HEALTH TALK

SPANISH INFLUENZA OR GRIP.

By Dr. Lee H. Smith.

An old enemy is with us again, and whether we fight a German or a germ, we must put up a good fight, and not be afraid. The influenza runs a very brief course when the patient is careful, and if we keep the system in good condition and throw off the poisons which tend to accumulate within our bodies, we can escape the disease. Remember these three C's—a clean mouth, a clean skin, and clean bowels. To carry off poisons from the system and keep the bowels loose, daily doses of a pleasant laxative should be taken. Such a one is made of May-apple, leaves of aloe, root of jalap, and called Dr. Pierce's Pleasant Pellets. Hot lemonade should be used freely if attacked by a cold, and the patient should be put to bed after a hot mustard foot-bath.

To prevent the attack of bronchitis or pneumonia and to control the pain, Anuric tablets should be obtained at the drug store, and one given every two hours, with lemonade. The Anuric tablets were first discovered by Dr. Pierce, and, as they flush the bladder and cleanse the kidneys, they carry away much of the poisons and the uric acid.

It is important that broths, milk, buttermilk, ice-cream and simple diet be given regularly to strengthen the system and increase the vital resistance. The fever is diminished by the use of the Anuric tablets, but in addition, the forehead, arms and hands may be bathed with water (tepid) in which a tablespoonful of salaratus has been dissolved in a quart. After an attack of grip or pneumonia to build up and strengthen the system, obtain at the drug store a good iron tonic, called "Irontic" Tablets, or that well-known herbal tonic, Dr. Pierce's Golden Medical Discovery. —Advt.

A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is tongue coated, breath feverish and stomach sour?

"California Syrup of Figs" can't harm tender stomach, liver, bowels.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat, or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is ofttimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

BE PRETTY! TURN GREY HAIR DARK

Try Grandmother's Old Favorite Recipe of Sage Tea and Sulphur.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or grey. Years ago the only way to get this mixture was to make it at home, which is mussy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, at a small cost.

Don't stay grey! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the grey hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

TO RELIEVE CATARRHAL DEAFNESS AND HEAD NOISES

If you have Catarrhal Deafness or are hard of hearing, or have head noises, go to your druggist and get 1 ounce of Parmint (double strength), and add to it ¼ pint of hot water, and a little granulated sugar. Take one tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has Catarrhal Deafness or head noises should give this prescription a trial.—Advt.

BEAUTY'S AID

Woman may keep her face free from pimples, brighten her eyes and purify the blood by occasionally using

BEECHAM'S PILLS

in boxes with full directions, 25c.

CANADIAN MISSION IS BUSILY ENGAGED ON PEACE PRELIMINARIES

Delegates Are Allocated to Imperial Committees--Sub-Committees Are Surveying Shipping, Reconstruction, Demobilization, Repatriation, Food, Indemnities and Other Issues.

LONDON, Dec. 10.—Canadian Press Cable From John W. Dafoe.—The Canadian mission, which is here to serve Canada's interests in the adjustments consequent upon peace, has been engaged thus far in essential preliminaries. The most important of these have to do with the forthcoming inter-Allied conference, and the peace conference which is to follow.

It is not possible yet to make definite announcement as to what is being arranged, but the Canadian public can be assured that there will be representatives from Canada upon all conferences or committees dealing with matters in which Canadian interests are involved.

In Suitable Offices.

The Canadian ministers and their associates with the staff have been given suitable offices at No. 2 Whitehall Gardens, formerly occupied by war cabinet officials, and they are busily engaged there every day. Work which is to be done has been systematically sub-divided. The prime minister is occupied chiefly in conferences with the public men of the empire in preparation for the all-important Allied conference to be held shortly in Paris. Important imperial committees have been appointed by the colonial office and the board of trade, dealing with such matters as the importation of raw materials, control of exports, imports and the allocation of ships released from war work to trade routes.

Foster's Committee.

A sub-committee of the Canadian mission, headed by Sir George Foster, has been discussing Canadian interests with these committees, and Canadian representatives in the person of Lloyd Harris or Frank P. Jones, will serve on these committees.

Arrangements have been virtually completed for the release of ships for the Atlantic and Pacific routes. Canada is also to be represented on the international reconstruction committee which is to co-operate in the rebuilding of the vast devastated areas in France and Belgium, and the participation of Canadian industry in this work is expected as a consequence.

Will Speed Repatriation.

Matters of immigration, including the transportation of soldiers' dependents, are being dealt with by Hon. Arthur Sifton, Sir Edward Kemp and Colonel Biggar. They are also considering the problem of demobilization now, though the business of repatriating soldiers and their dependents will be completed in much less time than was formerly estimated.

Hon. Mr. Doherty is engaged in studying, for purposes of advising his colleagues, legal and international aspects of large questions that will come up at the conference, among them the proposed league of nations, and the suggested modification of the present status of sea warfare implied in the phrase "freedom of the seas."

Agricultural Phase.

The agricultural interests of Canada are being looked after by Dr. Robertson, who is serving on the British and inter-Allied food committees, which are making plans for the feeding of the Allied nations during the coming year, and giving such help as may be possible and desirable to the central peoples of Europe.

Trade matters are the special concern of Messrs. Lloyd Harris, Frank P. Jones and R. J. Young. Mr. Harris and Mr. Young will remain here to further Canadian trade interests with an eye specially towards securing for Canadian industries a share of the immense business that will result from the rebuilding of France and Belgium.

Mr. Jones is meanwhile giving them assistance towards these ends, but he can only give his services for a limited period.

Considering Indemnity.

Sir George Foster is serving on the special committee, headed by Premier Hughes of Australia, to investigate and report upon the question of indemnity to be demanded from Germany. Semi-weekly conferences of the whole Canadian mission are held, at which reports of sub-committees are made and questions of policy fully discussed.

P. M. Draper, representative of Canadian labor, attends these conferences. He is keeping in close touch with all matters affecting the interests of Canadian labor.

Vessel Sights One of Lost Trawlers and Succor is Sent

SAULT STE. MARIE, Ont., Dec. 10.—When passing through the Soo this morning at an early hour the Midland Prince reported having seen one of the missing French trawlers in Richardsons Bay, about fifteen miles south of Otter Head, and about 80 miles out from Port Arthur. The crew are reported to be alive, but almost starved. It is understood help is being sent from Port Arthur to the stranded sailors.

THOUGHT IT WAS A BOIL

Doctor Said Abscess

Mr. Gleason R. Young, Kingscroft, N. B. under date of February 9, 1918, writes us as follows: "About five months ago, a lump came on my jawbone. I thought it was a boil, and after it had been there quite a while it began to get larger. I went to a doctor and he said it was an abscess, and lanced it. He gave me a wash for it, so I went by his directions until it healed up, but it commenced coming again, and in about three weeks it broke itself. I thought it would get better, but it didn't. A neighbor advised me to get a bottle of Burdock Blood Bitters, so I sent and got a bottle, and by the time it was all gone, the abscess had disappeared, and now it is all better."

Burdock Blood Bitters will heal and dry up sores, ulcers, and abscesses, no matter how large or of how long standing. If you have never applied it to a cut, wound, sore or ulcer, just try it and see what soothing, healing, cleansing power it possesses. It takes out itching, stinging and burning, and promotes the growth of healthy flesh. So, too, when taken internally, by its power of eliminating all impurities from the blood and making that vital fluid rich, red and pure, it cuts off the origin and source of the foul matter that goes to make boils, pimples, sores, ulcers, abscesses and the like, and at the same time the purified and enriched blood creates healthy tissue where there was formerly, perhaps, a sore full of pus.

Burdock Blood Bitters has been on the market for 40 years. Manufactured only by The T. Milburn Company, Limited, Toronto, Ont.

WAR SAVINGS STAMP MACHINERY IS ALL READY TO OPERATE

Committee Holds Meeting in Ottawa.

PURPOSES MADE CLEAR

Would Have Been Launched Sooner, But for Victory Loans.

OTTAWA, Dec. 10.—The conference of the members of the national war savings committee, who are conferring wth Sir Thomas White on the war savings stamp campaign, opened in the Chateau Laurier this afternoon, Sir Herbert Ames, chairman of the committee, presiding. Representatives were present from every province but Prince Edward Island. Addresses by Sir Thomas White and Pierre Joy, representative of the United States treasury, were the chief features of the session.

Sir Thomas White stated that if regard were held to the relative population and financial resources, the Victory Loan was probably the greatest war loan that had ever been floated. Eighty-five dollars per head and $684,000,000 subscribed in a county which before the war had never known more than a $5,000,000 flotation, was truly remarkable.

Credits For Export Trade.

The Victory Loan would enable the Dominion to provide credits for export trade. In his opinion the future prosperity of the country would depend largely on its ability to assist in financing its foreign trade, owing to the exchange situation that prevailed. This would render necessary the providing of extensive credits in Canada.

Speaking directly of the war savings campaign, Sir Thomas said that it really should have been started a couple of years ago, and that he had made arrangements to do so as far back as the middle of 1917, but the Victory Loan organization, being of the opinion that two campaigns could not be conducted to advantage at one time, he had deferred to this view. For this and other reasons the war savings campaign had been put off this year until this fall.

Produce and Save.

Production and saving must be the watchwords of the reconstruction period and for some time afterwards. Canadians must produce in order to maintain the favorable external balance of trade.

It was absolutely necessary that the people should practice old fashioned thrift in order that they might meet the burdens of the war. While during the war savings campaign the incentive of the war would be absent, still if the people were brought to realize the necessity of providing credits for the country's trade they would undoubtedly do what was necessary. Self-interest and national interest would induce them to do so.

Sir Herbert Ames said that the war savings campaign was a big undertaking, but there was no reason to be discouraged. The problem was of two characters—construction and operation. The organization had been completed, but it now remained to be put into operation. The latter was the chief matter before the conference.

Its Advantages.

Four dollars invested now would yield $5 in five years, and the purchasing power of $5 in 1924 would be much greater than it is today.

After referring to his presence as evidence of co-operation between Canada and the United States, Pierre Joy, representative of the United States treasury, said he was struck by the similarity of the financial problems and programs of the two countries. Both were confronted with the necessity of sending material abroad and of providing credits for foreign trade. In so far as the United States was concerned, this, for a time, might have to be done through governmental action. After a while it was hoped that private investors would be able to take up the foreign securities.

It was quite evident that European countries for some time could not anything like export enough goods to pay for what they bought. Hence the need of credits. It was gratifying to see that Canada was going on with her war savings campaign. The United States intended to do so, for the treasury and the business people wanted it.

Labor was likely to resist a lowering of wages, and it was probable that wages would never quite fall to what they were before the war. The problem then was with high wages to produce necessaries at prices within the reach of all.

The following were in attendance: Hon. C. Delage, Quebec; Campbell Sweeney, Vancouver; H. A. Allison, Calgary; John Blue, Edmonton; Hon. G. A. Bell, Regina; R. K. Scarlett, Regina; John Galt, Winnipeg; Bruce Campbell, Winnipeg; G. M. Reid, London; Major Ingram, London; William Birks, Montreal; D. McGowan, Montreal; P. Martigny, Montreal; W. A. Black, Halifax; Capt. Bell, Halifax; J. E. McPherson, Ottawa; Dr. Putnam, Ottawa; Sir G. Burn, Ottawa; Capt. J. H. Code, Ottawa; G. W. Jones, is acting as recording secretary.

ALL EMPLOYEES OF GOVERNMENT MAY BE GIVEN BONUSES

Salaried Men To Get $150 to $250 — Laborers May Get Something.

OTTAWA, Dec. 10.—The Government has decided to extend the provisions of the recent order-in-council granting a bonus to the civil service. The new order will affect the class of employees who heretofore were not eligible for the bonus granted, inasmuch as they were not regularly members of the civil service, as defined by the department of justice.

As distinguished from clerks, etc., all employees, without regard to the nature of their work, who are paid on a monthly or yearly basis, will be eligible for the bonus of $150 in the case of single persons and $250 in the case of those married or with dependents.

In the case of other workmen, such as plasterers, bricklayers, etc., who are not receiving a standard rate of pay, they may be granted such bonuses as the minister of the department decides they are entitled to.

Another Appeal to Wilson on Behalf of a Free Ireland

NEW YORK, Dec. 10.—A resolution to be sent by wireless to President Wilson on board the transport George Washington, urging him to work at the peace conference for the self-determination of Ireland, was adopted tonight at an "Irish self-determination" mass meeting at Madison Square Garden. It was estimated 25,000 persons were packed in the building and the square outside.

ENTENTE MAY REFUSE PACT WITH ENEMY

German National Assembly Must First Meet.

SCHEIDEMANN IN DESPAIR

Declares That Government Is Sitting on Powder Keg—Assails Liebknecht.

AMSTERDAM, Dec. 10.—The Deutsche Tages Zeitung of Berlin, a copy of which has been received here, says it learns from a reliable source that the Entente powers will refuse to conclude a preliminary peace treaty with Germany before the meeting of a German national assembly.

GOVERNMENT ON POWDER KEG.

BERLIN, Dec. 10.—(By the Associated Press).—"I will not put up with these conditions another week. I will get out," declared Phillipp Scheidemann, a member of the Government, in a speech today defending the Government and himself against the attacks of the Spartacus group. Scheidemann declared that the Government had 90 per cent of the German population behind it, but nevertheless it is sitting on a powder keg.

Herr Scheidemann added that George Ledebour, a Radical leader, has obstructed the formation of a cabinet for 36 hours. After the revolution Dr. Liebknecht, the Radical leader, wanted to join the cabinet, but only for three days.

Liebknecht Irresponsible.

The speaker described Liebknecht as a "person" who lacked "every sense of responsibility."

The speaker said he regretted the occurrences of Friday, but said they were a natural consequence of the appeals made by the Spartacus group to the masses to arm themselves and overthrow the Government.

"Socialization along the lines demanded by the incompetents," Scheidemann added, "would ruin industry and trade. If we remain longer in this revolutionary crisis we are lost beyond hope of rescue, and will not have a piece of bread. If the people do not come to their senses they will be brought to their senses by the Americans."

RUSSIAN MACHINATIONS.

COPENHAGEN, Dec. 10. — Adolph Joffe, former ambassador to Germany of the Russian Bolshevik Government who, when recently accused of circulating seditious literature in Germany denied it, not ony admits it now in a telegram received here, but glories in the achievement. He declares the literature was circulated "through the good offices of the independent socialists," and makes a further declaration that a number of weapons were handed over to Herr Barth, secretary of the independent socialist party.

Instead of receiving 105,000 marks for the purchase of arms, Joffe says he received "several hundred thousand marks," and adds:

Worked With Haase.

"I claim for myself the honor of having devoted all my powers to the success of the German revolution throughout my activities which were carried on in agreement with the Independent Socialist ministers, Haase, Barth and others."

It is known in Berlin that Haase, Barth, Ledebour and other Independents were friendly with Joffe, but this telegram gives the first disclosure that they actively headed the Bolsheviki ambassador's plan to introduce Russian methods into Germany.

A further illustration of the Independent Socialists' sympathy with Bolshevik methods is reported by Adolph Hoffman, one of the Independent leaders, who in a speech on Sunday, after declaring his opposition to a constituent assembly, said:

"If the elections do not give the Socialists a majority, then the assembly must be dispersed and a dictatorship of the proletariat must be established."

Hoffman, although a professed athiest and unlettered, is minister of education in Prussia, which post has jurisdiction over the churches.

SPARTACUS DEMONSTRATION.

BERLIN, Dec. 9.—(By the Associated Press).—A group of Spartacus party adherents, headed by Dr. Karl Liebknecht, made a demonstration last night before the chancellor's palace, now the headquarters of the Government. The crowd clamored for the appearance of Herr Barth, secretary of the Independent Social-Democratic party and secretary for Social policy in the Ebert ministry. He is a former member of the Spartacus group, of whom the remaining Spartacus are suspicious.

In answer to the clamor, Secretary Barth appeared at a window and addressed the crowd. He said that if he could meet Dr. Liebknecht in a public hall for a straight talk, Liebknecht would afterwards not have a single workman behind him. He declared he took his post in the Government on Liebknecht's insistence.

Secretary Barth's speech was received with shouts of disapproval and demands that the building be stormed and the person of the secretary seized. The crowd finally quieted down, however, and Dr. Liebknecht advised his followers to content themselves with showing their determination by crying, "Long live the Social revolution!"

After other speakers had directed further attacks upon Herr Barth and the crowd had responded by more shouting, the demonstrators dispersed.

SEETHING WITH REVOLUTION.

COLOGNE, Saturday, Dec. 7.—(By the Associated Press).—Cologne, like other German cities, is seething with political ideas born of the revolution. Various factions are at grips over the future government of the Rhineland which, with Westphalia, was declared a separate republic at a meeting of Radical Social-Democrats the other day.

The Conservatives are holding out for a united Germany. It is said that a separate republic, which would be known as the Republic of Northwest Germany, has not yet been proclaimed definitely by the Radicals, who never liked the Prussian Government, and profess to care less for the present regime; but the people, while united in this, have split on the rock of possible separation from Germany.

IF BACKACHY OR KIDNEYS BOTHER

Eat Less Meat, Also Take a Glass of Salts Before Eating Breakfast.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated, and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

MUSIC'S HERALD OF JOY

WHAT an opportunity this year is yours! All the musicians of the world, waiting eager to be admitted to your home; to furnish joy for you and yours on Christmas Day and through the days to come.

Great masters of the violin—magicians of the bow and wistful strings—standing ready, instruments in hand, to do your bidding.

Leaders of world-famous orchestras and bands, with batons poised, asking only your assent to fill your home with surging waves of glorious sound.

The mighty host of all the world's best singers standing at your door, and only waiting your behest to enter and pour forth the beauty that is theirs for you and yours.

The Aeolian-Vocalion

Greatest of Phonographs—Should Be in Your Home This Christmas

THE Aeolian-Vocalion is a great phonograph, but it is more than that—more than a phonograph, as that instrument has hitherto been known.

With the extraordinary equipment in personnel and machinery for production which the Aeolian Company possessed, as the "largest manufacturers of musical instruments in the world," its success in improving on existing phonographs was natural.

Even such an achievement, however, was not the limit of what The Aeolian Company accomplished in producing the Aeolian-Vocalion. For in its revolutionary feature—the Graduola—there is offered for the first time in a phonograph the means for

ARTISTIC TONE-CONTROL.

As everyone knows, "expression" is the spirit of music. The technique of singing or playing is only the means through which expression is voiced. Without expression music loses most of its value and almost wholly its appeal.

Music, as rendered by the ordinary phonograph, reproduces expression as well as notes.

Unfortunately, however, it is stereotyped. Spontaneity, variations due to momentary inspirations and moods, are lacking. This accounts largely for the indifference most phonograph owners eventually come to feel for even their best records.

The value of the Graduola in giving additional "life" to records and keeping them fresh in interest, and the fascination of exercising this control, are beyond description. As has been said by more than one eminient musician, "the invention of the Graduola is second in importance only to the original invention of the phonograph itself."

ALL RECORDS AVAILABLE.

Another most important advantage possessed by the Aeolian-Vocalion lies in the fact that it will play all the standard makes of records.

AUXILIARY FEATURES.

Many other improvements of minor value, singly, perhaps, but important in their sum, have been worked out in the Vocalion. Among these are an Automatic Stop of great simplicity and genuine efficiency, an entirely satisfactory electric system of playing and lighting in certain models, ingenious filing devices, etc.

THE AEOLIAN-VOCALION IS MADE IN A VARIETY OF MODELS, PRICED FROM $69 UPWARDS. $150 AND UP WITH GRADUOLA. BEAUTIFUL ART AND PERIOD MODELS FROM $360 UP.

Nordheimer Piano and Music Co., Limited

227 DUNDAS STREET, LONDON.

CANADIAN DISTRIBUTORS FOR THE AEOLIAN-VOCALION.

MONTREAL POLICE AND FIREMEN WILL STRIKE WITH OTHERS TODAY

MONTREAL, Dec. 10.—The police, firemen and members of the city incineration and aqueduct departments will strike definitely tomorrow at noon, the men having refused arbitration on their claims for higher pay, promotion, hours of work, holidays, etc.

Sir Lomer Smith who was in deliberation with delegates from the men at the Place Viger Hotel here tonight, left for Quebec City later expressing himself as satisfied with the outlook.

About 2,000 men are involved.

The men say that if soldiers are called to do their work they will resist the attempt to replace them by force if necessary.

BATTERY FORCE OF CANADA ALREADY IS FAMOUS IN RUSSIA

Best Traditions Maintained in Recent Actions.

GEN. IRONSIDE'S PRAISE

67th and 68th Draw Eulogy From Their Commander.

OTTAWA, Dec. 10.—The militia department has received from the chief of the imperial general staff at the war office a telegram from Major-Gen. W. E. Ironside, commanding the Allied forces in Archangel, in commendation of the work of the 16th brigade, comprising the 67th and 68th batteries, Canadian Field Artillery, in the recent fighting. Interest is added to the incident by the fact that Gen. Ironside, who is an imperial officer, for some time was staff officer in the Canadian expeditionary force in France.

The message, which is dated December 8, reads:

"The highest traditions of the army and of Canada, in several trying actions, have been maintained by field artillery with northern Russian expeditionary force.

"As an old Canadian officer, and as commander-in-chief, I wish to place their conduct on record, and would be obliged if the chief of the imperial general staff would convey to the corps commander and to Gen. Morrison his pleasure at having such men under his command.

"The Canadian artillery force numbers about 500 of all ranks."

HULL MAN WINNER OF PROMOTION AND A V.C.

OTTAWA, Dec. 10.—Capt. S. Lafferriere, son of J. O. Lafferriere, 10 St. Helene street, Hull, has been awarded the Victoria Cross for distinguished gallantry on the field of battle. Notification to this effect has been received by Mr. J. O. Lafferriere.

Capt. Lafferriere was in New Orleans at the outbreak of the war and paid his own passage to France where he enlisted as a private in the famous Foreign Legion, with which he served with distinction. He later transferred to the Imperial army and was posted to a trench mortar section. He won his promotion through devotion to duty and was reported wounded last June.

UNION SERVICES IN GODERICH CHURCHES

GODERICH, Dec. 10.—During December the two Methodist churches, with a view of conserving coal and creating a more friendly feeling, are holding union week-night services, week about, in each church. Arrangements have been entered into by the boards for union Sunday services also during January and February, the services to be held in Victoria Street Church in January and in North Street during February. It is thought that considerable fuel will be saved by this arrangement.

BELMONT GIRL WINS.

BELMONT, Dec. 10.—Three London Collegiate Institute girls, Margaret Reid, Ruth Dodds and Margaret Gemmell, have succeeded in capturing the Carter scholarships for Middlesex, the first prize representing $100, the second $60, and the third $40. Miss R. N. Dodds is a Belmont girl, who, following her high standing in her collegiate course, has gone to the faculty of education in Toronto. She was formerly a student of Belmont continuation school and obtained her second-class certificate here. Miss Gemmell is well known here, having visited her friend, Miss Beulah Fitzpatrick, while they were fellow-students in the collegiate institute.

SHOCK LEFT HER WEAK AND NERVOUS

COULD NOT SLEEP

When the system receives a shock of any kind, the heart becomes weakened, the nerves unstrung, the appetite poor, faint and weak feelings come over you, you can't sleep at night, and you wonder if life is worth living.

To all those who suffer from nervous shock we would recommend Milburn's Heart and Nerve Pills as the best remedy to tone up the entire system and strengthen the weakened organs.

Mrs. J. J. Bunyan, Pilot Butte, Sask., writes: "I have used Milburn's Heart and Nerve Pills after having suffered from a terrible shock to my whole system. I was so utterly weak and nervous I could not sleep at night, and my appetite was very poor. I could not walk across the floor without trembling all over.

I had hot flushes and fainting spells.

When I was on the second box of your Heart and Nerve Pills, I began to feel that they were doing me good, so I kept on until I had used six boxes, when I felt like a different person.

I am never without them in the house, and highly recommend them to all who suffer with their heart."

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Company, Limited, Toronto, Ont.

Belgium Starving

Under Allied Flags

Immediate Help Needed to Relieve Starvation and Suffering—Cannot Hold Germany Responsible NOW!

There is pressing need for our help in Belgium today, and there will be for many months to come.

As our troops occupy the evacuated territory, untold misery stares them in the face. Emaciated children, hollow-cheeked women, roofless homes, clothing so worn it offers no protection from winter's terrors — miseries that cannot wait but MUST be relieved at once to avert DEATH!

Need you be reminded how Belgium was the first to jump into the breach and so make our Victorious Peace possible?

Don't let it be said WE let Belgium starve. Let us cable over your offering to the mothers and children of Brave Little Belgium AT ONCE!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act) 127

to your Local Committee, or to

Ontario Branch—Belgian Relief Fund. 95 King St. W., Toronto, Ont.

DEPOSITED WITH THE GOVERNMENT OVER $100,000.00

The Royal Guardians

INSURANCE MONTREAL

LIFE, SICKNESS, INDUSTRIAL AND ENDOWMENT