

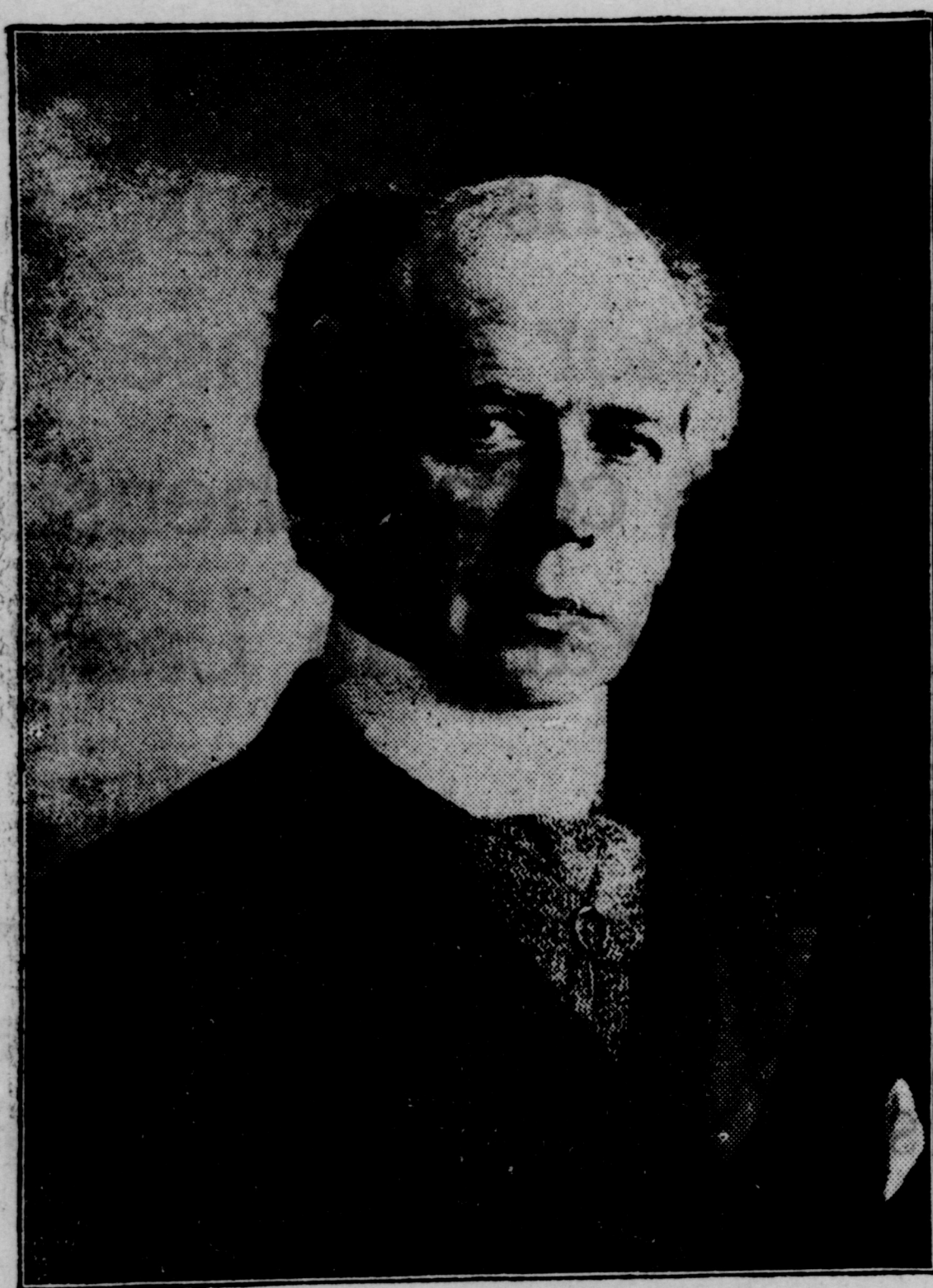
WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



DECLINE SUBSTITUTES

A TRIBUTE TO SIR WILFRED LAURIER

The Man Who Declared "When Britain is at War Canada is at War"—Ready to Pledge Canada's Last Dollar for Empire's Defence



Under the title "Canada's other Head in the Emergency," The Canadian Courier prints a page portrait of Sir Wilfred Laurier, and says:—
There never has been any doubt as to where Sir Wilfred Laurier stands on the question of imperial defence. During the historic deadlock debate on the naval aid bill, two sessions ago, when the Liberals opposed the vote of \$35,000,000 to the British Admiralty as the price of three Dreadnoughts, Sir Wilfred reaffirmed his belief in the construction of a Canadian navy which had already been begun by his government in the purchase of the Niobe and the Rainbow. He said then, that wherever it came to a question of helping England in her hour of peril, he and the party who he led would vote not \$35,000,000, but twice, three times, four times the amount as the price of Canadian imperial effort against the common enemy.

He spoke with authority, because it was Sir Wilfred's government that authorized the recruiting in Canada of troops for the imperial army in the South African War. During the special war session of parliament, in August, 1914, Sir Wilfred affirmed that attitude. In unofficial speeches made elsewhere, he has spoken for a united Canada that sinks all party differences in a time when the Empire, and therefore Canada, is at war. The Liberal leader will celebrate his seventy-third birthday on Nov. 20.

BETTER THAN SPANKING.

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box 304 Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money, but write her to-day 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.

SON OF SENATOR GILMOR MARRIED

Bide a Montreal Lady-A Church Ceremony

(Montreal Star, 14th)
The marriage took place this afternoon in St. Matthias' Church of Miss Helen Mumford, only daughter of

Constipation

is an enemy within the camp. It will undermine the strongest constitution and ruin the most vigorous health. It leads to indigestion, biliousness, impure blood, bad complexion, sick headaches, and is one of the most frequent causes of appendicitis. To neglect it is slow suicide. Dr. Morse's Indian Root Pills positively cure Constipation. They are entirely vegetable in composition and do not sicken, weaken or gripe. Preserve your health by taking

Dr. Morse's Indian Root Pills

A DUAL PERSONALITY.

The president was talking about a statesman who was annoying him with a proposition he could not consider.

"The trouble with him," he said, "is that he seems to be half gentleman and half mule."

He paused and looked out of his office window at a magnolia tree in bloom on the White House lawn.

"It is very difficult," Mr. Wilson continued, "to treat the mule half with the consideration demanded by the gentleman half.—Saturday Evening Post.

TO REMOVE TEA STAINS.—Should cups become tea-stained, remove the stains with salt or Dutch Cleanser. Whitening is better for very fine china.

HIS HEALTH IN A TERRIBLE STATE

"Fruit-a-lives" Healed His Kidneys and Cured Him

HAGERVILLE, ONT., AUG. 26th 1913.
"About two years ago, I found my health in a very bad state. My kidneys were not doing their work and I was all run down in condition. I felt the need of some good remedy, and having seen 'Fruit-a-lives' advertised, I decided to try them. Their effect, I found more than satisfactory.

Their action was mild and the result all that could be expected.

My kidneys resumed their normal action after I had taken upwards of a dozen boxes, and I regained my old-time vitality. Today, I am enjoying the best health I have ever had."

B. A. KELLY
"Fruit-a-lives" is the greatest Kidney Remedy in the world. It acts on the bowels and skin as well as on the kidneys, and thereby soothes and cures any kidney soreness.

"Fruit-a-lives" is sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c. or will be sent on receipt of price by Fruit-a-lives Limited, Ottawa.

How Armies in the Field Are Fed

How an army in the field gets its food from day to day is an interesting story that is told in the special war edition of the Scientific American of September 5, from which the following extracts are taken:

In order to assure the continuity of the service of supply, that is to say, the relation between the troops in the field and the centres of production in the rear of the army, the work performed by the administrative departments is divided into three distinct spheres of action, viz.:

1. The service performed in rear of the army, established in the national territory or in the Governments of the occupied countries for the purpose of collecting the resources and providing means for the supply.
2. The service of the line of communications; the duty of the commander of which it to provide for the replacement of the shops consumed by the army, and the transportation, subsistence, and quartering of all troops, prisoners, sick and wounded passing over the line, and also provide for its protection.
3. The supply of the troops in the field during active operations.

The commander of the line of communications must then see that his depots are adequately supplied, and must forward each day to the troops the necessary supplies for man and horse, and likewise care for the evacuation of the sick and wounded, and the custody and care of the prisoners. To enable him to do this, all the necessary field equipments are provided; for instance, a field bakery company, and equipment for each division supplied by the line of communications. The field bakery in our army consists of twelve knockdown bake ovens with all the necessary equipment for producing bread and the tentage in which to install the dough troughs, and shelter the men. Each oven is capable of producing 2,500 rations of garrison bread per diem or 1,500 rations of field bread; this is bread produced in such manner that it has not as great a "pile" as ordinary (or garrison) bread, and being baked in a much slower oven, and no leaves allowed to touch (or "kiss") is completely enveloped with a good, thick crust, thus permitting the bread to be readily shipped in wagons, and its freedom from moisture renders it possible to be kept in good condition for a week or ten days. So that each field bakery can produce 30,000 rations of garrison bread, or 18,000 rations of field bread

sufficient to supply a division.

The supplies an army carries with it may be divided into two classes; those carried by the troops themselves, and those which are carried in the trains.

The troops having to march many miles a day, starting early in the morning and probably not completing the march until late in the afternoon, would suffer greatly from lack of food if compelled to await the arrival of the train carrying the same. Therefore it follows that, if troops are to be fed in the field, they must carry rations with them, and the ration consumed during the day must be replaced by the train at night.

A ration is the allowance of food for one person for one day, and comprises various articles termed components. It is interesting to note that the Turks in the fourteenth century first established the allowance of a soldier's daily ration, and in the same century first had regularly organized supply trains to follow their troops.

Each man carries two days' rations, and the unconsumed portion of the day's ration issued the night before, for the noon daymeal.

There are two methods of supplying an army in the field: 1 By consignments of supplies forwarded by the service of the line of communications, and 2 By utilizing the resources of the country.

It is generally necessary to utilize to the fullest extent the food, especially the forage, available in the theatre of operations. In former times the invader possessed the right of booty and pillage, the resort to which was most unfortunate for the army, as it embittered the population and comprised the safety of the

The Terrors Of Indigestion

Disappear When the Blood Is Made Rich, Red and Pure

The mistaken idea that laxatives or drastic purgatives provide a short cut to the cure of indigestion is largely responsible for the prevalence of dyspepsia and other stomach disorders. Indigestion calls for more than a makeshift. Your stomach needs tone, it cannot absorb nourishment from the food you eat. To give new strength to your stomach so that it may perform the work of digestion without pain or distress, you must enrich the blood. This is the tonic method for strengthening weak stomachs. In cases of this kind Dr. Williams' Pink Pills for Pale People are the best medicine known. Every dose makes new, rich blood, which not only strengthens the stomach but builds up every part of the body as well. Here is an illustration of what this medicine can do: Mrs. I. N. Brown, Dawville, N. B., says:—"For three years I was a sufferer from chronic indigestion. I was hungry all the time, yet could take very little food, and what I did take was followed by great distress and nausea. My sleep at night was broken, and I often had profuse night sweats. The suffocating feeling which often followed eating would cause my heart to palpitate violently. At times my hands and face would become the color of clay and I would be completely prostrated. I was under the care of a good doctor who finally told me the trouble was incurable and that the most I could hope for was temporary relief. I was in these straits when a friend advised me to try Dr. Williams' Pink Pills. I did so, and used the pills steadily for two months when I was again a well woman, and have since had no return of the trouble."

You can get these pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

troops in an enemy's country, and in the event of any real or imagined injury being done them, it gave rise to redress and reprisals. It furthermore caused the interruption of all commercial transactions, and stores were not offered for sale, as private individuals were compelled to submit their supplies to the capacity of the enemy. These evils were in a measure remedied by not taking directly

Firebox linings withstand years of use because made of McClary Semi-Steel. See a

McClary's Kootenay Range

You'll notice the linings are made in nine pieces. There's a good reason—ask the McClary dealer.

MADE IN CANADA

Sold by The Burr Hardware Co., Woodstock, N. B. and J. W. Montgomery, Hartland, N. B.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! ZAM-BUK is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDREN'S SORES

from private individuals but by making use of the civil officials certain emblems called requisitions for a specified quantity of supplies necessary for the troops. The local authorities could apportion the demand among the inhabitants, according to the known means of each, or could reduce the stores by purchase. The

BABY CRIED CONSTANTLY

Mrs. Simon Aumont, Mushke, Ont. says: "My baby was ill and cried constantly till I began giving her Baby's Own Tablets. They worked a marvelous change in her and she became happy; gained in weight and all signs of sickness left her. The tablets are the very best medicine I know of for little ones." Baby's Own Tablets cure all the minor ills of little ones such as colic, colds, constipation and indigestion, etc. They are sold by medicine dealers or by mail at 25 cents a box from A. E. Jones & Company, Brockville, Ont.

former practice of spoliation thus assumed the milder form of a war tax, regularly ordered and collected. This eventually led to the practice of giving receipts for the stores delivered, and the indemnity for the same was the next innovation. All these modifications were, of course, only introduced after a great interval of time.

DATE CAKE—Three quarters cup of butter, one and one-half cups sugar, three eggs, one cup chopped walnuts one pound raisins cut in two, two and three-quarters cups of flour, one teaspoon soda in one cup boiling water. Bake in loaf one hour.—Louise Eberley.

TOMATO SOUP—One quart of tomatoes, three pints of milk one large tablespoonful of flour, one small teaspoonful of soda, salt and pepper to taste. Boil milk in double boiler add the flour wetted with a little of the milk and cook ten minutes. Then add butter, pepper and salt, also tomatoes strained. Serve immediately.

PRUNE CAKE—Two cups of prunes chopped fine, half cup prune juice, one and a half cups sugar (brown is best), six tablespoons of melted butter, two eggs, half cup nut meats, one teaspoon soda, quarter teaspoon baking powder. Use as much flour as you think would be right.—Louise Eberley.

SQUASH PIE—A large cup of squash, 2 cups of sugar, 2 eggs, a little salt, 3 tablespoons of flour, 1 tea spoon of ginger, four cups of sweet milk and teaspoonful of cinnamon. Mix flour and squash with spices before adding other ingredients. This makes 2 pies. Stewed pumpkin may be used in place of squash.

SALMON SALAD—Two-thirds of cabbage chopped fine, one can salmon one dozen pickles. Dressing Two Tablespoons flour, one tablespoon mustard, one tablespoon sugar, one tablespoon salt, one tablespoon pepper, one pint vinegar, four eggs, one pint cream.

RUSSIAN NAVY WOEFULLY WEAK

Only Four Battleships Capable of Effective Work.

OTHERS ARE OBSOLETE.

Handicapped Also by Inexperienced Sailors—Has Never Recovered From Japanese War—Now Building Many New Ships in All Classes—Armament Is Poor.

EVER since the disastrous war with Japan the Russian navy has been considered to be of little value by the other powers. Until recently very little was done toward building up the sea defenses of the czar's empire, but at the present time there are four super-Dreadnoughts building, seven Dreadnoughts, eight armored cruisers, six cruisers, forty-five destroyers and

eighteen submarines, a total of eighty-eight vessels in course of construction, or almost twice as many as any other country has planned.

Ships Ready For Use.
The actual number of boats now in readiness for use is as follows:

Super-Dreadnoughts	6
Dreadnoughts	6
Other battleships	13
Armored cruisers	6
Cruisers	6
Destroyers	42
Torpedo boats	42
Submarines	31
Total	195

The boats are manned by 52,400 sailors, the majority of whom are experienced handsmen who know very little of present day naval warfare. Russia has a very large reserve list, which is drawn as follows:

First.—All the reservists of twenty-three whole governments and of seventy-one districts in fourteen other governments.

Second.—Part of the reservists of nine districts of four governments.

Third.—The naval reservists in sixty-four districts of twelve Russian governments and one Finnish government.

Fourth.—The time expired Cossacks of the territories of Don, Kuban, Terek, Astrakhan, Orenburg and Ural.

Fifth.—A corresponding number of reservist officers of the medical and veterinary services, in addition to useful horses, wagons and transport services in the governments and districts thus mobilized.

Guns of the Navy.

The standard guns in the Russian fleet are as follows:

The twelve inch of 40 calibers; weight, fifty-nine tons; muzzle velocity, 2,500 foot seconds; muzzle energy, 32,000 foot tons. This piece has a nominal penetration of fifteen and one-half inches Krupp cemented at 3,000 yards with capped A. P. shell, the same as that of the United States Mark III. ten inch, built for the Washington class. It is mounted in the old battleship Czarévitch. For the Borodino class a sixty-four ton twelve inch has been designed, but it is doubtful whether it exists as yet. It has the same velocity (service), but fires a 1,200 pound projectile instead of a 732 pound one, and it has a correspondingly increased energy. The nominal velocity is 3,000 foot seconds.

The Poltava Class.

The Poltava class, the Sissoi Veliky and all other battleships carrying twelve inch guns, down to and including the Sinope, carry a 35 caliber twelve inch gun. Its weight is fifty-five tons; its initial velocity, 1,942 foot second (service); energy, 19,200 foot tons; shell, 732 pounds. It is, of course, an old type gun. Its penetration is for a twelve inch gun very small. The velocity is poor, and the piece is considerably inferior to the twelve inch guns of other powers. The rate of fire of this piece is slow.

A more powerful piece and a better gun is the ten inch of 45 caliber, carried by the Peresviet class and the Apraksin and Rostislav.

The Gangut Class.

The only really effective boats now in service are the four battleships of the Gangut class. They are the Gangut, Sevastopol, Petropavlovsk and Poltava. These boats are 500 feet long and have a displacement of 23,000 tons. The armament is as follows: Twelve 12 inch guns in pairs in six turrets, sixteen 4.7 inch 50 caliber guns, eight machine guns. Torpedo tubes, four submerged, one on either beam and one forward and one aft.

The next class of battleships are very much smaller, poorly armed and equipped and generally inefficient and ineffective. In the next class are some of the boats which saw service in the Japanese war and have been raised, done over and slightly modernized. The fact that these boats were

Listen!

Have you heard about Peps? Peps is a new scientific preparation put up into tablet or pastille form, which provides an entirely new and effective treatment for coughs, colds and lung and throat troubles.

There is no connection between the lungs and the stomach.

Suppose something were wrong with your stomach—say indigestion, or ulceration—would you think of taking some medicine which went not to your stomach, but to your lungs? Certainly not!

Why then, when your lungs and chest are affected, should you dose your stomach—an absolutely separate organ—with medicine? Is it not far better to treat the ailing organ direct?

Peps provide a direct treatment for coughs, colds, bronchitis, and all lung, chest and throat troubles. Peps contain highly medicinal essences and pine extracts condensed into tablet form. You put a Peps on your tongue, and as it slowly dissolves, these volatile essences turn into vapor. You BREATHE the remedy to your sore ailing lungs direct—not swallow it to your stomach, which is not ailing. (See diagram.) The healing fumes, thus breathed down, bathe the delicate, inflamed membranes of your breathing tubes and pass right on to the tiny passages of the lungs—a course no liquid or solid medicine could possibly take.

Peps fumes are healing and anti-septic. They heal sore tissue and kill disease germs. Peps bring pine-forest fumes to your home, instead of you going to the pine forest! For that cold, that night cough, that touch of bronchitis, don't dose your stomach! The trouble lies in your lungs. Peps go to the lungs direct and will cure you.

All druggists and stores 50c. box. Write for free sample to Peps Co., Toronto, or 62 Prince George St., Winnipeg. Send only 1c. stamp for postage and enclose this advertisement.



In service nearly ten years ago and are still being used shows the demoralized condition of the Russian navy. One of the interesting ships in the Baltic fleet is the Czarévitch, which escaped from the Japanese fleet at Port Arthur by running into a Chinese port, from which she was released after the Russo-Japanese war was over. Rear Admiral Witthof, in command of the Russian fleet, was killed by a Japanese shell which struck the bridge of the Czarévitch. During the early part of the fight the main fire of the Japanese was centered on the Czarévitch.



Everybody Dances

DON'T think of the Edison Phonograph just as a reproducer of topical songs or band selections. Its great value as a home entertainer is its versatility.

Take the present popularity of dancing. With an EDISON in your home, you may have a delightful dance as often as you like, with music that a millionaire could not improve.

You can have all the latest dances—Waltz Hesitation, One Step, Maxixe, Three Step, Boston—played by the finest bands and orchestras, with the tempo set by the masters of dancing so that you get the exact rhythm.

Or—if you prefer the regular waltzes and two-steps, you may choose from many when you have the Edison.

Or—you may have a night at the opera—a vaudeville or musical comedy evening—and on Sundays, enjoy "the hymns that live" as sung by soul inspiring quartettes.

There's a winter's entertainment and a winter's delight in the

The new EDISON PHONOGRAPH (THE INSTRUMENT WITH THE DIAMOND POINT)

A. E. Jones & Company, Woodstock.