

## A CHILD GETS CROSS, SICK AND FEVERISH WHEN CONSTIPATED

Look, Mother! If tongue is coated  
clean little liver and  
bowels

If your little one's tongue is coated, it is a sure sign the stomach, liver and bowels need a gentle thorough cleansing at once. When your child is cross, peevish, listless, pale, doesn't sleep, eat or act naturally; if breath is bad, stomach sour, system full of cold, throat sore, or if feverish, give a teaspoonful of "California Syrup of Figs" and in a few hours all the clogged-up constipated waste, sour bile and undigested food will gently move out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "fruit laxative". Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure. They also know a little given today saves a sick child tomorrow.

Ask your druggist for a small bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. Get the genuine made by "California Fig Syrup Company."

## SAYS ITALY NEEDS HELP

Halifax, N. S. Feb. 10—Mrs. H. Wynne, "the most decorated woman in Europe," is returning to the United States aboard the Caramania, after an absence of eighteen months. She comes on a special mission in aid of the re-training and re-establishment of permanently disabled Italian soldiers, but without definite plans as to her

## CANADIAN WON FAME AS A WRITER

One of Canada's greatest woman writers, Agnes C. Laut, was born at Stanley, Ont., forty-eight years ago today. Miss Laut is principally known as the author of books dealing with the pioneer life and history of the Canadian West. She inherited her liking for literature from her grandfather, who was principle of Queen's University and an author of talent. In her youth she was taken to Manitoba, and was educated at Winnipeg. She left the University of Manitoba in her junior year, because of ill health and spent her summers "roughing it" in the Rockies. In 1895 she published her first book, "Lords of the North." Since then she has written and published many other volumes.

All that is necessary is to go up headed in the right direction, and keep on going.

Arabia wants to regain its ancient territory and glory and be known as something more than the place where the "nights" came from.

Has anybody paused to wonder what is to become of the poor, down-trodden clove planter if things keep on like they're going?

movements, pending conferences with her committee in America. Mrs. Wynne who was engaged on the Italian front during the later stages of the war, states that the need for immediate assistance in the rehabilitation of permanently disabled Italian soldiers is imperative. "We left Russia to her own resources and the result is well known, said Mrs. Wynne, "we must not repeat the experiment in the case of Italy."

## GREATEST RIVER IN WORLD STILL UNDEVELOPED

A correspondent writes to the Columbus Despatch asking why the Amazon is termed the greatest river in the world and to this query the editor replies as follows:

The Amazon is called the greatest river in the world, because it is. The Missouri and the Mississippi combined form a river of great length, but they do not drain so much territory and the not nearly two and a half million sq. miles of territory, and its estimated length is 3,500 miles—which makes a considerable river.

As for its volume, there is nothing else comparable with it in the whole wide world. It is 200 miles wide at its mouth. A thousand miles in width. Two thousand miles from the sea it is more than four miles wide—wider than the Mississippi River at New Orleans. But, still more startling the Amazon and its tributaries are navigable for 30,000 miles; that is the total navigable length of the streams making up the Amazon is 30,000 miles.

And, better still, we are going to hear a great deal more about the river in the future than we have ever heard in the past. The great basin of the Amazon can be made to feed and clothe the world. It has never been developed, but it is known that there is no other such productive area in the world, and now that the world is hungrier than it has ever been; now that the war is at an end, giving people a chance to think of something else the great Amazon River basin is going to be explored and brought into use for the happiness of mankind.

Corporal punishment around home has mostly gone out of fashion, except for rugs.

## There's Nothing Like

Zam-Buk's soothing and healing power. "Zam-Buk has been our household balm for fourteen years, and we could not do without it," says Mr. George A. Kilburn of Swan Lake, Man.

For eczema and skin troubles of all kinds Zam-Buk has no equal; also for old sores, ulcers, abscesses, boils, pimples, blood-poisoning, piles, cuts, burns, bruises and scalds.

All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

## Zam-Buk

## WAR SAVINGS STAMPS GOOD INVESTMENT

Make Saving Easy and Pay the  
Investor Over 4½ per cent  
Interest, Compounded  
Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent, compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card, to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

## SUGGESTION FOR PLACING RETURNED MEN

How many successful business men of this city will undertake to find positions for ten returned men?

If every successful man would take it upon himself to personally place even one or two other men, it would give a boost to the employment situation; but if one hundred business men each undertook to place ten men things would move along in good shape.

Big Brotherhood upon a new scale has been commenced in Boston as a solution to the employment problem. The idea originated with the District Manager of the General Electric Company, Chas. B. Davis, who announced that he would personally assist the work of the Boston Service Men's Employment Bureau by finding positions, picked positions suitable to their ability, for ten men, provided he could link up the services of one hundred other successful business men to undertake the same number of placements.

"It is the Andrew idea," says one business man in describing the scheme. "You will remember that Andrew was the disciple, who not content with getting good news himself, went out and gathered in those he met."

Well, the successful business man in this story does not rest until he has got out and helped ten other fellows on the road to success. The bargain does not place anyone under an obligation to fit the ten men into positions straight away, but it means that each one of the ten will be taken individually and handled exclusively until he is satisfactorily placed.

Who will start the ball rolling in Canada?

WANTED—Live Business Men Who Will Undertake to Personally Place Three or More Returned Soldiers. Let the ball begin to roll.

Certainly, transatlantic flight is a simple matter, as Signor Caproni says.

## 25 YEARS PASTOR AT GARDINER

Gardiner, Me., Feb. 1—Sunday will mark the 25th anniversary of the rectorship of Rev. Robert W. Plant of Christ Episcopal Church of this city. The anniversary will be observed Sunday and Monday. At the evening service on Sunday Bishop Benjamin Brewster of the Maine Diocese will preach.

On Monday the quarterly meeting of the Women's Auxiliary to the Board of Missions will be held and in the evening the rector will be tendered a reception.

This Episcopal parish antedates the American Revolution, and in all its long history no other pastor has remained for so long a period. Although the present church is the third on the same lot, it will have attained 100 years in 1920.

Since Mr. Plant was called to this church he has made many improvements, arranged for new choir stalls, secured a new altar and remodeled and enlarged the parish house. He also moved from Rockland to this city the House of the Good Shepherd, for which he secured an adequate endowment and a suitable house. He organized in the parish senior and junior chapters of the Brotherhood of St. Andrews an Altar Society, a Girl's Friendly Society and has increased the efficiency of the Woman's Auxiliary. He also conducts services in Pittston and North Pittston.

Mr. Plant was born in St. John, N. B. After a short business career he entered college in Montreal. In 1884 he was ordained deacon of St. George's Church in Montreal and the following year was advanced to priesthood. After several years as a missionary in Algoma, he took a post graduate course at the Episcopal Theological School in Cambridge, Mass.

After receiving his degree of doctor

## COLDS, CATARRH RELIEVED

IN FIVE  
MINUTES

Consumption can be traced back in most instances to a bad cold or catarrh that was neglected. Don't count this white plague—ensure yourself at once against it by inhaling Catarrhzone, a pleasant antiseptic medication that is inhaled into the lungs, nasal passages, throat, and bronchial tubes, where it kills disease germs and prevents their development. Catarrhzone heals inflamed surfaces, relieves congestion, clears the head and throat, aids expectoration, and absolutely cures Catarrh and bronchitis. Quick relief, cure guaranteed, pleasant to use. Get the 1.00 outfit of Catarrhzone, it lasts two months; small size 50c. All dealers or the



Catarrhzone Co., Kingston, Ont., Canada.

of divinity from that school he accompanied Bishop Talbot to Wyoming and Idaho to help him organize a new missionary district, and was subsequently made archdeacon of the jurisdiction. Later he was made head master of St. Mark's School in Salt Lake City. Upon his return to Massachusetts he became rector of St. John's Church in East Boston, where he remained for four years and then at the request of Bishop Henry A. Neely, he took up the charge at Christ Church in this city. (Rev. Mr. Plant is a relative of the late Canon Roberts of this city.)

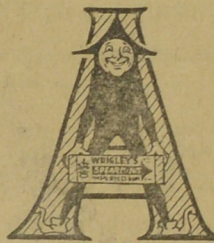
Another thing a woman may do—she may give \$16 for a pair of colored high heels, but she doesn't run a pool bill of twice that sum.

# WRIGLEY'S

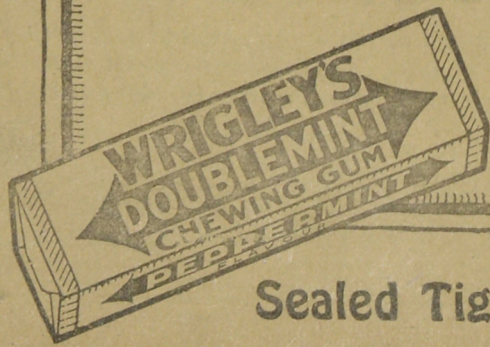
In the  
sealed  
package



All of its goodness  
sealed in—  
Protected, preserved.  
The flavour lasts!



ASK for, and be SURE  
to get WRIGLEY'S. It's  
in a sealed package, but  
look for the name—the  
Greatest Name in Goody-Land



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in  
Canada



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Ladies' Low Heel Rubbers  
83 cts a pair.

The Shoe House of Bargains - Regent St.

## Shepherd & Haining

Shoe Repairing of all kinds

YOUR HOUSEHOLD EQUIPMENT SHOULD INCLUDE A CAN OF

## KYANIZE

There's many little articles need touching up this time of year—just beginning to show the wear of indoor life, and right now's the time to restore them and make them look just like new.

For Furniture, Floors, Linoleums, Bric-a-brac and all interior woodwork, KYANIZE stands unexcelled. We carry just the particular shade you need to match the furnishings in your home.

30 CENTS A CAN UPWARDS.

## LAWLOR & CAIN

During January and February this Store will not be open on  
Saturday Evenings.

# CEREALS

ROLLED OATS

KELLOGG'S TOASTED

GRANULATED CORNMEAL

CORNFLAKES

W. G. BUCKWHEAT FLOUR

QUAKER CORNMEAL

GRAHAM FLOUR

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SHREDDED WHEAT

SPLIT PEAS

At Lowest Market Rates.

## G. W. HODGE