

LUNG TROUBLE

Was never cured by dosing the stomach. The two organs are not connected. If they were, food swallowed would choke you. For lung and bronchial troubles you must breathe the cure; and you can't breathe cough syrups, tonics and syrup compounds! Peps provide the rational treatment for coughs, colds, bronchitis and lung troubles. Peps are tablets made up of Pine extracts and medicinal essences, which when put into the mouth turn into healing vapors. These are breathed down direct to the lungs, throat and bronchial tubes—not swallowed down to the stomach, which is not ailing.

On the face of it, now, does this not sound more reasonable than dragging the stomach? Try one box of Peps. A trial will cost you only 50c., and the good you will reap—well, health cannot be expressed in money terms. Be sure of the article when ordering from druggist or store. Just four letters

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Coal

The kind you are looking for is the kind we sell.

Scranton Coal

Is good Coal and we guarantee prompt delivery.

BOOTH & CO.,
Foot of West St.

PHOTOS!

THE COOKE STUDIO
Has Removed to
159 Wellington Street,
One Door South of
Brook Street.

Thin People Gained Weight Quickly

By Following this Simple Suggestion. Thin men and women who would like to increase their weight with 10 or 15 pounds of healthy flesh, should try eating a little Sargol with their meals for a while and note results. Here is a good test worth trying. First weigh yourself and measure yourself. Then take Sargol—one tablet with every meal—for two weeks. Then weigh and measure again. It isn't a question of how you look or feel or what your friends say and think. The scales and the tape measure will tell their own story, and many thin men and women we believe can easily add from five to eight pounds in the first fourteen days by following this simple direction. And best of all, the new flesh stays put. Sargol does not of itself make fat, but mixing with your food, it turns the fats, sugars and starches of what you have eaten, into rich, ripe fat producing nourishment for the tissues and blood—prepares it in a easily assimilated form which the blood can readily accept. Much of this nourishment now passes from your body as waste. But Sargol works to stop the waste and do it quickly and to make the fat producing contents of the blood. When you are eating now develop pounds and pounds of healthy flesh between your skin and bones in a safe, pleasant, efficient and inexpensive. All leading druggists in this vicinity sell it in large boxes—forty tablets to a package—on a guarantee of weight increase or money back as found in each large box. If you are a complete teetotaler, you are unable to supply you, send \$1.00 to the National Laboratories, 54 St. Antoine St., Montreal, and a complete ten days' treatment will be sent you post paid.

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Let's face it. We make a specialty of Ladies' Work.
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No wonder a typewriter gets rattled when a pretty girl works it.

Some General Information for Busy People

Thugs of India.

Among the countless varieties of criminal which infest the large cities you are doubtless familiar with the one commonly designated by the name "thug," a ruffian who would stab a person in the back for a few cents. The name "thug" is derived from the old religious order that flourished in India unmolested up to about 1800. Thuggee was practiced by religious fanatics, whose creed prohibited the shedding of blood. Any human sacrifice which might be offered to the goddess Kali must be slain without the breaking of the skin or the appearance of one bloodstain. Usually the thugs masqueraded as pilgrims or peddlers, got the confidence of their victims and then strangled them by means of a rope, a handkerchief or an unwound turban. They were then buried in shallow graves, dug with a consecrated pickaxe, and a third of the plunder was laid on the altar of Kali, their barbaric deity.

Taking an Impression.

The original point of view of Stephen Hawes, the English painter, is seen in the following fable, which was included in a letter to a friend:

The artist peeped into a window of a room where a retired merchant sat, doing a jigsaw puzzle.
"Whose is that strange face?" the merchant asked anxiously.
"I saw no one," his wife said.
"I did. I saw a strange face distinctly"—but before he reached the window the artist was gone.
"Do you think it was a burglar?" his wife said.
"We will see if he has taken anything."
Investigation showed that nothing was missing, but the artist had taken away an impression which he sold to that particular merchant for £100.

The Penetrating Stare.

Can a stare be felt? A woman who has conducted many experiments says it can, that "no matter how deep her absorption, the stare at her back will always disturb her. All girls feel a stare." Dr. Coover, "a psychologist," says a stare is not felt and that he has tested it a thousand times. It is probably all imagination on the part of the woman, for it is easy in such cases for what one imagines to become real to her. Where she passes a man, and he stares at her, she can doubtless feel that stare a block away, for it will take awhile for the impression of a stare to pass away. Stares are no doubt a great annoyance to women, but there is no way to prohibit them. The only way to do to abolish the stare is for women to dress simply and go modestly about their business.

Nickel in Soapmaking.

It will probably be news to the average abolitionist that the metal nickel is used in making his soap. And further, perhaps, he will be glad to learn that although the nickel, finely ground, is mixed with the other soap ingredients the finished product contains none of it. This is so because the nickel acts as what the chemists call a catalyst—that is, its presence causes certain desirable changes to occur, although it takes no part in the chemical reaction. Offensive oils and those too thin for satisfactory use when mixed with finely divided nickel and subjected to the action of a current of hydrogen become deodorized and harder and suitable for the soapmaker's use. Cottonseed oil, for example, after the nickel-hydrogen treatment, makes a satisfactory soap.

Elephant Skin.

Elephant skin is beautiful and durable, but it is very hard to get. The price of a live elephant is large, and a leather manufacturer who promised to provide a number of elephant skin bags at short order would find himself facing a big problem. Almost all elephants, after they die, fall into the hands of the leather manufacturers, or else they are stuffed and put in museums.

She Was Right.

Teacher—Now, Dorothy, tell me how many bones in your body? Dorothy—Two hundred and eight. Teacher—That's not right. There are only 207. Dorothy (with great delight)—But I swallowed a fish bone this morning!

Balata.

Balata is a substance belonging to the rubber-like products and which is very similar to gutta percha. It is obtained from the milky juice of the "bully tree" (Sapota muelleri baik), found chiefly in the Golan and Venezuela.

An Easy Arrangement.

Wife—Am I, then, never to have my way in anything? Husband—Certainly, dear. When we are both agreed you can have your way. When we differ I'll have mine.

Obliging.

"Only give me time, your honor," begged the convicted prisoner.
"All right," replied the judge. "How will ten years suit?"

Limited Experience.

Mistress (to new girl)—We entertain a good deal. Have you had much experience at parties? Girl—Only as a guest, mum.

Curiosity is looking over other people's affairs and overlooking our own.

—Wayland.

Australia's Military Boys.

Australian boys begin their military career at the age of twelve years, when they enter the ranks of the "junior cadets" and drill under the instruction of their schoolteachers. Their target practice is limited to shooting what is popularly known as the "twenty-two" rifle.

At the age of fourteen the schoolboy is graduated into the "senior cadets," and here his military training begins in earnest. He learns to care for his rifle, which the government furnishes to him. The state also gives him an olive drab military uniform. He learns the movements of squad and company formations and learns to deploy as skirmishers.

The Australian schoolboy becomes a soldier irrespective of his own wishes in the matter, or those of his parents. Truancy officers, such as in this country, watch the attendance at school in Australia, hale into court the parents of boys who are absent from their military drill, and it is not an infrequent occurrence for heavy fines to be levied on parents who are indifferent to their sons' military education.

How Romans Took Their Food.

The Romans reclined at their banquets on couches, all supporting themselves on one elbow and eating with their fingers from dishes placed in the center of the table. Each was supplied with a napkin, and knives were used, though it does not appear that every one was supplied with one. Nothing, it would seem, could be more fatiguing than to partake of a repast in such an awkward posture or less conducive to neatness, it being almost impossible to keep the hands clean even with water supplied by the slaves or to prevent the food and wine from falling on the clothing and the draperies of the couch. This manner of eating disappeared during the dark ages so far as the couch was concerned, but the peculiarity of taking food with the fingers from a common dish continued afterward for more than 1,000 years.

Bismarck's Card Trick.

The diplomat has many tricks up his sleeve, Bismarck included not only drinking, but card playing. It was when he was negotiating the treaty of Gastein with the Austrian Blome. "I then played quinzle for the last time in my life. Although I had not played then for a long time, I gambled recklessly, so that the others were astounded. But I knew what I was at. Blome had heard that quinzle gave the best opportunity of testing a man's character, and he was anxious to try the experiment on me. I thought to myself, 'I'll teach him.' I lost a few hundred thalers, for which I might well have claimed reimbursement from the state. But I got around Blome in that way and made him do what I wanted. He took me to be reckless and yielded."—London Chronicle.

Washing in the Philippines.

Most of the laundry work of the Philippine Islands is done by hand. The washing is usually done by beating the clothes with paddles, with the open hands or by rolling the garment slightly and striking one end of it upon a flat stone or other hard, smooth surface, handling it as a ball is swung over the shoulder. The usual method is to beat the clothes with paddles especially fashioned for the purpose. There is no such thing as boiling in the process of washing among the Filipinos. Much of the clothing worn in the country being white, a great deal of sun bleaching is done.

"Maru" in Japan.

Maru is the Japanese word for mother. All Japanese regard their country of Japan as their mother, and instead of using the equivalent of the word fatherland they invariably say "Maru" (mother) when referring to the land of Japan. Their use of the word as part of the names of ships is to show their reverence for and to honor their mother, Japan, and at the same time to distinguish the ships as belonging to their fatherland.

Nothing Unusual.

"My goodness!" said Wiggins. "Rudyard Kipling's autograph brought \$17.50 at auction the other day."
"That's nothing," returned Ralph Waldo Lakwell, author of "Sonnets to a Portuguese." "My autograph brought \$37.25 last week."

Auction sale?

"Auction sale?" queried Wiggins.
"No," said Lakwell. "It was signed to a check in payment of my tailor's bill."

Mander Still.

"Well, have you reached the point where you can assemble a motorcar?" asked Mr. Chugson.
"No, indeed," answered Mr. Johnson. "In fact, I haven't yet reached the point where I can assemble the price."

Very Simple.

"My wife is going to that masquerade ball as a simple fisher maiden."
"Going to borrow a fisher's costume from some simple maiden?"
"Not on your life. Going to have one especially constructed for \$2,000."

Somebody Had to Sleep.

The doctor entered the patient's room in the morning and, according to habit, read the chart the first thing. He was a little surprised to read:
"2 a. m.—Patient very restless; nurse sleeping quietly."

It you would hit the target aim a little above it. Every arrow that dies feels the attraction of earth.—Longfellow.

The Lady or the Tiger Riddle.

"Perhaps the most interesting thing about 'The Lady or the Tiger?'" Frank H. Stockton once said, "is its great popularity among the savage races. It has been told again and again by the story tellers of Burma. A missionary once told the story to a tribe of Karen in Burma. When she came back a year later the tribe surrounded her and wanted to know if she had found out whether I cannot answer the question, for I have no earthly idea myself. I have never been able to decide whether the lady or the tiger came out of that door. Yet I must defend myself. People for years have upbraided me for leaving it a mystery. Some used to write me that I had no right to impose upon the good nature of the public in that manner. However, when I started in to write the story, I intended to finish it, but it would never let itself be finished. I could not decide, and to this day, I assure you, I know no better than any one else."—Christian Science Monitor.

Original of Falstaff.

Sir John Falstaff was the original of Shakespeare's Falstaff and in his day was a continual butt for the jests of the town and borough of Southwark. Though he had fought at Agincourt, when Jack Cade invaded the borough he showed great cowardice. When Cade was yet some way off Falstaff had armed and fortified his house and garrisoned it with veterans of the French wars. On the arrival of Cade, however, he withdrew his garrison and fled to the Tower, leaving his neighbors to the mercy of the rebels. Falstaff's matrimonial adventures seem also to have been another source of unpopularity, for, having married a widow named Scrope, he seized her property and kept his stepson out of his inheritance during his own lifetime.—London News.

Boiled Reasbuds.

Although it is little known in this country, Turkish women consider reasbuds boiled in sugar a luxury not to be missed. They claim that these make an excellent preserve.

In China a species of lily is dried and used for seasoning ragouts and other dishes. This is looked upon as one of the choicest of native dishes.

Many provinces of this same land grow lilies expressly for the purpose of marketing them in this connection. They are usually picked just previous to their opening and then cooked as ordinary vegetables.

A Go-as-you-please University.

Few have heard of the University of Amersfoort, and its attendance is only about 100 students, but on its faculty are many famous Belgian and Dutch professors. It was formed less than a year ago among Belgian refugees interned for the duration of the war at the Dutch town by that name. The students undergo no entrance examinations, choose their own courses of study and end them whenever they may desire.

A Grim Collection.

King Alfonso has a curious taste in collecting. In his private museum are grouped all the objects which have placed his life in danger, from a large glass case which fell and nearly killed him when a child of five, to a piece of the bomb thrown at him in Barcelona and a fragment of the lantern in which he was seated with President Loubet when his assassination was attempted in the Rue de Rivoli, Paris.

The Real Acme.

"The acme of happiness," gushed the ardent lover, "is to marry the woman you love."
"There's something in that," responded the old married man, "but the main point is to love the woman you marry."

Behind the Times.

"John was a good man," said the despondent widow, "but he was so old-fashioned to the last."
"How so?" asked the sympathetic friend.
"Why, he got killed by a runaway horse."

Professional Caution.

Burglar (just cautions, to his lawyer)—I will drop in soon and see you.
Lawyer—Very good, but in the daytime, please.

German and Spanish.

It is just about "nip and tuck" between those who speak German and those who speak Spanish, with the advantage somewhat on the side of the German. There are about 85,000,000 German speaking people in the world and about 82,000,000 speaking Spanish.

Unfortunately Expressed.

Violinist (one of a trio of amateurs who have just obliged with a rather lengthy performance)—Well, we've left off at last! Hostess—Thank you so much.—London Telegraph.

His Ambition.

Madge—I hear that Charlie is an awfully spendthrift. Marjorie—I should say he was. He's trying to make two wild oats grow where only one grew before.

Anomalous.

"Pa, what is an anomaly?"
"I can't explain the term very well, son,—but a deck hand on a submarine would be anomalous."

When you know a thing, maintain that you know it; when you do not, acknowledge your ignorance.—Confucius.

The Torch of Civilization.

In the history of civilization first one nation arises and becomes the torch bearer and then another takes the torch as it becomes stronger, the stronger always pushing the weaker aside and becoming in its turn the torch bearer. Each nation that has borne the torch of civilization has followed some path peculiarly its own. Egyptian, Syrian, Persian, Greek, Roman, Frank, all had their ideal of power—order and progress directed by supreme authority, maintained by armed organization. We Anglo-Saxons bear the torch of civilization because we possess the principles of civil liberty, and we have the character, or should have the character, which our fathers have transmitted to us, with which to uphold it. If we have not, then be sure that with the certainty of a law of nature some nation—it may be one or it may be another—already knocking at our doors, will push us from the way and take the torch and bear it onward, and we shall go down.—Thomas Nelson Page.

Classification of Stars.

In classifying stars astronomers recognize six degrees of magnitude, but the term relates to radiance or brilliancy rather than to size. Although the classification is somewhat arbitrary, yet each degree of magnitude is approximately two and a half times as brilliant as a star of the next magnitude below. Then, too, each magnitude is about three times more numerous than the one which precedes it. Beginning with the brightest, there are visible without a glass about twenty stars of the first magnitude, about sixty of the second magnitude, nearly 200 of the third magnitude, about 400 of the fourth magnitude, about 1,100 of the fifth and over 3,000 of the sixth. The total number of stars that can be seen by the unaided eye is about 5,000, but not all at one time. This takes no account of the millions, perhaps hundreds of millions, in regions of space that cannot be reached by the unaided eye.

Hot Winds.

The sirocco blows hot from the highlands of north Africa and falls on the Mediterranean as far as Malta. The sirocco jumps like a windy fireball from the heat of the Sahara desert and lands fabled in Spain. The sirocco blows hot Sahara dust far into the Atlantic and gives nosebleeds and makes skin and lips parch and crack, while furniture and ship timbers groan and crack and scream in an agony of droughty despair. The khamsin blows Sahara's ancient dust into Egyptian eyes every fifty days. The pampers periodically blow down into Buenos Aires out of the unexplored desert highlands of Brazil, and the blowing causes suicides and murders to be more common and wounds to break out afresh, with a heavy death rate. Pampers pass away in a second, leaving the air fine.—Exchange.

Painter and Pawnbroker.

Mr. Frank Branwyn, A. R. A., knows his Paris as well as most, and also a good many more out of the way parts of the world besides—Russia, Spain, Algiers, Turkey and the rest— which he has visited in the pursuit of his art, more especially during his earlier days, when he was less affluent than today, in which latter connection he once had an amusing experience. During a financial crisis he sought to effect a loan of \$50 on the security of one of his own pictures. The pawnbroker offered \$2.50, to the artist's indignation. "Why, the frame alone is worth more than that," he protested, to be met with the crushing reply, "I know it is, and it is on the frame that I am lending the money."—Westminster Gazette.

A Japanese Breakfast.

The usual Japanese breakfast consists of rice, miso, pickles and occasionally fish. Tea is always served with meals and is drunk clear, without sugar or cream. Miso soup consists of strips of radishes, seaweed, eggplant or other vegetables cooked with bean curd and water. The cooking is not continued for a long period, and so few vegetables are used that the soup partakes only slightly of the flavor of the ingredients.

A Whistling Moth.

A whistling moth is an Australian rarity. There is a glassy space on the wings crossed with ribs. When the moth wants to whistle it strikes these ribs with its antennae, which have a knob at the end. The sound is a love call from the male to the female.

A Last Resort.

"Can't you do anything at all for my hair?"
"Nope," said the barber. "Hair all gone."
"But my dome shines like a newly starched collar. Can't you give it a sort of dull finish?"—Exchange.

Unexpected.

Bill—Did you ever try to stand on an egg?
Jill—Oh, yes.
"And what did you learn?"
"That the inside of the egg was stronger than the outside."

Psychology.

Psychology is the science of explaining why the time between weekly pay days seems longer than the period from one monthly gas bill to the next.

Worse Still.

"I have a wife who is like a bird that can sing and won't."
"You're lucky. Mine can't sing and will."

Help to Make Her Dream Come True

The agony of blood and tears which swept over Belgium has left nearly two millions of its people absolutely without food or money. Because they scored to sell their national honor—because they dared to fight for the right, against odds that were overwhelming—because they sacrificed they saved the day for us and our Allies—they are face to face with grim starvation.

The wives, mothers and children of King Albert's gallant soldiers, dream not of pleasures and luxuries, but of BREAD! They are helpless to provide it themselves—and the Belgian Relief Commission, efficient though it is, can only procure it for them with cash supplied by the voluntary contributions of people like ourselves. The

Belgian Relief Fund

is provided almost entirely by the British Empire and the United States, and administered by a neutral "Commission for Relief in Belgium," co-operating with the "Belgian Public Food Supply Society."

This Commission has for months been the sole means of providing food for the Belgian people—for the Germans positively refuse to feed their victims. Some 5,000,000 are still able to pay for the food, while nearly 2,000,000, absolutely destitute, must be fed free.

For money to buy food for these Belgians, the Commission appeals to us all. If we do not furnish it—if we sit back in plenty and let our heroic Allies sell their sacrifice with their lives—we shall be eternally disgraced!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the
Central Executive Committee, 59 St. Peter St., Montreal

\$2.50 Feeds A Belgian Family A Month.

Cheques to be made payable to "THE TREASURER, BELGIAN RELIEF FUND, 59 St. Peter Street, Montreal, or to local committees."

"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.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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