serious lung trouble.

Pain in Chest

SPASMODIC COUGHING

Many people when they contract

Worse Than the Maddening

Scenes of Battlefield.

tory in which the German Govern

ment dominates the Belgian people

thers? Scenes of the dead, the dy-

battlefields are nothing to the mute

"Starvation. Can you imagine it

Committee is doing what it can. But

what can it do if the food is not pro-

"I can stand seeing men starve and

suffer, but women and children-no.

not as long as there is a British sub-

ject with enough resources left to

share food with them. To win this

on victory that is worse than de-

The Belgian Relief Committee in

patient suffering of these people.

do not feed them enough.

"For the love of all that's good

### Quick Way to End Coughs, Colds and Croup

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

you have a severe cough or chest cold accompanied with soreness, throat tickle, hourseness, 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 212 ounces of Pinex (50 cents worth). Pour this into a 16-oz, bottle and fill the bottle with plain granulated sugar syrup. Thus prepared, you have 16 ounces of really remarkable cough remedy-one that can be depended upon to give quick and lasting relief at all times.

You can feel this take hold of a cough loosens and raises the phlegm, stops throat tickle and soothes and heals the throat and bronchiel tubes with such

is really astonishing Pinez is a special and highly concenpine extract, combined with guaincol 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.

of this noted mixture. To avoid disap-Piner" 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

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



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 bow els the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. I cleans out all the sour fermentations, gases 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, biljous attacks, acid stomach, rheumatic twinges, also those whose skin is sallow and complexion pallid, are assured that one week of inside-bathing 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 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 60 cents, from druggists and stores throughout Canada.

149 Sydenham Street

**PHOTOS** 

for Xmas

Why not give your friends rours. It's something they can't buy and will appreciate. The Cooke Studio egtow St., near Brock

(By Frances Walter)

MR. PENDLETON PROVES VERY UNLIKE ARTHUR'S SPECI-FICATIONS. whole lump."

(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 It of eye, nor pale haired. Instead, looked into pair of good natured gray orbs, in the depths of which broad shoulders, well thrown back, and a frame which might have been the envy of Apollo himself. His hair much as there is between a steward Syrup, and after using three bottles \$12,000,000 on this tunnel. he wore his evening clothes after the do not go to a club. A steward may edy." There are many worthless imitations manner of those who learned to be at know something, but his ideas of "Dr. Wood's" is put up in a yellow west end was begun the following

> "I am more than fortunate." Mr. Pendleton was saying, a little formal- piped Mr. Phillips. "I used to tell five years by The T. Milburn Co., The speed with which this work ly. "I have your husband for a busi- the late Mrs. Phillips that a wife had Limited, Toronto, Ont. ness sponsor and I am reintroduced more heaven-like qualities than any to the social life of New York by his other thing on earth. Men may be DON'T PITY US, PITY wife. I am under a double obliga- admirable, but after all is said and

be regarded as even a part of the social life of New York," I replied. imperative," said Mr. Tomlinson. "We are more like one of those "Women are necessary just as cergroups one finds in small Western tain insects are necessary for the towns. We have dinner, play a fertilization of certain plants, and it same of cards, gossip a little and must be admitted that they perform then grow sleepy and go home. There a certain function in society. They is none of the excitement which one are, to an extent, necessary. ordinary attaches to life in this huge city. There isn't even a little scandal Mr. Pendleton's question. 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. it is like taking a trip with Gulliver claimed Mr. Pendleton with goodinto some unknown country and find- natured impatience. "If you don't ing there an altogether new race of like 'em, leave 'em alone.'

"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 gulfty to find pleasure in such talk or they are too innocent | Pendleton, soothingly, as he edged to tell which class you belong to." "Don't be too lavish with your compliments, Pendleton," laughed

til you know more about us." replied. "Honest people are easy to

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

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

Menu for Friday

Cold Boiled Cereni with Cream Shirred Eggs Cream Raisin Mudius

Coffee or Cocos

LUNCHEON OR SUPPER

Cream Oysters on Toast Cabbage Relish

Silver Cake from Yesterday

DINNER

Cream of Lima Hean Soup Baked Hallbut Steak

Mashed Potators Brussels Sprouts

Sweet Potato Ple

Sweet Potato Pie

HELMET SAVED HIS LIFE.

of Experiences.

"I'm feeling fine, and before long

should be labelled 'fit again.' " are

McGillivray Aylesworth, son of Geo.

Anson Aylesworth, of Newburgh,

Ont., and nephew of Sir Allen Ayles-

worth, K.C., Toronto. He was in the

machine gun section of the first con-

TAKE CASCARETS

And Clear Your Com-

Don't Stay Headachy, Bilious, With

Breath Bad and Stomach

Tonight sure! Take Cascarets and

lowel cleansing you ever experienced

Cascarets will liven your liver and

clean your thirty feet of bowels with-

Get a 10-cent box now.

potatoes that have been put through lighter the crust will be.

MUK or Tes

BREAKFAST Boonnes

"Low Cost of Living" Menu

needs them too much to remove them hence. I am strong for the leaven which has a tendency to leaven the

> "What is this -- a lecture?" inquired Mr. Tomlinson pompously. was jealous of the attention which our new acquaintance was receiving. stand on the outer circle.

such," replied Mr. Pendleton. "Per- Wood's Norway Pine Syrup, I take

was straight and brown, without a and a housekeeper," spoke Mr. I was completely cured. I recomare somewhat primitive and crude." mark, price 25c and 50c.

"You are right, Mr. Tomlinson." "I fear our little circle can hardly for making the earth fit to live in." "Of course, the matter of sex is

"That is, necessary to men" It was

"Yes, they have their particular place," replied Mr. Tomlinson. must admit that." "Oh. shucks. Tomlinson! Don't

"Why, make us listen to that stuff!" ex-The eminent flancier started, roll

> ed his eyes toward Mr. Pendleton. gasped, gurgled, turned red and kept "Mr. Tomlinson does let them

> alone!" cried Mrs. Tomlinson. "You do let them alone, don't you, David?" "Of course he does," agreed Mr. off. "Can you not save me?" he whispered in my ear.

"I not only can, but I will," I told Arthur. "You would better wait un- him, delighted beyond measure that he had given Mr. Tomlinson a much-"I know all about you now," he needed rebuff. "Come with me!" We slipped away unnoticed. Mr know. It is the rascally kind which Tomlinson had regained his voice, To see the tinge of healthy bloom you puzzle over for years without but to use it was but a dull roar. We in your face, to see your skin get being able to diagnose their peculiar fled to the library and closed the

"Are we safe?" I pretended to listen, shuddering

"Yes, we have outdistanced the enemy. "Then we can get acquainted."

fruit press or strainer, 1 egg. 1

level teaspoon ginger, 1/2 cup flour, 1

cups milk, 1 level teaspoon salt,

tablespoon lard, pinch salt.

pital in England.

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 nine went off

on our dangerous journey with 'Fritz'

got me, and had it not been for my

would never have been penned. As

it was, I was badly wounded in the

Mr. Aylesworth has great admira-

find them bullet-proof, and so alarm-

"Kamerad" to the amazing monster,

Before enlisting Mr. Aylesworth

was a third year student in the law

300 FOR THE NAVY

Over by End of Year.

Ottawa, Nov. 23 .- More than three

and Thompson, Toronto.

men than strong drink.

arm, side and leg with pieces

the closing words of a letter sent by a party to go for rations and water

tingent at the front, and tells of peppering us all the time, One shell

enjoy the nicest, gentlest liver and Expected at Least 500 Will be Sent

store. Mothers can safely give a across to join British war vessels be-

whole cascaret to children any time fore the end of the year.
when cross, feverish, billions, tongue
coated or constipated they are Feminine finery has

shrapnel.'

### (To Be Continued.) 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.

about that before long people will be Utensils-Saucepan to boil pota- own contrivance. While prices will animals are resident licensed trapcontinue to increase, it is unlikely, pers and farmers, who receive a pertoes in, fruit press or strainer, bowl, 7-inch pietin, mixing bowl for crust, however, that they will reach that mit from the department to trap flour sifter, bake-board and rolling appalling figure, at least for some upon their own land. Either is al-Directions-Potatoes are boiled with skins, when tender skin and \$6.50 a pair will go to \$9.00 be- trappers can sell only to licensed mash through fruit press or strainer fore many months, and workmen's dealers, add the beaten egg and flavoring; mix well. Put in pietin that has shoes, which now sell at about \$3 been lined with crust; dust top with will be selling at \$5 next March. cinnamon and bake 1 hour in slow There has been an increase of about 100 per cent in children's and babies' Crust is made by putting flour and shoes, and the end has not been salt into bowl; add lard and rub in reached. The reason for the convery lightly; add enough cold water tinued advance in prices is the into hold together, roll out very thin. Materials-2 cups of boiled sweet The less the dough is handled the creasing 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 many thrilling experiences he had war department demands enormous before being wounded about a month quantities of leather, not only for Veno's loosens the phiegm which Nephew of Sir Allen Aylesworth Tells ago and removed to a military hos- shoes and leggings for the men, but that this is purely a sporadic effort in many other ways in which lea- and will soon be checked. The only He tells of how on one occasion, ther is required. when "dug in," it was necessary for

Manufacturers are already seriously considering the advisability cloth-tops as the leading thing in would enable them to take refuge shoes for men and women in order temporarily within the three-mile to maintain a price which will enable limit. the average person to wear even ordinary shoes. Women, however, seri-

steel helmet I'm afraid this letter! MADE IN CANADA tion for the "tanks," and recounts what a great surprise they were to the Germans, who were mystified to They Liven Your Liver and Bowels ed were they that many shouted office of Aylesworth, Wright, Moss out griping. You will wake up feel- hundred recruits for the British ing grand. Your head will be clear, navy have been enlisted in Canada breath right, tongue clean, stomach since recruiting efforts started a few sweet, eyes bright, step elastic and weeks ago. The men are coming in complexion rosy—they're wonderful. slowly but steadily, and it is expected Get a 10-cent box now at any drug that at least 500 will have been sent Feminiue finery has ruined more

HAD SEVERE COLD ously object to cloth-top shoes. They at the higher price.

A GREAT FEAT.

Connaught Tunnel Goes Through Five Miles of Solid Rock. cold do not pay any attention to it. To pierce a great mountain, start thinking perhaps it will pass away in ing from both ends and driving a

a day or two. This is a mistake for tunnel through miles of solid rock before they know it, it has settled on so exactly that the two bores meet six thousand feet below the surface Too much stress cannot be laid on as one dime might cover agother, is the fact that on the first sign of a no mean engineering text. That is cough or cold it must be gotten rid what happened in the case of the of immediately, otherwise it may new "Connaught Dunnel" which the cause years of suffering from some C. P. R. engineers have been engaged upon for three years, boring and could no longer be satisfied to Mr. A. George, 30 Blevin's Place, through from one side to the other Toronto, Ont., writes: "Having great- of Mount Macdonald, of the Selkirk "I certainly didn't intend it as ly benefitted from your remedy, Dr. Range. The new tunnel is live miles long, 29 feet wide, and 21 feet high, haps I have been too frank in ex- the liberty to write you a few words and accommodates a double track. pressing my gratitude . I have spent about the effect of that wonderful It has eliminated 4 1/2 miles of snowthe last few years knocking about syrup. Two years ago I caught a sheds and 2,400 degrees of curvathe world and was somewhat over- severe cold, followed by a spasmodic ture, and has reduced the track elecome by the atmosphere of a real cough and pain in my chest. I was vation by 552 feet. The maximum lurked a suspicion of kindly humor home. There is a difference be- treated by many doctors, but with- grade is only 95,100. These are imthroat and bronchial tubes with such and mischief. He was slightly above tween a hotel or a club's smoking- out any benefit, and also took many portant considerations in railway the medium height, with strong, room and a woman's drawing-room. proprietory medicines which all fail- operation and maintenance, as may "As much difference as there is ed to cure. One of my friends re- be judged from the fact that to between a woman and a man; as commended Dr. Wood's Norway Pine achieve them to C. P. R. has spent

The construction of Connaught suggestion of baldness anywhere, and Tomlinson. "That is one reason I mend it to anyone as a God-sent rem- Tunnel was begun at the east end, in September, 1913. Work upon the ease when they were in their early how to create a homelike atmosphere wrapper, three pine trees the trade May. Nineteen months later the main headings met, thus establishing Manufactured for the past twenty- a new world's record for tunneiling.

> has progressed was possible owing to the methods of construction which were adopted. Instead of attempt-BELGIUM, SAYS SOLDIER ing to cut through the mountain head-on, working at the tunnel from only the two ends, small pioneer Starvation of Little Children tunnels, a little to the side of the location of the tunnel proper, were first constructed. These pioneer tunnels were only large enough for the movement of mule cars, but, by means of shafts cut from their sides. don't pity us, pity and help the Belthey made it possible to carry on gians." is the plea of a fighting man, excavation in the main tunnel at who has just escaped from the terrinumerous places at once. As they approached the centre of the mountain the pioneer tunnels were deflect-"We are fighting men; it is our ed into the route of the main tunlot to endure hardship, and the govnel, their purpose having been acernment cares for us: but who is complished. looking after the poor little kiddies

> The first bore of the main tunnel of Belgium and their patient mowas a shaft about eight by twelve feet. As this was completed it per ing, the mad and the maimed on the mitted the laying of rails for mule trains, the introduction of compressed air pipes for ventilation, and the is heartrending to see these little installation of machinery (all operatones dying inch by inch, their little ed by compressed air), telephonic lives being snuffed out because we communication, and drainage facilities. With this equipment it was possible to proceed with the enlarge-Seven millions of them they tell ment of the shaft to its completed me. God knows I saw enough. It is size. No serious difficulty was enmaddening to look un and be able to countered with bad rock formation do nothing. And the Belgian Relief

or excessive water. Where the rock formation was nard and solid it was allowed to remain as the permanent wall of the tunnel. Where it was soft with a tendency to crumble or slide, it was arched with concrete.

A feature of importance is the ventilating system, which will ensure men and children starve is a blot) rapid changes of air throughout the

An "open season" for otter

your town will tell you how you can help. Or you can seid your contri- beaver from November 1st next to bution towards feeding these people March 31st, has been decided on by to the Belgian Relief Committee, 59 thte Provincial Government, under certain conditions. It is the first open season in Ontario for these furbearing animals for about twenty years. The reason for granting the open season is owing to reports being received at the Fish and Game Department pointing out that beaver has been over-running several districts, and in many cases caused serious damage to property.

The order-in-Council providing There have been alarming reports for the open season has just been issued, and, according to it, a royalty paying \$20 a pair for shoes, or be of 5 cents per skin is placed on otterforced to resort to wooden clogs, felt and one dollar per skin on beaver. footwear or some makeshift of their The only people allowed to take the time to come. The indications, nev- lowed to buy ten fifty-cent royalty ertheless, are that the advance will coupons in one year, the limit being be a substantial one. For instance, placed to avoid abuse of the open fine shoes now selling at \$6.00 and season. It is also provided that

Combined Action Hon, J. D. Hazen says that the

Canadian naval service department is in constant communication with the British admiralty on the submarine menace of the Atlantic coast. "Steps have been taken," said the Minister of Marine and Fisheries, "to remove the danger. Everything possible is being done with the resources at the disposal of the British and Canadian Governments." In unofficial circles it is believed

hope of escape of the German submarine is lax enforcement of the American neutrality laws, which

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 exsected to be enrolled.

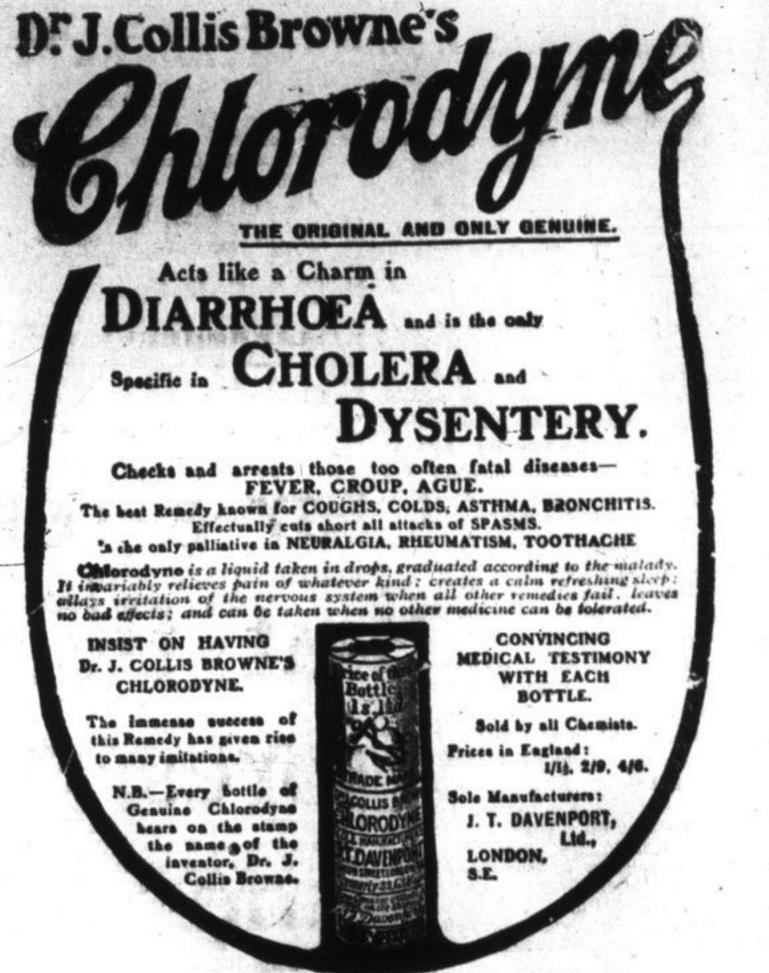
Wishes to Serve Troops. Word has reached Canada that Rev. C. D. Donald of the Presbyterian Mission in India has applied to be relieved of his duty until after the war, as he has received an appointment to serve with the Indian troops in Egypt. Lieut. Alex. Donald, formerly of this city and now serving 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.

"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.



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

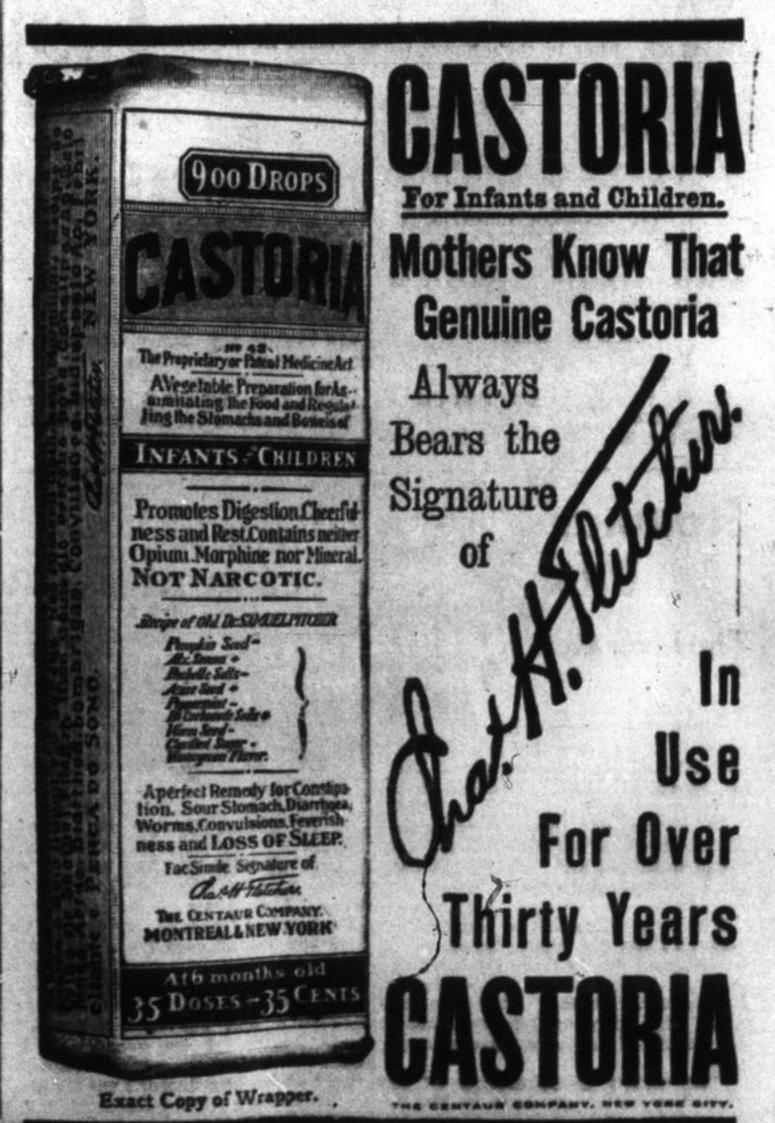


In the Frank W. Slater Strider Shoe.

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



## Sewing Machines, Um-brellas, Suit Cases, Trunks, repaired and re-fitted Saws filed, Knives and Scissors Sharpened, Razors honed. Al makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired