

## Building Young Canadians

to carry on the work of this growing commonwealth is the business of intelligent mothers who are willing to study the needs of the little ones entrusted to their care. You cannot build boys and girls out of school-books alone. The body is built out of nourishing foods and rational outdoor exercise. A daily diet of

# SHREDDED WHEAT

combined with proper exercise supplies all the body-building material needed by growing youngsters. The food to study on, to play on, to grow on, to work on.

For breakfast heat the biscuit in oven to restore crispness and then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Better than mushy porridges that are boiled down without chewing. A hot, nourishing breakfast for a chilly day. Deliciously nourishing for any meal with sliced bananas, baked apples or canned or preserved fruits of any kind.

### MADE IN CANADA

From the choicest Canadian Wheat by

**The Canadian Shredded Wheat Company, Limited**  
Niagara Falls, Ontario

Toronto Office: 49 Wellington Street East

We wouldn't mind women doing their war knitting in public places if they only wouldn't be so self-conscious about it.

### Prolific Cattle Tick

A male and a female tick hatched in April may by Oct. 15 give rise to 6750,000,000 descendants, about half of which, being females, will lay about 1,500 more eggs apiece immediately or the following spring.

Take the cattleman's point of view. A thoroughly, although not exceptionally infested cow may carry some hundred thousand ticks at one time and, during one season, may be infested by four such broods. Now, 1,500 ticks, after having engorged themselves for three or four days, will weigh about a pound, this representing almost entirely the weight of the blood taken from the host. Thus the helpless beast may actually lose from 200 to 500 pounds of blood in a single season.

Little wonder that thousands of Southern calves never reach maturity; that the pitiful spectacle of valuable dairy or beef animals actually starving to death in the midst of rich, nutritious pasture is not a nightmare, but a terribly frequent reality.—World's Work.

## Free GUARANTEED American Silk HOSIERY

We want You to Know These Hose

They stood the test when all others failed. They give real foot comfort. They have no seams to rip. They never become loose and baggy as the shape is knit in, not pressed in. These are GUARANTEED for fineness, for style, for superiority of material and Workmanship, absolutely stainless, and to wear six months without holes or replaced by new pairs free.

### OUR FREE OFFER

To every one sending us 50c to cover shipping charges we will send subject to duty, absolutely free;

Three pairs of our famous men's AMERICAN SILK HOSE with written guarantee, any color, or

Three pairs of our Ladies' Hose in Black, Tan or White colors, with written guarantee.

DON'T DELAY—Offer expires when dealer in your locality is selected. Give color and size desired.

THE INTERNATIONAL HOSIERY CO.  
21 Bittner Street  
Dayton, Ohio, U.S.A.

## CITADEL OF FASHION IN PARIS IS FORSAKEN

Paris, France, Dec. 7.—American women accustomed to coming here annually to worship at the shrine of Dame Fashion would grieve over the change that has come to the Rue de la Paix. Fashion has fled.

The luxurious limousine and the busy taxicab have gone to war. In their places are cars drawn by horses—too stiff or too feeble to carry troopers. The gowns that used to scintillate behind plate glass windows and the silk ruffles and dainty lingerie that tempted the glances of passers-by, have disappeared behind iron shutters, put up with the coming of the moratorium.

Shopkeepers are not agreed that all of this is necessary. Many of them believe there would be business if there were credit. The moratorium means spot cash. Said one of them: "It is madame who buys and monsieur who pays. When credit disappears, the life of the Rue de la Paix goes out."

### POIRET DESIGNS UNIFORMS.

Some of the artistic designers who have clothed feminine Paris and are well known in America are making uniforms. One of the conspicuous apostles of recent eccentricities in women's wear (Poiret) is superintending the work in a government uniform shop. One of the largest dressmaking shops (Worth's) is occupied by a complete and comfortable auxiliary hospital. The aristocratic hotels are blank and dismal and Napoleon looks chilly and lonesome at the top of the column in the Place Vendôme.

The moratorium is death to gaiety, as well as the foe of credit. It has chased away the frolicsome midnights, who used to dance out of the fashionable Rue de la Paix shops at noon, arm in arm, by twos, threes and fours, to trip away lightly to the creameries, noonday lunches and the cheap restaurants. Some of them are sewing soldiers' clothing, most of the others are at home, living on the small allowance made by their employers.

### ACTORS AT MENIAL TOIL.

With the theatres closed, the poor stage artists, who are known rather for their generosity than for their thrift, are reduced to the necessity of applying for the government allowance to the unemployed and here these free-hearted, easy livers are met with a humiliating rebuff.

"Your dress is too elegant," or "You pay too high a rental," or "Your furniture is too rich to justify an application for government aid" are the replies they get in many cases.

The artists and employees of the Opera, the Opera Comique and the Theatre Francaise are cared for by a monthly allowance. One of the provincial music hall artists is selling vegetables near the Porte Saint-Martin. A comedian of the Folies-Dramatiques is earning a living in a butcher shop. One of the prize graduates of the conservatory is mailing clerk in a newspaper office and one of the great barytones is driving a cab. Many others are in the trenches along the Aisne.

The barytone, Renaud, has enlisted at the age of fifty-three on the condition that he be put in a fighting regiment. He has been made a corporal.

## READ THIS

Sufferers from Muscular Rheumatism, Sore Muscles, Sprains or Bruises, by first bathing affected parts with hot water, then rubbing thoroughly with

**Johnson's  
Anodyne Liniment**

WILL GET PROMPT RELIEF.  
This reliable remedy has been  
IN USE OVER 100 YEARS.  
Taken internally on sugar or in sweetened water it can be relied upon in cases of coughs, colds, sore throat, bronchitis, 25 and 50 cents at dealers.

L. S. JOHNSON & CO., Inc., Boston, Mass.  
PARSONS' PILLS relieve  
Constipation and Headache

### SPRINGFIELD.

Springfield, Dec. 7.—Mr. Charles Love had the good fortune to capture a large deer the 13th of November. Better late than never.

Mr. DeW Moore is able to be around again.

Our teacher, Miss Kelly, is busy preparing for a Christmas examination. Our teacher is very valuable, for as well as teaching lessons she is teaching dancing. She is a favorite.

Mr. Frank Roache has secured the services of Mr. David Howland as cook in his lumber camp here.

Mr. and Mrs. McCorquindale, who are lumbering at Scotch Lake, visited their old home yesterday.

The young ladies of this place find it very convenient just to step to the door to hear from their friends. Perhaps some of the older ones enjoy it also. Mr. Gordon seems to be a very nice driver.

We are enjoying very pleasant weather now. But snow is much desired for Christmas.

## TORTURED BY CONSTIPATION

"Fruit-a-tives" Cured Paralyzed Bowels and Digestion

ST. BONIFACE DE SHAWINIGAN, QUE.  
Feb. 3rd, 1914.

"It is a pleasure to me to inform you that after suffering from Chronic Constipation for 2 1/2 years, I have been cured by 'Fruit-a-tives'. While I was a student at Berthier College, I became so ill I was forced to leave the college. Severe pains across the intestines continually tortured me and it came to a point when I could not stoop down at all, and my Digestion became paralyzed. Some one advised me to take 'Fruit-a-tives' and at once I felt a great improvement. After I had taken four or five boxes, I realized that I was completely cured and what made me glad, also, was that they were acting gently, causing no pain whatever to the bowels. All those who suffer with Chronic Constipation should follow my example and take 'Fruit-a-tives' for they are the medicine that cures."

MAGLOIRE PAQUIN

"Fruit-a-tives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size, 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

## THE INSPECTION OF POTATOES

(St. John Globe.)

Mr. H. Russell Cowan of the Botanical Department, Ottawa, is in the city in connection with the inspection of potatoes for shipment to the United States and Upper Canada and will remain here indefinitely. He states that there are now twenty inspectors employed by the department on this work and several are stationed at Fredericton and Woodstock. Mr. Cowan states that he had as yet had no official notification that the American embargo had been raised and was daily expecting a telegram announcing this. Under the new regulations potatoes from Quebec and the Maritime Provinces for points west of Quebec must be inspected and certified before shipment. Table potatoes, or those selected from consignments, some of which have been infected with the powdery scab, are permitted to be shipped to Upper Canada, but cannot be used for seed potatoes. Only potatoes of the first grade, or those having no traces of infection, are allowed into the United States and these must be certified by the Canadian Department, before they are admitted. The powdery scab is the principal source of trouble, but the inspectors are also keeping their eyes open for traces of the canker and other diseases. The infection is also prevalent in Maine and New York and potatoes cannot be brought into Canada without certificates of inspection. When informed that it had been announced here that the American embargo had been raised, Mr. Cowan expressed some surprise and stated that while this action was daily expected no notification of an official nature had been received at Ottawa prior to his departure on Saturday.

### WHO ARE THE JAPS?

Ferrero Believes They Are Fellow Race of South American Indians

Guglielmo Ferrero, the famous Roman historian, believes with many eminent ethnologists that the South American Indians and the Japanese are kindred races, and he looks forward to their eventual alliance, if not amalgamation. He tells how Porfirio Diaz, when President of Mexico, received from the Mikado a dispatch, in which the latter saluted the President as "the ruler of a brother state"—a land populated by the same race. He tells us that he found in Chile, Brazil and Mexico most of the population belonging to the native races while the Europeans formed an aristocratic minority. He asks:

"To what race do these native populations actually belong, populations which have resisted with such vigour the influences of European conquest and immigration? Anyone, without being a professional anthropologist can discern in them a certain resemblance to the Japanese. I shall never forget, for instance, an impression produced on my mind at Uspallata, in the Andes, by the men who arrived to carry the mail from Argentina to Chile. At that time the trains did not stop at Uspallata in winter. 'But aren't these men Japanese?' I inquired of my companion. 'They might well be Japanese,' was the reply. 'There are a number of Japanese in Chile. But they might also be Chileans.'"

### Three Old Servants

Reading Corporation has in its employ three brothers named Stevens, whose combined ages amount to 298 years, and whose total service for the Corporation amounts to 124 years. Except for illness, they have not lost an hour between them (the who) the time.



## BARGAINS

A GENUINE HALF PRICE SALE

Gives you an exceptional opportunity of securing a New Mid-Winter Hat at a low figure. A nice Ostrich Plume as a Xmas Gift—nothing better. Fancy Silk Ribbons for making girdles, work and slipper bags. Skating Caps for girls—woollen bonnets.

BARGAINS GO FIRST

The MISSES YOUNG

## Skate Grinding, Skate Repairing, Skates Put on Boots

By Men Who Know How  
Bicycle Storage

Wm. C. Burt - F'ton. N. B.  
625 QUEEN STREET

## 1914- FALL - 1914

just received from the English Markets fall and winter shipment of  
Cloths consisting of

## Winter Overcoatings, Fall and Winter Suitings and Pantings.

In all the latest shades in colorings and patterns. All of which will be made up in the very latest styles to suit customers. Workmanship and fit guaranteed. At Old Prices—No War Prices.

**WALKER BROS.**  
Merchant Tailors Queen St. West

## Select your clothing from the standpoint of its Wearing Quality



It is the only thing worth while in clothing and it is the one point which makes MacKINNON'S CLOTHING such a favorite with every man who has once worn it.

**J. A. MacKINNON** YORK STREET  
TAILOR and CLOTHIER

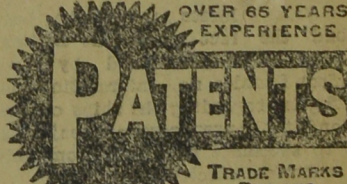
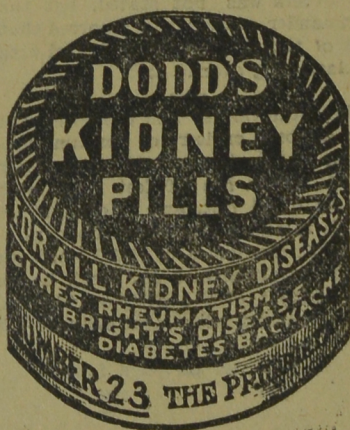
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Has Removed

to the Pitts Building 68 York Street  
Up One Flight.

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