

Quick Way to End Coughs, Colds and Croup

An Excellent, Inexpensive Home-made Remedy that is Prompt and Sure.

If you have a severe cough or chest cold accompanied with soreness, throat tickle, hoarseness, or difficult breathing, or if your child wakes up during the night with croup and you want quick help, just try this pleasant tasting home-made cough remedy. Any drug-gist can supply you with 2 1/2 ounces of Pinex (50 cents) and 1/2 ounce of Pinex (10 cents) and fill the bottle with plain granulated sugar syrup. Thus prepared, you have 16 ounces of really remarkable cough remedy—made that can be depended upon to give quick and lasting relief at all times.

You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, stops throat tickle and soothes and heals the irritated membranes that line the throat and bronchial tubes with such promptness, ease and certainty that it is really astonishing.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, combined with genuine menthol and is noted for its speed in overcoming severe coughs, throat and chest colds. Its millions of enthusiastic users have made it famous the world over.

There are many worthless imitations of this noted mixture. To avoid disappointment, ask for "2 1/2 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, Ont.

Drink Hot Water! Have Rosy Cheeks and a Peachy Skin

Says we will both look and feel clean, sweet and fresh and avoid illness.



To see the tinge of healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact, to feel your best, day in and day out, just try inside bathing every morning for one week.

Before breakfast each day drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestions, gasses and acidity and gives one a splendid appetite for breakfast.

A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to demonstrate that just as soap and hot water sweetens and freshens the skin, so hot water and limestone phosphate act on the blood and internal organs. Those who are subject to constipation, bilious attacks, acid stomach, rheumatic twinges, also those whose skin is sallow and complexion pallid, are assured that one week of inside-bathing will have them both looking and feeling better in every way.

WHEEZY COUGH and ASTHMA

Cured by VENO'S LIGHTNING COUGH CURE

It is quite wonderful how Veno's Lightning Cough Cure overcomes those wheezy coughs that are so troublesome. The reason is that Veno's loosens the phlegm which causes the cough, and so the sufferer gets relief at once. In asthma also Veno's is of highest value. It gives tone and strength to the bronchial system, and helps nature to throw off the complaint. As it contains no dope, it may be taken freely during attacks. Prices 30 cents and 50 cents, from druggists and stores throughout Canada.

JOHN M. PATRICK

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Saws filed, Knives and Scissors sharpened, Razors honed. All makes of fire-arms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

PHOTOS for Xmas

Why not give your friends yours. It's something they can't buy and will appreciate.

The Cooke Studio
139 Wellington St. near Bank.

THE CONFESSIONS OF ROXANE
(By Frances Walter)

MR. PENDLETON PROVES VERY UNLIKE ARTHUR'S SPECIFICATIONS.

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

"Roxane, this is Mr. Pendleton." I turned and glanced into the face of the man whom Arthur had introduced. He was entirely different from the Mr. Pendleton whom I had pictured to myself. He wasn't excessively lean, nor extremely tall, nor sallow, nor stoop shouldered, nor dull of eye, nor pale haired. Instead, I looked into pair of good natured gray orbs, in the depths of which lurked a suspicion of kindly humor and mischief. He was slightly above the medium height, with strong, broad shoulders, well thrown back, and a frame which might have been the envy of Apollo himself. His hair was straight and brown, without a suggestion of baldness anywhere, and he wore his evening clothes after the manner of those who learned to be case when they were in their early teens.

"I am more than fortunate," Mr. Pendleton was saying, a little formally. "I have your husband for a business sponsor and I am reintroduced to the social life of New York by his wife. I am under a double obligation."

"I fear our little circle can hardly be regarded as even a part of the social life of New York," I replied.

"We are more like one of those groups one finds in small Western towns. We have dinner, play a game of cards, gossip a little and then grow sleepy and go home. There is none of the excitement which one ordinary attaches to life in this huge city. There isn't even a little scandal now and then for us to discuss. We are all so correct that we do not relish even that."

"What a splendid lot of folk to meet!" cried Mr. Pendleton. "Why, it is like taking a trip with Gulliver into some unknown country and finding there an altogether new race of people."

"Different, but not necessarily superior," I ventured.

"I should say necessarily superior," countered Mr. Pendleton. "People who do not talk scandal nowadays belong to one of two classes—either they are too guilty to find pleasure in such talk or they are too innocent to tell which class you belong to."

"Don't be too lavish with your compliments, Pendleton," laughed Arthur. "You would better wait until you know more about us."

"I know all about you now," he replied. "Honest people are easy to know. It is the rascally kind which you puzzle over for years without being able to diagnose their peculiar weaknesses."

"At any rate do not praise us too much to our faces," insisted Arthur. "We might become so cocksure and strut about until we fell from our pedestals."

"I shall be the last one to put any good person on a pedestal," declared Mr. Pendleton soberly. "The earth

"Low Cost of Living" Menu

Menu for Friday

BREAKFAST
Hot Coffee
Cold Boiled Cereal with Cream
Shirred Eggs
Creamed Potatoes
Coffee or Cocoa

LUNCHEON OR SUPPER
Cream Oysters on Toast
Cabbage Relish
Silver-Crusted Roast
Milk or Tea

DINNER
Cream of Lima Bean Soup
Baked Halibut Steak
Mashed Potatoes
Brunoise Sprouts
Relish
Sweet Potato Pie
Coffee

Sweet Potato Pie

Materials—2 cups of boiled sweet potatoes that have been put through

HELMET SAVED HIS LIFE.

Nephew of Sir Allen Aylesworth Tells of Experiences.

"I'm feeling fine, and before long should be labelled 'fit again.'" Are the closing words of a letter sent by McGillivray Aylesworth, son of Gen. Anson Aylesworth, of Newburgh, Ont., and nephew of Sir Allen Aylesworth, K.C., Toronto. He was in the machine gun section of the first contingent at the front, and tells of many thrilling experiences he had before being wounded about a month ago and removed to a military hospital in England.

He tells of how on one occasion, when "dug in," it was necessary for a party to go for rations and water for the Vickers guns, which are water-cooled, and it was decided to name the party by tossing a coin. "I lost, and along with other went off on our dangerous journey with 'Eris' popping us up the time. One shell got me, and had it not been for my steel helmet I'm afraid this letter would never have been penned. As it was, I was badly wounded in the arm, side and leg with pieces of shrapnel."

Mr. Aylesworth has great admiration for the "tanks," and recounts what a great surprise they were to the Germans, who were mystified to find them bullet-proof, and so alarmed were they that many shouted "Kamerad" to the amazing monster.

Before enlisting Mr. Aylesworth was a third year student in the law office of Aylesworth, Wright, Moss and Thompson, Toronto.

300 FOR THE NAVY.

Expected at Least 500 Will be Sent Over by End of Year.

Ottawa, Nov. 23.—More than three hundred recruits for the British navy have been enlisted in Canada since recruiting efforts started a few weeks ago. The men are coming in slowly but steadily, and it is expected that at least 500 will have been sent across to join British war vessels before the end of the year.

Feminine finery has ruined more men than strong drink.

HAD SEVERE COLD
Pain in Chest

SPASMODIC COUGHING

Many people when they contract a cold do not pay any attention to it, thinking perhaps it will pass away in a day or two. This is a mistake for before they know it, it has settled on the lungs.

Too much stress cannot be laid on the fact that on the first sign of a cough or cold it must be gotten rid of immediately, otherwise it may cause years of suffering from some serious lung trouble.

"I certainly didn't intend it as such," replied Mr. Pendleton. "Perhaps I have been too frank in expressing my gratitude. I have spent the last few years knocking about the world and was somewhat overcome by the atmosphere of a real home. There is a difference between a hotel or a club's smoking-room and a woman's drawing-room."

"As much difference as there is between a woman and a man; as much as there is between a steward and a housekeeper," spoke Mr. Tomlinson. "There is a difference between a man and a woman."

"You are right, Mr. Tomlinson," piped Mr. Phillips. "I used to tell the late Mr. Phillips that you had more heaven-like qualities than any other being on earth. Men may be admirable, but after all is said and done we must give the women credit for making the earth fit to live in."

"Of course, the matter of sex is imperative," said Mr. Tomlinson. "Women are necessary just as certain insects are necessary for the fertilization of certain plants, and it must be admitted that they perform a certain function in society. They are, to an extent, necessary."

"That is necessary to men?" it was Mr. Pendleton's turn to speak.

"Yes, they have their particular place," replied Mr. Tomlinson. "We must admit that."

"Oh, shucks, Tomlinson! Don't make us listen to that stuff!" exclaimed Mr. Pendleton with good-natured impatience. "If you don't like 'em, leave 'em alone."

The eminent fancier started, rolled his eyes toward Mr. Pendleton, gasped, gurgled, turned red and kept quiet.

"Mr. Tomlinson does let them alone!" cried Mr. Phillips. "You do not let them alone, don't you, David?"

"Of course he does," agreed Mr. Pendleton, soothingly, as he edged off. "Can you not save me?" he whispered in my ear.

"I not only can, but I will," I told him, delighted beyond measure that he had given Mr. Tomlinson a much-needed rebuff. "Come with me!"

We slipped away unnoticed. Mr. Tomlinson had regained his voice, but to use it was but a dull roar. We fled to the library and closed the door.

"Are we safe?" whispered Mr. Pendleton.

I pretended to listen, shuddering with delight.

"Yes, we have outdistanced the enemy."

"Then we can get acquainted."

(To Be Continued.)

DON'T PITY US, PITY BELGIUM, SAYS SOLDIER
Starvation of Little Children Worse Than the Maddening Scenes of Battlefield.

"For the love of all that's good don't pity us, pity and help the Belgians," is the plea of a fighting man, who has just escaped from the territory in which the German Government dominates the Belgian people.

"We are fighting men; it is our lot to endure hardship, and the government cares for us; but who is looking after the poor little kiddies of Belgium and their patient mothers? Scenes of the dead, the dying, the mad and the maimed on the battlefields are nothing to the mute, patient suffering of these people. It is heartrending to see these little ones dying inch by inch, their little lives being snuffed out because we do not feed them enough."

"Starvation. Can you imagine it? Seven millions of them they tell me. God knows I saw enough. It is maddening to look on and be able to do nothing. And the Belgian Relief Committee is doing what it can. But what can it do if the food is not provided?"

"I can stand seeing men starve and suffer, but women and children—no, not as long as there is a British subject with enough resolve to get the necessary food with them. To win this war and still let these Belgian women and children starve is a blot on victory that is worse than defeat."

The Belgian Relief Committee in your town will tell you how you can help. Or you can send your contribution towards feeding these people to the Belgian Relief Committee, 59 St. Peter street, Montreal.

FOOTWEAR TO BECOME DEARER IN PRICE
Fine Shoes Will Be Selling at \$9 a Pair Before Very Long—Reason for Advance.

There have been alarming reports about that before long people will be paying \$20 a pair for shoes, or be forced to resort to wooden clogs, felt footwear or some makeshift of their own contrivance. While prices will continue to increase, it is unlikely, however, that they will reach the appalling figure, at least for some time to come. The indications, nevertheless, are that the advance will be a substantial one. For instance, fine shoes now selling at \$6.00 and \$6.50 a pair will go to \$9.00 before many months, and workmen's shoes, which now sell at about \$3 will be selling at \$5 next March.

There has been an increase of about 100 per cent in children's and babies' shoes, and the end has not been reached. The reason for the continued advance in prices is the increasing scarcity of leather. The war has shut off the supply of white leather from the Balkan states and of fine leather from Russia. Then the war department demands enormous quantities of leather, not only for shoes and leggings for the men, but in many other ways in which leather is required.

Manufacturers are already seriously considering the advisability of cloth-tops as the leading thing in shoes for men and women in order to maintain a price which will enable the average person to wear even ordinary shoes. Women, however, seri-

MADE IN CANADA

ROYAL CANADIAN MOUNTED POLICE

ROYAL CANADIAN MOUNTED POLICE

ROYAL CANADIAN MOUNTED POLICE

"We never have coffee at our house, because I can't make good coffee".

Have you ever started right—with Chase & Sanborn's "SEAL BRAND" COFFEE?

In 1/2, 1 and 2 pound tins. Whole-ground-pulverized—also fine ground for Percolators. Never sold in bulk.

CHASE & SANBORN, MONTREAL.

Dr. J. Collis Browne's Chlorodyne

THE ORIGINAL AND ONLY GENUINE.

Acts like a Charm in **DIARRHOEA** and is the only Specific in **CHOLERA** and **DYSENTERY.**

Checks and arrests those too often fatal diseases—**FEVER, CROUP, AGUE.**

The best Remedy known for COUGHS, COLDS, ASTHMA, BRONCHITIS. Effectually cuts short all attacks of SPASMS.

Is the only palliative in NEURALGIA, RHEUMATISM, TOOTHACHE.

Chlorodyne is a liquid taken in drops, graduated according to the method. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail. Causes no bad effects; and can be taken when no other medicine can be tolerated.

INSIST ON HAVING Dr. J. COLLIS BROWNE'S CHLORODYNE.

The immense success of this Remedy has given rise to many imitations.

CONVINCING MEDICAL TESTIMONY WITH EACH BOTTLE.

Sold by all Chemists.

Prices in England: 1/6, 2/6, 4/6.

Sole Manufacturers: J. T. DAVENPORT, LONDON, S.E.

Wholesale Agents, Lyman Bros. Co., Limited, Toronto

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 lasts and have very attractive heels.

\$4.00 and \$4.50.

H. JENNINGS, King Street

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of **Dr. J. C. Hutchins**

In Use For Over **Thirty Years**

CASTORIA

900 DROPS

The Proprietary Medical Preparation for Infants and Children. Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recruits for the Navy Wanted.

Co-operation between military and naval authorities is being arranged in connection with the enlistment of recruits in Canada for the British navy. Five thousand is the number sought. Recruiting offices are being opened at Halifax, St. John, Quebec, Montreal, Toronto, Winnipeg, Vancouver, and Victoria, while every military divisional recruiting depot will also receive applications. Commander White, an old Royal Navy officer, is in charge of the recruiting organization. Two thousand men by New Year's are expected to be enrolled.

Wishes to Serve Troops.

Word has reached Canada that Rev. C. D. Donald of the Presbyterian Mission in India has applied to be relieved of his duty until after the war, as he has received an appointment to serve with the Indian troops in Egypt. Last, Alex. Donald, formerly of this city and now serving with the 92nd Highlanders in France, is a brother, and Colonel Duncan Donald of Toronto is an uncle. Rev. Mr. Donald will make the fourth member of his family to tender his services to his country.

Few people are ever on time; they are either late or early.