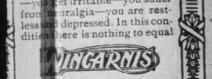




Little Lectures
by MISS WINCARNIS.
Lecture No. 4

"Nerves"

Our nerves are similar to an intricate network of telegraph wires. Controlled and nourished by a portion of the brain, down the nerve centres the delicate thread-like fibres radiate in all directions throughout the body. So long as the nerve centres are capable of continually supplying nourishment to the nerves, the nerves will remain strong and healthy. But directly the nerve centres become weakened by overwork, worry, anxiety, they are unable to transmit the necessary nourishment, and the nerves become worn out and "on edge". Then it is that a sudden and irritable "jump" from neuralgia—you are restless and depressed. In this condition there is nothing to equal



Wincarnis
Because, being a powerful nerve food, Wincarnis gets right to the root of the trouble, and by creating a supply of nerve force, stimulates and re-vitalises the whole nervous system. Try "Wincarnis" for "Nerves". It is wonderful. Over 10,000 Doctors recommend it.

Begin to get well FREE.

Send me Coupon for a free trial bottle of a mere taste but enough to tell you the good. Regular supplies obtained from Wholesale Stores, Chemists, and Wine Merchants. Wincarnis is made in England.

Free Trial Coupon

COLEMAN & CO., Ltd.,
Wincarnis Works, Norwich, England.

DEARBORN'S
National Cream of
Tartar Compound

MADE IN CANADA
Absolute Purity
GUARANTEED

Conforms to all the Government's Pure Food Laws, is Purer than Cream of Tartar, contains no LIME, SULPHATE OR FREE ACID. It is slower in acting, does not release gas from Soda until actually in the oven, which is an advantage over Cream of Tartar, which starts to release the gas as soon as the dough is mixed.

Perfect Satisfaction Guaranteed.
RETAIL PRICES.
1/4 lb. pkgs. 10c. 1/2 lb. pkgs. 15c.
1 lb. pkgs. 35c.

CAUTION.
Beware of imitations, containing alum, see that the name Dearborn's National Cream of Tartar Compound is on every package.
Use just the same as Cream of Tartar.

MINARD LINIMENT CURES GAITHER IN COWS.



BRITISH ADMIRAL SAYS

ROYAL NAVAL CLUB,
Portsmouth, England.
Dear Sirs.—I have found Zam-Buk most reliable for healing cuts and abrasions; while for the relief of skin irritation it is invaluable. (Signed) RODNEY M. LLOYD, Admiral.

ENTIRE CREW PRAISES ZAM-BUK
From Admiral to stoker, all grades of service praise Zam-Buk. Stoker Kings' health, H.M.S. "Cochrane," says—"I slipped and fell on an exhaust steam pipe, which fairly fried the skin on my arm. At once the ship's surgeon dressed the burn, but the injury would not heal owing to a lot of dirt from the pipe causing blood-poison. I was in fearful pain and didn't know how to get ease. For weeks I remained under treatment, but the ordinary ointments proved no good. Indeed, I got worse. I therefore obtained a supply of Zam-Buk and almost as soon as this was applied I got ease. From the very first application, swelling commenced, and a few boxes of Zam-Buk healed my wound completely. Zam-Buk cures eczema, ulcers, abscesses, ring-worm, bad leg, varicose ulcers, piles, cold sores, chapped hands, babies' sores, etc. All stores at 50c, or post free from Zam-Buk Co., Toronto, Ont.

FREE TRIAL BOX will be sent on receipt of this advertisement, and 10c stamp for postage.

Zam-Buk

EVERY HOME NEEDS IT

LONDON GOSSIP.

LONDON, Jan. 10th, 1916.
HONORS FOR BRITISH BUSINESS LEADERS.
The feature of the New Year's Honours List is the number of business men decorated by titles for war services. Among the baronets are Sir George Bulloch, of the well known engineering firm; A. A. Booth, chairman of the Cunard Company, who won a larger fame as Lloyd George's "push and go" man; Richard Hartridge, of Harrod's Stores; and A. T. Tarrow, the shipbuilder, once of Fife, now of the Clyde. The only war honor for active service in the honorees is the baronetcy, given to Vice Admiral Sir Frederic Sturdee, whose name is translated from the Admiralty back to the fleet and his victory over Von Spee at the Falkland Islands is one of the major events of our naval war. There is some surprise that there are not more naval honorees. Lord Charles Beresford's name excites much Parliamentary comment. Lord Charles's "offensive" to speak had a way of being very much so, and his advent in the House of Lords is awaited with curiosity. The names of letters figure in the list, except, of course, Dr. George Adam Smith, who, apart from his more honored works, has written a Scots romance in his life of Henry Drummond. But music is acknowledged through the knighthood to Thomas Chubb, a Journalist, is honored, through the proprietary side, through the name of William Waldorf Astor, the proprietor of the "Observer," and Sir Alexander Henderson, the chief promoter of the "Standard." But the honorees were doubtless given on other grounds. The most interesting honorees, however, are the Privy Counsellors given to Will Crooks and George N. Barnes. There are now six men who have been workmen and members of Parliament

and leaders of Labor who are now P.C.s.—Thomas Burt, Charles Fenwick, John Burns, Henderson, Crooks, and Barnes.
PARLIAMENTARY MEMBERS OF MILITARY AGE.
A question which will arouse searchings of heart in very few quarters is to be put to the Prime Minister on January 11th as to whether, by virtue of his election to the House of Commons, a man of military age can claim to be exempt from liability to military service; and, if not, whether, in the event of the present measure of compulsion becoming law, such members will be enrolled automatically in their respective groups. The reply will show that, while members of Parliament, as such, are not included in the list of exemptions, very few among them of military age have failed to respond to their country's call. For the small remainder the answer will be necessary, but one has not yet been seen given. A Parliamentary member, though it would create a decided sensation if worn for example, on the Treasury Bench.

A KITCHENER STORY.

An amusing story which does not seem to have got into print yet is being told about Lord Kitchener. It concerns a famous recruiting poster, issued some time ago, with an appeal in his handwriting for more men and yet more men. He had of course to write the original appeal from which the facsimile on the poster was made, and he did so, and it went to the Department concerned with such things. His writing was found to be too small for poster size reproduction, so the sheet was sent back to him with a cautious explanation in this sense, and the request would be written. He did, but again it was too

small, and he wrote it a third time, and with that third draft sent that grimly humorous message—"Don't ask me to write this again, for rather than do it I will have conscription!"

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Although the Czar, appointed as a New Year honor to be a Field Marshal of the British Army, is the only foreign monarch possessing the traditional baton, His Imperial Majesty has a brother Continental Sovereign holding high rank in the service. This is the King of Spain, who is a British General as well as Colonel-in-Chief of the 16th Lancers, just as the Emperor of Russia is the titular head of the Royal Scots Greys. Since the beginning of the war King Alfonso has been the only foreigner holding honorary rank in our Army. There are three honorary officers in the senior Service, the Czar being an Admiral of the Fleet, and the Kings of Norway and Sweden being Admirals, our Ally in the East being thus associated from the beginning of 1916 with the two Services which are fighting the cause for which his own Navy and Army are battling.

TRENCH JOURNALISM.
Many sidelights on the sentiments of the men who are fighting our battles are to be obtained in the regimental periodical sheets in which the literary talent of the ranks expresses itself. The British Museum authorities, I understand, are buying themselves to obtain a complete collection of these publications as possible, and, indeed, they may prove of more value to the future historian intent upon an accurate presentation of the psychology of our times than documents of more pretentious purpose. Some of the regimental publications are in print, others are in typewritten manuscript, but the prevailing tone amongst them is cheerful, sometimes maintained under difficult circumstances. Many of them have vivid picturesque names such as "The Strafe," the "Searchlight," the "Billie Doan," and the "Listening Post." The French soldier, as well as the British, has his passion for camp journalism. One group of literary young Frenchmen, amidst the excitement and perils of the trenches on the Western front, some time ago through one of their number solicited a contribution from that greatest of living French stylists, M. Anatole France. The Academician not only wrote to them, but he thought so much of the incident that he commemorated it in a book which he has published.

WAR AND LITIGATION.
On the whole the British Law Courts are opening the new year with their work, pretty well up to date. I am told that one of the circumstances which is now affecting the course of legal proceedings is the growing tendency of litigants to settle their dispute out of court just as the action would come on for hearing. At that stage they are beginning to learn something of the case which the other side has, and as the costs of the unsuccessful party are a more serious item in these times of financial stress than they formerly were the stubbornness of litigious pride more readily bends itself to a compromise. This tends to ease the cause list. Another factor in the same direction is the absence of essential witnesses on military service. So great a hindrance did this cause in the prosecution of criminal proceedings that special legislation has been passed to deal with the taking of evidence. But in civil actions the Judges are showing a tendency to favor the postponement of the hearing. On the other hand the war has been directly responsible for an increase of litigation in certain directions. Shipping may be mentioned as one of those branches, but certain matters connected with enemy trading and with probate are also responsible for an increased flow of work.

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MULTI-CATCH SOCKETS (10).
MULTI-CATCH SOCKETS (25).
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COMBINED SOCKET & ATTACHING PLUGS.
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ELECTRIC CORD, LANTERNS.

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