

# GET RID OF YOUR FAT

Thousands of others have gotten rid of theirs by my simple and efficient method of fat reduction without starvation diet or burdensome exercise, often at a very rapid rate and WITHOUT PAYMENT until reduction has taken place.



I am a licensed practicing physician and have made a careful study of the physiological requirements of the human body. This has enabled me to select such ingredients and in such proportion as in my opinion will produce not only a loss of weight without harm and an improvement in health, but with it an alleviation of all of the troublesome symptoms which frequently accompany and often are a direct result of overweight, such as shortness of breath on slight exertion, palpitation of the heart, etc., not to speak of the relief from the embarrassment of being too stout. Stout persons suffering from such diseases as Chronic Rheumatism, Gout, Eczema, Asthma and high blood pressure are greatly relieved by a reduction of their superfluous fat.

My treatment will relieve that depressed, tired, sleepy feeling, giving you the renewed energy and vigor which come as a result of the loss of superfluous fat.

If you are over stout do not postpone but sit down right now and send for my FREE TRIAL TREATMENT and my plan whereby I am to be PAID ONLY AFTER REDUCTION HAS TAKEN PLACE if you so desire.

DR. R. NEWMAN, 286 Fifth Ave., New York — Desk D

## For Sale By Auction

Friday, October, 26th at 12 o'clock noon, a valuable residence situated on the corner of Fowling and Grafton Sts. This property was the residence of Dr. J. S. Jenkins. Plans are available for its conversion into apartments, an investment which shows a magnificent return.

JOHN A. McDONALD Auctioneer

8861-10-20-61.

# Ottawa To Get Indian Relics

Arrangements Made to Receive British Columbia Exhibits—Valuable Eskimo Exhibitions Among Collections.

(Canadian Press) OTTAWA, Ont., Oct. 17.—Many beautiful and unusual specimens of Indian relics will augment the present extensive collections at the Victoria Memorial Museum here shortly when H. I. Smith, of the anthropological branch of the Museum, returns to the Capital. Mr. Smith has been spending the summer in British Columbia, engaged in a search for Indian relics and engaged in studying the lives of the native Indians of British Columbia. He is expected to return about Oct. 15.

Fourteen new show cases are being installed in the east anthropology hall at the Museum for the purpose of exhibiting the new specimens to advantage. Preparation for showing the fur specimens procured by Mr. Smith are being made in the basement of the Museum where a special room will contain racks and hangers for the storage of the furs.

The collection contains valuable Eskimo exhibits. Sepals are being taken to ensure that they are not damaged by moth and are believed they can be preserved for centuries.

## Suggests Duke Lay Cornerstone

(Special to the Guardian) TORONTO, Ont., Oct. 19.—A new public school in downtown Toronto to be called the Duke of York School was forecast by Trustee Mrs. Plumtree at last night's meeting of the board of education. She indicated that such a building would take the place of several schools in the downtown area. That the Duke of York be invited to come to Toronto and lay the cornerstone at the opening ceremonies in connection with the new school was also suggested by Mrs. Plumtree.

## Goitre Not A Disease

MILWAUKEE DOCTOR MAKES REMARKABLE DISCOVERY

Milwaukee, Wis.—It has been brought to light by scientific research that goitre is not a disease and is not to be treated as such, Dr. A. A. Rock, Dept. B100, Box 757 Milwaukee, Wis., a prominent goitre specialist for over 24 years, has perfected a different method of treatment for his patients that has proved remarkably successful. This same method is now being used for a home treatment of goitre cases all over the country with astonishing results. The doctor states that goitre is a condition which grows worse with neglect and recommends immediate attention no matter how small the growth may appear. He strongly opposes needless operations. Dr. Rock is the author of a book that tells in a simple way about treating goitre at home. He has published this book at his own expense and will send a copy free to anyone interested. Write him today.—Adv.

## INTERESTING PICTURE SHOWN AT ST. JOSEPH'S CONVENT

The pupils of Grade VIII, IX and X together with the teachers of St. Joseph's Convent, were treated Thursday to an enjoyable moving picture show, entitled, "The Modern Cinderella" in three reels.

The story was an interesting one of a young wife preparing for a grand dance, who found it difficult to procure the necessary finery. Her husband provided the cash but she found a less expensive method by the use of the modern Singer Sewing Machine.

Great interest was manifested by the audience as the story was well thought out and capably acted.

The picture was shown by Mr. Sutherland of Moncton, supervisor who expects to return to the city within the next few weeks, when lady pupils of other schools will have an opportunity of seeing "The Modern Cinderella."

Miss Power, of the local office, gave a demonstration of the electric machines turning out some remarkable work.

Mr. C. O. Buck, Manager of the Singer Sewing Machine Company's branch in this city, also gave a very

# The Story of Krupp's

Krupp! Few industrial enterprises can equal Krupp from the point of romance; none can approach it from the point of sheer drama. The shoe-string beguiling Napoleon, Napoleon, in the zenith of his power, had blockaded England and deprived Germany of the famous Sheffield crucible steel; the failure of the enterprise when that blockade was broken; the wiping out of the fortunes of the Krupp family, and the death of the founder of the company; his 14-year-old son taking desperate hold of the ruins and struggling along on a small scale for 22 years, the gradual growth of the concern as the maker of war material for Prussia; the climb to prosperity in the Franco-Prussian war, in which the Krupp Works played a star part as the Forge of Mars. Then the period of depression after that war when 4000 hands had to be laid off; its rise again until, under Dr. Gustav von Bohlen-Halbach Krupp, it became the steel backbone of a mighty nation; a fall from power that was no less disastrous than the fall of the Empire; a rebirth that has been no less spectacular than the rebirth of the German nation itself!

On July 1, 1914, we find the Krupp Works one of the most powerful and efficient establishments in the world, with 81,000 persons highly organized and working together with the precision of a titanic steel machine! The Krupp works were inextricably bound up in the World War, indeed, no less vitally than Germany herself, since both had a common interest and a common destiny. Since the federation of the Empire, steel had come to dominate the lives and dazzle the vision of the ruling element in Germany. Steel guns and armament, steel ships, steel principles, and steel discipline—a marvelous steel machine!

Krupp was the core of German ambitions and the carrier of German conquests. Krupp was the mainstay of German wealth and its invincible weapon of protection. Yet it is worthy of especial note that at the outbreak of the World War, only one-twentieth of Krupp steel output was ordered. On the instant, however, of the first declaration of hostilities, every energy in the monster plants was shifted to war material. Herein lies one answer to the oft-asked question regarding Germany's ability to withstand the caprices of the world in a four-year's war.

By July 1, 1915, the number of employees had been increased by 20,000. Between 1915 and 1917, the floor space was increased from 150 to 210 acres. Germany was invited to almost superhuman effort to win the war by the inauguration of a "Hindenburg Program." This closely follows the date of America's entry into the war. Krupp's entered upon the program with its usual dominant spirit, adding 60 acres more to its built-in floorage. The Krupp Shipbuilding Yards, meanwhile, became most active in the construction of submarines.

Then came the climax, when Germany crashed down in defeat, carrying its mighty steel engine with it. To all appearances, it was the end. Any story written in 1918 would have placed here the simple word, "Final."

But now, ten years later, we must add a dramatic denouement. For no period during its history is the career of the Krupp Works more spectacular than that which followed the capitulation of Germany. Let us visit the Krupp Works today.

From the roof of the administration building, ten stories up, we see Krupp's outstretched before us in a panorama of steel. We are in a steel metropolis of a thousand tall chimneys—breathing a vaporous tangery like a reeking, sweating beast sprawled out on a cool day. Everyting in sight symbolizes energetic life, crushing weight, strength. Smoke rises as if from the friction of it all, blast furnaces belch flames and sulphurous smoke. There is a droning undertone, a growling and groaning of the beast straining under its crushing weight. With ways overtones—the mad scutter, scutter, scutter! of donkey engines; the wild shrieks from impatient locomotives; startling crashes of ten-ton loads of waste iron spewed from the maw of the crusher; the rattle of the dead grips with the steel monster.

Descending, we go from building to building via motor and then trudge through them on foot. For three days! In this great five-mile area.

Now we are watching them roll out a 90-foot steel plate as though it had been chewing gum. We pause in awe before a 4000-ton forging press—watch a monster pick up a log of steel. It is in the press as though it were a lead pencil about to be sharpened, see the great hammer descend and sink into the glowing mass to the depth of nearly a foot, squeezing out a gush of molten steel as though it had been a wet rag!

On the second day we leave the din of iron in its struggles to resist the conquering hand and machine of man, and come to the pleasant but equally huge shop where we learn the peace secret of Krupp's.

But first, we are shown the ridiculously small enclosure in the corner of a great shop, that is the limited space allotted by the Peace Treaty for the manufacture and repair of German ordnance.

"Overnight our huge ordnance and war material apparatus came to a stand-still," our German informant tells us briefly. "The Krupp Treaty was confronted with ruin. The task was one quite outside the range of thought. There were a 100 percent war concern facing absolute peace! Furthermore, Germany was in the grip of a revolutionary unrest that threatened at any moment our very lives."

"First, it was necessary to diminish the great army of workers for which there was no longer anything to do.

"By January 1, 1919, our working force had been reduced to its pre-war status—less than 50,000. While

# Why Does Mother Leave Home? Dorothy Dix Puts in a Word for the Housewife

Nobody Asks Why Wives Leave Home, but the Wonder of It Is That More of Them Don't—For Home to Mother Is Just One Long Round of Toil, With No Thanks From Hubby at the End of It

A WOMAN correspondent writes: "I often read about 'Why Girls Leave Home' and 'Why Housewives Stray From Their Own Firesides,' but nobody ever displays the slightest interest in 'Why Mother Leaves Home.' Mother is a fixture that everybody takes for granted while she is not supposed to up and leave, and if she does a very howl of horror goes up.

"You never hear any one say: 'Why I don't blame her! Look what she had to put up with! Faith and a blood couldn't bear it.' It is always: 'Imagine Mrs. Stay-at-Home running away like that! Surely her husband will never take her back. Think of her leaving her children—mere babies! How can a mother do a thing like that?'"

"SO we have our Mrs. Stay-at-Home cleaning, scrubbing, sewing, baking, washing, ironing, shopping, cooking, bathing babies, washing dirty faces and hands, changing torn stockings, dresses and jumpers, bandaging cuts and bruises, answering a hundred and one questions, putting on clean dresses and suits, only to have to change them again in an hour, answering the eternal call of M-o-o-ther.

"AND then comes Father. But home to him is a place to vent his ill humor. 'Where is my shirt, Sadie?' 'Where is that tie? If you would only leave things where I put them I could find them.' Sadie puts down the baby, stops to stir the stew, opens the oven door to see if her biscuits are done, stoops to pick up a dropped toy, straightens a tipped chair, gets to father, lifts up the shirt he has just removed and finds under it the shirt and tie he asked for.

"WHY does mother leave home? Heavens and earth, how comes it she stays there as long as she does? Many a time have I felt like packing up and making a swift getaway. The only thing that has kept me in it—I can't leave my babies and I can't take them away from their daddy! But I gave away my suitcase so I would not be tempted beyond my strength some day.

"WHEN we were first married hubby just loved to help me with the housework. He would put on the percolator in the morning so I could dress in peace and he would help me wipe the dishes in the evening. But after our first baby came he fell off, and now, when we have two babies and I need a little help, he is too tired to lend a hand or he has an appointment or there is a picture he would like to see at the corner show.

"NO SYMPATHY from father. Instead: 'All you have to do around here is the housework, and to hear the way you carry on one would think you worked yourself to death. If you did anything, I'd say nothing.'

"WELL, father, if housework and taking care of the kids isn't work, why do you object to doing it for a few minutes when I ask you to give me a little relief?"

"WELL," says father, "you can go gadding all day long. 'Sure I can, with a little toddler hanging to my skirts and a baby in my arms and a bagful of sterilized milk also on my arm and both children crying and fretting because they are out of their accustomed environment and missing their nap time. Great fun, that!'"

"PERHAPS once a month father takes us to the movies and I stand in the lobby with the baby because she behaves better there. By the time the picture is half over Buddy is out there, too. Father enjoys the picture while I watch the youngsters, and he pats himself on the back as we go home for having given his wife a little diversion.

"WHEN husband needs a new suit he goes to his tailor and gets one. His shoes are the best. But when I break the news to him that I need new clothes it precipitates a domestic cyclone.

"THE devil you do," cries hubby. "You know we have to get coal and wood, the rent is due, the insurance has to be paid and the grocery and the milkman," and so on and on and on. By the time he is through telling me the extent of our bills I feel like a criminal and all thought of anything to wear has fled.

"ONCE in a while I have bought a dress without letting him know I intended to get one, and that was worse, if possible than asking for one. 'You do that trick again and I will pack up and go. You can at least let me know what you intend doing with MY money.' It's always MY money, yet there have been moments when he gave me credit for saving everything we have.

"SOME friends invited us out to their camp to spend the week-end. Father thought it best not to take the children and break up their regular routine. Besides, they might catch cold. So I wrapped up his bathing suit, tucked in his fishing tackle, and off he went gayly, leaving me and the youngsters behind.

"BUT I don't mind. I have been through an outing once already and I spent the time getting the lunch and doing the camp chores and keeping the children out of danger, while father swam and fished and came in to eat and went out again, and had a grand time.

"WHY Do Wives Leave Home? Why don't more of them leave home? That's the wonder of it, that any plain, ordinary human woman has the courage and the heroism to carry on day after day, as so many women do, overworked, doing over and over carelessly the same monotonous round of daily tasks for which she receives neither money nor thanks. Seeing her romantic crumble into dust. Seeing the man she idealized turn into a poor, miserable bully and petty tyrant.

"THE pity of it is that it is all so unnecessary. For all that we drudges of wives need to take the weight out of our burdens, to make our labor worth while, to ease our taut nerves, is just a little help from our husbands, a little consideration, a little unselfishness and a few kind words.

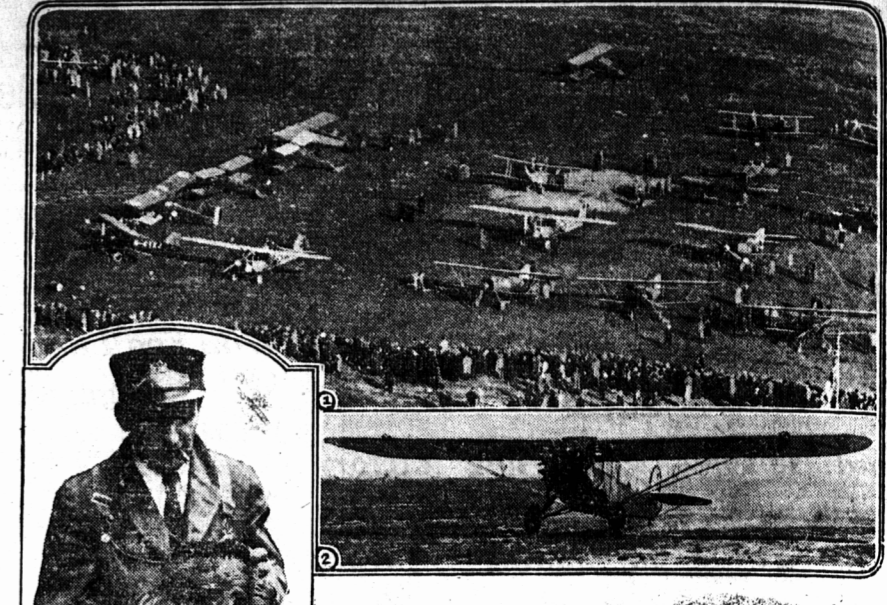
"IT'S true that not many wives do get up and quit a job that they find unbearable, but, Oh, how many millions of us there are who wish we could!"

## DOROTHY DIX

digest it into an elaborate sap from which is made the chlorophyll. Those who have studied the life process under the microscope tell us that chlorophyll is made up of soft grains of a complex nature partly waxy. It is seen through the transparent skin of the leaves and the walls of the cells which contain it. Chlorophyll is essential to ordinary assimilation in plants, according to Asa Gray, the botanist. By its means, under the influence of sunlight, the plant converts crude sap into vegetable matter. In plants which rob their sap from other plants, rather than digging for it with a root system of their own, there is an absence of chlorophyll.

THE green in a plant is called chlorophyll. It and starch are solid matters produced by the cells. There is there any danger of the United States being taken by Britain? He declared.

# Argosies of Magic Sails



"Bug" Bear was the first shipment to be handled by the Canadian Pacific Express Company over the Montreal-New York Airway. The general view is of the St. Hubert airport, Montreal, showing some of the planes engaged in air transport. Inset is a close up of one of the cabin monoplanes more generally used.

"For I dived into the future, far as human eye could see. Saw the vision of the world, and all the wonder that would be; Saw the heavens filled with commerce, argosies of magic sails."

As he watched the very recent departure of the first airplane to take off on the regular daily express service between Toronto, Montreal and New York, T. E. McDonnell, president and general manager of the Canadian Pacific Express Company thought that in these lines, Tonnyson had envisioned the present age, when "winged messengers of peace and commerce cross the imaginary line unchallenged." T. E. McDonnell himself has a vision of the future when the travelling and shipping public will have a greater "air mindedness" and the service which his Company has pioneered will have developed into an economic factor of tremendous proportions. To just what proportions the air express service will be developed immediately Mr. McDonnell would not commit himself, but "air transportation must be seriously taken into account if one would keep abreast of the times." At present regular air express service is maintained by the Canadian Pacific between Rimouski, Quebec, Montreal, New York, Ottawa and Toronto in the east and Winnipeg and Calgary in the west, and these routes are very much appreciated and patronized.

The views of the president of the Canadian Pacific at a time when air events and features are filling the columns of the daily press are not without interest. "Aviation as a factor in commercial transportation has arrived and henceforth must be reckoned with on that basis" Mr. Hearty recently stated. "We have watched its development with keen interest, and while it is not possible clearly to see just in what direction or how far progress may be effected in the near future, it has already taken its place as one of the major transport agencies. Whatever may happen in the distant future, it seems to me that at the present time there is little or no prospect of aviation assuming a seriously competitive attitude towards present day modes of transport. It is rather as an auxiliary service to railroads and steamships that it is likely to function for some time to come. The Canadian Pacific has added has already recognized this fact by the establishment in conjunction with the Government Mail service, of an air express service and upon the success of this service will hang future developments as far as this Company is concerned. In this connection, as throughout its history, the Canadian Pacific is doing a pioneer work in Canada. We are closely watching the development of aviation in the belief that Canada with its widely scattered centres of population offers a particularly promising field for its employment.

Air transport is, of course, faster than any other and although the dare devilry of some reckless stunting pilot resulting in injury and loss of life has earned front page prominence on occasion, it is safer than automobile transport.

"Argosies of magic sails" is not a distant vision.

## BRADALBANE SCHOOL FAI

The following is a list of the prize winners of Bradalbane School Fair which was held on Sept. 13. The schools taking part in the Fair were: Emerald, Bradalbane, Springfield, Pleasant Valley, South Granville, Stanchel.

CLASS 1 GRAINS  
Sec. 1 (oats) Emerson Matheson, Emerald, 2 Clarence Haslam, Springfield, 3 Reggie Smith, Emerald, 4 Dorothy Mayne, Springfield, 5 Priscilla Frizel, Stanchel, 2 Spencer Hughes, Emerald, 3 Eileen McEntee, Emerald, 5 (Beans) 1 Elizabeth Corbett, South Granville, 2 Margaret Cairns, Stanchel.

CLASS 2 VEGETABLES  
Sec. 2 (Tomatoes) 1 Clarence Haslam, 2 Spencer Hughes, 3 Verna McLure, Bradalbane.  
Sec. 3 (Onions) 1 Clarence Haslam, 2 Margaret Cairns, Spencer Hughes.  
Sec. 4 (Cucumbers) 1 Elizabeth McKay, P. Valley, 2 Vernon McLure, Bradalbane, 3 Margaret Cairns, 5 (Beets) 1 Clarence Haslam, 2 Spencer Hughes, 3 Eddie Halliwell, Stanchel.  
Sec. 6 (Cabbage) 1 Emerson Matheson, Dorothy Mayne, 3 Aubrey Fyfe, Emerald.

CLASS 3 FLOWERS  
Sec. 1 (Sweet Peas) 1 Juan Thacker, Bradalbane, 2 Lillian Cousins, Bradalbane, 3 Jennie Corbett, S. Granville.  
Sec. 2 (Mixed Bouquet) 1 Margaret McKay, Bradalbane, 2 Marjorie Thacker, Bradalbane, 3 Hazel Woodside, Bradalbane.

CLASS 4 FRUIT  
Sec. 1 (G. Russett) 1 Spencer Hughes, 2 Don. Sinclair, Springfield, 3 Lonel Ford, Emerald, 2 (Wealthy) 1 Emerson Matheson, 2 Winnifred Haslam, Springfield, Don. McKay, P. Valley, 3 (G. Gages) 1 Spencer Hughes, 2 Isabelle McKay, P. Valley, 3 Katie Aitken, Stanchel, 4 (Crab Apples) 1 Emerson Matheson, 2 Spencer Hughes, 3 Margaret Cairns, 5 (Pears) 1 Clarence Haslam.

CLASS 5 CANNING  
Sec. 1 (Raspberries) 1 Wealthy Cousins, Bradalbane, 2 Mary Gunn, Emerald.  
Sec. 2 (Beets) 1 Priscilla Frizel, 2 Elizabeth McKay, 3 Hazel Woodside.

CLASS 6 COOKING  
Sec. 1 (Bread) 1 Bessie Halliwell, Stanchel, 2 Annie Halliwell, Stanchel, 3 Helen Smith, Emerald, 4 (Cookies) 1 Annie Halliwell, 2 Elizabeth McKay, 3 Jean Woodside, Bradalbane, 5 (Apple Pie) 1 Wealthy Cousins, 2 Priscilla Frizel, 3 Eileen McEntee.

CLASS 7 NEEDLE WORK  
Sec. 1 (A. Apron) 1 Joan Thacker, 2 Bessie Halliwell, 3 Margaret Croken, Emerald.  
Sec. 2 (Emb. Linnen) 1 Leona McEntee, Emerald, 2 Anna Smith, Emerald.  
Sec. 2 (B. Hemstitching) 1 Margaret Ford, Emerald, 2 Marjorie Thacker.  
Sec. 4 (B. Knitted Sock) 1 Annie Halliwell, 2 Bessie Halliwell, 3 Hazel Cousins, Springfield.

CLASS 8 FLOWERS  
Sec. 5 (Mixed Sock) 1 Eileen McEntee, 2 Elizabeth McKay, 3 Margaret Ford.  
Sec. 6 (Emb. Linnen) 1 Mary Gunn, 2 Marjorie Thacker, 3 Helen Smith and Eileen McEntee, Emerald.

CLASS 9 MANUAL TRAINING  
Sec. 1 (M. Stool) 1 Douglas Murphy, Emerald, 2 (N. Box) 1 Everett Clow, Emerald, 2 I. Somers, 3 Reggie Smith, 5 (Bird House) 1 Reggie Clow, 2 Spencer Hughes, 3 Douglas Murphy.

CLASS 10 LIVESTOCK AND POULTRY  
Sec. 1 (Heifer Calf) 1 Alan Cairns and Mel. McDowell, P. Valley, 2 Lawrence McLure, Bradalbane, 3 Lorne Cousins, 4 Priscilla Frizel, 5 (A. Poultry) 1 Lealand Mayne, Emerald, Margaret Cairns, 2 Douglas McDonald, P. Valley, 3 Emerson Matheson.

CLASS 11 COLLECTIONS  
Sec. 1 (Weeds) 1 Dorothy Mayne, 2 Margaret Lambe, Springfield, 3 Emerald Senior, Emerald, 2 (Leaves) 1 Emerald Junior, Emerald, 2 Dorothy Mayne, 3 Margaret Lambe and W. Sinclair, 3 (Wood) 1 Clarence Haslam 2 Iron Somers, Springfield.

CLASS 12 SCHOOL WORK  
Sec. 1 (Exercise Book) 1 Margaret Croken, 2 Margaret McKay, 3 Emerson Matheson, (B) 1 Kathleen McDonald, P. Valley, 2 Caroline Sinclair, Springfield, 3 Millage McLeod, P. Valley, (C) 1 Dorothy Mayne, 2 Winnifred Sinclair, Springfield, 3 Ruth Lambe, 2 (Map Drawing) 1 A. Helen Cousins, 2 Hazel Somers, 3 Clarence Haslam, (B) 1 Douglas Murphy, 2 Ella McKay, 3 Dorothy Mayne, (C) 3 (Art Work) 1 A. James Hickox, P. Valley, 2 Millage McLeod, 3 Kathleen McDonald, (B) 1 Winnifred Sinclair, 2 Douglas Murphy, 3 Margaret Lambe, (C) 1 (Penmanship) A. 1 Elsie Bradalbane, Springfield, 2 Lillian McLeod, Bradalbane, 3 Iris McEntee, (B) 1 Helen Cousins, 2 Eileen McEntee, 3 Florence Mayne, Emerald, (C) 1 Dorothy Mayne, 2 Margaret Lambe, 3 Helen Smith, Emerald.

# Christie's Biscuits

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