

Do you Believe

in going straight to the weak spot in treating disease? If so, you will never use anything but Peps for coughs, colds, bronchitis, and throat and lung troubles. Listen why!

Peps are tiny tablets, which contain rich medicinal ingredients, so prepared that they turn into vapour in the mouth, and are breathed down to the throat, the breathing tubes and lungs direct.

Cough mixtures go—not to the lungs and chest at all, but to the stomach. There is absolutely no direct connection between stomach and lungs.

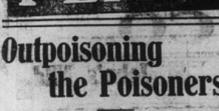
When you have a bad cold, your digestion is weakened. You lose appetite, and if a man, your usual smoke does not "taste good." In other words, your digestive system is lacking tone. All cough mixtures make this condition worse.

Don't ruin your stomach to heal your lungs. Take a remedy that goes right to the spot—Peps.

Surprising how they and coughs, catarrh, bronchitis, sore-throat, "clergyman's throat," asthma, and all lung troubles. Contain no poison, and are best for children.

Dr. Gordon Stables says:—"If you wish to ease and end a cough, if you desire to loosen tickling phlegm, and clear the throat and the breathing tubes, use Peps. The pine fumes and balsamic fumes, so beneficial in throat and lung troubles, which are liberated when a Peps is put into the mouth, also serve another good purpose. They are strongly germicidal, and germs of disease in the mouth, on the palate, in the throat, and in the breathing tubes, are at once destroyed by their action."

Have you tried this famous remedy? If not, cut out this article, write across it the name and date of this paper, and mail it (with 1c. stamp to pay return postage) to Peps Co., Toronto. A free trial packet will then be sent you. All drug stores and grocers sell Peps at 50c. box.



Outpoisoning the Poisoners.

(By E. F. Bronsdon.)

During the German assault upon Armentieres recently, a strange and ghastly phenomenon was witnessed. Many of the shells which fell in the town were seemingly of very fragile construction. They scarcely dented the ground where they burst. They injured very few people with flying particles. They did not contain either cyanogen gas or chlorine. There was a slight incense-like odor, but this was attributed to a peculiar and impotent powder the Huns were supposed to have been forced into using. There seemed to be no reason for the shells.

Six hours later the ghastly truth began to make itself known. Soldiers, male citizens, women and children began to collapse by the score. Many fell in convulsions. Some went stark raving mad. The whole community was poisoned—poisoned by some new and terrible agent that even the German archfiends had not dreamed of using before.

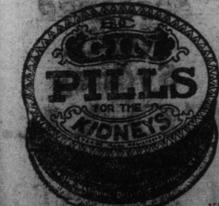
For nearly a week the terrible gas did its work, although the shell attacks ceased abruptly on the first day. Four thousand individuals died in agony greater than even the feared chlorine ever had caused.

The agent employed was arsine, known in the laboratory as arsenic acid, one of the deadliest of all fumes known to the chemist—beside which hydrogen cyanide and carbon monoxide may be trifled with in comparative safety.

This fume fury can be made quickly, easily, and in immense quantities, merely by treating any arsenical ore with hydrochloric acid. Made for demonstration purposes, where the pure gas is desired, the method is to mix arsenic with zinc shavings, and to pour over the receptacle hydrochloric

BUY THEM TO-DAY

YOU have read letters recommending Doan's Backache Kidney Pills. Why do you suffer from Backache, Rheumatism, Lumbago, Gravel, or that Dull, Dragging, Painful, Discomfort when the remedy is at hand?



acid. The chlorine combines with the zinc, a little water is released, and a large quantity of the arsine is formed.

The allies will feel a natural reluctance to use this weapon, just as they felt a natural reluctance to adopt the Germans' chlorine, sulphur dioxide, and "Flammenwerfer" attacks. These fall outside the pale of civilized warfare, in the same class with well-poisoning. No nation should adopt such tactics, but this war has crossed the boundaries of all civilized precept. The allies' only chance is to match the "Schrecklichkeit" of the Hun with still greater awfulness. If this can be accomplished with the Germans' own weapons so much the better.

The arsine bomb is the most deadly weapon the world has developed. Thrown from an aeroplane, or projected from a high-calibre howitzer or rifle, the gas spreads slowly upon striking. The gas is invisible, and so heavy that no wind short of a hurricane can dispel it sufficiently to make it harmless. It is known as a "creeping"—that is, it follows the hollows of the ground, and progresses by inches. For this reason its presence is apt to be unsuspected, and it may take a week to complete its deadly work.

One whiff—and it does not have to be a whiff, by any means—is certain death. There is no remedy or antidote known to medical or chemical science. The effects are in some respects much the same as ordinary arsenic poisoning—the suffering which ensues upon accidental eating of rat poison is an example of this—but in addition, the gas attacks the big nerve centers in a totally different manner, causing aberration and convulsions, and death in a half hour or so, after the first symptoms are noticed.

The Germans made another vital mistake in revealing this terrible weapon, the arsine bomb, to the allies, for these nations most assuredly never would have thought of using it otherwise. The mistake lies in the fact that while the Germans foisted this ghastly reality upon modern warfare, they have not the arsenic to pursue the course they have elected. They can employ this agent very seldom, making a hideous threat now and then, but not carrying it into a campaign such as they have done with the Flammenwerfer or liquid fire.

The allies, on the other hand, have supplies of arsenic ore which are unlimited, so far as the possible needs of this conflict are concerned. They could manufacture in one year more than enough arsine bombs to kill every man, woman and child in the whole of Germany and Austria-Hungary. An airplane can carry a sufficient number of glass-bottle bombs, filled with arsine under pressure, to make uninhabitable a town of five hundred inhabitants. This all in one trip. This is said advisedly; the inhabitants cannot protect themselves by masks or other devices, as when fighting other fume enemies such as chlorine and sulphur dioxide, for there is no known substance which will absorb arsine as lime absorbs chlorine.

With the "edge" which the coming air fleet of the United States will give to the allies, the arsine bombing of Essen-on-Ruhr, Potsdam, Zeebrugge, Wilhelmshaven and other strongholds of Germany should be an easy matter.

—Popular Mechanic.

Juice of Lemons! How to Make Skin White and Beautiful

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful "lemon skin softener" and "complexion beautifier," by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in; then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as sallowness, freckles and tan and is the ideal skin softener, smoothener and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is wonderful to smoothen rough, red hands.

Nursing Sisters on Hospital Ships

There are a round dozen of hospital ships which are always in close attendance upon the Fleet, whether in port or at their base in action. All these carry two sisters of the Regular Service and two of the Reserve, who have in several cases been under heavy fire, as at Suvia Bay and the Mediterranean. Added to this, they have constantly been in danger of torpedo attack, or mine explosion; and when the time comes to make them known, there will be stories of calm courage in the presence of great danger, and devotion to duty under circumstances of difficulty calling for promptitude and resourcefulness, of which every woman will feel proud.

The regulations as to the uniforms of the Naval Service are exceedingly explicit. Dark blue is the color; and on State or ceremonial occasions, when officers are in full dress, the dress must be of blue silk with four and three-quarter inch scarlet silk cuffs, and the cap must be of Indian muslin embroidered with the Naval Crown. White kid gloves must be worn, but no jewellery is permitted. General regulations prescribe plain black stockings and plain black shoes without buckles. An exception in blue silk may be carried. The bonnet is navy blue straw, with folds of velvet and blue ribbon strings. On foreign service in hot climates white check skirts, white cambric shirt-blouses and white shoes are provided. Rank is indicated by the badges. Thus, behind the fighting lines on land or sea the Empire's womanhood is rendering its supreme service. In all seclusion, even to aloofness, it is carried on by a great and noble company, strong, gentle, fearless and self-sacrificing.

Curing Shark Meat.

Although the meat of some sharks, prepared in various ways, has been eaten; a particular prejudice has been held against certain kinds of sharks, especially the sand shark, which has been claimed to be absolutely unfit to eat. During the past summer the director of the Woods Hole (Mass.) laboratory of the Bureau of Fisheries tested six species of sharks, including the sand shark, by having some fifty people eat them. The shark meats, served in different ways, were pronounced not only good but especially pleasing in flavor and texture; several persons pronounced them equal to swordfish.

A Good Word for the Squid.

Dr. G. G. Scott conducted during the summer at the Woods Hole (Mass.) laboratory experiments in drying fish. Domestic fruit-drying apparatus, steam-heated fish dryers, dryers with air heated by means other than steam, dryers which force dried air over the fish at varying temperatures, and the methods and limitations of sun drying were tried. The methods were applied to a variety of food fish not commonly used, including shark, goosefish and whiting, and also squid.

The results in the case of the squid are especially noteworthy. Squid, in the drying process, is reduced to broad, thin sheets of inviting appearance, which may be chopped to form chowder or soup stock. There is an agreeable and characteristic flavor which, together with the very high protein content, promises much for the eventual addition of the squid to the American dietary.—N. Y. Fishing Gazette.

Your Boys and Girls.

A little attention on the part of mothers to what we commonly call the manners of children, will save her much unnecessary time and annoyance and the children a great deal of criticism. These rules of right behavior need not be emphasized to the extent, however, that the children will act unnaturally or stiff.

Girls, when greeting their elders, should make a slight, graceful bow. The little boy should be taught to offer his assistance in carrying books and other packages for his mother or any woman. A boy is almost never too young to be taught the first principles of gallantry and politeness.

Children are very apt to reply sharply to one another in play and in discussions. Similarly they are apt to interrupt the conversation of their elders, which is of course, one of the least pardonable varieties of childish rudeness and one to be especially guarded against by parents.

Use of Whale Meat as Food.

The Bureau of Fisheries, Department of Commerce, has for some time, in correspondence and in personal interviews, been advocating the use of the meat of whales, porpoises, dolphins and other cetaceans for human food.

Whales and porpoises are mammals, like cattle and sheep, and their flesh is "meat," not "fish." In texture and appearance it resembles beef, though the color is darker red and the flavor is closer to that meat than to any other. It is devoid of all fishy taste. It is likely that it will soon be obtainable fresh, corned and canned, and it is recommended to those who have the opportunity to purchase it.

Whales are taken at several shore stations on the Pacific Coast, where their blubber is rendered for oil and their bones and flesh used to some extent for fertilizer, while their skins appear to be adapted to tanning into leather. These stations take a considerable number of these animals each furnishing about five tons of excellent meat.

Porpoises are abundant on all of our coasts and there is a regular fishery for them at Cape Hatteras, where they are valued principally for their oil.

During May an enterprising whaling company placed fresh whale meat on the market in Seattle, Wash., and Portland, Ore. The product met with a ready sale at 10c. per pound and was immediately placed on the menus of the hotels and restaurants under its proper name.—N. Y. Fishing Gazette, Oct. 20.

You Can't Find Any Dandruff, and Hair Stops Coming Out.

Save your hair! Make it thick, wavy, glossy and beautiful at once.

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes, but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and frayed, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health.

Get a small bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that hair is as pretty and soft as any—that it has been neglected or injured by careless treatment. A small trial bottle will double the beauty of your hair.

Just Received a Shipment of
12 G. Single Barrel BREACH LOADING GUNS.
In Light and Heavy Breach.
Selling at our usual
VERY LOW PRICE.

MARTIN ROYAL STORES HARDWARE CO., Ltd.
(Successors to Martin Hardware Co. & Royal Stores Hardware)

The Letters B. F. H. T.

For us this week, the above letters represent —

B Stands for BLOUSES, in Cream and Black Silk, ... \$2.80 to \$3.50

F Stands for FURS. See Window. ... \$3.00 to \$4.50

H Stands for HATS, both in Ladies' and Men's Autumn wear.

T Stands for ENDS of COTTON TWEED, per pound at 80 cts.

ALL AT

A. & S. RODGER'S

Just Opened

Something new and attractive in Picture Frames, 16 x 20; Burnished Gilt Oak, and Oak and Gilt, 2 1/2" and 4" wide. If you have a picture or portrait, bring it to us and we will put it in a neat and inexpensive frame for you.

SPECIALS for THIS WEEK:

White Curtain Net, White and Cream Curtain Scrims, Blankets, White and Coloured Counterpanes, and a large lot of Quilt Cottons made up in one pound bundles, just the thing for patch work.

Come Early and Get th Best.

The C. L. MARCH CO., Ltd.,

Corner Water and Springdale Streets, St. John's.

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