GROSSING QUESTION WILL BE TAKEN UP

City Wants To Know Why Railway Board Did Not Investigate.

FOURTEEN NEW CARDINALS.

Rome, Jan. 28.—The pope will create fourteen new cardinals at the next conformaled, before the board dismissed d'Italia. The consistory is to be held in the application of the council for the March.

construction of pedestrian subways on half a dozen of the streets crossed by the railway. The railway board has refused the application made last summer by the city for the erection of these protective conveniences. When an order was asked for to have the subways located the board gave its assurance to the council that it would go over the ground and ascertain if the protection asked for was a necessity But the only communication received from the board since a summer ago has just now reached the city, and that tells the council the order asked for will not be granted.

TO SAVE IS EASY

Saving is a most beneficial habit, and an easy one to acquire.

Place a certain amount of your income in this Bank at regular intervals. Deposits have a marvelous way of growing and in a short time you will have a Savings Account of four figures.

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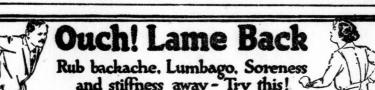
Branches at St. Thomas, and Sparta.

Contains more flesh forming matter than beef. Baker's Cocoa is for robust men

and all who must have a great deal of tissue building material to repair the waste caused by physical and mental labor. It is delicious,

pure and wholesome, and is made by a perfect mechanical process, without the use of chemicals, so preserving the exquisite flavor, aroma and color of the high grade cocoa beans.

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SEND NO MONEY! Just send your name and

BERRY." They'll like them so much that to your door. Y will buy a package or two at once. Just one little "FAIRY BERRY EO. Dept. O. 7



WHERE Thousands of visitors are imbued with a spirit of camaraderie and good fellowship. Countless friendships are formed and old acquaintances renewed along the Boardwalk where happy throngs promenade and merry Roller chair parties glide in endless parade. The open air pavilions and the sun pariors on the Piers and in the Hotels are ideal spots for a pleasant chat or for undisturbed enjoyment of the bright sunshine and fresh, sustaining sea air.

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Hatel

Excellent Pullman service. For full information and sche-of convenient railroad facilities consult local ticket agents.

one of lemon!)
IN FRESH VEGETABLES.

IN FRESH VEGETABLES.

This anti-scurvy vitamin, you will remember, is called "water-soluble C." for lack of a better name. It is found chiefly in fresh, raw vegetables and fruits, generally. It is more or less destroyed or greatly lessened in amount by cooking, drying, preserving, canning, storage. One curious exception is furnished by the tomato. Even canning does not destroy this vitamin in tomato, although canning means both high heat and storage also.

The other two vitamins are not sensitive to heat or drying or storage. A great many people think they are, but this is due to mixing up the characteristics of that first vitamin with those of the other two. One of the latter is known as "fat-soluble A." the other as "water-soluble B."

of children, rickets, weakness of the eyes, poor teeth perhaps, and lack of reserve force. People short of "fat-soluble A" may get along well enough in a quiet routine, but any extra strain, which a thorough-ly sound person could meet ade-quately, may to them prove disas-trous.

vitamin in it to the extent that 12 teaspoons of orange juice equal in vitamin a pint of milk. Children deprived of butter fat for any reason grow well if orange juice to the extent of 12 teaspoonfuls a day is supplied to them. Tomatoes are also an excellent source of "fat-soluble and excellent source of "fat-soluble and excellent source of a well

an excellent source of "fat-soluble A." and canned tomatoes do as well as fresh.

Body fat as distinguished from liver fat, butter fat, egg yolk fat, contains relatively little of this vitamin, so that oleomargarine composed entirely of body fats (lard, beef-fat, mutton-fat, etc.) and veg-etable oils is likely to be very short of it, and to this extent is really not a good substitute for butter.

Of course, if this vitamin is supplied in the diet from orange juice, tomatoes, eggs or the other things mentioned, the lack of it in one article of food, such as oleo would make little or no difference.

THE THIRD VITAMIN.

There is one more vitamin that

There is one more vitamin that we know about fairly definitely, "water-soluble B." This is the first one discovered and is still perhaps the best known. It is like "fat-soluble A" in being widely distributed in all kinds of natural foods and in the fact that it is not easily harmed by heat, drying, preserving, storage, etc. Moreover it goes "fat-

harmed by heat, drying, preserving, storage, etc. Moreover, it goes "fat-soluble A" one better, in that it is not only present in most natural foods, but present in plentiful amounts in them, as "fat-soluble A" is not always. Then how does the diet come to lack this widespread, heat-proof, abundant vitamin? Because although present in almost all

near-proof, abundant vitamin? Be-cause although present in almost all natural foods, it is present in that part of the food which aestheticism and an overweening desire to have things look nice drives us to discard.

and an overweening desire to have things look nice drives us to discard. Thus, the peal of potatoes, the brown covering of rice grains, the part of the wheat grain that is rejected in the mills in making the very fine white bolled flour that people think makes such a nice-looking loaf are just the parts which are likely to contain this very important substance.

DIMINISHES VALUE.

Over one-fourth of the wheat grain is rejected in making the very fine white flour, and this loss of one-fourth not only makes the rest of it cost more, but also diminishes its real value very considerably indeed. Loss of this vitamin is part of the cost of over refinement of food, due to misplaced aesthetics on the housekeepers' part and to the competition amongst food-manufacturers who are constantly striving to refine their products more than some competitor does. Thus the refiner gets a "talking point" for his product, a higher price, and a greater "waste," which can be sold as a by-product. "All is not gold that glitters" applies to food as well as to stocks and bonds!

A CURIOUS DISCOVERY.

This vitamin was discovered in a very curious way. In the East In-

A CURIOUS DISCOVERY.

This vitamin was discovered in a very curious way. In the East Indies, China, Japan, a curious disease beri-beri, has been known for many years. It was found chiefly among the poor natives, although seldom amongst the white people living in the same places. Speculations were rife as to its cause—dirt, infection, constitution, etc., were suggested. Someone noticed finally that it was chiefly prevalent amongst those rice-caters who had little or no other food than rice. Also someone noticed that it had become much more prevalent since "advanced" methods of milling the rice had been introduced from Europe, Finally it was clear that the disease came from

BY H. W. HILL, M.B., M.D., D.P.H. Institute of Public Health of Western University, London, Ontario. Canada.

Reserve • • 18,000,000 Resources • 230,000,000 THE OTHER TWO VITAMINS AND A CORRECTION.

Last week I described briefly the vitamin that prevents scurvy, present particularly in cabbage, lemon juice, turnip (swede) and orange juice. (By the way, the table printed last week was correct in all but one particular. The printer—always blame the printer when anything goes wrong—made lemon juice rank as sixty-six (66), and orange juice as only three (3). The lemon juice figure is quite correct, but the orange juice figure should have been thirty-three (33) instead of only three (3). In other words, orange juice is, bulk for bulk, about one-half as efficient as lemon juice. But it is a good deal easier to take two teaspoonfuls of orange juice than one of lemon!) No Savings Account too

Don't think that be-cause your first savings deposit may be small that it will not be welcomed in The Bank of Nova Scotia. A savings account means a new po-tential customer. It is the beginning of what may be the foundation of a valuable account later on. It is the young man's stepping stone to a business career.

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G. H. Montgomery

SINN FEINERS TO MAKE PEACE

Roger Sweetman Disagrees With Rebel Policy and ' Resigns.

DUBLIN, Jan. 25.—The announced resignation of Roger N. Sweetman from the "Irish Repullican Parliament," owing to what he termed a radical disagreement with the majority of his fellow members on vital matters of policy, is creating a hig svir in Dublin.

A prominent Sinn Fein leader today told the Associated Press that the resignation of Sweetman meant the final quashing of the peace movement, in which Mr. Sweetman and Father O'Flanagan, acting president of the Sinn Fein, participated conspicuously.

It was Mr. Sweetman who proposed early in December a conference between the British labor commission visiting Ireland and the Irish Labor party for the purpose of effecting a truce in Ireland.

Another reason for the resignation of Mr. Sweetman was given in a statement from another source today. This was to the effect that there was a meeting recently of the Dail Eireann—the first since Eamonn de Valera's return to Ireland—at which a vote was taken on the question of peace or a continuance of the struggle. It was stated that Mr. Sweetman was the only one present who demanded peace, the others voting to keep up the fight.

minister.
"I have no promise, but I have hopes," Mr. Mason replied. "We all know, however, that President Wilson is not inclined to favor recognition."

MASONIC BANQUET HELD AT THORNDALE

More than 100 attended the Masonic banquet held in the Masonic Hall, Thorndale. An excellent program was rendered, consisting of solos by Miss Olive Kernohan, Mrs. (Dr.) Walters, Miss Copeland, Miss Reta Gee, Miss Edna Colbert, and Mr. Pack; instrumental selection by Messrs. Harding and Garlick; reading by Miss M. Duffin, and addresses by B. Logan, Dr. T. W. Wilson, Dr. P. K. Walters, Gordon Guest, and V. Tackaberry. The toasts were proposed by R. H. Harding, R. L. Guest, Dr. McFadden, and G. Belton. A special feature of the evening's entertainment was the unveiling of the honor roll by Rev. A. Cummer.

The Woman's Institute have postponed their annual at home till February 10.

Heals Inflamed Nostrils. Stops Catarrhal Discharge, Relieves Colds Quickly

Poor remedies have given Catarrh the reputation of being incurable. But it is relieved, easily and quickly, if the right method is employed. Snuffing a powder or ointment up the nose won't relieve Catarrh, neither will tab-lets, douching, or stomach medicines relieve. These treatments fail because they only affect local condition, they do not remove the cause, which is germ life established in the lungs, bronchial tubes, and nasal passages. Ordinary remedies do not reach these remote parts, but Catarrhozone does, for it is breathed that for it is breathed through the inhaler into every air cell in the lungs, into every air passage in the head and throat. No matter where the Catarrh is Catarrhozone will reach it. It kills the germs, heals sore spots, clears the nose and throat instantly. Universally used; pleasant and clean; guaranteed to relieve or money refunded. Don't be an object of aversion to

everyone you meet—get Catarrhozone today and use it regularly; it will cure your Catarrh, Bronchitis, Throat Trouble, spitting and gagging. Large size lasts two months; price \$1.00; smaller size, 50 cents; sample size, 25 cents; at all dealers.

ents; at all dealers.

A Column Devoted to Public Health in All Phases. Questions Addressed as Above Will Be Welcomed. a lack in the dlet—and this lack was finally traced to the fact that the rice grains, which are naturally rather a dull color, were "polished" in the milling process to make them white and pearly and attractive to the huge

rather a dull color, were "polished" in the milling process to make them white and pearly and attractive to the buyer.

REMOVED THE COATING.

But also this "polishing" removed a delicate layer or coating natural to the rice grain, and this fine layer, it was at last ferreted out, contained the vitamin. Persons with beri-beri who were fed not only the polished rice, but also the fine stuff which had been polished off in the mill. recovered as if by a miracle. Animals and pigeons experimentally fed with polished rice until they were nearly dead would likewise recover almost completely in 24 hours if given some of this same fine powdery stuff from the rice mill—the rejected "polishings" from the rice suffer from beri-beri like the natives? Simply because they did not live on the rice exclusively, as did the natives. The whites got no more vitamins from the polished rice than did the natives, but they did get them from other parts of the varied diets they used, while the native, having nothing but rice, had to get his from rice or not at all.

FOODS CONTAINING "WATER-SOLUBLE B."

In general, this vitamin is found in all foods, and vegetables that are not overrefined, hence in whole wheat flour, vellow corn meal, in butter, eggs, liver, leafy vegetables: in potatoes with their skins on (if you eat the skins), and so on.

Dr. Grenfell told his people in Labrador, where beri-beri has appeared with the use of boiled wheat flour, that they should peel their potatoes and eat the peels, throwing away the rest of the potato, if they must throw away something!

VITAMINS ARE VEGETABLE

One of the latter is known as "fatsoluble A." the other as "watersoluble B."

THE OTHER TWO VITAMINS.
That first one, "fat-soluble A." is
so called because it is particularly
to be found in connection with fats
and is supposed to be dissolved in
them. It is not by any means a
necessary part of the fat, however;
and many fats, and vegetable oils
have very little of it.

"FAT-SOLUBLE A" EVERYWHERE.

Get this point clearly. "Fat-soluble
A" occurs in almost all foods and it
is not hurt by drying or heating or
storage. But although it is so
widely present, it is present in many
foods to so small an extent that if
the diet is confined to those foods
alone, the body that is fed on them
suffers. When this vitamin is really
absent from the diet, growth and repair stop, a horrible disease of the
eye follows, and death finally ends
the scene. But in the human race
things seldom go so far as that, for
the reason given above—the human
diet almost always has some of the
fat-soluble A; enough to prevent
very definite and clear-cut disease;
but often not enough to prevent
troubles less spectacular, but in the
long run just as bad perhaps. Some
of these are stunting of the growth
of children, rickets, weakness of
the eyes, poor teeth perhaps, and
lack of reserve force. People short
of "fat-soluble A" may get along VITAMINS ARE VEGETABLE PRODUCTS. PRODUCTS.

It seems that no animal can manufacture vitamins. This is really rather obvious if you remember that they must come to us in the food—we can't make them ourselves. that they must come to us in the food—we can't make them ourselves. Neither can any other animal make them—only plants. Then why say that they can be found in butter, cod liver oil, eggs. liver and such animal products? Because they can be found there—but only when the animal furnishing the butter or eggs or liver, etc. had them in its own diet. A cow fed exclusively on brewery mash, for instance, has no vitamins in its milk. Cows on pasture have a good deal—and so it goes.

What's In a Book? By Kathleen K. Bowker.

If "The Four Horsemen of the Apocalypse" is the only book by Blasco Ibanez that you have read, you will be eager to get his latest novel, "The Enemies of Women" (J. M. Dent % Sons.) But if the only one of his works that has come your way has been "The Shadow of the Cathedral," most probably you will be quite willing to let the "Enemies" remain unknown to you.

quately, may to them prove disastrous.

FOODS THAT YIELD THE
GROWTH VITAMIN.

This "fat-soluble A" has so much effect on the growth of young infants that it has been called the "growth determinant." There are other things that have to do with growth besides "fat-soluble A," but nevertheless it is a pretty good thing to feed to growing children if you want to be sure they will grow as fast and well as they are capable of. We can't make children or animals grow, but we can prevent them from growing. We must be sure then in feeding a child that we are not feeding it food that is plentiful enough, but yet lacking in this necessary growth substance.

THE OTHER TWO VITAMINS.

Chief amongst the foods containing this vitamin are butter, egg yolk, liver, leafy vegetables. Cod liver oil seems to owe its chief value in rickets to this vitamin—the liver of the cod, like livers in general. ably you will be quite willing to let the "Enemies" remain unknown to you.

Even if you think that you really want to read it, you may have changed your mind before you get through the first hundred and fifty pages. But if you pass that gateway you will go on to the end of the full 547.

Michael Fedor Lubimoff took what he wanted—and paid for it right royally, so far as money went. His experience had been that money went to the Ends of the Earth, and tied itself in bows of the Earth, and tied itself in bows there—large bows, with flowing ends! The story of his life reads like the Dreams that the Count of Monte Cristo had, after a particularly long and successful spell of Hasheesh Smoking.

Alicia, Duchess de Delille, was a strong believer in the Equal Moral Standard for Men and Women—especially Women—with rather superior rights for the latter. And she lived up—or down—to this creed, all through her eventful and varied life. Naturally these two (distant relatives, by the way), failed to get on. There was hardly enough room for both of them in their own particular world.

When War stripped the Prince of his Russian Possessions (the capital P. popped itself there naturally), he sold his Yacht and his Parisian Palace, bid good-bye to his Harem, and retired haughtily to Villa Sirena, his Palace beside the sea, at Monte Carlo, trying to keep the Wolf away from the Rosegarden, with a palitry sixty thousand a year or so. Not willing to accept the limitations that the World might set around him, he decided to impose his own. So he took four other War-fugitives to live with him; giving them the freedom of all that he still possessed in his ruined state, stipulating only that they should abjure "Woman."

"Woman," as we understand the word," he explains, "is the artificial product of civilzation which, somewhat like hothouse flowers, have reached their maturity with a complex perverse beauty. Only in the large cities that have come to be decadent because they have reached their limits, do you find "Woman." liver oil seems to owe its chief value in rickets to this vitamin—the liver of the cod, like livers in general, having a good deal of it.

Milk contains this vitamin also—that is, whole milk, still containing the butter fat. But, of course, the butter fat in milk forms only 3 or 4 per cent of the milk, while the butter fat in butter forms about 80 per cent of the butter, so that in butter it is more concentrated. Cheese contains this vitamin, because it contains butter fat.

"FAT-SOLUBLE A" IN ORANGE JUICE AND TOMATOES.

Orange juice has this growth vitamin in it to the extent that 12 teaspoons of orange juice equal in

have come to be decadent because they have reached their limits, do you find So, complacently, he decides to keep his community to "Nothing but mentalisms and tolerant, coming together to live a pleasant life, while the world is This, then, is the theme of the book, infinitely vivid description of the life at Monte Carlo; and the power and effect of gambling on the minds, morals, and persons of men and women. A romantic, unnatural world beside the But the Community without the consolidated schools. No definite locations were agreed upon, but the proposed changes will be submitted to other counties and then to the Government to secure united action.

DON'T USE DRUGS FOR CONSTIPATION

CONSTIPATION

But the Community without the proposed changes will be submitted to other counties and then to the Government to secure united action.

CONSTIPATION

Bathe Internally—The One Natural

stumbling block. These things require atmosphere. So the first count is negligible.

The second remains individual. After forty years of Experience, Love—for Love came to these two in the end—purges them of much of the dross, and they emerge, very real people, not easily to be forgotten; the woman more human than the man. And yet——Mary Lewis, who flashes through the pages here and there nothing more than a belted and uniformed Spirit of Universal Love and Service—leaves an impression as lasting and as vivid as either of the two that occupy the greater part of these unusual pages.

Unusual they are—less even for the matter of the story, than for the manner of it. Ibanez plunges through great roaring waves of words, and where an ordinary writer would be lost in the surf, you find him suddenly, clear of the breakers, upborne upon the bosom of the ocean—floating—floating—serene and secure on a noble surge of waters, with the sun on his face.

"The First Sir Percy" by Baroness Orczy (Hodder & Stoughton), is modeled after that prolific writer's usual Historic pattern. A lovely lad, two lurid Villains, a dignified but deceived Father,—all involved in Plots and Counterplots that revolve round a Mysterious Stranger, the "Laughing Cavaller." The pen picture is not so good as the Franz Hals original—but very few things are!—and this is very good Mince Pie. And doubtless an excel-

Commission Urges Salary Instead For Police Magis-

TORONTO, Ont., Jan. 27.—The public service commission, of which W. D. Gregory is chairman, has submitted its report to Attorney-General W. E. Raney. Fifteen recommendations are made in the report. It is urged that police magistrates' work be performed wholly by men specially qualified and devoting their whole time to it, engaging in no other business. The province should be divided into districts, the report suggests, and one or more police magistrates should be appointed to each district and have exclusive jurisdiction therein. The commission recommends that none of the present police magistrates shall have jurisdiction in any of the districts so created, unless appointed therefor or requested to act therein by the district magistrate or attorney-general.

To Abolish Fees.

The commissioners suggest that the system of payment of police magistrates by fees be abolished and that the taking of information, issuing of summonses and warrants, and other proceedings prior to trial, be conducted by a magistrate other than the one who tries the case.

It is recommended that fines imposed (other than those for breaches of municipal bylaws; for breaches of the O. T. A., where the municipality is the prosecutor; and fines payable to the Dominion Government), together with police magistrates should be fixed by the Government, the commissioners recommend, and the municipalities and the Government pate to the content of the content of the province. Salaries of police magistrates have been been been to the commend.

ment, the commissioners recommend, and the municipalities and the Government should each pay half.

Retirement at 70.

The retirement of police magistrates at the age of 70 is advocated by the commissioners.

commissioners.

It is further recommended that magistrates shall not be members of police commissions, and that magistrates trying cases arising on the Toronto-Hamilton highway should be absolutely under no obligation to the highway sommission. commission.

It is finally urged in the report that the title "police magistrate" be changed to "provincial magistrate" or "district nagistrate."

THRESHERS PLAN OF INSURANCE

CHATHAM, Jan. 28. — The annual convention of the Ontario Brother-hood of Threshermen opened with President Joseph Cushman of London in the chair. The threshermen will discuss plans for a new form of mutual fire insurance for threshing machinery at a much lower rate than the present schedule of insurance companies in Ontario. The rates of the new ples in Ontario. The rates of the new plan, if adopted, will be materially lower and will provide for a decided increase in insurance among threshermen's outfits. Among the speakers at the convention are Wm. Chapman of Denfield; W. H. Newsom, president of the National Association; A. B. McCoig, M.P.; Mr. Webster, M.P.P. for West Lambton, and others.

DOCTORS DEMAND PROOF.

Kitchener, Jan. 28.—Dr. J. E. Hett, who delivered an address in Welland on Sunday, and was reported as having stated that half of the operations performed were unnecessary, denies having made this declaration. He declared to the Canadian Press that he did express his own opinion that many operations were unnecessary, but that a medical practitioner standing high in the profession had told him at least half of the operations were unnecessary. half of the operations were unneces

sary.
Dr. Hett has been taken to task by local physicians for the statement re-ported in the press, and has been asked to furnish his proof.

WANT SCHOOL AT BURFORD Brantford, Jan. 28.—The county fathers spent all day discussing educational matters. A deputation appealed for a new high school in Burford to care for parts of Burford, Brantford and Oak-land townships. This would take care of the children of the district, many of whom cannot attend Brantford Co of whom cannot attend Brantford Col-legiate owing to the cost, and would relieve the congestion at the institu-

tion.
The councillors spent some time on a plan for changing of the present school system, which would include the institution of continuation classes, and where the community was in favor, consolidated schools. No definite loca-

sense-stirring picture of that gorgeous, sea.

But the Community without "Woman"—ah!—that proved a fallacy. It was not so easy to rule them out of certain Libraries have barred this right. Of course, it all depends on your definition of a "bad" or a "Danger-ness of Vesuvius, will cause you to cast Public Guardian, steal the money for down the Crater—it would seem to be upon such a picture.

And if the reading of certain kinds of literature reading to blur your definitions of a literature), is values, submerge your definitions of your sense of proportion—certainly better bar the book.

Canadian cities, however, have not yet "reached their limits," and their and other things—to be able to follow in the footsteps of Prince Lubimoff and other things—to be able to follow alicia. Also, none of us have the parseem to me to be such an artistic atmosphere. So the first count is negarity of the second remains individual. After forty years of Experience, Love—for

The J. B. L. Cascade is the only perfect appliance for Internal Bathing ever devised. It is indorsed by over half a million enthusiastic users. Ask to have it explained to you at Standard Drug Company, London, or write for booklet to Tyrrell's Hygienic Institute, 163 College street, Toronto.

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is the opinion of all who have once tried

If YOU have not tried it, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto



Three minutes with potter's clay.

As clay in the hands of the potter. in the hands of the merchant.

He can mold it, fashion it, and with it create a thing almost animate: to wit, a clearly written or pictured expression of his merchandise and of the personality of his

Few merchants have experienced the fascination of doing this, because they are too busy to cultivate the art of written expression.

Yet the art well repays the cultivation.

For example: Supposing you were told that for three minutes tomorrow 20,000 people would gather to listen to you talk about your merchandise.

Supposing only five per cent of them were possible purchasers.

And you had just three minutes.

You would think out very carefully in advance what you were going to say to them, wouldn't you?

You would make every sentence

a graphic picture, and say it with all the force and animation that you are capable of. Well, then, the readers of this

paper are your audience, your clay -and you are the potter. They are yours to talk to, not only for three minutes today, but for three minutes every day.

Isn't it worth while, then, to put all your skill and judgment into the preparation of your Daily Newspaper Advertising?

Issued by the Canadian Daily Newspapers Association.

A Sure Relief for Women's Disorders

Orange Lily is a certain relief for all disorders of women. It is a and is absorbed into the suffering tissue. The dead waste matter gested region is expelled.



sical relief; the blood vessels and nerves are toned and strengthen-ed; and the circulation is fender-ed to normal. As this treatment s based on strictly scientific ciples, and acts on ocation of the diseas location of the disease, it cannot help but do good in all forms of female troubies, including delayed and painful menstruation, leucorhoea, falling of the womb, etc. the \$2.09 per box, which is sufficient for one month's treatment, a Free Trial Treatment, enough for 19 days, worth 75c, will be sent free to any suffering woman to will senu me her address.

her address.

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