

What are Peps

Peps are the new treatment for coughs, colds and lung troubles. They are little tablets made up from Pine extracts and medicinal essences. When put into the mouth these medicinal ingredients turn into healing vapors, which are breathed down direct to the lungs, throat and bronchial tubes. The Peps treatment is direct. Swallowing cough mixtures into the stomach, to cure ailments and disorders in throat and lungs, is indirect. Peps are revolutionizing the treatment of colds, as their price is within the reach of all. 50c. box all druggists, or Peps Co., Toronto.

HEROIC DISOBEDIENCE OF A LANCE CORPORAL

Soldier Boy Shot Dead While Trying Against Orders to Save His Own Captain.

(By Mary Boyle O'Reilly.)

London, Oct. 10.—The new army has much to learn, but my company soon picked up the principal of soldiering—obedience, instant, unquestioning obedience. And of all the men, Lance Corporal Tibbitts was the most dependable.

A company commander of the Munster Fusiliers, shrapelled from ankle to hip, turned on his litter to tell the story.

"Our sector was flailed with fearful bombardment, followed by an enemy attack. The fourth and fifth waves of Germans were broken by our trench fire from Lewis guns. Still the uhlans streamed on. So our crowd rose from their shallow trench and rushed out to welcome the invader. 'Fritz' has a healthy dislike for cold steel.

"In the advance I went down—peppered as you observe. Lying helpless, I could see that the enemy's charge was broken. So I yelled to the company to get back to save casualties. I also sent Lance Corporal Tibbitts over the line of fire to ram that order home.

"Every man streamed back, leaving the field clear for the guns. As the last chap disappeared, four Germans crept toward me, obviously anxious to capture or kill a captain.

"Next minutes the lance corporal, safe in the trench, saw them too. In two seconds he was over the parapet and crawling toward me, slowly, but steadily.

"Get back, man, get back!" I shouted.

"One German dropped on his knee to fire. The lance corporal came on.

"Get back—do you hear me, corporal? That's an order. Get back, or I'll put you under arrest!"

"The kneeling German fired—and missed.

"The lance corporal (no more than a boy in years) looked back and forward, his face puzzled and solemn. He had his orders and was a well disciplined lad. The command put weights about his feet. Then he gave one look at me and in defiance of discipline, made his deliberate choice.

"I managed to level my revolver. It was worth a bluff to get the fellow to safety.

"By God, Corporal!" I shouted to him, "if you won't obey me I'll put a bullet through you!" At that he broke into a run—toward me!

"Within three paces he fell, shot in the heart. Two Germans, kneeling, had fired upon him. The two then advanced crouching on me—bayonets ready.

"I had not used a round from my revolver, and prepared to receive them. But at that instant our Lewis guns again opened fire on that bit of No Man's Land, aiming high to avoid killing the wounded. The Germans ran hard for their own lines.

"Before they reached safety, the roar of our heavy artillery was sounding. I awoke in our dressing station. The boy who disobeyed was not there."

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For Infants and Children
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Peru is steadily increasing its production of gold, which now amounts to about \$1,000,000 a year.

GERMAN DIVISION OF BELGIAN CROPS

Invader Considered One Third Sufficient For Sustenance of Those Who Grew Them.

Montreal, Oct. 16.—Deprived of all means of livelihood, their factories closed, their shops empty and their cattle driven away to a foreign land, or slaughtered to feed a foreign army, a new scourge has now been visited on the people of Belgium who are left behind in the territory occupied by German troops.

Word has reached here that after having worked diligently all summer in an effort to raise crops that would help tide over the winter and allay a bit of the starvation that is the lot of the people, the Germans have now decided that one-third of the crops is sufficient for the people who raised them, and the balance must go to feed their conquerors.

Severe as this seems, it was only through the efforts of Mr. Herbert Hoover, the American who is heading the neutral committee of the Belgian Relief Commission, that this concession was obtained. Mr. Hoover has worked indefatigably in the interests of the Belgians for two years, giving his time, money and energy and receiving not a cent for his efforts. His is a shining example to those of the Allied nations who are in a position to help this deserving cause—the cause that is endeavoring to save millions of aged men—cripples, women and helpless little children from death by starvation.

The third of the crops which Mr. Hoover succeeded in diverting from the Germans to the rightful owners will assist in the food situation, but under normal conditions Belgium is obliged to import foodstuffs, so the conditions that will obtain during the coming winter are likely to be as serious—more serious, in some ways—as in the past two winters.

The problem now facing the Commission, in addition to the providing of food to keep starvation away, is the providing of food of such nutritive qualities that it will build up the wasted tissues and repair the broken health of the thousands who have been declining in their state of health through months of under-feeding.

There is a Belgian Relief Committee branch in almost every community in Canada. Two dollars and a half will keep a Belgian family a month—\$25 will keep a family nearly a year. If not to the committee in your district, then send your contributions to the treasurer, Belgian Relief Committee, 59 St. Peter Street, Montreal. The money will be spent in Canada to buy Canadian products for these starving, dying people over the seas.

A New Blood-Food Has Been Discovered That Works Wonders

SAID TO PUT NEW LIFE INTO PEOPLE THAT ARE RUN DOWN.

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done and any weak-blooded person can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood food will prove how nourishing and strengthening and flesh-building the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone. If you'll only use it, you'll surely grow strong too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases. Where there is paleness, poor appetite, and languor, Ferrozone makes the patient feel like now in a few days.

In tiredness, nerve exhaustion, in spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health—it will do so quickly if you give it the chance. Sold by all dealers. 50c. per box or six boxes for \$2.50. Remember the name, Ferrozone.

HAVING SOME FUN WITH THE INQUISITORS

(St. Croix Courier.)

The following item from the South Shore Press would indicate that in some sections of Canada an effort is made to know the nationality of residents in war time. It also indicates that Mr. Vroom was able to appreciate the humor of the situation when an interview of that nature came to him.

592 Bird Street, St. Lambert,

September 15, 1916.

Immigration Dept. of the Interior,

172 Antoine Street, Montreal.

Gentlemen,—I was honored a short time ago by a call from a detective in your employ who said he was deputed to inquire into my nationality and, as I was quite unprepared, he did not get all the information I would like you to have, so will give you more details here.

I regret that I am unable to trace my lineage farther back than Hendrik Cornelius Vroom (A. D. 1566-1640) a celebrated Dutch painter, who was commissioned by Queen Elizabeth to design the tapestry for the House of Lords showing the destruction of the Spanish Armada.

About 1626, Cornelius Vroom was one early Dutch settler who founded the city of New Amsterdam (now New York) in what was later the British colony of New York.

After the revolutionary war John Vroom emigrated to Nova Scotia with other United Empire Loyalists. His son, George, my grandfather, was born on board a British transport during the voyage. They settled at Clements, N. S., where my father, William Vroom was born. He later moved to St. Stephen, N. B., where I was born.

My mother was Frances E. Foster, of Bridgetown, N. S. Her father was Ezra Foster, who held a commission in the active militia of Nova Scotia in the

DO YOU IMAGINE

that your skin trouble is incurable because ordinary treatments have failed? If so get Zam-Buk and prove, as thousands of others have, that Zam-Buk is capable of healing after everything else has failed.

Mrs. Horgan, of 183 Manning Ave., Toronto, writes: "For eight months my little son's face was simply covered with eczema. The pain and irritation were so intense that he could not sleep. He received treatment at a hospital, but it did him no good. Then I heard of Zam-Buk and commenced using it. It really worked wonders. The pain and irritation soon disappeared, and I could notice a decided improvement. I persevered with the treatment until now his face is quite free from sores and his skin is perfectly clear. I cannot be grateful enough for what Zam-Buk has done, and I shall never be without it."

Zam-Buk is equally good for ringworm, salt rheum, blood-poisoning, ulcers, old sores, piles, burns, scalds, cuts and all skin injuries. 50c. box, 3 for \$1.25, all druggists or Zam-Buk Co., Toronto.

ZAM-BUK

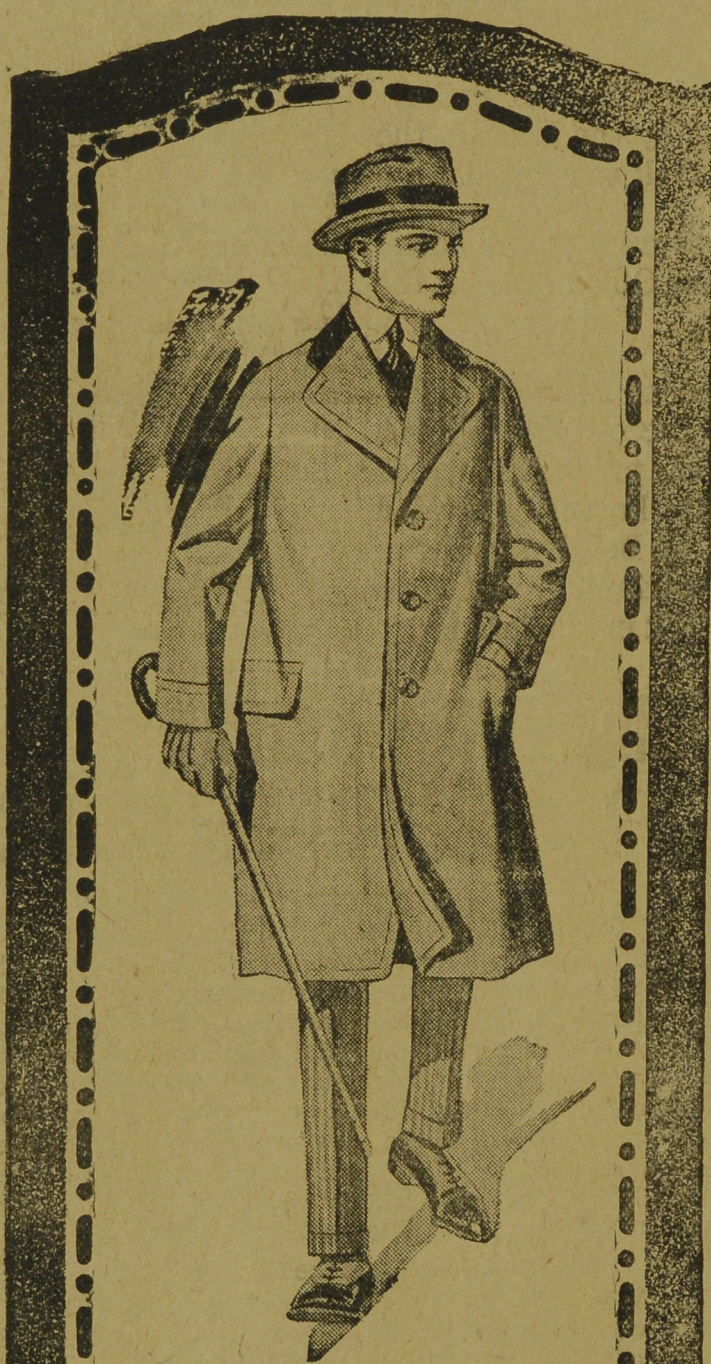
war of 1812. His ancestors came from Old England to New England in 1623 and emigrated to Nova Scotia with the United Empire Loyalists.

I have my discharge papers from the New Brunswick Regiment of Garrison Artillery, in which I served four and a half years. My son, Harold H. Vroom, holds a commission in the Royal Navy and is now in active service overseas.

I will be glad to give you every facility to verify the above statements, and trust you may consider them sufficient to establish my claim to Canadian citizenship.

Yours very truly,

E. G. VROOM.



Cold weather brings out the overcoats. Let yours be a good one.

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Latest Style Creations

Including every new mode for critical trade, are now on display. The large hat, in a new variety of shapes, is very popular. Many of them trimmed in ostrich, which is a salient feature of the coming season.

Small hats greatly in evidence in new color blends, are shown in attractive array for the tailored suit, conspicuous among them being the Beretta and Jockey hat.

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IMPERIAL FACE CREAM

A Superior Vanishing Skin Cream, for whitening and softening the skin and preventing and healing chapped hands and face. PRICE 25 CENTS.

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OUR TRAVELLERS WILL BE PLEASED TO SHOW YOU THE SAMPLES.

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