

"Unto the least of these"

RIVET your eyes on this picture of a Belgian mother and child, until you feel the full horror of the situation! Thousands of these orphans, dying of starvation, might now be living in comfort and plenty, had their soldier fathers not flung themselves into the breach when the Hun invaded Belgium.

The fathers died to save us. Are we going to let the orphans starve? Conditions are simply ghastly. The United States loans to the Belgian Government finance the general relief work, but this only provides a bowl of soup and two pieces of bread to each person per day.

What is that for a growing child?

The Slaughter of the Innocents is less terrible than what is now occurring in Belgium—practically a whole generation of the Belgian nation in the grip of Consumption, Rickets and other ills all directly due to insufficient nourishment.

The Canadian Bureau in Brussels will administer funds, and provide means for getting the ailing children into Holland and into orphanages where they can be saved from a hideous death.

Before you sit down to another meal, do SOMETHING for the Belgian children.

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

115

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

CANADIANS ARE HOLDING THEIR FRONT WELL

With the Canadian Forces, Oct. 2—J. B. F. Livesay, Canadian Press Correspondent—Our line was normally quiet today until three o'clock this afternoon when the enemy artillery started to strafe Stolle, but nothing further came of it. Early this evening a counter-attack, local in character developed against our Tilloy positions but was easily put down by our artillery and infantry. We took some prisoners. It becomes increasingly doubtful whether the enemy is in any shape to launch a powerful thrust against our positions, so severe was the punishment he received yesterday, when he threw in no fewer than thirty-three battalions into the fight. He cannot have more than nine in reserve unless he can draw from new elements. Five possible reserve divisions he had for this battlefield have been moved since September 27 to the Flanders battlefield and the only other he has immediately available is the fifteenth reserve division south of Lens. If, however, a general retirement in that sector is under way it is certain he cannot afford to weaken himself during such difficult operations. To sum up, whatever counter-attacks he may have in store for this front must be carried out almost entirely by his existing elements which are tired and greatly weakened by heavy losses inflicted by the Canadian Corps. Since the Canal Du Nord was passed he is more likely to be content with the zone of manoeuvre he still retains west of the Canal Desaut.

We read that the airplanes are dropping "tons of bombs" on German cities. After the war, a commercial airplane may drop ten tons of coal in the backyard.

Wood's Phosphodine.
The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, loss of energy, palpitation of the heart, failing memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Inventor, U.S.A.)

CHANGE OF WATER CAUSED DIARRHOEA

People moving from one place to another are very much subject to diarrhoea on account of the change of water, change of climate, change of diet, etc., and what at first appears to be but a slight looseness of the bowels should never be neglected or some serious bowel complaint will be sure to follow.

The safest and quickest cure for diarrhoea, dysentery, colic, cholera infantum, cholera morbus, pains in the stomach, seasickness and all looseness of the bowels is Dr. Fowler's Extract of Wild Strawberry.

Mr. T. T. Allard, Parry Sound, Ont. writes: "In the fall of 1914 I was working on the new 'Chiclet Gum' factory, on Carlaw Ave., in Toronto, when I had a violent attack of diarrhoea, owing, I think, to the change of water. One of the foremen advised me to get a bottle of Dr. Fowler's Extract of Wild Strawberry, which I did, with the result that I hadn't taken it all before I was completely cured."

Dr. Fowler's Extract of Wild Strawberry has been a national remedy for the past 72 years, and is sold by medicine dealers everywhere at 35c. a bottle. Don't let anyone palm off a substitute on you. When you get your money for the genuine, you've a right to get it. Put up only by The T. Milburn Co., Limited, Toronto, Ont.

CHURCH SERVICES.

St. Paul's Presbyterian.

Rev. J. S. Sutherland, M. A., minister. Services at 11 a.m. and 7 p.m. Sunday school and Bible classes at the close of the morning service.

Methodist Church.

Rev. Geo. M. Young, pastor. Services at 11 a.m. and 7 p.m. Sabbath school at 2.30 p.m. The pastor will preach at both services. Seats free; all welcome.

Brunswick Street Baptist Church.

Rev. G. C. Warren, B. D., pastor. Preaching services at 11 a.m. and 7 p.m. Bible school at 2.30 p.m., with Spurgeon Class for men. Communion service at 8 p.m.

Reformed Baptist.

Rev. H. C. Archer, pastor. Preaching on Sunday at 11 a.m. and 7 p.m. by pastor. Prayer and social service at 10 a.m. Sunday school at 2.30 p.m. Prayer meeting on Wednesday evening at 7.30. All are welcome.

Advent Church.

Mrs. Wallace will occupy the pulpit at the Advent Christian Church, North Devon, tomorrow. Services at 11 a.m. and 7 p.m. Sunday school at 10 a.m., before the morning service.

Salvation Army.

Week-end services as follows: Saturday at 8 p.m., salvation meeting. Sunday, 9.45 a.m., knee-drill; 11 a.m., Holiness; 3 p.m., praise and Thanksgiving; 7 p.m., salvation. 10.15 a.m., directory class; 1.45 p.m., Sunday school. All welcome.

NUTS SHOULD BE GATHERED FOR FOOD

Throughout Canada there is a generous supply of nut-bearing trees which yield an abundance of edible nuts rich in food value, as the butternut, black walnut, the hickories, hazel nuts and beech nuts. Nuts are more nutritious than milk, eggs, bread and meat, one ounce of nut kernels being equal in food value to a pint of milk. Nuts are ready to eat without the labour and cost of cooking. They may be served in the form of delicious sandwiches, in salads, in fruit jellies and cakes, or a handful may be kneaded into a loaf of bread before it goes into the oven. A few kernels put through the nut chopper and scattered over the breakfast cereal adequately supply the place of bacon.

This important food crop is waiting in the woods to be gathered in. A few afternoons spent nutting in the woods during the bright autumn days will supply the home with nuts for the winter and will save the meat supply for our country's defense. After gathering, the nuts should be spread on the attic floor or on shelves in a dry place to allow the surface moisture to escape. They may be cracked at leisure by the boys and girls in dull weather and stored in air tight glass jars.

A few of the finest nuts should be saved for planting nearer home. Nothing will give the children greater pleasure than to choose and plant their own nut trees. If space allows, a future nut-orchard might be planted or young trees transplanted, as shade trees. The beech is a very beautiful tree, both in winter and summer and the butternut, walnut and hickory make good garden shade trees and their wood is very valuable.

The butternut occurs from New Brunswick to Ontario, while the black walnut is found in the southern part of Ontario. The shagbark hickory ranges from Quebec to the north shore of Lake Huron, the mockernut hickory occurring in Ontario only. The hazel nut extends from the Maritime Provinces to Saskatchewan; the beaked hazel nut has an even greater range extending into British Columbia. The beech ranges from Nova Scotia to Ontario.

Winter in the Trenches

Palmer's Moose Head Brand
Knee High Hand Sewed
Trench Boots

\$19.00 postage paid to England or the trenches. Let us send your boy a pair of these celebrated trench boots, and keep him warm and dry during the winter months. Our return boys all say there is nothing like "PALMER'S TRENCH BOOTS" for the slush and mud of France and Belgium. Send us your order, giving size of street shoe worn, approximate height and weight of the party they are intended for, and we will look after the packing and mailing. Now is the time to send them to reach "over there" before the bad weather starts in.

Free booklet "A" on request.

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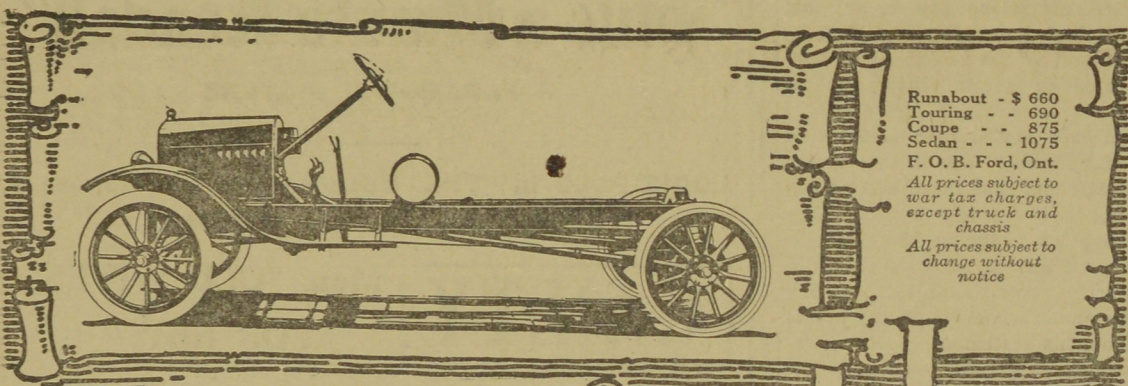
Rome, Oct. 4.—British, American and Italian warships have destroyed the Austrian naval base at Durazzo and the warships anchored there, according to an announcement made by Premier Orlando.

The attack occurred at noon Wed-

nesday, when Italian and British cruisers protected by Italian and Allied torpedo boats and American submarines, succeeded in making their way through mine fields and avoiding attacks by submarines, got into Durazzo harbor.

Italian sailors, in the teeth of a hot enemy fire, torpedoed an Austrian destroyer and a steamer. Another vessel, recognized as a hospital ship, was allowed to withdraw.

No losses or damage were suffered by the Allied squadron except a slight injury to a British cruiser by a torpedo from an enemy submarine.



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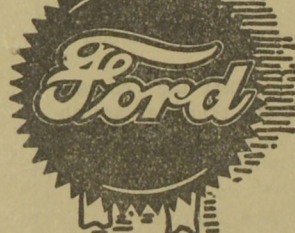
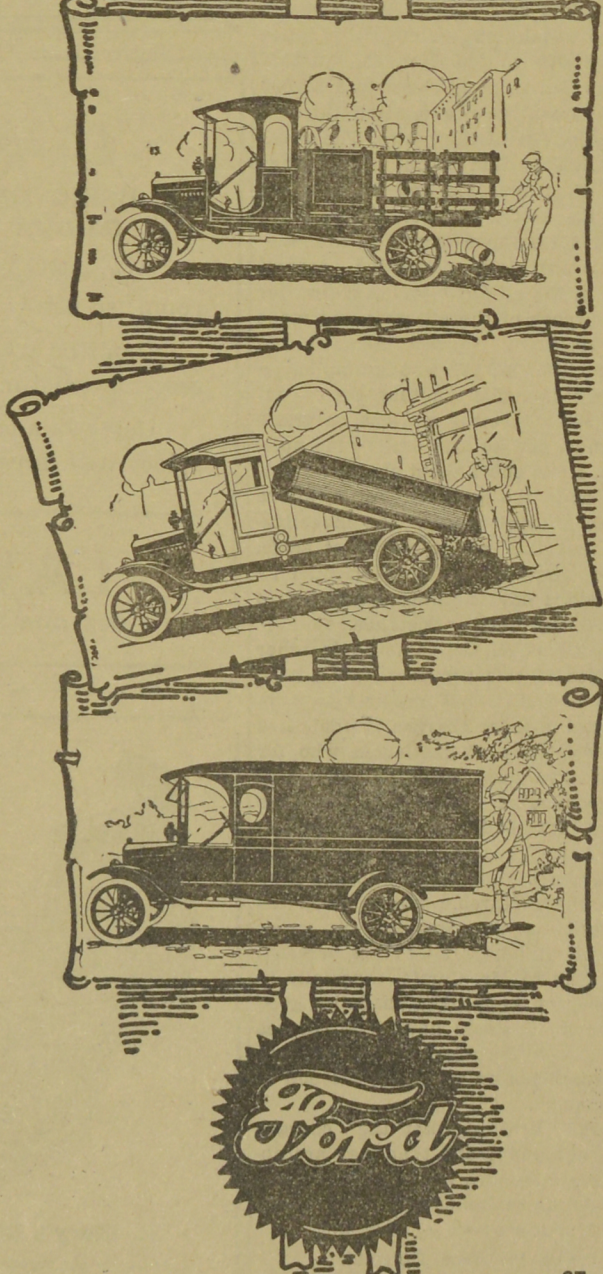
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