

The throat, breathing passages and lungs are the weak spots at which colds strike. And these are the very organs most difficult to treat, because only a
breatheable remedy is capable of
reaching the trouble lodged there.

Peps provide a breatheable
remedy, and their superiority
over remedies which are swallowed into the stomach is there-

fore obvious. For convenience, this breatheable remedy is condensed into tablet form, To take the treatment, merely dissolve Peps in your mouth, and the medicinal vapor that is released is escried by the breath to the remotest parts of the breathing passages and lungs, healing, soothing and strengthening every part with which it comes in contact. At the same time, by destroying all disease germs, these medicinal fumes prevent the development of colds, coughs and serious chest

Carry Peps with you, and when you go from an over-heated building to the bitter cold of outdoors, put a pastille in your mouth. Also as a profection against germs, keep a Pep in your mouth, when breathing the impure air of a crowded theatre or store.

For colds, asthma, or chest troubles, which have already developed, Peps are equally invaluable; also for bronchitis, sore throat, larragitie, etc. All dealers, Sec. box.

GRAND TRUNK SYSTEM

AGENCY FOR ALL STEAMSHIP LINES

Special attention will be given our family or friends, going to or from the Old Country.

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> New Arrival of Goodwillie's Preserves

In glass. Raspoerries, Straw-berries, Cherries, Peaches, Pears We recommend Dalley's Stee Cut Coffee in 1 and 1/4 lb. tins. Bon Marche Grocery Phone 1844 Canada Food Board Licence

In any quantity-Flour Bags, clean Sugar Bags. Positively highest prices

From the Countryside

Frontenac

ECHO LAKE.

quite a lot. . The farmers are getting up their marsh hay and their wood. School has re-opened after the holidays with Miss Murphy for teacher. J. Cronk has purchased a couple of cows from H. Babcock, A mas tree at Parnam. The annual school meeting was held in the Jacob Babcock's; Miss Hattle Salsbury spent Christmas at home.

Leeds

FRANKVILLE. Jan. 9 .- Mr. and Mrs. Edward Wood, of Smith's Falls, spent Sunday at the home of Mr. and Mrs. Walter Brown. Mrs. Brundridge, of Carleton Place, is visiting at the parsonage, the guest of Rev. J. A. and Mrs. Commerford. Mrs. L. A. the Royal Bank staff, Brockville, spent the holidays at the home of Mary's. Prince Edward county will Mr. and Mrs. Webster Connor. Leslie Soper is able to be out again af- Parliament by the election of Lieut. ter an attack of influenza. Miss Col. W. G. Morden for Cheswick di-Smith's Falls. Mrs. A. M. Dixon and mother, Mrs. Oliver, of Brockhome of Mr. and Mrs. A. E. Crum- sister, Mrs. Hare, Ferguson street. mey. Mr. and Mrs. James Bains M. Hart has returned from overseas, spent two days this week in Brock- where he was attached to the Fores-Poulin. Mr. and Mrs. Ruth Connor returned home to resume her school are this week moving to Jasper. At duties at No. 3, after visiting her the residence of Mr. and Mrs. Alex. nephews, Campbell, Douglas and last, a warm welcome was tendered

SAVE YOUR HAIR AND BEAUTIFY IT WITH "DANDERINE"

appears and Hair Stops Coming Out.

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Just one application doubles the

We sincerely believe, regardless you desire soft, lustrous, beautiful hair and lots of it-no dandruffno itching scalp and no more falling hair-you must use Knowlton's Portland. Me., Saturnia, Jan. 20th Danderine. If eventually-why not sident of Lindsay, was found dead in

Melvin Hart, who went overseas in 1915 with the 80th Battatton, and was wounded in February, 1917, while in action with the 73rd High-land Battalion of Montreal. He re-turned to Canada on the S.S. North-Jan, 7.—The last little snow land. The reception was attended storm has improved the sleighing by about sixty friends.

Prince Edward

Jan. 9 .- In the municipal elections school house and H. Hicks was on Monday, David Robinson was elected trustee. Mr. and Mrs. John elected reeve of Ameliasburg, defeat-Switzer, of Lombard, spent Christing Fred Chase. R. H. Fox, V.S., mas with his parents, Mr. and Mrs. Lorenzb Switzer, Mr. and Mrs. James Robinson. The councillors, W. Vanley Abrams and children are Reddick, Carl Bonter and John boarding at L. Switzer's. Visitors: Weese, are in by acclamation. David Van Clow and the Misses Hattle and Bush, of Consecon dled a few days Maggie Buckley at D. McCleod's; ago. He was seventy-six years of Mrs. Charles Cox, Mr. and Mrs. S. age and leaves to mourn his loss his Fox and Miss Winnifred Cronk at wife and two sons, Ross and Biard Another son, Lieut. Adelbert, was killed in the war. Mrs. Oscar Henesev is suffering from a paralytic covering from his recent illness. Miss C. Fox B.A. has returned to Picton, after spending a few days with her sister, Mrs. C. C. Wannamaker Miss Hattle Hawley, of the Eaton staff, Toronto, is spending her holidaya with Mrs. Arthur Parlia-

PICTON.

Jan. 7 .- Miss Eva Levitt, Toronto W. Levitt. Mr. and Mrs. Earl Collier and son, Delbert, have been visiting Connor and Miss Ina Connor, of Mr. Daubney, Greenbush. A. P. Mac-Vannel is on a two weeks' visit to St. now be represented in the Imperial Marian Keck is visiting friends in | vision of Middlesex with a majority of about 6,000. Col. Morden was born at Northport. Miss D. Solmes. ville, are spending a few days at the Demorestville, has been visiting her ville visiting her brother, Frank try Battalion. Miss Cassie Fox has Hart, Frankville, on Friday evening Jockie Wannamaker, "Elm Lodge," Salem. Mrs. S. Head is sick with the influenza, and is away from her spent Christmas, at her brother's "Glenbrook Farm," and New Year's at R. Adams', Greenbush, Several of S. McCoy's family have been HI with the prevailing flu. Miss H. Stanton Bloomfield Road, and her brother, Gilbert Stanton, recently of Kerrobert, Sask., were recent Spend a Few Cents! Dandruff Dis- guests of C. G. Fox, "Maple Dell." The next Greenbush Red Cross Club meets at R. Adams'

Passing of W. D. Patterson. Carleton Place, Jan. 13 .- W. D. If you care for heavy hair, that Patterson started out from Calgary glistens with beauty and is radiant via Chicago for Carleton Place to with life; has an incomparable soft- wed Miss Bessie McLean, daughter of ness and is fluffy and lustrous, try Alex. McLean, the wedding to take place on Christmas. He either came beauty of your hair, besides it im-mediately dissolves every particle of when he reached town he was obligdandruff; you cannot have nice, ed to go to bed at Mr. McLean's, and heavy, healthy hair if you have dan- call a physician. It was seen that he druff. This destructive scurf robs was in a most serious condition and the hair of its lustre, its strength the wedding was postponed. Day and its very life, and if not overcome after day passed with reports that he it produces a feverishness and itch- was "holding his own," or "slightly ing of the scalp; the hair roots fam- improving" or "slightly worse." His ish, loosen and die; then the hair bride elect, who is a professional If your hair has been neglected nurse, and had just emerged from and is thin, faded, dry, scraggy or a similar sickness, was his devoted too oily, get a small bottle of Knowl- angel and was constant in her care ton's Danderine at any drug store or which had double driving power. In toilet gounter for a few cents; apply spite of everything Willie's life ebbed From Portland, Me., Commonwealth, a little as directed, and ten minutes away and he "crossed the bar" at after you will say this was the best nine o'clock on New Year's evening, and was buried, on the doctor's advice the next atternoon. The deceased was born in Carleton Place, thirty-one years ago next month.

> William Bryans, a well known rebed on Friday morning.

SURE! BUY A BOTTLE!
SEE WHAT IT DID FOR RUSSIA



-From the New York Tribune.



Acticle No. 3 Gut out for Reference

Demobilizing Canada's Army

HE actual work of bringing back our soldiers to Canada and getting them out of khaki is in the hands of the Department of Militia and Defence. Complete plans have been made and machinery organized to handle the work. Every detail has been considered. The plan is harmonious and will work smoothly. It is described here. Notice how every contingency has been considered. How the soldier is cared for at every step. How everything is done for his comfort and to inform his waiting relatives and friends.

From France to England.

Peace is not yet signed. The victorious Canadian Corps is still a fighting unit. But as fast as the situation permits the Canadian Corps in France will be returned to Canada by units allotted, as far as possible, to the areas from which they came. These units will be reconstructed so as to include only men desirious of returning to the area to which the unit has been allotted.

The remainder of the Canadian forces overseas will be returned in drafts of 500 » men for each area. Married men first, according to length of service. Then single men, according to length of service.

Preparing to Leave England. Canada has been divided into 22 dispersal areas for demobilization, with a dispersal station for each.

1. The province of Prince Edward Island-Charlottetown. 2. The province of Nova Scotia-Halifax. 3. One half of New Brunswick-Moncton.

4. One half of New Brunswick-St. John. 5. The north country of Quebec down to Three Rivers-Quebec.

6. The remainder of Quebec-Montreal. 7. The Ottawa Valley and Ontario down to the Thousand Islands-Ottawa. 8. The Kingston district west to Oshawa and north to the Madawaska River-Kingston.

9. The Toronto district north to the French River and the north mining country-Toronto.

11. Southern Ontario-London. 12. From White River to the Lake of the Woods-Port Arthur.

10. The Niagara Peninsula-Hamilton.

13. All of Manitoba except the Brandon territory-Winnipeg. 14. The Brandon territory-Brandon.

15. Southern Saskatchewan-Regina. 16. Northern Saskatchewan-Saskatoon. 17. Southern Alberta-Medicine Hat. 18. From Calgary north to Nordeg-

19. Northern Alberta-Edmonton. 20. All of British Columbia except 21 and 22-Vancouver. 21. Vancouver Island and the immed-

iate mainland-Victoria. 22. Cariboo, Kootenay and Gale-Revelstoke.

Each soldier overseas chooses the dispersal area in Canada to which he wishes to go. A report of the number of men for each dispersal area is cabled to Militia Head-

As fast as they can be absorbed by the dispersal areas—a cable is sent to England for drafts.

Prior to sailing, a cable is sent from England stating how many men are coming and giving their occupations.

In this way arrangements are made to handle the men, to care for them, and to find employment for them.

Before a man leaves England he is medically examined, his discharge papers and other documents are made out. All delay in Canada over these details is avoided. On the Ship.

The transport staff check the medical and pay documents. The Y.M.C.A. provides recreation and entertainment. Twenty-four hours before arrival in Canada a wireless is sent toothe port giving details of any men who are sick and in need of hospital care, and general information that will ensure speedy transport from boat to train.

> Wounded Men. Wounded men are brought

back on hospital ships in the care of Army Medical Corps. They are taken on hospital trains to the various military hospitals and are in charge of the military authorities until medical treatment is complete.

In Port.

Halifax and St. John, are the ports of disembarkation in winter. Quebec and Montreal will also be used in summer. Immediately upon arrival of troops, the officer commanding wires a list to the Soldiers' Aid Commission in each province who notify the men's relatives. He also wires the Dispersal Station to prepare to handle a certain number of men. A third wire Is sent to the general officer commanding each military district, through whom the dispersal station is again notified. This gives the dispersal station a double check.

Various voluntary organizations and the citizens of Halifax, St. John, Quebec and Montreal all give soldiers every assistance. Canteens and club rooms are open. Coffee and cigarettes are provided. Telegrams are sent for the men.

A permanent transportation committee of railroad experts, representing the C.P.R., the G.T.R., and the Canadian National Railways, arrange for special trains to meet every transport.

On the Train.

Troop trains consist of colonist, tourist, commissariat, standard sleeping and dining cars. A Y.M.C.A. representative is on every train.

Should a stop-over or delay become unavoidable, the men are provided for. Barracks and an ample food supply are available at the following divisional points: Halifax, Amherst, St. John, Mount Joli, Levis, Megantic, Quebec, Montreal, Cochrane, North Bay, Port Arthur, Winnipeg, Brandon, Regina, Calgary, Edmonton, Revelstoke, Vancouver.

At the Dispersal Station.

The principal city in each area is the dispersal station. When the troop train pulls in, the relatives and friends of the men have been notified and are on hand. Voluntary organizations have motor cars at the station. Municipal reception committees are also on hand.

In each city the military have provided every accommodation for men staying overnight-barracks, rations. Out-of-town men who are given overnight leave and do not wish to remain in barracks can find the best of accommodation at hostels provided by voluntary organizations.

The Discharge.

Men taken sick en route are immediately received by the District Depot for medical treatment and receive pay as part of that unit.

All other men are paraded at the dispersal station. The offices here are so arranged that each man can pass quickly from one to the other and get away in the shortest time. First comes the ordnance office. Here the men

turn in their equipment, except steel helmets and clothing, which they are allowed to keep. Next is the office of the Department of Soldiers' Civil Re-establishment. Here each man is given advice and information on the many questions

relating to his return to civil life-employment, housing, vocational training, medical treatment. Men who are unfit for their former employment are taken on the strength of the Soldiers' Civil Re-establishment for vocational training. They are paid during this period and their dependents

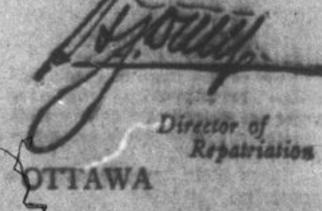
receive separation allowance. Third is the paymaster's office. Here the men receive their back pay, clothing allowance of \$35.00 and first month's War Service Gratuity.

Finally the officer commanding issues each man his discharge certificate, and in the same office is a railway ticket agent who gives each man a ticket to his home town. The man is now a civilian. Here also is an information and complaint office.
All complaints are dealt with and information given

by an officer specially chosen for that purpose. The dispersal station will supply quarters and meals for men until train time.

The Government's care for the soldier does not end when he passes through the dispersal station. The important work of other de-

partments will be covered in reports immediately following this.



The Repatriation Committee

Bulgarian Losses in War. | ingo 101,224; wounded, 1,152,399, when many died of influenza, ex- | Wisdom consists in knowing who Sofia, Jan. 14.—Bulgaria's losses and prisoners, 10,825. These fig- haustion and famine, and 90,000 you should learn in order to be in the war were: Killed and miss ures do not include Macedonia, were taken prisoner.