



Quality!

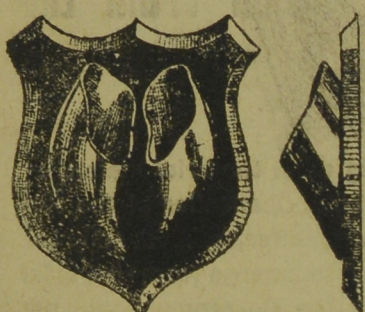
There is no finer cocoa produced than Cowan's Perfection Cocoa—rich in aroma, nourishing and delicious.

VERY SWEET OF THEM

A Lollipop Manifesto Which Will Please the Children

There is not a child in London who will not endorse a manifesto issued by a body of grown-ups in Manchester, called the "Confectioners' Association of the United Kingdom." The object of the manifesto is to show, beyond all doubt, that the food value of one pound of lollipops is more than three times greater than, say, one pound of beef. This is made clear by long, learned words to the most obtuse adult intelligence. The Confectioners' Association is trying to persuade the Government that candy should be treated as a necessary article of food, and that they should not be taxed or restricted.

Ornamental Horn Match Holder



A match holder made of the horn shell of cattle hoofs mounted on a wooden shield, as shown in the sketch, is both ornamental and useful. One of the pockets holds the unused matches and the other the burned ones. The hoofs were cleaned thoroughly and polished and the edge of the shield was beveled off and varnished in the natural color of the wood. The front was lacquered black and also varnished.—Popular Mechanics.

How "Sound Feet" Began

According to Chinese history, the custom of small feet among the females of China originated several centuries back, when a large body of women rose against the Government, and tried to overthrow it. To prevent the recurrence of such an event the use of wooden shoes so small as to disfigure them from making any effective use of their feet was enforced on all female infants.

Avoid a Possible Fire

In banking up houses for the winter, do not use leaves, straw or other inflammable material, unless entirely covered with earth; a chimney spark, a carelessly thrown match or a cigarette or cigar stub may ignite it.

The earlier the oat seed is sown the better the crop. This does not mean mudding it in, however. Watch the barometer and be sure it is out before you leave it.

DRINKING IN JAPAN

Terrible Havoc Wrought by Addiction to "Sake"

That drinking is a widespread habit in this country and country life all over the world is a well-known fact. In Japan, however, it is a general impression in the minds of most foreigners. It is, however, a fact that the terrible havoc wrought by liquor in Japan is not fully understood. Reports from many places give striking evidence that drink has a terrible grip on the community. A few places report drinking as being moderate but by far the large majority of the reports are statements such as the following: "Fifty per cent of the village 'A' drink." "The village of B with 600 houses spends 12,000 yen (\$5,000) per year on sake." "Several families in the village of C spend above fifty dollars each year on alcohol." (The figure represents about the annual earnings of unskilled workers such as night watchmen or porters, and more than most workers will earn in a country village). I have intimate knowledge of one county largely given over to the manufacture of shoyu (a sauce like a ketchup) in which the consumption of sake lacks outstrips the profits on this main source of income. Liquor shops are largely on the increase in country districts.

MOTOR OILS AND COLD

Proper Kinds of Oil and Anti-Freezing Mixtures

Many anti-freezing compounds use alcohol, glycerine, water and calcium chloride. The best of the three sets is that using alcohol, glycerine and water, but for really cold weather, more alcohol and glycerine and less water should be used. When these solutions are used and evaporation occurs it is not necessary to add make-up solution to compensate for the evaporation. The alcohol evaporates much faster than either of the other liquids, so it is necessary to add only alcohol to bring the radiator to capacity.

During cold weather it is necessary that the owner pay attention to oil changes in the gear cases. In cold weather lighter oil should be used than in summer because of the effect of cold on the viscosity of oil. Some use a medium cylinder oil for the rear axle, while others prefer a semi-fluid oil. Heavy oil or grease should not be used. Before the oil is placed in the case, the latter should be thoroughly cleansed and flushed twice with kerosene.

Tumblers for cold drinks that are made of ice and provided with paper holders have been invented by a German.

Hinged ribs that permit it to be folded to half its length feature a new fan that can be carried in a hand bag.

"SAFETY FIRST" PIONEER

N. S. Dunlop Introduced Novelties Into Canadian Railroad Life

Mr. N. S. Dunlop, tax and insurance commissioner of the C.P.R., who decided to take a prolonged rest upon the advice of his physician, had been in the service of the company for 29 years. He joined in 1888 at Toronto. The year afterward he was appointed tax and insurance commissioner and claims adjuster. In these capacities Mr. Dunlop did excellent work.

Mr. Dunlop may be said to be the father of Safety First on the Canadian Railways; and into this work he threw himself with splendid enthusiasm—doing much to popularize the movement. As far as the outside public is concerned, he is best known as the creator of the floral department of the C.P.R. He began in 1889 to save flower seeds from his own garden; and conceived the idea of spreading the cult of flowers over the system. He was a flower, nature and book lover, and the work was congenial to him. He sent out seeds and bulbs to the agents and others along the system; and soon, from ocean to ocean, the plots in front of hundreds of stations were ablaze with flowers. He gave prizes, and labored in every way to make this feature notable. In this he succeeded abundantly.

Mr. Dunlop is a member of the New York State Stenographic Association, one of the oldest and largest associations of shorthand in the world; but his brochure, "What the Flowers Tell Us," and his work of love in adorning a big railway system with floral beauty, will be Mr. Dunlop's best recognition in connection with his long service with the C.P.R.

ECZEMA ON FACE

Was So Bad Had to Stay in House.

All skin diseases such as eczema or salt rheum, itching or burning rashes, eruptions, ulcers, boils, pimples, etc., are all caused by bad blood, and while not usually attended with any fatal results, may sooner or later develop into some serious blood trouble, and the entire system become affected.

Burdock Blood Bitters, that old and well known remedy, will cleanse the blood of all its impurities, and by this means cure all skin diseases and other blood troubles.

Mrs. Ernest Andrews, Hamilton, Ont., writes: "My face was covered with eczema and was so terribly bad I had to stay in the house. I had ten different doctors but got so tired of their treatment that I went and bought a bottle of Burdock Blood Bitters, and it helped me so I kept on taking it. Now I am cured and have a lovely skin."

"People who used to see me when I was so bad and see me now, will not believe it, but I always tell them that nothing cured me but Burdock Blood Bitters."

B. B. B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Some beauty is skin deep and some is put on with enamel.

A boy in a school room is worth a dozen in a poolroom.

A man never knows how much he values an umbrella or a woman until he sees some other man calmly walking off with one of the other.

ROLL OF HONOR

Several thousand officers and employees of the Canadian Pacific Railway Company enlisted for active military duty with the Canadian Expeditionary Forces, and the majority of them are now in Europe, bravely battling for Canada and the Empire. As particulars of Army Reservists are not available, these lists of those who have given up their lives for their country or been wounded in action are necessarily incomplete, and do not therefore indicate fully the extent to which the Company's officers and employees have participated in the great struggle.

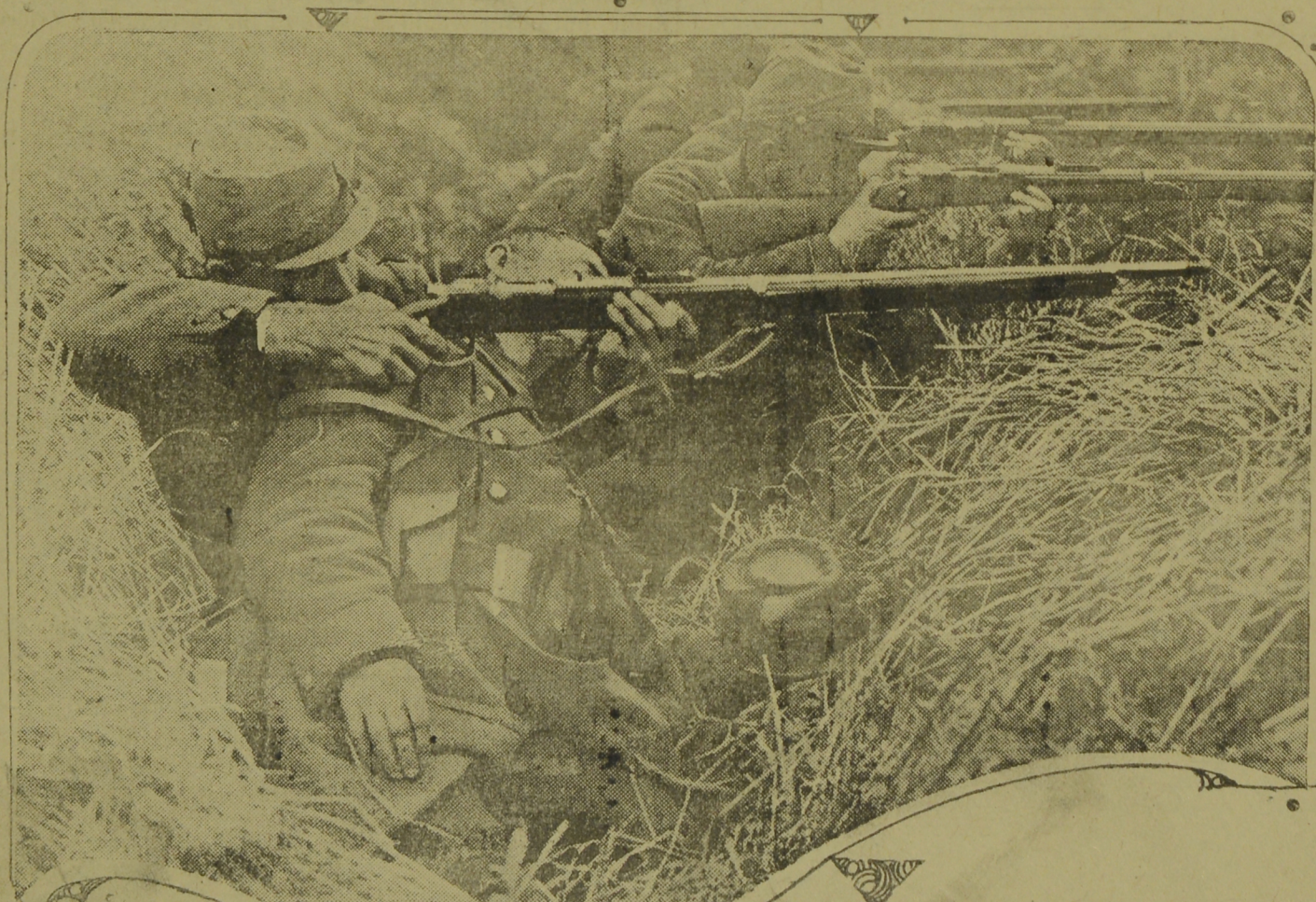
IN COMPANY'S SERVICE			
NAME	As	At	NATURE OF CASUALTY
Alderman, Robert T.	Brush Hand	Quebec	Wounded
Anderson, John	Constable	Edmonton	Died of wounds
Gasey, Charles F.	Bridgeman	Edmonton	Killed in action
Cullen, Stanley L.	Assistant Editor	Montreal	Wounded
Davies, Vernon	Frog Rivetter	Winnipeg	Killed in action
Dunworth, William	Clerk	Montreal	Died of wounds
Edwards, Joseph W.	Trainman	Minneapolis	Killed in action
For, Ernest	Stenographer	Montreal	Wounded
Gibson, John	Wiper	Winnipeg	Wounded
Gordon, Henry H.	Material Delivery Man	Toronto	Wounded
Gwatkins, Geo. V. C.	Chief Clerk	Toronto	Wounded
Hahn, David	Clerk	Winnipeg	Believed dead
Hamilton, James A.	Conductor	Brandon	Killed in action
Jamison, David	Car Checker	Calgary	Killed in action
Kingsbury, C. E. J.	Clerk	Winnipeg	Suffering from shock
Laing, Charles	Loco. Fireman	Regina	Killed in action
McGregor, Peter Roy	Chief Clerk	Regina	Died of wounds
McIlhagga, Joseph	Car Repairer	Frank	Wounded
McInnes, Harry	Walter	Montreal	Wounded
McKeever, Richard	Loco. Fireman	Souris	Killed in action
Masterton, Alan G.	Labourer	Outremont	Died of wounds
Miller, Christlau G.	Constable	Quebec District	Wounded
Ossler, Ralph F. L.	Clerk	Penticton	Died of wounds
Patterson, John C.	Fireman	Montreal	Wounded
Peterson, George	Watchman	Banff	Wounded
Russell, Edward	Clerk	Montreal	Killed in action
Shearer, James	Boiler mks. Hlpr.	Winnipeg	Killed in action
Slattery, Edward	Car Cleaner	Glen Yard	Wounded
Steedman, John Jas.	Land Inspector	Calgary	Wounded
Taylor, Robert	Asst. Storekeeper	Winnipeg	Killed in action
Thoreson, Theodore	Loco. Engineer	Alyth	Wounded
Wilcox, John	Storeman	Angus	Wounded

The following casualties to members of the Canadian Pacific Railway European Staff, on active service, have been reported:

Adlington, Frank	Clerk	Liverpool	Killed in action
Carey, Geoffrey N.	Clerk	London	Wounded
Duffy, Michael L.	Chief Clerk	London	Wounded
Gillespie, John G.	Clerk	Glasgow	Killed in action
Tunstall, George	Junior Clerk	Liverpool	Died of wounds

MONTREAL, November 1st, 1916 (List No. 12).

FRENCH SOLDIERS IN THE TRENCHES



Christmas Novelties

YOUR OWN PERSONALITY is strongly expressed in the selection of gifts for your friends at Christmas.

OUR CORSAGE BOUQUETS and FANCY HAIR PINS, done up in individual boxes, will be just that "something different" which you will want.

Everything in Trimmed and Untrimmed Millinery greatly reduced from now until Xmas.

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TO MAKE IT A SURE SUCCESS, USE

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