### Where Quality Does Count!



CAUSE an egg. aged in cold storage, has lost its havor; has nothing to do with the eggs which the farmer brings fresh from the

Because you can't make a good cup of coffee with poorly nourished and improperly roasted coffee beans: has nothing to do with the coffee you can make with

"SEAL BRAND"-from the best plantations, cultivated by experts. Then, blended and roasted and ground by those who have made a lifetime study of the subject.

"Seel Brand" is a rich, full-bodied, delicious beverage - wholesome, invigorating, fragrant.

In 1/2, I and 2 pound tins-in the bean, ground or fine ground for percolators. PERFECT COFFEE, PER-FECTLY. MADE" is our new book let, we are mailing free to coffee lovers. Write for a copy. CHASE & SANBORN. MONTREAL

### OPEN NOSTRILS! END A COLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up.

County fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can hawking, mucous discharge, dryness! or headache; no struggling for breath

Get a small bottle of Ely's Cream cream in your nostrils. It penecolds and catarrh yield like magic. Don't stay stuffed up and miserable. Relief is sure.

For the Boys at the Front.

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

Prepared Instantly by Adding Boiling Water Only. No Cooking or Milk Required. For Sale By

D. Couper, 341-3 Princess St.



### Government FISH FRESH EVERY DAY

OLEOMARGARINE DAIRY and CREAMERY BUTTER Buy Here and Save Money.

C. H. Pickering, 490 & 492 Princess Street.

## LOCAL BRANCH TIME TABLE

IN EFFECT JAN. 6TH, 1918.

Trains will leave and arrive as Oir. Depot, Foof of Johnson Street. Going West.

Non. 1, 13, 14, 16, 18, 19 run dally.

Ohleago, Bay City, Saginaw, Montreal began taking Dr. Pierco's Favorite Pre-Hallfax, Boston, and New York For and restored me to health and strength Pullman accommodation, tickets and that I was able to do all my own work Hanley. Agent. Agency for all command others besides. I do recommend steamship unes Open day and algot 'Favorite Prescription' to weak and ail-

Passenger Service

### Liberal Leaders of Ontario

T is a proud and honorable inheritance which comes to William Proudfoot, M.P.P., the new tury his predecessors have carried statesmanship which have given the ed Province its high place in the Doleaders have assumed new duties fighting the battles of social reform. | years. Each era has brought its own pro-

their time. As we come down from George W. Ross, George P. Graham, burn Co., Limited, Toronto, Ont. Proudfoot. The terms of some were

brief and less productive than others. In general, it may be said that they rallied a progressive party and stood strongly for definite ideas. Although the first Premier of Ontario, John Sandfield Macdonald. was nominally a Reformer, he was the appointee of Sir John Macdonald, and as the years passed he drifted gradually into the Conservative ranks. During his Premiership Archibald McKellar led the Reform Opposition in the Legislature for the first two sessions. He was a man

resourceful platform speaker.

Edward Blake then took the reins during further dark days. of the Opposition leadership, and he was a strong figure in Canadian Libbreathe freely. No more snuffling, eralism until 1887, when he retired where he entered the Legislature, from the Federal leadership. Despite his great Parliamentary capacity and exhaustive manner of speaking, his fame rests largely on Balm from your druggist and apply his work in the larger arena. Two years as Opposition leader at Toronto were followed by a year in the public service, Mr. Rowell gave six Premiership, to which he succeeded on the defeat of Sandfield Macdonald in the fall of 1871. Blake's leadership was marked by strong championship of Ontario's rights, an issue to be still further developed

> Oliver Mowat was adorning the Bench as Vice-Chancellor of Ontario when an influential deputation, comprising Edward Blake and George Brown, called one fine morning and offered him the Premiership. He accepted, little dreaming that he was enlisting for 24 continuous years in that office. That period was marked by steady progress in the development of the Province, by the completion of the administrative structure. and by a succession of legal battles

When Mowat answered another most important is the thumb, Laurier Cabinet as it swept into be very imperfect. The hand

earned honor and praise for his ad- comes nearer the value. northern hinterland. Bowed with port for the hand.

#### minimum WHILE AT WAR Women Suffer at Home



Pierce's Favorite Prescription the

Ningara Falls, Ont.-"I can safely and a trusty messenger sent postno a lot of good. I at one time de would he allow the train to budge 3.35 a.m | veloped woman's trouble; my nerves were an inch till, his messenger returned I had severe backache and pains in my Tit-Bits. side, extending down into my limbs. I dectored, but did not get relieved of my ailment and was down and out when I and restored me to health and strength that I was able to do all my own work say: 'Favorite Prescription' to weak and ailing women; they cannot get a better

> Terraco Ave. Favorite Prescript.on is an invigoratstrengthening nervine and a positive make me a rich man.'
>
> Yes?' said his listener. 'And in emedy for the chronic weaknesses peculiar to women.

This old prescription of Dr. Pierce's is Halifax and Bristol

Money remittances made by mail or eable. Apply to Local Agents or The Robert Reford Co., Limited, General Agents, 50 King St. East, Toronto, Out. extracted from roots and herbs by means my millionaire grandmother,"

TROUBLED FOR YEARS WITH

#### BRONCHITIS DR. WOOD'S NORWAY PINE SYBUP GAVE INSTANT RELIEF.

ter and early spring, when there are that country held an impelling apsudden atmospheric changes. It is a peal because of his service in New chial tubes which produces mucous Court and the diplomatist-jurist sessional leader of the Liberal and phlegm. This irritates the throat made an exhaustive study of the subparty in Ontario. For half a cen- and causes you to cough in order to ject, the result of which he related to get rid of it. The cough may be some Supreme Court justices recentthe banner of reform and have led ther this mucous is sticky and hard lower classes of people in attaining in the great works of constructive to remove, or soft and easily expell- high judicial offices was emphasized

but the complications which are the higher courts. minion. For a generation or more liable to follow makes it necessary their work was to make a habitable to get rid of it on the first sign. This many," he said. "There is no such Province out of a backwoods; later you can do by using Dr. Wood's thing as an election for a judge, or Norway Pine Syrup. A remedy that

John D. McFarlane, Jr., S.W. Marblems and its own leaders, and it is garee, N.S., writes: "I was troubled gomeister and the Ober-Burgomeisno reflection on the men of the past for years with bronchitis, and could fer, but they have absolutely no to say that most of them would be not find any relief. I was especially power. Then the police president of unsuited to the conditions of to-day, bad on a damp day. I went to a each city is appointed by the Contrait As we look over the roll, the men druggist, and asked him for some- Government. A young man in Gerof the early days, shorn of petty thing to stop the constant tickling many enters the career of the Govcriticisms by Time's kindly hand, in my throat. He gave me a bottle ernment services just as be enters seem to have been giants in leader- of Dr. Wood's Norway Pine Syrup, diplomacy or the party of the army. ship and debate, but it may not be which I found gave me instant relief. and then he may be, first, an assistrash to say that men of our own It is the best remedy for bronchitis I ant chief clerk, a 'referenda' they of France, which the British private generation will likewise leave an know of, and I now take care that call it, or he may move on to be an

indelible mark on the history of I always have a bottle of it on hand." See that you get "Dr. Wood's" Put Confederation we have in succession up in a yellow wrapper; three pine such men as Edward Blake, Sir trees the trade mark; price 25c and

> over thirty years, defeat came, but Mr. Ross remained leader of the Opposition until called to the Senate in January, 1915.

Ross Cabinet followed in the leadership. George P. Graham served from January, 1907, until the fol- 500 years ago in England. lowing August, when he became Minister of Railways in the Dominion Government. Party unity was returning after the debacle of 1905. and there was general praise for his leadership. A. G. MacKay followed. of considerable natural talent and a and his great ability as a forceful platform speaker kept the party alive

When Mr. McKay resigned in October, 1911, later to go to Alberta, the Ontario Liberal party did an unprecedented thing by choosing a leader who was not even in public life. This was N. W. Rowell, a man who though a private citizen had given many signs of capacity for issue, of being in power if not in office. His elaborate program of social reform had as main plank the abolition of the bar, and after it had been voted down year after year it was suddenly adopted by Premier Hearst new Union Cabinet for the Dominion. in his place, and an earnest group of followers in the Legislature pledged to continue his progressive policies.

### What Thumbs Are Worth.

One has only to grasp a pen or with the Dominion Government, tool of some sort to realize that the which established the rights of the different fingers are far from hav Provinces firmly under the new con- ing the same value in regard to their usefulness in performing work. The sudden call in 1896 and joined the without it seizing or holding would power after eighteen years of Conser- longer pincers, but merely a claw vative rule, he handed the sceptre when deprived of the thumb. It may to Artbur S. Hardy, who had been be estimated that the thumb repro one of his powerful Ministers since sents fully a third of the total value 1887, and often called "Little Thun- of the hand. The total loss of the Ground fresh wood-flour makes the ing ferward to work and carrying der" from his powerful voice. thumb is estimated by competent fire dressing for a certain type of shovels instead of rifles; more mules; It was now the turn of George authorities as 15 to 36 per cent. for wounds. On the Russ an front many more lorries endless procession, al-W. Ross to take the Premiership, the right and 10 to 15 per cent. for of the sold ers are wearing paper ways going forward along this great 24 Hours and earnestly did he labor against the left hand, except for workers in shirt made from pulp wood. adverse conditions until defeat came art, when 40 to 50 for the right and Millons of frei of timber are need-

form eloquence has never been hand and 10 to 15 per cent, for the supply these needs. ing & Northern Ontario Railway neighbor, except in the professions powder made from charcoal. and the opening up of that great in which it serves as a point of sup- The reason for this is that no women of all classes, giving all there

Ex-Czar's Superstition.

The ex-Czarina's belief in the unspeakable Rasputin proves that she was of a strongly superstitious turn of mind, and she is generally regarded as the true maker of the revolution in Russia, but an incident which occurred whilst the ex-Czar nervous break. is not all on her side.

sleep, was weak a ring in which he believes is em- Book Room, Toronto. 'Prescription' and of the Vatican, and was presented a hint, just a few bottles to one of the Czar's predecessors for completely built diplomatic reasons. The value he me up and relieved places on this supposititious relic No. 19 Mail . . . . 12 20 a.m. 12 57 a.m. sondition. It is a good medicine and I it behind him when traveling to MosNo. 27 Local . . . 9.45 a.m. 10.17 a.m sin glad to recommend it.—Mrs. Alfred cow. He had the train stopped inNo. 1 Intern'l Ltd. 1.41 p.m. 2.13 p.m Sherrard, 259 Seaton St. stantly, a special express chartered,
No. 7 Mail . . . . 3.00 p.m. 3.40 p.m. Ningara Falls, Ont.—"I can safely and a trusty market market and a trusty market and a trusty market market and a trusty market market and a trusty market and a trusty market market and a trusty market market and a trusty market and a trusty market market and a trusty market me of my nervous was proved when be accidentally left

> Against the Rule. The Huns' latest crime, murdering merchant seamen by man-of-war the same as by U-boat, led a speaker to

"The Germans think their method will win. Their method will never win, but, even if it were a winner, it medicine."- MRS. JOHN LOCKHAPT, 26 would be exactly like the method of "I've discovered a labor-saving de-

vice, said Smith, which is going to what does this device consist?" "'In poisoning,' Smith replied,

The dull man bores you and the sharp one skins you. Next to charity is the appreciation CASTE IN GERMANY.

Only Members of Buling Classes Eligible for Appointment.

For the years James W. Gerard was Ambassador from the United ery prevalent during the late win- States to Germany jurisprudence in ondition of inflammation of the bron- York as a Justice of the Supreme tight or loose according as to whe- ly. The impotency of the middle and by Mr. Gerard, who told of "caste" Bronchitis is not really dangerous, rule governing the appointments to

has been on the market for over 25 holding any office which carries any assistant district attorney in a small

Oliver Mowat, A. S. Hardy, Sir 50c; manufactured by The T. Mil- Then he may be a judge in a small one of those highways which Napoltown; then a clerk of the court in a eon laid out many generations ago. large town, and so on, gradually

the personnel of the military, marks ter. Standing at a cross-roads, one the great appointments, and they, in sees first a group of four wagons; turn, make the smaller appointments, theirs is a pleasant load, for they and all these appointments are con- carry rations-clean, wholesome yel-Two of the later members of the fined, in Prussia at least, to the noble low cheeses, sides of prime bacon, ruling class. In Prussia you can to- fresh white bread in sacks, chests of day create a form of estate abolished tea, sugar, jam, tinned butter and

an estate for only two lives in being | ton. has made a fortune can buy 15,000 string of twenty great hooded motorcall a mazura. For instance, Count | kinds. Each lorry in this group car-Esterhazy was made Premier of Hun- ries its name proudly on its side, the gary. He has enormous estates that names all taken from Dickens' charwere handed down to him from an- acters-Betsy Prig. Martin Chuzzlecestor to ancestor over five hundred wit, Micawbar, Oliver Twist, Mr.

that he cannot marry and have chil- which are little sections of skeleton dren unless he marries a girl having sidewalk for foot traffic over the a certain number of quarterings of mud. Others are laden with "turnobility. These quarterings are so key trots," little wooden bridges for the world come up to the specifica- bundles of brushwood "fascines" for children inherit his estate he must others have lengths of bench plank-

"It was part of my business in Germany to go about inspecting the camps of prisoners-of-war, and very often I encountered a judge in command of these camps. These judges, the army, usually second lieutenants. opening of the war and had been given back their rank and uniform and were put in command of prison

Wood for War.

The quantity of wood used as a for instance, are being cut down in through roads muddy and wet and order to make guustocks. You can shell-torn.

in the beginning of 1905. Ross had 25 to 40 per cent. for the left hand ed i trench and dug out buildings. traffic never ceases day or night, Tar, pitch, turpentine and resin, moves always, pushing further and ministration of the Education De- The total loss of the index finger the products of the pine tree, are further forward to the east. partment since 1883, for he was a causes an incapacity estimated at essential to every navy. Millions of painstaking Minister, and his plat- from 10 to 25 per cent, for the right acres of forest are being utilized to

equalled in the Provincial field, and left. The middle finger is less im- | The spaces between the bullets in seldom if ever in the wider Domin- portant than the index. The ring a shrapnel shell, again, are filled known writer, has written an article ion. It is to his direct initia- finger is least important, and the with resin. The powder used in such on what women in England are dotive that we owe the Timiskam little finger may be compared to its shells is also a wood product-black ing, and she says:

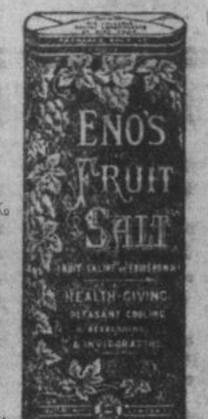
great explosive force is needed for was of them to their country. The shrapnel, while the cloud of smoke poor woman, who thought she was given off by the black powder is just working as hard as she could, has what the gunners require in order been taught by the war that she can to mark the bursting point of their get more out of herself. The career shells with the view to correcting the of the great lady is no longer society,

Pte. Bruce Elmhurst formerly of lady I saw at work was Lady Henry was traveling from Petrograd to the Review staff, Madoc, and who Grosvenor. I found her, not in either suffered a severe Moscow proves that the superstition has recently been discharged from of the beautiful homes that were hers overseas, has secured a good posi-, before the war but in Queen Mary's down. I could not | It appears that the ex-Czar wears | tion as proof reader in the Methodist | Hostel, a barracks-like building

and tired all the bedded a fragment of the true Cross. When a girl tells a young man to men munition workers at Woolwich time. I took the It was originally one of the treasures take heart it sounds suspiciously like Her sitting-room, heated by an ugly



Everywhere and Always



# ENOS FRUIT SALT

A spoonful of Eno's Fruit Salt in a glass of water makes a delightful drink cool, sparkling and effervescent.

FNO'S "FRUIT SALT" is the best tonic and digestive reguever prepared—a safe and valuable remedy at all times. Be prepared for emergencies by always having a bottle in the house. Ask your Druggist for ENO'S—the only genuine "FRUIT SALT"-and beware of imitations!



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THE ROAD TO VICTORY.

Over this "Road to Victory" there bully-beef, sacks of potatoes and "That is to say, as we can tie up onions, sides of frozen beef and mut-

acres of ground and create what they lorries laden with lumber of various Bumble, Sairey Gamp, and others, "It is the condition of marriage Some are carrying "duckboards," great in number that only 13 girls in | shell-holes. Still others have long filling in hollow places in roads. Yet ing for corduroy roads.

Next in line behind the lorries is a battery of field guns painted in a strange motley of greens, browns, and yellow. The horses are in pink of condition, their coats agleam, n their youth, had been members of their drivers tanned brick-red by ex-

After the guns come long strings of pack mules wearing brown canvas "carriers," from the pockets of which peep the gleaming cases of eighteen-pounder shells, or the squat yellow bodies of field howitzer ammunition. The mule is cortainly doand patient, he works his ten or raw material in the present war is I twelve hours a day back and forth between dump and gun position Walnut trees all over the world, mostly under shellfire, always

not make as good a rifle stock out of | So the long column moves onward under the beckoning hand of the mil-Willow, before the war, was used litary policeman at the cross roads. ilmost catirely for cricket bats. | More lorries pass, filled with men all Practically all the available supplies singing lustily. Then come two have row been taken for artificial strange looking tractors hauling big

And the road itelf, on which the

One English Lady.

Maude Radford Warren, the well

In England and in France, I met

but the business of war, and she asks more of herself than she ever used to ask of her maids. The first great which is a boarding house for wolittle gas stove, was less than commonplace. The only objects which gave it distinction were two pieces of old mahogany and the photographs of two handsome young men in uniform. The handsome, vivid woman in black who came forward to meet me is not only a social power in her own right but is connected with many powerful families in England. She is the aunt of the Duke of Westminster, the sister-in-law of the Duchess of Teck, and the cousin of so many nobilities that only an East End woman of the poorer classes, always keen on titles, could possibly

recken them all. Three years ago Lady Henry Grosvenor was leading the usual leisurely life of her class, differing from her friends chiefly in the fact that she was a collector of antique furniture and art objects, and gave a good deal of time to the study of her hobby. Now she lives in a cheap building with munition girls, pats the same kind of food they do and works even longer hours. She is in charge of the Y. M. C. A. canteens in Woolwich Arsenal and on the Vicars factory at Crayford, and also supervises two hostels for women and one for boys. She buys food by the ton, employs thousands of workers, and feeds daily, tens of thousands. And she does it so skilfully there is no waste and no complaint,"

For Women's Ailments

Dr. Martel's Female Pills have been ordered by physicians and sold by reliable Druggists everywhere for over a quarter of a century, don't accept a substitute.



ook's Cotton Root Comp

Children Cry for Fletcher's

# MINIMUM TO THE PARTY OF THE PAR CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of

Infants and Children-Experience against Experiment. 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. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

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Safest because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished-

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DIARRHOEA, DYSENTERY & CHOLERA

Effectually cuts short al' sitacks of SFASMS. Checks and arrests those too often fatal diseases-FEVER, CROUP and AGUE. The solv pallintive in NEURALGIA, GOUT, RHEUMATISM. Chlorodyno is a liquid taken in drops, graduated according to the matady. It invariably relieves pain of whistever kind; creates a calm refreshing sleep; allays irritation of the vervous system when all other remedies fail; leaves up bad effects, and can be taken when no other moticine can be tolerated.

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o many emitations B .- Every worth of he dame of the inventor. Dr. J. Collis Brawse

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