A SLUGGISH LIVER Severe Headaches

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleansing it of all impurities and poisons.

Healthy bile in sufficient quantity is Nature's provision to secure regular action of the bowels, and when and miles from Broadway, in the liver is sluggish it is not working wilds of Western China where properly, and does not manufacture foot or a white man never before had enough bile to thoroughly act on the trod, according to the Rev. Dr Joseph bowels and carry off the waste pro- Beech, a Methodist missionary, lives ducts from the system, hence the a polygot nation of more than bowels become clogged up, the bile 4,000,000 persons, 95 per cent, gets into the blood, constipation sets whom do not know that there has to this section of Western China than n, followed by sick and billious head- been a war. aches, coated tongue, bad breath, Dr. Beech, who is president of the heartburn, water brash, bad taste in Western China Union University he mouth in the morning, jaundice, Chengiu, in the province of Szecu-

writes: -- "I take pleasure in writing and the United States, and who reyou concerning the good I have re- cently arrived here to participate in ceived by using Milburn's Laxa-Liver the Methodist Centenary, told of Pills for a sluggish liver. When my journey he took alone, with a native Aiver got bad I would have severe guide, last summer far into headaches, but I got better after I ueptas of the habitat of "the 'tu-rea, had used a couple of vials of your or children of the soil, the strangest

Milburn's Laxa-Liver Pills gently unlock the secretion, clear away all waste and effete matter by acting directly on the liver, and make the bile pass through the howels instead of found almost every type of mankind allowing it to get into the blood Milburn's Laxa-Liver Pills are 25

a vial at all dealers, or mailed direct

on receipt of price by The T. Mil-

burn Co., Limited, Toronto, Ont.

New Goods Just Received

Unique Grocery

Food Barley, Graham, Oat and Whole Wheat Flour. E. D. Smith's pure jams and jellies. C. H. Pickering

Cream of Wheat Breakfast

ARE YOU NERVOUS ARE YOU PLAYED OUT

If Your Recuperative Power Seems to Have Left You, You Need

To-day and not to-morrow, is the day to put a stop to that gradual When we arrived we found slide you are taking down a long were employed solely for the purpose hill of ill health.

Mentally and physically depressed? upon tier the entire height of Lack the desire to perform your chimney, duties? Feel that you need to be bolstered up, but can't tell what is

You need a quick, nerve-building tonic-one that checks decline- was distinctly foreign to China, resteadles your nerves -- one that puts sembling in many respects the feu-(Same price everywhere), of Phos- tures of Babylonia and Palestine,

rines, Ont. Price \$3.00 box 2 for of the nouses, just as in the Holy

TALKING **MACHINES**

All makes of phonographs cleaned, repaired, adjusted. Parts for all makes supplied expert workmanship, moderate charges, quick service.

149 Sydenham St. Phone 2056J A CHII D DOFCN'I

Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod.

Onnada Food Board License No. 9-3246.

In any quantity-Flour Bags

69 Queen Street

15 Days' Cash Sale Prices Down

Apples, No. 1 and No. 2; Spys and Greenings

FRESH FISH-Halibut Steak. 25c lb.; B.C. Red Salmon, 25c lb.; Chrice Salmon, 20c lb.; White Fish, 17c lb.; Steak Cod, 12 1/2 lb.; Haddock, 10c lb. SMOKED FISH- Kippered Herrings, Bloaters, Finnan Haddie, Fillets, Digby Chucks, Salt Herrings.

The United Grocery

COMPANY 138 PRINCESS ST. Phone 267. Ben Lee, Manager Prompt Delivery

COMPRISE POLYCLOT NATION-VISIT BY MISSIONARY.

Finds Every Type of Man Resident There-Seem to Be Remnants of

All Invaders of China.

floating specks before the eyes, etc. | uan, maintained by five evangelical Miss Dian Clark, Myer's Cave, Ont., denominations of England, Canada people in the Orient.

> The doctor passed three weeks among the twenty or more as Thibet, he said, and while there including pygmies, men and women resembling negroes. American Indians, East Indians, Gurkas,. South Sea Islanders, Europeans and othe races apparently from all four quarters of the globe. These people, course, he said; had never been anywhere else than in the country found them, namely, in a region about the size of New York State bounded on the north by the prov ince of Kansu, the south by Burman Yunan and Keechow, the east Szechnan and the west by Thibet.

Beautiful Farms. "I found a land of beautiful val

leys covered with fine farms and homesteads," said the explorer mis sionary, "while towering above them were mountains from 6,000 to 18,00 feet high. The frontier of the coun try was protected by queer looking stone fortified buildings, manned b natives armed with weapons resembling the old fashioned blunderbuss It is not impossible that these people were the originators of gunpow der, for the Chinese who for years have tried to rule them admit it of better quality than the powder they make themselves.

"Afthough suspicious and was like, and hostile to some kinds Chinese, the 'tu-ren' proved to most hospitable and fed and sheltered us. Huge smoke-stacks in their communities gave them the appearance of thriving industrial of drying and curing vegetables, meat Out of tune with everything? and fish, which were suspended tier

"The architecture of the country dal castles of Normandy. In other To-day you should get a box respects it was not unlike the struc-Grain, for instance, after being har-* The Scobell Drug Co., St. Catha- vested, was threshed upon the roofs Land. The houses themselves are nothing more than boxes, with perhaps one window from which the doors and smoke of cooking escapes. "On top of practically all the fortified 'castles' a flag was flown.

I was told these were 'prayer flags' otic significanse. Every man in the country, apparently, is 'a law unto himself.' Each tribe has its chieftian

U OHITO DOPOH I LAUGH AND PLAY IF CONSTIPATED to abound in those places.

Look Mother! Is Tongue Coated, Breath Feverish and Stomach Sour?

"California Syrup of Figs" Can't Harm Tender Stomach or Bowels,



A laxative to-day saves a sick child o-morrow. Children simply will not their bowels, which become clogged

throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't playful child again. A thorough "inside cleansing" is oftimes all that is and minds the baby. necessary. It should be the first

treatment given in any sickness. Beware of counterfeit fig syrups. Ask your druggist for a bottle of man is that when he gets started he Danderine is to the hair what fresh their great country and of my wish "California Syrup of Figs," which doesn't know when to stop. has full directions for bables, chil- There is one redeeming feature vegetation. It goes right to the roots, and prosperity." dren of all ages and for grewn-ups about a chronic borrower, he never invigorates and strengthens them. Its! plainly printed on the bottle. Look strikes a man when he is down. exhibitating and life-producing propthe "California Fig Syrup Company." mouth and shuts his eyes.

WAR China exercises only nominal sover-

"Quarrels are settled on horseback by means of blunderbusses, spears, bags of stones and broad PORTUGAL IS ANCIENT ALLY OF another and at a given signal ride full tilt on small, wiry ponies at each batants escape alive but the survivor New York, Feb. 7 .- Fifteen thous-118 required to feed and clothe the family of his dead adversary as long as they live and this makes duels, rare. In many respects these combats resemble the tournaments of

> Dr. Beech said that while he believed he had penetrated further inany other white man he regretted that he had not gone still further. "For my guide," said he, "said that four or five days' journey beyond there were tribesmen near Sungpan. who are just like you are.' That, natives who appeared like Americans. Their dress, conversation and mode of living, of course, he said,

were characteristic of the country. "How so many different types of much-advertised music hall people located there is a problem for the ethnologist" resumed Dr. Beech. "One theory is that they represented all the warring tribal elements, that and driven by the Mongols and Tartars, made their last stand in his natural refuge between India. China and the northern part of Asia,

Tribes Independent,

"Each tribe is independent of the other, all speak a patois of Thibetan to smaller tribes. Others are the character. and kind treatment and 150 missionaries would bring them the enlighthas ever been done for them by ci-

"All of the natives are farmer or herdsmen. The latter raise lauge numbers of goats, hundreds of thousands of which can be seen on the mountain sides. Recently, since the Chinese have equipped their

become the greatest aggregation of purchasers in the world.'

The Man on Watch

The Scotch kirk mortgage was paid off last year. Why did not the folk up there have a public burning

as he is with the irregularities of the and had no special tabal or patri- human body. And that is saying a

the first day of the new year.

charitable thing by holding a social price for their capousal of freedom and bringing together its widows, and solemn treaty pledges. bachelors and old maids, who appear It is indeed a generous people

The City Council has at least the time to learn.

and took part in the services of other sects when it pleased them. They were too big to be tied down by antiquated rules.

It is a good thing that all the musicians of the city are not out on strike or we might have to sing hymns on Sunday without the help of the organ.

The coming to town of ten thou- Every sand pounds of tea must have caused those who delight to gossip "over the teacups" to clap their hands. If we cannot get real good beer, we can at least buy good tea.

How many people in Kingston boil drinking water? Hands up. The nays carry by a very large ma-

are a good many people who think life; eventually producing a feverishup with waste, liver gets sluggish; the country should not be put to the ness and itching of the scalp, which expense of keeping shirkers in pris- if not remedied causes the hair roots Look at the tongue, mother! If on and feeding and clothing them. to shrink, loosen and die—then the coated, or your child is listless, cross, feverish, breath bad, restless, doesn't ing them five dellars apiece has its ine to-night—now—any time—will eat heartily, full of cold or has sore good points, but the amount should surely save your hair.

Man servants are by no means a

One great trouble with the average the scalp.

THE BRITISH.

other. It is seldom that both com- The National Character of This Little Nation Has Always Been Misunderstood-Recent Death of Dr. Sidonia Paes Calls Attention to Past and Present of the Small Southern Republic.

NCE again Portugal appears before the world in a role cruelly misrepresentative of her intrinsic worth, her aspirations and the potent influences which she has exerted on civilization. In the assassination of her estimable: and scholarly president, Dr. Sidonia, flected light of Castilian history in to read an alarming commentary on her national character. Mention of a calls to mind the dethroned monarch, Manuel II., now a resident of England, His father, Carlos, and elder have come into the continent of Asia brother, Luiz Felipe, were slain in a bomb outrage. Ugly facts like these have naturally cast the impression that Portugal is a little nest of turbulent conspirators, a land as pestiferous as insign ficant. Evil needs no press agent. Record of it travels with and Turkestan, and their religion untamable swiftness. Despite these seems to be animistic or that of the deplorable instances of political rest-Liamas. The most numerous are the lessness, stability and fidelity are Lolos, which again are subdivided in- cardinal elements of Portuguese

gamous, These people, I believe, are centuries, accepted it almost as a matter of course, referred to it with comparative infrequency. Rather contemptuous indifference to Portument they so much need. Nothing gal and her achievements has been the most prevalent attitude of other outsiders. The Portuguese are an unboasting race, and hence misconception of their ideals and accomplishments has become chronic. At the risk of repeating facts which are perfectly assessable (though persistently ignored), it is part of fairness to army with modern rifles, the Chinese this is done in admirable fashion by restore proportion to the picture, and have opened up trading with the 'tu- an article in the Philadelphia Ledger. ren' and now vast quantities of raw "Unstable" Portugal can afford to wool and hides are being exchanged. look with righteous scorn on the The Chinese, too, are utilizing some "scrap of paper" principle in interof the valleys to raise opium but this national obligations. Since the fouris done without the approval of the teenth century she has kept inviolate treaty ties with Great Britain and at Speaking of the possibilities for least twice in the midst of tremenexpanding trade in the Orient, Dr. dous crises with which she had no di-Beech declared Ching alone could rect concern. In 1385 five hundred enable the great Powers to recoup English archers despatched to "old their war losses. "They are hungry John of Gaunt" assisted the Portufor American goods," he said, "and guese to win their independence from the field is unlimited. The Chinese Spain in the overwhelming victory of people are highly cultured, even Aljubarrota, now commemorated in the poor coolies, and they desire only the exquisite abbey of Batalha, one the best things. China is rich in of the most precious architectural untold undeveloped resources. Make gems in all Europe. Gratitude for is possible to develop the resources this assistance has profoundly affectof China and the Chinese people will ed the whole course of Portugal's

The alliance was often strength ened, never imperilled. It has been said that Portugal of late years has materially profited by British support and thereby retained her hold on vast African colonies. Indorsement of this view can be validly made, but at the same time it is significant to note what Portugal did. In the two greatest armed struggles of history, with whose causes she was not originally involv-- the Napoleonic wars and the late war conflict-her sense of treaty obligation was paramount. The glory of Wellington in the Peninsular campaign owes not a little to Portuguese fidelity, which mitted a base of operations to be maintained in the fair little kingdom. Sheer loyalty dictated Portugal's part when she enlisted in the Euroforth such treasure as she possessed and gallant soldiers whose blood en-New Year's day and bring us to grips nobles Flanders' fields. In the ruin which smote Gough's Fifth British Army on March 21, 1918, the Por-Odessa and Yarker might do a tuguese contingents also paid a tragic

who have now so haplessly lost an admirable national pilot. Charles II, cannily realized this trait when he moral obligation in seeing that less courted Catharine of Braganza and contaminated water be furnished to made her Queen of England. Portnthe residents. If the aldermen do not gal was weak then, but she was as know anything about water, now is ever lavish. In addition to a moneary dowry she turned over to Great Britain Tangier, and Bombay, now Some clergymen of "exclusive re- he choicest jewel of the whoir Britligious sects" long ago defied the sh India empire. A nation cherishrules and regulations of their orders ing such uncelfish ideals of honor

A SMALL BOTTLE STOPS DANDRUFF

Bit of Dandruff Disappears And Hair Stops

Try This! Your Hair Appear Glossy, Abundant, Wavy and Beautiful.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scarp; of dandruff—that awful scurf There is nothing so destructive to the hair as dandruff. It robs the hair

Get a small bottle of Knowlton's General to his Majesty the King: Danderine from any drug store or . "I respectfully desire to convey to toilet counter for a few cents, and your Majesty the best wishes of the thing of the past. Sometimes in mili- after the first application your hair Government and people of Canada tary orders here one reads that So- will take on that life, lustre and lux for the New Year." less, and in a few hours all this ron- and-So has been appointed servant to uriance which is so beautiful. It will His Majesty replied as follows: stipation poison, sour bile and fer- So-and-So. It appears that in many become wavy and fluffy and have the "I am much gratified at the good ing gloves.—Family Herald. menting waste will gently move out military servant jobs there are good appearance of abundance, an incom- wishes which you have conveyed to of the bowels, and you have a well-"pickings," while in others the man parable gloss and softness; but what me on behalf of the Government and servant washes the family clothes will please you most will be after people of Canada. In thanking just a few weeks' use, when you will them I welcome this occasion when actually see a lot of fine, downy our hearts are full of hope and ex-

carefully and see that it is made by When a fool is angry he opens are erties cause the bair to grow long, What a politician says is one thing strong and beautiful.

a hour when her struggles for acublican freedom are shadowed by a cries of misfortunes. The democratic experiment in Portugal was bold inleed, for education had long languished in a land where a mild climate and a fertile soil make for docility, and where the poor are much more illiterate than wretched.

The Spaniards, in their lofty

pride, are wont to regard the easygoing Portuguese as the "rubes" of the peninsula. They have helped to spread the false impression that a nation which discovered the sea route to India, which can claim the dauntless rover Da Gama and the immortal poet Cameons and the anestors of Velasquez, which still holds nearly a million square miles of colonial empire in Africa and Asia, and whose language, the idiom of Brazil, is spoken by some 30,000,southwestern Europe. Simple-minded country folk, indeed, many of the wine growers along the Tagus, the Douro and the Mondego still are, and for that reason a certain amount of easily acquired political demagogy has smirched their ideals of selfdetermination. But there were minds and forces in Portugal keen enoughand brave enough to scrap an absolete monarchy in 1910, when a new republic on the continent of Europe was truly a subject of scornful curlosity. It is profitable to recall this acuteness of her statesmen, most them products, as was Dr. Paes, o the venerable Coimbra University, just now when new clouds seem to be gathering.

TOOK CARE OF TURKS.

G. N. Cory.

The allied officer who arranged the carrying out of the terms of armistice with Turkey was a Toronto man, Gen. G. N. Cory, D.S.O., son of Mr. Chester D. Cory. Not long ago Gen. Cory was appointed chief of staff of the British army in the Balkans and as such he was the envoy sent to Constantinople to arrange the carrying out of the terms of the armistice with the Turkish Government. He went to the capital of the Turkish empire on a destroyer and was received by an imposing guard of honor and conducted in a Turkish automobile to the leading hotel of the city.

There he was waited upon by the Grand Vizier, Izaat Pasha, as head of the Turkish Government, and Gen. Liman von Sanders, the German commander-in-chief of the Turkish armies. Subsequent to arriving at a final settlement Gen. Cory took possession of the battleship Goeben.

Gen. Cory was at one time on the headquarters staff of the Third Division. He has been in the British army since he was twenty. He is a graduate of Bishops College School. Lennoxville, and of the Royal Military College, Kingston. On his graduation he was gazetted to the Second Battalion, Royal Dublin Fusiliers, then station at Oriella, India. When the South African Boer war was threatened his regiment was ordered to South Africa in 1897, and he was in the first engagement at Dundee. After the retreat of Ladysmith the regiment was refitted and left that place on the last train out, as did Gen. French, now Field Marshal

Subsequently the then Lieut, Cory was appointed adjutant of a mounted infantry regiment under command of the present Gen. Gough, and served throughout the war. He was mentioned in despatches twice and ceived the D.S.O. for "skill in handling his troops." He has the Queen's Medal with seven clasps and the King's Medal with two clasps.

Gen. Cory comes of good fighting stock. His father served with the 13th Hamilton Regiment at Ridgeway. His grandfather was a surgeon with the Prince Edward County Regiin the war of 1812 his grandfather, upholding U. E. Loyalist principles, served with a battalion from the

When the war broke out Gen. Cory was a major. He has since been decorated with the Mons medal, the Russian Order of St. Anne, the Greek Order and made a Commander of the Bath by His Majesty King George, the latter honor having been personally conferred upon him only a few months ago at Buckingham Palace. Gen. Cory was several times mentioned in despatches and promoted to his present rank about a year ago. He is now in London, England, and expects shortly to visit Canada

The Remedy.

Discussing the influenza epidemic and the many so-called influenzag wearing them. For sweet charity's cures, a well-known authority says: sake, Mr. Willmer appeared on care are the only treatment. The and the stakes were handed over to so-called cures remind me of a story him about a grocer. . To tl +3 grocer a patron brought back a pound of la certain town in Canada, where a

sweet enough to me,' he observed. "'But it's full of hair,' said the patron. I counted eight or nine hairs in it. Yes, sir, this butter's full of hair, and I want to know what you're crisped or grained paper, is now begoing to do about it."

'em as you go along.' "

Greetings From the King. The following cablegram was sent

and what he does is another.

\$15,874,283.00 \$17,398,195.00 2,248,896.07 2,554,434.33 Surplus (and Capital) -191,809.19 209,595.36

Epidemic and War Glaims all provided for. CROWN LIFE INSURANCE CO., TORONTO W. H. PENWARDEN, District Manager.

New Goods **JustArrived**

SUNKIST Seeded and Seedless Raisins. In packages only. Buy from your grocer.

Saturday Night Our Big Red Letter Shoe

Sale Closed

This Week Stock-taking

We want to thank our many friends for making our big Red Letter Sale such a suc-

J. H. Sutherland & Bro

THE HOME OF GOOD SHOES

Extraordinary Wagers.

for instance, Lord Digby staked £50 that he would walk five miles round barefooted and stark naked, and lost ute, the King and all the court be ing witnesses of the performance. brother scientist that he would read ment in the rebellion of 1837, while a newspaper by the light of a farthfirst scientist merely coated the inside of a shallow wooden box with sloping pieces of looking-glass, so as

to form a concave lens, placed it behind his farthing dip, and easily read the small print at the distance named. The winning of the wager was witnessed by a Liverpool dockmaster, who ultimately applied the idea to lighthouse requirements, and evolved the modern reflected light. About two years ago, during a rachting trip of members of the

Mersey Docks and Harbor Board, Mr. A. W. Willmer, a leading Liverpool cotton broker, was presented with a pair of weoden shoes for his birthday, and another member of the board offered to contribute a sum of money to two charities if Mr. Willmer would go to the Cotton Exchange "Isolation, warmth and perfect Change wearing the wooden shoes,

Perhaps the limit was reached in man propelled a green pea with a "'I want to complain about this | toothpick for about 80 yards along butter. It's awful,' the patron said, the pavement within half an hour of "The grocer sniffed it. 'Smells the stipulated time, and won his wager .- Tit-Bits.

> Paper Clothing. Underclothing made of finely

ing manufactured in Japan. After "'Why, make it right, of course,' the paper has been cut to a pattern, said the grocer genially, and he the different parts are sewn toreached up and took a tiny packet gether and hemmed, and the places defaulters like they do cattle? There of its lustre, its strength and its very from a shelf. Here, Here's a packet where the buttonholes are to be formof bairpins. You can pin it back with ed are strengthened with calico or linen. The paper is very strong and at the same time very flexible. After a garment has been worn a few hours it will interfere with the perspiration of the body no more than do garments made of cotton fabric. The paper is not sized, nor is it impermeable. After becoming wet the endeavor is made to tear it by hand the first box I felt so much better it presents almost as much resist- decided to continue the treatment.

A Conservative Yank.

James Murray, 105 years old, who such experience.



SORRY HE SPOKE

scratched my ace today. It must have seemed just like peeling a lemon.



A GOOD RULE The Hat Tree-You're a hundred years old, and perfectly well? Grandfather's Cluck-Yes, I keep regular hours and always find something for my hands to do!

Strong Enough to Do Homestead Duty

Bent Gives the Credit to Dodd's Kidney Pills.

Six Years Ago He Had Kidney Disease So Bad His Friends Said He Would Not Live Long.

Lydiard, Sask, Feb. 7th .- Strong and healthy, and able to do the heavy work of homestead duty, Mr. Sidney Bent, a well-known settler here, is telling his friends of the great benefits he received from using Dodd's Kidney Pills. "Six years ago I suffered a lot from my back and kidneys," Mr

Bent says. "I tried a lot of medicine and drugs, but kept getting worse, till some of my friends said would not live long. "Four years ago I decided to try Dodd's Kidney Pills. After taking

"The result is I have been able to do homestead duty for the last three "I would advise anyone suffering from kidney trouble to take Dodd's

hair-new hair-growing all over pectation to assuge them once more York Tribune, has lived in Trinity Dodd's Kidney Pills, have made of my deep and abiding interest in Church Cemetery, which is within their reputation by curing kidney the limits of New York City some. diseases and the ilis that spring from showers of rain and sunshine are to for their ever-increasing happiness where near 154th street, has never diseased kidneys. They are no curein his life ridden on a trolley car or all. But if you are suffering from seen a skyscraper building, and says rheumatism, lumbago, sore back, he has no desire to visit the lower diabetes or some other form of kidpart of Manhattan Island for any ney trouble, ask your neighbors what Dodd's Kidney Pills have done

for them.