Your Child's Cough

Is it nothing? Is it to be neglected until it leads to that terrible scourge consumption? Peps stand between winter coughs and colds, and serious consequences. 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 lungs, 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

Peps

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Have you tried dealing here? Call and let us fill your next order. If you want good, fresh groceries, of the best quality, appetizing cooked and smoked meats, from a clean, tidy store.

Thompson's Grocery
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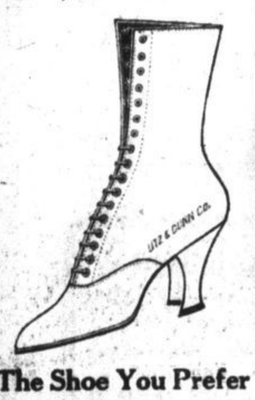
Wood's Phosphodine, The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Issued Weekly)



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It will be an easy matter for you to find what you want in our stock. Our selections of high quality shoes for women include all the best new styles, built in a variety of leathers on many lasts.. A shape to fit every foot.

The Sawyer Shoe Store

THE CONFESSIONS OF ROXANE

(By Frances Walter)

I REALIZE THAT MY SOUL IS A VERY SMALL ONE.

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

"If it is Roxane Pembroke, perhaps I can help you?"

These words rang in my ears. They were the words used by Evelyn Phillips when Harry Pendleton sought her aid in gaining my love. What did she mean? What else could she mean than that she expected through her hold upon Arthur to bring about a separation which would leave Arthur free to marry her and me free to marry Harry Pendleton?

"If it is Roxane Pembroke, perhaps I can help you?"

How dared she assume that she could bring about a separation between Arthur and me What assurance of Arthur's love did she have which would justify her in making such an assertion?

The few days immediately following the evening at Mr. Henderson's were filled with uncertainty, doubt and fear. Yet I realized that to a great extent I had brought this situation upon myself. My mind went back a few months to the time when I had declared my independence of Arthur. I remembered how I had decided to seek my own pleasure in my own way, leaving him to battle with the cares of business as best he might. I did not know then what great pressure he was working under. It was not until later, when I learned that in less than a year he had equipped himself to become president of one of the greatest manufacturing concerns in the east, that I began to feel the pangs of remorse. How selfish I had been in my demands that he leave his business and go with me to places of amusement. How much heavier my attitude must have made the great load he was carrying!

Like many women whom I have later seen and condemned, I had done my best to obstruct my husband in his efforts to advance himself in business. I had permitted my desire to see a certain play, or the passing whim for an hours' amusement jeopardize Arthur's entire career. And all the while I had thought that it was he and not I who was selfish. And now that it was all over how keenly did I realize that Arthur throughout it all had acted in a most noble manner. He had permitted me to assume that he was to blame and had borne my accusations for the most part without recrimination. Yet all the while he must have been weighed down to an almost hopeless condition because of my failure to appreciate the position in which he was placed and to lend my aid and comfort in the time of his great difficulties.

As I looked back upon these things I understood why so many men find themselves at the crucial moments of their business life unable to rise to great emergencies. To be sure, the failure in many cases lies in the man himself. He is not made of the stuff which will endure; he does not possess those masterful qualities which come to the surface only when they are needed. But I know also that many men go down to defeat for the very reason which showed itself in Arthur's case. A nagging wife, or one who can not understand the requirements of her husband's position, or one who puts herself above everything else—such a wife is not a fitting person for a husband to seek when he needs to have his strength renewed for another day's battle.

I have learned many things since that time, but I do not think any fact which has entered into my life has made such an impression upon me as has the great truth that a man's home should be a place not only of rest and comfort, but also a place where the very atmosphere braces him for new effort, filling him with larger hopes, newer and saner views of life and life's problems, and equipping him thus to continue his work with a finer spirit and more unfailing determination to do great things and to do them in a finer way than would have been possible had not a woman entered into his soul and wrought great things there.

I knew our home had furnished no such influence to Arthur, I realized that I had not been such a wife. He had succeeded in spite of me, and not because of my help. The knowledge that I had failed in my duty to him; that I had permitted my own littleness to stand in the way of his development and advancement, filled me with bitterness. Under such circumstances what right did I have to go to Arthur and demand that he give proof of his love for me? What right did I have to expect his love at all? How could I reasonably object if, in his search for a fountain of strength, he had turned away from my own desert heart to one which could give him what he required? If I had driven him to Evelyn Phillips, by what right could I seek to reclaim his love?

"If it is Roxane Pembroke, perhaps I can help you?"

Did Evelyn know that Arthur had lost his affection for me and had come completely under the spell of here loveliness? If she were not sure of her ground would she enter into a contract with Harry Pendleton to deliver me, body and soul, into his hands?

(To be Continued.)

THE SENSIBLE CHRISTMAS GIFT

for mother, wife or housekeeper is something that will lessen her work and make life easier for her. Something that will relieve her of the drudgery and weariness of housework. The Christmas gift that will do all this is an

O-Cedar Mop Polish

(Made in Canada)

Its long handle eliminates all bending and stooping and reaching—all climbing on chairs and ladders and getting down on hands and knees to dust under heavy furniture. It picks up every grain of dust wherever it goes and holds it and can easily be washed and made as good as new with a few drops of O-Cedar Polish.

From your dealer, 75c to $1.50.

Channell Chemical Co., Ltd., Toronto, Can.

JOHN M. PATRICK

Sewing Machines, Umbrellas, 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.

149 Sydenham Street

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Good Coal

—try—

P. WALSH

Phone 100 Barrack St.

Have You Decided What to Give?

Let us help you make a choice of something useful.

DRESS SHOES, SLIPPERS, HOCKEY BOOTS, MOCCASINS, OVERGAITERS, OVERSHOES.

And many other useful gifts are here for your choosing.

J.H. Sutherland & Bro.

The Home of Good Shoes.

COUGHED TERRIBLY

How This Canadian Girl Was Cured.

We want you all to know that all letters like the following are truthful and genuine:

"I am a chocolate dipper. I work and keep house both. I contracted a bad bronchial trouble. I coughed and coughed so it almost smothered my breath. I became all run down. I got discouraged because no remedy seemed to help me and it was beginning to interfere with my work. Finally I remembered that Vinol had done wonders for my mother and decided to try it myself. I noticed an improvement in three days and it has completely cured my trouble. Before I took it I used to be sick to my stomach. Vinol cured that, too." Agnes Hemsworth, 319 Dundas St., Woodstock, Ont.

The reason that cough syrups fail in such cases is because they are palliative only, while Vinol removes the cause being a constitutional remedy in which are combined beef and cod liver peptones, iron and manganese peptonates and glycerophosphates. It strengthens and revitalizes the entire system and assists nature to expel the disease.

Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

Saxol Salve
CURES SKIN AFFECTIONS
One package proves it. Sold and guaranteed by above Vinol druggist.

Two houses on the South side of Thomas St., Deseronto, formerly the property of J. T. Gamman, who recently moved to Kingston, were sold recently to Mr. and Mrs. Henry F. Mountney.

Subscriptions at Smith's Falls to the British Sailors' Relief Fund now amount to $2,203.65.

Had Chronic Indigestion Thought She Would Die

After Years of Suffering Attributes Cure to Dr. Chase's Kidney-Liver Pills.

Eating too much or using foods that do not agree are the usual causes of indigestion.

The trouble usually begins not in the stomach, but in the liver, since it devolves on this organ to filter the excess waste matter from the system.

Now, since Dr. Chase's Kidney-Liver Pills are the greatest of liver regulators, it naturally follows that they are unexcelled as a cure for chronic indigestion.

With the liver, kidneys and bowels active the poisonous waste matter is quickly removed from the system, and there is nothing to interfere with the natural and healthful working of the organs of digestion. In this way only can lasting cure be effected.

Mrs. Rebecca Elliott, Magnetawan, Ont., writes: "I feel it my duty to write you in regard to Dr. Chase's Kidney-Liver Pills. I had gastritis of the stomach for three years, and could get nothing to stop it until I tried Dr. Chase's Kidney-Liver Pills. I would have an attack of this trouble with my stomach every three or four weeks, and was so bad at times that my friends thought I would surely die. Thanks to these pills, I have not had an attack for six months, and believe that the cure is thorough. My husband has had very satisfactory experience with Dr. Chase's Nerve Food. He was much run down and very pale and weak. I persuaded him to use the Nerve Food and after having taken five boxes he looks and feels real well."

It is such experiences as these that have made a place for Dr. Chase's medicines in the great majority of homes. They do not fail, even in the most complicated cases. Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box. Dr. Chase's Nerve Food, 50c a box, 6 for $2.50. All dealers, or Edmanson, Bates & Co., Limited, Toronto.

The Whig's Daily Menu

Menu for Saturday

BREAKFAST
Baked Apples
Codfish Cakes Fried Potatoes
Graham Gems, Coffee

LUNCHEON
Tomato Bisque
Whole Wheat Bread
Graham Crackers, Cocoa

DINNER
Boiled Tongue wih Grape Catsup
Fried Potato Balls
"Delicious" Salad
Mock Mince Pie

Graham Gems.

Mix three cups of graham flour, one egg, three cups of milk, two tablespoons of butter, and two teaspoons of baking powder. Bake in hot gem pans about 20 minutes.

Tomato Bisque

Boil one cup of tomatoes on minute. Add two cups of milk and a pinch of soda. Strain and serve.

Whole Wheat Bread

Mix three cups of whole wheat flour, three teaspoons of baking powder, a teaspoon of salt, two teaspoons of sugar and about a cup and a half of milk or water. Turn into a baking pan and let stand five minutes. Bake in a steady oven 45 minutes.

"Delicious" Salad

Remove seeds and cores from three green peppers, slice as thin as possible. Also slice two Bermuda onions. Add one cucumber sliced and one cup of celery cut in dice. Serve with a salad dressing.

Grape Catsup.

Boil until thick five pounds of Concord grapes, three pounds of sugar, two cups of vinegar, a tablespoon each of cinnamon and cloves, half a teaspoon of salt and a teaspoon and a half of pepper. Press through a sieve, let come to a sharp boil and bottle while hot.

Mock Mince Pie

Mix thoroughly three pints of chopped green tomatoes and three pints of chopped apples and drain. Add five cups of brown sugar, one and a half cups of vinegar, three cups of seeded raisins, cut in halves, one teaspoon of cloves, quarter teaspoon each of mace, allspice, and pepper, and one teaspoon of salt. Bring slowly to the boiling point, let simmer three hours, add one cup of butter, stir until melted and bottle while hot. Line a pie plate with pie crust, fill with the mixture, cover with a crust and bake brown.

NOW MADE IN ENGLAND

Articles Formerly Made in Germany to be Shown at Fair.

New York, Dec. 8.—The British consul-general received word yesterday from London that the Board of Trade was organizing a British Industries Fair, to be held in the Victoria and Albert Museum buildings from February 26th to March 9th, 1917, to show the development in the manufacture of certain lines of goods which were bought from Germany before the war.

One of these trades that the consul-general expects will interest American exporters is toys, which were exported to America from Germany prior to August, 1914. Among other trade exhibits at the fair there will be earthenware and china, glass, fancy good, stationery and printing.

During the same period the Board of Trade will hold another industrial fair at Glasgow, Scotland, which will include textiles, boots and shoes, chemicals, clothing and foodstuffs.

ITALY PREPARED

For Vigorous Work—Has $2,100 Munition Factories.

Rome, Dec. 8.—As a proof that Italy is prepared to push her operations vigorously the Premier announced that there were now 2,100 factories working on war material, the workers being one-fifth women, whose participation both in industries and agriculture was increasing daily. The Premier declared that victory would insure the equilibrium on the eastern Mediterranean, which he termed one of the chief foundations of Italian policy. He said that Valona would be Italy's strategic post on the Adriatic from which would radiate her future commercial expansion in the Balkans.

TO MEET SIR GEO. PERLEY

Press Union to Advocate Larger Cable Service.

London, Dec. 8.—Sir George Perley, Canadian High Commissioner, has consented to receive on Friday a deputation of the Empire Press Union, which will present its views on the question of a larger direct British cable service to Canada.

Lord Shaughnessy was approached on the eve of his sailing. He was unable to receive the delegation of pressmen, but expressed interest with the scheme for enlarging the direct news service from the Mother Country to Canada.

MAY TRY TO ESCAPE

Great Activity on Interned Ships at Rio Janeiro.

Rio Janeiro, Dec. 8.—Extraordinary activity has been noted for several weeks on board the German ships interned here, according to the Journal. Some of the vessels have been receiving provisions and coal and others are clearing their decks. According to the Journal there is every indication that the ships are preparing to set out secretly in order to avoid requisition.

Canada, My Canada!

Song rights reserved to Red Cross Society.

From rising sun to setting sun,
From northern snows to south,
Thy loyal sons have gathered O,
A host of gallant youth,
Canada, my Canada!
On Flemish plains; on Turkish shores,
On Egypt's burning sands,
They've poured their blood like water O,
In far and foreign lands,
Canada, my Canada!
O let thy royal challenge ring,
O let the world be shown,
The ranks have proved their mettle O,
Where'er brave men are known,
Canada, my Canada!
In honor's cause were they sent forth,
Nor honor will they yield;
On land and sea, 'fore field and foe,
They bear a spotless shield,
Canada, my Canada!
O when at last the fight is won,
Thy heroes gathered home,
The red lips of thy lasses O
Reward them as they come,
Canada, my Canada!
And for thy sons returning not,
Whom Death shall keep away
From all thy love and longing O,
Then bend the knee and pray,
Canada, my Canada!
Their laurels be a crown to thee
In all thine after years;
High honors for the living O,
And for the dead, thy tears,
Canada, my Canada!

Dedicated to CHARLES WILLIN CASEMENT, (Calgary), Signalling Section, 187th Battalion, C.E.F., son of Mr. and Mrs. R. R. Casement of Madock, Ontario, as an expression of the personal regard of the author, on the eve of Mr. Casement's departure for the front from the Signal Training Depot at Ottawa.

Alan Brackinreed, Medford, Oregon, U.S.A., Irish-Canadian, born in Jarvis, Ontario.

"The White Flour Pinch"—have you felt it? With the advancing price of wheat "the seven-cent loaf is doomed," say the bakers. In its place we have the eight-cent loaf—in many cities only the sixteen-cent loaf. A loaf of white flour bread is not a complete ration. However wholesome and pure, it does not supply all the proteids the human body needs. In **Shredded Wheat Biscuit** you have all the body-building nutriment in the whole wheat grain prepared in a digestible form. It is always the same price, always the same high quality. Eat it for breakfast with milk or cream or with fruits.

Made in Canada

A FAIR TRIAL PROVES EGG-O BEST BY EVERY TEST

The Largest Sale in Canada

BEST BY TEST

Made in Canada — Played Everywhere

Victor Records for Christmas!

No gift can bring more lasting enjoyment than a nice selection of

Victor Records

—but be sure they are Victor. Look for "His Master's Voice" trade mark and having found it, buy with perfect confidence. Your gift will be that chosen by the greatest musical artists of the world.

It's worth while to know that the intrinsic value of your gift is beyond question—a genuine diamond as it were.

Here are a few good ten-inch, double-sided Victor Records at 90 cents for the two selections:

Oh Come All Ye Faithful / Joy to the Word	Trinity Choir / Trinity Choir	16996
Pretty Baby / Give Me All of You (Duet)	Orpheus Quartet / Green-Hamilton	18162

Three Canadian Recordings

Calm as the Night / Until	Joseph Saucier / Joseph Saucier	216005

Four selections by Band of the First Regiment Grenadier Guards of Canada, Montreal

Laurentian March / Land of the Maple	216006
When Your Boy Comes Back to You / Here's to Tommy	216007

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"HIS MASTER'S VOICE"
REG. U.S. PAT. OFF.

The trade mark always guarantees the quality
BE SURE TO LOOK FOR IT

Write for free copy of our 450 page Musical Encyclopedia listing over 6000 Victor Records.

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"His Master's Voice" Kingston Dealers

C. W. Lindsay, Limited.

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We Have Manufactured a Choice Line of CANDIES, CHOCOLATES AND

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CANDIED PEELS
Specially Boxed to Send Overseas.
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All Seasonable Fruits.

New York Fruit Store

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