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A Sale of worthy, desirable
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Ladies' Underwear, Ladies' Knickers,
Ladies' Chemises, Ladies' Corset Covers,
Ladies' Nightdresses, Ladies' Corsets,
Ladies' Blouses, Ladies' Costumes.

Ladies' Aprons,
Ladies' & Children's Coats,
Lawn & Cambric Embroideries,
Lawn & Cambric Insertions,
Lawn & Cambric Beadings,
Sideboard Cloths,
Tea Cloths,
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Net Laces,
English Shirting,
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Flannelettes,
Cotton Blankets,

Pillow Cases,
Bolsters,
Table Linens,
Apron Hollands,
Fronting Linens,
Linen Table Cloths,
Linen Napkins,
Pillow Shams,
Bureau Cloths,
Piano Cloths,
Sheetings,
Victoria Lawns,
Lace Curtains,
Turkish Towels.

TO-DAY'S Messages.

10.00 A.M.

HIS CONSULS TO BE RELEASED.

WASHINGTON, To-day.
Through the good offices of the United States, the German, Austrian, Turkish and Bulgarian Consuls at Salonika, who have been held under arrest by the Allies on board a French warship in the harbor, are to be released.

BRITISH CONSUL ARRESTED.

LONDON, To-day.
A despatch to the Exchange Telegraph Co. from Rome says a British submarine has sunk in the Upper Adriatic, an Austrian hydro-aeroplane, also an Austrian boat which went to the rescue, taking the crews of both craft prisoners.

GOOD WORK OF BRITISH SUB.

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MINING AND SHELLING.

LONDON (Official), To-day.
The enemy this morning exploded

three mines west of Pricourt but no damage was done. We exploded a mine east of Pricourt. During the day our artillery disposed of four hostile working parties. There has been reciprocal shelling north of Albert, north of Loos and near Givenchy. Southeast of Fleurbaix we successfully bombarded enemy gun positions and trenches.

SUCCESS IN THE KAMERUN.

LONDON, To-day.
The British official report last night on operations in the Kamerun west coast of Africa, follows: After the occupation of Janu, Jan. 1, the Entente Allies' columns which were despatched in an endeavor to cut off the enemy's retreat, reached Kei maka on Nyong River on Jan. 8. They released a number of Allied prisoners, both military and civilian. On the 18th the reports received from Colonels Mayor and Hayward state the Germans evacuated Eholowa and Akono, Linga, and that the German Governor Ebermaier and German Commandant Zimmermann escaped into Spanish Muni. Fighting is also reported further south close to the German Spanish border, where two small French columns advancing from the coast and from French Congo, are trying to prevent the escape of Germans into Muni.

HEAVY FIGHTING ON TIGRIS.

LONDON, To-day.
The chief difficulty of the British-Mesopotamia forces, marching to the relief of Kut el Amara, has been the weather, says a despatch from a representative of the British press. A hurricane the past few days, says the correspondent, has made navigation and other operations most difficult. The Tigris has risen four feet. The stream is the color of a red brick. The

large share of the annual rainfall of three or four inches, has fallen within a week, aggravating the hardships of troops. Nevertheless active fighting continues with heavy losses, those killed including the Turkish General Bekirbey Bey, a former Governor of Tripoli. Attacks on the enemy are made difficult by the nature of the ground which affords no protection, being unbroken by hedges, roads, trees, or water courses. British losses, therefore, have been heavy.

HENDERSON'S SUPPORT OF COM-PULSION BILL AND HIS CHALLENGE.

LONDON, To-day.
The provisions of the Compulsion Bill for the possibility of industrial compulsion and are so definite that when they are clearly understood, the bill ought to be received by the general support of organized labor, says Arthur Henderson, Chairman of the Labor Party, in a long statement addressed to his constituents. The statement justifies Henderson's support of the measure on the ground of absolute military necessity and explains the writer's willingness to stand for re-election at any time on the compulsion platform.

GERMANS LACK COAL FOR EGYPTIAN EXPEDITION.

LONDON, To-day.
That the German campaign to Egypt is meeting with unexpected obstacles, is announced, due to the lack of coal to operate the railroad they constructed southward through Syria to the edge of the desert approaching the Suez Canal. The construction of the railroad has been largely facilitated by branch rails and material for a similar line partially constructed but the absence of coal prevents the actual opening of the road for transportation. The lack of coal led the Germans to re-open the old Turkish mines in Syria used by the Romans, but abandoned by them a thousand years ago. The capacity of these mines is limited to five hundred thousand tons annually. A large force of Turkish laborers is engaged developing the mines which are now the chief reliance in getting the railroad to Egypt in operation.

CONSTANTINE'S MAIL.

LONDON, To-day.
An interview with King Constantine of Greece, appeared in the Daily Mail yesterday. When the correspondent asked King Constantine whether he would admit the justification of the recent actions of the Entente Allies, the King is quoted as replying, "Yes and no, I fall to see any reason for the occupation of Corfu and Crete. If you want to reform the Serb army, there surely are places you could choose rather than violate

the neutrality to which you yourselves have subscribed. As far as Salonika is concerned, I, as a soldier, quite understand that the presence of the enemy's Consuls is undesirable and under certain circumstances appreciate the necessity for the destruction of the Demir Hisar bridge. What I object to strongly is the way you have ridden roughshod over us and treated us as if we did not exist. There seems to have been a studied attempt to do everything in an unpleasant manner. If you had notified my Government of your desire to rid Salonika of the Consuls we would advise, grant, we could no longer guarantee them safety and they would have flown within 24 hours. Most of the archives already have been removed and I do not think you will discover sufficient compromising evidence to justify the methods employed. I recognize also the destruction of the bridge would become a military necessity in the event of an hostile advance from the east but at present it is without object. The only effect is to cut our communications with the Drama and Kavala provinces. As you know a large part of our army is mobilized. This has caused unlimited inconvenience without rendering their new batteries service. We cannot do anything to demonstrate more clearly our desire to accord you every facility in our power. I, therefore, feel that the treatment meted to us is in every way unjustifiable. I have given my personal word we will commit no act of hostility towards the Entente Powers, and I do not see any further assurance need be demanded as neither the Government nor army will do anything without my authority. The correspondent says that the King is much improved in his health and that the wound from the operation the King underwent some time ago is causing him no trouble.

RUSSIANS EASE PRESSURE.

LONDON, To-day.
A despatch to the Daily Mail from Petrograd says a recent Russian advance in Bessarabia and Galicia was carried out in accordance with a plan prepared by the Entente Allies. War Council to relieve the pressure on the Entente forces, while they were fortifying Salonika and during the evacuation of Gallipoli Peninsula.

GERMANS PREPARING A NAVAL SURPRISE.

LONDON, To-day.
The Daily News gives prominence to an article suggesting the Germans are preparing a naval surprise for Great Britain. The article says the Germans are arming their new battleships with 17 inch guns. The Daily News adds, that it is believed the shells thrown into the North Sea, were fired by 17 inch naval guns. The Daily Mail asserts that it knows upon the highest authority that the shells thrown into the North Sea regarding the 17 inch guns is true. The writer of the Daily News article expresses the belief that the shells were fired by the Germans. He recalls that Germany and Austria concealed the overwhelming power of the Howitzers, which demolished the Belgium and Russian fortresses. Experts of the allied nations have pointed out, the experts were proven to be wrong. The writer asks anxiously whether Britain has an effective answer to the German 17-inch guns. He infers that the new German battleship Hindenburg is armed with these guns and expresses the conviction that there is a reason of probability, if not of certainty, that sooner or later the German battleship equipped with 17 inch guns, will appear in the North Sea. It is obvious, he adds, that a Hindenburg armed with 17 inch guns will outclass an enemy's modern British battleship type armed with a smaller gun as absolutely as invincible outclasses Admiral Von Spee's ships off the Falkland Islands.

2.00 P.M.

MONTENEGRIN FLIGHT.

PARIS, To-day.
"My situation had become untenable," said King Nicholas to Journal's correspondent at Cetinje on Jan. 6: "I am fighting against an enemy ten times superior in numbers to my troops who are brave beyond all description, but they have not eaten for five days, what can I do under such conditions? If Allies do not come to my aid, I shall be forced to leave Cetinje. But your Majesty is getting provisions. Yes, the French fleet will be of help. I have direction of operations supplied

us admirably, but for some time, we have been getting hardly anything."

WHERE IS THE POLLENIA?

MADRID, To-day.
Madrid newspapers publish wireless messages announcing that the steamer Pollenia is in danger of sinking off the Azores. A wireless message received at Halifax, N. S., Thursday night stated that the Pollenia was leaking and in distress 700 miles from Cape Race. The message stated that the steamer Siamese Prince would take her crew off the following morning.

NEGOTIATIONS STILL ON, SAY THE GERMANS.

BERLIN, To-day.
The Volks Zeitung of Cologne says that the Italian reports regarding the withdrawal from all negotiations for peace with Austria are to say the least strongly exaggerated. The newspaper adds that it is a fact that obstacles have come up in the negotiations and that a portion of the Montenegrin army has refused to lay down arms, but that negotiations are still in progress.

DISARMING GOING ON.

VIENNA, To-day.
The Kreuz Zeitung says peace negotiations will only begin after the disarming of the Montenegrins is completed. Reliable news, that the disarming is proceeding quickly and without difficulty has been received here, but it is expected that some time will elapse before it is completed.

2.15 P.M.

BELGIUM AND SEPARATE PEACE.

LONDON, To-day.
An Amsterdam despatch states that the Frankfurter Zeitung, discussing the possibility of a separate peace between Germany and Belgium, says that as long as Belgium has not signed the London agreement, regarding the making of a separate peace, she is free to do as her interests command. The newspaper is quoted as adding that Belgium until now has been considered by the German Chancellor as an object of exchange, and that sensible Belgians ought to be told not to wait too long as they will be considered a good price. Amsterdam says that this article has caused a sensation in Germany and that it is believed to have been inspired from official sources.

AUSTRIAN TERRITORIALS CALLED UP TO FIFTY-FIVE.

BERLIN, To-day.
The Austrian Government in order to repulse territorialists sent to the front, according to the Overseas News Agency, has issued a decree fixing the age limit for the course of the war at 50 years. Those who are between the ages of 50 and 55 years will do service only for six weeks continuously.

Boys Caught Looting Houses.

This morning Miss March, who lives next door to Mr. W. R. Rennie, on Circular Road, heard somebody talking in the house of the latter. She thought it strange as Mrs. Rennie is out of the country. She telephoned immediately to Mr. Rennie, who drove home and placed Mr. Druken at one door while he entered the house. He caught two boys inside with bags of booty already packed for leaving. The police were called in and took the boys into custody on a charge which they will be called upon to answer at the Police Court next week.

How to Grow Hair.

The French are now placing on the market a preparation containing the extract from Henna leaves, which is having a phenomenal success. This preparation is called *Salvia* and is being sold with a guarantee to cure dandruff and to grow hair in abundance. Being daintily perfumed, *Salvia* makes a most pleasant dressing. Sold by your druggist. A large generous bottle for 50 cents.

"Regal" Engines

The newest and most up-to-date, something better than you have ever seen. REGAL Engines are built by one of the oldest engine firms in the world, having been in the business for twenty-five years, ever since the invention of combustion engines. Each year improvements are made. Call and see our exhibit at our new Showrooms, ground floor Commercial Bldg., Water Street.

FRANKLIN'S AGENCIES, LTD.

Jan 22, 1916.

Cabbage, Apples, Oranges!

40 brls. CHOICE CABBAGE.

40 cases ORANGES—Californias, Floridas and Valencias.

30 crates SILVERPEEL ONIONS.

100 brls. APPLES—Baldwins, Starks & Wagners.

Burl & Lawrence, 14 New Gower St.

What is an Internal Bath?

By W. R. BEAL.

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference, or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable, but preventable, through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of to-day" is only fifty per cent healthy. Reduced to simple English, this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on the "overhaul" principle. A machine could not stand this and not break down, and the body certainly cannot do more than to maintain itself. It is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy, and strong? The number is appallingly small.

It is not a complete matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else necessary.

sary for the attainment of happiness but the most essential thing of all, that of giving their bodies their proper care.

Would you believe that five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth while to learn more about that which will accomplish this end? Internal bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practise internal bathing, and begin to-day.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT an internal bath is, WHY people should take them, and the WAY to take them. These and countless other questions are all answered in a booklet entitled "THE WHAT, THE WHY AND THE WAY, OF INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Sascade," whose life-long study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of multitudes of hopeless individuals have been equally spared and prolonged. No book has ever been written containing such a vast amount of practical information to the business man, the worker, and the housewife. All that is necessary to secure this book is to write to Dr. Tyrrell at Room 885, 257 College Street, Toronto, and mention having read this article in *The Evening Telegram*, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now, while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural when it is such a simple thing to be well.

Rostand's Crew Reach Halifax

Newfoundland Schooner Abandoned at Sea After Floating Helplessly for Eleven Days.

Halifax, Jan. 18.—Eleven drays drifting about on the stormy Atlantic on a disabled schooner, not knowing what minute she might go to the bottom, is not at all a pleasant experience in the opinion of Captain Lake and crew of the Newfoundland schooner Rostand, who arrived in Halifax yesterday on the Plant liner Halifax from Boston.

They had just that experience when their craft lost her rudder in a hurricane about one hundred miles off the Nova Scotia coast. The Rostand went on a voyage from Oporto for Fortune, and sailed from the Portuguese port on November 28th. They were rescued from the helpless craft by the steamer Bloemfontein on January 7th, and were landed at New York. On their arrival at Halifax the shipwrecked men were housed at the Sailor's Home, and to-day they will set out for their homes, going via Sydney and Port aux Basques.

"We sailed from Oporto on the 28th of November with salt for Fortune," said Captain Cecil R. Lake, master of the Rostand, "and we had had weather from the very start. We encountered northwesterly gales and were driven far south of our course for Fortune, but all went well until two days after Christmas. We were then in the Gulf Stream and were struggling against a very heavy gale, when our rudder was smashed and we lost it."

"We still had our sails intact, but owing to the very strong wind could not manoeuvre the vessel with them alone. Accordingly we could do nothing but drift with the storms, and drift we did. The schooner was helpless and great seas swept over her time after time. Our gally was put out of commission and all we had to cook on was a small stove in the after cabin. We were too far away from land to attempt to leave the ship, and any hopes we had of drifting closer to land so that we could take to the one boat we had on board were stopped when a sea boarder the Rostand and smashed the boat."

"Our schooner stood the pounding of the seas very well and we had enough provisions on board to last us for several weeks more, but we were drifting far out of the track of steamers, so that we were glad when on January 7th the British steamer Bloemfontein, bound from England to New York, sighted our distress signals and bore down on us. We signalled them and then set out to abandon the Rostand. We had no boat so the steamer sent a boat for us. Before leaving we set fire to the Rostand to prevent her becoming a danger to navigation."

"The Bloemfontein landed us at New York on January 14th, and we were met by our families."

Cape Report.

Special to Evening Telegram.

CAPE TOWN, To-day.

Wind north, light, weather fine. An unknown cable steamer passed east and a two-topmast schooner west, and a.s. Portia in yesterday. Nothing sighted to-day. Bar 30; Ther. 18.

Were a Boon to a Paisley Man.

DODD'S KIDNEY PILLS CURED PAIN IN HIS BACK.

Mr. Jas. A. Bryce Tells Why He Recommends Dodd's Kidney Pills to All Who Suffer from Kidney Disease.

Paisley, Ont., Jan. 21st. (Special).—"I can highly recommend Dodd's Kidney Pills to anyone suffering from pain in the back," says Mr. Jas. A. Bryce, well known and highly respected in this neighbourhood. "I had been troubled with a pain in my back for about a year."

"Reading the self-examination page in Dodd's Almanac led me to believe that my trouble came from my kidneys. I sent for and got a box of Dodd's Kidney Pills. Before they were done I was feeling as well as ever."

"Dodd's Kidney Pills were certainly a great boon to me."

Dodd's Kidney Pills act directly on the kidneys. By putting them in condition to do their proper work they accomplish the cures so regularly reported. Healthy kidneys make pure blood and the man or woman who has pure blood coursing through their veins can laugh at nine-tenths of the ills of life.

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TRADE MARK

The Invigorating Tonic

For Sudden Exhaustion, Thin Blood, General Debility, &c.

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