



Anty Drudge on Nightmares.

Mrs. Nevers—"Can't one have some awful nightmares, Anty. I did a big day's washing yesterday—it took me all day. And last night I dreamed I was on an island in the midst of a big lake of boiling, steaming, dirty clothes, and I had to wash every one of them. Mercy! What a headache it has given me."

Anty Drudge—"No wonder it gives you a nightmare and headache, the way you do your washing, boiling and hard-rubbing all day. After this use Fels-Naptha lukewarm water, without boiling or hard-rubbing, and you will be through so early that you'll forget it before night and won't have any nightmare or headache."

Winter washdays cease to be a nightmare when the clothes are washed with Fels-Naptha in lukewarm water.

In the first place there's no boiling.

Fels-Naptha makes the clothes cleaner and whiter and sweeter without it.

No hot water is used and there's no steam to fill the house and give your people colds.

You've no steaming suds to bend over; no nauseous odors to inhale. Your hands are not reddened and chapped by putting them in hot water and then exposing them to cold air.

But, best of all, the work is made so much easier and doesn't take half as long. Washing with Fels-Naptha, you can begin after sun-up, even on the shortest winter day, and be done well before noon.

Use Fels-Naptha not only for the white clothes but for flannels, woollens, colored things.

Be sure to get the genuine Fels-Naptha—don't trust imitations. And follow directions on the red and green wrapper.

INTERNATIONAL MARRIAGES

Majority of American Wives are Happy in England.

LONDON, Jan. 22.—The Granddallas wedding in New York furnished the text for renewed discussion here of the advisability of international marriages. The Daily Mail devoted an editorial article to the problem as to whether they are or are not likely to be happy.

EXPERIENCE IS BETTER THAN ARGUMENT

The world-wide fame of Mother Seigel's Syrup is based on the evidence of men and women whom it has cured of indigestion, biliousness, constipation, nervous depression, flatulence, and other disorders of the stomach, liver and kidneys. Compounded of roots, and herbs, Mother Seigel's Syrup contains digestive ferments and gentle tonics for the stomach, liver and kidneys. These qualities render it invaluable to all who, through unhealthy surroundings, sedentary occupation, worry, overwork, or climatic changes, lack the vitality which only good food, well digested, can supply. When you are tormented with indigestion, so that you can't eat, can't work, can't think, can't sleep, you should at once give Mother Seigel's Syrup a trial. Tens of thousands of people testify to the curative qualities possessed by Mother Seigel's Syrup because it has cured them. Profit by their experience!

Here is some proof:—Mr. Christy Battersow, Mabon, Inverness Co., N.S., writing on August 13th, 1908, says:—About eighteen months ago I took a severe cold, while at work near Marble Mountain, C.B. Neglect brought on frequent headaches, a tickling cough and a sore side. While visiting a friend at Lake Umbagog, I was induced to take Mother Seigel's Syrup. In a short time my cough vanished and apart from obtaining a cure, I increased my weight by thirteen pounds.

Price, 50 cts. a bottle, sold everywhere. A. J. White & Co., Ltd., Montreal.

Whatever may be said of other international unions. The Mail believes that American wives and British husbands will find no more to the bride's bouquet. They have too great a common heritage in language, history, traditions, customs, the man she marries, the life she leads, the life she leads, the life she leads.

The Mail says:—"That the vast majority of Anglo-American unions are happy will not be denied by those who have the good fortune to number among their friends American wives and British husbands, whose weddings have escaped the notice of the ubiquitous recorder of social events. The number of such marriages is much greater than many people are aware of; for these happy marriages, like happy marriages, have no history, and they are to be explained for reasons other than the attractions of a dowry, for not all American brides are endowed with the wealth of Croesus, and the American women have other fascinations than the almighty dollar. Although essentially feminine, as is manifested by her taste and skill in personal adornment, she is, above all things, the comrade of the man she loves, making his interests, pursuits, and pleasures her own. This irrefragable attraction she owes to her early training, and herein lies the answer to the problem that baffles American men, who ask why beauty and dollars should cross the Atlantic never to return save as visitors."

"The American man has attractions of his own. His chivalry toward women is unsurpassed, if not unequalled and his devotion to their comfort and pleasure is worthy of imitation; but business is too often his absorbing ambition and occupation and robs him of that romance and comradeship which every true woman, whether American or British, regards as the enduring basis of a happy marriage."

The Earl of Dartmouth's house which the Earl of Dartmouth has taken for twelve months is the largest and finest residence in Charles street, Berkeley Square. During their tenancy the Granddallas will look about for a house to suit them in London, and there is much speculation as to where they will finally take up their abode.

MAKING HIM FEEL AT HOME.

Puncher—I hope, old man, you don't expect me to wear my evening clothes. Panter—Every one else will wear them. But don't let that bother you. I'll pass the word around that you are eccentric, but marvellously witty.

ROLLING WOMEN INTO SHAPE.

Directoire Figure Produced From Exercise on the Floor and Matron's Fat Made Slim and Comely.

NEW YORK, Jan. 22.—There is at least one woman in New York to whom the fashion of small hips is proving a gold mine. Twelve months ago she was a physical culture teacher, struggling to get enough pupils to pay her board and room rent. Today she is earning \$5 and upward an hour by leading pupils in her home and reducing them to the many stunts necessary to get their figures to the required proportions and keep them there.

"The idea of visiting my pupils came to me because I found it simply impossible to keep my classes together," she told the reporter. "After the first few lessons my classes would dwindle so rapidly that often before the end of the allotted time I would find myself without any class at all."

"Paying in advance didn't seem to have the slightest effect. While some of the women appeared to consider themselves in duty bound to try to beat down my prices, once the money was paid they took not the slightest trouble to come to class and get their money's worth."

"Last fall one of my former pupils who had grown very stout during the summer came to me in distress. She wanted to dress in the style, and her dressmaker had told her it was just impossible unless she reduced herself."

"I told her I would guarantee to get her to whatever proportions her dressmaker wanted within two months, provided she would follow my directions. She didn't object to doing anything I named except coming to me. She said the effort of getting up and dressing to go out so early in the morning was too much for her."

AGREES TO THE PRICE.

"I was somewhat vexed by this admission, and I replied that I was perfectly willing to accept the price she paid me for it. If I hadn't been vexed, I don't believe I should ever have got up courage to name my price as \$5 for every half-hour lesson, especially after feeling that she must take a lesson every day."

"She didn't appear to consider the price of the smallest importance. I had guaranteed to reduce her figure within a given time and she would come to my house and do it. That was all she wanted. She even offered to pay me in advance for the two months. I told her one week at a time would be sufficient. I got \$25 right then on the spot."

"It seems a good big price, but I had to work for it. Bright and early every morning I was at that woman's house at 7. For the first few days she was a model pupil. It was good, hard work, but she kept at it until I began to tell her how much she was losing. Her enthusiasm began to lag then, and after her husband complimented her it was next to impossible to get her out of bed."

"She found everything too much trouble, and since she had lost so much, why could she not have the method of making her lose the balance of her extra flesh? she asked. I did. I found another method. I gave her a dose of the worst rubbing and scrubbing a woman ever had. She was glad enough after that to get up and do her hundred rolls on the floor."

"Yes, that is the way to get rid of flesh around the middle of the body both in men and women. I spread a sheet on the floor and make them lie down full length and pull over completely one hundred times."

NOT SO EASY AS IT SEEMS.

"It sounds much easier than it really is. Just try it and see how soon you get tired. Roll over on your side, then turn and roll back. Three rolls are about all one can take without rolling off a double sheet."

"The last time I immediately after taking my cold bath in the morning. After the rolling process comes the rising on tiptoe with your hands held high above the head, bending forward and touching the floor with the tips of the fingers, all the while holding the feet together."

"The next exercise is twisting the body with the hands on the hips and then with the arms raised straight length. These three exercises, preserved in, will take the flesh off anybody, man or woman."

"Perhaps the very best method for removing superfluous flesh is walking, but unhappily that takes more time and energy than the majority of women in New York feel that they can give."

"Where the woman is young—I mean under 40—and in fairly good health these exercises should be taken every morning and without any rest between them until her weight is decidedly reduced, say ten pounds. "After this it must depend on the proportions of the body which one of the exercises is to be left off. If the stomach should have become sufficiently reduced then the rolling may be done only once or twice a week. If the hips have begun to show and the joints in the spine have become visible, then drop the twisting of the body. All of this depends on the judgment of the teacher, and is easily compared with getting the woman to do the work."

"The hardest part of my work is fighting the inertia of my pupils. There are many temptations in New York for the woman, with means to overeat and to take too much. Many of them complain not only that walking takes up more time than they can spare, but that walking clothes are unbecoming as compared with the gowns and handsome wraps they can wear driving."

"Five years ago when I first came to New York nearly all young women walked. It was quite the fashion. Now if they exercise at all it is in their bedrooms or at an occasional class. I mean during the season when they are in town."

"Now, it is the elderly women who take their constitutional on Shank's mare. Their juniors know how attractively they look rolling back in their automobiles enveloped in furs and furs and they take advantage of it."

WOMEN GROWING COARSER.

"As it is, these habits together with the present fashion that has given me my profession, I shouldn't complain, but when one sees so many beautiful women growing coarser and unhand-some because of a superabundance of flesh which is so easily prevented, it does make me a bit impatient. One of the most beautiful of my pupils is a woman just an inch and a half under six feet. She is beautifully proportioned now that I have got her back where she was twenty years ago when she married."

"When I began to go to her house she weighed considerably over 200; her waistline had disappeared and her neck had become so large that it almost seemed that her head was set directly on her shoulders. I believe every feature of her face was pulled out of shape by too much flesh, excepting her nose, which she kept to the carriage or car. She had lost all ambition."

"If I hadn't had her husband's assistance I think I would have failed with her. She not only ate sweets all the time, but she positively refused to take cold baths or to walk a step farther than she needed to go to the carriage or car. She had lost all ambition."

"Walking, that often happens. Nothing will sap a woman's energy so completely as too much flesh."

"It was next to impossible to get her out of bed to take her exercise, so I had to begin with massage. I rubbed off as much flesh as I could, and by the time she began to feel that she would like to try rolling. By the time she had dropped off twenty pounds her energy revived and she began to take a pleasure to teach her."

THREE MONTHS' WORK.

"It took three long months of work, and now, besides still working at shaping her hands and getting her ankles back to their normal slenderness, I have seen that she keeps up the required amount of general exercise night and morning. She has an inherited tendency to diet and will always have to fight against it."

"At the present time I go to my first class at 7 in the morning and have my last pupil after 12 at night, usually about 2. Oh, I have plenty of time to sleep but it is in the afternoon and early evening."

"When beginning very hard cases I take them night and morning. After the first one begins to fall off I let them say whether I shall come to them just before they retire or just after they get up. For a wet, wretched case I keep in shape exercise one day either night or morning, as suits the case."

"It is absolutely essential for a person in my line of work to be able to give massage treatment intelligently. The face and neck should always be massaged while the body is being reduced, if wrinkles are to be prevented. Walking is the only method of exercising the flesh, that does not necessitate massaging the face and neck, and evades the question of the massage could be used to advantage."

CHARCOAL PURIFIES ANY BREATH

And in Its Purest Form Has Long Been Known As the Greatest Gas Absorber

Pure willow charcoal will oxidize almost any odor and render it sweet and pure. A handful in a foul cellar absorbs one hundred times its volume in gas. The ancients knew the value of charcoal and adulterated it with lime. It is especially pertaining to the stomach. In England today charcoal poultices are used for ulcers, boils, and sores. Some physicians in Europe claim to cure many skin diseases by covering the afflicted skin with charcoal and adhesive plaster.

Stuart's Charcoal Lozenges go into the mouth and transfer foul odors at once into oxygen, absorb noxious gases and acids and when swallowed mix with the digestive juices and stop gas making, fermentation and decay. Since the above rule went into effect that the amount given by a passenger must be announced about the conductor's attention to a fine or a quarter is given them who offer cents to them. They do not pay much attention to the regulation when a dime or a quarter is given them and never more than matter the amount to themselves; but the moment any one hands a conductor copper in payment of a fare he announces in a voice loud enough to be heard by every one in the car, "Five pennies!" Then, attracting the desired attention, so that there shall be no mistake about the identity of the passenger he always asks him if he wants a transfer.

But passengers don't like copper cents any better than the conductor. A ticket agent on the Lexington avenue elevated line in Brooklyn had a curious experience last winter. A man pushed a dime through the window and five pennies were pushed back in change. The passenger absolutely refused to take them. The ticket seller made no reply, but tried to reach the next person in line, whereupon the man with the pennies blocked the way with his elbow and demanded a nickel in place of them.

The ticket seller continued to ignore him utterly, and asked the next person in line "How many?" but finding the man insistent, he told him he would have to pass along, as he was blocking the way of the next person to catch the next train. He made no reply to the man's remarks about the pennies which still lay there untouched.

The passenger became louder in his demands, but the agent still refused to discuss the matter of the change in any way. He treated them as a transaction that lay absolutely in the past, but he became very imperative in his demand.

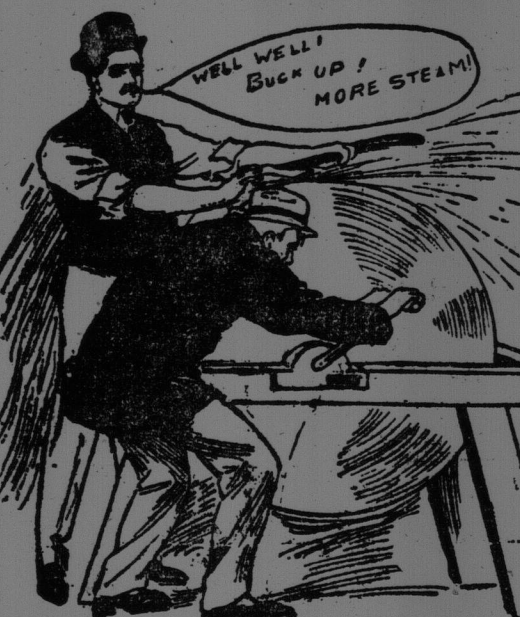
POOR FELLOW!

Mrs. Benham—My new hat is a dream. Benham—When I get the bill for it I shall realize that it came from true.

NOT EDUCATED.

"Why don't you have Balder in your Shakespeare class?" "He's no good. Why, he can't even sing or dance!"

Weak Men, Wake Up! WHY DO YOU WAIT?



Are you satisfied to turn the grindstone for the other fellow all your life? Are you content to be a plodder all your days? There's nothing in it, and you know it. Then why not buck up and be a Man? Electricity as I apply it is working wonders in the world. I am making hustling, energetic men out of wrecks every day. In every walk of life you'll find these men—men whom I have saved from lives of wretchedness and despair—men who are making their mark in the world—men who are shaking the praises of my Dr. McLaughlin Electric Belt—men who will tell you that their success in life dates from the time that they began the use of my great Electric Appliance—the only absolutely safe and sure remedy for a weak man—a broken-down man.

My remedy is an honest remedy, a logical remedy, a time-tried remedy. You have seen my advertisements for over twenty years, if you have been on earth that long, and if you'll write to or consult some of the men and women who have used my appliance or are using it, they'll tell you that it does all that I claim for it and even more. Then why do you wait? What's the use in bewailing your fate? You know you are not the man you ought to be. I can help you with Electricity as applied according to my method more than all the Doctors and Drugs in Christendom. It's fresh strength and energy you want, VIM and VIGOR, that's what I can give you, and you'll be long time getting anything like that out of drugs.

If your stomach don't work; refuses to digest your food; if your Bowels do not move regularly; if your Kidneys are weak; if your Liver is sluggish; if your Blood Circulation is poor and your Blood is full of Uric Acid or other impurities; if your powers of Manhood are weakening; if your body is full of Fains and Aches; if you suffer from Headaches, Debilitating Losses, Urinary Disorders, Irritability, Dependence Sleeplessness, or any other signs of Nervous or Physical Breakdown, stop and THINK! Don't depend upon doctors to build you up, they'll never do it. Don't you know that all such symptoms are crying out the fact as loudly as they can that the nerve-cells of your body are robbed of their power—their vitality? Don't you know that it is nerve-power that operates every organ, every function of the body? Don't you know that the base of nerve-power is Electricity? Don't you know that Electricity is Life? If you don't, then you should get my Book and read it. It will teach you facts you ought to know.

Let me treat your case in my own way. Let me apply a steady current of Galvanic Electricity to your weakened system with my Dr. McLaughlin Electric Belt. Wear this appliance night after night, for a few weeks and it will drive out all those pains and aches; it will restore energy and equilibrium to your nervous system; it will fill your body with fresh strength and energy; it will give you back the powers of Manhood, and make you a Man among Men. Again I place before you my PROOF.

Dear Sir: I am glad to tell you that your Belt has proven good. I have never felt as strong and well in my life as I do now. The pains in my chest and back are gone, and I have gained fifteen pounds in weight. I can work every day, and do not feel the first symptoms of pain in my body. It is a pleasure to say that I have at last found a remedy that would cure me of my aches and pains.

James Hatt, Beech Hill, Lunenburg Co., N. S.

Call at my office this very day if you can; if you can't, then fill out this Coupon, send me your address and I'll mail you, closely sealed, my FREE 80-PAGE BOOK, elegantly illustrated. I have a book for Women. DON'T WAIT; DO IT NOW!

M. A. McLaughlin,

214 St. James St., Montreal, Can.

Please send me your Book, free.

NAME.....

ADDRESS.....

Office Hours—6 a. m. to 6 p. m.

Wednesdays and Saturdays until 8.30 p. m.

BORDEN ADMITS THAT BRITISH COLUMBIA WAS WON BY A LIE

(Continued from Page 6.)

THE DOCTORED TELEGRAM.

Then came reference to Mr. Borden's message, and exposure of the doctored telegram, followed by a scathing criticism of Mr. Borden's professions of political purity. "In respect of bribery," said Sir Wilfrid, "the honorable gentleman is the most inveterate sinner in this House. He may not bribe constituents, but he bribes provinces."

Foster's contradiction, which came next, was a mixture of self-confessed perjury and invective. He had much to say about election promises and Liberal candidates, but carefully avoided any reference to Mr. Foster's promise of a tunnel to Prince Edward Island.

In questionable taste Mr. Foster attacked Mr. Brodeur and charged the Prime Minister with having made a deal with Hon. Mr. Scott to obtain his resignation and with having made similar overtures to Sir Richard Cartwright. This elicited a prompt and emphatic denial from the Prime Minister, who stated that so far from having

asked Sir Richard Cartwright to resign he was exceedingly glad to have him remain. "Never by correspondence or otherwise," he said, "have I made any such suggestions to Sir Richard Cartwright."

The debate afterwards drifted into the hands of Conservative members from British Columbia, who appeared to feel it incumbent upon them to explain away electoral tactics revealed by the Prime Minister.

Madison speeches were made by Mr. Cowan of Vancouver, Mr. Barnard of Victoria and Mr. Burrell of Yale-Carleton. Mr. Brodeur vigorously and effectively replied to Mr. Foster's personal attacks.

In Mr. Lemoine gave an illuminating review of the question of Japanese immigration and uttered a warning against pursuing a policy of deprecatory criticism of that race. The Japanese authorities had lived up to their agreement with Canada and he was confident they would continue to do so.

The debate will be resumed on Monday by Ralph Smith.

A RAILWAY AUTOCRAT.

Lingering Punishment for Ticket Seller Who Gave Pennies in Change.

(New York Sun.)

The conductors on the Brooklyn trolley cars are now having their earnings lessened by a new rule in pennies day after day for months and always with a scowl or some contemptuous remark about not wanting any change today, thank you. Curiosity prompted the agent to inquire about the matter, and he discovered that this man would sometimes miss his train while he was hunting for pennies in the neighboring shops, and would buy things he did not want and ask for pennies in his change.

Finally the agent missed him, and then he learned that sooner than go back on his word, and being very tired of the effort to produce five pennies for car fare every day, the man actually walked to the next station every morning, although it was two blocks out of his way.

The ticket seller continued to ignore him utterly, and asked the next person in line "How many?" but finding the man insistent, he told him he would have to pass along, as he was blocking the way of the next person to catch the next train. He made no reply to the man's remarks about the pennies which still lay there untouched.

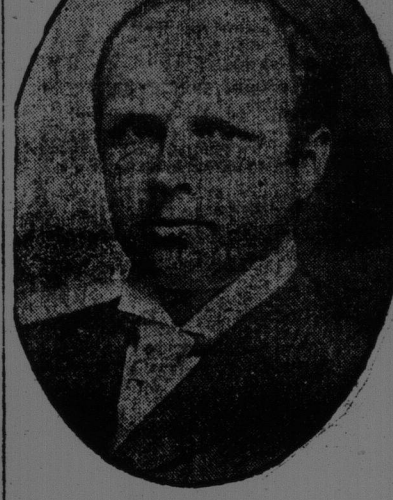
The passenger became louder in his demands, but the agent still refused to discuss the matter of the change in any way. He treated them as a transaction that lay absolutely in the past, but he became very imperative in his demand.

F. W. MORSE RESIGNS AS MANAGER TRANSCONTINENTAL

Sailed From New York Tuesday for the Mediterranean.

MONTREAL, Jan. 22.—Great surprise was expressed in railway circles this afternoon when it became known that Frank W. Morse, general manager of the Grand Trunk Pacific Railway, had resigned. Mr. Morse left here on Monday and sailed from New York on the Mediterranean.

The official announcement contained nothing beyond the fact, and C. M. Hays, vice-president of the Grand Trunk and president of the Grand Trunk Pacific, declined to amplify it in any way, beyond stating he regretted that Mr. Morse was leaving and that he had performed magnificent work in the construction of the railway. Mr. Hays also stated that Mr. Morse's successor would probably not be named for some time.



FRANK MORSE.

Thursday on the Carmania on a trip to the Mediterranean.

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Package

Same price—and a larger package of ASEPTO than of other washing compounds. Yet ASEPTO does what others don't. It STERILIZES everything washed with it—Makes clothes more healthful—Annihilates all disease germs present in bedding and dishes used in sick-room. Cleans better than soap. Odorless. HARMLESS alike to fabrics and hands.

MANUFACTURED BY ASEPTO MFG. CO., ST. JOHN, N.B.