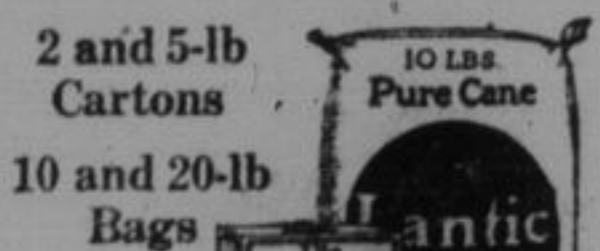




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Lantic Sugar

Its purity and "fine" granulation give it the highly sweetening power. It dissolves instantly in your teacup or on your breakfast cereal.



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HERPICIDE

is a hair saver! Applications at the better barber shops. Guaranteed by The Herpicide Co. Sold Everywhere

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For free sample each address post-card; Cuticura, Dept. 34, Boston, U.S.A.; Sold by dealers throughout the world.

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Washing Cars Large, \$1.00. Small, 75c. Excellent service guaranteed. Give us a call.

E. PARADIS, Prop.

to feel Fresh and Fit

—you must keep your stomach well, your liver active, the bowels regular, and your blood pure. Your physical condition depends on the health of these organs. When anything goes wrong

just take

a few doses of Beecham's Pills and avoid any serious illness. They are a fine corrective and tonic for the system, and a great help in maintaining good health. A single box will prove the remedial value of

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25c.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

MY CAPTOR ENTERS MY ROOM.

(Copyright, 1916, by the McClure Newspaper Syndicate)

I must have waited several hours beside the dresser before I heard a sound. One of the peculiarities of my prison room was that it seemed to be sound proof. Since I had heard a noise except when it was made by myself or by my attendant, Jane, inside the chamber, I could not tell whether this was due altogether to the construction of the room itself or if it was because the building which housed me was far removed from the beaten paths of human activity. I was inclined to believe that both were true in part; that the dwelling in which I had been taken was in a lonely if not a desolate spot, and that the room in which I was placed had been made as nearly impervious to noise as it was physically possible to make it. This conclusion was not a comforting one, for it meant that it was not only impossible for even the most diligent search to find me, but that my captors could rest assured that any outcry I might make would not be heard beyond the four walls which shut me out from the world.

Absolute silence is not more resting to the nerves than continuous noise, and when silence is accompanied by utter darkness the treatment is likely to become painful. Add to these an already overworked imagination, a physique which had suffered from unusual excitement, fatigue and hunger, and a mind acutely sensitive to the immediate past and the possibilities of the future, and one can readily understand that my position at that moment was not at all similar to that of a person taking a rest cure.

But none of the aspects of my situation deterred me. I waited persistently, if not patiently, crouched in an awkward position between the wall and the dresser, my right hand extended so that I could turn the electric switch at will. As I have already said, my plan was to attempt to ascertain the identity of anyone entering my room, first by the dim light above me, and, failing in that, it was my intention to turn on the electric lights.

From the first I had my doubts that my mysterious visitor of the night before would return. The rambling letter which I had received showed that he intended to force his attentions upon me, but what I did not know and could not imagine was the attitude he would assume when he did arrive. Would he treat me as a helpless woman, entirely within his

power, or would he continue to regard me as a lover attempting to win my affection? I knew that it would be of vital importance for me to know which of these two attitudes he would assume, for in the one case I would have to deal with a heartless brute, while in the other my jailer might be nothing more than a capricious madman. In either event it was altogether possible for me to win an ally against whom I might have with him, if only I could preserve my presence of mind, and to do this I knew that it was essential that I retain control over my nerves.

This was not at all easy to accomplish. When I first took up my position my plan of action was only recently formed in my mind and I was sure it was one which at least had a chance of success. But as the minutes wore on and lengthened into hours, my own helplessness and weakness became more and more apparent to me, and more than once I was almost swept out of my resolve by the waves of despair which came over me. But each time, after the nausea of helplessness had left me, I took a new grip on myself and shifting my position renewed my determination and kept on my vigil.

Above me the stars and the crescent moon, dimmed by the frosted glass of the skylight, cast merely the ghost of a glimmer into the room, but even this faint light was better than utter darkness. Again and again I turned my face upward and as I did it seemed to me that the faint glow gave me new courage. We mortals, it seems, can make companions not only of human beings, but of even inanimate objects—flowers and trees and shrubs become almost living, breathing friends. And so it was with me at that time. The specks of light above me seemed to be there to comfort and guard me, while the great splash of radiance which I knew was the moon, seemed motherly in her watchfulness over the poor trembling mite of humanity who waited with fluttering heart for uncertain fate to lift the curtain on the next scene of the drama of life.

It must have been long past midnight before my strained ears caught a faint sound as of some one thumping upon a carpeted floor. This was followed by a whirring noise and another dull sound and I saw that the mysterious wall had descended in the room.

When it was raised, as I knew it would be in a moment, my captor would be before me.

(To Be Continued.)

IN FIVE MINUTES NO SICK STOMACH, INDIGESTION, GAS

"Pape's Diapesin" Is the Quickest and Surest Stomach Relief.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach headache, you can surely get relief in five minutes. Ask your pharmacist to show you the formula, plainly printed on these fifty-cent cases of Pape's Diapesin, then you will understand why dyspeptic troubles of all kinds must go, and why it relieves, sour, out-of-order stomachs or indigestion in five minutes. "Pape's Diapesin" is harmless, tastes like candy, though each dose will digest and prepare for assimilation into the blood all the food you eat; besides, it makes you go to the table with a healthy appetite; but what will please you most, is that you will feel that your stomach and intestines are clean and fresh, and you will not need to resort to laxatives or liver pills for biliousness or constipation. This city will have many "Pape's Diapesin" cranks, as some people will call them, but you will be enthusiastic about this splendid stomach preparation, too, if you ever take it for indigestion, gases, heartburn, sourness, dyspepsia, or any stomach misery.

Get some now, this minute, and rid yourself of stomach misery and indigestion in five minutes.

REGIMENTING WOMEN IN GREAT BRITAIN

London, Feb. 14.—The Government intend to employ the aid of the Women's National Land Service Corps and to organize a body of about 100,000 women workers on military lines. They will be asked to volunteer for duty. They will have to be of a certain age; probably between 18 and 35; they will undergo medical inspection; and they will be given uniforms, the pay of a soldier, and billeting allowances. They are to receive six weeks' training on farms, and when they have undergone it they are to be drafted wherever they may be required.

There is little doubt that women will respond readily enough if they are plainly told what to do. Vague appeals have been made too often, and when individual women have answered these appeals they have either received no reply or else have been told that their services were not required. With proper organization, such as we make no doubt will now be forthcoming, there will not be these rebuffs.

The question may be asked whether women are physically capable of doing work on farms. The answer is that they do it both in Germany and in France, and that in Berkshire, according to one excellent authority, they have shown their ability to cope with all but the heaviest tasks. Those responsible for the scheme are most anxious to make it clear that they appeal specially to educated women and to all who, understanding what is at stake are ready to suffer some inconvenience for the sake of a great cause.

THINK AND ACT

Back Yard Gardening And How to Go at it.

Sidney Johnstone, specialist in vegetable gardening of the Ontario Agricultural Department, has issued details on backyard gardening and also the ease with which vegetables could be grown for household use by the devotion of a little time and energy. The reason for so many people being unsuccessful in growing vegetables in their yards is that they did not exercise enough care in planting the seed in rich soil. The land, should be well manured and the seed or plant not planted too deep. "It is not difficult to grow lettuce," Mr. Johnstone said, "if the seed is planted right. A row of seed planted in a row three feet in length will provide enough lettuce for the average family.

"Head lettuce seed should be sown in rows twelve inches apart, and when the leaves become two inches in height they should be thinned out. "Spinach should be planted in rows from eight to ten inches apart, and when ready to use should be cut off at the surface of the ground. If the seed is planted on July 15th people would have plenty of the vegetable for the table in the fall.

"Green onions are easily obtained if you purchase 'Dutch sets' or small onions and plant them in the ground. In a few weeks' time this will give you an abundance of onions. Onions left over from the winter are also good to plant just as long as the onions are buried just a few inches below the surface.

Beets, carrots and parsnips are planted in the spring and harvested in the fall. They should be grown in rows from twelve to fifteen inches apart and planted with care.

Ejects German Secy's Statue.

Berlin, Feb. 14.—It is announced from Rome, via Lugano, that the municipal authorities have decided that the last German must leave the Eternal City, and that Goethe, or rather, his statue, is to be ejected from the Villa Borghese, where it was placed several years ago when presented by Kaiser William. At the decisive meeting of the Municipal Council it was moved that the statue be returned to the donor, but nothing definite regarding its fate seems to be settled.

W. H. Bowers, Deseronto, left on Wednesday for Concession where he attended the funeral of his father, the late John Bowers who passed away on Tuesday at the age of eighty-five years.

MORE COAL IS PROMISED

BY THE RAILWAYS FOR THE CANADIAN PEOPLE

Sir Harry Drayton Looks for Vast Improvement of The American Roads to Help.

Buffalo, N.Y., Feb. 14.—The trouble is that the equipment has run down, with the result that the steam efficiency of locomotives has decreased over fifty per cent. The G.T.R. and C.P.R. have declared that with the assistance of American locomotive power they will speedily demonstrate their ability to remedy the situation.

This welcome information was given by Sir Harry Drayton, Chairman of the Dominion Railway Commission. "With thousands of cars of coal standing idly on the sidings in the terminals on the Canadian side of the Niagara frontier, and with many thousands of people in Toronto, practically out of fuel in mid-winter, the full supervisory power of the Commissioners will be evoked to get the cars moving, if the latest promise of the railways is not carried out to the letter. I look for a vast improvement during the current week."

Sir Harry Drayton and Mr. George Spencer, Chief Traffic Manager of the Dominion Railway Board, held a conference here with representatives of the Grand Trunk, the C.P.R., and American railway coal lines. At the close of the conference it was announced that arrangements had been made, with the co-operation of the American and Canadian railways, for the transportation of coal in solid car lots to Toronto and Ontario points. Railway officials on both sides of the frontier agreed to act in co-operation with each other, and when one railway is blocked the fuel is to be diverted to the tracks of another railway without change of billing. It was agreed that the maximum of coal and freight traffic should move under the extremely unfavorable circumstances now obtaining, irrespective of any technical question of billing or any particular railway right.

Sir Harry stated that he had visited some of the terminals, and that he was here exclusively for the purpose of keeping coal moving across the border, and arranging so that the supply consigned to Canada should be despatched in greater quantities, if at all possible, having regard to other material urgently required by Canadian manufacturers. Sir Harry remained over till today to see that the new arrangement is carried out by the railways.

Superintendent H. E. Whittenberger of the G.T.R. arranged for a loan of eighteen locomotives from three American railways. Superintendent Collins and T. Coulter represented the C.P.R. at the conference.

BIG GERMAN FORCE WATCHES HOLLAND

Five Army Corps Concentrate on Dutch Frontier During Crisis.

Copenhagen, Feb. 14.—Five German army corps concentrated on the Holland frontier furnish a fairly convincing explanation in default of other reasons for the failure of the Dutch Government to adopt the policy toward Germany recommended by President Wilson on account of the German submarine campaign.

A large force of German troops was on the Holland border when Germany's inauguration of submarine war and President Wilson's appeal to neutral nations to join with America in protecting neutral interests against Germany brought to the foreground the question of Holland's possible action in reply to the German campaign. Their bayonets emphasized the economic and political reasons why Holland is unwilling to follow a course which would fear might have thrown the little kingdom into the great European war.

Rumors were heard too, in neutral quarters in Berlin that a flaw had been discovered in Holland's strategic scheme of defense against Germany which involves flooding parts of the country in front of the selected first line of defense. According to these reports, attempts to flood these districts would lay underwater a far greater area than had been contemplated and would throw the general scheme of Holland's defense into confusion.

To Wed Princess.

Berlin, Feb. 14.—The Crown Prince of Bulgaria has recently had a prolonged audience with the Kaiser. In court circles it is rumored that the prince is soon to be betrothed to the German Princess Victoria of Schleswig-Holstein, sister-in-law of Prince August Wilhelm of Prussia, the Kaiser's fourth son. The princess is known to be one of the wealthiest in Germany.

Ralph McGuire, Tweed, has taken the position of head shipping clerk at the Springer Lock factory, Belleville.

The Whig's Daily Menu

Menu for Thursday

BREAKFAST
Grapefruit or Oranges
Cornmeal Mush
or Cereal of Choice
Crisp Bacon on Toast.
Warm Crisp Rolls.
Marmalade
Coffee or Cocoa

LUNCHEON OR SUPPER
Cream of Corn Soup
Chicken in Bread Sauce
Apple and Celery Salad
Cake
Tea or Cocoa

DINNER
Broth
Steak a la Stinley with Fried Potatoes
Mashed Potatoes
Jellied Tomato Salad
Fruit Compote
Coffee

Jellied Oranges

Materials—One cup strained orange juice, 1 tablespoonful lemon juice, 1 cup sugar, 1 tablespoon granulated gelatin.

Utensils—Bowl, 2 measuring cups, tablespoon.

Directions—Soak the gelatin in ¼ cup cold water 10 minutes; dissolve in 1 ½ cups boiling water; add sugar, lemon and orange juice. Pour into ice-cream glasses and set in cold place. One cupful of whipped cream can be used, placing a spoonful on top of each glass.

Cream of Corn Soup
Materials—One cup corn, 2 cups milk, 1 cup water, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, dash pepper.

Utensils—Two measuring cups, teaspoon, tablespoon, double boiler, small bowl, coarse strainer, food chopper.

Directions—If the corn is the kernel put through meat chopper; put in top of double boiler, add milk, boil 5 minutes; add butter and flour which have been rubbed together; boil 5 minutes; add seasoning and strain through coarse strainer. If the corn is the grated kind it need not be put through food chopper. When mixing butter and flour always melt the butter before adding flour.



(Continued from Page 3.)

The commandant, staff and gentlemen of the Royal Military College have issued invitations for a charity dance to be held on Friday evenings of this week.

Mrs. Harold Davis entertained informally at the tea hour on Tuesday afternoon.

Miss Hilda Jordan, Barrie street, is home after a month's visit at Wallaceburg and Toronto.

Miss Evelyn Crawford, Miss Jessie Nicol and Miss Mae Hanley, Kingston, visiting Miss Mary Fraser, Herkimer street, Hamilton, have returned home.

Hugh Carmichael, Queen's College, was the week-end guest of his parents, Dr. and Mrs. Carmichael, Peterboro.

W. F. Nickle, M.P., and family have left for Ottawa, having taken a furnished house there for the next four months.

Miss Willis, Belleville, is the guest of Mrs. Constantine, Earl street.

Mrs. Colin Hamilton, Earl street, left on Saturday for a short visit with Mr. and Mrs. Rae Hamilton in Guelph. The Skating Club met on Saturday evening, when a number of members were present.

Flight Lieutenant John Aird spent the week-end in town with Mrs. Aird, who is with her parents, Dr. and Mrs. D. E. Mundell, Brock street. Miss Florrie Forneri and Miss Con-

stance Forneri spent the week-end in Belleville with their father, Canon Forneri.

Rev. and Mrs. Frank Grout are in town from Brockville.

Mr. and Mrs. M. R. Allison, Picton, announce the engagement of their eldest daughter, Carrie Rosalinde, to Percy Kirby, son of Mrs. E. T. E. Kirby, Picton, the marriage to take place quietly at their home, "Grove Place," the middle of the month.

TENDER THROATS readily yield to the healing influence of

SCOTT'S EMULSION

It soothes the inflamed membranes and makes richer blood to repair the affected tissues—to help prevent tonsillitis or laryngitis. SCOTT'S is worth insisting upon.

Sole & Bottlers, Toronto, Ont. 10-11

Used in Millions of Tea Pots Daily—Every Leaf is Pure

Every infusion is alike delicious

"SALADA"

Black, Green or Mixed Sealed Packets only.

Such lather! Such refreshing fragrance, such skin softening and cleansing!

It is the skillful use of pure vegetable fats and finest natural flower extracts, which make Baby's Own Soap so good for tender skins, and so difficult to imitate—

Baby's Own Soap

Best for Baby Best for You



For sale by almost every Soap retailer in Canada. ALBERT SOAPS LIMITED, Manufacturers, MONTREAL.

CROWN LIFE

The Total Amount of New Policies issued during 1916 was more than 20% in excess of the previous year's record, while cancellations were less numerous.

Let us send you some fresh insurance facts CROWN LIFE INSURANCE CO., TORONTO Agents wanted in unrepresented districts



WHY YOU SHOULD USE M.S.C. SHAMPOO

It maintains healthy hair, corrects unnatural scalp conditions, and assists nature in restoring normal, healthy conditions, by stimulating and renewing the hair-growing processes. HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect.

M.S.C. SHAMPOO contains pure Cocoanut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition. Being in LIQUID form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two tablespoonful, which will instantly work up oceans of lather that will thoroughly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft.

Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

Price 50 Cents. Druggists Everywhere, or if your dealer cannot supply you with the genuine write us. MUTUAL SALES CO. 32 Front Street West Toronto, Ontario

Redpath SUGAR

has never been offered as "just as good" as some more famous brand; for Sixty Years it has itself been that more famous brand—and deservedly.

"Let Redpath Sweeten it." Made in one grade only—the highest!

