

"CASCARETS" FOR A COLD, BAD BREATH OR SICK HEADACHE

Best For Liver And Bowels or Biliousness, Sour Stomach and Constipation.

Get a 10-cent box now. Purred Tongue, Bad Colds, Indigestion, Sallow 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 swill 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 tonight 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. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated, and never know a miserable moment. Don't forget the children—their little insides need a good, gentle cleansing, too.

FOREST CITY.

Forest City, Jan. 25.—A baby girl arrived at the home of Mr. and Mrs. Fred Harvey on Wednesday, Jan. 19. Mr. Harry L. Graham has been very ill the past week with pleurisy, but is now recovering. Dr. Curtis of Danforth, was called to attend him. On Thursday last a large crowd visited the lumber camp of Mr. Wm. H. Gould, about five miles from town. Mrs. Gould had invited the Ladies Aid, of which she is a member, to meet at the camp for the novelty of it and to test the culinary powers of the famous cook, George Mobbs. The Aid turned out in full force and brought some of its friends, making about thirty in all. The dinner was certainly a success and a pleasure from the excellent bread, beans and hash to the jelly roll, lemon pies, frosted cake, etc. The entire Aid pronounced Mr. Mobbs an excellent cook and housekeeper too, as his camp is prepared all around and everything looks so clean and neat for a camp. The crowd left for home quite early, after having enjoyed the day very much.

Mrs. Harford Gould is spending a few days with her husband at his lumber camp on Spednic Lake. Mr. Ambrose Farrell, who is cooking at one of Mr. G. H. Clark's camps, spent Sunday with friends at Pemberton.

Mr. and Mrs. William Gould spent Sunday with the latter's parents at Fosterville.

Mrs. Guy Cropley is visiting relatives at Pemberton.

Montreal, Jan. 26.—Five horses were drowned and a dozen narrowly escaped with their lives yesterday afternoon when driving ice cutting operations on the St. Lawrence river a large ice floe separated from the main body of ice and floated swiftly down river.

The men on the floe leaped to safety but the horses could not be saved.

DO NOT ENTHUSE OVER PROHIBITION QUESTION

Tory Members of Parliament Are More Interested in Shell Contracts Than in the Efforts of Teetotalers.

MEMBER FOR RIMOUSKI HAS CONVICTIONS

Sir George Foster. Life Long Water Waggoner Lacks the Enthusiasm of His Early Days For the Great Moral Cause.

(By H. F. Gadsby.)

Ottawa, Jan. 27.—The clamor call for nation-wide prohibition during the war and a period of three years thereafter does not seem to be meeting with the response from the Conservative side of the House which its trumpet tones might expect. The Conservative members are more interested in shell contracts than in the efforts of the teetotalers.

A meeting of the legislative committee of the Dominion Alliance and the Ottawa committee which has the matter in hand was held in the Railway Committee room of the House of Commons one day last week. The hope was, no doubt, that many Government supporters would drop in and lend the movement the encouragement of their presence. It was, alas, a vain hope. Government supporters at this stage of the game are carefully side-stepping all movements except those which look toward an extension of the life of Parliament and the satisfactory financial consequences attendant thereon.

Mr. Boulay's Convictions.

All of which leads up to the fact that in an assemblage of perhaps one hundred temperance reformers, members of parliament and senators, only one Conservative member put in an appearance and spoke, Hermenigilde Boulay, of Rimouski, Quebec, who gave voice to his convictions in downright fashion. Hermenigilde had to put it strong to make up for the absence of his fellow members, who had nothing to say on the subject. Hermenigilde, as I said before, has convictions; many convictions. He has one of those minds which harbor a new conviction every day and that conviction is very lucky if it lasts the full term of 24 hours. Like the ancient Athenians, Hermenigilde Boulay is mighty keen on a new thing and prohibition, although an old subject for some people, is a comparatively new one for Her-

menigilde Boulay. What I mean to say is that Hermenigilde has not been noticed in the van of the prohibition movement previous to this writing. The vote must be pretty strong down in Rimouski for Hermenigilde is now not only in the van, but actually in the driver's seat.

Hermenigilde has given many sons and grandsons to the service of his beloved Canada. He is the progenitor of a prodigious Quebec family, most of which has been provided with Government jobs. Hermenigilde has the right idea about these things. He believes that the spoils belong to the victor and has always acted on that principle, with the result that a whole regiment of Boulays and their cousins are drawing pay from a grateful country.

Still, there must be a certain number of the family connection an hungered and wanting Government bread and as federal prohibition will doubtless entail a long list of preventive officials, it looks good to Hermenigilde as a new outlet. Thus quite logically and reasonably Hermenigilde Boulay, who is recognized by the House as its hair-trigger enthusiast, and who will grow delirious on any subject at a minute's notice, becomes a water-bug.

Hermenigilde occupies an undue amount of space in this narrative because he was the only Conservative member who was present and spoke right out in meeting. There was another Conservative member who was present who did not speak. This was Thornton, of Durham, who said nothing but thought a great deal. He was probably thinking of the sixty-nine Conservative members from Ontario who dodged the issue.

M. P.'s Buttonholed.

For the last fortnight members of Parliament have been buttonholed, so to speak by the Federal prohibition movement. Secretary Seybold has

GIRLS! DRAW A MOIST CLOTH THROUGH HAIR DOUBLE ITS BEAUTY

Try This! Hair Gets Thick, Glossy, Wavy and Beautiful at Once.

Immediate?—Yes! Certain?—that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a Danderine hair cleanse. Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few minutes you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp; forever stopping itching and falling hair, but what will please you most will be after a few weeks' use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25-cent bottle of Danderine from any drug store or toilet counter and just try it.

written letters to each member asking where he stood and how he might be expected to vote. How to answer these letters—that was the question. How to answer them without turning the proposition down cold, and yet leave a ray of hope. Silence would not do—this was a straight question, and Secretary Seybold was entitled to at least an oblique answer. The Conservative members, being in a more responsible position than their Liberal colleagues, naturally waited for a lead from one of their responsible statesmen. They got it from Sir Geo. Foster, who is the original Foxy Grandpa when it comes to writing answers that commit nobody to anything.

Considering Sir George's life-long career on the water-wagon, and also considering what the water-wagon did for Sir George in the way of making him a cabinet minister in Sir John Macdonald's government, and shaping his subsequent success, Secretary Seybold naturally expected Sir George might want to do something for the water-wagon. So he wrote to Sir George pointing out what a vast saving could be effected if the people of Canada swore off strong drinks and turned the money over to the Patriotic Fund and the war debt.

A Mellow Philosopher.

Now Sir George may lack the enthusiasm of his youth for great moral causes, that is to say he may have come to the conclusion that it is hard to make the world goot all of a sudden and by process of law—which is a conclusion mellow philosophers generally arrive at—but he is just as quick at the uptake as ever. He saw Mr. Seybold's point at once and gave him his answer. Not such an answer perhaps, as he would have given say thirty years ago, when he had just emerged from a college professorship and was a regular Woodrow Wilson for uplift, but such an answer as might be expected from a politician who has been thoroughly tanned by experience. It was a clever answer and covered the whole ground from Sir George's present point of view, but there wasn't much comfort in it for Dominion-wide prohibition as outlined by Secretary Seybold.

A Beautiful Ideal.

To cut the story short, Sir George Foster replied that nation-wide prohibition was a consummation devoutly to be wished, a beautiful ideal—an ideal being something that is never reached—and that no doubt the money wasted on drink would adequately support the Patriotic Fund and pay off the national debt "if it could be collected and devoted to these purposes." I do not quote Sir George's exact words but that was the hang of it. He left the impression, some way or other, that the Dominion treasury would be the last place the booze money would think of using as a bank. This was the cue Sir George's humble and inferior associates on the back benches were looking for, and since that time Secretary Seybold's morning mail has been as leaves in Vallembrasa. Every Government supporter has seized the opportunity to put himself on record as a prohibitionist of the Sir George Foster variety. They cannot copy a better man. The answers Secretary Seybold is receiving are marvels of equivocation. There is about as much hope for prohibition in them as there is blood in a turnip.

(Continued on page six)

A GREAT DEMAND FOR CANADA'S PRODUCTS

The Great Crops of 1915 Have Established Canada's Property and Restored Her Credit.

How much the Dominion of Canada will benefit as a nation from the bumper crops of last year is thus estimated by Sir B. E. Walker, President of the Canadian Bank of Commerce:

In Canada the building of almost all private or public works, causing a lock-up of capital, has stopped for the moment; individuals are buying less extravagantly, even if there is not sufficient effort to economize; everybody who has not enlisted can find work to do; and for a very large part of our national production, from the farm to the machine-shop, there is a persistent demand by the Allies. All this tends to produce a condition of prosperity, with ease in the money market, and if, like the United States, we were a neutral country instead of one engaged in the war, our national wealth would be increasing at a pace undreamed of in our past history.

Canada's Proud Position.

We are proud, however, that we are not among the neutrals, but among those who are fighting for the liberty of the world, and for this, in addition to the loss of life which our honor roll represents, we ourselves must bear now, and must ask our children to bear, a great cost in money. A year ago we were greatly pleased because Great Britain had undertaken to lend us for the moment the money with which to pay for our share of the war. By midsummer the Dominion Government also needed money for other expenditures, because ordinary revenue had been disorganized by the war and many public works could not with wisdom be closed down. Accordingly, a loan of 45 millions was obtained in New York last July, and this was a happy accomplishment for the following reasons: London was ill-prepared to bear any load not absolutely necessary, and Australia needed help which could not be obtained elsewhere; New York was the only market well supplied with money, and it is in any event the point where our international settlements are mostly made; this was our first Government loan in the United States and the new market was desirable.

Apart from these reasons, the value in New York, and therefore in Canada, of the pound sterling in London had by this time fallen so low that we could not afford to use the help for war expenses placed at our disposal by Great Britain. We have, of course, no actual knowledge of the facts, but it is probable that from about this time the Dominion Government ceased to use the funds put at their disposal by the British Treasury for war expenses, and very soon the possibility of floating a war loan in Canada was under discussion. A Dominion loan offered in Canada is as great a departure from the past as one offered in New York; and although we are still in the midst of moving the greatest crops in our history, in volume and in value, and are doing it with out usual machinery more or less paralyzed, because of the state of foreign exchanges and the scarcity of tonnage, yet, when a domestic loan of 50 millions was offered in November the subscriptions exceeded 100 millions.

The Great Crop.

A year ago everybody in Canada was urged to put into his particular effort

in the an energy and seriousness of purpose adequate to the needs of the great war. If we cannot fight we should help in the countless other ways that are open to us. Nature smiled on our efforts and we have been blessed with the greatest crops ever known in any new country. This has silenced the pessimists and our great West is more sure of its future than ever. Indeed, for loftier reasons all Canada feels much more sure of its future than it has ever done before. That overgrown youth leaning upon his mother has suddenly found himself, and to the call to play the man has responded so well that his place among the younger nations and his influence in the greatest empire in the world are assured. The war, however, is still at its height, and there is little sign of such an end as we must attain if we are to follow our natural course in peace. We cannot afford to relax our energies for a moment; such efforts as we made in 1915 should be increased in 1916, and the need for personal and public economy is not lessened a particle by the prosperity incidental to the war. I notice that when some citizen takes the trouble to indicate particular forms of economy he is met with criticism. Of course, economy for one man would be a great indulgence for another, and each must settle for himself the scale on which he can lessen his expenditure. We are exceedingly fortunate that such an income tax as that in Great Britain does not settle the question most drastically for each of us. It must be clear that every time we buy something outside of Canada we weaken our national finances, unless our purchases consist of material which will in some form or other be exported again. This does not mean that we can avoid making large purchases abroad, but that we can avoid unnecessary purchases. It must also be clear that when any man avoids expenditure, which it would be quite natural to make in times of peace, he can invest the amount saved in war loans, and every dollar saved and thus invested is a blow struck on behalf of the Allies. So well is this need for personal economy understood in England that some of the great banks who have not heretofore had savings departments like those in Canadian banks, have now established them.

NEWMARKET.

Newmarket, Jan. 24.—The weather for the past week has been very cold but our roads are in fine condition for travelling.

Messrs. Medard Foley and Joseph Kennedy have gone to McAdam to spend the winter.

Mr. John Dolan is busily engaged hauling pulpwood.

Mr. Lambert Foley is busily engaged sawing wood.

We are glad to learn that Mr. Jas. McDonald, who has been confined to his home with a broken arm, is able to be around again.

Mr. Arthur Myhrall of Mazarrall Settlement, was a visitor to this place Sunday.

Mr. John McDermott has gone to McAdam to spend the winter.

Clothes do not make the man, yet a man may owe a good deal to his tailor.

Feel Out of Sorts?

It's a good idea to look for the cause!

One common, but often unsuspected cause is tea and coffee drinking. Yet some persons seem able to get along with tea or coffee—at least for a time. But when headachy, bilious days come, breakfast or some other meal doesn't taste good; and the day's work goes wrong (ever feel that way)?—then it's time to find out for sure if tea or coffee are causing the trouble in your case.

There's a subtle, cumulative drug, "caffeine," in tea and coffee that interferes with the normal functions of body, brain and nerves, and often lessens one's comfort and progress.

Suppose, for a test, you try the simple expedient of quitting tea and coffee and using well-made

POSTUM

Made In Canada

—a pure food-drink made of choice wheat. It has a delightful, snappy flavour and is absolutely free from caffeine or any other drug.

After ten days or two weeks you will be able to decide whether to go back to tea and coffee troubles, or stick to Postum and peace and comfort.

Postum comes in two forms.

The original **Postum Cereal**—must be well boiled, 15c. and 25c. packages.

Instant Postum—doesn't require boiling, but is prepared instantly by stirring a level teaspoonful in a cup of hot water and adding cream and sugar to taste, 30c. and 50c. tins.

Grocers everywhere sell both kinds. Cost per cup is about the same.

"There's a Reason" for POSTUM

CANADIAN POSTUM CEREAL COMPANY, LIMITED, WINDSOR, ONTARIO, CANADA.

Little
Miss
MAIDEN
CANADA
Registered

COWAN'S
Perfection
COCOA

Makes the cheeks bloom.

