FEELS GOOD TODAY Pain Over Eyes is Gone, Headache Cured, Ca-

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

tarrh Relieved !

#### 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 quick-ly over the sore irritated membranes, drop into the stomach and do little olar but harm direction. It's different else but harm digestion. It's differen else but hann digestion view 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 in-cludes 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 LIRER'TY CHUKCH

New York, Jan. 5-Rev. Dr. John Haynes, Holmes, pastor of the Unitar-ian Church of the Messiah in this city announced to his congregation today that he would leave the Unitarian de-glory nomination next May and recommend that the church likewise quit the de-nomination and its members join him in establishing a "community or liber-the the church likewise the state of the same hile, is a thing of the past. Its running time was thirty-six hours fifty-four minutes. Its standing time was five hours thirty-one min-

its pews free, abolish the historic Uni- track is good and the rails weigh sev-tarian plan double membership and change its name. In farther. The telephone lines are the best lines in the United States the,

FLU IN WINNIPEG.

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

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

# HOLY GEE, MY HEAD 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.

Siberian express

The locomotives here pull about 50

per cent of their capacity. Overcrowd-

ing was the usual thing except on the

As there are about 150,000 refugees

living in box cars in Russia and Si-

beria a vast number of these cars will

not be released for business till the

roads are reorganized and the refug-

Russia has no train despatching

ence can be given to trains because

The American engineers at Harbin

struction in up to date railroading.

There is now a good deal of graft

merchant wants a car it facilitates

ees properly taken care of.

#### (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 Manchulie at the western boundary of system and this accounts for much of Manchuria, the distance is 1,608 versts the railway slowness. The local sta The running time for the best train is tion agents along the line is absolute forty hours. The train stands still en- masters. They will let no train go un'il route nineteen hours and thirty min- they know that the train ahead has utes. And this is the fastest train run- reached the next station. No prefer

the station master knows nothing o The Trans-Siberian express, the the comparative importance of train glory of the same line, is a thing of the Russian trains are run on the "staff system, as in Germany, with the difference that they have not the facilities utes. Total forty-two hours thirty-two be expedited. They have telephone in Russia for saying which train shall Among the changes Dr. Holmes re-commended that the church make all its pews free, abolish the historic Uni-track is good and the rails weigh sev-no farther. The telephone

> average is only about ninety pounds. A locomotive engineer who lives at Tsitsihar was assigned to this train rudiments of American train despatching. They report that the rank and

while it was still running. It has not run for a year now, but this engineer file of Russian engineers, shopmen and still draws his pay because nothing station forces are of high standard and that all they need is proper instops him. Before good running sched-



#### A SLUGGISH LIVER CAUSED **Severe Headaches**

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

es and poisons. Healthy bile in sufficient quantity Nature's provision to secure regular tion of the bowels and when the ver is sluggish it is not working operly, and does not manufacture igh bile to thoroughly act on the Is and carry off the waste pro from the system, hence the bow ecome clogged up, the bile get the blood, constipation sets in

owed by sick and bilious headacher ted tongue, bad breath, heartburn er brash, bad taste in the mouth i water brash, but 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 re-ceived by using Milburn's Laxa-Liver Bills for a clugrich liver When you

Pills for a sluggish liver. When my liver got bad I would have sever headaches, but I got better after I had used a couple of vials of your pills." Milburn's Laxa-Liver Pills gent!y

unlock the secretion, clear away al waste and effete matter by acting d waste and effete matter by acting di-rectly on the liver, and make the bile pass through the bowels instead of al-lowing 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.

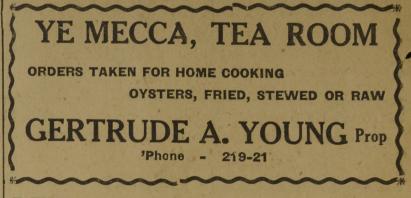
Dr. C. G. and Mrs. Folkins celebrated the fifth anniversary of their wedding on the evening of Tuesday Dec. have been drilling the natives in the 31st at their beautiful home in Stanley. A large number of guests assembled to do honor to the occasion, who were received at the door by Miss Gertrude Reid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

The rooms were tastefully and beauin the running of Russian lines. If a tifully decorated. The friends made a presentation of a morris chair to the highly esteemed doctor and proper person. The native officials are 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 Griffsite corners of a piece of wool-and-cot- iths, Mabel Reid, Agnes Pringle and Dallas Pringle at the first table and square. Sew up in form of a cornu- Sansom at the second table, Miss copia, rounding at the top. Fell the Margaret Douglass assisted by Miss seam to make more secure. Bind the Jean Best poured tea. Meanwhile Miss top with tape and finish with two Mary Boyd favored the company with heavy loopps by which it may be hung. 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



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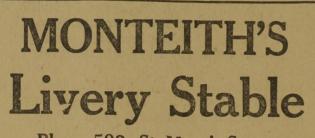
### **On Account of Staff Shortage**

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.

MARITIME ELECTRIC COMPANY, LIMITED.



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 COLUM-BIA RECORDS? You will never make a mistake by buying at the earliest possible date. An and a second second

E. O. MacDonald M store 560 Queen Street

# Advertise

The And the approach and the and the second second the second second the second s

Tell the buying public what you have for sale.

You know your stock --- the public cannot be expected to know about it if you do not advertise.

The Mail has a large and splendid class of readers. People who pay their bills.

#### Get our rates.

and prosperity 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 lavor.

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 measur ing. A cupful is measured level: do not shake down.

To measure a level teaspoonful or tablespoonful, make smooth with 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.

## **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 Fer.

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.

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

G. W. HODGE

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