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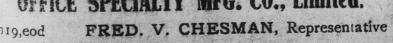
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stopped to think what you would do if you suddenly lost your eyesight? You can't possibly conceive of a greater misfortune, can you? While it isn't likely you will lose your eyesight, still you are impairing it every day you neglect Nature's warnings in the form of headaches, blurred vision, etc. Don't neglect it.

If you want comfort to displace misery, call on R. H. TRAPNELL, Eyesight Specialist

Selling One's Birthright.

By RUTH CAMERON.

BARAGA BELLANDARALAKAKAKAKA

The L a d y amount of sleep in order to be happy the wav and efficient, and yet just about once and I once plan- in so often I let the desire to finish ned to take a day a story, or get the bit of work done, off, go for a to prolong the conversation, or just

lunch with some

walk and to dilly-dally about, keep me up until long past my bed hour. And the next day I am useless to myself and everybody else. All for the lack of a little was a selfcontrol perfect day, the Another member of my family knows that she needs a certain amoun

am particularly happy I often find myself humming the Toreador song went about my morning duties I began to hum it for sheer delight that the day and the plans should have and soul, crystallized her beliefs on ocen so perfectly harmonious.

fused to open letters because one can always be happy imagining they bring phone sometimes. However, I anacross the way was calling up to can-

ing to Gretchen's," she said, "I don't feel a bit well this morning. I ate some onions last night and they always upset me. I'm dreadfully disappointed, for it's a perfect day, but ! really feel miserable, so I don't think 'd better attempt it."

few moments' titilitation of the palate. for the lack of a little self-control. vholesome, recreating pleasure.

And yet how often we-you and I and the other fellow-do just this

this subject into a creed. Two of its

much bother and doesn't go out at ali.

swered it, and, sure enough, the Lady own spirit is greater than ne that takchance of attaining one's ideal, is man's prerogative and differentiates

> creed. Only I would make the word 'appetite" in the second paragraph ever all the momentary desires that ere in conflict with our larger efficiency and happiness, and to continually yield to which is indeed to sell

ROYAL INDUSTRIAL TOURS.

London, Januady 21st, 1914. During the coming year the King British manufacturing districts which they inaugurated in 1913. Amongst have no right to expect an invitation. thers there will be a Royal visit to the centers of the heavy woollen in-dustry in Yorkshire. There is also to be a Royal sojourn of about a week in Holyrood Castle, Scotland, and the the industrial populations of the East-ern Lowlands, including the sea-faring quarter from Leith upwards, pro-bably as far as Rosyth. No consideration whatever is being given at presnt to any project for another Imperial visit by the King and Queen to of the Crown. It is recognised that would render it highly inexpedient for Ministers to contemplate the absence of the Sovereign from the United Kingdom until certain pending problems are disposed of. For this reason their Majesties journeying will not extend beyond Western Europe for the next two years so far as a for the next two years, so far as a

THE KING'S "BACHELOR" DIN-

King George, in the coming spring, will give a series of "bachelor" din-ners at Buckingham Palace, London. on Saturday evenings. This night is chosen for the reason that most men, whatever their calling, can get away on Saturday, and his Majesty will dis-play a wide catholicity of taste, as his father did before him, in the selection

PERSONAL FRIENDS V. COURT ACQUAINTANCES.

The private dance which their Majesties gave last spring caused such a lot of heartburn amongst the Court circle that I hear it is not to be

Had a Stroke of Paralysis

Nerve Food. It is always botter to prevent seri-

Prostruiton, paralysis and locomoor ataxia only came whose the nervous system is areatly exhausted. Even hough your altment may not yet be very serious there is a great satisfacverve Food will cure paralysis in its

rher stages.
Mrs. R. Bright, 215 Footh avenue, orofto, writes: "Two years ago my usband had a stroke which left him naseand and a stroke which left him in a weak, nervous condition. He started taking Dr. Chase's Nerve Food and Chency-Laver Pills, and we saw the good resuits dimest immediately. They have made a new man of my husband and we cannot speak too highly of them."

repeated. It seems a pity that people will not allow her Majesty to distinbetween what are purely her personal friends and her Court acquaintances. These latter appear to and Queen are going to resume the quaintances. These latter appear to series of tours through the great be affronted if they are not invited to

FRANCE AND WAR. In financial quarters both in London and in the principal European capitals, there is growing uneasiness about Mexico. Curiously some relief was felt when Presiden Huerta suspended the payment of inleast it provided this autocrat with funds for the time being and prevented worse things from happening. He one or more of the distant dominions has now the whole of the customs at his disposal, whereas before twothe exigencies of domestic politics fifths of them were ear-marked for the National Debt Service. On the other hand. Huerta requires about £50,000 a day to pay his troops, and sooner or later he will have to resort to illegitimate means to find the money. When he ceases to pay his soldiers he will lose them, and probably his life too. The crisis cannot now be far off, and there is a fear, well founded enough in Paris and London, that the President will not scruple to help himself to the money of the banks under Government charter, most of which, by the way, is French, though English investors own a large share of it. This may explain the change of attitude in those London and Paris newspapers which a month or two ago were denouncing President Wilson's sentimental inter-ference with the Mexican dictator, but are now clamouring for an Am-erican invasion of Mexico. It is an excellent instance of the close connection between modern diplomacy

> THE GERMANS IN TURKEY. General Liman von Sanders (now officially described as General Liman Pacha) having been reised to the rank of general of cavalry in the German army, the news that his appointment as Field-Marshal of the Ottoman army has been submitted for the Imperial sanction would seem likely to bring to a head the various difficult question associated with his being given that honor. It appears hat some of the Constantinople newspapers mention that this promotion implies the appointment of General Linuar Pacha as Inspector General of the Ottoman army this being the first public reference to the change made in the powers of the German general; but it may be gathered from converbut it may be gathered from converations which have been held with
> Baron von Wagenheim, the German
> Ambassador in Constantinople, wan
> has been spending a brief holiday
> with friends in London, that be demurs to the suggestion that Liman
> Pacha's appointment has any political
> significance. He indicates, indeed,
> that the position will be altogether
> different to that which was occupied
> by General (now Field-Marshall) von
> der Goltz when he was in Constant's
> nople, as he will set as one of five
> Inspectors-General of the Turkish
> forces, the other four being of the
> Ottoman race, Varon von Wagenheim

Potatoes

500 Brls. Hand Picked P.E.I. Potatoes, best quality, price advancing.

Oranges.

15 Cases Large Valencia

HAY. 372 Bdls. Prime Hay, small bdls.

Parsnips,

The next day she is nervous melan-40 bags large P. E. Island Parsnips, now at lowest price. all for want of a little self-control!

sopher and scientist, in her book or: food and its relation to the mind, body SOPER & MOORE

families. Such offers, according to his Excellency, are entirely a novel feature in Ottoman national life and may be regarded as an indication of the extent to which it has been stirideals and not as a means of gratifyred by recent events.

SOCIAL CHANGES.

dullest months in the social year, as welcoming the private dancing clubs which are being quietly established in our midst. People bind them-selves together into groups which have formightly or weekly meetings either at the house of a member or at one of the many halls to which dancing has brought prosperity. What the chaperon of even ten years ago would have said to these clubs may be wondered, for as a rule each girl has her partner for the entire season, and keeps to him, whereas not many years ago to dance more than twice or at the outside three times with the same man was considered a high misdemeanour. It is no uncommon thing nowadays for a girl out of her teens to arrive at a dance her hostess and to bring with he her "own man." Such an idea a few years ago would have been a scan-dal that would have re-echoed throughout all the gossip papers. Dance programmes are, of course even the slight restraint which re-sulted from written engagements is now no more, and while the quite young girl dances with many partners in the same evening the girl—who can choose—never does. This, with the dancing clubs, is one of the most remarkable changes that has taken place in London society. and it has coome about in spite of the wishes of the elders.

THE LONDON SCHOOL OF TROP-ICAL MEDICINE. learn that Mr. Harcourt has addressed a further despatch to the Governors of the West Ingian, East Indian, and West and East Affican colonies appealing for further financial support for the London School of Tropical Medicine. Mr. Harcourt draws special attention to the progress which has been made in the development of the London School, and to the valuable services which it has endered to the tropical colonies and rotectorates since its foundation in 899, under the auspices of Joseph Chamberlain. It has, however, beme apparent to Mr. Harcourt that if the school is to continue to progress and to enlarge its sphere of usefulness, additional funds will have to be raised and placed at its disposal. Thanks to the efforts of Austen Chamberlain and his committee,

whose services Mr. Harcourt fully acknowledges, a sum of some £85,-000 has now been raised. This sum has been obtained almost entirely from private sources, and Mr. Harcourt thinks that the time has come when the tropical colonies and pro-tectorates, for whose benefit the school was mainly founded, may well make a contribution to the fund.

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Time "Pape's Diapepsin!" In five minntes all Soreness, Gas, Heartburn and Dyspepsia is gone.

Sour, gassy, upset stomach, indigestion, heartburn, dyspepsia; when the food you eat ferments into gases and stubborn lumps; your head aches and you feel sick and miserable, that's when you realize the magic in Pape's Diapepsin. It makes all stomach misery vanish in five minutes.

If your stomach is in a continuous revolt—if you can't get it regulated, please, for your sake, try Pape's Diaplease, for your sake, try Pape's Diapepsin. It's so needless to have a
bad stomach—make your next meal afavorite food meal, then take a little
Diapepsin. There will not be any
distress—cat without fear. It's because Pape's Diapepsin "really does"
regulate weak, out-of-order stomachs
that gives it its millions of sales annually.

Diapepsin from any drug store. It is the quickest, surest stomach relief They have made a new man of my husband and we cannot speak too highly of them."

Dr. Chase's Nerve Food, 50 cents a notic enthusiasm in passing over magic—it is a scientific, harmless and transon, Bates & A. Limited To considerable sums of money have already been made to the War and Martury belongs in every home.

CITY, January 29th, 1914. MADAM,-How about that New Costume that you have been

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SERGES and TWEEDS.

in long length pieces, and we most especially invite you to call \$1.10, \$1.20, \$1.60 and \$2.00 per pound.

I remain, yours truly,

GEORGE T. HUDSON,

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THE PIPE THAT FITS THE TEETH. THE VERY BEST

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