How Thin People Can Put On Flesh

Thin men and women-that big hearty, filling dinner you ate last night What became of all the fat-producing nourishment R contained? You haven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The material was there, but your food foesn't work and stick, and the plain truth is you hardly get enough nourthe cost of cooking. This is true of thin falks the world over. Your nutritive organs, your functions of assimilation, are probably sadly out of gear

and need reconstruction. Cut out the feelish foods and funny sawdust diets. Cut out everything but the meals you are cating and eat with every one of those a single Sargol tab. let. In two weeks note the difference. Let the syales be the judge. Five to eight good solid pounds of healthy, "stay-there" fat may be the net result Sargol aims to charge weak, stagnan blood with millions of fresh new red blood corpuscies-to give the blood the of fat-making material in your food to think that we would ever be comoo, mixes with your food, to prepare ture of a man, a woman and a child, it for the blood in an easily assimilated form. Thin people tell how they have gained att the way from 10 to 25 meaning of the title. The book pounds a month while taking Sargol deals with such subjects as right and say that the new flesh stays put. thinking, marriage, pre-natal influention of s'x of the best assimilative ele- ces, divorce, etc. It is meant to caments known to chemistry. They ter to the morbidly curious, and come 40 tablets to a package, are pleasant, harmless and inexpensive, and all good druggists in this vicinity sell stuff. As an essay on the subjects them subject to an absolute guarantee mentioned, it is flat and futile. As found in every package.

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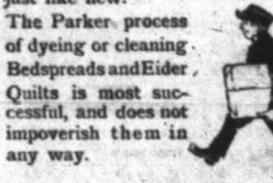
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ston, Ontario.

AND REDUCE YOUR WEIGHT WITH OIL OF ORICENE.

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figure is destroyed. A healthy and if nature is not assisted in throwing it off by increasing the oxygen-carrying power of the blood, a serious case of obesity may result. When you feel that you are get-

ting too stout, take the matter in hand at once. Don't wait until your figure has become a joke and your health ruined through carrying around a burden of unsightly and unhealthy fat.

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Weigh yourself every few days and keep up the treatment until you are of thirty knots. The Germans have down to normal. Oil of orilene is in their latest construction several absolutely harmless, is pleasant to nearly as fast and much faster than take, helps the digestion and is de- any of our battleships. signed to increase the oxygen-carry-

ing power of the blood. Even a few days' treatment should the sea is obvious. With guns of show a noticeable reduction in equal power, the thirty-knot battle weight. There is nothing better. | crulser could choose its own time for Any druggist can supply you or a battle against our battleships of eighlarge box will be sent on receipt of teen and twenty knots. The theory \$1.00. Address D. J. Liftle Drug of the English builders accepted the Co., Box 1240, Montreal, Can.



THREE THINGS.

child & Stewart, Toronto, Publishers, 114 Pages.

To be quite frank we have not read all of this book, and would hate Sargol pelled to. The cover shows a picand thus we get an insight into the those who love to read sensational of weight increase or money back as a novel Elinor's "Three Weeks" was bad enough, but it takes one with far more ability than she possesses to pics treated of in "Three Things."

ELTHAM HOUSE.

By Mrs. Humphrey Ward. McClelland, Goodchild & Stewart, Toronto, Publishers, 372 Pages.

Mrs. Ward is a clever writer, and from abroad? her books are usually intellectual "Delia Blanchflower." reviewed on this page some months ago, was a fascinating story, replete with bright, witty dialogue. The new novel, "Eltham House," is of a different type. The atmosphere is more like what we have been accustomed to in Mrs. Ward's former novels, Here we have English aristocracy at its best,-dukes and diamonds, manor halls and millions. While there is nothing very new in plot or idea the story itself is a swiftly-moving one, thoroughly readable and, as must be expected, cleverly written.

"Eltham House" is an endeavor to depict the attitude of English society towards a man and a woman who have broken the rules of conventional morality. In the Fore word, Mrs. Ward frankly owns tha the story is inspired by the life of Lord and Lady Holland and the famous salon the latter established at Holland House in the early part of the 19th century. Lord Holland, i will be remembered, ran away with the wife of 'Sir Godfrey Webster, There was a divorce, and, in the words of Mrs. Ward: "Lord and Lady Holland were married and en-For information that will lead to | tered upon their long and royal reign the discovery or whereabouts of the in Holland House. . Lord Holland never seems to have suffered any social or political penalty whatever Lady Holland, on the other hand was not 'called upon'; women, un-Skin Diseases, Bladder Troubles, less they were relations or friends made abroad, did not-at any rate Complicated Complants who can in the early years go to Holland House, How things are modified in a hundred years! What would the cal Institute, 263-265 Yonge St., Nonconformist conscience have to say, and all that artificially stringent public opinion which is, so to speak, made by publicity and the newspa-

Here we have the motif of the present volume. What course would public opinion take to-day, given milar circumstances? Would it be more tolerant, or less tolerant? Mrs. Ward visualizes a new set of characters and describes their endeavors to take their place in society and in politics. In other words, the Holland case is reconstructed under modern conditions. Alec Wing, the son of a wealthy peer, runs away with the wife of Sir John Marsworth. She deserts her two children, and goes away for a year of happiness in the Italian mountains with Alec. After the divorce, Alec and Caroline return to London to take up their place in society. Alec has strong political ambitions, while his wife in every way endeavors to assist him. His struggles and disappointments are well outlined. His failure for popular feeling, led by the women, proved too strong-came in due course, All Alecis money and ability and friends could not secure him a place in the newly formed government which he had helped to place in power. Disappointed and discouraged, he blames his wife for his downfall, and goes alone to South America to travel and think things out. When he returns unheralded he finds Caroline dying, a brokenhearted woman. The Nonconformist conscience had interfered with her BE MODERATE IN YOUR DIET plans and spoilt her husband's car-

Syracuse Post-Standard.

administration

for naval construction provides for

000 each. The decision admits a

gratifying change of mind upon the

part of the naval constructors" Ac-

cording to previous reports they were for power and weight, at sacri-

The battleships of dreadnought

and superdreadneught type are of

18,000 to 24,000 tons displacement

with atmor of 12 to 16 inches, mount-

ing four, eight or in case of the Wy-

oming and Arkansas, twelve 12-inch

guns, and having speed of eighteen

to twenty-one knots. The battle

cruiser type, which Great Britain

began to build in 1909, has displacement and gun power equal to the

dreadnoughts or greater, but the ar-

mor belt is reduced and the speed is

navy are capable of maximum speed

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The advantage of speed both for

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four battle cruisers to cost \$18,000,

and lovable through it all. Mrs. Mrs. Ward's finished style.

320 Pages, R. Uglow & Co.,

book won the Canadian prize in their name all-British £1,000 prize novel comfrom a hat. One would expect a Can- might have offered for letting the inadian novel to be typical of Canad- vading legions tramp her soil unhinian life, customs and language, but dered. In her King, it would be all of these things this book is not. an exhibition of baseness almost un-Mrs. Taylor is apparently not a Can- paralleled. In her people, mainly adian, and her knowledge-or lack pro-Russian in their sympathies and of knowledge of Canada is pitifully gratitude it would be a spectacle of member the days when the late Dr. superficial. Who ever heard of a political cowardice, in yielding to an Barker published the paper in the Canadian making use of the following language, with which McClurg welcomes Lady Dunlop on her return

"Aw right, Lady Dunlop. Canada's bin' goin' aw' right anyhow! Guess you're glad to git back, eh? Right down sick for a sight o' the maple leaf, ain't you?"

A customs officer used about the same quality of language, and is plenty more of it in the book. is atrocious English that the author puts into the mouths of her Canadian characters. If she intended to reproduce the slang used in Montreal, where some of the scenes are laid, she certainly does not accomplish the purpose. These defects seriously mar the book, and render it anything but Canadian. If one can overlook such defects, he may find the story satisfactory enough, though he will search in vain for any description of Canadian autumn scenery that would warrant such a title as "The Land of the Scarlet

THE MYSTERY OF THE GREEN

By William Le Queux, Hodder Stoughton, Toronto, Publishers 244 Pages. Price 60c. R. Uglow & Co., City.

A mystery story, using the present

war as a background, has been clev-

erly worked out by this author.

German submarine base and electric signal plant, situated on the northern coast of Scotland, are supposed to be responsible for this alluring Four young Englishmen have just started on a river trip when war breaks out. The trip is abandoned, and they hurry home to London to enlist. Before doing so however, one of them, Ronald-who relates this story in the first person -decides to go to the north of Scotland to bid farewell to his sweetheart, Myra McLeod. On the train be falls in with a stranger, J. G. Hilderman, who poses as a retired American owning an estate near the McLeod's. While Myra and Ronald are enjoying an afternoon's fishing in a river close to Hilderman's property, the girl is suddenly stricken blind by a mysterious flash of green light. Ronald accompanies Myra to the city to consult a specialist, and while they are absent Myra's dog loses his sight at about the same The specialist, who is an expert optician employed in the Brit ish naval service, becomes deeply interested in the strange occurrences.

ranks of the benedicts.

test of war has confirmed their judg-

Ferdinand Owes His Kingdom To Russia and England. New York World.

BELGIUM AND BULGARIA.

The key of victory in the war is Bulgaria in the east, as in the west it is Belgium. The one is the ancient highway to Constantinople; the other is the road to Paris. The deathless fame of Beigium as the bulwark of democratic civilization may presently be matched, in reverse, by the shame of Bulgaria as its wouldbe betrayer.

Belgfum owed existence and neueer, though she had remained loving trality to all the Powers, and kept her faith to all by defending them By Elinor Glyn, McClelland, Good- Ward, however, forecasts future suc- Bulgaria owes nothing to the Teu cess for Alec, thus showing that the tonic concert of Europe, which twice purist puts less emphasis on the sin thwarted her development; but all than on your conduct after the sin. she and is she owes to Russia and The theme, though not novel, is in- England. Her great university, her teresting, and the story is written in half-million children in school, her freed church, her dreaded war pow-LAND OF THE SCARLET LEAF. | based on Russian arms and the goodwill of British Liberals as keepers of By Mrs. A. E. Taylor. Hodden & the lists. But for them her terri-Stoughton, Toronto, Publishers, tory would be under Turkish rule her peasants might still be living in darkest ignorance and poverty, dying in massacre, like the Armen-The publishers announce that this ians, without a nation, a flag or a

> Should Bulgaria enter the war bepetition. Either there were no other side Gladstone's "unspeakable Turk," entries, or the winner must have she would not have even the excuse been chosen by drawing numbers of force majeure, which Belgium circle, for which future generations

Their Only Pleasure

An interesting light on the mental condition of natives of New Guinea is afforded by the story of a commissioner recounted in the report of the London Missionary society The commissioner tried two men from the mountains for throwing spears at the police. They pleaded guilty, and and it was explained to them that they must never do it again.

To the commissioner's surprise is superintendent. they both asked to be hanged. When asked the reason the request they replied that the only pleasure they had was throwing spears at the po lice, and as they were forbidden to do it any more they did not want to

A Bad Lot.

When charged with being drun and disorderly, and asked what he had to say for himself, the prisoner gazed pensively at the magistrate. smoothed down a remnant of grey hair, and said: Your honor, "Man's inhumanity to man makes countless thousands mourn.' I'm not so debased, as Swift, as profligate as By ron, as dissipated as Poe, as de bauched as "That will do! thundered the magistrate. And officer, take a list of these names and run them They're evidently as bad a lot as he

Honest belief is something that n man has the right to rob you of, unless he can offer something better to

real stomach regulator

order-"really does" overcome indi- bags, and as it was their first vengestion, dyspepsia, gas, heartburn ture at shooting they were tremenand sourness in five minutes—that dously keen. just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferand returns to the McLeod home to ments into stubborn lumps, you belch help unravel the mystery. It would gas and eructate sour, undigested not be quite fair to the reader to food and acid; head is dizzy and tell just how this is accomplished, aches; breath foul; tongue coated; Suffice to say there is plenty of ad- your insides filled with bile and in venture before the tangle is straight- digestible waste, remember the moened out. Into the solution come | ment, "Pape's Diapepsin" comes in torted Meehan, "but, fire I must! Be-British destroyers and German sub- contact with the stomach all such marines, powerful electric rays that distress vanishes. It's truly astonblind and kill and an ingenious in lishing-almost marvelous, and the vention that counteracts the latter, joy is its harmlessness, Myra recovers her sight, and instead A large fifty-cent case of Pape'

of going to war Ronald enlists in the Diapepsin will give you a hundred dollars' worth of satisfaction or your The story is very interesting, and druggist hands you your money back. its reading will afford a few hours It's worth its weight in gold to of genuine amusement. The plot men and women who can't get their is well worked out. As a writer of stomachs regulated. It belongs in mystery stories, Le Quex shows un- your home-should always be kept handy in case of a sick sour, upset stomach during the day or at night.

A WHIG MAN SAW A PROGRES-

SIVE VILLAGE Met Some Old Readers Of the Whig

-Yarker May Become a Divisional Point On the C. N. R. A Whig representative spent two very pleasant days in Yarker this

week and noted many changes in the past two years. On the corner opposite the Commercial Hotel where the general store was located for about fifty years, the Benjiman Company has built a large garage and supply sta-

tion for the convenience of the general traveling public. Automobile owners passing through Yarker are able to fill their tanks with gasoline. After the fire which destroyed the er, her swift material growth, are building formerly occupied by the general store, the late proprietor left Yarker never to return. The building formerly occupied as a general store by the late Mr. Edwart has been remodelled by the Benjiman

Company as its head office. John Watt, Postmaster and proprietor of the Commercial Hotel, is one of the most obliging men one would meet, and is liked by the commercial men.

The Whig man spent an enjoyable Cor. of CHARLES AND PATRICE time with some of the residents who have been readers of the Whig for many years.

Samuel Winter, who keeps the gen eral store had been a reader of the Whig since he was eight years of age. He stated that he could rebuilding on Bagot street near the Wholesale house of Macnee & Min-When the paper was purchased by the late E. J. B. Pense, Mr. Winter still continued to subscribe to the Whig. For years Mr. Winter was the Yarker correspondent for the Whig and still continues to send in

Mr. Winter has conducted a general store in Yarker for thirty-one He was born in the old Frontenac Hotel building in King-This building was erected by his grandfather. Mr. Winter has taken a great interest in the Yarker Methodist Sunday school, of which he

"Although I am eighty-two years of age I am still able to take care of my garden," said Alpheus Vanluven to the Whig. When the Whig man called at the Vanluven residence, he found the old gentleman busily engaged in taking in some of the garden produce. As an authority on hens, Mr. Vanluven has few equals. From a young lad he has looked after his hens as he would a business. He keeps track of how many eggs the hens lay and how much it costs to keep them.

For some years Mr. Vanluven has lived with his daughter, Mrs. Ewart. He was born near Murvale. Four of his brothers have died. One son Maxwell, employed as a machinist at the Locomotive Works, resides on Division street, Kingston.

The residents of Yarker are looking forward with great interest to the day when that village will b come a divisional point of the Cana dian Northern Railroad. It is un derstood that at a recent meeting. the C. N. R. board expressed itself in favor of the proposed extension at Yarker. Since the main line of the C.N.R. went through Yarker things

have boomed, there. The residents of Yarker were very much delighted on Monday when forty employees of the Benjiman Wheel factory, who have been out of work for some months on account of lack of orders, reported for duty. It is expected that the plant has sufficient orders to keep the staff busy for the

Like Time and Tide. Two Irishmen sallied forth one day in search of sport. They were "Really does" put bad stemachs in armed with guns and huge game

> Suddenly Meehan spotted a bird, and, taking very careful aim prepared to fire the fatal shot. Then Fergus seized him by the arm frantic-

"Fer th' mercy's sake, don't fire, Meehan! Shure an' ye're fergotten

'That's as it may be, me lad," recorrah, th' burrud won't wait.

Made Him Whistle. Saskatoon Phoenix.

Captain Logan "whistled" when the President of the Seattle Construcosand Dry Dock Co., told him over over the 'phone that he wanted \$1, 500,000 for his two submarines. Nevertheless, the money was paid and the Canadian people have to foot the bill, for two submarines that functioned all right at Vancouver but wouldn't function anywhere else.

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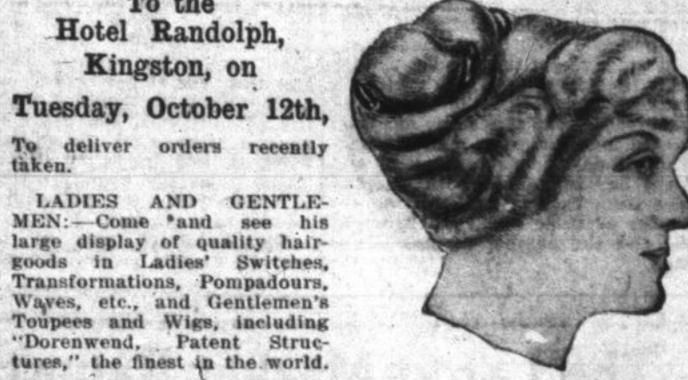
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