...ilady's Boudoir.

FINGER NAIL CARE.

...purpose of the finger nail is to ...t the tips of the fingers against ...ure and to give them firm sup... It is said that they actually add ...e tactility of the fingers, mak... more actute the delicate sense of ... Finger nails are made of the ... substance as that which goes to ... the feathers of birds, the claws ...mals and the fins of fish.

...lthful nails are not flat, but ... slightly, of light rosy color and ...h surface. Brittleness is a de... which is usually due to a de... state of the health.

...olute cleanliness is a hygenic ...ple which should never be dis...ded, since the space between the ...and flesh forms a lodgment for ...sed germs. Soiled nails are not ...evidence of contempt for your ...ls good opinion of you but they ...often the source of infection and ...ss.

...th a thorough manicure once a ... and three minutes attention ...y morning the coral tips may be ... in perfect order. For the home ...icure the following instruments ...necessary: A pair of pointed scis... a thin sharp flexible file, an ...ge wood stick, sand paper, bevel... file, a polisher, a jar of powdered ...ice stone and a small bottle of ...xide of hydrogen.

...e first matter to be considered is ...filing, which must be accomplished ...e the nails are hard. The hands ... not be plunged into the soapy ... until after the filing. When ...g the file see that the flesh at the ... of the nails is pressed down, so ... instrument will achieve a ...ight smooth line, leaving no rag... places on the edge.

...little scarf skin or thick cuticle ... cling to the outline of the nail ... that is afterward removed with ... beveling file. The shaping de...s, of course, upon personal taste.

Be Careful

...o keep the stomach well, the liver and bowels regular, by the ...ely and helpful aid of

BEECHAM'S PILLS

...gest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25c.

Your Boys and Girls.

...very mother of young children ...ld look carefully after the heat ... the house. She should have the ...mometer fastened outside the ...dow, not where the sun will shine ... all day, but in an unprotected ... where the winter's winds will ...ys strike it. By this she can tell ... warm to wrap up the youngsters ...whether it is a fit day for them to ... out of doors.

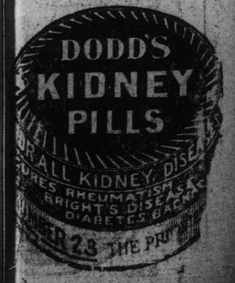
...very young child ought not to play ... of doors very long if the ther...meter is below zero, because little ... will get chilled unless great care ...exercised.

...rovided a child of four or older, is ... wrapped up and the sun is shin... a brisk walk or play can be en...d at almost any temperature, pro...d the body is kept on the move and ... feet are kept dry.

DIED.

...ast evening, Peter O'Leary, aged ... years, leaving a widow, three sons, ... three daughters to mourn their ...; funeral on Thursday, at 2.30 p. ... from Lake Field Farm, Torbay ...d; friends will please accept this, ... only, intimation.—R.I.P.

...n Monday, the 26th inst., after a ... of illness, Henry A. Leverman, ...d 53 years; funeral on Wednesday, ... 28th inst., at 2.30 p.m., from his ...'s residence, 168 Water Street ...t; friends please accept this, the ..., intimation. 21



EVERY CLEVER HOUSEKEEPER SHOULD USE

BIRD'S BUN and CAKE POWDER

containing 4 packets each, making with unfailing success either 18 delicious, light and nutritious home buns, or a large, rich and wholesome cake. Don't forget to get some for

Christmas Cakes.

It is unrivalled for excellence, economy and convenience. Only a limited quantity in stock.

Selling at 12c. per packet.

Ayre & Sons LIMITED

To-Day's Messages.

10.30 A.M.

GETTING AFTER THE STRIKERS.

WASHINGTON, To-Day.

In the meantime a great many foreigners resident in the United States have hastened to file their declarations of the intention to become American citizens, in many instances with the express purpose of escaping military service under their own flags in the event of a round up of aliens in the United States by French and Italian and (British?) recruiting officers. By filing these first papers the declarent endorses himself as liable to draft into the American Army. There is only one chance in four of his being actually drafted as an American, however. After registration the British-American treaty will be framed as a model for those between the United States and the other Entente countries, though there will be some minor difficulties because of the varying laws fixing eligibility for military service because of the difference in the standards regarding eligible age, which is 21 to 31 in the case of Americans and 18 to 41 in the case of British subjects. Some difficulty has been found in reaching an equitable agreement on this point. It is probable that this will be adjusted by a mutual acceptance of the laws of both countries as applied to their own citizens and subjects, so that all British subjects between the ages of 18 and 41 found in America after the ratification of the treaty will be subject to draft into the British Army.

THE RUSSIAN MILLENIUM.

PETROGRAD, To-Day.

The Maximalist Commissioners have proclaimed the abolition of class distinctions and privileges. All persons henceforth are "Citizens of the Russian Republic." The co-operate party of nobles, merchants and burgesses, according to the proclamation must be handed to the State.

SWISS FRONTIERS CLOSED ON ALL SIDES.

GENEVA, To-Day.

Both the French and Italian frontiers were closed again last night for an indefinite period, while La Suisse announces that the German and Austrian frontiers, which are already difficult to cross, will be hermetically sealed shortly. Thus it appears that Switzerland will become an Alpine oasis created by four powerful nations surrounding it.

AMERICAN MINISTER TO ATHENS.

LONDON, To-Day.

The American Minister at Athens presented to King Alexander the Minister's letters accrediting him to the post and also an autograph letter from President Wilson cordially felicitating the King on his accession to the throne, says an exchange telegraph despatch from Athens under Saturday's date.

ITALIAN PERIL PAST.

Apparently the peril of the Italian troops guarding the Piave line and hilly country in northern Italy against the Teuton forces is at an end. A large number of British and French reinforcements, infantry and artillery, at last have arrived upon the scene after a period of anxious waiting, in which the Italians have borne the brunt of terrible fighting on both fronts solely on their own shoulders and kept back the enemy from a further invasion of the Venetian Plain. Although faced everywhere by superior numbers of men and guns, the Italians have valiantly defended every foot of ground in the hills and along the Piave, and in the former region in recent days actually have taken the offensive against the invaders and pushed them back from the strategic points of vantage they had gained under terrific sacrifices in lives. For eight days reinforcements have marched to the rescue, bringing along with them large numbers of guns and huge supply trains. All the troops are declared to be in fine fettle and eager to test their strength against the enemy. Just where the British and French forces will be thrown into the fray hasn't been made known, but doubtless large numbers of them will be used to strengthen the Italian front on the north from Lake Garda eastward to the Piave, where the Austro-Germans have been making their strongest efforts to pierce the Italian line. At last accounts Byng's British troops before Cambrai were holding in their entirety the Bourlon positions west of Cambrai. Since their repulse of Sunday the Germans have failed to renew their counter attacks. Only minor operations have taken place on any of the sectors of the wide front where Byng's men last week carried out their swift and spectacular operations which resulted in the smashing of the famous Hindenburg Line. Along the Chemin-des-Dames and in the Verdun region violent artillery duels are progressing between the French and Germans. In the latter sector the Germans many times essayed attacks with the purpose of recapturing the ground taken from them on Sunday, but met with repulses. This ground, which is situated to the north of the famous Hill 344, for the possession of which so many sanguinnary battles have been fought, is in process of consolidation by General Petain's men. The daily operations of the British, having for their purpose the investment of Jerusalem, are being pushed forward. Southwest and west of the city British cavalry have taken respectively Bittis Station and Ain Karim, six miles and three and a half miles from the city gates. Just outside the city to the west and to the south strong contingents of Turks are gathered to oppose a further advance. To the northeast, on the Mediterranean coast, advanced patrols of the British four miles north of Jaffa have been forced to give ground before a Turkish attack.

THE CANCER INFECTING THE RUSSIAN ARMY.

PETROGRAD, To-day.

The congress of the second army, with one dissenting vote, has passed a resolution approving of all the measures promulgated by the Council of National Commissioners, including a decree for an immediate armistice for peace and favoring a Government of Workmen's and Soldiers' Delegates. The resolution appeals to all the soldiers not to support Premier Kerensky and the Provisional Government's Generals "against the people." The most striking passage in the resolution follows: "The second army, with arms in its hands, will defend the authority of the Workmen's and Soldiers' Delegates and the National Committee. At the first order of the military revolutionary committee, the second army, which is clothed with full power, will advance as one man against the counter-revolutionists in the rear as well as at the front. On our part we are taking all measures for the removal of the army, for the immediate democratization of the army and in particular for the transfer of the higher authority in the army to elective bodies."

ROUSING WELCOME TO "TEDDY" IN TORONTO.

TORONTO, To-day.

Although 12,000 people heard Theodore Roosevelt speak in support of Canada's Victory Loan at the Armories this evening fully 20,000 others were unable to gain admission. The ovation that was given the Colonel when he stepped onto the platform has never been surpassed in the history of Toronto. People shouted themselves hoarse and waved Union Jack's and Stars and Stripes. The great audience rose and sang "God Save the King" and the "Star Spangled Banner" while "Teddy" stood rigidly at attention. Then the crowd again went wild with enthusiasm. It was a fitting climax to the reception that was given him on his arrival at noon to-day, when he was received by a military guard of honor and driven through crowded streets of cheering people accompanied by an escort from the Royal Flying Corps on motor cycles. "Welcome, "Teddy," read a big sign which hung opposite the platform flanked by the Stars and Stripes and the Union Jack, and it was a welcome long to be remembered. "Colonel Theodore Roosevelt," declared the Chairman, Sir Thomas White, in introducing him "has been of incalculable service in mobilizing the moral forces of the world against Germany and its iniquities. We welcome him as a statesman, as a gallant soldier, as a humanitarian and above all as a man for he is every inch a man." When the ex-President rose to speak the audience sprang up waving flags and cheering wildly while the band broke into "Yankee-Doodle." The Colonel hit right from the shoulder. "If you can't go across, come across, you've got to hold your sons and brothers at the front." A victory bond he described as the safest possible investment. "Any other security can conceivably go bad, but I imagine that Canada is going to last for a few thousand years." He advocated universal military training in time of peace, flayed the professional pacifists and suggested that Canada and the United States might in the future settle any difficulties that arose between them by an International Court composed of three Canadian and three United States Supreme Court Judges with a seventh selected by them. "Canada," said Sir Thomas White in his introducing remarks, "Was a war at the first and Canada will be in at the finish. Our men must have food, clothes, equipment, munitions behind the guns and men behind the men. The dollar victory can only be achieved by a mobilization of all our resources. Shall we reach the top of the Victory Loan as the Canadian boys reached the top of Vimy Ridge?" "Thank heaven, I can come with my head up," said Colonel Roosevelt speaking of his not having Canada (?) while the United States remained neutral. "The greatest example of neutrality throughout the ages was Pontius Pilate, and his name is not mentioned with particular reverence." His magnetism and his sallies of wit caught the crowd. "Don't hit a man soft," he urged, "he won't appreciate it. If you hit him soft, he'll hurt you and he won't feel sentimental about it; he's not built that way. Don't hit a man at all till you're forced to hit; if you have to hit him, put him to sleep. Do your fighting in the other fellow's territory." He denounced "so-called pacifists" and neutralists, and with behind him the support of the Allies at home. Victory and liberty are interchangeable terms in this fight. I am not here to advise you; I am here to congratulate you," he said. "I am here to speak simply of the task that is yours and ours. Friends of Germany talked of "no indemnities or annexations." "No indemnities!" exclaimed the Colonel. "Why Germany couldn't pay an indemnity large enough to make ample atonement for the wrongs of Germany." Turning for a moment to the United States he stated that the German foe had not been as dangerous an enemy to that country as the American pacifist. A pacifist multi-millionaire had once asked him, "Don't you prefer arbitration to battleships?" "Yes," was the answer, "Yes, I do, but suppose the other fellow doesn't?" The latter part of the speech was a magnificent tribute to Canada and the British Empire.

NOT MUCH TO REPORT.

LONDON, To-day.

British Official.—On the southern battlefront there has been no further infantry action. On the Ypres front we have captured a few prisoners in patrol encounters. Hostile artillery again has shown considerable activity during the day east and northeast of Ypres, particularly in the neighborhood of Passchendaele, where certain of our positions at times were heavily bombarded.

AN INTERESTING TRIAL.

PARIS, To-day.

Joseph Caillaux, former Premier, has chosen the Assize Court at Mamers in the Department of the Sarthe for the hearing of the trial of the proceedings which he has brought against Gustave Herve, editor of La Victoire. M. Caillaux is Deputy of that Department. He has an appointment in Paris and a house at Mamers, and the law allows him the choice of either Court before which to bring his case. M. Herve in his paper, under the caption of "I accuse M. Caillaux," charged the ex-Premier with having consorted, during his stay in Italy, with all the notorious "defeatists" and neutralists, and with being an indefatigable protector of Bolo Pasha. He invited Caillaux to prosecute him at the Assizes as a slanderer, and in such case he promised to produce proofs and witnesses. M. Caillaux responded by instituting proceedings.

LIKELY ENOUGH.

COPENHAGEN, To-day.

If Russia enters into separate peace negotiations, the Ministers of the Allied powers at Petrograd will demand their passports, according to a despatch from Haparanda.

NOTHING DOING.

BERLIN, To-day.

Supplementary statement issued this evening says: "There is nothing of special importance to report."

ROTHERMERE HEADS AIR BOARD.

LONDON, To-day.

An official statement of the appointment of Baron Rothermere, brother of Viscount Northcliffe, as President of the Air Council, was made to-night.

SILENT CONTEMPT.

LONDON, To-day.

The Times Petrograd Correspondent says that he has learned from an authentic source that there was a meeting of Foreign Ambassadors at the American Embassy on Friday night, at which it was decided to ignore the note of Leon Trotsky, Bolsheviki Foreign Minister, demanding an armistice. It was decided, the correspondent adds, to treat the note as if it hadn't been received.

GRAND DUKE A PRISONER.

LONDON, To-day.

Grand Duke Michael Alexandrovitch, brother of the former Emperor, according to a Petrograd despatch to the Times, has been arrested and imprisoned in Smolny Institute, Headquarters of the Bolsheviki.

FRENCH VICTORY AT VERDUN.

With the French Army in France, Nov. 26.—French troops yesterday, in one large bite to the north of Verdun, annulled all the numerous nibbles which the Germans have made in the French line since the Crown Prince's defeat at the end of August. Along a front stretching from Samogneux eastward to the southern portion of Caures Wood the French artillery opened a heavy gun preparation early on Sunday which the Germans evidently regarded merely as an intensification of the artillery fire daily proceeding in this sector. Four hours later the French infantry went over the top and in one dash reached the first sections of the German line. Following the first waves came other waves, which overwhelmed and captured more than 600 Germans, who had held strongly fortified positions in two ravines leading eastward and northward into Caures Wood. The result of this successful operation is to give the French full freedom of movement in the neighborhood of Hill 344, the north slope of which has had to resist incessant German onslaughts for two months. German artillery continued throughout the night and to-day to pour a heavy rain of shells on the lost positions, but the French were able to consolidate their gains.

DISAPPROVES GOVERNMENT POLICY.

PETROGRAD, Nov. 26.

Rear Admiral Verdervski, in announcing his resignation as Minister of Marine, gives as his reason a lack of sympathy with the course of the Government of Workmen's and Soldiers' Delegates relative to an armistice.

DESPERATE CONDITIONS IN RUSSIA.

LONDON, To-day.

A despatch to Reuter's from Petrograd, dated Nov. 21st., says: The Commanders at the front continue to send most ominous despatches concerning the exhaustion of supplies and reports of forthcoming hungry hordes of soldiers invading the centres of population. A despatch from Copenhagen give similar reports, and says: Advices received from Russia describe the situation as more desperate than ever and assert that country is on the verge of a bloody civil war.

THAT'S WHY THEY ARE PUBLISHED.

PARIS, To-day.

Considerable irritation is shown by the newspapers over the publication of the Russian State secret documents by Maximalists, who are accused of collecting those they think most likely to embarrass the Allies and supply Germany with arguments.

DISORDERS IN CHINA.

PEKIN, Nov. 26.

Lawlessness is increasing in Harbin, where foreigners have been attacked and robbed. The Consular representatives have intimated to the Russian authorities that unless guarantees are forthcoming for the protection of the lives and property of foreigners they will endeavor to bring in British, American and Japanese troops to work in conjunction with Russian and Chinese Administrations for the preservation of public safety.

GERMANS REPULSED.

LONDON, To-day.

British troops have repulsed another German counter attack at the northeast corner of Bourlon Wood, west of Cambari, according to an official report to-day from Field Marshal Haig.

HOPE IN KALIDINES.

LONDON, To-day.

The Russian revolutionists have made a "ghastly failure" of their attempt at administration, according to the Petrograd correspondent of the Morning Post, writing under date of Saturday. He adds: But behind or beyond all this apparently hopeless chaos the forces which made Russia an Empire, are not idle, and those who know Russian history understand perfectly well how matters will end. Even as I write the situation is becoming clear. The elections to the constituent assembly will take place but the constituent assembly will not meet. The success of the Bolsheviki movement, whatever that movement may really cover, already has damned the constituent assembly. Meantime I would call attention to the following facts: "The vast gold reserve of the Russian Empire, which was removed from Petrograd to the Kremlin in 1913, was later carried still farther into the interior. It is in safe hands. General Kaledines, Hetman of the United Cossacks is in secure possession with trustworthy and disciplined troops of all the arms of all those regions of European Russia that produced a harvest this year, and is rapidly capturing these remaining territories upon which Russia relies for its daily bread. A vast union under the name of The Southeastern Union has been formed. It includes the don territory, a great part of little Russia, the Lower Volga Provinces and Turkestan, the area which feeds all Russia. This union is extending and promises to cover the Siberian corn land. General Kaledines, holding the gold reserve and bread supplies, is master of the situation and those he serves will accept dictation neither from Kerensky, Lenine nor anybody else, least of all from Germany." The Allies may safely admit a bowing acquaintance with the curious individuality thrown up from the depths. For intimate friendship and future partnership they must look elsewhere, and in the meantime they must wait unconcernedly until their old friends reappear above the present turmoil.

SOUND SENSE FROM THE CARDINAL.

DUBLIN, To-day.

Cardinal Logue ordered prayers for peace in the Armagh Church on Sunday, saying: "Whether due to the demoralization of the world by the war or the fate hanging over unhappy Ireland, blasting hopes when they seemed to brighten, an agitation is spreading here which is ill-considered and Utopian and cannot fail to entail suffering, disorganization and danger to the end of disaster, defeat and collapse, and all in pursuit of a dream no sober man can hope to see realized, namely, the establishment of an Irish Republic either by an appeal to the potentates of Europe at the Peace Conference or by hurling an unarmed people against an Empire of five millions under arms, a thing which would be ridiculous if it were not so mischievous and fraught with such danger to an ardent, generous and patriotic people."

ENLARGE Your BEST PICTURES!

Any negative from which a good contact print may be made will give an excellent enlargement.

Enlarging is often the making of a picture, and most amateurs have in their possession negatives worthy of this attention.

We make Black and White, and Sepia-toned enlargements. Our enlargement department is ready now, bring in your film.

TOOTON'S,
The Kodak Store,
320 Water Street.

MENDELSSOHN'S "ELIJAH"

IN THE KIRK, on Thursday & Friday, Nov. 29th and 30th, at 8 p.m.

TICKETS, 40c. each, from T. A. Macnab and R. A. Templeton, Water Street, or F. J. King, 235 Theatre Hill

nov27,28,29

Everyday Etiquette.

"Is it necessary for the members of the bridal party to call upon the bride's mother after the ceremony?" inquired Mabel.

The bridesmaids, ushers, and all persons who were included in the bridal party should call on the mother and also on the bride as soon as she is at home," said her mother.

Stafford's Phoratone for all kinds of Coughs, Colds, Bronchitis, Asthma and various Lung Troubles.—nov6,tf

The Grenfell Inquiry.

The Association Completely Exonerated.

The report of Commissioner Squarey, appointed to inquire into the charges made by certain parties, in a petition presented to the House of Assembley in July last, against the Grenfell Association, has been handed in to the Government. It is too long to permit publication in full. We accordingly print below the most important portion of it, acquitting the Association of any connection with the various co-operative stores on the Labrador coast, and containing the findings and recommendations of the Commissioner.

THE CO-OPERATIVE STORES, ETC. St. Anthony.

While here I visited the co-operative store on the east side of the harbour where the International Grenfell Association buildings are situated, but did not personally inspect the store on the other side.

During my whole investigation into the Co-operative Stores system, I have been unable to discover that any connection whatever exists between the International Grenfell Association and the Co-operative Stores. The Co-operative Stores were inaugurated by Dr. Grenfell many years ago in the interests of the people to combat, as is alleged, the excessive prices charged at that time by the floating traders, and other mercantile concerns doing business on the coast. According to the evidence taken before me it appears that Dr. Grenfell advanced the money to start these stores in the first instance and it also appears that he personally lost heavily in so doing through bad management on the part of the original managers. There is no evidence that Dr. Grenfell charged interest on the money he loaned, so that the principal involved has been lost to him. His share in the transaction would appear to be much worry and heavy loss. The co-operative stores have since been established on a sound financial basis. In the majority of cases the shares in these stores are owned by the fishermen themselves and they value them so highly that no person residing outside their immediate vicinity can obtain a share under any circumstances. It is plainly manifest that old usages on the coast must give way to modern methods or go under.

I examined at length the present and former secretaries of the co-operative stores, one of whom lives on the West, and the other on the East side of the harbour of St. Anthony. One witness was also foreman of construction and also of the Machine Shop appertaining to the Association to which reference has already been made. He stated in detail the trade conducted by each store, freely answering all questions in reference to the management. He was in receipt of a small salary and had undertaken this position a little over a year ago rather to further Dr. Grenfell's ideas in establishing these stores than in hope of any pecuniary gain for himself. As most of the company's goods were purchased through the agent in St. John's during this witness's tenure of office, he has imported but very little direct. Prices at these stores compare very favourably with the prices in St. John's, and the prices at the Fishermen's Union Stores. Credit was rarely given, and then only on the storekeeper's responsibility. Cash, fish and oil were taken at these stores. Cash being more usually given in winter and fish and oil in summer.

I also visited the Co-operative Stores at Battle Harbour and Cape Charles and took the evidence of the Managers. I also examined upon oath the Managers of the Co-operative Stores at Red Bay and Flower's Cove. All the managers declared on oath that no connection whatever existed between the several co-operative stores and the International Grenfell Association, but that all the shares with one exception (the St. Anthony store) were owned by the fishermen living in their vicinity and were not to be purchased by outsiders.

FINDING OF THE COMMISSIONER.

I find after examining sixty witnesses and having made a careful and diligent investigation that the petitioners have failed to prove their contentions. I also find that the co-operative stores of the coast are not affiliated in any manner with the International Grenfell Association, nor connected with its operations; that with one exception (St. Anthony) it has not appeared that a single share is owned by any member of the Association. It has been shown to my satisfaction that the shares held by Dr. Grenfell in the St. Anthony stores never yielded him any interest or profit, but on the contrary entailed much loss until the stores were reorganized, and that he is now gradually divesting himself in the form of presents to deserving recipients and proteges of his. No breach of the Customs Act has ever been proved. I have been unable to find any justification for the statement in paragraph seven of the petition presented to the Legislature by the eight firms first hereinbefore referred to. I am of the opinion that Dr. Grenfell's reply to my question and his denial to the charge made against him of stigmatizing the people of northern Newfoundland and Labrador as paupers is entitled to the fullest credence.

RECOMMENDATION OF COMMISSIONER.

For the future peace and harmony which should exist between the business men of northern Newfoundland and Labrador and the International Grenfell Association, I recommend that all clothing imported by the International Grenfell Association, except such as is imported for the personal use of the members of the staff, who now have the right to import their personal effects duty free, should pay duty and the Government should make a rebate annually of the amount thus collected. This would, in my opinion, not only tend to the more accurate valuation of the clothing distributed to the people for services and goods supplied to the Association, but would remove any feeling that there is unfair competition.

Dr. Grieve, the Secretary at St. John's of the International Grenfell Association, at my request, submitted a schedule of the amount of clothing imported by the Association during the year 1916. He stated that the valuation as given on the Free Entry Form for the information of the Customs amounted to twenty-eight hundred and fifty-three dollars ($2853.00). This free entry of clothing is a burning sore and a source of constant friction and bitterness between the Association and the business men of Newfoundland and Labrador, and the cause of this friction must be removed before friendly relations and peace and harmony are possible between them. If ways and means can be devised to effect this improvement I believe that all parties would work together for the well-being and comfort of the resident population and the prosperity of the whole coast.

All most respectfully submitted,
I have the honour to be
Your Excellency's
Most obedient servant,
(Signed) R. T. SQUAREY,
Commissioner.

Take "Cascarets" If Headachy, Bilious And Constipated

Best for liver and bowels, bad breath, bad colds, sour stomach.

Get a 10-cent box.

Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

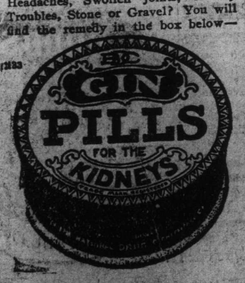
Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

GOOD FISHING WEST—Boats fishing in deep water in the vicinity of Rose Blanche get from two to four quintals of codfish daily when weather conditions allow them out.

Are These YOUR SYMPTOMS?

Pains in the Back or Sides, Constant Headaches, Swollen Joints, Urinary Troubles, Stone or Gravel? You will find the remedy in the box below—



The treat that its lovers learn to expect from a cup of "SEAL BRAND" COFFEE, is always realized to the full for "Seal Brand" holds its aroma and flavour to the last spoonful in the air-tight can.

In ½, 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 183

CHASE & SANBORN, MONTREAL.