

Rescued from Huns to Die of Starvation!

Hideous Plight of Belgians Demands Immediate Help

Peace does not mean Plenty in Stricken Belgium!

Germany's hellish policy has been too thoroughly administered for Belgium to be able to feed and clothe herself again—at least, until the Government has been thoroughly organized on a permanent basis.

Little children, thousands of them, are hungry for a slice of bread, shivering in their worn-out rags. YOU can help to feed and clothe them. They haven't a cent to buy even what supplies are available.

The destitute Belgians need your help about as badly as a human creature could need it.

HOW TO HELP!

All the machinery of the Belgian Relief Fund is at your service to convert your contribution in money HERE into food and clothing THERE.

A dollar here and now means LIFE to one of the starving subjects of King Albert, but look here

NO ONE will come to you and ASK you for your contribution. If you do not voluntarily send it to the Belgian Relief Fund, Local Committee, or Headquarters, the opportunity is gone, and the Belgian you MIGHT have saved, dies of starvation or perishes for lack of clothing or proper protection.

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

TELLS ABOUT SEEING THE BOYS OFF TO THE WAR

(Continued from Page Two)

theatre and flowers and all that you know. Goodness, I've had so much candy I don't want to see another piece."

"Better not let Mr. Hoover know it." "I'm not going to eat any at all now so it will average up well," the niece laughed. "Anyhow, after all that, of course we all had to go down and see them away. We went in Belle's car and took along a couple of cousins that belong to Mr. Barker and an aunt of the captain's that he'd been visiting. Belle thinks Mr. Barker is about perfect, but, my stars! he's got the funniest walk. It's called after some college or other down east, but it won't be long before they unteach it to him in the army. When we got to the station we found the place just swarming with boys and their relatives and I can tell you it was an awfully damp place."

"Poor women folk!" her aunt sighed. "It's rough on them."

"It's easier on them than it is on the boys lots of times," her niece

sputtered. "It's no circus to leave home, even if they are splendid enough to make believe it is, and then after they get all screwed up to joke and sing and laugh along comes a weeping willow woman and throws her arms around one of the jolliest and groans because she'll never see him again."

"For goodness' sake! He's only going to Rockford and she'll probably see him a million times, because he'll live to be about 190. He doesn't stop to figure it out however and in just a minute he's all shaky round the lips and as white as a sheet."

"Lots of the fellows would find it all a really jolly matter going with a crowd like that if there weren't such a pack of wet blankets around. The crazy women seem to enjoy it, too. Why there was one woman walking around just embracing and weeping indiscriminately and I heard her say she didn't know one of 'em, she was just so sorry for them she had to say so. What a way to act!"

"Some of them had pretty hard

SCOTCH SETTLEMENT

Scotch Settlement, Dec. 8th—The weather of the last few days with the light fall of snow makes us feel as though winter was here once more.

Those in this section who have been suffering from Spanish influenza are all able to be about again. There were two cases which developed into pneumonia namely Messrs. Walter Graham and George Sharp but both are able to be out now.

Mr. Wm. E. Palmer of Scotch Lake sustained very painful injuries on Saturday morning, by falling from a scaffold in his barn.

The school here remains closed owing to the outbreak of influenza.

Mr. and Mrs. Ralph Clark and family have left their place here and expect to make their future home at Bear Island.

Mr. Alban Yerxa had the misfortune to break one of his legs on Wednesday. Dr. Robertson rendered the necessary surgical aid and the patient is now resting quite comfortably.

Mr. and Mrs. J. Clwoes Reed of Springfield spent Saturday with Mrs. Walter Graham.

Mr. Alonzo Grant of Queensbury, was a recent visitor in this place.

U. S. TROOPSHIP RETURNING FROM OVERSEAS

Boston, Dec. 10.—The White Star Liner Canopic, with forty-seven officers and 1,427 enlisted men from overseas anchored tonight one and a half miles east of Graves light, just outside Boston harbor. The steamer, the first to bring home overseas troops here, will dock tomorrow in Charlestown.



Wood's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail it, plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Perman, Alaska.)

problems to settle."

"Where it's a question of money they have a right to look serious," the niece agreed. "But even then they needn't cry. Why, look at Paul's wife. She has three children to look after and she's got to go and live with her parents, and she kind of smiles and says it's all right, it's just her share that's all, and she is proud and glad to have Paul go. Then in contrast take Jack. He's just going to London as a Y. M. C. A. secretary and his wife has cut up so that he feels like a brute and all the pep has gone out of him. If it was me I'd be only sorry that he was missing half the joy of the world being in such a safe, quiet place. I'd be glad, glad he was to have a chance to work and fight."

"I think it was easier for you," her aunt said gently. "Perhaps you would have broken down too, if some one you loved very dearly were going."

"Well," her niece said shyly, with heightened color, "I didn't."

ARRIVAL OF THE LOYALISTS AT HALIFAX IN YEAR 1783

Interesting Letter From Man Who Afterwards Became Chief Justice of Nova Scotia to Judge Ward Chipman of St. John --- Tells of Conditions in the Nova Scotia Capital at the Close of the 18th Century

(Halifax Recorder)

In the year of 1783 Loyalists from the United States were flocking to Halifax. Many of them were poorly off, having lost all their means in the storm of revolution. Among the number of the better class who came was Samson Salter Blowers, afterwards Chief Justice of the province. The following letter was sent to Ward Chipman, at St. John. It gives a glimpse of his first impressions on coming to Halifax:

My dear Chip—I fully intended to have written to you by the "Bonetta" (a frigate) but I was in such a fidget about my lodgings, etc., that I could not find time. I wrote, indeed, to Jeffrey but I fear the letter was not put on board. Mr. DeBlais took charge of it, and is apprehensive that it missed the opportunity by that ship, and went by a small schooner, which sailed about the same time. Our passage was as well as we had reason to expect, and we are now comfortably lodged at a Mrs. Whitty's where we have three rooms and a kitchen for eight pounds a month. (Houses and lodgings were scarce in Halifax at the date of the letter, owing to the great influx of people to the town. Mr. Blowers paid \$384 for the above accommodation.) and are now, all three of us, sitting in tolerable health and spirits, round a good fire. I have been politely received by the Governor, and have seen several of the great men here, and am told by them all that my coming among them is agreeable, and that I shall soon find business. This last I am inclined to doubt, in any extensive degree. From all I can learn, there is very little business in our way to be done here, and that but indifferently paid for, and there is no want of lawyers. I hope, indeed, as the settlement increases there will be more need of us. At any rate I have started in the race, and must now do my best to get on. The Supreme Court will meet next month, when I expect to be sworn, and shall be better able to judge of all matters, men and things

Ned has not yet returned from St. John's, but is soon expected. The family are tolerably well settled in a small house on the hill the Colonel has taken for his office. The old gentleman (Edward Winslow,) has just been to tell me that he hears his son has hired, for three years, a small farm and house, which is now repairing, at or near Annapolis, which he supposes is fitting for him and the family, and that he expects to remove there as soon as Ned returns to this place. Pen Winslow has been confined with a bad cold ever since she left ship, but is now getting better. She desires me to tell you it will be your turn to monodize very soon, she fears. Mrs. Blowers says she wants you here very much to enliven the gloomy scenes which surround her. The weather, to be sure, is abominably dull, and the town looks as solitary, compared with New York as Newport used to when we were there. Everything is intolerably dear and the old inhabitants are accumulating wealth at a great rate by the exorbitant prices which they extort from strangers. Edward Winslow, sr. to Ward Chipman, says:

"I have been treated with great politeness and civility by the principal people here, and have been at two balls and one concert. At the concert was exceedingly good music, vocal and instrumental. There were present at the concert: Governor Parr, Governor Wentworth and Lieutenant Governor Fanning, with a number of brilliant ladies; and gents of the navy and army. Had you been there, how you would have danced!"

AN OCCASIONAL

LLOYD GEORGE'S PROGRAMME IS OUTLINED

London, Dec. 11.—Coalition government headquarters states that the five points of the Premier's programme

WHY CAN'T I GET TO SLEEP?

Thousands of people all over the country ask this question, but still continue to toss night after night on a sleepless bed, and it is impossible for them to get a full night's refreshing sleep.

Some constitutional disturbance, worry or disease has so debilitated and irritated the nervous system that it cannot be quietened except by the pernicious use of opiates or narcotics. Or again, you have heart palpitation and sensation of sinking a feeling you are going to die, or perhaps you wake up in your sleep feeling as though you were about to choke or smother, and the only way you can get relief is to sit up in bed.

To all who suffer in this way, Milburn's Heart and Nerve Pills offer an inestimable boon. They bring back the much needed night's rest by improving the tone of the nerves, strengthen the heart, enriching the blood and making the whole organization act in harmony—then you sleep as peaceful as a child.

Mrs. Jas. Latimer, 39 Leinster St., St. John, N. B. writes:—"At night I could not sleep. I had to sit up in bed my heart beat so fast, and when I walked up stairs I would get all out of breath. A friend recommended Milburn's Heart and Nerve Pills and after using two boxes, I can sleep all night and am not out of breath after walking."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

are: Punish the Kaiser, make Germany pay, let the soldiers come home as soon as possible, fair treatment for former soldiers and former sailors and better housing and better social conditions.



The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

Mr. A. E. LAUNDY, EDMONTON, writes:—"I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain, it gives instant relief.

Minard's Liniment Co., Limited
Yarmouth, N. S.

The smooth rich flavor of a cup of INSTANT POSTUM

is one of its best advertisements

Much like coffee in appearance and aroma, Postum is absolutely free from the drug *caffeine*.

And besides this merit, its convenience, economy and practical usefulness make it the ideal all-meal drink for all the family.

"There's a Reason"