said a well educated man the other day when he was asked this question; - "Why, when you have a cold, a cough or bronchitis (troubles, 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

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 langs, throat and bronchial tubes-not swallowed down to the stomach, which is not ailing. Try a 50c. box of Peps for your cold, your cough, bronchitis or asthma. All druggists and stores or Peps Co., Toronto, will supply

FOR SALE Farm of 200 acres

180 acres of good plow land about 8 miles from Kingston

45 acres, 5 miles from city. Price \$2,500.

W. H. GODWIN & SON Phone 424 89 Brock St.

MEN! WHY SUFFER?



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 hespitals. He has restored thousands of Wesk,

If you are a sufferer from any NERVOUS, KIDNEY, BLADDER or STOMACH AllMENT, 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

DR. WARD, BUFFALO'S LEADING SPECIALIST Glagara Square, Opp. McKinley M BUFFALO, N. Y. Office Hours: -- Mosslay, Wednesday, Saturday-9 to 9.

Open Day and Night. Repair Work of all kinds and Wash-Cars Stored at Reasonable Rates.

Cars for Hire. soline, Oils and Greases Always or We Store Furniture

George Downey, Prop. 186 Queen Street.

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, live:, and bowel polsons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid a question which is fairly debatable stomach, you must bathe on the inside like you bathe on the outside. This is vastly more important because the skin pores do not absorb im- of the Department of Education to purities into the blood, while the declare what shall and shall not bowel pores do, says a well known taught has been likewise vindicated.

But apparently the Privy Council's To keep these poisons and toxins decision produces a deadlock in the well flushed from the stomach, liver, situation. Under the circumstances kidneys and bowels, drink before there appears no alternative but for breakfast each day, a glass of hot both sides to get together. water with a teaspoonful of lime- this is the psychological moment for stone phosphate in it. This will statesmanship of the highest kind cleanse, purify and freshen the en- Conciliation is now in order. It ought tire alimentary tract, before putting to be possible for all concerned to

more food into the stomach. Get a quarter pound of limestone this unfortunate bi-lingual question phosphate from your pharmacist. It cease to be. The opportunity is here s inexpensive and almost tasteless. Are the men with broad sympathies except a sourish twings which is not and wide vision available? unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins. also to prevent their formation

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment, and, above all. keep it up! As soap and hot water 1915 was \$135,523,600, as compared set on the skin, cleansing, sweeten- with \$87,774,000 in 1911. phate and hot water before break-beosted up to the tune of nearly prompt healing effect on the throat fast, act on the stomach, liver, kid- forty-eight millions the receipts from

Hope for the best, prepare for the excess of what they were in 1911, the orst and take what comes. It's better to be wrong at the right in the year 1911 it cost \$2,187,000 to goes withing than right at the wrong time. collect \$71,838,000 of customs re-

THE CONFESSIONS OF ROXANE

(By Frances Walter)

step to the stage when the husband

cannot enjoy himself unless he

spends the evening at the club or

with business friends or in rare

cases, unless he and his wife seek

amusement beyond the environs of

their home. The wife, in turn, must

have her own entertainment. Her

friends, who frequently themselves

are bored by their husbands, must be

diverted. The result is that the

women flock together for purposes

of enjoyment or to forget their

troubles or both, while the men are

seeking their pleasure in their way

Possibly this is the natural way for

human nature to develop under the

influence of marriage. When I see

the women and men of today seeking

pleasure I suspect that it is. Two

persons who find each other all-

sufficient for their needs are rapidly

becoming rarities. I sometimes

ceptions which prove the rule that

If such is the rule, as my cynicism

prompts me to suppose at times, then

Arthur and I certainly were following

to blame. The Brightness, the wit.

the endless flow of good humor which

thoughts and selfish silence. I, in

easier to say nothing. It required

less effort to amuse one's self with

Whenever I permitted my mind to

Would it not, after all, pay both

(To Be Continued.)

gar, 1/2 cup shortening, 1 cup figs

milk, 3 teaspoons baking powder, 1/4

teaspoon grated nutmeg. 1/2 tea-

Utensils-Mixing bowl, 2 measur

ing cups, teaspoon, tablespoon, flour

sifter, bakeboard, rolling pin, cooky

shortening and figs together; add the

milk slowly; add nutmeg and salt;

sift the baking powder and 2 cups of

flour together and add. Then add

as much flour as you need to roll out

the dough 14 inch thick. Cut with

of Canada \$3,775,000 to collect \$75,-

941,000 of customs revenue. Over a

million dollars that an economical

and responsible administration would

have saved. The Minister of Customs

seems to have been oblivious of the

fact that the country was going back-

ward. Witness the number of busi-

ness failures in 1915, namely 2,661,

Prepare This for a Bad

Cough-It's Fine

Chengly and Eastly Made, but Does the Work Quickly.

The finest cough syrup that money can buy costing only about one fifth as

much as ready made preparations—can easily be made up at home. The way it takes hold and conquers distressing coughs, throat and chest colds will

really make you enthusiastic about

Any druggist can supply you with 2½ cunces of Pinex (50 cents worth). Pour this into a 16-oz. bettle and fill the bottle with plain granulated sugar syrup. Shake thoroughly and it is ready for use. The total cost is about 54 cents and gives you 16 ounces—a family supply—of a most effectual, pleasant tasting remedy. It keeps perfectly.

It's truly astonishing how quickly

and raises the phlegm, soothes and healthe inflamed or swollen throat membranes, and gradually but surely the annoying throat tickle and dreaded cough will disappear entirely. Nothing better for bronchitis, spasmodic croup whooping cough or bronchial asthma.

Pinex is a special and highly concentrated compound of genuine Norway

passage of the throat and lungs-

compared with 1,332 in 1911,

cutter, bake sheets or shallow

Directions—Cream the

put through meat chopper, 1/4

each other?

"Low Cost of Living" Menu

WHAT WOULD THE FUTURE BRING?

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

Any one who knows the process by which husband and wife cease to prove interesting to each other knows how gradual a process it is. It is particularly slow in the case of a wife, and husband who, by education or culture, would be capable of attracting and holding each other if they made the effort. In every case the symptoms are much the same, and usually the result is the sameestrangement.

With Arthur and me such a con-

dition was a reflection not only upon the depth of our affection, but also upon our good sense and judgment. Our marriage had been the outgrowth of mutually sympathetic tem- think that such couples are the experaments and had been arranged upon a purely platonic basis. At husband and wife must gradually that time we never suspected that grow apart as they live together. anything could happen which would cause us to lose interest in each other or to fail to attract each other. But as the months went by each of our natural bent, for every sympton us would have been compelled to of our domestic life showed that we admit, and we probably did admit were not sufficient for each other. privately to ourselves, that our as- knew, I could feel it in the atmossociation was not producing that phere; I could gather it from his eternal flow of enjoyment and en- spoken words, that he thought I was chantment which we had hoped and to blame. I know that I felt he was expected it would, and thus it was that we sank to the level of the ordinary couple and found ourselves he had displayed during our early moving apart in much the same way married life all apparently had dried that thousands of others before us up and left him a desert of gloomy

This process, as I said, is gradual, turn, could find little to say which and judging by its visible phenome- I thought would interest him. Some na, is a very simple one. Possibly times I would determine to attempt many of my readers have observed to liven up the evening, but when I it in the case of some of their friends realized what a difficult task it was or relatives, but I sincerely trust I gave up in dismay. It was much they may never experience it in their

It begins with the old, old story a book or a magazine or the evening of the evenings at home proving paper. Thus the responsibility was DR. WARD'S specialty is of the evenings at nome proving paper. Thus the responsibility Diseases of MEN! He treats tiresome. In the days before the thrown by each upon the other. clergyman said those sweet and mystic words, it was possible for the dwell upon the outcome of it all I couple to sit for hours in silent bliss, confess that I had the creeps. It was each content with the presence of the not pleasant to contemplate living other-holding hands or gazing out on for years and years under circuminto space and dreaming vaguely of stances which might constantly grow the future. Now the mere presence more and more disagreeable. Yet if of the other is not sufficient. Even this disagreeableness was not endurthe interest which was taken in the ed what would be the alternative? desultory conservation of former There was but one separation. And days now no longer is apparent. then what? What of his after life Both the husband and wife require and what of mine? some sort of excitement; something beyond the routine of the home, to of us to make an effort to resume stir them into a semblance of life. our old intimacy and mutual depen-When such diversion is not forth- dence rather than that, by seeking coming one is bored and the other independence, we should find ouris angry and resentful or indifferent selves cast out of the company of

and supercilious. From this condition it is but a

Menu forWednesday

BREAKFAST

Boiled Rice, Fruit Syrup

Fruit Souffle

Rice Griddle Cakes

Syrup Coffee or Cocon

LUNCHEON OR SUPPER

Warmed-over Chicken Ple

Eggless Cookles

Pepperpot Soup Baked Beans

Stewed Tomatoes

Raisin Pie

Eggless Cookles.

These two documents (judgments

of the Privy Council) should form the

basis of an entirely new attitude of

mind towards the question. The On-

tario Government have, in some re-

spects, acted unwisely, and even, we

now find, illegally. It now becomes

as to the course which the Govern-

ment should pursue. The principle

ers has been vindicated, and the right

come to an understanding and make

customs (the main source of national

NOT JUSTIFYING

SOME FIGURES

Montreal Herald (Lib.)

of election of trustees by the ratepay

TO REASON

EARNEST APPEAL

Montreal Herald (Lib.)

Materials-One cup granulated su- hot oven 12 to 15 minutes

Easy & Practical
Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

The Preference for One-Piece Frocks

fitted models to the chic of this de-

sign in cinnamon gabardine. The

color is new and most ably described

by its name. The V-shaped neck is

finished with a large collar of ecru

silk gauze stitched with a deep hem.

A sash of satin in the tone of the

gabardine finished the waist, Buttons

of self-material or of satin may be

used in the scheme of adjustment and

the long one-piece sleeves finished

without the trimming piece, if de-

size requires 3% yards 54 inch ma-

terial with % yard satin for trim-

ming. Although by following the cut-

ting guide carefully it will be possi-

ble to cut the dress with the min-

The side front and side back are laid

on a lengthwise thread of the gabar-

dine, the wide end of the side front

and the narrow end of the side-back

being placed near together. The sash

and trimming piece for the sleeves

run along the selvage edge, while the

front, sleeve, pocket and pocket welt

Cinnamon brown is a flattering

color to most women and bids fair

are laid on a lengthwise thread.

To reproduce the model in average



innamon and ably described by its name appears in this frock of gabardine. The belt, buttons and sleeve

rimmings are of satin. The most insistent devotee of the

to be exceedingly fashionable during the fall and winter. It comes in all of the smart materials and is particularly pretty in the inexpensive velveteens, which are used as much as any fabric for the development of one-piece frocks.

all-over costume will yield the semi-CUTTING GUIDE 6978 SIZE 16 SASH 000

Pictorial Review Costume No. 6978.

Who's the Public?

By F. A. MITCHEL

I was to write a scenario for a mov ing picture, having received an order from Forman, the editor of a large alm manufacturing company, who had

"I want something up to date. People in these days are very restive under the chains of matrimony. Give me a play on this subject, and don't be spoon salt, 4 cups or enough flour to squeamish about it."

I held a dialogue with my characters with a view to finding out their feelings, utilizing a fictitious audience as a sort of Greek chorus. This is what was evolved.

ing lady, "you are the mother of a boy play. four years old, Reginald. Your husband is a spendthrift and is using up the family income, as you suspect, on other women. John Guilford, an old flame of yours and a splendid fellow. sympathizes with you. He would supround cutter or into squares, then ply the deficiency caused by your husinto three-cornered shapes. Bake in band's extravagance, but there is barrier to his doing so in your having

a husband." "Kill him!" shouted a virage in the audience. (A virago is a masculine wo.

"The husband?"

I ran my eye over the rows of filled seats for approval or disapproval, but got nothing definite.

"Is my boy Reginald to appear as one of the characters?" asked Mrs. Tre-

"Well, yes. He is one of the ele ments of the scheme. I would much rather leave him out, for he will be the hardest character of all to handle." "He would be much better off," cried the virago, "with a good man for a stepfather than his real defective fa-

"Guilford," I said, "how do you feel about your part?"

"Am I to be the villain of the play?"

"No; you're to be the hero-I mean the leading gentleman." "I like that! How the dickens do you expect me to make a hero of myself and at the same time make love

to another man's wife?" "I'll tell you what you do," said Mrs. Trevelyan. "Bring out in your play that my husband repents or turns out to a good man after all." "In that case," bristled Guilfor

Advancing toward my audience, noticed a very ladylike woman with an Impressive face sitting in a proscenium box. I asked her for a reply to Guilford's question

"where do I come in?"

I was not getting on. My heroine band; my here was unable to make a hero of himself while making love to another man's wife, and I had a child

husnand and marry his wife to a no ble, good man.

I was relieved to see in my hypothet. ical audience that the w! held their sympathies pretty well, but the whole scheme broke down under a scene that Forman had suggested as being worthy to be handled by a genius. The parties involved were Trevelyan, his wife and Guilford. The scene was the culminating point of the break between the Trevelyans. I had nerved myself up to: the work with the help of ten cups of strong tea and was moving on swimmingly when little Reginald must needs come in and, seeing his mother delivering an address to bis father that I had spent much time and pains on, ran up to him, threw his little arms about him and eried out:

"Mamma, why do you scold papa? You mustn't scold papa. I won't let

"Shoot the villain of the play!" cried a voice in the audience.

"Do you refer to me, sir?" asked Guilford botly. "I'd have you under-"Mrs. Trevelyan," I said to my lead. stand, sir, that I'm the hero of this "Give Trev another chance!" cried a

countryman in the audience. "He didn't mean nothin'! My ole woman has lots more agin me than he's doneif she only knowed it!" "Then you're a brute!" cried a fem-

"What are you going to do with the kid?" called a voice loud above the

"Send him to an orphan asylum." suggested a woman in the gallery "That's better than a father that isn' his father, and a hypocrite at that!"

"Better sink the whole lot of 'em!" was the last call I heard above the din. which now became confusing. Jump ing up from my desk, I ran to the telephone, called up Forman and said

"Who wants that kind of a play you ave given me an order for?" "The public."

"Who's the public?" "Why, the public is the-the public,

"You mean that the public is the reation of men who make a living by producing toften plays and novels! Get some one else to write your play for you. I'm out of it. Goodby!"

If as clean a play as mine on this subject creates displeasure what should he the feelings of those who are not "the public" at seeing one wherein the wife and mother is bad?

Lieut. Walter Hetherington Gordon of The Journal of Commerce. Montreal, and formerly city editor of The Montreal Gazette, was killed in action October 30th. He was a son of Rev. Dr. J. A. Gordon, Baptist minister in Guelph, and was in twenty-ninth year.

\$100 Reward, \$100

ased to learn that there is at least dreaded disease that science has been able to cure in all its stages, and that is catarrh. Catarrh being greatly Hall's Catarrh Cure is taken internally hero of himself while making love to another man's wife, and I had a child to dispose of too young to understand what they were all doing.

"Come; get to work." I said to the players, and I began to lay down the scenario. I labored through three acts and succeeded in reaching the fourth in which I proposed to dispose of the system, thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Cure that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

'Address: F. J. CHENEY & CO., Tolledo, Ohio. Sold by all Druggists, 75c.

GILLETT'S LYE HAS NO EQUAL not only softens th water but doubles the cleans ing power of soap, and makes everything sanitary and wholesome. REFUSE SUBSTITUTE

SHOWING UP THE TIGHT WADS

Belleville Ontario (Lib.) Belleville's experience with Red Cross and other collections of a patriotic nature show that about only one per cent, of the population will walk to the city hall and turn their subscriptions; the other 99 per cent, have to be chased around and asked for their subscriptions. these respects we are no worse than other places more's the pity, but that doesn't make matters any the better so far as the real principle of giving imum of waste, the home dressmaker is concerned.

will not gain smart lines unless the i What is required is a different sys sections are laid on the material pre- tem of impelling all parties to give cisely as directed. The back and to these good objects-the present the collar are placed on the length- system of taxation lets the bulk of wise fold of material, as illustrated, the burden fall on the property owner and the taxpayer. The generoushearted bear some of the burden. but a large number of the people escape without paying a dollar, while killed, is alive. He was taken pristhe single fellows-at least the bulk oner by the Germans, and is now a of them-who have no one depend- chaplain in the officers' quarters at ing on them escape the mest of all. the prison camp in Westphalia.

Ninety-five per cent, of them puff more in smoke each day or spend in luxuries at each meal more than they contribute in a year to the Red. Cross or patriotic funds.

About the only good point of the voluntary system is that it shows who are the real tight wads. We have quite a few wealthy men in Belleville who have given unsparingly of their cash and time, but don't talk about the others-they couldn't be separated from a nickel if by giving they could save a dozen lives.

What is wanted is a system that will tax everyone according to their earnings or incomes. Then no one would escape, and those with generous impulses could still give more if they chose. As things are now there are nearly as many shirkers in monetary giving as there is in man giving. Sometimes we appear to be a nation of shirkers.

Capt. Gillies Wilken, the Canadian chaplain who was recently reported



Children Cry for Fletcher's

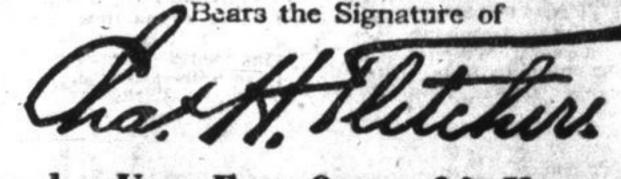
CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Charly, Bucher. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

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 Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep The Children's Panacea-The Mother's Friend.

GENUINE CASTORIA ALWAYS



In Use For Over 30 Years The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY,

Ladies Stylish Shoes

In the Frank W. Slater Strider Shoe.

In patent, gun metal, with kid

or cloth top, they are built over perfect-fitting insta and have very attractive heels. \$4.00 and \$4.50.

King Street