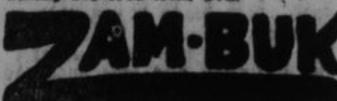
# TOMAKE

go to its extreme limit is the aim of every good housekeeper. That is why she buys Zam-Buk when in need of a housefield balm-because she knows that it will give better results, last longer, and keep better than any ordinary ointment. A small quantity of Zam-Buk will give better results than many times that quantity of an ordinary ointment. It is, therefore, not only best, but most economical. Besides, as Zam-Buk contains no animal fat it cannot turn rancid, and remains perfectly good to the last application.

Zam-Buk's superiority is due to the fact that it is all medicine, whereas ordinary ointments contain a large proportion of animal fat and a small percentage of medicine. Zam-Buk is not only soothing and healing, but it is germicidal. This makes it invaluable as a "first-aid." An application of Zam-Buk to a wound as soon as sustained will pre-

vent all danger of bloed-poisoning. Zam-Buk is splendid for eczema. ringworm, scalp sores, ulcers, abacesses, old wounds, blood-poisoning, pimples, boils and piles, as well as cuts, burns, scalds, bruises, and all-skin injuries. 50c. box, 3 for \$1.25. All druggists and stores, or Zam-Buk Co., Toronto. Send 1c. stamp for free trial box.





**PUT CREAM IN NOSE** AND STOP CATARRH

Tells How To Open Clogged Nos-trils and End Head-Colds.

Your clogged nostrils will me. One idea, and one idea only, open. The air passages of your head will clear and you can breathe freely. No more duliness, headache; no hawking, snuffling, mucous discharges or dryness; no struggling

for breath at night. Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils; let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

## McLaughlin's Garage

Seize the opportunity; bring u your car before it gets snowed in. You will want it looked over before using it in the spring. We have had factory experience and can guarantee our work. Let us look after your battery; we will save you money.

## R. J. Fursey, Prop.

Garage Phone 1609; Res. 931. New Stand, 84-38 Princess Street. Opposite Wormwith's Piano Works.

DR. DeVAN'S FRENCH PILLS A relia gulating Pill for Women, \$5 a box or three for \$10 Gold at all Drug Stores, or mailed to any address on receipt of price. The Sconzil Dave Co., St. Catharines, Ontario. PHOSPHONOL FOR MEN. Restores Vitality; for Nerve and Brain; increases 'grey matter'; a Tonic—will build you up. \$3 a box, or two for \$5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG CO.; St. Catharines.

old at Mahood's Drug Store."

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

149 Sydenham Street

## **PARADIS GARAGE** POOT OF BROCK STREET

We furnish:

Efficient Service guaranteed.

As a direct result of the German blockade decree fifty-three steamers | 15 centa of American, Swedish, Danish, Dutch and Norwegian registry have been prevented from sailing from New York, or, having sailed, are new tied up at Halifax for examination. At Washington an extra session of Congress not later than June is gen-

erally conceded among officials to be

(By Frances Walter)

SOMETHING UNEXPECTED

(Copyright, 1916, by the McClure

Newspaper Syndicate). given set of circumstances. The man sersby stopped and stared in amazewho is aroused in the middle of the ment, or how many officers of the night, when his house is on fire, law gnashed their teeth and turned man who suspects a burglar is at a red. One minute might have been rear door goes to a front window and an hour or a second for all I knew, quietly telephoning headquarters dred yards or fifty miles as far as that she is being robbed. All of us I could tell. All that I knew was sooner or later find ourselves in pos- that the wind rushed past my head itions where our calm judgment de- and that I must escape. serts us and we do ridiculous things I tried once or twice to look back. when it would be much easier and but the danger soon became too simpler and more logical for us to do great. I was going at such speed

my prison chamber. Each moment several places and the bullets were I risked breaking my neck in a col- whirling very close to my head. if indeed I did any thinking at all thought of Harry Pendleton seeking about it. It did not occur to me that to injure me, it was an unusual thing for me to be But I did not know to what exmotorcycle men who saw us but sweet enough to fight for it.

could not stop the rushing cars. for at that time I must have appeared 'to greater speed. anything but a sane woman. My Then something happened which I hair was flying about my head, my had not counted upon. I felt a face was begrimed with dust, my stinging sensation at my left temple clothing was disarranged and my and something moist and warm eyes must have been as wild as those trickled down my cheek. Then of any women out of her senses. But everything turned black before my Your cold in head or catarrh will be no thought of these things came to eyes.

burned in my brain. They must not STOPS MY FLIGHT overtake me! I must not be cap-

I do not know how long the race continued or how many miles were It is astonishing what a panic- traversed in my useless flight. Nor, stricken mind will do under any can I tell how many carloads of pas-

leaps from a window and breaks a to pursue us. My mind took no leg when he could escape down the notice of the passage of time; it stairway without danger. The wo- made no record of distance traversscreams for the police, instead of and I might have traveled a hun-

that all my faculties were required So it was with me as I drove my to keep me on my course. Once car at perilous speed toward the city, got a fleeting glimpse of my purstriving with all my might and at suers and noticed that they were not the risk of my neck to escape the far behind. I also saw something madman and his minions in my bright flash back the rays of the dywake. How much more reasonable ing sun, but I did not know what it would it have been had I watched was until I saw my windshield go to for my chance, and when one of the pieces before my very eyes. Then many groups of automobilists ap- something very musical, something proached stopped them and appealed which made a noise such as a singto them for protection. Almost ing bee (if there were such a thing) & Bad every minute I passed a carful of might make, passed my ear. Then people, any one of whom would have I knew that some one was firing a responded to my appeal. But I did revolver at me, but whether it was not think of asking their protection. Harry Pendleton and his crew of The one wild thought which obsessed cuttaroats or mo'orcycle patrolmen me was to flee from that terrible I could not tell. But whoever held car behind me; to escape that mad- the revolver was a good shot, for the man who sought to take me back to top of my roadster was pierced in

lision or from other accident, and 'He would not dare!' I muttered than any other cough remedy. The way it takes hold of an obstinate

doing, or for my pursuers to be do- tremities his distorted mind would every ing, but the sight of me fleeing and drive him, or what wild tales he cough during the night or day time, of Harry Pendleton's car behind me had told his henchmen to cause them must have caused no end of aston- to fire at me, an innocent and in- Pour this into a 16-oz. bottle and fill the ishment to the pleasure seekers we offensive woman, whose only fault bottle passed, and unlimited rage to the was that she had considered her life

But if they thought to frighten Had I suddenly been halted and me into stopping they were much this excellent cough syrup will reall had Harry Pendleton come up and mistaken. The knowledge that they surprise you. It promptly heals th made his claim that I was an escaped were driven to desperation spurred lunatic he probably would have been me on to greater effort as I fed gasgiven all the credence in the world, oline into my car and urged it on

(To Be Continued.)

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

Fashioned After a Grown-Up Model.



A clever suggestion for a frock of tub material, made in the long blouse

and skirt effect so fashionable for

Now that spring is nearly here tub

materials are uppermost in mind for the development of youthful frocks. Here is a model consisting of blouse

and skirt, the blouse closing at the back, if desired. If preferred, how-

ever, the back may be cut on a fold

of material and the blouse slipped on

over the head. Medium size requires

3% yards 36-inch material, with %

yard lining for underwaist and 21/4

yards 114-inch ribbon for the belt

The blouse is made first, and its

construction is comparatively simple.

Slash through the fold at center-

front from upper edge to single large 'O' perforation and finish edges for opening. Gather shoulder edge of

front between double "TT" perfora-tions. Close under-arm and shoulder

seams as notched. Turn hem in back

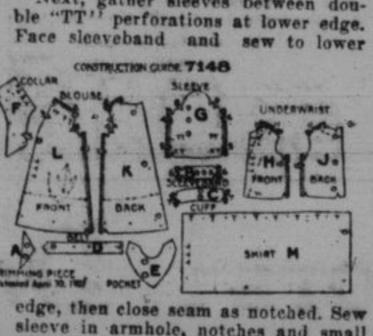
grown-ups.

with sash ends.

large "O" perforations indicate center-back. Turn hem at lower edge of long blouse on small "o'' perforations. For shorter blouse, refer to cutting directions. Turn under lower edge 1% inch for a hem.

Sew the collar to neck edge, notches and center-backs even. If the blouse is closed at center-back, leave collar free on left side from centerback to front edge, and finish for

Next, gather sleeves between dou-



sleeve in armhole, notches and small "o" perforations even, easing any

No pattern is given for the sash, but a straight strip of material may be cut to make it, if ribbon is not used. Arrange around the waist as illustrated, crossing in back and tie

To make the underwaist, face at center-front to the line of double small "'oo" perforations to form shield. Close under-arm and shoulder seams as notched. Turn hem in back at notches. Large "O" perforations indicate center-back. Plait lower edge of front placing "T" on corresponding small "o" perforation.

Now take the skirt and close back seam from large "O" perforation to lower edge; finish edges above for closing. Turn hem at lower edge on small "o" perforations. If desired gathered; gather entire upper edge. If desired plaited; form plaits bringing "T" perforation nearest centerback to the seam; and bring remaining "T" perforations to corresponding small "o" perforations and tack. Sew to lower edge of underwaist, center-fronts and center-backs even.

Trim the front of the blouse with buttons. If closed in the back a single row of buttons may be added

on small "o" perforations. Line of there. Pictorial Beview Girls Dress No. 7148. Sizes, 6 to 15 years. Price,

Above Patterns Can Be Obtained From **NEWMAN & SHAW** Princess Street.

## Menu for Friday

BREAKPAST.

Sliced Bananas with Lemon Juice Oatmenl Isparagus Omelet Fried Cornment Mush and Syrup Coffee or Cocon

LUNCHEON OR SUPPER

almon Croquettes with Cream Cabbage Salad Peach Shortenke Ten or Cocon DINNER Cream of Corn Soup Pigs in Blankets

Pickled Beets

Grape Juice Jeily

Devil's Food Cake

Coffee

Floating Island. vanilla, pinch of salt.

to beat eggs on, eggbeater, bowl to Garnish top with fried bacon. Serve beat yolks in, skimmer.

double boiler. As soon as it boils the bacon drippings makes a good, drop the stiffly beaten whites of eggs hearty addition.

spienaia 10r

Coughs, Colds,

Bronchitis

An Inexpensive Home-Made Remedy-Gives Surest, Quickest

Anyone who tries this pleasant tastnore homes in the United States and cough, giving immediate relief, will make you regret that you never tried it be and you have 16 ounces of the most

effective remedy you ever used. The quick, lasting relief you get from membranes that line the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splen-did for bronchitis, croup, whooping cough and bronchial asthma.

and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation. The Pinex Co., Toronto, Ont.

IN NEW YORK BY THE GERMAN SUBMARINES

These Are American, Swedish, Dutch, Danish and Norwegian-296,000 Tons of Cargo Held.

New York, March 8 .- As a direct result of the German blockade decree of January 31st, which also closed to neutral shipping the British ports of Kirkwall and Falmouth 53 steamers of American, Swedish, Danish, Dutch and Norwegian register have been prevented from sailing from the port of New York, or having sailed, are now tied up for an indefinite time at Halifax for examination. According to figures compiled here yesterday by shipping authorities these ships, had they sailed as scheduled, would have taken from this port approximately 296,000 tons of cargo. Fourteen of the vessels would have carried pas-

sengers and United States mails. The heaviest sufferer has been Holland, Agents here of lines flying the Dutch flag reported today that 25 vessels which would have sailed under conditions prevailing prior to February 1st, are tied up at their docks or have been detained at Halifax for examination. Ten' freight ships of neutral nations, classed as tramps, also are held here awaiting orders to sail.

The American Line, which now has its entire fleet of six passenger ships in port, has missed eight sailing dates, and all passenger traffic to Europe other than that carried by vessels of the Entente Allies and Spain has been suspended, the same conditions prevailing for west bound passenger traffic.

The number of ships of the Entente Allies departing from New York during the period from February 1st to March 5th is shown by port records to be 20 ships less than sailed between December 29th and January 31st.

## CANADIAN BATTALIONS **MAKE GALLANT RAID**

German Casualties Are Heavy, **But Dominion Troops Also** Suffered Losses.

London, March 8 .- It was just

after dawn one day last week that four Canadian battalions set out to make an attack on an eminent landmark in France. The four battalons represented Montreal, Toronto, Vancouver and Kootenay. The attack was initiated as usual by heavy barrage by our artillery, during which the Boche lay low, but at a certain point he jumped up and operated a number of machine guns, which was chiefly responsible for the Canadians' rather heavy casualties, though a veering wind also caused trouble with our gas attack. The Boche did not have it all his own way, but suffered heavily during our rush. In fact, the German official communique merely stated a strong British attack was repulsed.

which modest statement is generally

employed when the Germans have

### on top in 4 or 5 spoonfuls, cover and boil 3 or 4 minutes. Remove the whites with skimmer; add the well beaten yolks and sugar, the vanilla and salt; stir until it thickens, set aside to cool. Pour the custard into bowl and float the whites on the top.

Virginian Spoon, Bread Flavored with Bacon.

Materials-Two cups cornmeal (yellow or white) 2 cups milk, 2 eggs, I teaspoon salt, 1/4 pound ba-

Utensils-Double boiler, two measuring cups, teaspoon, tablespoon. casserole or earthen dish, frypan. Directions-Put the milk and 2 cups of water on in top of double boiler; when boiling, add the cornmeal slowly, stirring all the time until it thickens; add the salt; cover and let boil one hour. Separate the Materials-Two cups milk, 2 eggs, eggs and add the yolks and the 2 tablespoons sugar, 14 teaspoon whites that have been beaten until light; brush casserole or earthen dish Utensils-Double boiler, measur- with drippings, pour in the mush and ing cup, teaspoon, tablespoon, platter bake in hot oven 35 to 40 minutes. with spoon from dish in which it is Directions-Put the milk in top of baked. A milk gravy made from

> THE WORLD'S NEWS IN BRIEF FORM.

Tidings From All Over Told In a Pithy and Pointed

The British steamer Carmania and other big ships arrived at New York

An extra session of the U.S. Congress not later than June now generally conceded to be assured. The formation of a British army

division to be composed largely of young clergymen has been suggested The British Commons will not pass the final reading of the Home Rule bill now. Premier Lloyd George will

The Teronto Consumers Gas Company has raised its price ten cents a thousand cubic feet, making the price

All traffic across the Dutch-Belgian frontier has been stopped by the German military authorities because hey wish the movements of their troops to be kept secret.

Germany's efforts to negotiate an

alliance in the eventuality of war with the United States was approved by the Reichstag as being within the legitimate scope of military precau-At Tokio Ralph Hoyt Thayer,

formerly of Utica, N. Y., arrested on the charge of violating the law for protection of military secrets, has been remanded for trial and released under bond. Manseevich Manuiloff, secretary to

M. Strumer, and a member of the staff of the Novoe Vremya, has been sentenced to eighteen months in a hard labor battalion for blackmailing the Union Bank of Moscow.

No Exemption For Hotels.

Whitby, March 8 .- At its meeting last night the Whitby Council refused to grant to the hotel proprietors exemption from taxes for the year 1917. The Public Utility Commission also turned down a petition for free water and light for the ho-

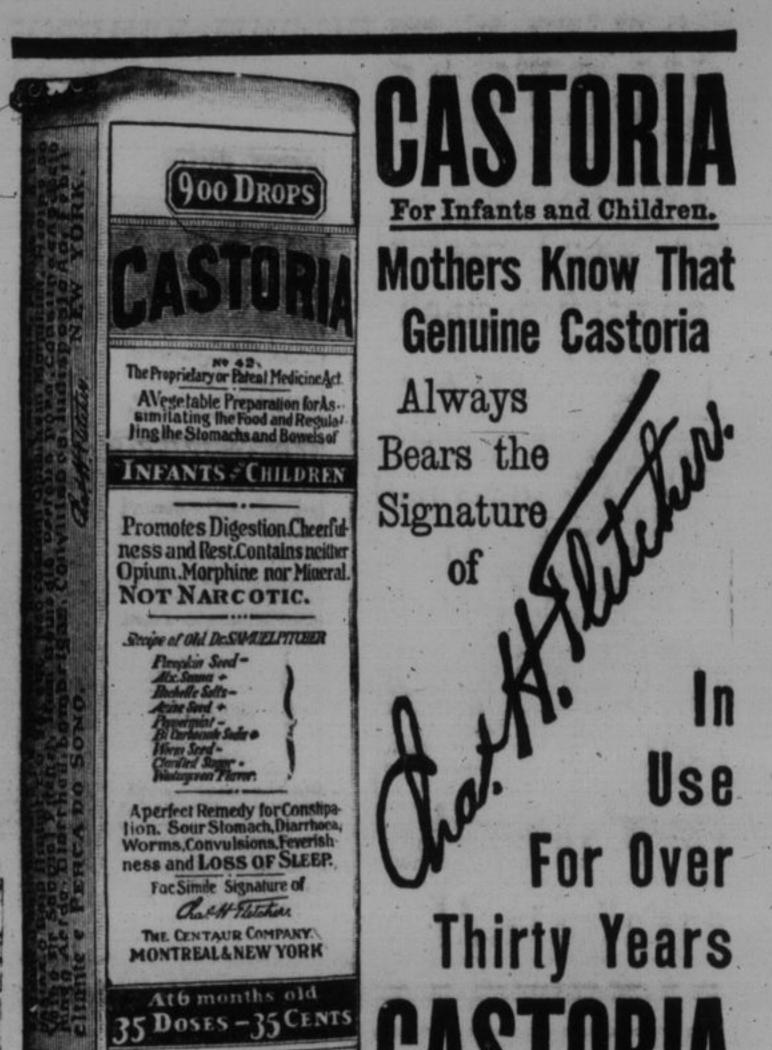
Knowledge may be power, but it takes gasoline to get you anywhere

You may want to change your automobile, or your piano, or even your homebut you will never want to change the COFFEE, when once you taste the delectable flavour of Chase & Sanborn's "SEAL BRAND" COFFEE.

In 16. 1 and 2 pound tins. Whole-ground-pulverized-also fine ground for Percolators. Never sold in bulk.

ASK YOUR GROCER FOR

IN PACKAGES. Black, Green and Mixed. Packed in Kingston, by GEO. ROBERTSON & SON, Limited.



THE CENTAUR COMPANY, NEW YORK GIT

# It's But a Step to the Next O-Cedar Polish Store

Exact Copy of Wrapper.

The demand for O-Cedar Polish and O-Cedar Polish Mop has now become so enormous, that we find it at times a little difficult to fill merchant's orders as promptly as we would like to.

An article for which there is a great demand is naturally the one the merchant gets out of most quickly-and most frequently.

Almost every housewife now uses



So it is not to be wondered at, that the merchant occasionally finds himself without a tin in his store.

He may be without O-Cedar for but a single day, but that may be the very day you go into his store to buy. "Now the dealer may try to sell you another polish. That is only human-but-are you going to be persuaded into buying a polish which may disappoint you.

If the dealer says he hasn't any O-Cedar -that he has just sold his last tin of O-Cedar Polish or his last O-Cedar Mop -remember it's but a step to the next shop that handles our goods and there you will be almost sure to find them.

You know O-Cedaz. You know how it cleans as it polishes, whereas almost every other polish just covers up the dirt on top of the varnish.

Guard your furniture against possible injury-insist upon O-Cedar. Do not accept an article bearing a

name that SOUNDS like O-Cedar-insist on O-Cedar

> Channell Chemical Company, Limited

> > TORONTO.

O-Cedar Polish and O-Cedar Mop are now on sale at all Hardware. Grocery and Furniture Stores-as well as all Department Stores.