

COOKED MEATS

of the Highest Quality, by the lb. and sliced to your order.

BOILED HAM, per lb.	70c.
VEAL, per lb.	45c.
COOKED CORN BEEF, per lb.	28c.
COOKED PORK, per lb.	28c.
LUNCHEON TONGUE, per lb.	47c.
BARRINGTON HALL INSTANT COFFEE—per glass	55c.
COX'S SPARKLING or POWDERED GELATINE—per package	17c.
NELSON'S SPARKLING GELATINE, per pkg.	17c.
FRESH EGGS—Firsts.	
POTATO FLOUR, 1-lb. packages	22c.
POTATO FLOUR, 1/2-lb. packages	12c.
MORTON'S CORN FLOUR, 1-lb. packages	20c.
AMERICAN CORN FLOUR, 1-lb. packages	15c.

C. P. EAGAN,

2 Stores:

Duckworth Street & Queen's Road

THE YOUNG YEAR.

The new year's young and tender, and is endorsed by folk of every age and gender, who have observed its smoke; the old year hit the outling; the new one is revealing all kinds of charms, appealing to every human. New brooms are sweeping with promptness and dispatch, new wigs are more in keeping with the worn out that; new are neat and shining—yet they are repelling for those who have been and heels that catch. New autos, gay and elegant, the time worn cars; these are thought attractive by more stars; new vows and new, new promises of the new drinks from bottles; new way in cheap cigars; time is flying, and new

things soon are old, and brass are are desiring in goods we thought were gold; new trinkets off seem gaudy, all beauties they embody, but soon we see they're shoddy, and then our feet grow cold. But let us not be gloomy, let no sad words be sprung by prophets hoar and rheumy who long ago were young; it is the old year's falling to spend his days in walling, all modern things assailing, with bludgeon fiercely swung. The year is bright and chipper, the year so fresh and new, I pledge it in a dipper of Volstead's sparkling brow; the new year class is showing, its sunny smiles bestowing, and may it, in its going, bring only good to you.

THE SAME THING.

"So he praised my singing?"
"Yes," he said it was heavenly."
"Really?"
"Well, something like that. He said it was unearthly."

I say old Top, there's another jolly Card Tournament in the S. J. F. Hall, Tuesday night, Jan. 30th, at 8 o'clock. Two fine prizes. Tickets 50c.—Jan 29, 21

STOP THAT COUGH.



No cough remedy has ever been discovered that will cure every cough, but we think we have one that comes a little nearer to doing it than most of them. We have prepared it the last ten years; it has been tried in all manner of cases and given satisfaction. We ask you to remember and try this—

STAFFORD'S PHORATONE COUGH CURE

Because it is safe.
Because it is most certain to cure.
Because it is pleasant to take.
Because it is equally good for children or adults.

Price 35c. Per Bottle.



BUILD UP YOUR SYSTEM

Of all the remedies for "Building Up" especially after a heavy cold or influenza, there's nothing to compare with or equal COD LIVER OIL. We have a preparation containing the Oil called

BRICKS TASTELESS.

This preparation is a pure safe remedy that makes good blood, and builds up weakened vitality. The ideal medicine for the sick and an excellent tonic for the well.

Price \$1.20 Per Bottle.

STAFFORD'S

Duckworth Street and Theatre Hill

St. Andrews Too Strong For U. C. C.

Defeat Old Rivals In Prep School Group Game—Good Hockey Played.

Going into the lead in the final period, St. Andrews had little difficulty in defeating Upper Canada College 6 goals to 3 in the prep school group of the O.H.A. junior series. The winners displayed more combination and showed more experience, and were the better with the exception of the first part of the last period. They were much the heavier team and they had no hesitation about using their weight. Ross Paul and Callaghan were the outstanding players for the "Scots," and the former displayed the best form of any man on the ice. He scored two goals on solo rushes, and his defensive work was also above par. Callaghan, Miller, Hamby and Fred Lyon formed a dangerous front line, and the latter shared the goal-scoring honors with Paul by netting the rubber twice.

Lampert was the star of the U.C.C. team. He was best on the attack. On defense he backed away till he was too near his own goal to be effective. He paired with Logie on the defensive and the latter should make good after a little coaching. Seagram is coming along and his shooting is certainly on the mark.

Lyon and Hamby scored for the winners in the first period, and Paul and Lyon accounted for three more in the next session. Lampert opened the scoring in the third period, and Seagram followed a minute later. Callaghan scored, and just before time was called, Lampert raised U.C.C.'s total to three.

St. Andrews College—Goal, Reid; defensive, Paul and Carrick; centre, Callaghan; wings, Miller and Lyon; substitutes, Hamby and Williams.

Upper Canada College—Goal, Anderson; defence, Logie and Lampert; centre, Cooper; wings, King and McIntosh; substitutes, Baginley and Seagram.

QUIT TOBACCO

So easy to drop Cigarette, Cigar, or Chewing habit

No-To-Bac has helped thousands to break the costly, nerve-shattering tobacco habit. Whenever you have a longing for a smoke or chew, just place a harmless No-To-Bac tablet in your mouth instead. All desire stops. Shortly the habit is completely broken, and you are better off mentally, physically, financially. It's so easy so simple. Get a box of No-To-Bac and if it doesn't release you from all craving for tobacco in any form, your druggist will refund your money without question.

Mussolini Works 18 Hours a Day.

Benito Mussolini, the man who, at 38 years of age, has become virtually the legal dictator of Italy, has a great capacity for work. Since he assumed charge of the ministry of foreign affairs and the interior, Mussolini has averaged over 18 hours of hard work every day. At his desk promptly at the stroke of 8, he is still busy at midnight attending to the business of the two most important ministries in his government.

During the eighteen months in which he has engaged in the organization of the Fascist movement culminating in the peaceful entrance of a hundred thousand of his followers into Rome, Oct. 31st, Mussolini worked an average of 12 hours every day, including Sundays.

Mussolini eats little and drinks less. He sleeps about five or six hours out of the twenty-four. His beverage is a light Italian wine with about 50 per cent. of water added.

His favorite recreations are fencing and walking, and he is said to be a chess player of no mean ability.

Italy's man of the hour was an enthusiastic advocate of his country's entrance into the world war on the side of the Allies. He served as a corporal until wounded so severely, that he had to be sent to the rear as unfit for further active service. It is said that his body bears the scars of 120 wounds, caused by shell splinters and shrapnel.

Russia in Need of Bolshevik Teachers.

MOSCOW—Preparation of the men who are about to enter the arena of life, so that the Soviet Government may draw from among them not only Bolshevik teachers but also Bolshevik engineers, is the urgent task of the day in Russia, asserted Commissar of Education Lunacharsky recently in an address to the fourth All Russian Conference of Educational Workers in Moscow.

The Commissar, who discussed the trials of education in this country to-day, dwelt upon the improved outlook for the future, and declared that the retreat on the education front should be considered as ended. "We must count on the students of to-day—the Bolshevik builders of life—to supplant those who were exhausted and worn out in the Czar's dungeons and by the storms of recent years," he said. "We have now a splendid student body which have been recruited from the ranks of the workers and peasants. The working class and the peasantry should create their own intellectuals. The new students are superior to the old students of other days. No matter how deficient may be the theoretical preparation of our present students, it should be remembered that in the pre-revolution period the classical colleges presented to the Universities an extremely undesirable element of youth, as was attested by the statements of the old professors. We have admitted into the University here 30,000 new young men who are sympathetic toward us and who represent a creative force, capable in the near future, of co-operating with us in our work. This will be a real mass power of a high intellectual and moral order, allied with the working masses by the closest ties of common descent. They will be the standard bearers of new Russia."

Eat Mrs. Stewart's Home-made Bread.—oct 4, 6mo

Twice Told Tales.

Mr. Chauncey Depew the well known raconteur, tells a good story in "My Memories of Eighty Years."

At Homberg one evening Depew was present at a dinner party, and told one of his inimitable stories. The following evening much the same company assembled at another dinner party, when Mark Twain was one of the guests.

There was a dead silence whenever there was the slightest sign that the famous humorist was going to make a remark, but he never addressed the company.

At last, however, right at the end of the evening, Mark Twain told a story.

There was great laughter, but the fun was not over the story, but because it was the same one that Depew had told the night before to the same company.

ON THE SAFE SIDE.

The Fortune-Teller: "I'm sorry to tell you, madam, that your husband will meet his end by being run over by a motor-car."

Mrs. Green: "Oh, are you sure?"
The Fortune-Teller: "It will happen without doubt; that is, barring accidents."



CUTICURA CARES FOR YOUR HAIR

Nothing like shampooing with Cuticura Soap and hot water, preceded by touches of Cuticura Ointment to roots of dandruff and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses.

See Mr. Cuticura at the Police Station, Sold throughout the Dominion. Canadian Dispensary, Limited, 244 St. Paul St., W., Montreal. Cuticura Soap shampoos without soap.

BILLY'S UNCLE



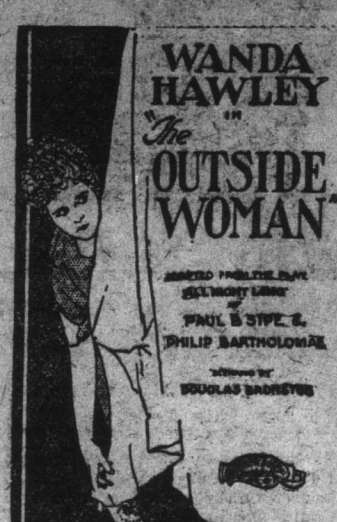
SPLENDID BIG PROGRAMME AT THE NICKEL TO-DAY!

Farewell of that Popular Duo

CLINTON and McNAMARA

in all new programme.

Coming—New adaptation of "THE ROSARY." Lewis Stone as Father Brian Kelly, a First National attraction.



BEBE DANIELS

"Nancy From Nowhere"

The quaintest, dearest heroine you ever saw.

The story of an adorable nobody.

Social barriers are swept away by love.



SIDE TALKS.

By Ruth Cameron.

THE SHUT IN'S RETURN.

"If I could only be useful, if I could only be some good in the world the way I used to be."

That is the constant complaint of a woman whom ill health has removed from an active useful life, and shut into a sick room for what may be the rest of her life.

Of course she grieves over the loss of pleasures, but she grieves more bitterly over not being able to do things for people as she used to do.

Yet all the time there is one big thing she could do and she doesn't do it!

She could try to respond to all the love and sympathy and the efforts to make her life as pleasant as possible by being as cheerful as possible.

That could be her gift of service in return. And it would be a very large gift both in the effort it would require and in the help it would give.

An invalid is always a strain on a household. No matter how hard he or she tries not to be any trouble, he must upset any normal household. Generally invalidism means more heavy financial burden or burden of work on others. Presumably the invalid can't help it. But he can try not to add to that burden the further burden of his depression and melancholy.

Hard? Yes. Frightfully hard. But it can be done because it is done by Shut Ins who realize that that is the biggest return they can make for all their friends try to do for them.

If one snatches time from a busy life to go and spend an hour or two in a Shut In's room, it is an ill omen if the invalid unloads upon you all her bitterness and resentment and rebellion and disappointment at her lot.

A nurse who has nursed many chronic cases told me that the strain of the physical work, though that is often arduous, is nothing to the strain

of trying to buoy up some patient who is depressed over her condition and will not fight that depression.

She Never Smiled.

She said she once nursed an invalid who simply would not smile and though other things about her work were easy that was the hardest case she ever had.

Of course it isn't easy to smile when one is sick and shut in and has pain and weakness and loneliness to bear. Far, far from it! But if one can so far conquer one's natural reactions as to smile and put the best face on things, oh! how much it means for everyone concerned. I think the smile of an invalid who has learned the hard lesson that kicking against the pricks gets her nowhere and makes it harder for everyone, and has taught herself to smile is one of the sweetest sights on earth.

She Will Get More Visits.

And the invalid who will try to make her sick room a place where others may rest a moment in the midst of a busy life and may feel the presence of serenity and courage, instead of a place where depression and bitterness must be fought against, helps herself as well as others.

For every Shut In sets greater store by visits from the outside world than by almost anything on earth. And no matter how brave and kind and dutiful her friends may be, they will come more often if they do not have to fight off her depression and listen to an account of her aches and pains and pour out themselves in sympathy. That's human nature and the sooner every Shut In recognizes it the happier she makes her own life.

For Gentlemen of good taste—Cub Cigarettes.—sept 28, 11

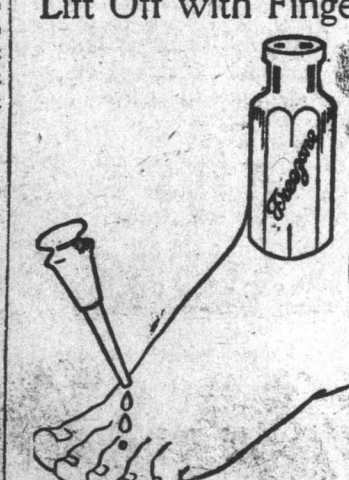
CORNS

Lift Off with Fingers

Here, Boy," exclaimed the excited little man, as he rushed up to a lift-boy in a big hotel. "Run up to my room and see if my umbrella is there. Hurry, now, because I've only got five minutes to catch my train!"

Three minutes later, the boy came slowly down the stairs.

"Yes," he said. "Your umbrella's there all right. Do you want it, sir?"



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn. Instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

A Little Too Previous.

By BEN BATSFORD