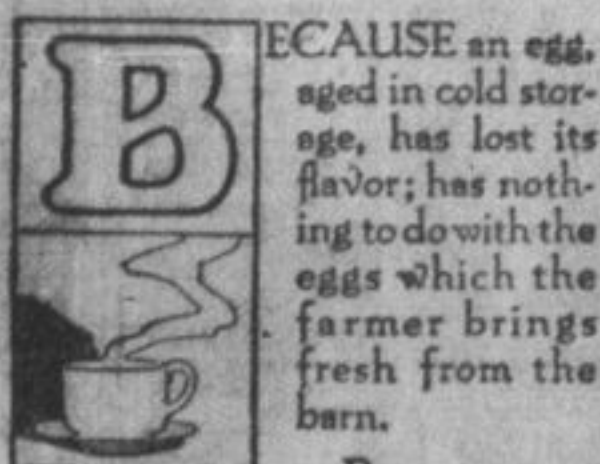


Where Quality Does Count!



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

SEAL BRAND COFFEE

"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.

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

CHASE & SANBORN, MONTREAL.

Liberal Leaders of Ontario

It is a proud and honorable inheritance which comes to William Proudfoot, M.P.P., the new sessional leader of the Liberal party in Ontario. For half a century his predecessors have carried the banner of reform and have led in the great works of constructive statesmanship which have given the Province its high place in the Dominion.

As we look over the roll, the men of the early days, shorn of petty criticisms by Time's kindly hand, seem to have been giants in leadership and debate, but it may not be rash to say that men of our own age will likewise leave an indelible mark on the history of their time. As we come down from Confederation we have in succession such men as Edward Blake, Sir Oliver Mowat, A. S. Hardy, Sir George W. Ross, George P. Graham, A. G. MacKay, N. W. Rowell, and now, for the time at least, William 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 McKeelley led the Reform Opposition in the Legislature for the first two sessions. He was a man of considerable natural talent and a resourceful platform speaker.

Edward Blake took the reins of the Opposition leadership, and he was a strong figure in Canadian Liberalism until 1887, when he retired from the Federal leadership. Despite his great Parliamentary capabilities and exhaustive manner of speaking, his fame rests largely on his work in the larger arena. Two years as Opposition leader at Toronto were followed by a year in the 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, and issue to be still further developed later.

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 embarking 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 which established the rights of the Province firmly under the new constitution.

When Mowat answered another sudden call in 1896 and joined the Laurier Cabinet as it swept into power after eighteen years of Conservative rule, he handed the sceptre to Arthur S. Hardy, who had been one of his powerful Ministers since 1887, and often called "Little Thunder" from his powerful voice.

It was now the turn of George W. Ross to take the Premiership, and he earnestly did his labor against adverse conditions until defeat came in the beginning of 1905. Ross had earned honor and praise for his administration of the Education Department since 1883, for he was a painstaking Minister, and his platform eloquence has never been equaled in the Provincial field, and seldom if ever in the wider Dominion. It is to his direct initiative that we owe the Timiskaming and Northern Ontario Railway opening up one of that great northern hinterland. Bowed with

While at War Women Suffer at Home Toronto, Ont.—"I consider Doctor Pierce's Favorite Prescription the very best of woman's tonics. I suffered a severe nervous breakdown, I could not sleep, was weak and tired all the time. I took the 'Prescription' and just a few bottles completely built me up and relieved me of my nervous condition. It is a good medicine and I am glad to recommend it.—Mrs. ALFRED SHUTMAN, 259 Seaton St., Niagara Falls, Ont.—"I can safely say that 'Favorite Prescription' did me a lot of good. I at one time developed woman's trouble; my nerves were completely shattered, and I became weak. I had severe backache and pains in my head, extending down into my limbs. I doctored, but did not get relieved of my ailment and was down and out when I began taking Dr. Pierce's Favorite Prescription, and it so completely cured me and restored me to health and strength that I was able to do all my own work and others besides. I do recommend 'Favorite Prescription' to weak and ailing women; they cannot get a better medicine."—Mrs. JOHN LOCKHART, 26 Terrace Ave.

TROUBLED FOR YEARS WITH BRONCHITIS

DR. WOOD'S NORWAY PINE SYRUP GAVE INSTANT RELIEF. Bronchitis is a disease which is very prevalent during the late winter and early spring, when there are sudden atmospheric changes. It is a condition of inflammation of the bronchial tubes which produces mucous and phlegm. This irritates the throat and causes you to cough in order to get rid of it. The cough may be tight or loose according as to whether this mucous is sticky and hard to remove, or soft and easily expelled.

Bronchitis is not really dangerous, but the complications which are liable to follow makes it necessary to get rid of it on the first sign. This you can do by using Dr. Wood's Norway Pine Syrup. A remedy that has been on the market for over 25 years.

John D. McFarlane, Jr., S.W. Margate, N.S., writes: "I was troubled for years with bronchitis, and could not find any relief. I was especially bad on a damp day. I went to a druggist, and asked him for something to stop the constant tickling in my throat. He gave me a bottle of Dr. Wood's Norway Pine Syrup, which I found gave me instant relief. It is the best remedy for bronchitis I know of, and I now take care that I always have a bottle on hand."

See that you get "Dr. Wood's" Put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c; manufactured by The T. Millburn Co., Limited, Toronto, Ont.

Wood for War. The quantity of wood used as a raw material in the present war is well high incalculable. That trees all over the world, for instance, are being cut down in order to make gunstocks. You cannot make as good a rifle stock out of any other kind of wood.

White at War Women Suffer at Home Toronto, Ont.—"I consider Doctor Pierce's Favorite Prescription the very best of woman's tonics. I suffered a severe nervous breakdown, I could not sleep, was weak and tired all the time. I took the 'Prescription' and just a few bottles completely built me up and relieved me of my nervous condition. It is a good medicine and I am glad to recommend it.—Mrs. ALFRED SHUTMAN, 259 Seaton St., Niagara Falls, Ont.—"I can safely say that 'Favorite Prescription' did me a lot of good. I at one time developed woman's trouble; my nerves were completely shattered, and I became weak. I had severe backache and pains in my head, extending down into my limbs. I doctored, but did not get relieved of my ailment and was down and out when I began taking Dr. Pierce's Favorite Prescription, and it so completely cured me and restored me to health and strength that I was able to do all my own work and others besides. I do recommend 'Favorite Prescription' to weak and ailing women; they cannot get a better medicine."—Mrs. JOHN LOCKHART, 26 Terrace Ave.

CASTE IN GERMANY.

Only Members of Ruling Classes Eligible for Appointment. For the years James W. Gerard was Ambassador from the United States to Germany jurisdiction in that country held an impelling appeal because of his services in New York as a Justice of the Supreme Court and the diplomat-jurist made an exhaustive study of the subject, the result of which he related to some Supreme Court justices recently. The impotency of the middle and lower classes of people in attaining high judicial offices was emphasized by Mr. Gerard, who told of "caste" rule governing the appointments to the higher courts.

"Judges are not elected in Germany," he said. "There is no such thing as an election for a judge, or in fact of an election for anyone holding any office which carries any power whatever with it. It is true that in the cities they elect the Burgomaster and the Ober-Burgomaster, but they have absolutely no power. Then the police president of each city is appointed by the Central Government. A young man in Germany enters the career of the Government service just as he enters that of a lawyer in this country, and then he may, first, become an assistant district attorney in a small town."

"After that he may be assistant police president in a larger town. Then he may be a judge in a small town; then a clerk of the court in a large town, and so on, gradually moving up the official ladder. The Chamberlain, at the head of the personnel of the military, marks the great appointments, and they, in turn, make the smaller appointments, and all these appointments are confined, in Prussia at least, to the noble ruling class. In Prussia you can today see a family of estate abolished 500 years ago in England."

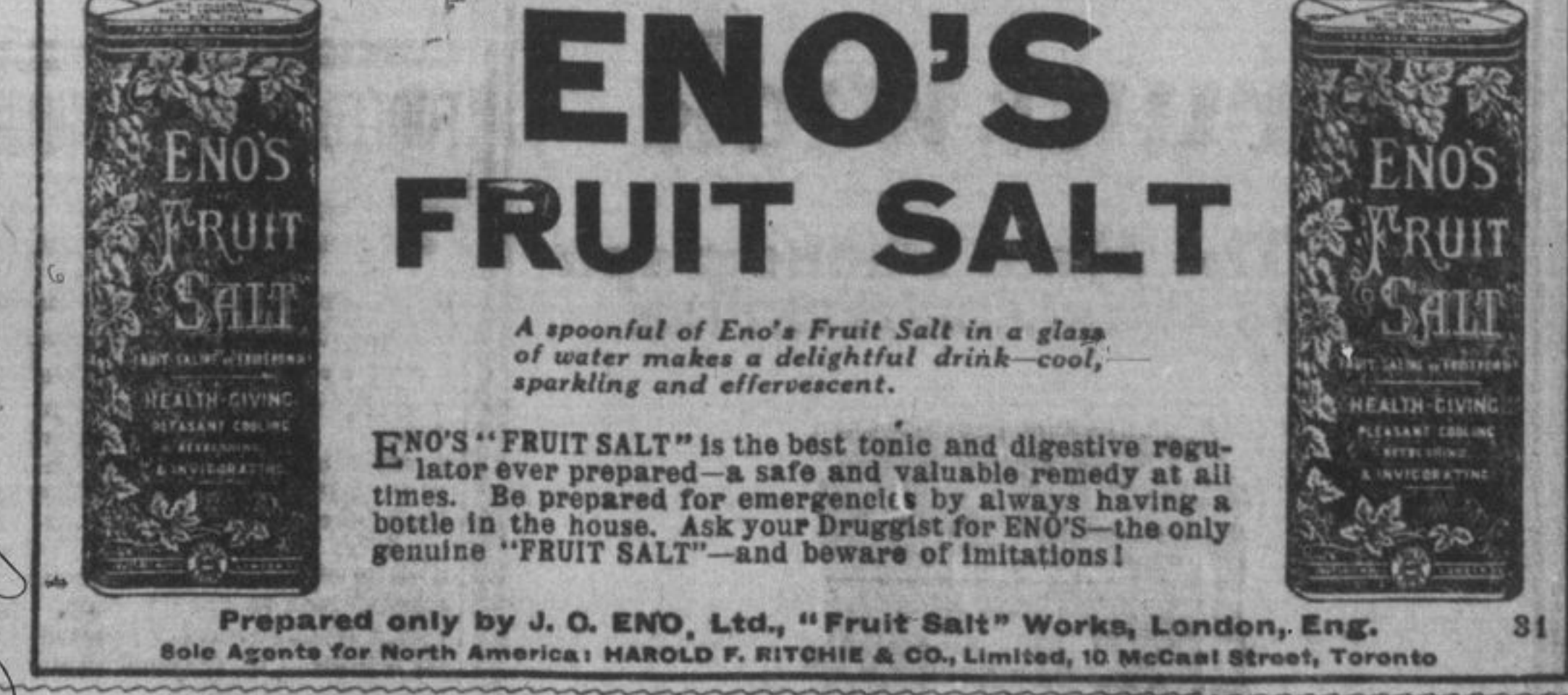
What Thumbs Are Worth. One has only to grasp a pen or a tool of some sort to realize that the different fingers are far from having the same value in regard to their usefulness in performing work. The most important is the thumb, for without it seizing or holding would be very imperfect. The hand is no longer a pincer, but merely a claw, when deprived of the thumb. It may be estimated that the thumb represents fully a third of the total value of the hand. The total loss of the thumb is estimated by competent authorities as 15 to 35 per cent. for the right and 10 to 15 per cent. for the left hand. For workers in art, when 40 to 50 per cent. for the right, and 40 per cent. for the left hand comes nearer the value.

Ex-Czar's Superstition. The ex-Czarina's belief in the un-speakable Rasputin proves that she was of a strongly superstitious turn of mind, and she is generally regarded as the true cause of the revolution in Russia, but an incident which occurred whilst the ex-Czar was travelling from Petrograd to Moscow proves that the superstition is not all on her side.



ROYAL MASTIC. The Hull man bores you and the sharp skin you. Next to charity is the appreciation thereof.

Everywhere and Always ENO'S FRUIT SALT



A spoonful of Eno's Fruit Salt in a glass of water makes a delightful drink—cool, sparkling and effervescent. ENO'S "FRUIT SALT" is the best tonic and digestive regulator ever 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!

Prepared only by J. O. ENO, Ltd., "Fruit Salt" Works, London, Eng. Sole Agents for North America: HAROLD F. RITCHIE & CO., Limited, 10 McCaul Street, Toronto.

THE ROAD TO VICTORY.

Stream of Transports on Ancient Highway. There is a broad road which runs like a spiral column across the north of France, which the British private has nicknamed the "Road to Victory." His fondness for this road is perhaps due to the fact that it is broader, better paved, and more direct than most of the roads, being one of those highways which Napoleon laid out many generations ago.

Over this "Road to Victory" there moves a never-ending procession of transport of the most varied character. Standing at a cross-roads, one sees first a group of four wagons; in their is a pleasant load, for they carry rations—clean, wholesome yellow cheeses, sides of prime bacon, fresh white bread in sacks, chests of tea, sugar, jam, tinned butter and tinned beef, sacks of potatoes and onions, sides of frozen beef and mutton.

Behind the ration carts follow a string of twenty great hooded motor-lorries laden with lumber of various kinds. Each lorry in this group carries a man proudly on its side, the names all taken from Dickens' characters—Betsy Prig, Martin Chuzzlewit, Micawber, Oliver Twist, Mr. Bumble, Sairey Gamp, and others. Some are carrying "duckboards," which are little sections of skeleton sidewalk for foot traffic over the mud. Others are laden with "turkey trots," little wooden bridges for filling in hollow places in roads. Yet others have lengths of bench planking 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 gleam, their drivers tanned brick-red by exposure.

After the guns come long strings of pack mules wearing brown canvas "carriers" from the pockets of which peep the gleaming cases of eighteen-pound shells, or the squat yellow bodies of field howitzer ammunition. The mule is certainly doing his bit in this war. Plodding and patient, he works his ten or twelve hours a day back and forth between dump and gun position, mostly under shellfire, always through roads muddy and wet and shell-torn.

So the long column moves onward under the beckoning hand of the military policeman at the cross roads. More lorries pass, filled with men all singing lustily. Then come two strange looking tractors hauling big howitzers; a labor battalion marching forward to work and carrying shovels instead of rifles; more mules; more lorries—endless procession, always going forward along this great road.

And the road itself, on which the traffic never ceases day or night, moves always, pushing further and further forward to the east.

One English Lady. Maude Radford Warren, the well known writer, has written an article on what women in England are doing, and she says: "In England and in France, I met women of all classes, giving all there was of them to their country. The poor woman, who thought she was working as hard as she could, has been taught by the war that she can get more out of herself. The career of the great lady is no longer society, but the business of war, and she asks more of herself than she ever used to ask of her maids. The first great lady I saw at work was Lady Henry Grosvenor. I found her, not in either of the beautiful homes that were hers before the war but in Queen Mary's Hostel, a barracks-like building which is a boarding house for women munition workers at Woolwich. Her sitting-room, heated by an ugly little gas stove, was less than commonplace. The only objects which gave it distinction were two pieces of old mahogany and two 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 reckon 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, eats the same kind of food they do and works even longer hours. She is in charge of the Y. M. C. A. canteen in Woolwich Arsenal and in the Vickers factory at Crayford, and also supervises two hostels for women and one for boys. She buys food by the ton, employs thousands of workmen, and feeds, daily, tens of thousands. And she does it so skillfully there is no waste and no complaint."

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 breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed up and miserable. Relief is sure.

For the Boys at the Front. CHOCOLATTA. "The Ready-to-use Chocolate" Contains the Chocolate, Milk and Sugar.

Prepared Instantly by Adding Boiling Water Only. No Cooking or Milk Required. For Sale By D. Couper, 841-3 Princess St. Phone 78.

CATARRH OF THE BLADDER. SANTAL MIDY. 24 Hours. Each Capsule contains 1/2 grain of Santal Midy.

Government FISH. FRESH EVERY DAY. OLEOMARGARINE. DAIRY and CREAMERY BUTTER. Buy Here and Save Money. C. H. Pickering, 400 & 402 Princess Street.

GRAND TRUNK RAILWAY LOCAL BRANCH TIME TABLE. IN EFFECT JAN. 6TH, 1918.

Table with columns for train numbers, destinations (Lvs. City, Arr. City), and times. Includes routes to Montreal, Toronto, and other locations.

CUNARD LINE. Passenger Service between Halifax and Bristol. Money remittances made by mail or cable. Apply to Local Agents or The Robert Hood Co., Limited, General Agents, 50 King St. East, Toronto, Ont.

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.

Children Cry for Fletcher's CASTORIA. The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletcher.

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. 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.

GENUINE CASTORIA ALWAYS Bears the Signature of Dr. J. C. Fletcher. In Use For Over 30 Years. The Kind You Have Always Bought. THE CENTAUR COMPANY, NEW YORK CITY.

The SAFEST MATCHES in the WORLD Also the Cheapest!—are

EDDY'S "SILENT 500'S". Safest because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

Best, because there are more perfect matches to the sized box than in any other box on the market. War time economy and your own good sense, will urge the necessity of buying none but EDDY'S MATCHES.

Dr. J. Collis Browne's Chlorodyne. THE ORIGINAL AND ONLY GENUINE. The Most Valuable Medicine ever discovered. The best known Remedy for COUGHS, COLDS, ASTHMA, BRONCHITIS.

Diarrhoea, Dysentery & Cholera. Effectually cures short attacks of STAMENS. Checks and arrests those too often fatal diseases—FEVER, GROUP and AGUE. The only palliative in NEURALGIA, GOUT, RHEUMATISM. Chlorodyne is a liquid tonic in drug, graduated according to the material. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; lowers the blood pressure, and can be taken when no other medicine can be tolerated.

Wholesale Agents, Lyman Bros. Co., Limited, Toronto.