

EWER CANADIANS in proportion to the population have lent their money to the nation than have either the British or American people.

This in spite of the fact that the individual wealth of the Canadian people to-day is greater than it has ever been and is one of the largest of any country in the world.

Canada wants you to help change that record now.

You owe it to Canada, to yourself, to your children, to see that it is changed.

If you never bought a war bond before do it now. Be ready when the canvasser calls. Remember this—That to win this war every man and woman in Canada must do his or her share, and to-day the most important, vitally necessary thing is to buy Victory Bonds.

Help to Change Canada's Record to 1 in 20 Buyers of Victory Bonds

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

WHITBY ISSUES CLEVER PAPER

"Soft Diet," a Sheet for Convalescent Soldiers, Will Appear Every Fortnight.

"Soft Diet," published by the boys of the Whitby Military Convalescent Hospital, was served to its patient-public for the first time in October. Written and edited entirely by the men themselves, it proves that the

men themselves, it proves that the only apology which they need advance is the one they hit upon in the leading editorial, the pity they had not done it months before.

In spired by shoe-shop arguments where "the weighty problems settled daily, if rolled out flat and placed end to end would stretch from Pay and Records Office, London, to No. 1 Queen's Park," it seems to be a choplicking mixture of wit and wisdom, calculated to tickle a Tired Business Man and Frayed Veteran in the same spots.

It has no political affiliations. "It does not owe allegiance to any clique or party and it subscribes to no creed except the faith of the men who gave up their lives in Flanders, that freedom might not perish from off the face of the earth."

The fact is noted that in the month of September sixty-eight per cent. of the total available hospital strength attended the vocational training classes, and in the first week of October the percentage rose to 70.

"It should be a matter of pride with us to see that our records are never passed by any other hospital," declares the editor, "but there is a wider and more serious truth to be taught by these figures.

"It is the silent and contemptuous answer flung in the teeth of those who preach that the returned soldier expects to be a drone in the hive and trag on the country.

"It is no exaggeration to state that every man—never mind what his disability may be—will be given opportunity to fit himself to become a selfsupporting citizen." (3)

The Government is asking you to loan it your money for that purpose. You are not asked to give it, but to loan it and a high rate of interest will be paid you.

Buy a Victory Bond and help to bring the boys back safe and sound.

Cook's Cotton Root Compound.



A safe, reliable regular medicine. Sold in three grees of strength—No. 1.; No. 2, \$3; No. 3, \$5 per b, Sold by all druggists, or se prepaid on receipt of pri-Free pamphlet. Addres THE COOK MEDICINE CO

