

HOLY GEE, MY HEAD FEELS GOOD TODAY

Pain Over Eyes is Gone,
Headache Cured, Ca-
tarrh Relieved!

This is the Common Experience
of Those Who Breathe the
Vapor of

CATARRHOZONE

Remember this, Catarrh can never be cured or even relieved by a cough syrup, a spray, or tablet treatment. Trouble in these remedies slip quickly over the sore irritated membranes, drop into the stomach and do little else but harm digestion. It's different with "Catarrhozone"—you inhale it. Every breath sends healing balsams to the inflamed tissues. Tightness, soreness and inflammation are cured by healing pine essences. The cough dies away, throat is strengthened, huskiness is cured. Nothing is so simple, so convenient, so certain to cure as Catarrhozone. The dollar outfit includes the inhaler, costs \$1.00, and is guaranteed to cure. Small size 50c, trial size 25c, all dealers, or The Catarrhozone Co., Kingston, Ont.

TO ESTABLISH LIBERTY CHURCH

New York, Jan. 5—Rev. Dr. John Haynes Holmes, pastor of the Unitarian Church of the Messiah in this city announced to his congregation today that he would leave the Unitarian denomination next May and recommend that the church likewise quit the denomination and its members join him in establishing a "community or liberty church."

Among the changes Dr. Holmes recommended that the church make all its pews free, abolish the historic Unitarian plan double membership and change its name.

FLU IN WINNIPEG.

Winnipeg, Man. Jan. 6—Ten deaths and eighty new cases of influenza were reported to the local health authorities over the week-end.

Winnipeg, Jan. 6—St. James Methodist Church was burned to the ground at ten o'clock yesterday morning. The loss is estimated at \$25,000.

SIBERIAN RAILWAY TRAINS MOVE ALONG LIKE SNAILS

Their Best Speed is About 33 Miles an Hour, and
Their Many Long Stops Make a Thousand Mile
Journey Last 42 Hours—Yet Tracks are Good
and Rails Heavy—Lack of System and Graft
the Causes for Poor Service.

(Chicago News)

At their best trains in Siberia were always slow. They are a great deal slower now. For instance, the mail train for Manchuria made, according to the time table, from thirteen to forty-seven versts an hour. A verst is two-thirds of a mile. Its best speed was thirty-three miles an hour, probably going down hill. The average for high speed trains was thirty-three miles. From Vladivostok and Manchuria at the western boundary of Manchuria, the distance is 1,608 versts. The running time for the best train is forty hours. The train stands still en route nineteen hours and thirty minutes. And this is the fastest train running.

The Trans-Siberian express, the glory of the same line, is a thing of the past. Its running time was thirty-six hours fifty-four minutes. Its standing time was five hours thirty-one minutes. Total forty-two hours thirty-two minutes for about 1,000 miles. Yet the track is good and the rails weigh seventy-two pounds to the yard, while on the best lines in the United States the average is only about ninety pounds. A locomotive engineer who lives at Tsihsihar was assigned to this train while it was still running. It has not run for a year now, but this engineer still draws his pay because nothing stops him. Before good running schedules can be achieved the American "miles or hours" system will have to be introduced. The crews now have no

incentive.

The locomotives here pull about 60 per cent of their capacity. Overcrowding was the usual thing except on the Siberian express.

As there are about 150,000 refugees living in box cars in Russia and Siberia a vast number of these cars will not be released for business till the roads are reorganized and the refugees properly taken care of.

Russia has no train despatching system and this accounts for much of the railway slowness. The local station agents along the line is absolute masters. They will let no train go until they know that the train ahead has reached the next station. No preference can be given to trains because the station master knows nothing of the comparative importance of trains. Russian trains are run on the "staff" system, as in Germany, with the difference that they have not the facilities in Russia for saying which train shall be expedited. They have telephone lines from one station to another, but no farther. The telephone lines are not used for dispatching trains.

The American engineers at Harbin have been drilling the natives in the rudiments of American train despatching. They report that the rank and file of Russian engineers, shopmen and station forces are of high standard and that all they need is proper instruction in up to date railroading.

There is now a good deal of graft in the running of Russian lines. If a merchant wants a car it facilitates matters to give 1,000 rubles to the proper person. The native officials are naturally opposed to American methods. Many of them would lose their jobs under American management.

To make a jelly bag fold two opposite corners of a piece of wool-and-cotton flannel about three-fourths yard square. Sew up in form of a cornucopia, rounding at the top. Fell the seam to make more secure. Bind the top with tape and finish with two heavy loops by which it may be hung.

A SLUGGISH LIVER CAUSED

Severe Headaches

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleansing it of all impurities and poisons.

Healthy bile in sufficient quantity is Nature's provision to secure regular action of the bowels and when the liver is sluggish it is not working properly, and does not manufacture enough bile to thoroughly act on the bowels and carry off the waste products from the system, hence the bowels become clogged up, the bile gets into the blood, constipation sets in, followed by sick and bilious headaches, coated tongue, bad breath, heartburn, water brash, bad taste in the mouth in the morning, jaundice, floating specks before the eyes, etc.

Miss Dian Clark, Myer's Cave, Ont. writes:—"I take pleasure in writing you concerning the good I have received by using Milburn's Laxa-Liver Pills for a sluggish liver. When my liver got bad I would have severe headaches, but I got better after I had used a couple of vials of your pills."

Milburn's Laxa-Liver Pills gently unlock the secretion, clear away all waste and effete matter by acting directly on the liver, and make the bile pass through the bowels instead of allowing it to get into the blood.

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

WEDDING

ANNIVERSARY AT STANLEY

Dr. and Mrs. G. C. Folkins Observed Fifth Anniversary—Friends Presented a Morris Chair.

Dr. C. G. and Mrs. Folkins celebrated the fifth anniversary of their wedding on the evening of Tuesday Dec. 31st at their beautiful home in Stanley. A large number of guests assembled to do honor to the occasion, who were received at the door by Miss Gertrude Reid and Miss Jean Best and afterwards received by the Dr. and Mrs. Folkins.

The rooms were tastefully and beautifully decorated. The friends made a presentation of a morris chair to the highly esteemed doctor and a handsome music cabinet to the no less popular bride of five years ago. The groom's present to the bride was a handsome Steinway piano.

A sumptuous and dainty lunch was served during the evening, the hostess being assisted by Misses Maud Griffiths, Mabel Reid, Agnes Pringle and Dallas Pringle at the first table and by Misses Jessie Sansom and Viola Sansom at the second table. Miss Margaret Douglass assisted by Miss Jean Best poured tea. Meanwhile Miss Mary Boyd favored the company with music on the piano.

During the evening music by Miss Mary Boyd, Mrs. Robert Scott and Mr. Dunham, a well rendered solo by Mrs. Scott, games and conversation passed the hours very pleasantly.

The guests after greeting the New Year departed with best wishes for the continued happiness and prosperity of Dr. and Mrs. Folkins.

HOUSEHOLD HINTS.

To judge a good ham see that the skin is thin. Old hams have thick skin and they are apt to have a strong flavor.

Any odd pieces of fat may be tried out more easily in a double saucepan than by putting into the oven; it will

Before frying anything in egg, dip the mixture in bread crumbs, then in the egg, then again in the crumbs. One tablespoonful of cold water may be used with the egg to good advantage.

Flour, meal, powdered sugar and soda should be sifted before measuring. A cupful is measured level; do not shake down.

To measure a level teaspoonful or tablespoonful, make smooth with a knife, but do not pat down.

To broil steak, see that the fire is bright and clear, put the steak on the gridiron, turn often and allow time according to the thickness of steak; dust with salt and pepper and serve very hot.

To preserve fresh apples, use dry sand which has been heated and cooled again. Cover bottom of stone jar with sand, put in one layer of apples, having the fruit about one-half inch apart, cover with the sand, put in another layer of apples, and so on till the jar is full. The jar must be closed airtight and kept in a cool place. The sand will keep the apples dry and preserve the flavor.

YE MECCA, TEA ROOM

ORDERS TAKEN FOR HOME COOKING

OYSTERS, FRIED, STEWED OR RAW

GERTRUDE A. YOUNG Prop

'Phone - 219-21

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.

MARITIME ELECTRIC COMPANY, LIMITED.

MONTEITH'S Livery Stable

Phone 502, St. Mary's Street

A good assortment of up-to-date rigs.

All orders receive prompt attention.

J. R. Monteith

North Devon.

GRAFONOLAS

YOU MUST HAVE MUSIC IN YOUR HOME CHRISTMAS. Why not call and look over our complete line of Machines, also COLUMBIA RECORDS? You will never make a mistake by buying at the earliest possible date.

E. O. MacDonald
Music Store 560 Queen Street

SNOW SHOVELS

WE HAVE A SNOW SHOVEL FOR EACH PARTICULAR NEED.

Toy Snow Shovels for the kiddies, Wooden Snow Shovels for Verandah Floors, Steel Snow Shovels—strong and serviceable—from 50 cts. to \$1.25. See us if you want Shovels.

LAWLOR & CAIN

USE OUR HARDWARE—IT STANDS HARD WEAR!

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

FLOUR

For Christmas Cooking

ROYAL HOUSEHOLD BREAD FLOUR—98, 49, and 24 lb. bags.

RAINBOW BREAD FLOUR—98 and 24 lb. bags.

GOLDIE'S STAR PASTRY FLOUR—Barrels, 98 and 24 lb. bags.

LILY PASTRY FLOUR—Barrels, 98 and 24 lb. bags.
At Lowest Market Rates.

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