

prise and organization for production, distribution were made complete long during the war the difficulties and have been multiplied. Therefore, Lever used a fleet of steamships to convey from their plantations to Port Sunlight.

benefit of this enterprise, and thus, in spite of the war, Sunlight Soap remains the best the fullest value for the housewife's money.

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HT SOAP



the Gods that is to come. H. H. Twilight of the Demons.

COAL! COAL!

Just arrived and now landed at Tessier's wharf 200 tons of Screened N. Sydney Coal. Order your winter coal to-day. Telephone 244.

TESSIER & Co.

NOT MANAGER.—We are informed that Mr. A. D. Lynch, who resigned from the employ of the Nfld. Coal Mills, on Friday last, was not a manager of the concern, his position being that of foreman of the finishing department.

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Instructions Regarding Care of Sick Persons.

hundreds of people are nursing sick patients these days, both untrained and because the epidemic has many families unable to spare the necessary to hire a nurse, the following instructions on how to care for the victims of the epidemic will be useful:

ESSENTIALS.

Rest in bed and sleep. Isolation (no visitors). Plenty of water to drink. Nourishing food.

Gentle, unwarmed service. (Avoid nursing, washing or questioning. Patients usually ask for what they want.)

Keep the patients in isolated room, separate beds, if possible. Keep patient in bed all of the time. Means patient must not get up to the bathroom.

Two or three pillows arranged step down, the lowest well under the shoulders, will make breathing easier. Arms and shoulders well covered.

ventilate the room freely, but prevent drafts across the bed or any part of patient.

During fevers, feverish people, rest in bed covering; patients with no need to feel snug and warm. At the onset, headache and backache are frequent. Cold cloths to head (moist, but not dripping), changed gently and without conversation, every few minutes give some relief. A hot water bottle to the feet, a hot mustard foot bath, or rub the back with witch-hazel, may soothe the patient. In doing these things avoid exposure that may cause slightest chill.

Unless the patient is extremely hot or perspiring profusely, do not bathe upon daily bathing. Wash hands and face, especially after eating.

CARE OF MOUTH. patient brush teeth regularly. Tooth brush should be kept

standing in weak solution of boric acid. A mouth wash every few hours and cold cream to the lips help keep the mouth in normal condition. If patient is extremely weak, swab the teeth carefully with moistened cotton applications three times daily. COUGH.

Patient should keep mouth covered when coughing. Paper napkins or three thicknesses of toilet paper used only once are safer and better than rags or handkerchiefs.

Keep a small paper bag pinned to bedside, within easy reach of patient's hand, to receive the used napkins. Change bag at least twice daily, or whenever it becomes half full.

The invisible spray from mouth and nose during coughing and sneezing is as dangerous as visible expectoration. Convalescent patients can be masked; weak patients are annoyed by them.

FOOD.

For unhappy, feverish patients, liquid diet, hot or cold, as preferred—milk, lemonade, weak tea and coffee, broths.

For convalescents and patients not feverish, soft diet—gruels, cooked cereals, milk, toast, jellies, soft boiled eggs, etc.

All patients should drink some water every hour when awake.

Extremely weak patients should be coaxed to take liquid nourishment at least every two hours.

PRECAUTIONS.

The influenza germ is short-lived and is killed by air and sunshine; nevertheless, observe every precaution.

All mouth washes, bath water, excreta, and unclean liquid food should be thrown into the toilet by the attendant.

All bags, napkins, scraps of uneaten food, mouth swabs, etc., should be wrapped in clean newspaper before being carried from the sickroom to be destroyed by burning.

All linen—sheets, masks, towels, etc.—should be submerged in a large kettle of cold water in the sickroom. This can be safely carried to the kitchen stove, and when contents have been boiled five minutes any one may finish caring for the linen.

When attendant cannot stop to wash her own hands, door knobs, faucets, etc., should be protected by scraps of newspaper which may be destroyed after each using.

Attendants must be constantly masked, must wear big all over apron in sickroom, changing it to a different one always before entering any other part of the house.

Attendant must keep facilities for washing her own hands—soap, nail brush and paper towels—in clean place and never touch the patient or patient's utensils without afterward cleansing her own hands thoroughly. Running water is better and safer than a basin of weak disinfectant kept for the hands alone.

Everything used for the patient should be kept separate from the supplies for the rest of the household. This means dishes, bed linen, bath wrappers, towels, face cloths, rocking chair, etc.

Families can help visiting nurses and aids by having hot water, towels and newspapers ready whenever nurse is expected.—Montreal Star.

The Colonel Said a Mouthful.

Colonel Roosevelt has shocked some sensitive people by declaring that workmen caught in the act of practicing sabotage in munition works should be tried by court-martial and, if convicted, promptly executed. And why not? A factory worker who willfully spoils munitions or weakens a weapon in the process of manufacture may do more harm than an enemy soldier and is guilty of treason.—Hamilton Herald.

and the Worst is Yet to Come—



Spanish "Flu" of Ancient History.

Washington, Oct. 16.—Spanish influenza, Public Health Service scientists believe, is very similar to the epidemic of grippé which swept the country during the winter of 1889 and 1890.

Very probably, the infection, resurrected in Europe, and after sweeping the war-torn countries, now has appeared in the United States, has a very ancient history, taking it back to the day of Hippocrates and Livius more than 400 years before Christ.

The best means of treatment of influenza cases were communicated to the country a few days ago by Surgeon General Blue through the Associated Press. Now General Blue has issued a leaflet which tells something about the strange malady.

"It seems probable that in 1918, as in 1889-90, the earliest appearance was in Eastern Europe," it says. "By April cases were occurring on the Western Front. In Spain, according to reports, 30 per cent. of the population were attacked in May. The 1899 epidemic starting in northern Europe, also fell heavily on Spain; the present ruler, then three years old, being one of the first attacked in Madrid. The King of Spain is said also to have been attacked in the present epidemic. The epidemic of 1918 was at its height in Germany in June and July. It has appeared in practically every section of Europe. In England the epidemic prevailed in May, June and July.

"Outbreaks have been reported from various sections of the United States, but the spread has been by no means as rapid as in 1889, when the disease occurred in America almost simultaneously with its appearance in Western Europe.

"The symptoms in the present epidemic have been an acute onset, of a very sudden, with bodily weakness and pains in the head, eyes, back and elsewhere in the body. Vomiting may be a symptom of onset and dizziness is frequent. Chilly sensations are usual, and the temperature is from 100 to 104 degrees, the pulse remaining comparatively low. Sweating is not infrequent. The appetite is lost, and prostration is marked. Constipation is the rule. Drowsiness and photophobia are common. The fever usually lasts from three to five days; but the latter periods of an outbreak an increased number of deaths, presumably due to complications, has been reported in Spain and in the United States. Besides bronchitis and pneumonia, inflammation of the middle ear and cardiac weakness may follow the disease.

"The short course of the fever (always less than seven days), in uncomplicated influenza is an aid in diagnosis. All ages are attacked, young adults being especially susceptible. In Germany there has been such a preponderance of cases among the young that it is supposed that the 1899 epidemic conferred an immunity on most of those at present over 30 years of age. This has not been observed elsewhere."

"Syrup of Figs" for Constipated Child

Delicious "Fruit Laxative" can't harm tender little stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs," that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish or breath is bad, stomach sour, look at the tongue. Mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic remember, a good "inside cleansing" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Beware of counterfeiters sold here, so don't be fooled. Get the genuine, made by "California Fig Syrup Company."

German Case.

(From the Washington Star.) "The Allies have clean hands in this war," said Senator Simmons in a Red Cross appeal, "while the Germans' hands—and well they know it—are dirty. The Germans' lies prove to me that the Germans are in exactly the same frame of mind as the rich litigant. This chap's lawyer wired him at the end of an important case: 'Right has triumphed.' The rich litigant wired back: 'Appeal at once.'"

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They are all New York Coats, attaining very highest Standard of Quality and good Fashion; made by a maker of high repute.

Every detail in the making, the finishing, the tailoring is excellently executed. **YOUR CHOICE** of the several styles at following reduced prices.

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65.00 for - -	56.90	✓	73.00 for - -	64.90

James Baird LIMITED

The Hun is Doomed.

(From the New York Herald.) Thanks to the American Army, Marshal Foch can strike when and where he wishes, or, as the events of the last few days show, everywhere at once. The enemy is forced to meet these attacks with his local reserves. He has no mass of manoeuvres left to him. His interior lines of communication avail him nothing, for he has no loose divisions to move along them. He dares not denude a single sector to send aid to another, no matter how hard pressed, because he has every reason to expect a blow at any point. For that very reason he is fighting desperately, blindly, asking and giving no quarter. For he is outweighed, outmanned, outgeneralled. He is doomed.

Fish Prices.

Latest advices give the Halifax market fish prices as under: Large Merchantable, per cwt. \$13 to \$13.50. Small Merchantable, per cwt. \$12 to \$12.50. Haddock, Pollock and Hake, \$11.00. Herring, per barrel, \$10 to \$10.50. Salmon, per barrel, No. 3, \$20 to \$21.00. Cod Oil, per gallon, \$1.00.

MINARD'S LINIMENT CURES GARTER IN COWS.

Is the Wax Maid of Lille Safe?

(From the New York Sun.) Lille is known primarily as a great industrial city, but to every lover of art—outside of Germany—the news of its recapture by civilization will at once prompt this question: Is the Wax Maid safe? For Lille has, or had, in its fine Palais des Beaux-Arts one of the noblest and richest collections in the provincial France; and chief among the treasures of the museum was the wonderful "Head of a Girl" in wax and terra cotta, by some connoisseurs ascribed to Raphael, by others believed to have come from a Roman tomb. It is, or was, an object unique in its interest and beauty. It ranks, or once ranked, among the great things of the world.

Is the Waxen Maid of Lille safe again in the custody of civilization, or has she gone to Berlin to join Herr Doctor Bode?

THE NEW FRENCH REMEDY. THERAPION No. 1 THERAPION No. 2 THERAPION No. 3 No. 1 for Stomach Disorders. No. 2 for Blood & Skin Diseases. No. 3 for Chronic Weaknesses. SOLD BY LONDON CORSETTES, PRICE IN ENGLAND 3s. 6d. IN CANADA 4s. 6d. IN U.S.A. 5s. 6d. SEE TRADE MARKED WORD THERAPION. IS OF BRIT. GOVT. STAMP APPLIED TO GENUINE PACKAGES.

Rows of military braid form a high choker collar of a blue serge dress.

Carry the War Home to Hun.

We do not wish to treat German cities or people as the Germans have treated those of Belgium and France. But we do regard it as necessary to demonstrate to the Germans, to the German people, the fact that they are beaten, by displaying the banners of the triumphant Allies in the very heart and capital of the empire. If we do not secure such a moral victory over the Germans, our purely military victory will be vain.—North American War Weekly.

No Humour in Square-Heads.

We have long suspected that the Germans have no sense of humor, and now we know it. The ships of their new merchant marine are receiving such names as Hindenburg, Ludendorff and Trippitz. Imagine the thrill of delight with which we shall learn from our shipping bulletins after the war the Hindenburg is expected to dock at Hoboken with the afternoon tide. Consider the welcome that will be extended to the Trippitz as she passes up the Thames to Gravesend.—San Francisco Argonaut.

When you want Roast Beef, Roast Veal, Roast Mutton, Roast Pork, try ELLIS.

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