

Bring On Your Pancakes

and fill up the syrup. Get at once
CROWN BRAND CORN SYRUP
The "Kitchen" secret "Crown Brand" for breakfast on Griddle Cakes, Waffles, Hot Nuts and Toast. Sliced their bread with it and pour a lot of it over the Bang Mangle. Custard Raisin Pudding that you have for dinner.
Everybody likes this delicious table syrup. Get at once at your grocer's—in 3 pound cans for 2, 5, 10 or 20 cents.
Box of choice recipes, Desserts and Cakes, mailed free from our Montreal Office.
Manufactured by THE UNITED STATES SYRUP CO. LIMITED
MONTREAL, QUEBEC, CANADA.
WATSON, 229 FORT WILKINSON.

Ladies' Suits!!

By placing your order now for your spring suit you will save 25%. Also skirts and Dresses made to measure for very low prices.

New York Skirt & Suit Co.
208 Wellington Street.

AN EASY WAY TO GET FAT AND BE STRONG

The trouble with most thin folks who wish to gain weight is that they insist on dragging their stomachs or stuffing it with greasy food, nibbling on useless "fish cream," or following some foolish physical culture stunt. While the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat. This modern treatment is called Sargol and has been termed the greatest of health-builders. Sargol acts through regenerative, re-constructive powers to coax the stomach and intestines to literally soak up the fatening elements of your food and pass them into the blood, where they are carried to the starved, broken-down cells and tissues of your body. You can readily picture what result this amazing transformation should produce as with increased weight the cheeks fill out, hollows under the neck, shoulders and bust disappear and from 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, efficient and all the druggists of this vicinity have it and will refund your money if you are not satisfied. As a general rule, a complete ten days treatment will be sent you, postpaid, in plain wrapper.

Dominion Fish Co.

Bulk Oysters
60c and 70c a quart.

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hawking, sniffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh. Relief comes so quickly.

SOME REAL SLACKERS.

The Wearer of the King's Uniform Often So Termed.

Toronto Telegram.

The impression that prevails in some classes that taking an officer's course and wearing an officer's uniform relieves the wearer from an call of country save and except as an officer is wearing threadbare.

It is generally admitted that a six-week's study of military matters does not disqualify a young man for enlistment as a full private. The little learning that is a dangerous thing may be used to advantage against the Germans, even if the learned one is decorated only with the stripes of a corporal or a sergeant.

Many a young Canadian who has gone to the front as a private will come home with a commission earned by duty well done in the trenches.

And many another young Canadian will stay at home with a cheaply-earned commission that is more truly a "slacker" than many of his fellows on whom he is prone to look with contempt. For the very fact that he is wearing a uniform is proof that he could have gone but didn't go.

Count Ottobor Fern von Chudenitz, the Austro-Hungarian Foreign Minister, is ill in bed in Vienna as a result of an accident on the hand.

Rev. Dr. S. D. Chown, General Superintendent of the Methodist church, was made a sailors' chaplain.

THE CONFESSIONS OF ROXANE
(By Frances Walter)

HARRY LIES, BUT NOT LIKE A GENTLEMAN.

(Copyright, 1916 by the McClure Newspaper Syndicate.)

Arthur's proposal that we wind up our tour of the slums with breakfast and the appearance very soon of an appetizing meal served to revive our drooping spirits, but there was not enough vitality left in any of us for the least show of enthusiasm. Even Arthur, who had been the most talkative of the four, was showing signs of fatigue, and Evelyn was all crumpled up like a wilted flower. Harry's grouch had become so pronounced that he had ceased to speak, and my own frame was so weary that I did not care to indulge in the superfluous exercise of conversing.

"All of you tired out?" inquired Arthur in a rather tone as he surveyed the group hunched around the table. "Never mind, I have ordered a fine porridge. It will brace every one of us up."

The porridge came finally, but none of us really wanted it. Harry declined outright to taste it and insisted upon having another bottle of wine. Evelyn sampled the mixture and then sank back in her chair.

"It's of no use," she declared, resignedly. "I can't eat it."

"Nonsense!" exclaimed Arthur. "Make up your mind that you will and go ahead. Treat it like medicine. It is just the dose you need, even if you have no desire for it."

"Let her alone," objected Harry crossly. "I don't blame her for not wanting it. I wouldn't eat it for a hundred dollars. What she needs is a glass of wine to straighten her out."

"Your diagnosis is all wrong," retorted Evelyn. "I do not want the porridge and I certainly couldn't drink another glass of wine. I have a suspicion that what I want most is a good, soft bed, with some nice, clean sheets, and about twelve hours of leisure in which to sleep. If I had those things I would be approximately happy just now."

"Let us go home, then, immediately," I urged. "We can have some porridge when we awake tonight."

Arthur looked at his watch. "It is half past eight. I shall have just enough time to take a bath and get there. What do you say, Harry?"

"I say it is all right, except the office part of it. I am, of course, not going to the office today. I shall be too busy trying to recuperate. By the way, Evelyn, what will Mr. Phillips say if we go home at this time in the morning?"

Evelyn started and turned a blank face toward her husband.

"We must telephone him immediately that we spent the night with friends," Evelyn declared, bending forward in her eagerness. "I never told him we would be away all night, and I know he is worried to death. Go at once and telephone him."

Harry did not move.

"I don't mind lying," he declared, "but I must lie consistently. We must make up a connected story and each of us must adhere to it. In the first place, where did we spend the night?"

"Why, at Roxane's, of course. Where else would we have spent it? Isn't Roxane our partner in crime?"

"Certainly," agreed Harry. Then he went on: "So far so good; but why did you not telephone your father last night that you would not be home? Was it because his telephone line apparently was busy all night?"

"Yes, yes," muttered Evelyn hurriedly. "That was it."

"In spite of our inability to notify him, we decided to remain at the home of Mr. and Mrs. Pembroke. Is that correct?"

"It is."

"Very well. Then when I telephone him it will be from the Pembroke residence."

"Of course."

"But suppose he already has telephoned the Pembroke residence and has learned that we did not spend the night there?"

"He didn't. I know he didn't. Harry, you are horrid!"

"I admit it. Furthermore, I tell it."

"Go, telephone him."

"With pleasure."

While he was absent Arthur paid his bill and we prepared to depart.

"You must come with us," I said. "I will make you comfortable the remainder of the day and you can go home this evening if you wish."

HAD BRONCHITIS FOR YEARS

Bronchitis comes from a neglected cold and if, neglected, will surely turn into pneumonia. The first symptom is a short, painful, dry cough, accompanied with rapid wheezing and a feeling of oppression or tightness raised from the bronchial tubes is at first of a light color but as the disease progresses it becomes a yellowish or greenish color and is very often hard to raise.

Dr. Wood's Norway is just the remedy you require as it loosens the phlegm and heals the lungs and bronchial tubes.

Mrs. Chas. Brean, Amherst, N.S., writes: "I was troubled for years with bronchitis, and could not find any relief. I was especially bad on a damp day. I went to a druggist and asked him for something to stop the constant tickling in my throat. He gave me a bottle of Dr. Wood's Norway Pine Syrup, which I found gave me instant relief. I think it is the best medicine for bronchitis I know of. I now take care that I always have a bottle of hand."

"Dr. Wood's" is the genuine, put up in a yellow wrapper, three pine trees the trade mark, price 25c and 50c.

Manufactured for the past 25 years by The T. Millburn Co., Limited, Toronto, Ont.

PUTTING GERMAN PRISONERS TO WORK

London Mail.

Hitherto British farmers have been willing to employ German prisoners on the land because of the difficulty of guarding them and because of the want of elasticity in the regulations. They will observe that in France the farmer who cannot obtain the help of a gang of prisoners esteems himself an unlucky man. The Germans are found to be almost indispensable. So far as the prisoners are concerned the French system works well. The men prefer labour on the land to idleness in the camps. When they do work with a good spirit, a mild but effective means of disciplining them is provided by a reduction in their rations. This acts with surprising speed.



LADY BEATTY
Wife of Sir David Beatty, K.C.B., M.V.O., D.S.O., Admiral of the Fleet.

Weather Kind to England.

Weather, which is again hampering the operations of our armies, has in all times influenced the course of battles, observes The London Chronicle, its effect, however, has generally been one-sided, and some past examples form a hopeful precedent. At Crecy, for instance, the "great rain," which Froissart records, rendered useless the bowstrings of the Genoese archers, but the English bows, being kept in cover, were not affected. At Plassey, too, a heavy shower of rain damaged the enemy's powder to such an extent that his fire slackened, and Clive was enabled to avenge the massacre of the "Black Hole." Bad weather materially contributed to the failure of Napoleon's expedition against Russia; and the Austrians, in the retreat at Solferino, were saved from annihilation by a hurricane so fierce that, according to the Monteur of that day, "nothing could any longer be distinguished on the field of battle."

A Barberless Land.

There are no barbers in Spitzbergen, says Alfred C. B. Fletcher in the November Wide World Magazine. Seated on a stool in the stern of the ship I allowed Superintendent Gilson to trim my locks with a pair of clippers provided by the company. I didn't realize how intensely cold it was until the sharp currents of the arctic began to circulate around my ears in the path made by the moving hand of the superintendent. One complete run of the clippers up the back of my head was all I could stand at a time, and then I would run to warm myself by the stove in the mess-room. In a minute I would return to let the work continue, only to speed back to the stove again. Dinner was on the table and the little mess-room could not be turned into a barber's shop. After half an hour the job was finished. It was Gilson's first attempt at anything in the tonorial line. On gazing into the mirror to inspect the work, I concluded that he should have been a maker of winding stairs. The most skilled mechanic could not have made a more perfect set of steps!

Tank Heroes Rewarded.

"Tank" heroes figure for the first time among awards for conspicuous gallantry in action. Captain A. M. Inglis has received the D.S.O. for bringing his "tank" forward over very difficult ground. Although one of the wheels was blown off, he succeeded in reaching his objective and manoeuvring through the wire operations. The other "tank" here is Second Lieut. G. O. L. Campbell, who has been awarded the Military Cross. His tank broke down he sent his crew back and removed his guns to his commander's "tank," remaining with him throughout the entire operation and personally taking charge of the guns.

Fine Subject.

When you took the long walk with Dolly how did you do so much to talk about?

Marjorie.—We happened to pass a girl we both knew.

George Carslake, former Montreal hotel proprietor who died recently at St. Margarets, Devon, left an estate valued at one hundred thousand dollars.

A decree ordering the release of imprisoned Ventenists is expected to be issued Monday. Their actual release should quickly follow.

my own room to follow the instructions myself. In less than an hour Evelyn and I faced each other in the library, both sadder, but both wiser for our night's experience with wine, women, men, song and dance.

"Shall I arouse Harry?" she asked. "I think I hear him snoring."

"Let him snore," I returned. "It will do him good. He had a much harder time than either of us."

"Poor Arthur!" she exclaimed, suddenly. "To think that he went to the office without a wink of sleep! He must be made of iron."

"I don't think he deserves much sympathy," I replied. "He did not have to go, and besides, he did not have to drink such quantities of that horrid wine last night. I think he deserves whatever headache he has."

Evelyn looked at me quickly and disapprovingly.

"You are too hard on him," she said. "Poor boy, he must be suffering terribly!"

"Let us not waste our sympathy," I replied coldly. I did not like the "Poor boy" expression and took no pains to hide my impatience. "I told the maid to serve us some fresh eggs and a very hot coffee. Perhaps we can see some joy in life after they have been devoured."

As we went out to the belated breakfast it occurred to me that the only sympathy she had expressed was for my husband. She apparently had none for Harry.

(To Be Continued.)

PTB. ROSS INVALIDED.

Enlisted to Avenge Death of His Son Killed in Ypres.

Belleville, Jan. 16.—Pte. James D. Ross, who enlisted with the 59th Battalion last spring, shortly before it sailed for England, has returned home. He lost his son, Gunner Leo Ross, on May 1, 1915, who was killed by the explosion of a shell at Ypres and enlisted last spring in order to get revenge. Quite a few months ago Pte. Ross was wounded in the back by a shell, and at first was thought to be in a rather dangerous condition, but he recovered somewhat and has been invalided.

Mercy Seasons Justice.

Cobourg, Jan. 16.—J. H. Hartley, of Dundas, an elderly man, who was sentenced to three months in jail on a charge of having liquor in his possession, in default of a \$200 fine, of Dec. 20, has been released in accordance with an order from the Attorney-General. It is said that he was partly ignorant of the law, and his friends interested themselves in his behalf.

Four Young Men Drowned at Grand Mrs. N.S.

Four young men were drowned at Grand Mrs. N.S., in view of many persons while skating home from church.

The Whig's Daily Menu

Menu for Wednesday

BREAKFAST
Steamed Fruit
Cooked Cereal of Choice
Mixed Lamb on Toast
Butter
Jam or Jelly
Coffee or Cocoa

DINNER
Clear Soup
Pot Roast Beef with Potatoes and Carrots
Steamed Celery
Baked Apple Compings
Coffee

LUNCHEON OR SUPPER
Rice a la Creole Served with Bacon
Fried Chicken
Jam or Fruit Butter
Tea, Milk or Cocoa

Mixed Clam Stew
Materials—Four cups milk, 6 large clams, 1 tablespoon butter, 1 tablespoon chopped parsley, 1 teaspoon onion juice, 1 teaspoon salt, dash white pepper, 1/2 teaspoon paprika.

Utensils—Double boiler, measuring cup, teaspoon, tablespoon, food chopper, knife.

Directions—Mix and sift together the flour, baking powder, sugar and salt, rub in the shortening with tips of fingers; add the well-beaten egg and the milk. Place on flour-board, pat and roll out three-quarters-inch thick. Cut into four-inch squares, fold into three-cornered shape; brush the top with milk and bake in hot oven fifteen minutes.

GILLETT'S LYE

HAS NO EQUAL

It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome.

REFUSE SUBSTITUTES.

Strength and Fitness

"Astonishing how my strength and fitness came back," says Mr. Inman, a Winnipeg business man, cured by Dr. Cassell's Tablets.

"It was astonishing how my strength and fitness came back," says Mr. G. C. Inman, of 330, HARCOURT STREET, STURGEON CREEK, WINNIPEG, for many years a well-known man in the business life of Canada. Mr. Inman continues: "It is about three years now since I first used Dr. Cassell's Tablets. I was terribly run-down and weak. Sometimes I felt I should have to leave off altogether, my work was such an effort to me, I ate little, I had no appetite, and I suffered if I forced myself to eat."

"My nerves of course were in a bad way, and my sleep very disturbed. Everything, it is well and bright."

Mr. Inman is now in England, having had to return there some little time ago to take control of the well-known firm of A. W. Inman and Son, Printers and Publishers, Leeds. Letters will reach him there.

Dr. Cassell's Tablets

Dr. Cassell's Tablets are Nutritive, Restorative, Alterative, and Anti-Spasmic, and the recognized remedy for Nervous Breakdown, Sleeplessness, Mal-nutrition, Infantile Weakness, Anemia, Wasting Diseases, Neurasthenia, Kidney Trouble, Palpitation, Dyspepsia, and Vital Exhaustion. Specially valuable for nursing mothers and during the Critical Periods of life.

Sold by Druggists and Storekeepers throughout Canada. Prices: One tube, 50 cents; six tubes for the price of five. War tax, 2 cents per tube extra.

Sole Proprietors: Dr. Cassell's Co., Ltd., Manchester, Eng.

Babbitt's Cleanser

Reduces the cost of Cleaning

5c

Why pay more!

Send for Premium Catalogue to Wm. H. Dunn Limited, Agents, Montreal

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

Modish Costumes in Ruby Broadcloth.

restorate its great importance, for well-dressed women are convinced that it is one of the most important items in the season's wardrobe. Ruby colored broadcloth is used to make this pleasing model, which has the front and back box-plaited and attached to a square yoke. The open neck is finished with high flaring collar. The sleeves fit snugly to the wrist, where they are stitched with bands of self-material and trimmed with buttons. Beading ornaments the front of the belt. In medium size costume requires 4 1/2 yards 34-inch material.

To cut the material first double it evenly in half and lay smoothly on the cutting table. Place the front section into position first, resting the straight line directly on the selvage edge. The piecing is laid near the edge of the fold, to the left of the front. The back is laid directly on the lengthwise fold of material, with the yoke above it, resting on a lengthwise thread. To the right of the back the collars, yoke and belt are placed, all on the lengthwise fold. The pocket is laid above the collar marked "1", with the sleeve next to it and these two sections are on a lengthwise thread of the broadcloth.

Broadcloth comes this season in narrow stripes as well as plain colors and may be had in a number of new shades. No material is in greater vogue for one-piece costumes. While it is trimmed in many instances with embroidery or beading, broadcloth is equally smart with no other decoration than its own bands or buttons.

It is scarcely necessary to mention the one-piece frock again, except to

Pictorial Review Costume No. 7016. Sizes, 34 to 44 inches bust. Price, 30 cents.