GRAND TRUNK RAILWAY SYSTEM

Local Branch Time Table

IN EFFECT OCT. 8TH, 1916.

Trains will leave and arrive at City Depot, foot of Johnson street.

	Going West.	Lv. City.	Ar. City
No. 19—Mail	.....	12.20 a.m.	12.57 a.m
No. 13—Express	..	2.58 a.m.	3.35 a.m.
No 37—Lcl. to Tor.		9.20 a.m.	9.54 a.m
No 1—Intl. Ltd.	.	1.41 p.m.	2.12 p.m
No 7—Mail	.....	2.04 p.m.	2.40 p.m
No. 31—Local	....	6.48 p.m.	7.37 p.m.
	Going East.	**Lv. City.**	**Ar. City**
No. 18—Mail	.....	1.40 a.m.	2.17 a.m
No. 16—Fast Ex.	...	2.43 a.m.	3.26 a.m
No. 32—Local to Brockville	.	8.15 a.m.	8.50 a.m
No. 6—Mail	.....	12.20 p.m.	12.52 p.m
No 14—Intl. Ltd.	..	1.08 p.m.	1.28 p.m.
No. 28—Local	....	6.48 p.m.	7.37 p.m.

Nos 1, 6, 7, 13, 14, 18, 19 run daily other trains daily except Sunday

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York.

For Pullman accommodation, tickets and all other information, apply to J. P. Hanley, Agent, corner Johnson and Ontario Streets, Kingston Ont Agency for all Ocean Steamship Lines.

A DEPENDABLE DAY TRAIN
Between
Kingston and Ottawa

Lv. Kingston ..... 2.45 p.m.
Ar. Ottawa ..... 6.50 p.m.
(Daily Ex. Sun.)
Lv. Ottawa ..... 1.10 p.m.
Ar. Kingston ..... 4.30 p.m.
(Daily Ex. Sun.)

Library-Observation-Parlor Cars between Harrowsmith and Ottawa.

For Tickets and information apply to J. E. Ivey, Station Agent, or M. C. Dunn, City Agent, or write to R. L. Fairbairn, General Passenger Agent, 68 King St. E., Toronto, Ont.

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CUNARD LINE

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Dec. 16 ..... AUSONIA ..... Jan. 4
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Dec. 11 Grampian Dec. 24

Lv. Glasgow Lv. St. John
Dec. 12 Pretorian Dec. 30

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Lv. Liverpool Lv. St. John
Dec. 7 *Lk. Manitoba Dec. 27
Dec. 15 Metagama Dec. 30
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For Rates, Reservations, Etc., Apply Local Agents, or Allan Line—95 King St. W. C. P. R. Sneking—1 King St.E. General Agents, Toronto.

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Peps are little tablets, containing certain medicinal ingredients, which, when placed upon the tongue, immediately turn into vapour, and are at once breathed down the air passages to the lungs. On their journey, they soothe the inflamed and irritated membranes of the bronchial tubes, the delicate walls of the air passages, and finally enter and carry relief and healing to the lungs.

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FREE TRIAL Cut out this article, write across it the name and date of this paper, and mail it (with 1c. stamp to pay return postage) to Peps Co., Toronto. A free trial packet will then be sent you. All druggists and stores sell Peps, 50c. box.

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60c and 70c a quart.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

MR. GORDON AGAIN PROPOSES THAT I MARRY HIM

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

I was seated alone in the library late one afternoon when Mary announced a visitor, at the same time handing me a card. I was astonished when I read the name of Mr. Gordon.

"Show him in," I said when I recovered from my surprise. After the maid left I rose hurriedly and surveyed myself in a mirror. Then I gave two or three hasty touches to my hair and dress and looked up to greet my old admirer.

He advanced toward me with but a faint suggestion of a smile on his grave face. As I looked at him I realized, that something had changed him, but I could not tell just what it was. He seemed older, yet he did not look old. He appeared sadder, yet there was nothing about him to suggest that he was other than the easy-going millionaire which he always had been. I did not try to reconcile these paradoxes.

He held my hand for a long time, gazing steadily into my eyes.

"Roxane," he said finally with an apparent effort, "I have tried to stay away, but I could not."

I glanced quickly into his face and met his burning eyes once more. He must have noticed a change cross my face, for he went on hurriedly.

"Do not condemn me," he said in his deep, thrilling voice. "Wait until you hear what I have to say. Then if you condemn me I shall know that there is no hope."

"What do you mean?" I gasped.

"I mean that I have decided to risk everything in an effort to win you," he replied. "I have tried to stay away, and I have stayed this long. But I cannot be without you longer. I have come to ask you if there is not some way that you and I can seek happiness together."

"But—"

"I know that I am doing a desperate thing," he interrupted. "A man who supposes that a married woman loves him more than she loves her husband is either a conceited ass or he has some reason upon which to base his theory. I do not know in which class I belong. But I do know that I love you and that life seems impossible without you.

"As I look at you now I am reminded of the time in New Orleans when it seemed to me for a moment that you loved me and that you would do whatever I asked of you. Again I recall that we were together once in my club and that you told me then in substance that your marriage was not as happy as you wished it to be and that you did care something for me. You may remember that you said some things which, justly or unjustly, I took to furnish ground for hope that some day you and I could end this torture which has gnawed at my heart and that we could find joy and peace together.

"Perhaps it is unmanly for me to refer to those two occasions. I do it only because it seems to me that the time has come when I should claim you. I know something of your marriage. Mariam has told me some few things about the circumstances under which you and your husband became man and wife in name only. That is all you were and all you still are. You are legally married, but morally you are no more bound to each other than two persons who never have met. If you were happily wedded, I should not be here, or if I did come it would be to wish you all the happiness in the world, but being unhappy and being morally free to do as you please, I come offering you my heart and pleading with you to accept it. Roxane, I know I can make you happy. You are young;- there is much of life before you. Let me join with you in seeking the pleasant paths. I shall see to it that the storms which have shaken your house of cards will not darken your horizon hereafter. Come with me. You have a perfect right, morally, so come. What is your answer?"

I looked up at him through glistening eyes. His face had grown deathly pale and his dark eyes were burning in their deep sockets. He held out his arms, but I did not move.

"No, no," I cried. "Let me think. Do not urge me further."

What he had said concerning my marriage to Arthur was true. Perhaps it was true, also, that my obligations toward my husband was purely a legal one. If that were true, was I indeed free morally to do as I pleased.

He came closer. Unless I prevented him I knew that he would soon have me in his arms. The minutes passed slowly and still I could not speak. I could feel his warm breath on my hair. Then I turned toward him, my mind clear and determined.

(To Be Continued.)

The Whig's Daily Menu

Menu for Friday

BREAKFAST
Stewed Fruit
Whole Wheat Cereal
Boiled Mackerel
Hashed Brown Potatoes
Raisin Bread
Coffee or Cocoa

LUNCHEON OR SUPPER
Peanut Butter Soup
French Toast
Hot Fruit Sauce
Milk or Tea.

DINNER
Deviled Fish
Mashed Potatoes
Stewed Tomatoes
Coleslaw
Cocoa Cornstarch Pudding
Coffee

Peanut Butter Soup.

Materials—2 cups rice stock, 2 cups milk, ½ cup peanut butter, 1 tablespoon cornstarch, 1 teaspoon salt, 1 cup bread croutons.

Utensils—Mixing bowl, saucepan, two measuring cups, teaspoon, tablespoon.

Directions—Mix the peanut butter and hot rice together until smooth. Add to the boiling milk and cornstarch (which has been wet with cold water), salt and boil for ten minutes. Serve with bread croutons.

Deviled Fish.

Materials—1½ lbs. steakfish, 1 cup of cream sauce, ½ cup finely cut green pepper, 1 egg, 1 teaspoon salt, ½ teaspoon dry mustard, 1 teaspoon Worcestershire sauce, 1 teaspoon grated onion, 1 teaspoon butter, breadcrumbs.

Utensils—saucepan, two measuring cups, teaspoon, tablespoon, small saucepan, small bowl, eggbeater, earthen dish.

Directions—Either haddock, halibut or any other fish can be used. If small fish, such as bass or porgies, it will take more than 1½ pounds. In steakfish there is very little waste. There must be two cupfuls of boiled flaked fish. To it add the cream sauce, half the beaten egg and other ingredients. Mix very lightly so the flake does not get broken too small. Brush dish with butter, put the fish in, brush with the half of beaten egg and sprinkle with breadcrumbs. Place in hot oven 25 minutes.

If one has cleaned clam shells and no hot oven, the fish can be filled into eight large shells, brushed with egg and sprinkled with crumbs and fried in deep, very hot fat.

Stomach Was Very Bad Much Dizziness and Pain

The Liver Got Out of Order and the Whole System Was Poisoned.

When the course of the food through the alimentary canal is impeded by sluggish action of the liver or bowels the food remains undigested, and as a result it ferments.

This gives rise to poisonous gases which crowd about the heart, and cause dizziness and choking sensations, as well as irregular action of the heart.

The liver struggles to remove the poisons from the blood, becomes enlarged, and finally fails, allowing the poisons to pass on to every part of the human system. Complications arise, and there is Bright's disease, hardening of the arteries and apoplexy.

The earlier derangements of the digestive system are such as are described by this letter from Mr. Rochon. He also points the way to cure by the use of Dr. Chase's Kidney-Liver Pills.

Mr. Louis Rochon, R. R. No. 11, Ottawa, Ont., writes: "For about seven months my stomach was very bad. I was troubled with dizziness, and had gas on the stomach and awful pains in the right side. The liver seemed to be out of order, so I began using Dr. Chase's Nerve Food when feeling weak and suffering from nervous headache, and was soon restored to good health. I am proud of Dr. Chase's medicines, and recommend them above any doctor's medicines."

Dr. Chase's Kidney-Liver Pills, one pill a dose, twenty-five cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Four Ancient Christmas Carols

THE ancient Christmas carol "Holy Night" is German in its origin and is considered by many persons to be the most beautiful of all Christmas carols. It has sometimes been ascribed to Martin Luther, but the consensus of expert opinion is that it is much older than his time and is one of the oldest of German folk songs.

The carol "God Rest Ye Merry, Gentlemen," is English in its origin and dates back to about the beginning of the seventeenth century, although the author of the words and the composer of the music are unknown. The fine old melody sung to this poem possesses all the best qualifications of a sterling hymn tune and will probably last as long as the verses with which it is always associated.

Originally the old carol was sung in polyphonic harmony with the melody placed in the tenor, as was the invariable custom of the seventeenth century. Modern transcriptions of it, however, have placed the melody in the upper voice part instead of the third voice part, as formerly. This carol, too, is one of the most popular and most beautiful in the entire range of Christmas music.

The carol "Draw Nigh, Immanuel," is one of the oldest pieces of coherent music in existence, and both the words and music far antedate any of the others. The music is an old French melody, dated from the thirteenth century, although, of course, it has been harmonized to conform with more modern standards.

There is a most curious but beautiful musical effect at the close of this carol. The words of "Draw Nigh, Immanuel," are about 100 years older than the music, being taken from the Mozarabic breviary of the twelfth century, and it is generally believed that they were taken from the liturgy of the early Christians at Toledo, Spain, where the Mozarabic breviary was formulated.

Another carol, "The First Noel," has a traditional French melody and probably originated in Breton, although the exact origin of this fine old song is somewhat in doubt.

CHRISTMAS PLAYS IN THE HOME THEATER.

The dramatic instinct is strong in most children and should be encouraged, says Mrs. Blanche Cole Rosedale in the New York Evening Sun. To the young child its exercise serves to while away many rainy hours; to the older child it can be made a source of inspiration to noble deeds and a means of gratifying the longing for romance and the desire for adventure.

Where there are two or more young children Santa Claus plays of all sorts will occupy the pre-Christmas days.

The most popular and simplest one is that in which one child represents the beneficent saint and the rest of the family go to bed after hanging the stockings. The saint fills the stockings and makes what other preparations his imagination can compass, then usually becomes a child again and goes to bed himself, not wishing to be left out of the Christmas morning fun so soon to follow.

All Christmas stories may be dramatized. The story of Gretchen, who set her shoe by the chimney and found a poor sparrow in the toe, will be acted out with as many embellishments as the story teller has been able to add.

There is a story of two children who awoke to find Santa Claus in their room. They accompany him to toyland and back with many adventures on the way. This lends itself well to play also. Relieving the distress of a poor family on Christmas morning is a pretty play. The generous Samaritans go laden with toys to the unhappy ones, and play ends in a joyous dance.

While the dramatizing spirit is on the children will not stop with Christmas tales, but will play Cinderella, Goldilocks, Squire Nutkin and any other simple story which is familiar to them.

GRANDMA'S CHRISTMAS

WHEN GRANDMA WAS A GIRL

As a trouble maker a jealous woman isn't in it with a jealous man.

Of course men are not vain, but just tell a man of 50 that he doesn't look a day over 20, and watch the effect.

A "sameness" that is most enjoyable——the daily, unvarying goodness of a cup of "SEAL BRAND" COFFEE. It never fails to greet you with that same exquisite fragrance, amber clearness and delightful flavour, that win people with the first cup.

In ½, 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 184

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

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

N.B.—Every bottle of Genuine Chlorodyne bears on the stamp the name of the inventor, Dr. J. Collis Browne.

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