

My Heart Would Palpitate, I Had Weak Spells

Dr. L. Whiting, 202 King St. West, Brockville, Ont.

"I took very sick with my nerves and stomach, and seemed to be all run down. At times my heart would flutter and palpitate and I would take such weak spells in the pit of my stomach that I sometimes thought I would never get better. I had almost given up hope when a friend advised me of Dr. Chase's Nerve Food. I did not stop until I had taken twenty-five boxes. It has done wonders for me and I want to recommend it to everyone."

DR. CHASE'S NERVE FOOD
At all Dealers.
GERALD S. DOYLE, DISTRIBUTOR.

Secret History of Sinn Fein

(By SHAW DESMOND in London Magazine.)

"THE UNKNOWN GUEST."
The story of the hiding-places of the "run" would fill a volume. It is a fascinating page of the service side of Sinn Fein. In the "Black North" slept in garrets and in the hillsides, and declared it a sovereign remedy for the "Unknown Guest." But at one time the names of the dreadful Dublin tenements were accustomed to have their names written in small hours, and walk out again the morning without a word being said. The "Unknown Guest," at one time part of the daily life of the Irish capital.

My interest my readers to in some of the difficulties in getting to touch with the "inner circle" of Irish thought to a country every man is "suspect."

The writer had met with repeated checks in his endeavour to speak with the men behind the scenes who mattered, and had almost given up hope when a chance meeting led him to a certain street on the morning at a certain hour he saw before him at a certain spot a man in a dark coat buttoned up to his chin, that this man would be a better individual exposed as represented, and followed a couple of steps behind, turning the alley, until I saw him turning the great double door of a man's flat in ruins. The man turned his head, but walked the water following.

I saw you behind all the facts about the attempt to land arms by the German A.D. By the most extraordinary combination of circumstances, this tramp got through the

thority. There was no German plot." The document on "Army organization," then attributed to him and said to be in his handwriting, and of which so much was made at the time, as a matter of fact was not in his handwriting, which is characteristic. Nor was it composed by the ex-President. The document upon "Communications," of which he was accused at that time, had nothing whatever to do with Germany, and was only for the purpose of preventing the threatening coming of conscription. Of such cowboys are "plots" sometimes made.

Of the real German plot surely the maddest of all madneses, when Sir Roger Casement landed from a German submarine on the coast of Tralee, not ten men in Ireland knew there being two intermediaries between Germany and Ireland, one of them, Joseph Mary Plunkett; the other, Roger Casement, both of them now dead. The veil may be lifted to this extent, Germany did agree to guarantee Ireland's independence, but there were two men in Ireland who believed, and rightly, that Germany would pay a little regard to this assurance as suited them. The actual fact is that from the beginning it was Berlin's intention to hold Ireland in pawn, even if victorious, and this was discovered by Sir Roger Casement himself ere he set sail from Germany, as I have seen in his own

The most astounding fact of all is that Casement himself never trusted the Kaiser or Ludendorff, played a deep game against them, and meant to "double-cross" them in the interests of Ireland.

I am in a position to give the secret facts about the attempt to land arms by the German A.D. By the most extraordinary combination of circumstances, this tramp got through the



Have Good Hair and Clean Scalp
Free from dandruff and itching. It's easy. On retiring rub spots of dandruff and itching with Cuticura Ointment, getting Ointment well on scalp. Next morning shampoo with Cuticura Soap and hot water. Blaise with tepid water.
Sole U.S. Mfg. Co., Chicago, Ill. Sold throughout the Dominion. Cuticura Soap shows without cost.

swarm of about forty destroyers and auxiliary cruisers sent out by the British Admiralty, which knew right from the beginning of every move, being excellently served by their intelligence. The Aud reached Tralee on April 20th, but was not expected until the following day, when the Sinn Fein emissaries, Sheehan and Keating, were sent to take delivery.

Throughout the night of the 20th and the Aud made the agreed signals, but getting no response, sailed away, and being intercepted by the British screen, blew herself up. Had she waited only another few hours, the masses of arms she carried would have been delivered, and with 50,000 men instead of 1,000 rifles, Ireland would have been aflame from end to end, with, at that critical period of the European War, grave results to the British Empire.

To come now to the future—to the dawn of a new Ireland. Has the Free State come to stay? The reply is: "Yes—at any rate in our day and generation—but the present Irish Free State will be modified ultimately in many essential particulars."

On my visits to Ireland in 1919 and 1920, when I had repeated conversations with Arthur Griffith, Desmond Fitzgerald, Ireland's arch propagandist, and other Sinn Fein leaders, I privately reached the conclusion that few of them, however intensely they desired it, really expected to get a Republic, but that the most of them would be satisfied with a full measure of Dominion Home Rule—which, by the way, the Treaty does not give Ireland, simply because England still retains strategic control of Irish ports, etc., no right of secession—which is implied, if not declared, in the case of the other British Dominions—is given.

What Griffith and the rest have been fighting for was just this "right of secession." Had any English statesman at any time had the imagination to have offered a full measure of Dominion Home Rule, plus the right of secession, Ireland would have jumped at it, and the Seven Hundred Years' War would have been finished for ever, for a free Ireland means a friendly Ireland. It is the nature of the Irishman ruthlessly logical though he be, to fight to the death for something which he may not always mean to use when he gets it.

These, and none other, are the facts, even if there should come a period of British interregnum. The Free State has come to stay. But perhaps for another six or twelve months there will be sporadic trouble with the irregular forces, the present head of his identity must still be concealed) of which recently said to me at his headquarters: "I would rather see Ireland once more occupied by British troops and her economic life destroyed than have the Treaty."

And after the fighting has ceased, we shall see in the future Parliament of a United Ireland, in which Ulster will be fully represented, a minority of irreconcilables who will continue, but constitutionally to demand the Republic or nothing.

De Valera's Cathal Bruiche, and their other former Free State comrades, because, rightly or wrongly, they believed they were traitors to the Republic.

But we shall scarcely see De Valera in that Parliament, for he will probably, if spared, retire to his nefarious and his books. For De Valera, combination of modern Don Quixote and Chevalier Bayard, is student, not soldier.

Arthur Griffith had possibly, at his death, also played his major part in the story of Ireland, and left the principal role to his coadjutor, Michael Collins, who would have been the first President of a United Ireland. Collins was vitally necessary to a United Ireland, for he was the only Southerner for whom the Ulstermen had a sneaking regard, and we should once more have seen Craig and Collins with their heads together.

To speak quite frankly, the passing of Michael Collins has left a blank which it is quite impossible to fill with any of the men at present available. They are good men, but not

How to Purify the Blood

"Fifteen to thirty drops of Extract of Root, commonly called Mether Siger's Curative Syrup, may be taken in water with meals and at bedtime, for indigestion, constipation and bad blood. Persistence in this treatment will give permanent relief in nearly every case." Get the genuine at druggists, 50c. and \$1.00 bottles.

great. Michael Collins, alone of them all, had the quality of "greatness." For a time the result will be almost, but not quite, disastrous to the new Free State, but the writer believes that, as always in Ireland, out of the unknown will come the Man to fit the Hour. Neither Alderman Cosgrave nor his colleagues, Mulcahy and Duggan, are strong enough ultimately to lead Ireland. She needs a new Parnell—and he will yet make his appearance. He will be some man now unknown. Like Collins, he will be a statesman-warrior.

ULSTER AND A UNITED IRELAND.

Ulster will come into a United Ireland before ten years are past, first, because she will find that it pays and that her taxation in a united island will be half what it is at present, and secondly, because of the most vital of all facts—the fact psychological; for the Ulsterman is an Irishman, although he does not always suspect it. My conversations with two of the present Ulster Ministers at the Ulster Reform Club and elsewhere some time ago, led me to this conclusion, however unintentional on their part, for they would strenuously deny it. Griffith himself told me that at all costs Ulster was essential to the future Ireland.

The Irish Labour Party is going to play the major role in Irish politics within the next decade, but upon lines quite other than those of its British brothers, for whom and their "stodginess" and lack of imagination, they lose no opportunity of expressing their contempt. The Irish worker is neither Socialist nor Bolshevik, he is rank individualist, and if Mr. Lenin conquered the rest of Europe he would still find Ireland the Isle Inviolata.

Jim Larkin, once "Ireland's Uncrowned King," is, I happen to know, coming back to trouble the Isle of Troubles.

Ireland's relation to the British Empire in the future will be governed by certain unchangeable considerations, for Ireland never changes. Let us take them seriatim.

First, that Ireland is Ireland, and cares literally not two straws for the great world outside. This isolation and detachment of the average Irishman from the rest of the world is never better illustrated than in the story of the old man in Cork who was told that his son had just won the V.C. on the Western front. "More power to him!" said the proud father. "I know we'll beat the damned English yet!"

Secondly, taking the above into account, if Germany, or any other country unfriendly to England, counts upon Ireland's co-operation, she will make a very grave mistake, for although Ireland may not passionately fight for England she will fight to the death for Ireland and to keep Irish soil free of any invader.

Thirdly, Ireland is Ireland, and cares literally not two straws for the great world outside. This isolation and detachment of the average Irishman from the rest of the world is never better illustrated than in the story of the old man in Cork who was told that his son had just won the V.C. on the Western front. "More power to him!" said the proud father. "I know we'll beat the damned English yet!"



Thursday, Friday and Saturday At the NICKEL Wonderful Programme

'Charlie Chaplin'
the one and only in one of his greatest three-act comedies:

"Shoulder Arms!"
MONDAY: — "HUMORESQUE" a truly wonderful super-special.

"SYLVIA BREAMER and RICHARD DIX

in a tremendous dramatic offering— from Harold MacGrath's great story Parrot & Co. a First National Attraction entitled:

"NOT GUILTY!"
He had taken the blame of his own brother's sin; given the love of this girl to his brother, too! And now she wanted him back!

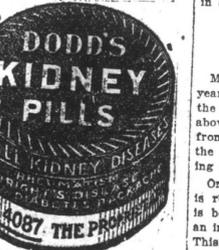
XMAS DICKS DISTINCTIVE DICKS CARDS

WHAT happier way to greet your friends on Christmas Day than with one of our dainty cards, with its cheery wish? ALL the designs are printed in attractive colours from engraved steel dies. THE wording will be process-embossed as well as your name if you so desire. THE BEST DESIGNS SELL QUICKLY. IT IS WISE TO ORDER EARLY.

JOB'S Smoked Fish is Delicious. Order some from Your Grocer TO-DAY. It will be sure to please.

Smoked Salmon, Codfish, Fillets, Haddies, Caplin, Kippers.

JOB'S STORES, Ltd.



Mammoth Cave.

Mammoth cave breathes once a year, that is to say, in summer when the temperature of the external air is above that of the cave the current sets from the latter to the former. In fact, the cave is the entire summer making an expiration.

In the spring and autumn that there is no motion of air in either direction at the mouth of the cave. In summer when the temperature is near 100 degrees the air rushes out at the entrance to the cave with such force as frequently to extinguish lanterns carried by visitors. This condition prevails, however, for only a few yards.

If a current of air blows from without inward and is below 54 degrees it does not pass more than a quarter of a mile before it is brought up to that point. Air above the average temperature of the cave never blows into it.—Detroit Free Press.

Fashions and Fads.

A suit of dark blue velours de laine has its hip-length jacket-banded with castor fur and finished with braided bands of gold tissue. Chain stitching outlines the back and side panels of contrasting material which give long, slender lines to a street dress of navy blue tulle.

Frocks for the debutante are often of velvet or taffeta, while those for the more sophisticated types are of elaborate fabrics and rich colorings. At present there is an increased interest in veillings. Black and brown

vie in color, while both plain and fancy mesh, also chenille dotted types, are popular. Front and back panels of broad-edged chiffon, with longer side sections of plain chiffon or crepe, make a charming evening gown for the older woman. With a frock of brown drevyn collared in summer ermine was worn a swathed hat of gold and henna red. A short jacket of the ermine completed the costume.

AND JEFF



ONE MEMBER OF THE "LION TAMERS" IS UP AGAINST IT.

NEW FRUITS!

- 25 Boxes Fancy Winter Pears.
- 5 Cases Grape Fruit.
- 5 Cases Lemons.
- 5 Barrels Sweet Potatoes.
- 176 Count Calif. Oranges.
- 250 Count Porto Rico Oranges.
- Bananas.
- And due by steamer this week.
- 500 Barrels Apples.
- 300 Sacks Onions.
- 100 Cases Calif. Oranges.
- 50 Cases Eggs.

Soper & Moore
Phone 480-902. P. O. B. 1215.

Binard's Liniment used by Physicians