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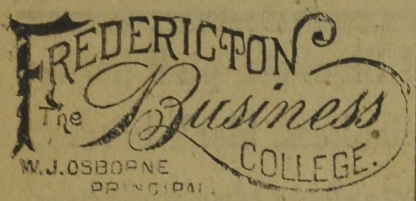
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This is dippy dope.

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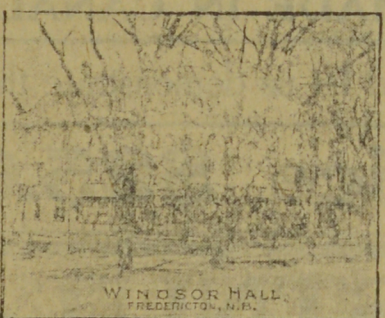
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Opposite the Barracks
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TO CONSUMPTIVES

And All Afflicted With Asthma, Bronchitis,
Catarrh, Grippe or any Lung
or Throat trouble.

After suffering for years with a severe throat trouble which ran into Consumption, Rev. E. A. Wilson was cured by following plain rules of health and using Dr. Churchill's prescription. Wishing to help all sufferers he wrote, for free distribution, a full description of his trouble and the simple means he used to cure himself.

WILSON'S REMEDY (Dr. Churchill's prescription) has been doing its wonderful good work for over 40 years. It has been tried and proven, and is a household remedy in many, many homes to which it has brought health and happiness.

If you are suffering from any Lung or Throat trouble whatever, do not fail to give this invaluable remedy a trial. Send for Mr. Wilson's history of his own remarkable case which will be sent FREE, together with a \$1.00 package of the remedy, to all who write for it. Address: Wilson Remedy Co., Westwood, N. B., U.S.A.

TAFT PLANS TO
HELP THE FARMERS

Beverly, Oct. 16—Radical legislation in favor of the American farmer and consumer as a means of solving the question of the high cost of living was urged by President Taft in a letter to the governors of all the states.

President Taft proposes to reduce the cost of foodstuffs on the American dinner table by reducing the cost to the farmer of producing his crops. This would be done by establishing in the interest of the farmer a financial machine which would give him access to all the money centers of the world and afford him credit at a greatly reduced rate and upon more advantageous terms than he now receives.

The complete development of our agricultural resources which this would make possible, thinks President Taft, would go a long way towards settling the problem of the cost of living.

CO-OPERATIVE CREDIT.

"What this plan offers," writes President Taft, is a means to secure this country greater productivity, at less cost, from the farmers that are now under cultivation, and, above all, to give us more farms and more farmers."

The plan suggested is based upon the principles of agricultural co-operative credit now in use in practically every country of Europe. Uniform state legislation, in the opinion of President Taft, is essential to the successful adoption of this plan, and he has invited the governors of all the states to a conference upon this subject at the time of the annual meeting of governors in Washington in December.

"Were not the interval so short," writes President Taft, "my conviction of the importance of this subject would impel me to invite you to a conference at a still earlier date."

President Taft bases his recommendations on reports submitted by the American diplomatic officers in Europe, who have since last March been engaged in an investigation of this question, and upon the special report of Ambassador Myron T. Herrick, who has made a study for years of the question of adopting co-operative credit in the United States.

FOR STATE CONTROL.

"A study of these reports," writes President Taft, "and of the recommendations of Ambassador Herrick, which I am sending you, convinces me of the adaptability to American conditions of the co-operative credit plan as set forth in the organization

of the Raiffeisen banks of Germany.

"The establishment and conduct of such banks, however, are matters for state control.

"I suggest, also, the establishment of land-mortgage banks under state charters and the formation of co-operative mortgage-bond societies along the lines of the Landschaften societies of Germany, provided that uniform state legislation can be secured to govern their organizations and operation.

"As a later step I favor the enactment of laws by congress permitting the organization of national land-mortgage banks, to be operated under strict government supervision with the power to guarantee and market the guaranteed debenture bonds of the state land-mortgage banks or co-operative societies.

"The twelve millions of farmers of the United States add each year to the national wealth \$8,200,000,000. They are doing this on a borrowed capital of \$6,040,000,000. On this sum they pay annually interest charges of \$510,000,000. Counting commissions and renewal charges, the interest rate paid by the farmer of this country is averaged at 8½ per cent., as compared to a rate of 4½ to 5½ per cent. paid by the farmer, for instance of France or Germany.

"Again, the interest rate paid by the American farmer is considerably higher than that paid by our industrial corporations, railroads or municipalities.

SAVE INTEREST CHARGES.

"But the advantages to be gained by the adoption of this plan go beyond the direct saving in interest charges to the farmer. The great necessity which prompted the establishment and extension of this plan throughout Europe was that of checking the rapidly advancing increases in the cost of foodstuffs, brought about by the inevitable increase in consumption and the failure of the long-drained soil to afford a corresponding increase in production. That problem faces the people of this country today—not in so severe a form as it threatened the older countries of Europe, but, still, as a great and pressing economic problem."

President Taft warns the governors that in this plan, as in all financial schemes, there is room for harmful exploitation for personal gain.

"The most essential point to bear in mind is the need for the assumption by the federal and state governments of the responsibility for economically and honestly conducted institutions."

WHOLESALE PRICES
SHOW FALLING OFF

Ottawa, Oct. 17—The department of labors index number of wholesale prices continue to decline during September standing at 132.

As compared with 133 in August and 128 in September of last year. The downward movement during September was due chiefly to declines in the price of fresh vegetables especially potatoes, while there were slight increases in several commodities notably dairy products fish, hides, boots and shoes, anthracite coal and miscellaneous building materials. In regard to retail prices, the chief feature of the month was a rise in price of anthracite coal in many cities of eastern Canada.

BIG RECLAMATION PROJECT STARTED

Grand Junction, Colo., Oct. 18—Secretary of the Interior Fisher turned the first shovel of earth today for the construction of the giant tunnel in connection with the Grand Valley reclamation project. When the work is completed, about three years hence some 60,000 arid acres in Mesa county will be supplied with an abundance of water and made to blossom as the rose. The Government is back of the Grand Valley project, which will cost between \$3,000,000 and \$4,000,000. A mammoth 450 foot diversion dam is to be constructed across the Grand River eight miles above Palisado, which will raise the water of the river nearly twenty feet and divert it into a canal by means of which it will be carried two miles in the open and 4,300 feet through a tunnel drilled out of solid rock through a portion of the Mt. Garfield stone cliffs. It is estimated that 20,000 acres of the 60,000 acres to be reclaimed will be set out to orchards. The remainder will be used for the growing of sugar beets, hay and grain. It is believed that the completion and opening of the project will bring not less than 40,000 settlers to Mesa county.

Helen Ware will appear under the Harris management this season in a play by Elmer B. Harris, called "The Trial Marriage." The piece will be produced after the coming of elect. oas.



Some Growing Children

are under size—under weight. Some grow tall and thin, others are backward in studies—pale and frail—*improper assimilation is usually the cause.*



If your children are not rugged and ruddy and rosy—bubbling with energy and vim at all times, *you owe them SCOTT'S EMULSION—nature's concentrated nourishment to build body, bone, muscle and brain.*

Children need SCOTT'S EMULSION to progress.

SCOTT & BOWNE, TORONTO, ONTARIO.

12-94

SOME USEFUL RECIPES

SNOW PUDDING

Two tablespoonfuls cornstarch, two tablespoonfuls sugar, salt, one pint hot water, whites of two eggs. Beat thoroughly and add vanilla.

COTTAGE PUDDING

Two eggs one cupful sugar, butter size of walnut, one-half cupful of milk one and a half cupfuls of flour, two teaspoonfuls of baking powder. Bake twenty minutes and serve with sauce made like the following: One egg, one cupful sugar, one-half cupful flour one pint of milk or water. Boil till it thickens and flavor as desired.

"THE OLD APPLE PUDDING"

Butter the edge and inside of a two-quart pan; any kind will do. Fill it two-thirds full of tart apples, cut in quarters; add one-half cupful of water cover with a crust made of one pint of flour two teaspoonfuls of baking powder and one-half teaspoonful of salt, wet with a scant cup of milk just stiff enough to roll out; cover closely and cook on the top of the stove for half an hour. Put a trivet of some kind under to keep the apple from burning. When done put a large plate on top of the pan, turn upside down with crust on bottom, apples on top. Cut the same way as a pie. Serve with lemon sauce.

TURBOT

Boil and shred a fresh fish, make a dressing of cream, flour and butter, salt and a little onion juice. Cream flour and butter together, add cream slowly and let come to a boil; when boiling add onion juice, salt and pepper. Mix fish with dressing and put in small dishes to bake with crackery crumbs and butter on top. Cheese or is very nice on top, and if used omit the onion juice.

BEAUTY HINTS

Perhaps there is nothing which interests the modern girl or woman quite as much as the subject of the latest style of hair dressing.

The hair well arranged is truly woman's crowning glory and every girl should try to study her own type of face and do the best she can to fix her tresses in a becoming manner. If the latest idea in coiffures is not becoming a girl makes a great mistake in adopting it. Try to be as much in style as possible without spoiling your own particular style.

It has been said that the French woman's success in retaining her admirers comes from the fact that she arranges her hair differently every day. Who, but a French woman with all her fascinating ways, would ever think of such a thing to influence the fair Cupids hovering around her.

The average girl and especially the one who must needs go out into the busy world to earn her daily bread, has little time to devote to a fad of this sort in hair dressing. She can, though, learn to wear her hair in a neat and becoming style. In fact, it is the duty of every woman to make herself appear as attractive as possible in the sight of her fellow men.

The latest word from Paris says that the hair is still to be worn over the ears, a pretty fashion which is becoming to the majority of women—it tends to soften the lines of the face. The locks are loosely waved and drawn back into a soft knot at the nape of the neck. Psyche knots are much seen—those that are made soft and loose. There is a certain simplicity about the new French coiffures which is particularly attractive to a youthful and girlish face.

Tea and Coffee

are a frequent cause of many human aches and ailments.

But people seldom lay the blame where it belongs until troubles multiply and the

doctor says "quit tea and coffee"

The tea or coffee drinker who is annoyed by headache, nervousness, indigestion, heart palpitation, biliousness or lack of sleep, can prove to a certainty whether tea and coffee are the cause by stopping ten days and using

POSTUM

This healthful beverage, made entirely of choice Northern wheat and the juice of Southern Sugar-cane, tastes much like coffee but contains no caffeine, the habit-forming, health-destroying drug in both tea and coffee.

Everyone can drink Postum with fullest benefit.

Thousands of former tea and coffee drinkers have found it a means of regaining health and increasing their comfort.

"Theres a Reason"

Made by

Canadian Postum Cereal Co., Ltd., Pure Food

Factories, Windsor, Ont.

SLEEP DESTROYERS

TEA AND COFFEE

She suffered from nervousness by day and sleeplessness by night.

"Up to three years ago," writes a young woman, "I was in the habit of drinking coffee freely and did not realize that it was injuring my health." (tea contains caffeine—the same drug found in coffee) "till I was suddenly made the victim of nervous headaches so violent that I was compelled to give up the household activities and stay in bed much of the time. Then insomnia came upon me and the wretchedness of sleepless nights was added to the agony of painful days.

"This lasted till a year ago when I was persuaded by a friend to give up coffee entirely and use Postum. The result was, in less than a week I began to feel the change for the better, my nerves grew stronger and I began to sleep nights. Day by day the improvement continued and in a short time I was restored to health. My headaches left me, the nervousness passed away entirely, and I enjoy good sound sleep at night.

"This is what I owe to Postum and I feel it but right to tell you of it." Name given by the Canadian Postum Co., Windsor, Ont. Read the little book, "The Road to Wellville," in pkg.