

18 POUNDS OF BLOOD

is the average quantity in a healthy adult, but it is the quality of the blood that determines our strength to resist sickness.

In changing seasons get abundant fresh air and take a spoonful of Scott's Emulsion after meals, because Scott's Emulsion is a rich blood-food that will increase both quantity and quality of the blood while it warms the body and helps carry off the impurities.

When multitudes of people are today taking Scott's Emulsion to avert winter sickness, and are giving it to their children, it is careless to neglect its benefits. Look out for substitutes.

Scott & Bowne, Toronto, Ont.

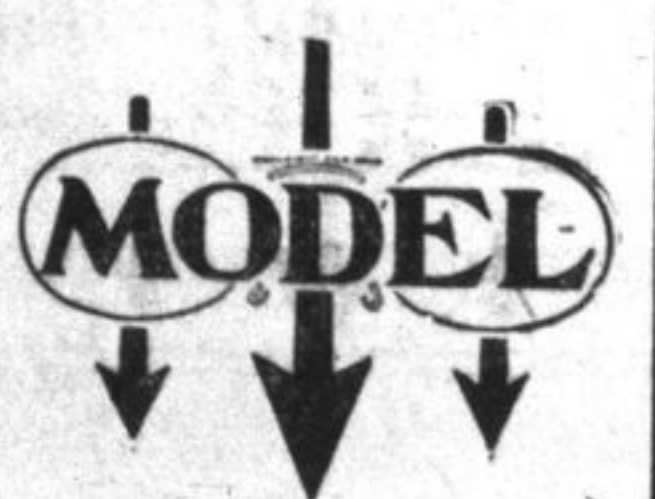
Camera Supply Depot

Best's

Cameras, all makes, for films and plates. Papers, both gaslight and P. O. P., the best brands procurable.

Best's

The Popular Drug Store, Open Sundays.



EYE GLASSES

The kind you want—the kind most everybody wants. MODEL glasses scientifically ground.

KEELEY Jr., M. O. D. O. OPTOMETRIST AND OPTICIAN

Underwear Problems!

All lines at Old Prices. Now is the time to buy. All duplications will be very much dearer.

Combination Suits. Nearly all men are considering wearing these garments and putting the two piece aside.

HEAVY GARMENTS. Nova Scotia wool, suitable for outdoor wear, at 75c, \$1 and \$1.25 per garment.

Two piece goods carried in all lines. Get supplied at once at the Underwear Specialists.

E. P. Jenkins' CLOTHING CO.

SOME OTTAWA GLIMPSES

Special Correspondence by H. F. Gadsby.

Money-Wasting Commissions

Ottawa, Oct. 22.—At a time when the average Canadian is squeezing every cent and cutting out the frills to keep down expenses the Borden Government is going in for extra help in a generous not so say lavish fashion.

Just a few off the top. There is the Davidson Commission whose duty is to follow up, amplify and extend the revelations made before the Public Accounts Committee.

The High Cost of Living Commission, which drew up a report but never printed it because it was overshadowed by the high cost of living in Europe.

All these Royal Commissions are at work but there is some doubt as to whether they are earning their money. Take the Davidson Commission for example.

Reports from British Columbia tend to show that the interesting transaction of the two submarines, purchased in a moment of inspiration by Sir Richard McBride, and billed to Canada at \$1,150,000 is being scrutinized as between gentlemen.

So far, as can be seen at this distance, the chief facts remain unexplained, and no satisfactory answer is given to questions like these.

At all events only faint replies are made, as for example when Manager Patterson, of the Seattle Drydock and Construction Company, explains that Chill didn't get the boats, because Chill was broke, which is probably news to Chill.

Nervous, sick headaches tell of exhausted nerves, and warn you of approaching prostration or paralysis. By enriching the blood Dr. Chase's Nerve Food restores the wasted nerve cells and thoroughly cures headaches, sleeplessness and other nervous disorders.

Dr. Chase's Nerve Food

submarines are pretty safe as long as they go down only once at a time—they have to go down three times in succession, before they drown.

The alleged business of the Commission is to make a valuation of the various Indian reserves, so that the Indians will get as fair a price as they can expect from the white man in event of a sale being made.

During the last six months they have conferred with the Indian chiefs in the north, three times a five hundred mile journey each way.

Past Neglect of Forests. The future forest industries which are almost the only industries possible on three-fifths of the area of Eastern Canada, must be supported by the timber grown on the logged-over and burned-over non-agricultural lands.

One effect of the war on Canadian seaports is that the windjammers have come back. When steam came the big sailing ships were gradually sent to the graveyard where they rested on the mud.

Stopped Game to See Ducl. In a letter to W. F. Nickle, M.P., Lieut.-Col. A. E. Ross, commanding No. 1 Field Ambulance, describes a thrilling incident which occurred while Canadian soldiers, including some of his own corps, were playing baseball.

Wireless Offer From North. Ottawa, Oct. 21.—News of the machine gun campaign has reached Fort Nelson. The nine hundred men employed there on the new harbor and terminal works of the Hudson Bay Railway lost no time in organizing their own campaign and a wireless message has been received by the Department of Railways and Canals asking them to hold out \$5,650 from their next month's pay and to hand the amount over to the Militia Department for the purchase of machine guns.

P FOR TRIAL

ON CHARGE OF UTTERING FORGED CHEQUE

Man Chopped Off Top of Thumb — Napanee Prepares To Collect For the British Red Cross Fund.

Napanee, Oct. 21.—In Police Court yesterday before Magistrate Rankin, O. Deshane, Belleville, appeared to answer two charges, one of uttering a forged cheque and one of conspiracy to prosecute an unlawful purpose.

Mrs. Lena Asselstine also appeared to answer a charge preferred against her of using abusive language. She was allowed to go by paying the costs of the court.

M. B. Mill's left for Hay Bay ports with his yacht, the Dolphin, to load apples for Pictou evaporators. Later he will load apples for Napanee.

WAR BULLETINS.

Britain offers the Island of Cyprus to Greece for her assistance in the war. Roumania has sent a mission to the Allies in regard to taking part in the war.

DERBY'S RECRUITING PLAN Has Met With General Approval in Great Britain.

London, Oct. 21.—Lord Derby's recruiting scheme meets with general approval, both in conscriptionist and non-conscriptionist circles today, especially that part of the plan which calls on unmarried men first.

President Pardons Spear. Philadelphia, Oct. 21.—President Wilson announced that he had granted a pardon to Cameron Spear, sentenced to five years in the Atlantic penitentiary for unlawfully using the mails in connection with the Collins Wireless Telephone Company. It was alleged at the trial that \$1,000,000 of fraudulent stock was sold.

From Steam to Electricity. St. Louis, Oct. 21.—Prediction that all steam railroads in the United States would be electrified in the next few years was made by M. W. Storer, of Pittsburg, in an address at a luncheon given to the members of the American Institute of Electrical Engineers, which began its national convention here.

Kaiser Has Quarrel. Petrograd, Oct. 21.—German losses in the attempts to capture Dvinsk are officially estimated at 80,000 killed and wounded.

Will Canada Lift Wheat Embargo? (Special to the Whig.) Minneapolis, Minn., Oct. 21.—There is a story here that Canada will lift the embargo on wheat in order to all Canadian wheat in the United States.

The average woman knows the ins and outs of flirtation. She first draws a man out, then she pulls him in.

SCROFULA AND ALL HUMORS GIVE WAY There are many things learned from experience and observation that the older generation should impress upon the younger.

New Refining Process. Detroit, Oct. 21.—It is announced that the Ford Motor Co. has discovered a new process whereby iron ore is put direct into the blast furnaces in its crude state and refined by one heat into both pure gray iron and malleable iron.

READY FOR THE WINTER. Clothes and Comforts For Soldiers Ample, Says Ottawa.

"KITCHENER" Is the name of the new Electric Iron made by the Canadian General Electric Co.

Porritt Garage Co., Limited 210-214 WELLINGTON ST. Phone 454. For All Kinds of Accessories

Probs.: Fine to-day and Friday; cooler Friday.

Friday, A Bargain Day

of Wonderful Opportunities!

Corsets

25 doz. only of heavy Coutil and Batiste, P. G. and D, and A. French Model Corsets—all new models; regularly sold at \$1.50 and \$1.75. Friday 89c



Black Suiting

80 yards imported Black Amazon Suiting—full 54 inches wide—fast dye—excellent value at 90c the yard—as a special attraction in our Black Goods Department, Friday 57c

Habutai Wash Silk

110 yards of White and Ivory Real Habutai Wash Silk—fine quality; splendid for Waists, Underwear and Kimonos—full 36 inches wide; sold right in town at \$1.25 yard. Friday 89c

Watch papers to-morrow for a very special announcement!

Steacy's

DAVIES'

A very special quality of

Table Butter 33c Lb.

THE Wm. Davies Co Ltd., Phone 597.

Military Supplies

Whistle Cords, Whistles, Spurs, Leggings, Shirts, Caps, N.C.O. Badges & Lanyards—White and Khaki

Crawford & Walsh Civil and Military Tailors

Sunkist Seeded Raisins

New Goods Arriving. Insist on Sunkist. At All Grocers.

"KITCHENER"

Is the name of the new Electric Iron made by the Canadian General Electric Co. Under the new power rates, it will cost only 2 1-2 cents per hour to operate this Iron.

Porritt Garage Co., Limited

210-214 WELLINGTON ST. Phone 454. For All Kinds of Accessories. Such as Pumps, Jacks, unning-board Mats, Headlight Bulbs, Tire Holders, Shock Absorbers Dry Cells. All kinds of tires and tire repair material. Call in and see them.