

GOOD DIGESTION
When your digestion is faulty, weakness and
pains are certain and disease is invited.

Mother Seigel's Syrup corrects and stimulates
the digestive organs, and banishes the many
ailments which arise from indigestion.

FOR 40 YEARS
THE STANDARD
REMEDY

MOTHER SEIGEL'S SYRUP

FOR STOMACH AND LIVER TROUBLE

At all Druggists, or direct on receipt of price, 50c, and \$2.00. The large bottle contains three times as much as the smaller. A. J. WHITZ & Co., Limited, Craig Street West Montreal.

WOMEN, SMOKING, DINE AND TALK ON VARIOUS SUBJECTS

Mrs. Margaret Sanger Cheered by Two Hundred Supporters Before Trial at Dinner Given in the Brevoort Hotel.

(New York Herald.) Women with golden hair and wavy locks with gray hair pulled coils of smoke to the ceiling of the Brevoort Hotel dining room last night while they professed themselves to be deeply interested in the question of Mrs. Margaret Sanger, whom they expected to face trial today in the Criminal Branch of the United States District Court before Judge Clayton for circulating literature concerning birth control. Incidentally, there were many men among the gathering of about two hundred persons.

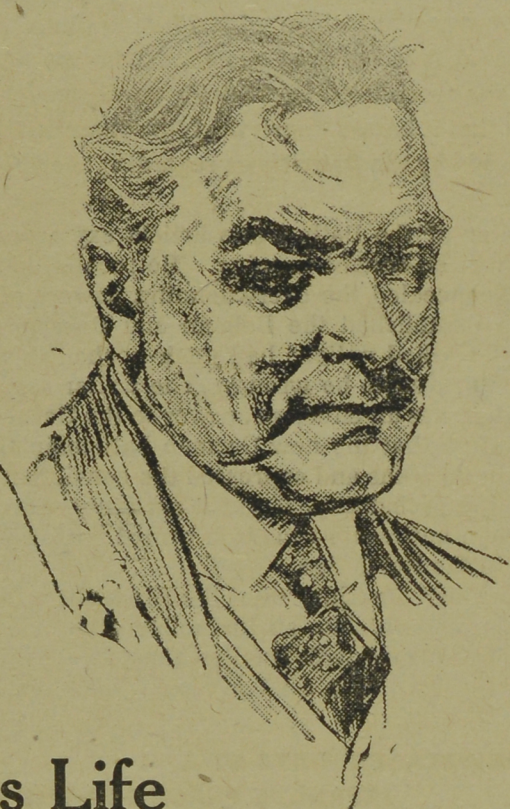
Mrs. Sanger's case, however, is not coming up today. The courts are busy with more important cases and it will be postponed. But whether or not Mrs. Rose Pastor Stokes, who presided at the dinner at which Mrs. Sanger was the principal guest, knew of this is not known. Mrs. Stokes

suggested that it would be an excellent idea if as many as possible of those who were at the gathering met today in the dark halls of the Federal Building to lend a little courage to their heroine, as they alluded to Mrs. Sanger.

In the course of the talks on control of child birth, there were several interruptions and one good looking woman insisted that she could not hear Mrs. Stokes.

"Louder," pleaded this woman, and after this had been uttered a second time, Mrs. Stokes put it to the vote—whether she could be heard or not. This one woman was alone in her declaration of the too modulated tones of Mrs. Stokes and others. So they continued their chat on the question of birth control.

By all it was declared that America was hopelessly behind the times in



Is Life Worth Living?
It Depends Upon the Liver.

Wrong living is the cause of most physical ills and generally stomach and liver are first to suffer.

Tea and coffee drinking is a very common cause of digestive disorder, but it usually takes the user some time to fully realize it. Fact is—some people drink tea or coffee with seeming impunity, but when disturbances of the digestive organs result in headache, biliousness, irritability, and other common symptoms of caffeine poisoning, it's time for the tea or coffee drinker to look to his table beverage for the true cause.

For any tea or coffee drinker who finds that his health is wrong, but doesn't know why, it's a good idea to quit both the tea and coffee and use

POSTUM

—the pure food-drink

Made of wheat and a small amount of molasses, Postum has a rich, snappy flavour, yet contains no caffeine (the drug in tea and coffee) nor other harmful element.

There are two forms of Postum. The original Postum Cereal must be boiled; Instant Postum is soluble in boiling water and can be made in the cup at table. Both kinds are equally delicious and the cost per cup is about the same.

A change from tea or coffee to Postum is a good move toward right living.

"There's a Reason"

Made in Canada.

Sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd., Windsor, Ontario.

WEEKLY CABLE LETTER BY MR. T.P. O'CONNOR, M.P.

Both Sides on the Fighting Fronts Are Preparing For Big Operations in the Spring—The Allies' Superiority.

GERMAN LINE MUST BREAK WHEN TIME COMES

Acceptance of Compulsory Service Bill Shows That The Whole Nation Looks Forward to Victory—Ireland's Magnificent Service.

By T. P. O'Connor.
(Copyright, 1916, Central News.)

London, Jan. 22.—Very little is doing at any of the fighting fronts. Both sides are marking time, and preparing for big operations in the spring.

These will take the form of a great offensive movement by the Allies if the Russians can complete their re-equipment in time. It will probably mark the beginning of the end of the war.

Every weak sees the increase of the Allies' superiority on the western front. A friend just back from the front tells us that the French and the British are now firing two shells to the German's one. The greatest confidence prevails that when the next advance is undertaken the German line must break. Until the Russians are prepared to co-operate, however, it is obviously foolish to waste the strength, which if applied simultaneously would have infinitely more effect. Russia's new armies are now fully ready. Their equipment is steadily progressing, but no general move will be made until sufficient reserves of munitions are collected to ensure that the advance, once begun, can be pressed home.

This entirely depends on the rapidity with which the American and Japanese factories can deliver their products.

The forward movement in Bukovina, which has been temporarily suspended owing to the condition of

the idea, and Mrs. Elsie Clews Parsons suggested at the end of the meeting that it would be a good idea for women to make a signed statement of their attitude toward the federal law and incidentally give the record. Women with daughters, she thought, ought to come forward particularly. Then she said this:

"I know of no mother who is not looking forward to break the law because of her own daughter."

Dr. Ira S. Wile, member of the Board of Education, said that it was not a question of the advisability of the limitation of offspring that was being discussed and fought as much as a few discussion of problems relative to humankind. He said that he, for one, believed that Mrs. Sanger had done a service to humanity.

Dr. A. L. Goldwater, a brother of the one-time health commissioner, spoke of the lack of knowledge on the subject and Mrs. Henrietta Rodman declared that with immediate and good work done on the subject in this state results might be achieved in one or two years. Mrs. Rodman said that Mrs. Sanger might have committed some blunders but added that heroines were needed and that they must be protected.

Mrs. Mary Ware Dennett, secretary of the National Birth Control League declared that legislation should be forced all over the country, including Congress.

Cigarettes were placed carefully on plates, when Mrs. Sanger arose to speak. Bejewelled fingers went to work applauding Mrs. Sanger, who told of the dinner on the eve of her trial. She believed it was significant and important and showed the intelligent and dignified backing she had in her flight. Aristotle and Plato, she declared, advocated birth control as well as all the great thinkers of the world. She has found that sages and scientists were busy with the question and but asserted their ideas were sterile, as they did not get far enough to influence the people. She thought and thought of some idea by which she could awaken public opinion to this "tremendous problem."

Dr. Abram Jacobi spoke of what Mrs. Sanger herself tells her fight and expressed disappointment at the little he had heard. He said that there was not a country in Europe that was not more matured in the problem than the United States. He said that if Americans go on as they are, in fifty years there will be no more American population, but a population the result of what has come from Europe. He was of the opinion that poor people, though, have too many children. He mentioned briefly the "one child system" and the "two child system."

When the speeches were ended and the room was pretty well clouded with smoke, Mrs. Sanger, martyr-like, walked through the room, shaking hands with men and women, who, when they got outside the Brevoort, began talking vociferously about the weather.

the roads, has given the greatest satisfaction to the Russian commanders, convincing them of their ability to roll the enemy back when the proper moment comes.

Domestic Situation Sound.

The domestic situation here continues perfectly sound. The readiness wherewith the country accepted the compulsory service bill has intensified the confidence wherewith the whole nation looks forward to victory. The feature of the compulsion bill debates has been the tributes enthusiastically paid by Mr. Balfour, Mr. Bonar Law and other Unionist leaders to Ireland's magnificent services in the war. Mr. Redmond has not only secured Ireland's exclusion from the bill, but instead of the prejudicing her in the eyes of the British public, they freely make allowances for the special circumstances dictating it, and are content that she shall make her contribution in her own way. This is a sound policy, and Ireland will repay this practical measure of home rule by increasing her voluntary efforts in the struggle for human liberty.

An Interesting Figure.

Lord Lansdowne is an interesting figure in the public life of England. Though he is half English and half Irish, through centuries of English and Irish history he inherits from a French mother some of the qualities of that race. He is the one man in public life who speaks French exactly like a Frenchman. It used to be related of him that on one occasion when he had to address a meeting of French-Canadians as Governor of Canada, there was eager expectation to hear his first words; but when they came out with the perfect accent and tone of a born Frenchman, every man of French origin was delighted and at once recognized in him one of their own blood. The somewhat lean figure, the lean, clear-cut, sharp face, indicates the French origin, although the imperturbable tranquillity of the face shows that British phlegma still forms the basis of his character.

Lord Curzon, keen, restless, ambitious, with something of the splendour still remaining to him of his arrogant, youthful, self-confidence and of his glory as the viceroy of India, is supposed to be one of the keenest and most indefatigable of the apostles of conscription, but he is also without a department in the present coalition, and his appearances before the public are rare. Thus both these prominent and distinguished members of the House of Lords are perhaps rather more obscure so far as the public is concerned than they were when they appeared before the war, when they were the constant and sometimes vehement exponents of their party creed.

A Trained Politician.

Mr. Austen Chamberlain has always been known to be an assiduous and energetic head of a department. He is one of the men who was carefully trained for political life from his boyhood upward. His energetic and brilliant father, once he had made a fortune in business, never took a great deal of interest in anything but politics. Politics were the only subject discussed at his dinner table, and to politics therefore his son was devoted from his earliest days, and he was still a stripling when he became a member of the House of Commons.

Charming in manner, handsome in appearance, with a singular resemblance to his father, and yet with the softer lines that came from the maternal side, he has always been personally a popular figure in the House of Commons, and has never excited the violent antagonisms which the sharp tongues and dominant personality of his father so abundantly created. But he also seems, in the affairs of his great department, the government of India, face to face every moment of the day, with difficult and perilous problems, has hidden himself

from the House of Commons in his splendid offices in Parliament street, and rarely appears in the House except to give an answer with regard to some of the incidents of the eastern campaign.

Mr. Walter Long, another prominent Unionist figure in the past, has had to carry some bills in the House of Commons, and has been able to do so as adequately as any other minister by a bluff frankness and good nature that disarms all opposition, as well as a readiness to listen to suggestions from all quarters. He also, however, has a tremendous amount of departmental work to do, and does not figure prominently in the House of Commons.

Law and Cecil.

The two ministers of the Unionist party who are forced to the front are Mr. Bonar Law and Lord Robert Cecil. For some days Mr. Law took the position of leader of the House. I do not know whether it is a permanent arrangement or not, but for the time being it worked very well. The leader of the House, whatever his disinclination to speak, is forced by his position to speak frequently. Practice makes perfect, and that applies to speaking in the House of Commons as well as to anything else. I have seen many members of the House who have begun by being scarcely able to mutter a few sentences, become quite fluent speakers, by the very fact of having to practice the art several times every night of the session. Mr. Bonar Law certainly rises to the opportunity which fortune has thus placed at his disposal. He has the admirable quality of knowing the use of language. Facility, distinction, and above all the tactfulness of expression, are his natural gifts. In many respects he would be an ideal spokesman for a department like the Foreign Office. All these qualities were required when he had to defend the government and himself against the assaults made by the extremists of his own party, whose strong idea was to destroy the Plural Voting bill. Everybody who heard his speech was delighted with it—partly because it put his own position and partly because it put the position of the government with extreme lucidity and candor.

All the prejudices against Mr. Bonar Law for his strong utterances during the Irish struggle were forgotten, and people recognized—as those personally acquainted with Bonar Law already knew, that he was essentially a frank and sincere man.

Lord Cecil a Surprise.

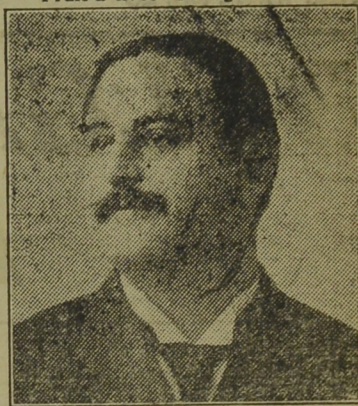
Lord Robert Cecil is one of the surprises of the new Government. Everybody knew, of course, that he was a man of great parliamentary gifts. He has not the dazzling and intoxicating eloquence of his brother, Lord Hugh Cecil, but on the other hand, he has had the advantage over him of long years of training as a barrister, and in this way is much more a man of the world, much better able to pick his way through the mazes of Parliamentary procedure and the thickest of legal phraseology. Thus, though he never had the power of rousing the House of Commons to the heights to which his brother could reach, he was much more, so to speak, "on the spot." Lord Robert is always to the point, always speaks at the right moment, always vigilant and active, and in what I may call the gragoman work of the House of Commons, he soon rushed to one of the front positions in the House.

Public Speaking.

John Bright, who never made a speech without great travail of spirit and who accordingly rarely spoke, and towards the end of his life never spoke at all if he could avoid it, used always to half-humorously complain that the clergymen and the barristers had a great advantage over the Parliamentarians in the fact that speaking was

HE STRUCK IT RIGHT AT LAST

After Suffering Almost Two Years, "Fruit-a-tives" Brought Relief.



MR. WHITMAN

832 St. Valier St., Montreal.

"In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years. I was in constant misery from my stomach and my weight dropped down from 225 pounds to 160 pounds. Several of my friends advised me to try 'Fruit-a-tives' and I did so. That was eight months ago. I began to improve almost with the first dose. No other medicine I ever used acted so pleasantly and quickly as 'Fruit-a-tives', and by using it I recovered from the distressing Stomach Trouble, and all pain and Constipation and misery were cured. I completely recovered by the use of 'Fruit-a-tives' and now I weigh 208 pounds. I cannot praise 'Fruit-a-tives' enough!"

H. WHITMAN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

so much a part of their daily life that they could always get on their feet without hesitation or trepidation. In the House of Commons you constantly see men of very great oratorical abilities fail because, not being either preachers or barristers, a speech to them is an unusual and a difficult effort. Lord Robert's profession saved him from this creeping paralysis that so often reduces to silence many eloquent parliamentary lips.

Now, as under secretary for Foreign Affairs, he has to answer questions and make speeches almost every night through the parliamentary session.

Sir Edward Grey is so absorbed in his department and has always had a great disinclination for appearances in the House, that the Under Secretary has become to all intents and purposes the parliamentary spokesman for the great department.

\$1,000 REWARD

For a Case of Incurable Constipation.

To any person who cannot be cured of Constipation by Dr. Hamilton's Pills, the above reward will be paid. No medicine gives such lasting satisfaction or effects such marvellous cures as Dr. Hamilton's Pills. Relief instantly follows their use. That linding headache goes forever, that everish feeling in the skin is soothed away, bilious fits and stomach disorders are stopped.

Don't be nervous about using Dr. Hamilton's Pills; they are mild enough for a child to use, yet certain and effective in action in the most chronic cases. Get a 25c. box today; they bring and keep robust good health.

What profiteth it that a man become emperor of the world, if he hath a malignant boil on his neck?—Chicago News.

The total value of the City of London's square mile is placed at about \$1,250,000,000.

The swallow has a larger mouth in proportion to its size than any other bird.

Clean bright faucets. No grease and grit in the cracks or joints—when you use

Old Dutch

