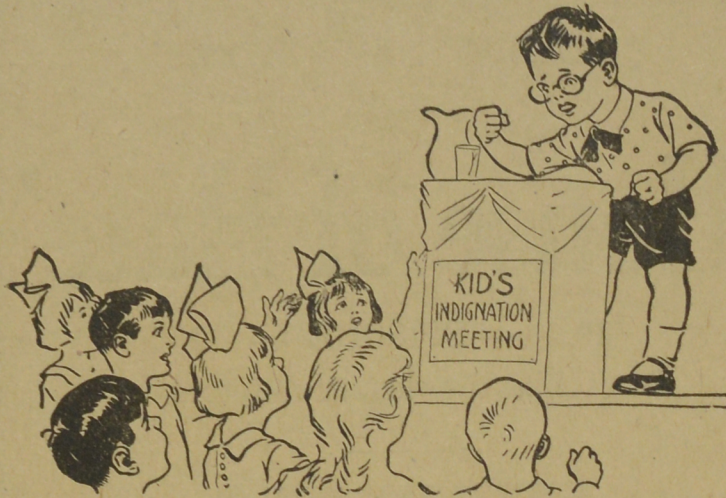


"We Want Candy Cascarets"

Resolved: That when our tongues turn white, breath feverish, stomach sour and bowels constipated, that our mothers give us Cascarets, the nice candy cathartic, and not nasty castor oil, mineral oil, calomel or pills. Cascarets "work" without griping and never hurt us kids. Cost only 10 cents.



TO MOTHERS! Learn to give harmless Cascarets to your cross, sick, bilious, constipated pets and save coaxing, worry and money. Children love this candy cathartic. Nothing else cleanses the little liver and bowels so effectively. Each 10 cent box of Cascarets contains directions for dosage for children aged one year old and upwards.

BAKING REAL WAR BREAD

I found a lieutenant in charge of the indoor bakery who talked about the baking of bread with the same familiarity that an artillery officer talks about gunnery.

"You seem familiar with bakeries," I remarked to this very soldierly looking officer.

"I am," he replied. "I ran a baking establishment in Washington before the war. I'm applying that knowledge to my present job."

The place was as clean as a hospital kitchen, the plant was logically laid out, there was good discipline despite constant hustle. Efficiency stuck out all over the place. With this eager and energetic young officer, I had an opportunity to go all through the works and see how Uncle Sam's boys were provisioned. It was inspiring to see the active way in which the men tackled this rather prosaic and commonplace job. They mixed the ingredients as handily as they would have stirred up the Hun, they punched and kneaded the dough with as much vigor as they would have handled a bunch of Germans attempting to raid our lines. They knew that baking bread was as important a task as going over the top they had read what Napoleon said about an army fighting on its stomach.

This white bread looked tantalizingly good as it came hot from the oven, and as I remembered the dark bread of mixed flour I had been eating and looked forward to eating at the hotels along the way, I became covetous. So I grew demonstratively enthusiastic over the product and remarked quite by chance that I was dining with General R—that night at the hotel and I was sure that his mouth would water when he heard about these delicious fresh loaves. This remark had the much-desired effect and I bore away a four-pound loaf, a surprising percentage of which was consumed a few hours later by a general, two majors and a plain mister.

A Combination
of
Good Qualities
invites your
attention to

Grape-Nuts

No sweetening required. :
No cooking. :
Needs but little milk or cream. :
Fine with evaporated milk. :
Keeps indefinitely. :
Not a particle of waste. :
A wonderfully attractive flavor.

"There's a Reason"
for
Grape-Nuts.

Canada Food Board License No 2-026

THE END OF MILITARISM

The collapse of the German Empire will in all probability put an end to militarism. For nearly half a century the Germans have been fed on it. With the idea of some day dominating the world, they built up the greatest military machine that ever existed in the world. Their soldiers were highly trained and disciplined, and were looked upon by the Kaiser and his war lords as real top-notchers. What happened when it came to the test? The crack Prussian corps were met and vanquished by soldiers from Great Britain, the United States, Canada, and Australia, the majority of whom, it is safe to say, prior to the outbreak of hostilities never had worn a military uniform or handled arms.

ON HIS WAY TO HEAVEN

(Rochester Democrat.)

"Great material!" whispered Martin. "These are just the kind of lads we need. Listen to this one."

Harry Strong was putting one of the applicants through his paces. He was a husky youngster of about twenty whose soiled, clothes and hands betrayed frequent contact with motor oil. The collar of his flannel shirt was turned back from a stocky neck that rose from a pair of broad shoulders.

"Ever drive a car?" asked Strong. "What yuh tryin' to do, kid me?" returned the youngster. "Sure I kin drive a car, any kind, from a flivver up."

"Are you willing to go to France at once; to drive a flivver or a truck right up to the front line trenches if necessary; to run your car at top speed over roads that are full of shell holes?"

"The shell holes don't worry me any; I've delivered groceries out in Portland avenue district too long," returned the applicant; "but what's this top-speed stuff. You begin to interest me."

"The limit's off on speed over there" he was informed. "You can step on her tail as hard as you like."

"Me for you," replied the erstwhile delivery boy as he affixed his John Hancock to the application. "I'd drive a flivver to hell for a chance like that." Then a look of consternation spread over his face.

"Say, looka here. They ain't no traffic cops over there, is they?"

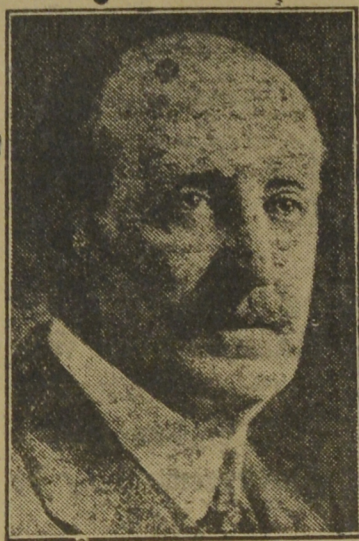
"Nary a cop."

A beatific smile spread over his face.

"So this is heaven!" he murmured as he wended his way from the room.

KING GEORGE'S COMPLIMENT

King George, in reply to a message of congratulation from Colonel House, President Wilson's right-hand man, sent the following: "Many thanks for your generous telegram. Nothing contributed more to the victory than the prompt response of the President



H. H. VAUGHAN
Dominion Bridge Co., Montreal.

to the appeal made to him for American help in those critical days." The above is commended to certain Canadian patriots who in 1911 went about declaring that there should be "no truck nor trade with the Yankees."



SEALED TENDERS addressed to the undersigned and endorsed "Tender for Orderlies Building, Military Hospital, Fredericton, N. B." will be received until 12 o'clock noon, Thursday, November 21, 1918, for the construction of Orderlies Building at Military Hospital, Fredericton, N. B.

Plans and specification can be seen and forms of tender obtained at the offices of the Chief Architect, Department of Public Works, Ottawa, the Superintendent of Dominion Buildings, St. John, N.B., and the Caretaker, Public Building, Fredericton, N. B.

Tenders will not be considered unless made on the forms supplied by the Department and in accordance with the conditions set forth therein.

Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Minister of Public Works, equal to 10 per cent of the amount of tender. War Loan Bonds of the Dominion will also be accepted as security, or War Bonds and cheques if required to make up an odd amount.

R. C. DESROCHERS,
Secretary.

Department of Public Works,
Ottawa, November 9, 1918.

Alas, you can't buy Victory bonds with the daylight you've saved.

GUARD THE EYES

If children were taught better care of their eyes there would be less work for the oculist. Rubbing the eyes with the fists or straining them in a bad light, or bending too near the work, all make the vision poor and call for glasses and treatments. It strengthens the eyes to wash them occasionally. Many people advise washing the eyes every morning along with the bath. The best eye wash consists of a leveled teaspoonful of boric acid dissolved in water; or a pinch of salt added to a small teaspoonful of water. Rolling the eyes from side to side strengthens the muscles and tends slightly to make the eyes larger. But this is an exercise that should only be tried when the eyes are feeling fresh, as it stimulates. When the eyes are tired this wash, or cloth soaked in hot water held right over the eyes, is the best plan. For this will bring the blood to the eyes and the heat will soothe the nerves.

If you do pare them before cooking because you want to save time at the end, then save the water and use it for soup.

Shock Left Her Weak and Nervous

COULD NOT SLEEP.

When the system receives a shock of any kind, the heart becomes weakened, the nerves unstrung, the appetite poor, faint and weak feelings come over you, you can't sleep at night, and you wonder if life is worth living.

To all those who suffer from nervous shock we would recommend Milburn's Heart and Nerve Pills as the best remedy to tone up the entire system and strengthen the weakened organs.

Mrs. J. J. unyan, Pilot Butte, Sask., writes: "I have used Milburn's Heart and Nerve Pills, after having suffered from a terrible shock to my whole system. I was so utterly weak and nervous I could not sleep at night, and my appetite was very poor. I could not walk across the floor without trembling all over."

I had hot flushes and fainting spells. When I was on the second box of your Heart and Nerve Pills, I began to feel that they were doing me good, so I kept on until I had used six boxes, when I felt like a different person. I am never without them in the house, and highly recommend them to all who suffer with their heart."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Keep Your Money Earning Interest

If you have money coming in during the next twelve months,

—if you have promissory notes coming due, a mortgage maturing, an estate to be settled, dividends or interest accruing to you,

—money from any source which is reasonably certain;

—You can buy Victory bonds in anticipation by arranging with any chartered bank to carry you until your money comes in.

—And it won't cost you a cent to do it,

—because the bank will lend you the money at the same rate of interest which the bonds will be earning.

It means that from the moment you get your money and repay the bank, your money begins to earn interest at 5½ per cent —your money is not idle for a minute.

Canada's Chartered Banks have offered to assist investors to buy Victory Bonds with money they expect to get during the year.

This is your opportunity to help your country and to keep your money invested in an absolutely safe security bearing good interest.

Why not see the banker about it to-day!

Borrow and Buy Victory Bonds

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