

Hacking Coughs

For hacking coughs—the kind that make your throat sore and your head ache, that rob you of your sleep until you are so run down that you are in danger of pneumonia or consumption—take

Chamberlain's Cough Remedy

It soothes and heals the inflamed, "Granny" Chamberlain air passages, stops the tickling in the throat, and by its tonic effects helps you to throw off the disease.

Chamberlain's is quite different from the ordinary cough medicine, for it not only soothes but also heals, restores the affected parts to a healthy condition. I believe it is the best and most reliable preparation ever produced for coughs and colds.

Yours for Health,
—Granny Chamberlain.

H. A. Sipprell Describes Trip

(continued from first page)

long to wait before my desire was gratified, for just then a large wave leaped and broke on the deck where several of us were standing and I got a good taste of the water that is much more salt than I anticipated. We are 700 miles from Halifax.

8 p. m.
The shades of another night have settled heavily upon us, a strong head-wind is blowing and the vessel is rolling and pitching considerably. All is dark on deck and about us except the few lights indicating the stern of the vessels ahead of us.

Our Signallers are on duty on the bridge above and their post must be all but pleasant during such a night at sea.

I have read many accounts of hardships at sea—of wrecks and etc., but was quite unable to understand them until now.

It certainly must be terrible to be ship-wrecked or even in a "feboat" in such a sea as tonight.

Oct. 1, 7 a. m.

We are glad to welcome another day-break after such a tempestuous night as last. I had very little sleep, if any at all, on account of the rolling and plunging of the boat.

The wind is still blowing very hard and very few find it at all comfortable on deck.

From 8 a. m. to 12 noon I am at my post of duty on the bridge. A few messages were handled during these hours.

The ship's log-report this morning informs us that we are 1143 miles from Halifax.

Oct. 2, 8 a. m.

Four hours on watch on the bridge. Everything quiet during those hours except the lashing of the waves against our craft.

The wind is blowing a gale yet and it is quite uncomfortable on the bridge.

At 6 a. m. each day the time changes and our time-pieces are advanced 30 minutes.

No other vessels sighted except those of our convoy and we seem to be quite by ourselves on the surface of the great Atlantic.

Oct. 3, noon

The wind has almost ceased to blow and the water is very calm. Today is to be observed as a holiday on board, in memory of the first battalion starting overseas—two years ago today.

It seems to me that we are nearing the war-zone.

Oct. 4, 7 p. m.

At 4 p. m. today we were notified to adjust our life-preservers and fall in on deck, on that part of the vessel allotted to us for parade purposes. While on this parade we were told to either wear our life-preservers or carry them with us whenever leaving our cabins. It was amusing to see the boys going to their supper with their life-preservers, and carrying them all the ways imaginable.

Oct. 5, 8 a. m.
Land has been sighted—the

first since leaving Halifax—and the men are in the best of spirits. No visible signs as yet of the German treachery and easy enough to see who is "mistress of the seas."

I believe we must all be proud that we belong to the nation we do—I for one am very glad of the fact this morning.

Shortly after noon today a whole fleet of torpedo-boat-destroyers took over the escorting of our transports. To see the numbers of these craft and the way they move about, after knowing the deadliness of them and how the Germans fear them, you would not wonder at the Germans keeping out of sight when these destroyers are as thick as they were this afternoon. Looking over one side only of our transport this p. m. I counted 31 craft, and the majority of them were the terrible enemies of the German submarines.

7 p. m.
Darkness has fallen again and we are ploughing our way through the Irish Sea.

There is a head-on-wind and raining lightly.

It was certainly very gratifying to me to see the manoeuvres of our escorts this afternoon as they piloted us for several hours.

Oct. 6

Our vessel is safely docked at Liverpool and we are unloading with all possible speed.

We find ourselves filing into those small English railway cars, and when we catch sight of the very small, inferior looking engine, to what we have been used to, we think it a huge joke. A few minutes later we heard the signal to start, and in a minute we were gliding over the rails very fast.

It certainly does not take all day to go a short distance over here. The scenery from Liverpool to where we are in camp was certainly wonderful. It was strikingly noticeable how green the grass plots were and how well kept.

5 p. m.

We arrived safely in Folkestone and our camp is very handy to this city. At present we have quarters in "Cassars" camp, but do not expect to be here many weeks as this is not a winter camp.

The first day in camp we saw six aeroplanes soaring above our heads. Of course they were not enemy craft. Enemy craft has been known to pass over this camp since the war commenced, but I have good reasons to believe that this is one place so well equipped for combatting with "Zepps," that the Germans fear it.

There are many things I have learned since coming over here that I know would be very interesting to you. It is true that I have not reached the front yet—but I have kept my eyes and ears open. Prior to my arrival here I did not know anything about the war or warfare.

I have met a good many of the 104th boys as they are in camp alongside of us, and our greeting was very hearty indeed.

Signaller H. A. Sipprell,
140th Batt.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Try it! Hair gets soft, fluffy and beautiful—Get a 25 cent bottle of Danderine.

If you care for heavy hair that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast. Surely get a 25-cent bottle of Knowlton's Danderine from any drug store and just try it.

Sleepless Nights with Eczema

Mrs. Link, 12 Walker St. Halifax, N. S., states:—"After three years of miserable torture and sleepless nights with terrible

eczema, and after trying over a dozen remedies without obtaining anything but slight temporary relief, I have been entirely cured after using Dr. Chase's Ointment. After the third or fourth application of this grand ointment I obtained relief, and a few boxes were sufficient to make a thorough cure.

10 CENT "CASCARETS" IF BILIOUS OR COSTIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Salow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a still barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.



FOXES TRAPPERS—Get "More Money"

for Foxes, Mink, Raccoon, Muskrat, White Weasel, Skunk and other Fur Bearers collected in your section. SHIP YOUR FURS DIRECT to "SHUBERT," the largest house in the world dealing exclusively in NORTH AMERICAN RAW FURS. A reliable—responsible—safe Fur House with an unblemished record of sending Fur Shippers prompt, SATISFACTORY AND PROFITABLE returns. Write for "The Shubert Report," the only reliable, accurate market report and price list published. Write for it—NOW—it's FREE. 25-27 WEST AUSTIN AVE. A. B. SHUBERT, Inc. Dept C216 CHICAGO, U.S.A.

The Home Treatment

For Liquor and Drug Habits

When you have taken this treatment in the privacy of your own home for three days you are just as good a man mentally and physically as you were before you commenced to drink and you will have no desire, appetite or craving for liquor in any form. Each treatment is specially prepared for each case under supervision of a registered physician. Send for interesting literature etc.

The Home Treatment Co., - Grand Falls, N. B.



FEWER PEOPLE GROWING OLDER

The Public Health Service reports that more people live to the age of forty years to-day, but from forty to sixty years mortality is increasing from degenerative diseases in the U. S.

Thousands of well-informed men and women to-day are learning the true value of

SCOTT'S EMULSION

OF THE PUREST COD LIVER OIL

as a powerful blood-enricher and strength-builder to ward off the headaches and backaches that mean weakness. SCOTT'S helps fortify the body against grippe, pneumonia and weakening colds, through its force of medicinal nourishment.

Refuse Alcoholic Extracts That Do Not Contain Cod Liver Oil. Scott & Bowne, Toronto, Ont.

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