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Before Breakfast

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toul tongue, nasty breath, acid stomach, lame back, can, instead, both ways by washing the poisons and oxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with teaspoonful of limestone phosphate in it, to flush from the stomach, liver, kidneys and ten yards of bowels, the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stom-

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste, and acidity, and gives one ed that you will look better and Gall, R. Page, G. Lyons, C. Waller, New York. feel better in every way shortly.





nands and most baby

शब्दा (बाब)

(By Frances Walter)

IR. HENDERSON PLANS TO FIND MB. GORDON

(Copyright, 1916, by the McClure Newspaper Syndicate). that Mr. Gordon had been seized by ber. Mr. Henderson briefly sketched the Germans was very comforting the predicament in which he thought to me, eager as I was to grasp at Mr. Gordon was placed, and asked if any straw of hope. It did not occur Mr. Hayward, the attorney, could to me that he really knew less of the not get "quick results" in clearing circumstances surrounding Mr. Gor- up the mystery of our missing don than I did. In fact, I did not friend's whereabouts, Mr. Haydo much thinking of any sort. It ward's reply evidently was a lengthy was chiefly a matter of feeling. Mr. | one, for Mr. Henderson, all atention, Henderson had expressed an opinion held the receiver to his ear many and he did it with the air of con- | minutes, it seemed, before speaking viction customary with him. As another word. Then with a brief usual he carried conviction. If I had "Thank you," he hung up and turned told myself that no doubt Mr. Hen- "I think you can go home feeling derson's manner frequently had con- that everything that can be done is vinced persons that they were wrong being done for our friend," he said. when they where right, and just as "Hayward knows how to pull the often had caused men who believed wires, and I am sure he will pull that they were right to think that them in this case quicker than ever they were wrong. But I did not reit very likely that Mr. Gordon was a prisoner of the Germans I sank backward, my taut muscles relaxing and a sigh of relief escaping me.

But, mind you, that is merely to govern my judgment. Mr. Gor- to say as he noticed my expression me in many enterprises and we were it was necessary to do anything. great friends. It would be nothing If John Gordon is rescued from the short of a calamity for me to lose clutches of the Teutons it will thereclusion that he must have been cap- assistance was given him. And I tured I have permitted myself to be shall see to it that he knows to whom ruled by these facts rather than by he is obliged. the cold logic of the situation."

been the case had they met with an to depart. accident. In any event, Mariam is "I shall not consider it an obligaconvinced that if Mr. Gordon is alive tion," I hastened to say. he is in the hands of the Germans, But I am quite sure he will insist and that the only possible way for that it is," Mr. Henderson declared any assistance to reach him is with a stiff, old-fashioned bow through the American Embassy at Gentlemen do not dislike to be un-Berlin. That was one purpose of her der obligations to beautiful women.' something could not be done through assed laugh, as I turned to Arthur,

son, thoughtfully. "And we must

act quickly. We will strike while

Without further words he went to the telephone and called up his personal attorney, who, I inferred from Bir. Henderson's off-hand opinion very close to a certain Cabinet mem-

before. Gordon is one of the bes

"Mr. Henderson," I began, "I cannot tell you how thankful-"Tut, tut!" he exclaimed impatiently." "I have done nothing. Hay-ward is the man who must be thank-"Oh, I am so glad to hear you say ed if he accomplishes anything. Be-sides, Gordon is our friend, and we Mr. Henderson held up a restrain- naturally would do anything in the world that we could for him."

my "Of course," I replied, a little nion," he declared. "I know vir- crestfallen. "I had forgotten that." ually nothing about the matter. But we would have done nothing sibly I am permitting my wishes ; had it not been for you," he hastened don was very closely associated with "We might never have known that Perhaps in arriving at the con- fore have been through you that

He turned toward me with a smile "But no trace of Mr. Gordon or of while the hot blood mounted to my I explained, "Does it not seem reas- waiting with as much patience as back, onable that such would not have he could for me to evince a desire

She wanted me to see if "Come," said I, with an embar- Children Offen Scem to Pinc Away "it is time to go, Mr. Henderson "Of course," agreed Mr. Hender- has begun to use figures of speech."



(Continued from Page 3.) Misses Lillian and Thelma Waller, as Portsmouth, entertained a number of their friends at a skating party is with her sister, Mrs. J. W. Elliott, on Tuesday evening. It was thor- Brock street. oughly enjoyed. Among those present were Mr. and Mrs. Pearson, Misses V. Orr. J. Leader, Evelyne and Edna McCartney, M. Teeple, E. Mc- her sister, Mrs. T. G. McGinnis. Cullough, K. McGuire, L. Graham, A. Smith, Eva Waller and Messrs Edurn and Norman Dennison, C. Funnell, L. Aatwood, H. Jenkins, day. Ernest and Howard Kennedy, A. Mc-N. McGuire, W. Metcalfe, W. Wick- Miss Vera Finlay, Norwood, ham, J. Guthrie, R. Waller,

The Skating Club on Saturday night was very enjoyable, with many in attendance.

The Bridge met last night, when Miss Mamie Anglin, Earl street, was riage to take place quietly this

Mrs. S. J. Young, Trenton, is in Kingston to stay with her sister, Mrs. i

eek-end in Ottawa, pent Sunday with his parents Rev. | Church, Folkestone, England

Mrs. E. J. Jones, Waterloo, Iowa,

Miss Eva Richardson left on Monday for Philipsburg, Quebec, to visit Mrs. Kenneth MacLaren and her son, Master Ian, who have been to the Belvidere, returned to Ottawa to-

Philip Wills left this week for visiting Miss Muriel Whalley, Bagot

Mr. and Mrs. John Park, Orange-

Mr. and Mrs. John Code, Perth, n Kingston, the guest of Major and Han, to Capt, Hugh Cameron Ferguson of the 10th Battalion, C.E.F. Miss Florence Shannon spent the France, son of Mr. and Mrs. D. A. Ferguson, Regina. The marriage will

Menu for Thursday BREAKFAST

LUNCHEON OR SUPPER Cold Roast Pork

ween of All Puddings imbs, 2 cupa milk, 2 eggs,

well. Butter 4 custard cups; pour it mixture and bake slowly 45 minutes. Remove from oven and spread with red jelly. Beat the whites of eggs until dry, add a tablespoon of sugar and spread on the tops. Dust with pulverized sugar and dry in moderate

Philadelphia Fried Scrapple
Take a cleaned pig's head, put on
to boil in five gallons of cold water;
add one quart of finely cut onion and boil until all the bones come out easily. Remove the meat, chop fine and return to liquor, (which is best strained so all the small bones are removed so all the small contents of the ed). Add 8 rounded tablespoons salt, 1 teaspoon black pepper; when it begins to boil add 2 quarts yellow cornhour; then add I quart of buckwhee flour slowly; be sure the flour dot not lump; add 1 tablespoon thyme, I tablespoon of powdered summer sav

ory, I teaspoon sweet marjoram and I teaspoon sage. It must be highly pans to cool. You must use you d jelly; I teaspoon butter. own judgment about the cornmes! Utensils—Bowl, 2 measuring cups, and buckwheat.

the yolks to the crumbs; add salt, ple; brown quickly or it will break frew post office staff for over twenty-



more extravgantly lovely as each season fades into the next. Of such extravagant loveliness is this negliee, belonging to the former category .f things feminine, designed for a New Year's bride. The negligee is of pale blue chiffon over pink crepe de chine. The bodice and an ungathered flounce about the skirt, are of filet lace. There are graceful flowing sleeves of the blue chiffon, caught in an old fashion over one shoulder and under one arm with gay little French roses. In the orthe other engineers ever was found." cheeks. Arthur had risen and was iginal model there is a detachable drapery of blue satin meteor at the

PARENTS

Ordinary Medicine Does Not Help Them.

The health of children between the ages of twelve and eighteen years, every mother. The growth and detually seem to be going into a deertion, and sometimes fainting. The tion, blood has become thin and watery and the sufferer must have somestage no other medicine can equal Dr. Williams' Pink Pills, Their whole which reaches every part of the body, bringing back health, strength and energy. Miss Helena Taylor, West Toronto, says: "Two years ago I was so badly run down with anaemia that some of my friends did not believe I would get better. I could not go upstairs without stopping to rest, suf-fered from headaches, loss of appetite, and for two months of the time was confined to the house. I was under the care of a doctor, but the medicine I took did not help me in ville, announce the engagement of the least. A friend advised my moth-their daughter, Annie Mitchell, to er to give me Dr. Wiliams' Pink Pills, Gordon B. Hayes, Kingston, the mar- and although I did not expect they would help me after the doctor's medicine had failed, I thought they might be worth trying. After taking two boxes there was such a marked change for the better that people announce the engagement of their asked me if I had changed doctors Miss Genevive Morris, Toronto, is daughter, Nursing Sister Cladys Lil- and I readily told them the medicine Kingston, the guest of Major and lian, to Capt, Hugh Cameron Fergus- that was helping me. I continued taking the pills until I had used eight boxes, when my health was fully restored, and I have since enjoyed the Lieut. Marshall Andrew, Kingston, take place in February at Christ's best of health. I hope my experience may be the means of convincing some sickly person that Dr. Williams' Pink Pills can restore them to

TAXES TO BE HEAVIER

cial Government is to "make ends meet" in its financial operations for the coming year, there will have to be some increases in taxation, in addition to a sweeping curtailment in outlays. With the near approach of the opening of the legislative session, the financial question is the most important one before the Gov-

Every possible means of raising revenue is being 'canvassed, and while nothing has as yet been given out, it may be taken for granted there will be a general increase in fees now being collected on a score or more institutions, industries and natural resources which have hitherto proved the chief means of producing revenue. The personal property tax rate will be increased, at least in respect of the larger ina greater percentage than hereto-

G. Charbonneau has resigned his position with the Pembroke Woolen Mills, and has returned to Renfrew. Miss Belle Mitchell, on the Renfive years has resigned

WHAT IS REALLY

MEANT BY POILU

New York Times.

A French officer writing for the Atlantic Monthly denies that there is any basis of truth for the common belief of foreigners as to the meaning of the name "poilu," so often applied to the soldiers of France in this war. Of course, the word does carry the significance of "hairy." That a source of serious worry to nearly much everybody who is even a little familiar with the French language velopment takes so much of their knows, but the leap taken by so many to the assumption that the French soldiers are called "poilus" cline. The appetite is fickle, bright- because, unlike the British Tommies, ness gives way to depression, there they do not shave, is declared by this are headaches, fits of dizziness, pal- presumably good authority to be one pitation of the heart at the least ex- made in an amusingly wrong direc-

"Pollu," he says, as applied to soldiers, is an old word, dating back to thing that will bring the blood back the days of Napoleon, when certain of heavy fur. It was the hats, not the men, that were hairy, and, as these guards were picked troops, notably well trained and courageous, the name in those times came to writer of the Atlantic Monthly artino reference to whether the soldiers let their beards grow or do not.

He does not say that as many of the French soldiers as of the British shave every day, but he insists that they suffer as much as any soldiers could from the frequent inability to keep up a neat and clean appearance which trench warfare involves,

Ireland is Prosperous.

Belfast, Ireland, Jan, 24 .- The combined balance sheets of the big Irish banks having their head offices at Belfast indicate that Ireland is in an exceedingly prosperous condition. There has been an unprecedented expansion in aeposits, investments and cash on hand, while the decrease in advances to customers and bills discounted seems to indicate that business men are to a larger extent than ever financing their business operations from their own pockets.

Egg King Made a Million. Chicago, Jan. 24.-James E. Weiz You can get these pills through has withdrawn from the Chicago any dealer in medicine, or by mail, Butter and Egg Board after, it is postpaid, at 50 cents a box or six said, having cleared more than \$1,boxes for \$2.50 from The Dr. Wil- 000,000 from his corner on eggs liams' Medicine Co., Brockville, Ont. Wetz told the press that he wished to return thanks to the Housewives' League of Chicago, and other persons who advocated the egg boycott, British Columbia Faces Financial which, he said, made people believe that it was a sure sign of aristoc-Victoria, Jan. 24 .- If the Provin- racy to eat eggs, and the demand

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> Then shall the King say unto them on his right hand.....

"I was an hungered, and ye gave me meat; I was thirsty, and ye gave me drink...... naked, and ye clothed me....."

Then shall they answer him, saying-"Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink? or naked, and clothed thee?"

And the King shall answer...... "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me".

Overseas, in ravaged Belgium, more than 3,000,000 of "the least of these" are hungry, thirsty, thinly clad-looking to us! Have you done what you could for any of them?

Whatever you can give, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees or

SEND CHEQUES PAYABLE TO TREASURER Belgian Relief Fund

The Greatest Relief Work in History.

Women's Tan

OUR NEW 1917 STYLES HAVE ARRIVED

Women's Brown Calf Boots, High Cut, with Goodyear Welt Soles and either Military or English heels, \$7.00 and \$8.00.

Women's African Brown Kid Boots, High cut with high heels and Goodyear welt soles, \$7.00 and \$8.00. Brown Rubbers to fit these styles, \$1.50.

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