

BY JOVE!

said a well educated man the other day when he was asked this question: "Why, when you have a cold, a cough or bronchitis (trouble, you will note, of throat and chest) do you persist in pouring cough syrups, lung tonics and the like into your stomach, which is perfectly sound?"

Ever think of it? The stomach and the lungs are not connected, otherwise food swallowed would choke you. Lung and throat troubles were never yet cured by dosing the stomach. To cure coughs, colds and bronchitis, you must breathe the cure. Peps provide the rational treatment for these ailments. 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. Try a Six, box of Peps for four cold, your cough, bronchitis or asthma. All druggists and stores of Peps Co., Toronto, will supply.

Peps

GRANDMA USED SAGE TEA TO DARKEN HAIR

Use Mixed Sulphur with it to Restore Color, Gloss, Thickness.

Common garden sage brewed into a heavy tea with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant, remove every bit of dandruff, stop scalp itching and falling hair. Just a few applications will prove a revelation if your hair is fading, gray or dry, scraggly and thin. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-to-use tonic, costing about 50 cents a large bottle at drug stores, known as "Weyth's Sage and Sulphur Compound" thus avoiding a lot of mess.

While wispy, gray, faded hair is not youthful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Weyth's Sage and Sulphur you can't tell, because it does so naturally, so evenly, get straight down a sponge or soft brush, wash it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and, after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat less meat if kidneys feel like lead or bladder bothers.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing and occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

This Will Remove Hair or Fuzzy Growths

(Toilet Tips)

A safe, certain method for ridding the skin of ugly, hairy growths is as follows: Mix a paste with some powdered delonide and water, apply to hairy surface about 2 minutes, then rub off, wash the skin and the hairs are gone. This is entirely harmless and seldom requires repeating, but to avoid disappointment it is advisable to see that you get genuine delonide.

Juicy Full-Flavored Delicious Sunkist California's Selected Oranges are sold by all good dealers. Order today.

California Fruit Growers Exchange
Co-operative - San Joaquin
108 King St., East, Corner Church
Toronto, Ontario

THREE MEN OF 21ST

WERE BURIED IN BELGIUM ON CHRISTMAS DAY.

Signalling Sergt. W. G. Hazlett Says It Was a Sad Day—Lieut. H. F. Bray in Hospital For Operation.

Signalling Sergeant, W. G. Hazlett with the signalling section of the 21st Battalion, has sent the following interesting letter to W. J. Clarke, Wellington street, acknowledging the Christmas present sent by Cataract Lodge, I.O.O.F.—

"Your most kind gifts sent in care of me came on Christmas Eve and on behalf of the brothers and myself I wish to thank you very much for the thoughtfulness of you and your committee in choosing the most suitable gifts possible.

"The 21st Battalion is upholding to the best of its ability the record it held in Kingston, and though most of the work is tedious and hard physically the men go at things with a will and have established a name for themselves.

"Christmas day was quietly spent as both sides seemed to take the day off but opened up at night and raised quite a row for a time.

"A sad part of Christmas day was the burial of three lads in the cemetery only a short way from the dug-out. Coming on the most joyous day of the year, I can assure you there were few dry eyes looking on. Poor chaps, they were sniped on Christmas Eve. Doubtless they were thinking of the next day and the extras issued to all, such as oranges, plum-pudding and nuts.

"Our battalion has changed a great deal since coming here, and there are many new faces to be seen. Between casualties and sickness, due to the awful weather, we have lost some fine men, and drafts are continually coming to us.

"The end seems a long way off, but we continue to plug away and do our bit. I am pleased to hear of so many signing up in Kingston as they can all be used. If the slackers could only be shown the enormous desolation done by the Huns, I hardly think they would need much coaxing to do a uniform.

"I have been over here going on four months and have seen only a small portion of the country. It contains mostly debris and ruins. I had the opportunity of inspecting a famous old city without a whole house left. Stone bricks and mortar are about all that is left now and the once beautiful cathedral is smashed to atoms.

Lieut. Bray in Hospital.

Lieut. H. F. Bray, R.C.H.A., writing to W. J. Clarke, Wellington Street, states that he spent Christmas in the Millbank, S. W. Military Hospital. The letter was dated January 4th and was in part as follows:

"I am afraid I am in for an operation. I hope that will be an end to my continued sickness. I saw M. Lowrie home from France for Christmas the same day that I was taken ill. He was looking very well. Capt. Elkins was in and told me of the death of Dalglaise and Pepin. The latter poor chap, died of shock as they put him on the operating table. His left leg was completely cut off below the knee. Poor old Dalglaise was very badly mauled but sat up and smoked a cigarette. He did not last long. I saw Mr. Benson. He was wounded in the foot but was getting along well and quite happy. There have been some changes in the officers of the brigade but no doubt you have heard of them."

our stage seen so splendid an example of romantic characterization, and Mr. Post's interpretation of the merry-souled Persian poet bids fair to occupy a most conspicuous niche in our national gallery of notable histrionic achievements.

"Omar, the Tentmaker" is the third triumphant success from the pen of Richard Walton Tully within a space of six years, his other two picturesque plays being "The Rose of the Paradise" and "The Rose of the Rancho." Of the three plays, "Omar, the Tentmaker" is far and away the most elaborately staged and pictorially beautiful.



PROF. H. M. FIELD interned in Germany since the war started. He has just been granted permission to return to England. He left Canada twenty-five years ago. He was interned in Dresden, Germany.

GET PARCELS READY FOR KINGSTON WAR PRISONERS IN GERMANY.

The United States Consul Johnson Has Contributions Enough For One Hundred Men.

The American Consul F. S. S. Johnson and his staff are busy all the time getting parcels ready for the Kingston boys who are now prisoners of war in Germany. When the work is finished there will be 100 parcels of food tobacco and clothing ready to be sent to Germany, and the articles in each of the parcels show the discretion that Mr. Johnson uses in getting the parcels ready. In every parcel there are two packages of cigarettes, two plugs of tobacco, one cake of chocolate, one half pound of tea, one half pound of cocoa, one pound of bacon, one pound of cheese, one package of "Maggi" soup, one pair of socks, one pair of mitts, three-quarters of a pound of sugar, one pad of writing paper, one package of envelopes, and one pipe. The above list of articles is what goes in every one of the 100 parcels and it takes no great imagination to tell what Mr. Johnson and his very efficient staff and friends have been doing for the Kingston men, who for the sake of the citizens of Kingston are now interned in a position where they are unable to procure these necessities.

The 100 parcels that will be sent will cost about \$200. Some of the articles have been bought by money subscribed and some have been donated by merchants.

It has been suggested that if 200 citizens would agree to pay one dollar a month, the supplying of such parcels to the prisoners-of-war would be assured. It is a big undertaking and Mr. Johnson ought to be given every possible assistance.

A Failure.

"I hear old Cottrix has lost every dollar he had in the world?"

"You don't say! What was it—failure?"

"Yes; heart failure."—Boston Transcript.

A British Offensive.

Berlin, Jan. 21.—British troops have commenced an offensive along a front of several hundred yards. The battle is still proceeding. Artillery is very active on both sides.

"NO 'FRILLS"

Just a Statement About Food.

Sometimes a good, healthy commercial traveler suffers from poorly selected, food and is lucky if he learns that Grape-Nuts food will put him right.

A traveling man writes: "About a year ago my stomach got in a bad way. I had a headache most of the time and suffered misery. For several months I ran down until I lost about 70 pounds in weight and finally had to give up a good position and go home. Any food that I might use seemed to nauseate me.

"My wife, hardly knowing what to do, one day brought home a package of Grape-Nuts food and coaxed me to try it. I told her it was no use but finally to humor her I tried a little and they just struck my taste. It was the first food that I had eaten in nearly a year that did not cause any suffering.

"Well, to make a long story short, I began to improve and stuck to Grape-Nuts. I went up from 135 pounds in December to 194 pounds the following October.

"My brain is clear, blood all right and appetite too much for any man's pocketbook. In fact, I am thoroughly made over and owe it all to Grape-Nuts. I talk so much about what Grape-Nuts will do that some of the men on the road have nicknamed me 'Grape-Nuts', but I stand to day a healthy, rosy-cheeked man and a pretty good example of what the right kind of food will do.

"You can publish this if you want to. It is a true statement without any frills."

Name given by Canadian Postman, Co. Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Sleepytime Tales

THE ROSE FAIRY'S PARTY.

Once upon a time the Rose Fairy had fixed all of her rose bushes snug and warm for the winter and had gone south, with some of the other fairies to stay until it was time to come north again and get her rose bushes ready for the spring. The Rose Fairy had gone south before but this year some of her friends wished that she should go with them further south than she had ever been before.

Her faithful attendant, the Golden Bumblebee, was with her to see that she came to no harm. It was a beautiful place the fairies had chosen for their winter home and the Rose Fairy was the happiest of them all.

The Queen Fairy gathered them all together one day and suggested that they give the northern Rose Fairy a party. It was to be a surprise to her and was kept such a secret that the Rose Fairy didn't know a thing about it until she was taken to the beautiful orange grove where it was to be held, and then she was so surprised and delighted she could not say a word for a long time.

The Southern Gnomes were invited too, and they had arranged part of the entertainment. One very small Gnome sprang nimbly on top of a big orange and began to roll it toward the Queen and the Rose Fairy, keeping his balance as he rolled it. Then he stood on his head and twirled around and around, keeping tight hold of the orange all the time, and, at last, "twirled it right up to the tippy-tee of the guests of honor.

Another Gnome did tricks for them and still another made beetles and orange blossoms appear in all sorts of odd places just like a big magician. Then a supper was served under a small orange tree and after that they danced in the moonlight until they saw the sun peeping out at them.

The Rose Fairy said she was sure the sun had got up early just to watch them.

Everyone said it was a beautiful party and were so glad the little Rose Fairy had come so far from home to visit them.

"Low Cost of Living" Menu

Menu for Saturday

BREAKFAST
Baked Potatoes
Fried Coddish
French Fried Potatoes
Old Fashioned Muffins
Coffee

LUNCHEON
Mock Rabbit
Grubbin Bread
Orange Pie Tea

DINNER
Cream of Potato Soup
Breaded Liver
Mashed Potatoes
Scalloped Corn and Tomatoes
Celery Salad
Cracker Pudding

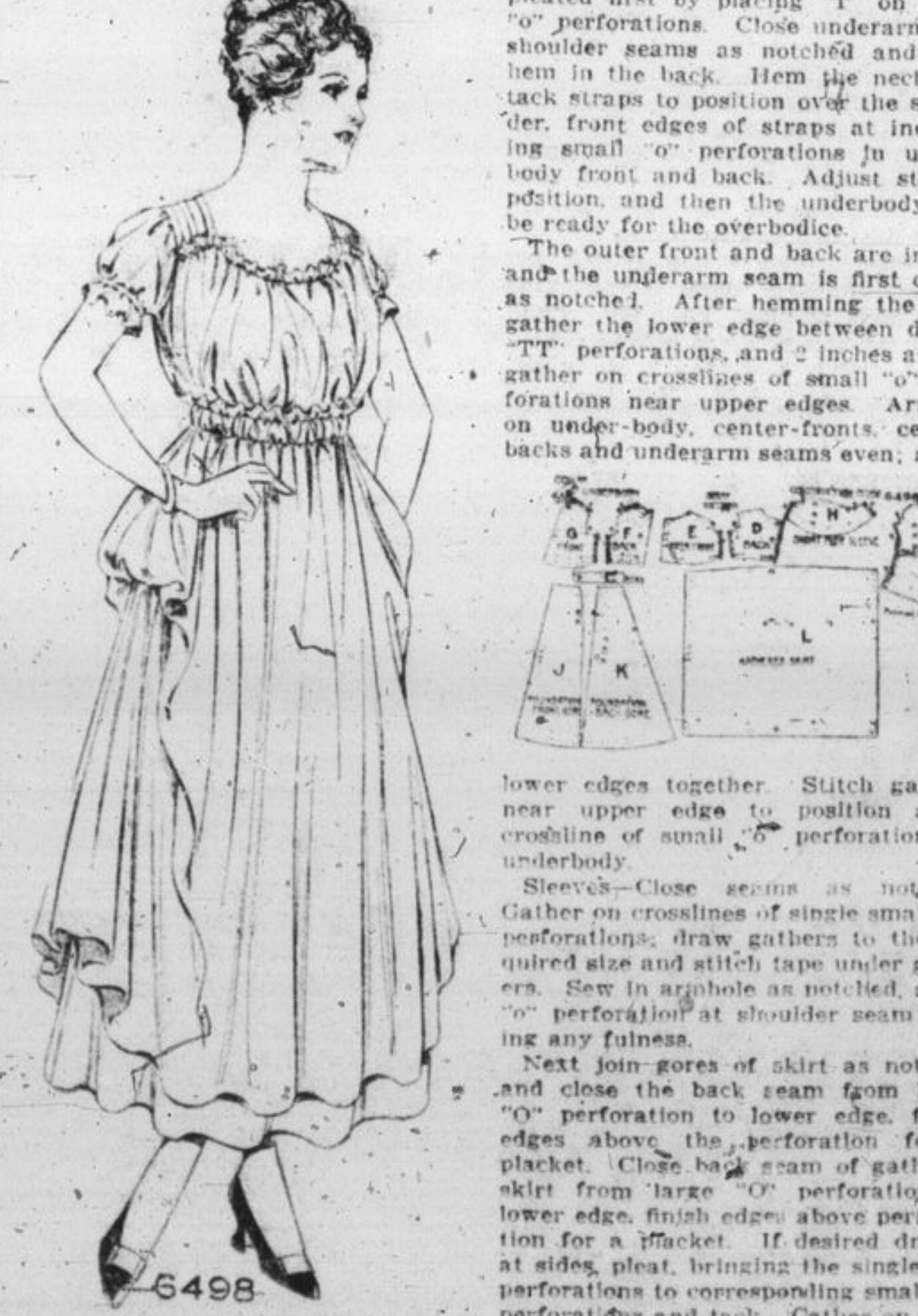
BREAKFAST
Old Fashioned Muffins—Sift one and a half cups of rye meal, two cups of flour, two teaspoons of cream of tartar, one teaspoon of soda, half a teaspoon of salt, and three tablespoons of sugar. Beat two eggs, add one cup of sweet milk and stir into the dry ingredients. Drop by tablespoons into hot fat and fry like doughnuts.

LUNCHEON
Mock Rabbit—Soak fifteen minutes a cup of bread crumbs in a cup of milk. Melt a tablespoon of butter

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

Evening Gown Without Lace.



edges of the front and back being pleated first by placing "T" on small "O" perforations. Close underarm and shoulder seams as notched and turn them in the back. Hem the neck and tack straps to position over the shoulder, front edges of straps at indicating small "O" perforations in under-body front and back. Adjust stay to position, and then the underbody will be ready for the overbody.

The outer front and back are in one, and the underarm seam is first closed as notched. After hemming the back gather the lower edge between double "T" perforations and 2 inches above; gather on crosslines of small "O" perforations near upper edges. Arrange on under-body, center-front, center-backs and underarm seams even; stitch lower edges together. Stitch gathers near upper edge to position along crossline of small "O" perforations in underbody.

Sleeves—Close seams as notched. Gather on crosslines of single small "O" perforations; draw gathers in the require size and attach tape under gather. Sew in armpole as notched, small "O" perforation at shoulder seam easing any fulness.

Next join gores of skirt as notched and close the back seam from large "O" perforation to lower edge. Finish edges above perforation for a placket. If desired, draped at sides, pleat, bringing the small "T" perforations to corresponding small "O" perforations and tack. Gather on double "O" perforations near upper edge. Arrange on foundation, center-front, center-backs and center-backs even; stitch gathers along upper edge of foundation, large "O" perforation at side seam. Adjust skirt to position, stitching up edge over upper row of gathers in "stitch" center-front and center-backs even. Tack pleats to position, bringing single large and double small "O" perforations to corresponding perforations in foundation.

The drapery at the side of the skirt may be caught with artificial flowers, which are quite the vogue for dress trimmings this season.

The underbody is made first, as a foundation for the waist; the lower Pictorial Review Costume No. 6492, Price, 15 cents.

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The Town Crier.

Before the advent of the newspaper, the town crier called the news of the neighborhood. Today the newspaper keeps you in intelligent touch, not only with your own district, but with all the world.

It is advertising that makes the newspaper possible. Without it the cost would be beyond most folks. When you think of it, the advertisers pay the greater part of your share of the cost of the paper. They do it for the privilege of telling you about their wares, and most of them have a story worth telling.

Read the advertisements consistently. They are interesting and contain money-saving information.

Buttermilk Buttermilk

Having bought the whole outfit of Eastern Dairy School, I am now prepared to deliver Buttermilk in any Quantity.

Phone 845 :: Price's

NEW YORK FRUIT STORE

Sunkist Oranges, 20c and up to 50c a dozen.
Grape Fruit, 3, 4 and 5 for 25c.
Malaga Grapes, 20c a lb.
Pineapples, 20c each.
Bananas, 15c and 20c a dozen.
Fresh Mixed Nuts, 20c a lb.
New Figs, 20c a lb.
New Dates, 20c a lb.
Fresh Home-made Chocolates, 15c and 20c a lb.

314 PRINCESS STREET. Phone 1405

S-U-N-K-I-S-T

RAISINS PRUNES APRICOTS PEACHES

Insist on "Sunkist" At All Grocers.

A Woman's Problem

How to Feel Well During Middle Life Told by Three Women Who Learned from Experience.

The Change of Life is a most critical period of a woman's existence, and neglect of health at this time invites disease and pain. Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. Read these letters:—

Philadelphia, Pa.—"I started the Change of Life five years ago. I always had a headache and backache with bearing down pains and I would have heat flashes very bad at times with dizzy spells and nervous feelings. After taking Lydia E. Pinkham's Vegetable Compound I feel like a new person and am in better health and no more troubled with the aches and pains I had before I took your wonderful remedy. I recommend it to my friends for I cannot praise it enough."—Mrs. MARGARET GRASSMAN, 759 N. Ringgold St., Philadelphia, Pa.

Beverly, Mass.—"I took Lydia E. Pinkham's Vegetable Compound, for nervousness and dyspepsia, when I was going through the Change of Life. I found it very helpful and I have always spoken of it to other women who suffer as I did and good results from it."—Mrs. GEORGE A. DUNBAR, 17 Roundy St., Beverly, Mass.

Erie, Pa.—"I was in poor health when the Change of Life started with me and I took Lydia E. Pinkham's Vegetable Compound, or I think I should not have got over it as easy as I did. Even now if I do not feel good I take the Compound and it restores me in a short time. I will praise your remedies to every woman for it may help them as it has me."—Mrs. E. KISSLING, 931 East 24th St., Erie, Pa.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.