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Send the boy to school with bodily vigor and mental vim that will put him to the front in study or play. You can't build the boy out of sermons and books alone. Give him

SHREDDED WHEAT

a hot, nourishing dish containing all the muscle-building, brain-making material in the whole wheat grain made digestible by steam-cooking, shredding and baking. Warm the Biscuit in oven and pour hot milk over it and you have a deliciously nourishing, warm breakfast.

Shredded Wheat is made in two forms, BISCUIT and TRISCUIT—the Biscuit for breakfast with milk or cream, or with fruit; Triscuit, the wafer-toast, delicious for luncheon with butter or soft cheese, or for any meal as a substitute for white flour bread.

Made at Niagara Falls, Ontario
Toronto Office: 49 Wellington Street East



So Good for Children

Millions of pounds of delicious "Crown Brand" Corn Syrup are sold every year to mothers, just for the children.

EDWARDSBURG "Crown Brand" CORN SYRUP

Mothers know it is practically all nourishment. They know it is a food—that Bread spread with "Crown Brand" makes a well balanced food that sustains and builds up the strength.

Mothers know, too, that "Crown Brand" is the most economical "sweetening" for all sorts of Cakes, Pies, Puddings and Sauces—and is the whole thing for delicious homemade Candies.

"LILY WHITE" is our pure white Corn Syrup—not so pronounced in flavor as "Crown Brand"—equally choice for the table and for candy making.

ASK YOUR GROCER—IN 2, 5, 10 AND 20 POUND TINS.
The Canada Starch Co., Limited, Montreal

GOOD DIGESTION—Mother Seigel's Syrup corrects and stimulates the digestive organs, and banishes the many ailments which arise from indigestion.

FOR 40 YEARS THE STANDARD REMEDY

MOTHER SEIGEL'S SYRUP

FOR STOMACH AND LIVER TROUBLE

At all Drugstores, or direct on receipt of price, 50c. and \$1.00. The large bottle contains three times as much as the smaller. A. J. WHITE & CO. LIMITED, Craig Street West Montreal.

Heat Your Home Comfortably And Well

You shouldn't let your wife and family suffer from the cold this Winter when for a small cost we can install a heating system that will give you the comfort of a day in June—that will require little attention—that is economical on fuel—and that will last for years.

No modern home can afford to be without proper heating—Many diseases spring from a cold damp room. The very health and life of those most dear is in danger. Are they worth less than the price of a heating system?

We know you need a heating system in your home, but think it awfully expensive—it isn't. It is a sound investment and as good as gilt edge securities that will bring health, comfort and happiness to your home and will not cost much either.

Phone 125 to-day.

Bruce Stewart & Co. LIMITED

Charlottetown, P. E. I.

FRIDAY

SERIOUS CONDITION.—The many friends of Mr. William H. Arnett, Albany, who was taken suddenly ill about three weeks ago, will regret to hear that his condition is serious and that very little hope is held out for his recovery.—S.

RESIDENT RETURNS.—Mr. Jos. G. Arsenault, cheese maker of Abram's Village has recently purchased a lot from Cyrus Gallant in which he intends to place his house. The residents around the corner will be more than pleased to have Mr. Arsenault in amongst them.—M.

SHOPPING NEWS.—Schr. "Hector McGregor," Captain Murray, arrived Thursday from Chatham with posts.—S.S. "Cascapedia," Captain Hume, arrived Thursday and sailed for Pictou.—Schr. "Western Light," Captain Gallant, laid up for the winter, has pulled in to the Railroad Wharf to load produce for Pictou.

FOR RED CROSS WORK.—A Gospel Temperance Magic Lantern service conducted by Rev. Wm. McLeod of Dundas for Red Cross Society Work the following amounts were received:—Mt. Hope, Oct. 13th, \$7.14; alized.—Mt. Hope, Oct. 20th, \$35.25; Strathcona, Oct. 25th, \$5.00; Annandale, Oct. 28th, \$9.81; Albion, Nov. 5th, \$4.65; and Forest Hill, Nov. 9th, \$3.01. Total \$64.86. In the latter place because of unfavorable weather the audience was one-half or even less, hence smaller collections; then will be realized on some future occasion.

SOCIAL FAREWELLS.—About fifty of the neighbours of Mr. and Mrs. Chester Wyand of Linkletter assembled at their home on Wednesday evening to bid them farewell before their departure from the community. Mr. Wyand recently sold his farm and is removing to Summerside, where he and his family will spend the winter and in the spring will leave for the Canadian West, where they will make their home. A very pleasant evening was spent in the gathering, and several speeches were made by Messrs. A. D. Murray, Major and Hooper Linkletter, Frank Gamble and Albert Wood, expressing the high esteem in which Mr. and Mrs. Wyand were held in the community and regretting their departure. Mr. and Mrs. Wyand were then each tendered with a suitable gift as a token of remembrance, and the following address:—To Mr. and Mrs. Chester Wyand. We the undersigned inhabitants of Linkletter, P.E.I., on this the eve of your departure from us desire to express our warmest wishes that you have deemed it necessary to leave our community. While you were with us you were good neighbours, kind friends and always willing to assist in everything that was for the uplifting and betterment of the district. We wish you success in all the new home ventures and business. Remember always that any time you return to our community you will always be welcome to our houses. Kindly accept these small tokens of our appreciation. On behalf of the district, A. D. Murray, Jas. J. Calbeck, A. B. Clark.—X.

At least two Regina men are in for military honours for courage and effective work in a tight place, according to reports from the front. They are Captain J. A. Cullum, M.D., medical officer of the 28th Battalion, and Private H. B. Compton, a bomber. The occasion was the explosion of a German mine under the trenches occupied by the 28th Battalion, which is commanded by Lieut.-Col. J. F. L. Embury of Regina, and includes among its officers Major J. A. Cross, Major Read, Quartermaster McAra, Captain Walter McInnis, Lieut. Styles, Lieut. Child and others. Major Alex. Ross was formerly with the Battalion, but is now back in England on special duty under the British War Office. When the mine was exploded a number of the 28th men were buried in the dirt. Private Compton was buried along with the others, but after being dug out set to work to rescue the wounded, and worked like a Trojan for an hour or more. He has been recommended for the Distinguished Conduct Medal. Private Compton is a brother of J. D. Compton of the firm of Compton & McNell.

Captain Cullum is to be mentioned in despatches for his signal bravery and pluck on the same occasion. He helped rescue wounded and buried men, and went right down into the crater made by the mine, under a withering fire from all kinds of German guns, to dig men out with his bare hands.

(The above H. Brian Compton referred to is a son of Mr. and Mrs. Compton of Bangor. His mother and one younger brother, Daniel, reside on the homestead.)



LUX

WON'T SHRINK WOOLLENS

LUX is a unique washing preparation that actually adds to the softness of garments and prevents all loosely woven fabrics from shrinking and hardening in the wash. It's the essence of pure soap in flakes—Adds a new note of refinement to wash-day.

LUX—10c. everywhere—Won't Shrink Woollens

Made in Canada by Lever Brothers Limited, Toronto.

THERE IS A VAST ARMY

of men and women who really never know what it is to enjoy sound, vibrant health—who would be surprised to suddenly gain that exhilarating vitality that robust health brings.

Literally thousands without any particular sickness live in "general debility", as the doctors call it—have headaches, are tired and indifferent. To all such people we say with unmistakable earnestness—"Take Scott's Emulsion after meals for one month and allow its rare oil-food to enrich and enliven your blood, quicken your circulation, stimulate nutrition, and aid nature to develop that real red-blooded life that means activity, enjoyment, success."

Scott's Emulsion is not a drug, but a pleasant food- tonic—free from drugs. One bottle may help you.

Scott & Bowne, Toronto, Ont. 15-31

PUBLIC WORSHIP will be conducted by Rev. A. A. Gates, Nov. 14th, as follows:—North River 11 a.m.; subject, "A Fight." Long Creek 3 p.m.; subject, "Thanksgiving." This will be the special annual service with special music. Kingston 7 p.m.; subject, "Missions."

CHURCH UNION.—Bedeque Presbyterian congregation have completed their vote on church union. Seven Elders, 142 communicants, 31 adherents or 180 in all voted for union, while 14 communicants, 2 adherents or 16 in all voted against union.

RED CROSS.—Contributed to the Red Cross by the people of Albany Plains. Wm. McMillan 5.00; Edward Collins 3.00; G. F. McMillan 1.00; Milton Lane 4.00; McMillan John Richards 1.00; Charles McMillan 1.00; Thomas McLean 11.00; Joseph Praught 1.00; Thomas Richards 1.00; Frank Jenkins 11.00; Alex McMillan 1.00; Patrick Cairns 1.00; Peter Cairns 5.00; Thomas Hyman 1.00; Charles McEachern 1.00; Milton Jenkins 5.00; John Dinison 5.00; Miss McMillan 5.00; Edward Pollard 2.50; William Pollard 2.50; Mrs. Martin Praught 2.50; John Praught 2.50; Clinton Richards 2.50. Total amount \$26.25 collected by Mabel Jenkins and Gertrude Donahoe.

INSTITUTE MEETING.—The regular monthly meeting of the Emmanuel Women's Institute was held at the home of Mrs. J. D. MacGuigan on Wednesday, Nov. 3rd. Miss Sterns, Supervisor of the Women's Institute was present and after a splendid lecture in which she complimented the ladies on their noble work in connection with the school and the community library the regular business of the meeting was transacted. The ladies decided to donate twenty-five dollars to the Red Cross, also to prepare a Christmas Box for the men in the trenches. After the meeting was over, a very sociable "Literary Night" was spent, in which the men of the district assisted. The programme consisted of papers, bearing on literature, readings, vocal solos and instrumental music. Dainty refreshments were served by the hostess. A cordial vote of thanks was tendered Dr. and Mrs. MacGuigan, and after the singing of Auld Lang Syne, the assembly dispersed. During the afternoon Miss Sterns visited the school and the ladies decided to donate a very interesting talk on literature and their school library.

ISLANDER MENTIONED.—A Regina comrade says:—At least two men are in for military honours for courage and effective work in a tight place according to reports from the front. They are Captain J. A. Cullum, M.D., medical officer of the 28th Battalion, and Private H. B. Compton, a bomber. The occasion was the explosion of a German mine under the trenches occupied by the 28th Battalion, which is commanded by Lieut.-Col. J. F. L. Embury of Regina, and includes among its officers Major J. A. Cross, Major Read, Quartermaster McAra, Captain Walter McInnis, Lieut. Styles, Lieut. Child and others, Major Alex. Ross was formerly with the Battalion, but is now back in England on special duty under the British War Office. When the mine was exploded a number of the 28th men were buried in the dirt. Private Compton was buried along with the others, but after being dug out set to work to rescue the wounded, and worked like a Trojan for an hour or more. He has been recommended for the Distinguished Conduct Medal. Private Compton is a son of Mrs. Isabella Compton of Bangor. P. E. I., Captain Cullum is to be mentioned in despatches for his signal bravery and pluck on the same occasion. He helped rescue wounded and buried men, and went right down into the crater made by the mine, under a withering fire from all kinds of German guns, to dig men out with his bare hands.

WEDDING BELLS.—A very pleasant event took place at St. Eleanor's on Wednesday evening, October 27 at eight o'clock at the residence of Mrs. Donald McLeod, when her daughter Constance Victoria was united in marriage to Arthur Pension Mills of St. Eleanor's by Rev. T. DeWolf White in the presence of their immediate relatives. The bride wore an elaborate gown of white silk trimmed with silk overlace and a bridal veil prettily arranged with white star blossoms. The bride was given away by her brother, Mr. Wesley McLeod. They were unattended. The wedding march was played by Mrs. William Rogers on Vancouver in a most efficient manner. The room was beautifully decorated with evergreens, flowers and ferns, there was also an arch made of evergreens and flowers under which the bridal party stood. After the wedding a repast was partaken of which could only have been prepared by connoisseurs of the culinary art. The bride was one of St. Eleanor's most popular young ladies. Many and beautiful were the wedding gifts attesting the esteem in which the groom and bride was held by their numerous friends. The enjoyable evening was brought to a close after which Mr. and Mrs. Mills left for their future home in St. Eleanor's. The guests departed after thanking their kind hostess for the pleasant evening and wishing Mr. and Mrs. Mills happiness unalloyed.

SONG OF THE STAY AT HOME BRIGADE

Here safe at home we are
And here we're going to stay
If the Germans win, now what is that to us,
There's the long sod field to plow
We must milk the Short-horn cow,
So I don't see why they're making such a fuss.

Chorus:—
Tramp, tramp, tramp, we spy around the corner,
Tramp, tramp, tramp, we steal home when lights are out.
Oh, we'll not go over where—
There's Jack Johnstons in the air,
When the war is over we'll be here to shout.

if it comes around the day
When conscription will hold away,
How I tremble when I think of that dread hour,
Safe into a hollow log
In the midst of some dread bog,
I will crawl and stay
Until the trouble's over
Chorus:—

As the boys who are doing their duty have been made the subject of many poems I have invoked (the muse in favor of the other variety with the above result.—I. M. A. SHIRKER.

The Battery's new quarters in the Agricultural building are now in good working order, and the men are feeling very much at home. In the way of facilities for cleanliness there is nothing lacking. The newly completed bathroom on the ground floor gives accommodation for half a dozen or more shower baths at one time. The lavatory is fitted with a number of the latest self-flushing tanks.

The men receive instruction in the working of the three .43 guns which stand in the main body of the hall during the specified hours in the forenoon and afternoon. A squad of men is taken at a time and the officers put them through their instruction in gunnery, such as limbering and unlimbering, range finding, etc., and explain the mechanism and its working. The men evince a keen interest in this work and go through the various movements with all the unity and precision possible.

The walls in all the sleeping quarters are lined with hooks all round on which the men's great coats, belts, etc., are hung. Sheathed and paneled in white varnished beaver-board the walls and roofs present a fine, clean, bright appearance. Altogether the sleeping quarters are very comfortable.

In the way of amusement the men generally have some cheerful entertainment in the way of sing-songs during the wet evenings in the main body of the big hall. The narrow, raised platform running along the front of the sleeping quarters to the right of the entrance does duty as a stage, while the boys sit around in a big circle. Some fine talent is rapidly being developed. The piano is a great acquisition and is much appreciated.

The regular standing orders of the day are as follows, and these show that a fairly arduous programme of work is adhered to:

Reveille	6.30
Physical Drill	7.00
Rations	7.00
Breakfast	7.30
Breakfast (Sundays)	8.30

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Wholesale Commission Dealers and Shippers.

Fresh Fish
Smelts, Eels, Lobsters and Frogs are Specialties.
No. 1 Fulton Fish Market, New York
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Bass Smelts & Eels Specialties
All correspondence promptly answered. Stencils sent on application.

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JOHN NAGLE & CO.
176 Atlantic Avenue, Boston, Mass.
We Handle Smelts, Eels and Fish of all Kinds, Fresh and Frozen—On Commission
Satisfaction Guaranteed, Prompt Returns.
J. C. Ellis, Representative.
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MADE IN CANADA

Bread is the cheapest food known. Home bread baking reduces the high cost of living by lessening the amount of expensive meats required to supply the necessary nourishment to the body.

REFUSE SUBSTITUTES.

E.W. GILLET COMPANY LIMITED
WINNIPEG TORONTO OUEL MONTREAL

Reveille (Sunday)	7.30	Lights Out	10.15
Inspection of Barracks	8.30	The routine at the Infantry quarters in the Drill Shed is much the same. The hall there suffers from a lack of light within the day.	
Sick Parade	8.45		
Morning Parade	9.00		
Office Hour	11.30		
Dismiss Morning Parade	11.30		
Dinner	12.00		
Afternoon Parade	2.00		
Dismiss Afternoon Parade	4.30	RETURNS HOME. —Dr. Ira J. Yeo returned home last evening after taking a special Post-Graduate course in New York medical colleges. He has been absent about a month and his many friends are pleased to see him back again to resume his duties.	
Supper	5.30		
Retreat	9.30		
First Post	9.30		
Last Post	10.00		



BEAVER FLOUR

is a real friend to home cooks

YOU can depend on "Beaver" because it is a perfectly balanced flour. It has the real homemade flavor of Ontario wheat and the extra strength of Western wheat.

This is true because these two varieties of wheat are blended before being ground. Thus "Beaver" Flour has the flavor of the Ontario pastry flour, with the increased strength due to the addition of western wheat.

Being always blended in exactly the right proportions, "Beaver" Flour is always the same. You can depend on it for all your baking.

Ask your dealer.

DEALERS—write us for prices on Feed, Coarse Grains and Cereals.

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CHATHAM, Ont.
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More Trappers and Fur Collectors send their Raw Furs to us than to any other five houses in Canada. Because they know we pay highest prices, pay quick and express charges, charge no commissions, and treat our shippers right. We are the largest in our line in Canada. Write to us today and send us a reliable invoice and we will ship them to us today and no shipment too small or too large to receive our prompt attention.

We sell Guns, Rifles, Traps, Animal Bait, Shotgun, Hand Lights, Headlamps, Fishing Nets, Fishing Tackle and Sportmen's Supplies at lowest prices. CATALOGUE FREE.

Hallam's Free Book "Trapper's Guide" mailed on receipt of 25c. in stamps. This book tells you all about the business of trapping and the value of the various furs. It is a valuable reference book for all trappers and sportsmen. All these localities illustrated and map FREE ON REQUEST.

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SMELTS
R. F. HALL & CO.
WHOLESALE COMMISSION FISH DEALERS
37 Fulton Market NEW YORK
Best Prices. Daily Returns
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SPECIALTIES—Smelts and Eels
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Fresh and Salt Fish and Canned Goods.
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