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> When Buying ! Baking Powder

For this is the baking powder that makes "the baking better." It leavens the food evenly throughout; puffs it up to airy light-ness, makes it delightfully appetizing Remember -- EGG-O is moderate in price, highest in quality. Ask your grocer for EGG-O. Don't take a

RECEIVES HIGHEST AWARD in the opinion of all who use it.



An honest package-full weight, to a de in Canada for the Canadian Maid."

Best by Test.

Dominion Fish Co. Bulk

Phone 529.

Oysters

MEN! WHY SUFFER?



DR. WARD'S specialty is DISEASES of MEN! He treats nothing else. For the past 26 years he has given the best part of his life to the study of MEN'S DISEASES including America's and Europe's best hospitals. He has restored thousands of Weak, Aifing Men to Vigorous Manhood, Health and Happiness again. Scores have dectored elsewhere in vain. Hundreds of cured patients have recommended their

If you are a sufferer from any NERVOUS, KIDNEY, BLADDER or STOMACH All.MENT, PILES, FISTULA, or RECTAL MALADIES, consult DR. WARD FREE at once—his treatment in such cases has not only proven invaluable, but SUPERIOR to the ordinary treatment you read or hear about, and the Treatment that you will Eventually take when all other methods have

These are Bold Facts—and Facts that Dr. Ward to ready to Prove to You—On You. In BLOOD POISON, WEAKNESSES, LOWERED VITALITY, etc., his treat-AKNESSES, LOWERED VITALITY, etc., his treatint stands unriveilled, as has been demonstrated in
manage of cases under his care. The results you resee are Olifica-SURE—and—PERMANENT. Come
is see DR. WARD'S wonderfully equipped offices for
it treatment of the sick. One of the most scientifically
sipped offices in America. Every patient calling will
save a thorough clinical examination absolutely Prec.
hose convenient from all Rullroad and Steambost
pots. Low rate excursions to Sufficio all Summer.
rite for fusher particulars and testimonials, All
tors confidential and mailed under private cover.

DR. WARD. BUFFALO'S LEADING SPECIALIST BUFFALO, N. Y. :- Monday, Wednesday, Saturday-9 to 9, mulay and Friday-9 to 6, Sundays-10 to 6

> "McLaughlin" Garage

Farmers and Automobile Own-ers, attention please! We han-die the best grades of inbrienting oils "Veedol" and "Polarine," also Model T Ford oll. All kinds of automobile sevenories kept in stock. Repairing promptly at-tended to. Storage by the day, week or month.

Robt. J. Fursey, Prop. Phones No. 1609-931. Soutreal St., near Princes

(By Frances Walter)

SOME ADVICE TO YOUNG HUS-BANDS.

(Copyright, 1916, by the McClure Newspaper Syndicate).

The knowledge that I had had the best of in my argument, or, more properly, my quarrel with Arthur did not fill me with elation. 'After all it was a rather sordid affair, and I could not but feel that Arthur had shown considerable forbearance toward me in not being even more decided than he was in his statements.

Of course Arthur did not know just how Mr. Gordon felt toward me If he had known I have an idea his conduct would have been very different. But he did not know. He merely felt that Mr. Gordon's admiration for me should not be encouraged. Absorbed as he was in his business he still knew enough of what was going on about him to realize that I was playing with fire and after all, his words might have been intended as a warning.

But I was not in a mood to take such a warning. My vanity was deeply wounded. My husband had neglected me to an extent that few young wives are neglected and I felt that had a real grievance against him. was my own business if I chose seek pleasure on my own account. was the one who was running the risk and no one had the right to try to stop me.

In penning this part of my confessions I want to again impress upon my readers that I am revealing my very soul and am not trying to exalt myself as a heroine of romance or even of every day, actual life. And because I wish to tell precisely how I felt about everything I conducted myself under certain circumstances, I am narrating in simple truthfulness all that occurred at this period of my life. If there is a moral in it for some young wife or for some unmarried woman, and if such a reader will apply that moral to her own advantage, I shall be more than repaid for the humiliation which costs me to lay bare my weaknesses and faults.

that I rebelled against the thought that Arthur was trying to dictate to me what form my amusements should take and whom I should choose as my associates. There was a time I told myself when he did have that right and had he spoken at that time I should have listened intently to him and should have been governed by his wishes. But I considered that he forfeited his claim to this privilege when he ceased to treat me as a loving, dutiful and companionable wife

should be treated. appreciate how I felt, and if any husband should peruse these confessions I sincerely hope he will see to it that | glow his wife is guarded against the falling into such a mental condition as that in which I found myself at that time. Neglect is a dangerous fault for a husband to have for even if a

glectful treatment. Jealousy is the made in this country. most insidious of these terrors which The Brazilian statesman, before spring from a husband's lack of in-the came to this country, was aware terest in his wife. How many wake of the fact that, Canadian bankers panga follow from this crime against martial association!

The neglected wife knows that her usband is seeking enjoyment elsewhere. She may try to console herself with the thought that his is perverted nature; that were he a man who could be charmed into content ment by the comforts of home; by the caresses and loving attentions of wife, he would not spend the greater part of the evening or all the even ing away from his own hearthstone But after all there is little real comfort in such thoughts. The fact remains to such a wife that he does find pleasure elsewhere; that he does not find suffcient enjoyment at home to want to be there when the day's work is done. Theories vanish before the light of facts, and the woman who finds herself in such a position learns that what she has been hugging to her breast has been but the lead leaves of a withered love

love remains lavish so long as a man ed, and it is here that the Lancaseeks to keep it so. Of course, there shire manufacturers assert are exceptions, but in the main I am | selves. correct in the statement that fading love is almost invariably due to the over \$6,000,000 gold is imported growing neglect of the husband. Af- annually. More than one-half of ter the newness of married life wears this quantity has come from the away, the young husband turns to the United Kingdom, one-fifth from companions and pleasures which he France, and one-fifth from Germany. enjoyed before marriage. He finds, The English cloth is generally sup-Therefore, I do not hesitate to say to his astonishment at first, that they posed to be of the best quality. have not lost their attractions merely while the German article is usually because he was a wife. Little by little an imitation of a British design. he lends himself to their influence Quite good cloths have been coming until finally they became more desirable than the home which he has made for himself.

I am not trying to preach a sermon to anybody, but out of the fullness of my experience if there is one bit of advice which I would give to young husbands, it is to cherish without ceasing the love of their young wives for it properly nurtured it will remain forever pure, burning with a Perhaps some of my readers can never-failing light and giving warmth to the heart which furnishes as well as to the heart which basks in its

I did not intend to digress to such an extent from my narrative, but the subject is one which grips me so that when my mind dwells upon it I am sometimes carried to extremes.

"Low Cost of Living" Menu

Menu forWednesday

BREAKFAST Baked Apples Whole-Whent Cereal Crisp Bacon Fried Mush yrup or Fruit

LUNCHEON OR SUPPER lyster Stew with Crackers Apple Fritters Bread and Cocon Paste Wilk or Tea

DISNER Sonr Beef Mashed Potatoes Creamed Cabbage Raisin Pie

To Weed Out Unfit. New regulations are being provided for ensuring the fitness of men accepted for service in the expeditionary force. Recruiting officers are to be required to make certain that men entering the force are within the age limits, and medical offirestured thousands to ment for YOU—the BEST—cise great care against the admission SAFEST, and SUREST Cure cers will also be called upon to exerof unfit men. A recruit will be examined first by the local medical officer at the place of enlistment, and on reaching the mobilization centre he will be re-examined by a medical board, after he is finally attached for overseas service. If there is any

Steps are being taken also to keep some sort of record of men rejected for unfitness, probably by obtaining from such men signed cards, certifying to their rejection. This is for the jected from applying at other places, a common practice

Mortgages in the West.

For a number of years, says The Grain Growers' Guide, there has been a good deal of criticism'on the part of the farmers in the West against mortgage companies. Fourfifths of the farms in the Prairie Provinces are mortgaged, and it is therefore a question of vital interest to the farming community. The pre-Manitoba on farm mortgages is seven absolute satisfaction or money prom Alberta eight per cent, and there The Pinex Co., Toronto, Ont. cent., with some higher rates in outs lying districts.

Classica Clin die Tomorriade

oysters, 2 cups milk, 1 level tablespoon butter, 1 level teaspoons salt, a few grains of red pepper or a dash of white pepper. Utensils-Shallow pan, measuring

cup, teaspoon, tablespoon, saucepan, Directions-Drain the oysters, put in shallow pan, bring to boil; quickly poly of Germany. add the butter, saft, pepper and milk, which must be at the boiling point. The milk is put on fire before oysters, as it takes the 2 cups of milk longer to come to a boil than it takes the 20 oysters. The quicker one brings the oysters to a boil the better they will be. Serve with oyster or the old fashioned water cracker; it adds much to the stew if the crackers are heated, as the cold crackers chill the

Good Old Home-Made Family Cough Remedy

Much Better than the Rendy-Made Kind-Easily and Cheaply Prepared.

If you combined the curative properties of every known "ready-made" cough remedy, you would hardly have in them granulated sugar syrup. The total cost spring. is about 54 cents and gives you 16 ounces of really better cough syrup than you could buy ready-made for \$2.50. Tastes pleasant and never spoils.

This Pinex and sugar syrup prepara-

tion gets right at the cause of a coug and gives almost immediate relief. loosens the phiegm, stops the nasty throat tickle and heals the sore, irritated membranes that line the throat, chest and bronchial tubes, so gently and easily that it is really astonishing. ordinary cough and for bronchitis croup, whooping cough and bronchia asthma, there is nothing better. Pinex is a most valuable concentrated

compound of senuine Norway pine ex-tract, combined with guaiacol and has been used for generations to break up To avoid disappointment, be sure

FIELD IN SOUTH AMERICA.

Canadian Products Have Envorable Prospect There. When on a visit to Canada recent-

ly, during part of which time he was the guest of the Duke of Connaught, Dr. Lauro Severiano Muller, Minister of Foreign Affairs for Brazil. rather surprised some manufacturfeeling that her husband had other ers by his knowledge of Canadian affairs more interesting than his products, and he gave them some inhome life, she would find it difficult teresting figures as to the extent and to stifle these suspicions which fol- variety of that portion of Brazil's imlow in the wake of the husband's ne- port trade which covered products

ul nights; how many hideous night- had, since the war began, opened an mares; how many deep and poignant educational course in commercial and banking Spanish in preparation for the extension of Canadian business in South America, a movement which is being followed by the open ng of new branches by Canadian banks in Latin-American countries. As a result of this stimulus to interest in South American trade, more than ordinary attention is being paid to the suggestion of Acting Trade Commissioner B. S. Webb, from Buenos Aires, to the Department of Frade and Commerce that there are many possible openings for textile

manufacture. in South America, Mr.

Webb reports that Buenos Aires im-

ports woollen cloth to the value of

over \$6,000,000 gold annually.

The European war has greatly isrupted the business, and, accordng to Mr. Webb, Argentine merchants are open for new connections. The United States has given the market much attention, but a favorable market is open for Canadians on many lines. He says, in part: The little attentions which the Flannelettes, denims, drills, and young man gave his sweetheart in the brins are imported for the winter days when they were lovers should be trade, and zephyrs, prints, and fancy continued through married life. If muslins for the summer. Unbleachthis could be possible in every mar- ed (greys) are imported all the year ried career, the divorce courts would round for cheap camp bedding, dustsoon close their doors and thousands ing cloths, etc. Bramantes are imof cheap lawyers would lose their ported for sheeting. The largest degreatest source of revenue, for there mand is for colored woven fabrics, is not one woman in 100,000 who and printed calicoes. The local dewould not respond to such treatment. | mand is for tasty patterns; new and I believe it is true that a woman's constantly changing lines are want-

> "Woolien cloth to the value of from France. The Corporation Tax Will Again

"Tweeds for men's and serges for women's wear could probably be made in Canada at prices sufficiently low to allow of competition in an open market such as Buenos Aires provides. Broadcloths, Worcesters, and meltons are all coming from Yorkshire, and it is not likely that Canadian mills will be able to compete in these classes of cloth." Wool and cotton fabrics have been

mported to the value of \$3,000,000 wo-thirds of which have come from England and the rest mostly from Germany. The large Bradford mills send out travellers who make a trip throughout the whole continent once or twice a year. They sell from samples to the large importing For the New Refinery to be Built houses, who in their turn sell to the smaller cloth merchants and the larger tailors. One well-known Bradford firm has opened an office and warehouse in Buenos Aires where stock is carried. Germany and France have secured most of the made-up woollen goods trade to the pany has set aside five milli value of \$1,257,000. This line is vfor the Canadian refinery. composed mostly of men's vests and drawers, which are sold separately or in sets. The various makes of woollen underwear so well known in France, England, and Germany in | Mayor of the city attended. Imost equal parts. Darning wool \$172,000) has been almost a mono-

A Canadian World Tour It comes out that when Con. Jones, the Pacific coast lacrosse magnate, visited Montreal recently, one of his reasons was to arrange, if possible, the preliminaries for a patriotic tour of the world with a series of games between a French-Canadian team and a first-class Canadian team.

He had conferences, with Foran, trustee of the Minto and Stanley Cups, and in charge of the last European tour of Canadian lacrosse teams, as well as with Joe Lally and A. L. Caron, President of the National A.A.A. The later met Jones again in New York last week, when they had another long talk, and it looks now as if the plan might ma-

The plan is to play a twenty-four game series through Canada and Europe, the net profits to go entirely to the patriotic fund. This means that no salaries would be paid. Both Caron and Jones believe that they all the curative power that lies in this could get the very best players in simple "home-made" cough syrup which Canada to give their services. the preliminary plans properly madoubt as to his condition, he may be re-examined on request by the medi-

"Somewhere in France," the men of a Canadian Battalion were resting on a side of the road, and a major was sitting with his men. One of the privates stared at the major for nearly ten minutes, after which the major, feeling rather bored at this man for staring at him like that, said to him: "Well what's the matter? Why are you looking at me

The private slowly said: "I was just wondering how a man with a face like yours came to be a major, when a man like me is only a private.

More Buckwheat This Year. The acreage in buckwheat in Ontario is nearly one-fifth greater than last year. A good deal of the crop

There passed away on October Albert H. Boomer will succeed 23rd one of Millbrook's most respect- James L. Murphy as local manager ed citizens in the person of William for the Great North-western Tele-James Fisher. Deceased was born in graph Company, Peterborough, it is South Monaghan about sixty-seven announced. Mr. Boomer is a PeterEasy & Practical
Home Dress Making
Lessons

Prepared Specially for This Newspaper By Pictorial Review

One of Autumn's Best Blouses,



blend with the Autumn tailored suit is shown here. It may be carried out entirely in white or with the jumper in navy, brown or purple and the underbody in white.

The woman who has a stunning Autumn suit will need a becoming blouse to blend with it. This defaced to form a vast effect. The blouse is slightly gathered at the shoulders. A voke effect is featured on the jumper, also gathered at the shoulders in front and a little above the waistline. In medium size the blouse re-

crepe for the jumper. It is well to cut the blouse first, following the cutting guide to avoid mistakes. The back is placed on a lengthwise fold of material, while the front, sleeve and cuff are laid on a lengthwise thread of the goods, all to the right of the back.

Now, take the 36 inch material and fold it so that the jumper sections may be laid upon it as indicated. The front and facing are first provided for, being placed on a lengthwise thread of material, then the back is laid on a lengthwise fold. The third section of the cutting guide shows how the front and collar of the underbody are laid on a lengthwise thread of the fabric and the back on the lengthwise fold.

The blouse is effective with without the jumper and by studying the guide the home dressmaker easily can see how to adapt the model to her individual requirements. A plain or crushed belt may be

slipped through a slash in the jumper front and closed at the left side front under a pointed end.



white crepe Georsleeves. In navy, brown, purple or The convertible collar is cut in one black over white the blouse is ever with the front of the blouse, which is so good looking.

Pictorial Heview Blouse No. 6916. Sizes, 34 to 44 inches bust. Price,

Yield Over \$2,00,000. Toronto, Oct. 30.—The fiscal year of the provincial government terminites to-morrow, and all departments are busy completing their returns for the year. Hon. T. W. McGarry, Provincial Treasurer, reports that the finances of the province continue to be buoyant. It is stated that the corporation tax will again yield the province two million dollars this year.

TO SPEND \$5,000,000.

promptly paid.

The tax has, on the whole, been

(Special to the Whig.) Toronto, Oct. 30 .- The Internaional Nickel Company has completed the surveys for its big refinery at Port Colborne, Ont., and is now beginning excavation work. The company has set aside five million dollars

St. Paul's Chapel, in lower Broadway, New York, where George Wash-Europe and North America are also ington worshipped, began its 150th largely sold. Woollen socks are not anniversary celebration Sunday. At much used in Argentina, the climate | Monday's services representatives of not being sufficiently cold, but \$111,- the President of the United States, 000 worth have been coming from the Governor of New York and the

Berlin reports King Ferdinand of Rumania with his-court now in Jassy. in the extreme north-east, ready to flee to Russia.



You feel fine in a few moments Your cold in head or cataorh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more duliness, headache: no hawking, snuffling, mucous dis-

> charges or dryness; no struggling for breath at night. Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils; let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane. and relief comes instantly.

Tells How To Open Clogged Nos-trils and End Head-Colds.

SAUCE

does not separate in the

bottle-it is the same

all through - the last

as the first.

Made in

England,

every drop

drop is as delicious

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable. I had about as soon meet the smil-

ng sinner as the scowling saint A lot of people seem mighty afraid of wounding the devil's feelings,



Charm Ceylon Tea

Black, Green, Mixed. Packed in Kingston by GEO. ROBERTSON & SON, Limited. - At All Grocers -



One enthusiastic customer writes that

make an otherwise poor figure look like the real thing.

They are sold by

S. COLLIER

214 Princess Street.