

Have Rosy Cheeks and Feel Fresh as a Daisy—Try This!

Says glass of hot water with phosphate before breakfast washes out poisons.



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 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. It 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 cleanses, 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.

Steam Vulcanizing

WE DO ALL KINDS OF TIRE AND TUBE VULCANIZING. Call in and get our prices before going elsewhere. First class work and reasonable prices.

F. J. Pearson & Co.

Car Queen and Magnet Sales

THE NEW FRENCH REMEDY, THERAPION

NO. 1. CURE SOONER. NO. 2. CURE EASIER. NO. 3. CURE CHEAPER. SOLD BY LEADING CHEMISTS. PEOPLE IN ENGLAND WHO HAVE TRIED THIS REMEDY HAVE BEEN CONVINCED OF ITS SUPERIORITY TO ALL OTHERS. NO FOLLOW-UP COURSE. NO LANCETICAL OR OTHER UNNECESSARY TREATMENT. SEE THAT TRADE MARKED WORD "THERAPION" IS ON EACH BOTTLE. REFUSE TO ACCEPT ALL OTHERS.

Hickey-Dover

This is the winning combination for any cold. Dr. Hickey's Speedy Cure will loosen up the tightest cough and Dover's Cold Breakers will quickly rid the system of the worst cold.

At Best's

The Popular Drug Store. Phone 59. Branch 2018.

SEE US WHEN YOU CANNOT SEE

We Maintain the Highest Standard of quality in Sight Testing, Lens Making and Eye Glass fitting. Our Charges are moderate. Our work is guaranteed.

KEELEY Jr., M. O. D. O. OPTOMETRIST AND OPTICIAN. 225 Princess Street. I operate above the Open House.

ATTENDING R.S.A. COURSE

THE PROVISIONAL LIEUTENANTS AND N.C.O.'S. OF BATTERIES

Who Entered Upon Tenth Course of Instruction Which Began at Tote de Pont Barracks on Monday.

- The following are the provisional lieutenants attending the tenth R.S.A. course which commenced on the 15th of January. C. D. G. Barber, 36th Bty. H. R. Annis, 13th Bty. H. B. Johnson, 13th Bty. R. M. Fielding, 1st C.G.A. J. A. McIsaac, 17th Bty. G. C. P. Couture, 21st Bty. A. R. Ness, 21st Bty. C. M. Shoebottom, 30th Bty. J. L. Sheridan, 38th Bty. J. T. Fullerton, 5th C.G.A. W. Nesbitt, 30th Bty. C. D. Reid, 34th Bty. G. H. Tenent, 31st Bty. H. W. Kemp, 31st Bty. J. T. Taylor, 25th Bty. F. J. Shaughnessy, 8th Bde. W. P. Twohey, 30th Bty. R. S. Evans, 9th Bty. H. L. McCulloch, 9th Bty. G. K. Mills, 5th Bty. R. W. Savage, 73rd C.E.F. G. C. Garner, 23rd C.F.A. J. E. Sherbinin, 9th C.F.A. J. P. Wheeler, 5th C.F.A. G. H. Pratt, 77th C.E.F. J. E. Cunningham, 5th C.F.A. J. A. MacDonald, 17th C.F.A. W. H. Highmoor, 38th C.F.A. R. E. Henderson, 14th C.F.A. O. B. Bourne, 36th C.F.A. S. E. Hollyman, 25th C.F.A. E. S. Morison, 4th C.F.A. H. T. Holmes, 23rd C.F.A. R. T. Musson, 9th C.F.A. R. P. Smith, 15th C.F.A. J. C. McCulloch, 5th C.F.A. D. A. McNiece, 39th C.F.A. G. W. Hogarth, 9th C.F.A. H. E. Dunseith, 6th C.F.A. C. H. Carruthers, 9th C.F.A. S. Bonnyville, 23rd C.F.A. H. Findlay, 9th C.F.A. C. F. Coryell, 9th C.F.A. G. A. Ames, 9th C.F.A. G. L. W. Seovil, 3rd O.G.A. T. M. McCarron, 7th C.F.A. G. G. McKeough, 6th C.F.A. J. B. Campbell, 38th C.F.A. J. W. Chapman, 39th C.F.A. J. D. Christie, 13th C.F.A. R. J. Watson, 36th Bty. C. H. Burr, 13th Bty. E. J. Heaney, 13th Bty. W. J. A. Mustard, 78th C.E.F. W. N. Yetman, 17th Bty. L. H. Johnson, 22nd Bty. H. R. Lawrence, 14th Bty. H. L. Clark, 14th Bty. J. A. Mackenzie, 5th Bty. P. A. Childs, 4th Bty. J. A. Thomson, 2nd Bty. J. M. Hacker, 3rd C.G.A. C. E. K. Jones, 19th Bty. D. S. McCarter, 9th Bty. J. E. Percy, 5th C.G.A. C. R. Warren, 9th Bty. E. Laver, 9th Bty. E. A. Wiggs, 6th Bty. J. A. Boyd, 9th Bty. C. C. Walker, 73rd C.E.F. W. H. L. Roberts, 2nd C.F.A. R. P. Drummond, 23rd C.F.A. C. F. Kearns, 5th C.F.A. L. F. Clarke, 5th D.A.C.C.E.F. P. B. Pense, 5th C.F.A. I. W. Aude, 13th C.F.A. J. J. Whittaker, 13th C.F.A. A. S. Macfarlane, 39th C.F.A. W. M. Ferguson, 12th C.F.A. J. R. Tanguay, 36th C.F.A. K. M. McLaren, 4th C.F.A. J. F. Mackenzie, 12th C.F.A. E. A. Lockart, 2nd C.F.A. B. DeSola, 22nd C.F.A. H. W. Donaldson, 4th C.F.A. M. J. Kilt, 2nd C.F.A. L. B. Webster, 5th C.F.A. W. A. Congdon, 38th C.F.A. C. Tupper, 13th C.F.A. B. Russell, 9th C.F.A. V. Vokes, 9th C.F.A. G. W. Hague, 9th C.F.A. J. A. Gibson, 9th C.F.A. W. L. Caldwell, 3rd C.G.A. P. C. Starr, 14th C.F.A. H. K. Stevens, 22nd C.F.A. R. I. Dean, 22nd C.F.A. D. M. McCaffery, 2nd C.F.A. F. W. Kelly, 30th C.F.A. M. I. Barstow, 38th C.F.A.

The N.C.O.'s Attending.

- H. S. Armstrong, D.A.C. W. E. Babcock, 63rd Bty. W. S. Balfour, 78th Bty. W. R. Belt, "C" Bty. J. K. Coe, 63rd Bty. D. Cameron, 63rd Bty. J. C. Cornfoot, 78th Bty. A. L. Corbett, D.A.C. C. Cathcart, 74th Bty. G. Carriers, 73rd Bty. J. W. Cahoon, 73rd Bty.

Colds or Coughs

Should Never Be Neglected.

If They Are. Some Serious Lung Troubles are Sure to Follow.

A cold or cough, if neglected, will sooner or later develop into some sort of lung trouble, so we would advise that you get rid of it before it becomes settled. For this purpose we know of nothing to equal Dr. Wood's Norway Pine Syrup. This preparation has been on the market for the past twenty-five years, and has always given universal satisfaction.

Mr. Erwell Bolton, Wilton, Ont., writes: "Last winter I was caught in a storm and had to stay in a barn all night. I caught a severe cold which several medicines failed to cure. I went to some of the best doctors but these failed. So I got some Dr. Wood's Norway Pine Syrup. I used three bottles and they gave me instant relief."

When you ask for "Dr. Wood's" see that you get the genuine, put up in a yellow wrapper, three pine trees the trade mark and bearing the name of the T. Millbrae Co., Limited, Toronto, Ont. Price 25c and 50c.

- J. K. Campbell, 76th Bty. E. Carstens, 76th Bty. E. Cade, 76th Bty. J. M. Creelman, 64th Bty. C. R. Carney, 74th Bty. E. Clifford, 68th Bty. R. W. Coskie, 68th Bty. R. W. Clough, 24th Bty. T. Cartwright, "C" Bty. J. L. Dawson, 74th Bty. F. W. R. Dickson, 64th Bty. W. C. Dickson, 79th Bty. G. H. Draper, "C" Bty. W. R. Editt, 64th Bty. G. C. Evans, "C" Bty. R. Fisher, 71st Bty. J. R. Fuller, 72nd Bty. E. G. Fuller, 72nd Bty. M. G. Ellis, "C" Bty. W. E. Giechrist, 63rd Bty. C. Goodwin, 75th Bty. N. C. Hobson, 63rd Bty. L. V. Hart, 76th Bty. S. S. Harrison, 64th Bty. R. P. Hubbs, 76th Bty. F. D. Hickman, 68th Bty. H. Jemieson, 70th Bty. J. Jones, 79th Bty. F. F. Johnstone, 73rd Bty. F. Jackson, 79th Bty. M. De Jouskeere, 70th Bty. C. Kettles, 73rd Bty. S. A. Kayll, 68th Bty. G. V. Kuehner, "C" Bty. J. G. Lawson, 75th Bty. G. F. Lithgow, 69th Bty. J. R. Love, 78th Bty. J. Logan, 74th Bty. W. V. Lewis, "C" Bty. W. T. Lyall, "C" Bty. A. H. Murphy, 75th Bty. J. W. Morgan, 70th Bty. C. W. Malley, "C" Bty. N. H. Moody, 78th Bty. C. T. Mense, 76th Bty. J. K. Milne, 79th Bty. D. E. Machon, 78th Bty. R. S. McKay, 78th Bty. J. A. McCutcheon, 77th Bty. H. L. Miller, 79th Bty. J. P. McAtter, 64th Bty. J. V. Mounsey, "C" Bty. T. L. Elliott, "C" Bty. F. C. Nelson, 69th Bty. A. H. Norkett, "C" Bty. H. M. McElroy, "C" Bty. G. S. McNulty, "C" Bty. G. S. O'Brien, 74th Bty. H. A. Orr, "C" Bty. N. B. Perritt, 68th Bty. E. W. Pearson, 69th Bty. F. H. Potter, 75th Bty. H. Poyser, 76th Bty. W. H. Pdrvis, "C" Bty. A. S. Rand, 63rd Bty. D. E. Robertson, 67th Bty. R. W. Richardson, 8th Bty. E. R. Reade, 5th D.A.C. W. A. Rowland, "C" Bty. A. E. Ressor, "C" Bty. G. F. Steele, 63rd Bty. S. H. Singer, 69th Bty. M. H. Stanton, 71st Bty. H. O. Squire, 71st Bty. J. P. Shaw, 72nd Bty. E. H. Schultz, 75th Bty. D. Silis, 74th Bty. F. Smith, 76th Bty. H. Scott, 64th Bty. R. Shortreed, 64th Bty. S. B. Stone, 79th Bty. E. H. Stockwell, "C" Bty. W. H. Squire, 68th Bty. H. G. Turnbull, D.A.C. R. Thomas, 76th Bty. H. P. Townsend, "C" Bty. P. D. Taylor, "C" Bty. R. F. Vair, 72nd Bty. R. J. Waller, 69th Bty. J. R. Watson, 71st Bty. C. G. Wade, 72nd Bty. R. M. Whyte, 78th Bty. A. B. Westworth, D.A.C. W. T. Whitelaw, 78th Bty. H. C. V. Waller, 76th Bty. E. C. Walker, "C" Bty.

Coming to Griffin's

The incomparable Mary Pickford in "Less Than the Dust."



THE BATTLE LINE IN RUMANIA. Where the Rumanians have been winning during the past few days.

Little Story on Rev. Dr. Shorey.

Cobourg Sentinel-Star. Dr. Shorey's draw-delegates at the Bay of Quinte Methodist Conference are telling a little story on that gentleman himself. The doctor, it seems, enjoys the distinction of writing the most illegible hand of any minister in conference, although there is nothing to paper when it is deciphered. The doctor's name is without an equal as a signatory hieroglyphic. When Dr. Shorey was a Peterboro pastor he called one day at the house of one of his people, and finding no one at home, left his card, inscribed by himself. Some time later he called again, and the lady of the house reproved him for delaying his visit. "But I was here before, and left my card," said the Doctor, producing a copy of the postcard. The lady went to the sideboard and after a search found the card the doctor had left. "And is that your card?" she asked. "Why did not read it here and none of the neighbors could, either. We finally decided that it was some Chinese puzzle and regarded it from every angle but could make nothing of it."

Coming to Griffin's

The incomparable Mary Pickford in "Less Than the Dust."

Ladies' Silk Waists. Special white silk waists, \$1.49, \$1.69, \$1.79 and \$3.49 at Corrigan's.

"I'M ONLY A VOLUNTEER"

CAPT. W. G. FERGUSON, QUARTERMASTER, WRITES POETRY.

He Has Composed Fine Snappy Verses With Chorus that Should Arouse Patriotic Effort.

Capt. W. G. Ferguson, quartermaster 240th Renfrew Battalion, is a poet of no mean ability. He has composed the following verses of timely interest.

You have sounded the praises of statesmen and exalted the men of finance.

You have played to the kings, and lords, and dukes of England, Russia and France.

You have shouted for members of Parliament, for departed friends shed a tear.

But it seems to me you have overlooked the Canadian Volunteer.

I'm only a Volunteer, I know—I don't amount to much, But I'm one of the men who shouldered a gun.

To conquer the German Dutch. When the bugle sounded the call to arms.

I took my place in the rear And was glad of the chance to serve my King—

Though I'm only a Volunteer.

You have catered to leaders of social fame, you have boasted of U.E. birth;

You have sung that Britannia must rule the waves, and her armies encircle the earth;

You have nestled securely beneath the flag, for which you've given many a cheer,

Forgetting the while, that it's kept aloft by the Canadian Volunteer.

I'm only a volunteer I know—I wear no decoration;

But I'm one of the men who made victory sure For the arms of the Allied Nations.

I know I'm not a Jellicoe, a Joffre, or a French, or a British, or a Canadian.

I'm only one of the humble lads Who fought like hell in the trench.

You have told your friends what you could do if you had a million men.

You'd drive the Germans to hell and back and end the war right then.

You could fill the place of the cleverest man already in the fray—

But you wisely planned to stay at home—three thousand miles away.

Yes, I'm only a volunteer—that's all—I have nothing of which to boast, But I'm proud of the men with whom I stood—

Each willing to die at his post, I do not look for applause of the world.

My duty seems mighty clear— It's honor enough for me to know That I'm only a Volunteer.

You have sat on your cushioned seats in the church and prayed to the Crucified Son.

For the lives of men who were fighting for you to be spared from the sword of the Hun;

But your loyalty fled with each "Amen" and selfishness dimmed your eye—

Your neighbor's son could go to the front—your own was too good to die.

I'm only a volunteer, I know— But I have a mother, too; She loves her son as you love yours, But her heart is good and true.

"Off to the war, my lad," she said, "Of the future have no fear— God's blessing will always follow the trail

"Of the Canadian Volunteer!"

You growled at those who were doing their best to save the Empire's fall;

You could see no good in anyone— because you could do it all.

But you strutted around in muffs, forgetting the Nation's plight.

And you shared in the profits secured through blood—now, damn it, come on and fight!

Yes, I'm only a volunteer—that's all; My reward may come early or late.

But my conscience is clear and my heart is gay, And I'm satisfied to wait, It matters not if my old bones Rest above or under the sod.

I will know I have done my duty And will be ready to meet my God.

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 store can supply you with 2½ 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 restful cough remedy—one that can be depended upon to give quick and lasting relief at all times.

Probs: Friday, westerly winds, fair and colder.

Double Discount Stamps

Tomorrow FRIDAY All Day !!



Shopping at this store means a saving at any time and with double Discount Stamps it certainly ought to be interesting to any economical, thrifty woman who would save money while she spends it. Remember you actually save while you spend. Come tomorrow; we'll expect you.

STEACY'S

Can't Find Dandruff

Every bit of dandruff disappears after one or two applications of Dandegine rubbed well into the scalp with the finger tips. Get a 25-cent bottle of Dandegine at any drug store and save your hair. After a few applications you can find a particle of dandruff or any falling hair, and the scalp will never itch.

TERMS OF NEW LOAN NOT YET CONFIRMED

British Government Has Not Made Known Its Attitude in Matter.

New York, Jan. 18.—Printed reports of the terms of the expected British loan are not confirmed. While it may be that the issue will amount to \$300,000,000, secured by collateral of market value of \$340,000,000, and will run partly for one year, and partly for two years at an interest rate of 5½ per cent, and a yield of 6 per cent, the announcement is premature. These may be the terms and particulars which have been tentatively suggested, but it is not possible to say that they are the facts until the British Government has made known its attitude in the matter. Neither can it be asserted that the bonds will have a convertible privilege until the British authorities so decide.

Highest Rate in England's History.

Commenting upon the terms mentioned above, the New York Post says: "One salient fact about the new British war loan is that it fixes by far the highest interest rate in the history of England's public debt, yet gets its money on very much easier terms than the great loans of the Napoleonic wars. A 5 per cent loan sold at 95 is something new in British Government finance; but a good part of the loans issued between 1795 and 1815, though bearing only 3 per cent, were sold at 60 or 70. At that time, 10 per cent, was clipped from the coupons for the income tax. At present, 25 per cent, and upwards is thus deducted. This last-mentioned aspect of the matter explains the exchequer's alternative offer of a 4 per cent loan at par, free of the ordinary income tax. Subscribers to that loan would be precisely on the footing, so far as concerned their income and yield, as subscribers to the 5 per cent. If the income tax rate should be increased later on, they would be proportionately better off; but on the other hand, they lose the privilege of conversion into any subsequent loan at a higher rate. The proviso for a sinking fund of 1½ per cent, per annum compares interestingly with our own Civil War proviso of a 1 per cent, annual re-

AT DAVIES Fresh Sea Herring Large Plump Fish 9c Lb. Wm. Davies' Co., Limited, Phone 597

How You Can Quickly Remove Hairy Growths

(Aids to Beauty) A well known beauty specialist advises this treatment for the removal of hair from the face. Mix into a paste some powdered delatone and water, apply to hairy surface and after about 2 minutes rub off, wash the skin and every trace of hair has vanished. This method is quick and entirely safe. To avoid disappointment, however, it is well to make certain you get genuine delatone.

OLD-STANDING COUGHS

Cured by VENO'S LIGHTNING COUGH CURE. Veno's Lightning Cough Cure is just as quick to relieve the coughs and bronchial troubles of the old, as it is of the young. Veno's cures at all ages, and its wonderfully soothing and healing effect is never more strikingly shown than in the treatment of those old-standing coughs and wheezings, that asthmatic breathlessness from which so many old folks suffer. All coughs yield to Veno's Lightning Cough Cure. Prices 25 cents and 50 cents, from druggists and stores throughout Canada.