

Such a wholesome spread, for a fresh slice of Bread. Of course the "Kiddie" "Just one" Crown Brand Syrup, and always, wait 'till on bread.

CROWN BRAND CORN SYRUP

In "Perfect Seal" Glass Jars At all grocers in 3 pound glass jars or 2, 5, 10 and 20 pound tins. Have your favorite recipe book "Desserts and Candies" in a full of family dishes. Write for a copy to our Montreal Office.

THE CANADA STARCH CO. LIMITED MONTREAL, CANADA. TRADING, FORT WILLIAM, 227



STOP CATARRH! OPEN NOSTRILS AND HEAD

Says Cream Applied in Nostrils Relieves Head-Colds at Once.

If your nostrils are clogged and your head is stuffed and you can't breathe freely because of a cold or catarrh, just get a small bottle of Ely's Cream Balm at any drug store. Apply a little of this fragrant, anti-septic cream into your nostrils, and let it penetrate through every air passage of your head, soothing and healing the inflamed, swollen mucous membrane and you get instant relief. Ah! how good it feels. Your nostrils are open, your head is clear, no more hawking, snuffling, blowing, no more headache, dryness or struggling for breath. Ely's Cream Balm is just what sufferers from head colds and catarrh need. It's a delight.

JOHN M. PATRICK

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Saws filed, Knives and Scissors Sharpened, Razors honed. All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired.

149 Sydenham Street

ARABIA WILL RISE UP.

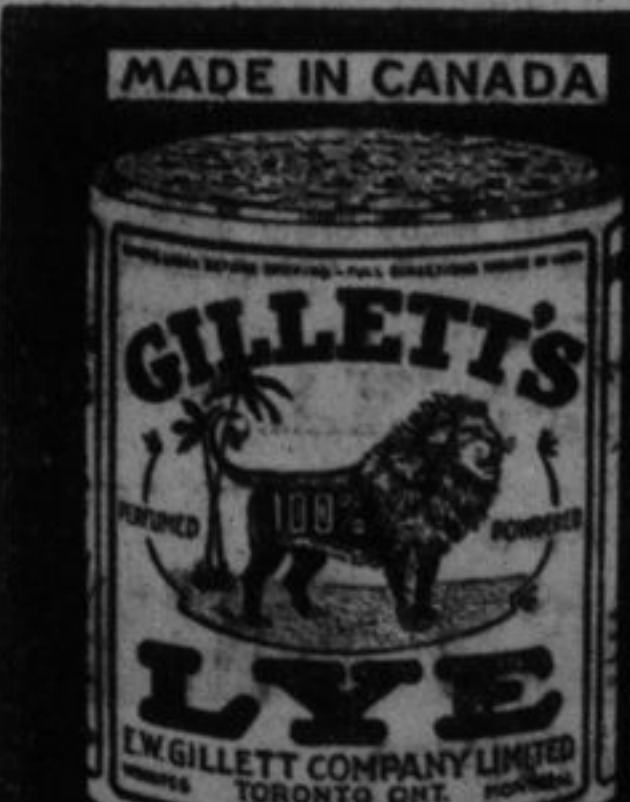
Mecca Will Become Centre of Mohammedanism.

New York, Feb. 20.—"If Turkey and the Central Powers with whom she is allied suffer a decisive defeat in the present war," said the Rev. William L. Sullivan, of All Souls Unitarian church, at a meeting of the People's Institute in Cooper Union. "It seems probable that Arabia, with the assistance of England, will rise to prominence among the nations of the world and that Mecca, instead of Constantinople, will be the centre of Mohammedanism."

Dr. Sullivan said he saw a great and important change in the religion of Islam growing out of its relation with the present war. "For the first time since Mohammed lived," he said, "Mohammedans have refused to answer a call to a Holy War. This refusal shows the disfavor into which Turkey and Constantinople, as the religious head of that great world has fallen. The Arabians were originally the chosen people of Mohammed. Thus, if at the end of the present war Arabia can, for the first time since the eleventh century, come into power, I do not doubt that Mecca will assume the place that Constantinople has so long held as the centre and head of the great and still growing Mohammedan world."

Dr. Sullivan called the Mohammedan religion the greatest of all paganisms, and said that its prophet had been amazing. At the conclusion of his talk he prophesied even beyond the rise of Arabia to power, and said that he thought it not an abuse of the imagination to picture the distant future in which Christianity and Judaism would come nearer to and co-operate with Mohammedanism, which, he said, was in reality a sister religion.

400,000 Seamen Required. London, Feb. 20.—A force of 400,000 men is required for the British navy, according to the naval estimates for the coming financial year, which provide for that number.



Used for making hard and soft soap, for softening water, for cleaning, disinfecting and for over 500 other purposes. REFUSE SUBSTITUTES. THE GILLETTE COMPANY LIMITED

THE CONFESSIONS OF ROXANE

(By Frances Walter)

I CONFESS FURTHER WITH MY STRANGE ATTENDANT.

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

The conviction that the man who held me captive was a madman was not communicated to Jane without some difficulty. Somehow she could not realize that such could be the case, and at first I could not understand why she should be so dull of comprehension, so slow to grasp the real truth of the situation which confronted both of us. It was not until later, when I had learned more of her history, that I knew why she could not believe what appeared to me just then to be a patent fact.

But even if she did not fully coincide with me in my suspicions regarding the mental instability of our host, she indicated very clearly that all her sympathy was with me. Yet there was something about her which told me that she was not altogether sure her best interests lay in forming a partnership with me and working with me to effect the escape of both of us from the house in which we were held prisoners. I could not quite grasp this at first. Her manner showed that she was as fearful of the future as I was; that she was as eager to leave the place as I could possibly be, but there was something which seemed to hold her back. She would talk to me for a long time as though fully in accord with whatever plans I might wish to work out, then of a sudden she would become thoughtful and find objections to anything I might propose. So contradictory did she seem in her moods that at length I sought an explanation.

"It is a long story," she told me after she had listened patiently to what I had to say. "It is a tale which I had its beginning many years ago, and in which many persons figure. I cannot tell it to you now, but I shall tell it if this thing is true. As yet I cannot believe it. I cannot bring myself to credit the theory that the man to whom you refer is insane. You will understand better why I cannot after I tell you my story."

"I hope you will tell me the story soon," I told her, my own impatience getting the better of me. "I confess I have been a prisoner here as long

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts through the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Cure fails to cure. Send for circulars and testimonials.

F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists. 75c. Hall's Family Pills for constipation.

as I care to, and the sooner we can get our heads together and escape the better I shall be pleased."

"Wait," she urged nervously. "Wait until tomorrow. Meanwhile I shall confirm or disprove your suspicions. If I learn that you are right you may depend upon me, although I do not know why you are here or anything about you, except what I have observed in the last day or two."

"That is true," I said thoughtfully. "You do not know anything about me, do you?"

"Only what I was told, and if, as you suspect, the man who told me about you is insane, my information may be anything but accurate."

"I, too, shall have a story to tell you, then," said I.

"Yes," she replied as she prepared to depart. "We will exchange confidences when I return. Meanwhile you may be sure that I shall be more vigilant than I have been. I shall see to it that you are not harmed, although I may not be able to prevent you being disturbed."

"I think I am safe for a time, at least, from intrusion," I told her. "While this madman's mood may change at any time, it is not likely that the change will come so suddenly that I shall be molested within the next few hours. By that time, I hope, your investigation will have been completed and you will have become convinced that what I have suspected is true. When you have assured yourself return and we shall confide in each other and then lay our plans to escape."

When Jane was gone I found myself musing over the hints she had dropped regarding herself and the "story" which she said she would tell. She had let fall just enough to know that she had a history and the fact that she had not even revealed my captor's name to me or given me so much as an inkling as to the nature of the hold he had upon her indicated that she was bound to him by no uncertain ties. Would she, after all, be able to break them? Or would she find that she was in a grip more powerful than she had imagined?

(To Be Continued.)

Russia Will Build Fleet. London, Feb. 20.—A despatch to Reuter's Telegram Company from Petrograd says the Russian Minister of Commerce has introduced in the Duma a bill under the terms of which the Government will devote 100,000,000 roubles toward the creation of a Russian mercantile fleet. The money is to be employed in advances to shipbuilders to encourage the construction of new shipyards and to provide equipment for them.

The Whig's Daily Menu

Menu for Wednesday

BREAKFAST Orange or Stewed Fruit Cereal of Choice Scrambled Eggs Toast or Rolls Jam or Jelly Coffee or Cocoa LUNCHEON OR SUPPER Virginia Spoon Bread Flavored with Bacon Baked Apples Cookies Tea or Cocoa DINNER Split Pea Soup Spare Rib with Hammy Celery Salad Apple Pie Coffee

Peach Shortcake.

Materials—1 1/2 cups flour, 1 1/2 teaspoons baking powder, 1/2 teaspoon salt, 1 1/2 tablespoons shortening, 1-3 cup milk, small can of peaches.

Utensils—Mixing bowl, 2 measuring cups, teaspoon, tablespoon, flour sifter, knife, pie tin, pastry brush. Directions—Sift the flour, baking powder and salt into bowl add the shortening and rub in very lightly; add milk slowly, enough to form a dough. Put into pie tin, 1 1/2 inches thick, brush top with milk and bake 20 to 25 minutes. When partly cool, split; cover with 2 cups of canned sliced peaches and put on top. Dust with pulverized sugar. Serve with rich milk or cream.

These Kiddies Depend on You For Milk.



This group of refugees is typical of the bulk of the Belgian people today. Their faces show pitifully the hardships they have undergone in the last two years. Most pathetic of all are the children. Thanks to the splendid work of unselfish philanthropists they are being fed well. But apart from this there is little that can be done for them. It is impossible, for instance, to supply them with homes, or with those useless but delightful gifts that characterize the holidays in more fortunate lands. Least of all, can these children know the joy that comes of making such gifts. Surely, in these circumstances, the least the people of the British Em-

WHY OUR POTATOES ARE SCARCE AND DEAR

Enormous Quantities of Canadian Potatoes Are Shipped to Havana.

Ottawa, Feb. 20.—Canadians will find food for serious reflection in a statement sent to the Department of Trade and Commerce from Cuba by J. C. Manzer, who represents that department there. He tells of the enormous quantities of Canadian potatoes that have been shipped to Havana. He says: "The arrivals of potatoes this week at the port of Havana amounted to 21,598 sacks and barrels. The entire shipment came from New Brunswick, and it was necessary to

NEW STRENGTH FOR LAME BACK.

Letter Tells of Long-looked-for Prescription. Dear Mr. Editor—I suffered from lame back and a constant tired, worn-out feeling. At times I was unable to stand erect and scarcely able to get around. It would usually come on at first with crick in small of my back. I took one box of Dr. Pierce's Anuric Tablets and my back commenced to get better soon after starting to take them. I did not have to walk doubled over as I did before using the "Anuric." It is the best remedy I have ever taken for what it is intended to relieve. I hope those who are in need of such a remedy will give the "Anuric Tablets" a trial. (Signed) A. G. DEAR.

NOTE: Up to this time, "Anuric" has not been on sale to the public, but by the persuasion of many patients and the increased demand for this wonderful healing tablet, Doctor Pierce has finally decided to put it into the drug stores of this country within immediate reach of all sufferers. Simply ask for Doctor Pierce's Anuric Tablets. There can be no imitation. Every package of "Anuric" is sure to be Doctor Pierce's. You will find the signature on the package just as you do on Dr. Pierce's Favorite Prescription, the ever-famous friend to ailing women, and Dr. Pierce's Golden Medical Discovery, proven by years to be the greatest general tonic. Send 10 cents to Dr. V. M. Pierce, Buffalo, N. Y., for large trial package. At any rate don't give up hope of being cured of your malady until just a few doses of "Anuric" have proven that it will make you feel like a different person. Errors—Please insert this letter in some conspicuous place in your paper.

put on an additional steamer from Boston in order to handle this large quantity. These shipments were sold for \$136,552 at Havana, and are the most valuable Canadian shipments of potatoes that ever arrived in one week. "During the five months ending January 30th, when shipments of the 1916 crop have been coming forward, Canada has shipped to Cuba 250,000 sacks and barrels of potatoes, which were sold for upwards of \$1,400,000." Yet Great Britain, the Allies and Canada herself are short of potatoes.

PATENT MEDICINE WAR STAMP

Is Generally Paid For by the Merchant Selling. A prominent country merchant and old subscriber of the Whig has asked an answer to the question: "Who should pay for the war stamp on patent medicines—the consumer or the merchant?" The Act, as issued by the Department of Inland Revenue on April 1st, 1915, reads in part as follows: "Every person selling to a consumer any bottle or package containing a proprietary or patent medicine, perfume, wine of the grape, non-sparkling or champagne or sparkling wine, shall, at or before the time of sale, affix to every such bottle or package an adhesive stamp of the requisite value as mentioned in the schedule."

A note on the circular says: "Retailers are required by the Act to affix the stamp themselves. They may or may not add the amount of the stamp to the price of their goods, as this becomes a business proposition as between themselves and their customers." In regard to the custom in this matter the Whig finds that no definite rule is in force. If there is sufficient profit and the customer is one who is in the habit of patronizing the store the merchant usually pays for the war stamp himself. In cases where sales are made of articles that do not bring in a sufficient profit to warrant this the customer is required to make the sacrifice.

KING HAS CHEAP LUNCH.

Lugwig of Bavaria Eats With Humble Folk. Berlin, Feb. 20.—King Ludwig of Bavaria, who is extremely popular with his people, not least for his democratic habits, yesterday unexpectedly visited one of the cheap eating houses which have been established in Munich and all the other large German cities since the beginning of the war. Seated in the midst of the establishment at a table alongside the humble, the King remained fully one

AN APPETIZING DINNER FOR \$1.08

ARE you furnishing your family with the most nourishment for the least money? We feel that it devolves upon us to do what we can to help the housewife in her campaign of thrift, as we consider Dominion Crystal Sugar the logical selection among sugars for use in the widely-spreading home-baking movement. Since the first of this Series of Menus was published, women have confessed to us that they believed they had been under-feeding their families. They had found it necessary to eliminate meat from the diet—and had failed to provide a proper substitute.

MENU

- Cheese Fondu (29c.) Stuffed Potatoes (13c.) Spinach with Hard-boiled Egg (30c.) Boiled Rice with Sugar and Cream (16c.) Peanut Brittle (20c.)

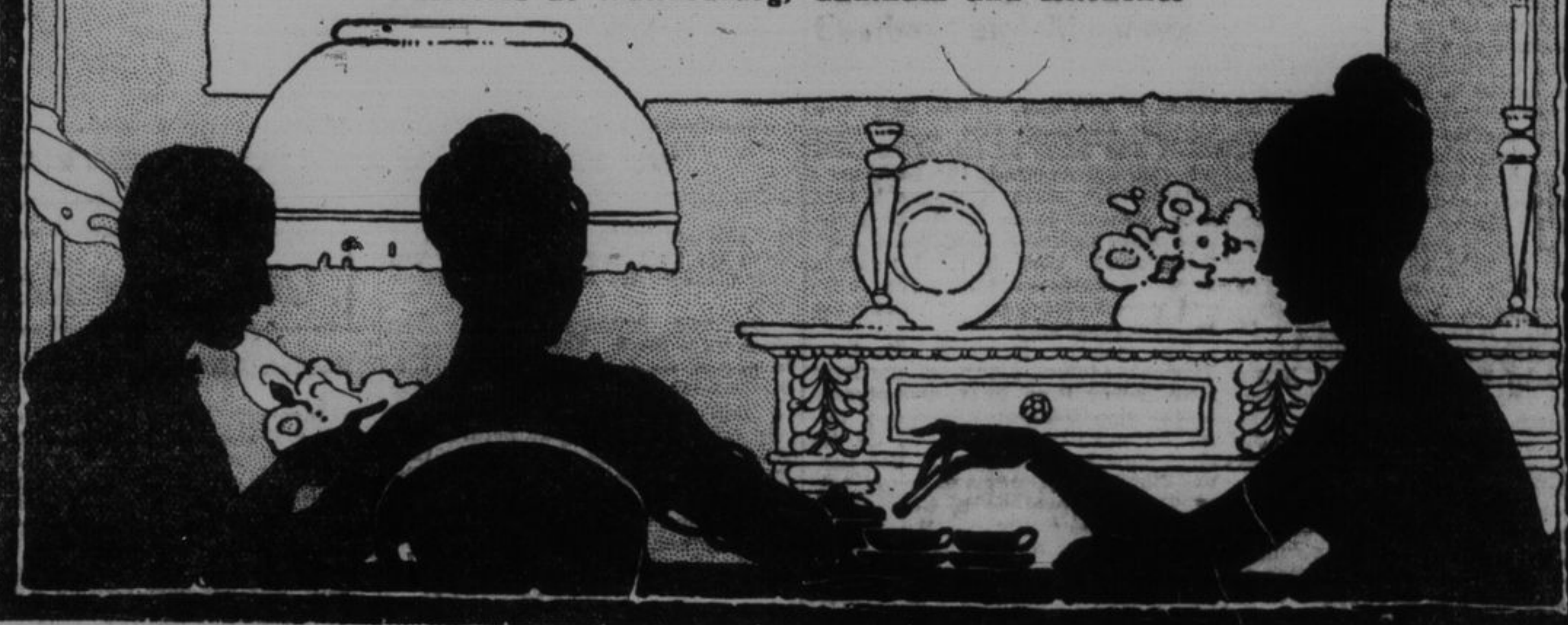
Cheese Fondu 1 cup milk, 1 cup soft, stale bread, 1 cup mild cheese, cut in pieces, 1 tablespoon butter, 1 egg, 1/2 teaspoon of salt. Break bread and put alternate layers of bread and cheese in a greased baking dish. Beat egg, add milk and pour over these layers, being sure that they are well covered. The salt may be added to the egg, and small pieces of butter put on the layers of bread. Bake in moderate oven. An 8-oz. measuring cup is used, not a tea cup.

Eggs, milk, meat and cheese build tissue and provide body resistance. If we do not serve meat, we must provide a substitute. The "Cheese Fondu" of our menu contains the necessary proteid—it is as rich in nourishment as a meat dish. As sugar as well as starch affords a certain amount of energy, the body requires in order not to destroy the appetite for other foods, to take sugar in some form immediately after the meal. The Peanut Brittle, for which we give the recipe, is nutritious and easy to make. The nuts supply proteid and are readily digested. Prepare this tempting, well-balanced dinner to-night.

Peanut Brittle 2 cups Dominion Crystal sugar, 1 quart peanuts. Shell and remove skins and chop peanuts. Butter two large plates, and cover with peanuts. Put raw sugar into a perfectly smooth sauce pan, place on range, and stir constantly until melted to a syrup, taking care to keep sugar scraped from the sides of the sauce pan. As soon as all the sugar is melted, pour quickly over the nuts. Cut into bars.

DOMINION SUGAR COMPANY Limited

Factories at Wallaceburg, Chatham and Kitchener



NO housewife could be more critical than we in her selection of baking materials. Highest grade flour, pure shortening, sweet whole milk and June creamery butter—these are the things that account for the purity and wholesomeness of

McCormick's Sodas



Babbitt's Cleanser Keeps Kitchen and Bathroom Clean and Bright FULL WEIGHT PACKAGE 5c Why pay more! Send for Premium Catalogue to Wm. H. Bunn Limited, Agents, Montreal. hour. He partook of all the dishes and even asked for a second helping. Death came suddenly to William Oliver, of Hungerford's oldest residents, on Feb. 5th, at the home of his son, James. Potter's Settlement. Deceased was in his eighty-seventh year. D. M. Wagers, druggist, Belleville, who has been in business since Oct. 1st, 1876, has sold out to Charles A. Ostrom, his valued assistant for the past twenty-five years.