Previous experience not necessary. Apply "The Welland", St. Catharines, Ontario.

MISCELLANEOUS

WANTED—GIRLS OF GOOD EDUCATION to train for nurses. Apply Welland Hospital, St. Catharines, Ont.

LADIES WANTED

TO DO PLAIN AND LIGHT SEWING at home, whole or spare time, good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

GIRLS WANTED

Experienced knitters and loopers, also your girls to learn. Clean work and highest wages.

CHAPEMAN-HOLTEN KNITTING CO. LIMITED,
HAMILTON, ONTARIO

ANTIQUE FURNITURE FILE CHINA, GLASS AND ART GOODS

We certainly made no mistake in this combination. Our faith in the liberal spirit, enterprise, and good-brotherhood of the citizens of Hamilton, the surrounding cities and towns, has already proved that our faith was not misplaced. Now goods now arriving will challenge comparison with the best shown in Canada.

ROBERT JUNOR

64 KING ST. E. SOUTH SIDE
Hamilton, Ont.
THE HOUSE FOR GIFTS.

Origin of the Name Siberia.

In 1582 Yermak, a Cossack chieftain, with a band of warriors "chosen for their bravery rather than for their morality," set out to chastise and subdue a powerful Tartar tribe east of the Ural Mountains. When Czar Ivan IV heard of it he was badly frightened, for he feared to stir up the fiercest Tartars. He frantically sent orders for the expedition to return. But it was too late. Yermak and his men had already crossed the mountains. When they approached the city of Sibir, the stronghold of the Tartar chief they found an army thirty times as large as their own awaiting them. But they were far better equipped with arms and ammunition than were the Tartars and administered to them a crushing defeat. Sibir was captured and became the nucleus of the expansion of the Russian empire in Asia, giving its name to the new country—Siberia.

Minard's Liniment Cures Distemper.

Absolute Reality.

What does our science, so sublime compared with the frailty of our means, so contemptible in the fact of the boundless spaces of the unknown, what does our science know of absolute reality? Nothing. The world interests us only because of the ideas which we form of it. Remove the idea and everything becomes stier, clearer, empty nothingness. An omnium gathering of facts is not knowledge, but at most a cold catalogue which we must "know and quicken at the fire of the mind; we must introduce thought and the light of reason; we must interpret.—Fabre.

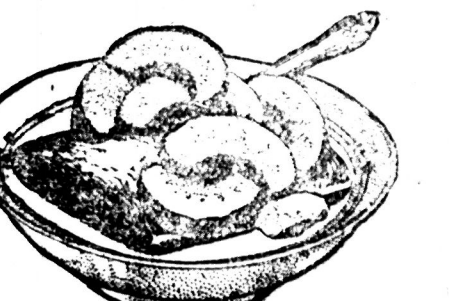
A Real "Peach Cobbler"—Not a soggy, doughy, inedible combination, but a crisp, tasty, easily-digested dish of whole wheat with peaches and cream. Cover one or more Shredded Wheat Biscuits with sliced peaches and then pour cream over them. Nothing so appetizing and satisfying and nothing so easy to prepare.

THE ROOKIE'S D
(Boston Transcript)

Corroborate—Now, you've these lines, see that the get loose, and look after the Rookie (whose k horses is limited)—And w I to wake the horses in

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Made in Canada

BRUTAL SLEW

Tricked Briton to Aid W

But His Men T

Rever

A tragic story of young British officer who was enticed into out by Germans and then bayoneted member of a party on arrival at Southampton to the Daily Chronicle the narrative in the following.

"He was as fine a ever ye saw on p'g how to take care of I can tell ye. We were line then, clearin' took a whole lot of oners, an' Mr.—" lay a finger on a Bo made a sign jo puttin' although he'd got so dirty tricks too. No, 'not in my pictur, Much they care for beasts they are.

"We come to a dig entrance to it all boy for bumbin' it f questions after that wouldn't ave it. He k me an' the rest of us hind him. 'We is down the digunt in you see. And one of ers he calls out, all life, in English, you sir,' he says. 'Well, nobody'll but ye say not move, sir, ye says the Beech, curse."

"Well, I wanted to biligater, but Mr. me hand and didn't say he, 'What a ute I heard a groun stuck me, Mick,' says from Mr.

"Here, boys, I say 'The'—and swine have Well, we just made dugout. One of em stick' in, here, ye see, 'stickin'." I smashed his butt. An' I got one of net. An' I could hear like rabbits in the of ours to look after I could see he was de the others back to the to see if they could Bochos getting out an one other chap an' I don't mind tellin' ye a young Mr. Bochos' that Bochos had hit been pretty red.

"There was two of in the dugout; an' the more altogether there There was two of my 'em when they got a trance in the trench, an me come along an' see hind 'em. They were when they saw the bay baynet in the sun, but the dugout, when they was going to get out an' come out was with his mate behind him, an' me an' an' I won't mind tellin' ye, that Bochos had hit been pretty red.

"I don't mind tellin' ye, that Bochos had hit been pretty red.

"I don't mind tellin' ye, that Bochos had hit been pretty red.

VERDUN AS COSTLY TO

A Paris cable says attack was made by the night on the Verdun Thiaumont and Fleury, fled announced to-day had been repulsed with for the Germans.

On the Somme front, ies are actively shifting positions.

"On the Somme front continued actively to be organizations. There was action during the night.

"On the right bank of Verdun front a strong tack was delivered during against the Thiaumont. The attackers sustained defeat under the fire of guns and artillery.

"Everywhere else th calm."

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