in Inexpensive Home-Made Remedy-tilves Surest, Quickest

Anyone who tries this pleasant tasting home-made cough syrup, will quickly understand why it is used in more homes in the United States and Canada than any other cough remedy. The way it takes hold of an obstinate cough, giving immediate relief, will make you regret that you never tried it be-fore. It is a truly dependable cough remedy that should be kept handy in every home, to use at the first sign of a cough during the night or day time. Any druggist can supply you with Pour this into a 10-oz. bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 54 cents

and you have 16 ounces of the most effective remedy you ever used. The quick, lasting relief you get from this excellent cough syrup will really surprise you. It promptly heals the uflamed membranes that line the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splen-

did for bronchitis, eroup, whooping cough and bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract, combined with guaiacol and is famous the world over for its healing effect on the mem-

To avoid disappointment ask for "21/2 ounces of Pinex" with full directions and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation. The Pinex Co., Toronto, Out.



lather of Lifebuoy Soap is laden with great cleansing power, and antiseptic properties as

LIFEBUOY HEALTH SOAP

So, when you have used LIFB-BUOY on skin, garment or saywhere is the home you can be sure of cleanliness and SAFETY.



NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Up Air Passages.

What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more hawking, snuffling, / mucous discharge, headache, dryness no struggling for breath at night, your cold or catarrh

Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. 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, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

Farms

We make a specialty of selling farm properties and have at present a targe number of farms for sale. We are thoroughly posted on farm values in Kingston district. If you

wish to buy or sell it would be to your advantage to consult us.

Real Estate and Insurance. Bank of Montreal Bldg. Phone 1085 or 1020

COURT MARTIAL ALL THE OFFENDERS

It would not be desirable to minimize in any way the offences of the two non-coms. who have been under courtmartial. But their case is the first that has been held in public. Why were not others so held? Will all others, irrespective of persons, be held in public from now on !. Is not the court-martial essentially a trial held publicly? Why then should influence enter the army and make social, political, or any other outside certain court-martials secret ones and abortive ones, since even those officers who conduct them are not privileged to know what ever was the outcome, if any, of all the evidence given and the reports made?

(By Frances Walter)

EVELYN REVEALS A

TRAIT OF CHARACTER (Copyright, 1916, by the McClure Newspaper Syndicate).

One may learn much about a per son in a very short space of time and frequently the most trivial things furnish the most accurate and illuminating insight into human character I had occasion to test the truth of this observation the evening Arthur and I spent at the Phillips' home. Our conversation had been of desultory nature whenever the four of us were grouped together, but after dinner the talk became more spirited and soon took on a personal tinge. Mr. Phillips had showed as some of the objects which his late

wife had treasured and had branched off in his senile fashion to the subject of matrimony in general. "It pains me," he said in his cackling voice, "whenever I see a couple who are not living happily together. am reminded of my own life. Every couple can be happy if they try. Of course it means that a great

difficulties will disappear." "Father thinks very strongly on the subject," remarked Evelyn.

deal has to be overlooked at times,

but if the right spirit prevails all

Then she added with a smile: "He even preaches his doctrine to me, as though I were having a quarrel every day with my husband. One would think, when he reaches certain stages of his argument, that I had given him a great deal of trouble because of my inability to make my spouse behave.'

"Of course, I know--" Mr. Phillips began apologetically, but Evelyn put her hand up and stopped him. It was evident that she was very fond of her lather, and that she treated him with the utmost consideration. But I could not help but realize that his lack of a sense of humor must have resulted frequently in their reaching a point very close to a misunderstanding. One could easily imagine how unhappy their household would have been if she had been the same dried up human being that he was.

Of course, you know," she flashed back. "And the strange part of it all, Mrs. Pembroke, is that when he lectures me I sit meekly before him and submit to it as though I were guilty. If I had a husband I am sure that I saw deeper than either o we would be happy just as long as them, and what I saw made me shivhe did what I wanted him to do. When he did not I certainly would himself in the shadow of her disnot be happy and I should most as pleasure! Some women love like suredly see to it that he was miserable too."

"That is the wrong view to take the air of a pedant.

"Theoretically, it may be, but I am very much afraid that that is the way it would be, nevertheless. You don't suppose for one minute, do you, dad, that I would permit my husband to do as he wanted to when his wishes ran counter to mine?"

"That is just it," declared Phillips. "The little questions the home should be settled like great questions. Diplomacy is a art and a science which should be studied by every one and practiced by all. Diplomacy recognizes the give-and-take method. It asks but it is also willing to grant. So should be with married life. The husband should not attempt to force highly alcoholic. his views upon he wife and the wife should recognize the partnership of if one is a better logician than the good physicians everywhere. should win, but in no case should a

Menu for Friday

BREAKFAST

Haked Pears

Boiled Cereal with Seeded Raisins

Eggs of Choice

Fried Cornmeal Mush with Syrup

LUNCHEON OR SUPPER

German Potato Salad with Frank-

Rye Bread

Grapes Ten or Milk

DINNER

lashed Potatoes

Fillet of Sole, Tartar Sauce

Materials-One large flounder, 1

egg. 1 cut breadcrumbs, 1 teaspoon

Utensils-Platter, measuring cup.

egg, which has been beaten with 1 light brown

salt, 1/4 teaspoon white pepper.

piece of cheesecloth.

Clam Soup Sole with Sauce Tartar

wife and a husband permit themselves to be separated. When if ame to the last resort it would pay one or the other to be blind for the Wake Up With Head Clear, Stomach moment."

I saw Evelyn's eyes flash. The humorous smile which had played about her mouth since her father started his harangue faded and her

lips became set. "A wife cannot afford to be blind." she said hotly. "Nor is it true that nothing should be allowed to separate husband and wife. Separation should inevitably follow some things, and the sooner that fact is well recognized the better society will be."

She spoke with such passion that we all listened intently and I fear that both Arthur and I showed some astonishment on our faces. Mr. Phillips' face was a puzzle. Apparently he had not heard Evelyn at first, but gradually as she proceeded he ceased to turn his own theories over in his mind and listened to her. Surprise, followed by consternation, showed on his countenance.

"Why, Evelyn!" he gasped, when are you saying?"

gued this question with you, and carets do not gripe, sicken or inconthing you wished, but my observa- pills or calomel. They're fine! tions have been broader than you Mothers should give a whole Caspers and I have read some novels or feverish children because it will which pictured actual conditions, and I know that the old idea that a wife and a husband should cling together despite everything is wrong. It is worse than that. It is sacrilegious.

Then a strange thing happened In the flash of an eye her whole expression changed. From an amazon she was suddenly transformed into a Venus. The dimples replaced the hard lines of her face, and her luscious red lips opened upon her pearly teeth as her merry laughter rang through the room.

"You are right dad," she said "What do I know about it? Yet may catch a husband some day, who knows?"

Mr. Phillips breathed a sigh of relief and Arthur's face lit up in response to her changed humor. Bu not so with me. I flattered myself er. Woe unto the man who found

tigresses, and they hate with the same intensity! I turned a startled face toward of it," interposed Mr. Phillips with the others, but they were all smiling

(To Be Continued.)

A common mistake which some people continue to make is to accept from a druggist an "extract" of coc livers thinking they will get the benefits of an emulsion of cod liver oil.

The difference is very great. An "emulsion" contains real cod liver oil, ing themselves forward, as ever, a which has had the hearty endorse- piquant trimming. ment of the medical profession for interested parties should be willing many years, while an "extract" is a at all times to compromise. The product which contains no oil and is

Scott's Emulsion is the standard the busband. Every couple should emulsion of the world. It guarantees constitute a family council where all the highest grade of real cod liver oil, matters should be threshed out with skilfully blended with glycerine and the greatest good humor. Of course, hypophosphites, and is endorsed by

tablespoon cold milk, then in bread-

paper. Serve either with tartar sauce

Lemon Pudding

Materials Two eggs, 3 table

spoons, lemon juice and a teaspoor

of grated rind, 2 teaspoons corn-

Utensils-Saucepan, mixing bowl

egg-beater, bowl to beat eggs in, 2

measuring cups, teaspoon, tablespoon

Directions-Put the water on to

boll, mix the cornstarch with a lit

tle cold water, to it add the grated rind and juice of the lemon; sugar,

salt and well-beaten yolks of eggs;

mix all together and add to the boil-

ing water, boil 3 minutes, add the

butter and mix well. Put the cake.

crackers or breadcrumbs into glass

bowl (or ice cream glasses) and pour

over the lemon mixture; set bowl in

pan of boiling water. Beat the whites

starch, 1/2 cup sugar, pinch salt,

cup stale bread or cake crumbs,

teaspoon butter, 2 cups water.

or tomato sauce.

silver fork.

teaspoon, tablespoon, deep pan, a of eggs until dry, add 1 tablespoon

of cheesecloth; dust with the salt and fork and dust with pulverized sugar;

pepper; dredge with flour; dip in the place in cool oven to dry or to get

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sive meats required to

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EPUSE SUBSTITUTES

EW.GILLETT COMPANY LIMITED

Directions-Wash and dry on piece top of pudding, rough with silver

"Low Cost of Living" Menu

Scott & Bowne, Toronto, Ont.

DON'T BE BILIOUS. OR CONSTIPATED

Liven Your Liver and Bowels To-night and Feel Great.

Sweet, Breathe Right, Cold Gone.



Take one or two Cascarets to-night and bowel cleansing you ever exper- case shut when not in use. Mark lenced. Wake up feeling grand, your head will be clear, your tongue clean, preath sweet, stomach regulated and your liver and thirty feet of bowels she had finished. "What on earth active. Get a box at any drug store now and get straightened up by "I am saying what I believe, fa- morning. Stop the headache, biliousther," she replied. "I know it may pess, bad colds and bad days. Feel astonish you, for I have never ar- fit and ready for work or play. Cashave always allowed you to say any- venience you the next day like salts

imagine. I have read the newspa- caret anytime to cross, sick, bilious act thoroughly and can not injure.

THIS NEW ONE.

"But, Evelyn, what do you know | Paris Sent Over This Turban In the First Shipment.

Taupe velvet, with a high band and two wings that take the outlines of the gray eaglet in front, gives this



THE AIRSHIP.

chie turban. Draped models are niso a fall hallmark, and quills are thrust-

From Ribbon.

You can make the smartest kind of a little tam from a very wide grosgrain ribbon. A band of buckram to act as a foundation is first covered with the ribbon, and then the ribbon is folded in half and plaited in wide box plaits to a central point at the top of the crown. The plaiting is covered with a motif of wool flowers embroidered on 16-15 scrim. A chic bow of the ribbon is tied and secured at one side.

tier than this tam, and, what is better still, it lies within the power of any clever girl to make one herself. If the ribbon is not stiff enough to stand upright after it has been attached to the buckram band, it might be well to line it with a layer of flat buckram, though the soft effect of the ribbon by itself crumbs; fry in deep, hot fat; drain on is preferable.

> A Smart Collar. The neck line is, like the waist line, no longer a stationary thing. From Paris comes a high collar of black taffeta tied in the back with a flaring bow and falling over it in a circular collar of white organdy—the whole a smart little conceit which is especially becoming to the tall, slender woman. High collars are not easy to wear, but they are smart

THE WORLD'S NEWS IN BRIEF FORM.

Tidings From All Over Told In a Pithy and Pointed T. Buchanan, for more than thirty

years a manufacturer of having tools at Ingersoll, died at the age of sixtygranulated sugar; spread over the four. It is proposed to erect a new departmental store costing \$15,000,000 at the corner of Yonge and College

> adian Niagara Power Company. age of coal; the Chatham and Wallaceburg plants use nutural gas. O. C. 110th Battalion, formerly commander of a company in the 1st Bat- case (Fig. 5). talion, and his son, Lieut. J. L. (Copyright, by |4, Neely Hall) Youngs, have both received the Mili-

The harvest from the whirlwind ing about it. sowing may be gathered in regret; Happy is the m an or woman who

tary Cross.

Inexpensive Gifts of Cardboard and Silk

TT is high time to be making Christmas gifts, and the little articles illustrated below are so simple that they can be completed in almost no time at all. They are inexpensive to make, too, requiring only bits of cardboard. and some pieces of silk and ribbon from mother's scrap-bag.

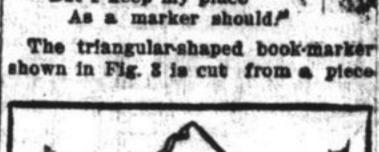
The pretty heart-shaped needle-book shown in Fig. 1 has a pair of covers made of two pieces of cardboard measuring three and one-half inches each way, and four leaves of the same shape and size cut out of white or pretty colored flannel. Place the flannel hearts between the covers, and pierce two holes through both covers and leaves each side of the center of the top. Then pull a piece of narrow ribbon through the holes and tie a small bow. Fasten pieces of ribbon to the lower points of the heart, both front nd enjoy the nicest, gentlest liver and back, by which to tie the little



"Needles" upon the front cover with lak or water colors.

Fig. 2 shows a book-marker made of one and one-fourth yards of No. 7 white satin or grosgrain ribbon. Cut the ribbon into two pieces, one piece measuring 12 inches and the other 24 inches, and pull them half way through a little brass ring such as is used in crochet work, fastening them in place with a few stitches. To complete the marker, letter the following upon the ribbons with black ink or water colors, placing one line of the stanza on each ribbon end:

"Not mine to tell If the book is good; But I keep my place As a marker should





of white writing paper seven inches square. Fold the square in half, diagonally, and cut along the folded line. You cannot imagine anything pret- Then take one-half and fold it in half again. The dotted line in Fig. 4 indicates where to fold. Punch holes through the folded piece near one open end (these holes are indicated on the unfolded piece), and with narrow ribbon lace the edges together, and tie the ribbon ends in a bow. Cut a picture from a magazine and paste it pon the front. This little marker slips over the corner of the page you want to mark.

The pin case shown in Fig. 5 toquires two pieces of cardboard each



mission of Ontario is to receive the inches wide. Cover each piece with last block of power from the Can- pretty silk, turnin g over the edges of the slik and bast ing on the 'wrong The sugar beet factory at Kitchen- side, as shown in 1 hg. 6. Then lay the er has had to close owing to short- pieces together, and sew the edges over and over as . Indicated in Fig. ? Col. J. L. Youngs, Stratford, now long side by which to hang up the

> Trouble usually! comes to those who do the greate It amount of harpthinks "we" rather than "I."





As I have decided to vacate my present premises in the early spring of 1917, I am now prepared to make reductions on any monument that I have in stock.

If it is your intention of purchasing it would be to your advantage to buy now.

> E. Mullen, Granite and Marble Works

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Use For Over Thirty Years

Charm Ceylon Tea

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Worms, Convulsions, Feverish

ness and LOSS OF SLEEP.

Fac Simile Signature of

Clast Flatcher.

THE CENTAUR COMPANY

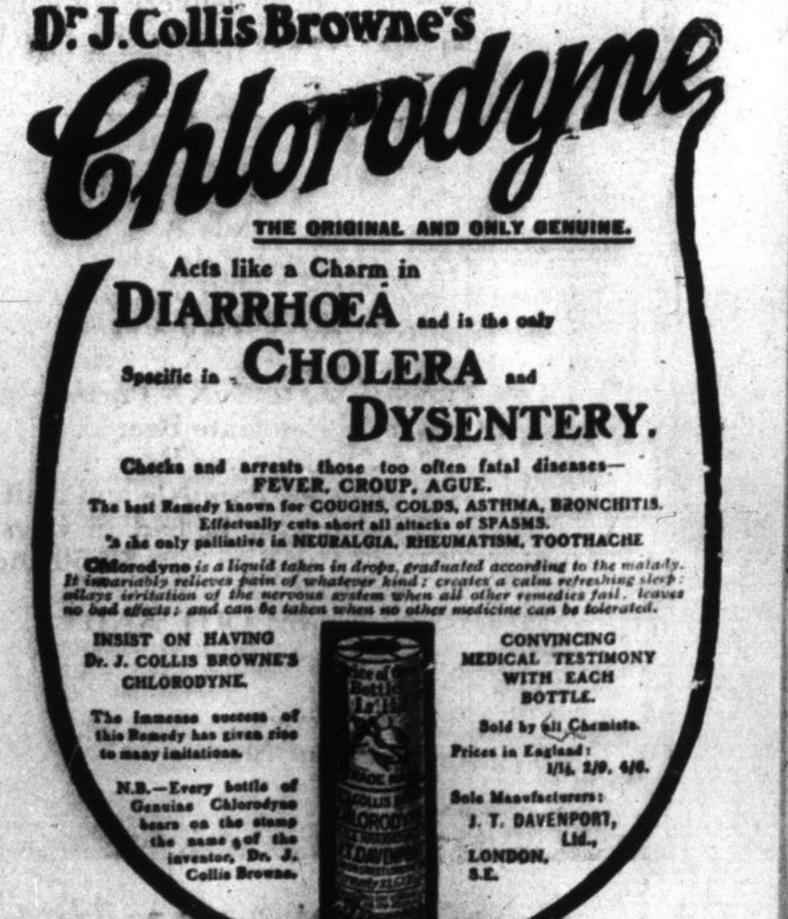
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