WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food Into stomach.

Says Inside-bathing makes any

absorb impurities into the blood,

taken into the stomach, nearly an frequent speaker at the Young carried out of the body. If this Men's Christian Association huts in waste material is not eliminated day the war zone with Harry Lauder, in front of our latest line of adby day it quickly ferments and gen- gives some intimate, glimpses into erates poisons, gases and toxins, the life of this man, and the followwhich are absorbed or sucked into ing is published by courtesy of Asthe blood stream through the lymph sociation Men: ducts which should suck only nour ishment to sustain the body.

drink, before breakfast each day, a glass of real hot water with a tea- after the announcement of that spoonful of limestone phosphate in tragedy I happened to be preaching it, which is a harmless way to wash in the City Temple, London, and Mr. these poisons, gases and toxins from and Mrs. Lauder were in the conthe stomach, liver, kidneys and bow- gregation. After the service they reduced to the condition of a moels, thus cleansing, sweetening and came into the vestry to see me. My tionless fort of steel instead of confreshening the entire alimentary ca- heart went out to them both, but the nal before putting more food into courage of their bearing conquered fort till dusk in fighting the rival

phate costs but very little at the rose to my lips instead. "Harry, we drug store but is sufficient to make are all proud of the wonderful way their Lewis guns and destroying the anyone an enthusiast on inside-bath- you have borne this heavy blow.'

For the Boys at the Front.

CHOCOLATTA "The Ready-to-use Chocolate" Contains the Chocolate, Milk and

Prepared Instantly by Adding

No Cooking or Milk Required. For Sale By

D. Couper, 341-3 Princess St.

Use Grandma's Sage Hea and Sulphur Recipe and Nobody Can Tell. Brush It Through Hair.

Gray hair, however handsome, denotes advancing age. We all know the advantages of a youthful appearance. Your hair is your charm. It makes or mars the face. When it fades, turns gray and looks streaked, just a few applications of Sage Tea and Sulphur enhances its appearance a hundred-fold.

Dont stay gray! . Look young! Either prepare the recipe at home or my window dance into brightness. some way on their journey, when a get from any drug store a bottle of "Wyeth's Sage and Sulphur Com- him pass along until the gloaming and the prisoners ran off to the pound," which is merely the old-time recipe improved by the addition of other ingredients. Thousands of where he was, for other lamps flashfolks recommend this ready-to-use ed into flame. Having completed his To return to the salved tank. I preparation because it darkens the task, he disappeared into a side came back from the journey in it hair beautifully, besides, no one can through the night making it Kright the night making it Kright possibly tell, as it darkens so natur- through the night, making it bright that city of sacrifice. Imagination papers can be lifted and the flour ally and evenly. You moisten a and safe for those who should come could not paint a more poignant poured back into the sifter in less this through the hair, taking one small strand at a time. By morning the city. the gray hair disappears; after another application or two, its natural der cried: Boys, think of that man racle of individuality the live beauty flavoring. The undesirable parts can get around with a lot of silly letters. color is restored and it becomes who lit the lamp, for you are his suc- of old which the artists gave them, thick, glossy and lustrous, and you

It is not intended for the cure mitigation or prevention of disease.

Have Your Car Overhauled and Stored for the Winter AT THE

Ranks with the Strongest' **HUDSON BAY** Insurance Company FIRE INSURANCE MONTREAL PERCY J. QUINN,

FRESH LAKE ON-WHITE-

All Kinds of Fresh Fish.

FISH AND TROUT

****************** Heart of Harry Lauder

Displayed in His Work

Since Death of his Son

ARRY LAUDER is known on lightened the burden of life for an know him and his clever wit through the phonograph records of his songs. fore breakfast like you do on the However, few have known the more with a pollard willow that caused a outside. This is vastly more impor- serious side of this great Scotchman's momentary retreat, a brief excitetant because the skin pores do not life. Dr. George Adams, of Edincausing illness, while the bowel pores | burgh, a staff officer of the British Minister of Munitions, says For every ounce of food and drink Christian Advocate; who has been a

"You remember how the world wept with Harry Lauder when his A splendid health measure is to only boy died upon the field of honor and left him childless. The Sunday much that was sympathetic I felt and bigger defence in concrete. A quarter pound of limestone phos- like saying. Words of admiration They were marooned in the

there are only three ways open to were hard to keep. The rendezvous am looking to God for the consola- some of the first scouts sent out to tion and the courage I now need.'

working at full pressure during the ated. Neither force thereabouts has week in the play "Three Cheers," at a regular trench line, but the Gerthe Shaftesbury Theatre, he gave up mans were in possession, thickly his rest day gladly to go away down enough scattered round and about in to two of the great Canadian camps shell-holes ..

little man why he was going down to of one of their little garrisons, but the camps. Why not join them in a in spite of the surprise he had time quiet week-end on the river? Laud- to nip a bomb out of his pocket, reer's reply was quaint, as usual. 'The lease the pin, jerk the bomb into boys can't get up to town to see me, the enemy's midst, and bolt into the so I am off to the camps to see darkness again. He had now quite them.' A right royal time he gave lost direction, and at dawn was still them, too. Picture 10,000 men in a | well within the enemy's lines. There dell on the rolling Downs with a was nothing for it but to lie doggo little platform in the center and in a shell-hole till darkness came YUUNU, there Lauder singing the old favor- again. Next night luck was with ites you have heard so often and the him. He avoided all Germans, was

> Home,' and others. "This was not all; his soul must ences, but every man of this crew have been stirred by the sight of so came safely home. many dear, brave men, for when the Such fortune is rare, though this meeting seemed over Lauder began, sort of experience is not uncommon to speak to the soldiers. And a real in this in-and-out fighting. Some of speech he made, full of imagery, noe- the Surreys, for example, who have try, and fire. May I just tell you how come through many of the hottest he closed? 'One evening in the engagements in the war, and have gloaming in a northern town, I was surpassed themselves lately, had a sitting by my parlor window when I much less fortunate adventure. A saw an old man with a pole on his sprinkling went straight through to shoulder come along. He was a lamp- their objective and sent back a guard lighter and made the lamp opposite with their prisoners. They had gone Interested in his work, I watched hidden fort opened fire on the guard gathered round and I could see him friendly shelter so unexpectedly no more. However, I knew just opened, and escaped almost without

cessors, only in a much nobler and and one rose window in the cathe-Wyeth's Sage and Sulphur Com- grander way. You are not lighting dral keeps intact its delicate tracery. pound is a delightful toilet requisite. for a few hours the darkness of pass- to assert the wickedness of destrucing night. You are lighting an tion else complete. In one of the avenue of lights that will make it houses holding three of its walls safe for the generations of all time. erect a flourishing fire had been lit Therefore you must be earnest to do among the fallen beams and dusty within, and those of your blood who that their quick flames had come to will come after you will look up life in such a field of skulls and proudly in that light of freedom and skeletons. say: "The sire that went before me | A little later a thundercloud setlit a lamp in those heroic days when | tled over the back of the city while Britain warred for right." The first the sun was still bright in the west, burst of illumination that the world and Ypres was invested with the halo had was in the lamp lit by Jesus, or of as vivid a rainbew as ever I saw.

rather He was the Light Himself. He | Can it be that the home fires will said truly, "I am the light of the ever burn again in this place of ruin, world." You are in His succession. or was the promise in the heavens Be careful how you bear yourselves. that day a wain emblem? - Cor. "Quit ye like men! Be strong." " London Daily Mail. Rule, Brittania! Between 40 and 50 per cent, of

with 2,400,000 tons in 1914. 100; to-day it is 339,000

and over six million miles patrolled reveal is \$51 years after the event.

Germany's mercantile fleet reduced thuselah. y nearly 50 per cent., as compared with British reduction of 14 per

Assyrians Used Sulphur,

Sulphur is one of the older known elements; the ancient Assyrian alchemists regarded it as the principle of combustion or account of its own inflammability, and termed'it "brimstone," meaning literally burning stone."

Some people are saddest when they sing and there's a reason why. It doesn't pay to bunko a woman whose only asset is a gift of gab. Wise is the woman who wears nuzzle on her gossip department.

How Crew Escaped From Stranded Ship in Enemy Lines.

How the tanks won a battle north of St. Julien is now old history, though the experiences of their crews, some among the most drastic in the war, are as yet untold One of the best of these I heard vesterday within the body of one of the very tanks that had gone through Scotch comedian. In both the battle. The hide of the machine Europe and America he has bore many of the marks of battle. It was dinted and many nuts were shavfor thousands of people. Many who I can testify after traveling back in never have seen him have come to it from the old German trenches across rough country and, modest bridges. It was a comfortable journey, varied only by one little affair ment produced by a gust of machinegun fire against a low German airman, and the upsetting of a young the officer by the sudden tightening of a steel rope during an interval spent in salving a sister tank.

> All the tanks, of course, were not so lucky as this. One lies moribund vance, and the story of its crew's escape is characteristic of the new warfare. Goliath, which will serve for its name, serpentined forward unattended to attack a German strong place. His approach and the rattle of his shell sent some of the enemy running, while a few, more daring than the rest, vainly attacked him with bomb and rifle. At this crisis some wound or some accident produced paralysis, and Goliath was crete, and the crew held their steel

enemy's territory, but, taking out interior of the machine, they slipped "The answer came quickly. When out and started on a pilgrimage a man has been hit as I have been home. It was dusk, and directions him-drink, despair, or God! and I in a certain shell-hole was lost by prospect, and so it came about that "On a recent Sunday, although many of the crew were soon separ-

A young officer, scouting alone, "Some one in London asked the found himself suddenly in the midst DARKEN GRAY HAIR soldiers love so much, 'Rocked in the shot at only once by one of our pa-Who Fought and Won, 'Children's suaded his friends that he was not an enemy. Others had other experi-

behind him. An avenue of lights emblem of ruin. The bleached and time than when using a pan. through the traffic and dangers of shattered ribs of the cathedral and the Cloth Hall shining against a very the right. Fight well and hard rafters by some stray shell. It was against every enemy without and almost more than one could believe

The Battle of Hastings, a London German submarines have been sunk, paper announces, began at 9 o'clock Germany's 'submarine losses for in the morning, on the 14th of Octolast quarter exceeded those for the ber, 1066. All this appears to be historically accurate. The questionable Displacement of Britain's fleet to- part of the announcement comes in day is 4,104,000 tons as compared the following sentence, to the effect that "it is proposed to commemorate Personaul of fleet before was 146,- the anniversary of this event by week's festival on behalf of the Britain had 18 mine-sweepers and wounded." It seems rather a long patrols before war; to-day there are time to have waited to collect money or the wounded, until the year One million ship's miles steamed 1917, which a small calculation will Supposing the youngest veteran to In September 490 per cent, of have been \$6 at the time of the battotal vessels sailing Atlantic were tie, he would now be 867, or going strongly as a competitor with Me-

> Animals in Ircland. According to statistics given by the Northern Whig, a Belfast newspaper, the number of horses in Ireland was 598,900 on June 1, 1916, and 598,-00 on June 1, 1917. The other live tock in Ireland included 4,970,406 aftle, 3,763,700 sheep, and 1,290,-90 pigg; en June 1, 1917, there mare: 4,903.500 cattle, 3,743,900-

> True happiness consists in the pur-

abeep, and 949,700 pigs.

ing thereof. Fools are not the only ones who get a quick divorce from their money during the holidays.

Easy & Practical. Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

For Graduation and the Summer Dance.

Next, take the outerwaist and slash

through the fold in back, which is

indicated by large "O" perforations,

from neck to lower edges. Under-

face right back edge and sew an un-

aderiap to left back edge, then finish

for closing. Close under-arm and

sleeve seam, then gather neck and

lower edges and sleeve between "T

perforations and 2 inches above the

and sleeve to the desired size and

bias bands. Arrange on underbody.

TUNIC

To make the skirt and tunic, close back seams from large "O" perfora-

tions to lower edges and finish edges

above for plackets. Gather upper

edges between "T" perforations. Ad-

just skirt and tunic to position,

stitching upper edges over upper row

of gathers in waist and bring large;

"O" perforation at upper edge of

tunic and small "o" perforation at |

The girdle may be made with

straight upper and lower edges, or

draped with a point near the left

side-front. Catch the material up at

slot perforations and tack 1/4 inch

from folded edges. Arrange around

the waist and fasten on left side. Sin-

gle large "O" perforation inicates cen-

ter-front of girdle and the lower

edges single small "o" perforation,

Developed in embroidery flouncing.

with the tunic omitted, this model is

dainty for mid-summer.

top of skirt to under-arm seam.

MATERIAL

Patented April 30, 1902;



A pretty frock for summer requirements, made with tunic skirt and round bodice with kimono sleeves and a girdle that may be straight at both edges or raised-to a point at the left sic.

Here is a charming frock that may be used first for graduation and later for summer dances. It features the fashionable jumper with short kimono sleeves. Both the gathered skirt and tunic have a straight lower edge. In medium size the model calls for 5% yards 36-inch material, with 34 yard 36-inch lining for the underbody and 11/2 yard for upper part of skirt.

As a foundation, take the underbody and close the under-arm and shoulder seams. Turn hem in back an face the neck. Plait lower edge and tack, then adjust 2-inch belting to position to lower edge for a stay.

Pictorial Review Costume No. 7233. Sizes, 14 to 20 years. Price, 20 cents.

A kitchen in good repair inspires time. the cook to keep it neat.

HINTS TO HOUSEWIVES.

War bread can be made either with or without potatoes.

A good fresh cocoanut is light brown in color and you can hear the liquid inside when you shake it .. Delicious muffins as well as griddle-cakes can be made with bread

When sifting flour several times it the people behind him."

Not a bit of celery should be wast- from swallowing one's own words. "With passionate earnestness Lau- blue sky have conserved by some mi- ed. The leaves can be dried for It's love that makes the postman

be used for soup and, of course, the best will be served raw.

When the heater fire has reached its hottest do not allow it to burn on Milk, fruit and vegetables are the until the coal is exhausted, but shut off the draught and the coal will hold the heat it has made for a long

LAURIER WILL STAY ON.

Official Declaration Issued Messrs. Lemieux and Casgrain. Montreal, Jan. 10 .- The following declaration signed jointly by Senator Casgrain and Hon. Rodolphe Lemieux has been issued here: "Sir Wilfrid Laurier will always grumbs, dried and run through a be head of the Liberal party and cer-

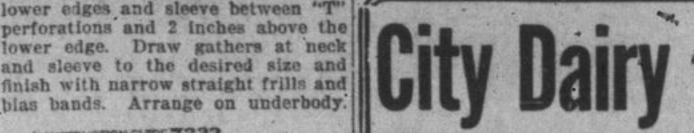
tainly would not think of retiring

to-day when he has the majority of

Shortly after marriage a man dis-

Take it as Soup before Meals"

"BLUE BONNETS" - A New Fabric with New Features. "Blue Bonnets" meets the needs of the woman who wants a beautiful, durable tabric that wears without wrinkling, repels dust and launders perfectly. Admirably adapted for tailor-made dresses, sport coats and skirts, childrens garments, petticoats, etc. Also drap-If your dealer doesn't carry "Blue Bonnets" send us this ad with name of dealer and we will send him samples and notify him of your request. LESHER WHITMAN & CO. Inc., 881 Broadway, New York



PASTEURIZED MILK AND CREAM Visit This Dairy and Decide for Yourself. - Satisfaction Guarante Mgial Test by H. B. Smith. Milk topi ed 3.2 Butter Fat. **Phone 2083**



What Is 'Well-Favoured'?

"Leah was tender eyed, but Rachel was beautiful and well-favoured.'

Bacon says "Beauty of feature is greater, than beauty of favour.

But as a matter of fact, most people find the fine complexion (beauty of favour), the more attractive. It means health and a body sweetly clean.

How splendid to think that anyone may have beauty of favour! The face exposed to dust of every day life should be cleaned

The right Soap should dissolve readily and have creamy, soothing softness, owing to rich oils, while strong enough to clear off grime.

> VINOLIA LIRIL SOAP

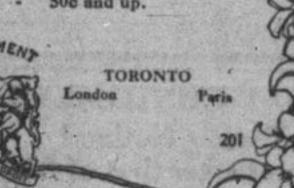
C There is one Soap which proves perfect for daily toilet use and is made entirely from pure, sweet Vegetable Oils which are aids to a clean and beautiful complexion. It is the moderately priced Vinolia Liril sweetly garden scented

with Violettes de Parme.

On sale at all druggists 10e a cake

Royal Vinolia Tooth Paste , - 25c. Royal Vinolia Face Greams 250 and up. Vinolia Face Powders - 50c and up.









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Everybody's Favourite Table Syrup

In 2, 5, 10 and 20 lb. Tins ——— and "Perfect Seal" Glass Jars.

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