

COWAN'S Filbert Nut Bar

Fresh plump filberts scattered generously throughout the finest and smoothest milk chocolate manufactured.

Sold everywhere.

Made in Canada.

SEPTEMBER EXCURSIONS TO THE CANADIAN METROPOLIS

"Montreal, Alt. 48.3, Population 700,000, the commercial metropolis of Canada, and sixth largest city in North America. Beautifully situated at the foot of Mount Royal, on an island in the St. Lawrence river, about 700 miles from the estuary of that mighty artery through which pulsates so large a portion of Canada's commercial life. The city is built on the site of the ancient Indian village of Hochelaga, first visited by Jacques Cartier in 1535. Over 250 years ago the early French navigators established a trading post for furs here, and it was the last section of French Canada to pass into the possession of Great Britain in 1760. At the head of ocean navigation, with command of one of the three water routes by which the products of the West can reach Europe, Montreal has seven miles of fine wharves of masonry, vast warehouses and grain elevators, and the largest floating dry dock in the world. Numerous railway lines make Montreal a centre for a vast and constantly growing traffic. Montreal is a city of great enterprises, where mighty results are achieved, with a record for stability equal to that of any of the great cities of America, and is advancing year by year to a still greater future. Besides its commercial greatness, the city has the additional charm of historic attractions, and there are many places of interest which link the present with an eventful past. With imposing public buildings, universities, educational institutions, magnificent churches, fine business blocks, substantial manufacturing establishments, splendid hotels and handsome residences, the city possesses all that is calculated to make a city attractive. Evidences of prosperity and wealth are everywhere."

From "Notes by the Way," an interesting and instructive booklet issued by the Canadian Government Railways. Passengers taking advantage of

ENEMY REVERSES IN GERMAN EAST AFRICA

London, Sept. 18.—An official statement issued by the British War Department today regarding military operations in German East Africa says:

"The enemy has been dislodged from the Uluguru hills with the loss of many men, quantities of stores and most if not all of his artillery and ammunition depots, which constantly are being discovered and destroyed."

"On Friday British forces effected a junction near Kissaki at the southern end of the hills, the enemy's troops, a mere remnant, having retired to the southeast."

"West of the hills Lieut. Col. Vandevanter's columns are driving a strong enemy detachment southward before them."

THE VILLIAN VILLA IS STILL PURSUED

El Paso, Tex., Sept. 18.—Two columns of government cavalry under General Matias Ramos and Col. Jose Marrero today were pursuing Villa and his main band, which Saturday made the Hidalgo day attack on Chihuahua City, into the rugged Santa Clara Canyon district to the north east, according to reports to General Francisco Gonzales, commandant in Juarez.

The bandits are well mounted and apparently were leading the de facto forces over the jagged rocks into the canyon. Persons familiar with the country pointed out that should Villa reach one of the lairs in the district, the government troops may have the greatest difficulty in finding him.

the low fares—single fare for round trip plus one dollar, on Thursday, Friday and Saturday, Sept. 21st, 22nd and 23rd, good for return October 9th, should procure copy of the booklet from the principal ticket agents or by writing the General Passenger Agent at Moncton, N. B.

TWO OBLIGATIONS FOR CANADIANS

How the Situation in Belgium Should Present Itself to the Patriotic Person.

The apparent importance that the Germans attach to obtaining the services of Belgian workmen in German factory and munition plants is shown by the fact that some have been offered as high as ten dollars a day in wages. This sum is almost unprecedented as a wage for workmen in Europe.

It is necessary that the Allies should combat these conditions. First it is a moral obligation. Belgians are starving—seven millions of them, men, women and children—and for the sake of humanity alone Canadians should lend a hand.

On the other hand, if Germany is so anxious to obtain these workmen, it must be to further their possibilities of success in the war. Here is another and greater obligation.

The only way to meet it all is by relief from starvation, and that alone can come through the Belgian Relief Committee. The Belgian Relief Fund is so economically administered that the small sum of two dollars and a half will keep a whole Belgian family from starvation a month. Subscriptions should be sent to the committee in your neighborhood or to the Central Belgian Relief Committee, 59 St. Peter street, Montreal.

CORNS CURED QUICK

APPLIED IN 5 SECONDS

Sore, blistering feet from corn-pinchings can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c. bottle of "Putnam's" today.

HUNS TO BUILD SHIPS AFTER THE WAR

Berlin, Sept. 17 (via London, Sept. 18).—Hamburg is emulating the example set by England. German shipbuilding men have formed a million mark ship building syndicate which will immediately begin the construction of a series of 8,000 ton steamers for German freight carrying trade after the war.

The Hamburg-American line is behind the new project, and Albert Ballin, director general of that line, will be chairman of the directorate.

The plan is to abandon temporarily the custom of building huge special ships and concentrate on the construction of ten knot boats—several at a time—which can be turned out faster and cheaper than steamers each requiring particular specifications.

Comfort in Cool Weather

A Perfection Smokeless Oil Heater gives you just the heat you want for chilly Fall nights and mornings.

Ready in a minute. No wood to cut, no coal to carry. Lights at the touch of a match—10 hours glowing warmth on a single gallon of Royalite Oil.

No smoke or smell. Easily carried wherever needed.

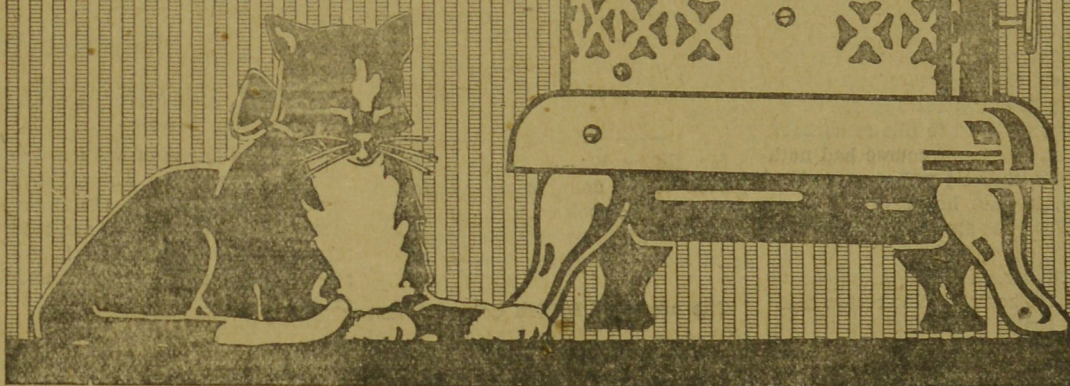
Dealers everywhere. If your dealer cannot supply you, write us direct.

For best results use Royalite Coal Oil—the economical fuel.

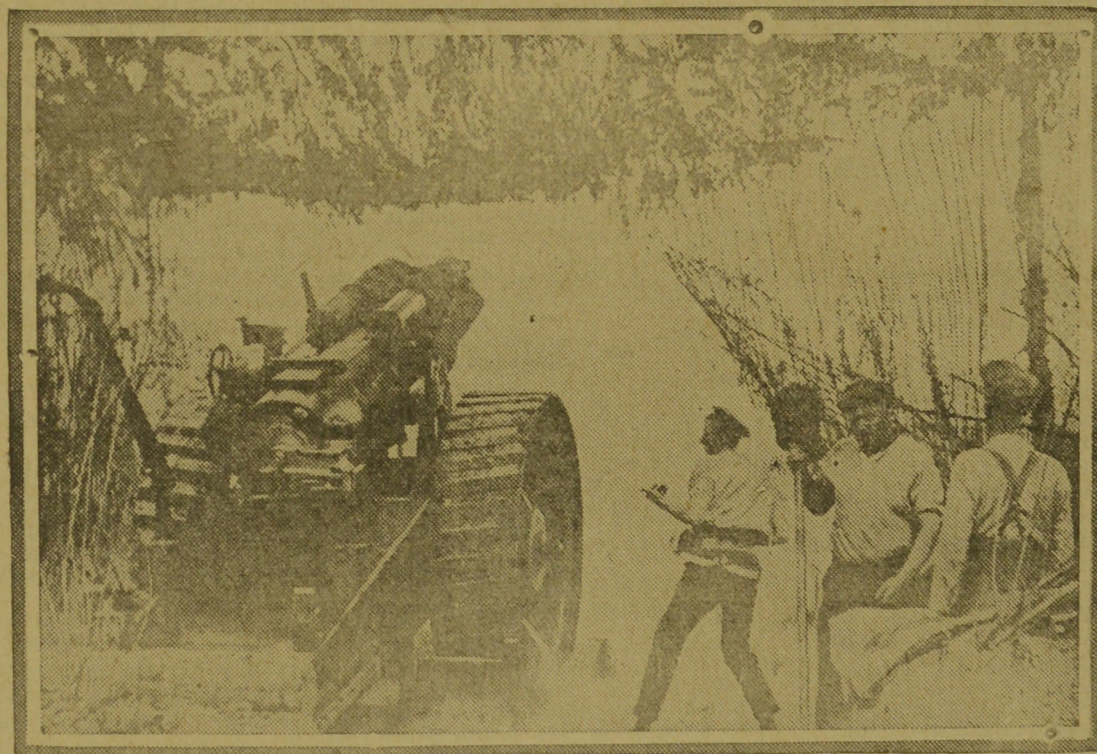
THE IMPERIAL OIL COMPANY Limited

BRANCHES IN ALL CITIES

PERFECTION
SMOKELESS OIL HEATERS
MADE IN CANADA



BRITISH GUN ON THE WESTERN FRONT



Modern Gullivers

Some men stand out from the crowd as Gulliver towered over the Lilliputians. By superior energy, activity and reserve strength they predominate.

Feeling right within, is one of the fundamentals of physical and mental strength, and is largely the result of proper nourishment.

Grape-Nuts

with Cream

is the logical food for thinkers and doers. It contains all the nutritious elements of whole wheat and malted barley, is partially predigested, and supplies an abundance of energizing nourishment without overworking the stomach. It also includes the vital mineral salts of the grain which are lacking in white bread and many other cereal foods.

There's able help for many in Grape-Nuts.

There's a Reason

Made in Canada by Canadian Postum Cereal Co., Ltd., Windsor, Ont.

ATTACKS MADE ON ELEVATED TRAINS

New York, Sept. 18.—Repeated attacks from roof tops were made on passing elevated trains during the early hours today by persons armed with stones and bottles.

These missiles crashed through car windows and several passengers were injured. This violence took place on the upper east side.

A Bronx policeman was hurt dispersing a crowd of strike agitators who were throwing other attacks on trains were made on the lower west side.

Normal service on subway and elevated lines was being operated today, according to police reports.

Influence. Don't think for a minute that actors and actresses kiss every time they make up.

Do ALL your preserving with

Lantic Sugar

Pure cane. "FINE" granulation. High sweetening power. Order by name in original packages.

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



Free

This Book of printed and gummed labels for fruit jars.

if you will cut a red ball trade-mark from a Lantic bag or carton and send it to Atlantic Sugar Refineries, Ltd. Power Bldg., Montreal 25

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