Good Old Home-Made Family Cough Remedy

fuch Better than the Ready-Made Kind-Easily and Cheaply Prepared.

If you combined the curative proper-ties of every known "ready-made" cough remedy, you would hardly have in them all the curative power that lies in this simple "home-made" cough syrup which takes only a few minutes to prepare. Get from any druggist 216 ounces of. Pinex (50 cents worth), pour it into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 54 cents and gives you 16 ounces of really better cough syrup than you could buy ready-made for \$2.50. fastes pleasant and never spoils.

tion gets right at the cause of a cough posens the phlegm, stops the nasty arost tickle and heals the sore, irrimembranes that line the throat. and easily that it is really astonishing ordinary cough and for bronchitis eroup, whooping cough and bronchial asthma, there is nothing better. Pinex is a most valuable concentrated

compound of penuine Norway pine exeen used for generations to break up To avoid disappointment, be sure to ask your druggist for "216 ounces of Pinex" with full directions, and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded, goes with this preparation.

McLaughlin's Garage

Seize the opportunity; bring u our 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.

CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

Balm from your druggist now. Apply that I have not had time to be a good a little of this fragrant, antiseptic and attentive husband, and back of again, slowly, my heart in my mouth, silver-bits and notes resting on the healing cream in your nostrils. It pen- all our trouble, I know, was this my breast heaving with emotion. strates through every air passage of thoughlessness of mine, so that I the head, soothes the inflamed or wollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffedup with a cold or nasty catarrh-Relief comes so quickly.

By placing your order now for our spring suit you will save 25%.); sure for very low prices.

New York Skirt & Suit

208 Wellington Street. "TIZ" PUTS JOY IN SORE, ACHING FEET

"My, How 'Tiz' Gladdens Tired, Swollen, burning Feet -It's Glorious!"

Ah! what relief. No more tired feet; no more burning feet; no more swollen, aching, tender, sweaty feet. No more soreness in corns, callouses

No matter what ails your feet or

what under the sun you've tried without getting relief, just use "Tiz." "Tiz" is the only remedy that draws out all the poisonous exudations which puff up the feet. "Tiz" cures your foot trouble so you'll never limp or draw up your face in pain. Your shoes won't seem tight and your feet will never, never hurt or get sore or swollen. Think of it, no more foot misery, no more agony from corns, callouses or bunions.

Get a 25-cent box at any drug store or department store and get instant relief. Wear smaller shoes. Just once try "Tiz." Get a whole year's foot comfort for only 25 cents. Think

Ranks with the Strongest" **HUDSON BAY** naurance Company FIRE INSURANCE

Head Office, Royal Insurance Bldg. MONTREAL PBRCY J. QUINN. N.-H. GODWIN & SONS ENTS, KINGSTON, ONT. e

POOT OF BROCK STREET

(By Frances Walter)

ARTHUR'S LETTER.

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

thing when I opened Arthur's letter. come rich, but I lost all those thing: The first possibility which flashed walch, in my younger days, I con Bokhara, or a horse tramway?" through my mind was that he had sidered worth living fer! How dil killed himself. Then I remembered ferent things would be if I only could what they had told me at his office, do them over again But that is the and I gave a sigh of relief. It was jold cry of the miserable and disap better to have him in Europe than pointed, and I shall try not to utte in a grave. Then there came over such a complaint again. What I wan This Pinex and sugar syrup prepara- me a sickening idea that he had left to do now is to forget to forget you us intentionally so that he might not time my mind dwells upon anything be compelled to meet me if I should with which you are connected in return. But why had Arthur fled? whole being is racked with pain. What drove him to leave New York? I have told your mother nothing Was it really business or was it I. At first I thought you might have be | bara, the Russian town, with its Roxane, his wife? And if so, what come angry with me occause of my was in his mind when he did? What neglect and gone to her home, but did he think of me and my absence? did not wish to take the chance o

no adjective before my name as he gated quietly. When I learned you addressed me. It began abruptly. It had not gone to her my worst fears seemed to me that my worst fears were realized. But I have spared were confirmed by that fact. Ar- her. She does not know your shame thur had gone away thinking that I It is all a mystery to me. I die had quit our home, possibly with not know of any man whom I though

word for word:

without the influence either of my know unless you take my advice and terference from without, in narrow upon circumstances, but with those own sake I hope you will heed this The roads are narrow and cobbled. circumstances, needless to say, you advice. that you wish, and I shall make no return it will make me ridiculous in nant, little reservoirs that hold the contest. All I wish is that there be my own eyes. But I cannot help it. city's water. as little scandal as possible about it An irresistible impulse compels me. and that the matter be over quickly. And I know that it will not be dis- of bygone houses, of ancient tiles and ible to return to America.

In one minute your clogged nos- down in black and white how I feel get. trils will open, the air passages of regarding this great crisis in your I hope that the new world into hats. The bazaars are rich and rare, your head will clear and you can life and mine . Strangely enough, I which you have entered will bring and in the shadow of the covered breathe freely. No more hawking, feel no resentment toward you. I you much happiness, and that you streets—there are fifty of them—the snuffling, blowing, headache, dry- have searched my heart and I can will insure its continuance by the lustrous silks and carpets, and pots ness. No struggling for breath at find no bitterness in it toward you, bond of marriage as soon as the law and slippers, in the shops each side

Get a small bottle of Ely's Cream | I have been so busy making money

have no one to blame except myself A man who thinks more of dollar lonly to find that he has no home it I was prepared to read almost any- is my predicament now. I have be

I glanced at the letter. There was alarming your mother and I investi you cared for, and I can think of I had crumpled into a chair, my none with whom I could connect you weak limbs no longer able to support But I have been so blind to other

will have nothing to do. I am leav- Once more I am impressed with the fold alleys and lanes, with squares ing the way open for you to take folly of writing this letter, yet I am where stand handsome mosques, with whatever action you choose. You writing it, although I know that you portals and stairways leading down may allege desertion or anything else will never see it and that if I ever to the cool and tree-shaded, but stag-

After that I may feel that it is poss- turbed because I have leased this mud. They have fine old doors of apartment indefinitely. It seemed carven wood, but no windows looking I am not writing this letter to re- easier to do this than to dismantle it. on the streets. A sort of inlaid cupproach you. As a matter of fact I do so I am leaving everything just as it board, with a glass window, half not know why I am writing it at all, was when we lived there together. open, a spread of wares, and a Mosfor the chances are that you will Some day, perhaps, I shall return and lem sitting in the midst, is a shop. never see it. Possibly I am merely look over these ashes of the dead Thus sits the vendor of goods, but trying to relieve my mind by setting past but until then I shall try to for- also the maker-the tinsmith at

night; your cold or catarrh will be I merely want to go away and forget, will render it possible for you to do of the way, have an extraordinary so. Until then, I am your husband, magnificence; the gorgeous vendors,

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

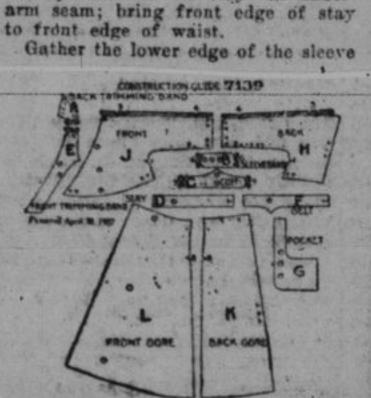
A Reversible House Dress.



Ideal for the housewife is this reversible dress of percale, with surplice waist and gathered circular

This design is novel as well as practical. It is a reversible house dress, earried out in percale, the surplice waist having two-piece kimono sleev-es gathered to bands. A three-piece circular skirt is attached to the waist

at raised waistline. To make the model in medium size requires 61/4 yards 36-inch material, with 1% yard helting 2 inches wide for stay. The construction of the dress is childlike in its. simplicity. First, close the under-arm, shoulder and sleeve seams as notched, easing in any fulness in sleeve between double "TT" perforations. Close shopl-der seam of front and back trimming bands as notched; stitch to posbacks, neck and front edges even. sign for morning wear.



Gather lower edge of waist between

double "TT" perforations and 2 in-

ches above. Adjust stay to position

under gathers, center-fronts and cen-

ter-backs even (large "O'' perfora-

tion indicates center-front-, small "o" perforation in stay at under-

between double "TT" perforations. Close seam of sleeveband as notched. sew to sleeve with seam of sleeveband at inside seam of sleeve. For short sleeve, refer to cutting directions. Close seam of cuff as notched, stitch to position on short sleeve with seam of cuff at inside seam of sleeve and double "oo" perforations even. Now, turn the hem at front edge of front gore of the skirt on small "o" perforations. Plait back gore bringing "T' to corresponding small "o" perforation and tack. Join gores as notched. Adjust skirt to position, stitching upper edge over upper row of gathers in waist, center- fronts and center-backs even, side seam at un-

Then adjust pocket to position on skirt, with outer edges of pocket along indicating small "o" perforafree about 214 inches from the top, to slip the belt under.

For the belt, turn under 1% inch at front edge for hem. Adjust to position with center-fronts and centerbacks even, large "O" perforation in-dicates center-front; slip belt underneath the strap extension in pocket, This is an eminently practical de-

Pictorial Review House Dress No. 7139. Sizes, 34 to 50 inches bust. Price, 20 cents.

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

WONDERFUL BOKHARA:

Stophen Graham Tells of Little Known Oriental People.

"The train entered the Russian Protectorate of Bokhara, and the population changed." Thus writes Stephen Graham in his book Through Russian Central Asia." I fell into conversation with a Tartar merchant in carpets," he goes on to relate, "and I tried to obtain the real sense of the word, and tha | an idea of what Bokhara was like in the year of grace 1914.

'Is there an electric tramway in 'No, nothing of the sort. The streets are so narrow, two carts can't pass one another without collision."

" 'Are there any hotels?' There are caravanserai.'

"No European buildings?" "Only outside, the town. There me, that he had put the sea between and my association with you, for each is a Russian police station, and a botel built for officials. The Emir won't allow any hotels to be built within the walls."

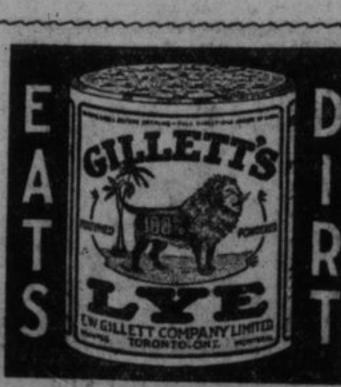
"At length we reached New Bokwhite houses, avenues of trees, its broad streets and shops, and we changed to a by-line for Ancient Bokhara. The train drew through pleasant meadows and cornfields, bright and fertile as the South of England, and after twelve sunny versts we came into view of the cement-colored mud walls of the most wonderful city of Muhammedan Asia, a place that might have been produced for you by enchantmentthat reminds you of Aladdin's palace me, and there, when the tumult had things that it is not wonderful that I as it must have appeared in the dedied in my soul. I read what my hus- did not see that some other man was sert to which the magician transportband had to say. Here is the letter, taking my place in your affection. I ed it. Within toothed walls-a gray only hope that you will obtain a di Kremlin eight miles round-live one Roxane: When you receive this let- vorce and marry him before it is too hundred and fifty thousand Muhamter, if you ever do, I shall be far late. You may not know now what medans entirely after their own away and you will be able to read it I mean by "too late," but you will hearts, without any appreciable inpresence in our home or in this city. place yourself in a position to marry streets, in covered alleys, with end-Whether I shall return will depend, this one whom you love, Four your less shops, behind screening walls. and wind in all directions, with mani-

"The houses are made of the ruins work, the coppersmith, the maker of sitting patiently, not asking you to I turned back and read the letter buy, staring at the heaps of metallics, little tabourets in front of them, belong to an age which I thought was only to be found in books. What a wealthy city it is! It offers more silks and carpets for sale than London or Paris; it is an endless ware-

house of covetable goods.
"What strikes you at Jerusalem or Constantinople is the abundance of English goods for sale, but here at Bokhara there is a strange absence of western commodities. . Formerly the English sent all sorts of manufactures by the caravan road from India, but since the Russians ringed round their customs system, the commercial influence of England has waned. Western goods come via Russia. What European articles there are come from Germany or Scandinavia. For the rest, as in other eastern cities, the street arabs hawk churek-cakes and lepeshki; men in white sit at corners selling, in this case, Bokharese delight, brown twists of toffee, old-fashioned sugar candy which in piles looks like so much rock crystal."

After a discussion of economic questions the Italian Chamber of Dedence in the government by a vote

of 369 to 43. Rev. Bryon H. Stauffer, pastor of Bond street Congregational church. Toronto, announced from the pulpit that he will remain in his present





CHARMING SPRING SUIT

Made of white broadcloth, trimmed

In the spectacle "Intolerance" at the Grand Thursday, Friday and Satur-

Menu for Wednesday

BREAKFAST Grapefeuit or Stewed Figs Ham Omelet

Tonsted Bran Brend Coffee or Cocoa LUNCHEON Fried Cerent Apple Jelly Bran Bread and Butter

DINNER Cream of Carrot Soup Cold Lamb Coffee

Ham Omelet.

of ham. For a large omelet beat 3 eggs, yolks and whites together, add seasoning and 3 tablespoons of cold water and beat well. Put a tablespoon of drippings into omelet pan. and when hot pour in omelet and reduce the heat at once, as the eggs must cook slowly. Keep the pan in motion constantly. lifting the edges so that the soft part will run underneath and still be moist; add the chopped ham, which has been warmed. Double up the omelet.

Apple Jelly. Wash and cut the apples into thin slices. To each cup of apples take a half-cup of cold water; cover and boil until the apples are tender. Pour into a colander and drain 6 hours, then drain through a jelly bag. To each cup o fjuice add I cup of sugar. stir until sugar is melted, then boil quickly ten minutes. Try it by pour-The pickings from the ham bone ing a little on a celd saucer; if it are put through the food chopper forms it is ready to pour into glasses. and to each egg allow I tablespoon Be careful not to boil too long.

Fresh, pure, clean Tea Guaranteed

You can always be sure of getting fresh tea-

pure tea-

clean tea-

fragrant teafull strength tea-

rich, natural flavored tea-

in the sealed Red Rose package.

This package is sealed tight against odors-

and airthe "enemies" of tea.

It is a package worthy of the choice tea insideA choice blend of the select hill grown teas of Assam, in northern India, and Ceylon-

tea of distinctive flavor and economy-

A tea that goes fully one-third farther than ordinary tea.

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tea marked

on package.

everypackage

The price is marked on the package and is the same price in every grocery store-

A price that allows the grocer only a fair and just profit.

Try a package of this delightful tea.

Red Rose Quality wins thousands of new users every year.



T. H. ESTABROOKS CO., Limited St. John, Toronto, Winnipeg

Our bakers select these choice sey Cream Sodas. sized packages

ingredients—high-grade flour, fresh rich milk, Jersey butter and pure shortening in the making of McCormick's Jer-Sold fresh everywhere in different

So good that butter seems unnecessary



Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation. Flatuleney, Wind Colic, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

In Use For Over 30 Years

The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY,