

## NEGLECTED COLDS

lay the foundation of chronic chest troubles. Many cases of consumption can be traced to neglected colds in childhood.

A cold should receive prompt treatment with Peps. Peps is the direct treatment. It is breathable and therefore quickest and most effective.

Peps are so pleasant to take that children never refuse them and their absolute freedom from harmful drugs makes them especially suitable for children's coughs, colds, sore throat, bronchitis, etc. Every mother should keep Peps handy. All dealers 50c. box.

# PEPS

## WHY BELGIANS STILL NEED HELP

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which they left it, and never was there such desolation anywhere. One cannot get away from signs of destruction, no matter where one goes, along the country roads or in the city streets.

Not only has property been destroyed and every means of livelihood taken away from the people, but the peasants, especially in the country districts, have been left destitute both of home and food. We travelled twelve miles yesterday through open country and as but one small instance of the vast plundering of the Germans, let me state that in all twelve miles I saw one solitary live animal and we saw, and practically every tree had been felled, so you can imagine the dreary aspect of the scenery.

All the peasant women and children we met on our way, said a news correspondent, while they greeted us with cheers and received us into their homes with open arms, those that had homes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and

## WALL FLOWER OFTEN MAKES GOOD MARRIAGE

While the Popular Girl is Dancing the "Poor Little Wall Flower" Sits Back and Thinks — But That is Not the Only Reason Why She Often Lands the Man Whom Other Girl Has Tired.

Never waste a moments sympathy upon the poor little wall flower. Of course, she does look forlorn and lonely there in the corner all by herself. And if you peep into her eyes you might even find them a trifle moist. It isn't especially interesting to watch other girls glide back and forth and to and fro upon the arms of the men she is inclined to admire a wee bit herself! And yet, waste not a moments sympathy upon this plain little maiden who does not attract the crowd.

If you ever have followed the lives of these popular girls closely you will often be surprised to learn that they do not always make the best marriages. It is all very well to be giddy and vivacious and a good dancer but, after all, these qualities are not necessary to make a good marriage.

You see the popular girl is like a rollicking good show. She amuses one. But "too many cooks spoil the broth" and too many suitors spoil a girl. The popular girl is apt to become intoxicated with life, love, compliments and her own personal charm. She loses her poise and her ability to judge character. She forgets to think of her admirers as men, men who go out in the world and face life every day men who are to make their way or to face failure. Instead, she thinks only of what

had lived largely on soup and coffee.

The cry of the Belgians today is for food and clothing and those who would help, no matter how little, should send their contributions to their committee, or direct to the Central Committee, Belgian Relief Fund, 59 St. Peter street, Montreal.

they whisper in her ear and of course that is always something in regard to her!

But the little wall flower sits back and thinks. From her lonely corner she is able to judge what kind of a man this chap will make and how little character another possesses. She is able to see a man as he is. She is not intoxicated by her own charm. Her little brain has not yet been tainted by flattery! And so she sits and sees it all as it really is.

In the meantime the popular girl dances on and on. In her wild, self-intoxicated state she says many little chic things which she really does not mean. They do not really come from her womanly heart, but rather from her coquettish eyes and witty lips. But they leave their sting!

The men who have whispered their sweet nothings in her ear, who have made her blushes tint her cheeks like apple blossoms; the very ones who have made her dizzy with their flattery are the first to decry her "self-consciousness." After a time she begins to "get on their nerves."

Man does not stop to reason that she is only trying to be coy and that back of it all perhaps she is just as womanly as his mother. No, he merely keeps on dancing with her, but when it comes to choosing a life partner he usually walks off with the little wall-flower. And because she talks to

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WHILE THE  
SAVINGS GOOD

## STOMACH SO BAD THOUGHT HE WOULD DIE CAN EAT ANYTHING NOW

But for indigestion and dyspepsia, many a life might be a pleasant one. The misery which stomach troubles cause the sufferer knows only too well and any one who has suffered knows what joy it would give to be able to eat three good meals a day and not be punished for it after.

Nearly everything that enters a weak stomach acts as an irritant, and even the little that is eaten causes such torture and is digested so imperfectly that it does little good.

Before you can eat heartily, and not pick and choose your food, you must put your stomach right so that it will manufacture its own digestive ferments.

For forty years now Burdock Blood Bitters has been making weak stomachs strong, and permanently curing severe cases of indigestion and dyspepsia that other remedies were powerless to reach.

Mr. H. L. Fairweather, Cumberland Bay, N. B. writes: "I was troubled with my stomach for two years and sometimes was so bad I thought I would die. I tried everything I ever heard tell of, and had medicine from three doctors, but continued to grow worse. One day I read of some wonderful cures made with Burdock Blood Bitters. After taking two bottles, I could eat any kind of food without any bad effects, and by the time I had taken four I was in perfect health."

## BOLSHEVIKI IN BERLIN

Amsterdam, Jan. 10.—Reports that Dr. Karl Liebknecht has proclaimed a new government in Germany are contradicted by the "Frankfort Gazette," which declares that the naval division has broken off all relations with Dr. Liebknecht and the independent socialists. It is said that one thousand Russian Bolsheviki, disguised as German soldiers, have arrived in Berlin.

## JUST BILL.

Private Bill Smith had just come home on leave from Mesopotamia and Mrs. Smith was entertaining some friends in honor of the hero's return. Suddenly, in the midst of the festivities a heavy thud and torrent of abuse were heard proceeding from the adjoining room.

"Mercy! What's that awful profanity?" asked a guest.

"Oh, that's nothing, dear," said the hostess. "It's only Bill; he's fallen over his Persian praying rug again!"

him as a womanly sensible sane creature he is charmed. He feels that at last he has met a REAL WOMAN.

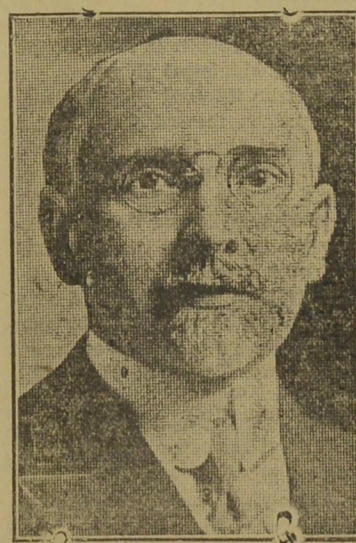
Perhaps the popular girl looks upon the wall flower as a little "nonentity," but you know the unexpected always happens in this world! And more than one little wall flower has walked up the aisle to the strains of Lohengrin with the very man she has watched prouetting about with the popular girl.

Many a popular girl reaches that dreaded age of thirty (or thereabouts) with hundreds of admirers but no proposals. She has danced her best and chatted her merriest and in remuneration she has received compliments and flattery, but the wedding bells have tolled for other girls. Then in wild realization of the truth—when she has reached that "Where is he?" stage—she has rushed blindly into matrimony without stopping to think of anything save the fact that she must not be LEFT. Sometimes (through "more luck than sense") she marries the right man, but more often she marries the wrong man and spends the remainder of her life in talking about "the men I might have married!"

What a pity it is our neighbors don't know as well as we do what's good for them.

When a couple fall in love at first sight they imagine the rest of the world is near-sighted.

Plainly the Russian bear is not one of those furry animals that can be made to rear up on its hind legs, waltz a bit and pose with a broomstick for a gun at the command of a human master.



E. R. WOOD  
Toronto.

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## On Account of Staff Shortage

due to military enlistments, the Royal Bank of Canada find it impossible to continue collection of this company's light bills. have engaged an Office at No. 88 YORK STREET, in the pre- FOR THE CONVENIENCE OF OUR CUSTOMERS, we mises occupied by HARRY C. MOORE, Electrical Engineer, where bills may be paid from the FIFTH to the TENTH of each month from 9.30 a.m. to 5 p.m.

THOSE MAKING PAYMENT LATER IN THE MONTH must do so at the Company's Main Office, No 1 Shore Street.

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A DELAYED SHIPMENT OF

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Just received. We are going to offer for Saturday only a regular 75 cent Stew Pan for 49 cents.

And this advertisement must accompany each sale for this special buy.

Wearever Tea Kettles, Double Boilers, Windsor Kettles, Vegetable Pots, Sauce Pans, Muffin and Cake Tins. The ware that lasts a generation.

LAWLOR & CAIN

Our Store closes each Saturday at 6 o'clock during Jan. and Feb.

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