SUGGESTION

ation; but if one hundred business ments. men each undertook to place ten men "It is the Andrew idea," says one Canada? things would move along in good shape business man in describing the scheme

ion to the employment problem. The idea originated with the District Manager of the General Electric Company, Chas. B. Davis, who announce dthat he would personally assist the work of solution and helped ten other fellows. How many successful business men the Boston Service Man's Employ- on the road to success. The bargain of this city will undertake to find positions for ten returned men?

If everry successful man would take it upon himself to personally place even one or two other men, it would give a boost to the employment situgive a boost to the employment situ- dertake the same number of place- he is satisfactorily placed.

been commenced in Boston as a solut- the desciple, who not content with getion to the employment problem. The ting good news himself, went out and

would personally assist the work of got out and helped ten other fellows

Who will start the ball rolling in Wil Undertake to Personally Place

WANTED-Live Business Men Who Let the ball begin to roll.

No matter what kind or where lo-

Three or More Returned Soldiers.



"In travelling through Bergium 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 disants, especially in the country dis-tricts, 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 not one solitary live animal did we see, 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 cor-respondent, while they greeted us with cheers and received us into their respondent, 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 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.

whooping cough at the same time. I tried two or three cough remedies, but none gave the same satisfaction as Dr. Wood's Norway Pine Syrup. A home where there are young children should never be without it. I will highly recommend it to those who want a quick cure."

There are many imitations of Dr. Wood's Norway Pine Syrup, so be sure you get the genuine by insisting that the package is put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c. and manufactured by The T. Milburn Co., Limited, Toronto, Ont.

59 St. Peter street, Montreal.

HER FIVE CHILDREN Had Whooping Cough at the Same Time

Whooping cough is one of the most dangerous diseases of children, espec-ially to those under five years of age. It first starts with a fever and cough sneezing, watering of the eyes and an irritation of the throat. Later the coughing increases, the child becomes livid in the face, the eyes appear as if they would burst from their sockets, and suffocation seems imminent till relief is brought by the "whoop."

On the first sign of whooping cough we would advise the use of Dr. Wood's Norway Pine Syrup. This famous rem edy will clear the bronchial tubes of collected mucous and phlegm, and in this way ease the racking cough and in a short time make it disappear

mrs. Walter McGaughey, North Battleford, Sask., writes: "I have five children, the eldest thirteen and the baby two years old. They all had the whooping cough at the same time

ited, Toronto, Ont.

DO NOT CHAIN YOURSELF TO AN OCCUPATION YOU DO NOT LIKE

Minneapolis Journal.)

There are two ways to get into an occupation, to drift there and to drive there. Most men drift. They are accidentally placed, or are placed by someone not themselves. Comparatively few mark out their own life courses and follow them with a purpose. These are usually outstanding successes. That youth is fortunate who has an intelligent idea of what he wants to do for a living, and a liking for the preparation that leads up to it. Speaking of the choice of a calling, a youth recently said: "Father is set on my being an engineer; but I want to be a newspaper man. I don't like mathematics; but father says I'd like it if only I made up my mind to like it. I can write easily and well as compared with other boys in my class, but I just can't get interested in mathematics." The advice the youth got was: "Don't choose to live by any work you hate. Pick the work you love best."

Not long since there died in New York a man who was said to be the best accountant in America. As a youth he got his bank training in Minneapolis, but he did not happen to get it. He got it of set purpose. He entered the bank as a junior bank clerk, but did not wait, as jun ior bank clerks usually do, for the officers to discover him and promote him. He took the work in the bank as he would have taken a course in school. It is needless to say that he was in love with his work.

Some farmers wear their bodies and souls out on impossible land, land they happened upon and permitted themselves to be chained to. It would be a foolish farmer indeed who would choose a sterile farm, when he could have a fertile one. Good sailors take advantage of ocean currents going their way when they can. It is the wise sailor who knows how to find the current. It is a wise youth who knows that he has a bent and learns how to utilize it.

Sterno Canned Heat

Here is a can of Paste that's like cold cream and is just as safe. All you have to do is to take the lid off the can, touch a match to the paste and you have a strong, intensely hot flame.

Heat everything—anytime—anywhere. Quicker, better, easier than gas or electricity. Sterno Canned Heat is absolutely safe. It can't explode. Price 15 cents a can.

LAWLOR & CAIN

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

ROLLED OATS

KELLOGG'S TOASTED

GRANULATED CORNMEAL

CORNFLAKES

W. G. BUCKWHEAT FLOUR QUAKER CORNMEAL

GRAHAM FLOUR SHREDDED WHEAT **GRAPE NUTS** SPLIT PEAS

At Lowest Market Rates.

G. W. HODGE



Cut out for Reference

Creating Opportunities for Employment

BESIDES helping to distribute employment through a chain of Employment Offices, the Covernment by ment Offices, the Government has developed plans to create opportunities for employment.

Briefly, these plans cover the following phases:—

1. Public Works

During the war, many important Public Works have been held up. The Minister of Public Works, has his plans and preparations made to proceed with the more necessary of these in the near future. This Committee has also been in touch with Provincial Governments and Municipalities, with a view to impressing upon them the necessity for similar action. The building and public works programme now in sight will provide employment for many returned soldiers and war-workers.

2. Railways

During the past four years, a great deal of work necessary to keep our railways up to standard has been postponed. Some millions of dollars must be expended on improving road-bed, constructing bridges, buildings and other improvements. Vast quantities of ties are being got out this winter. Equipment of various kinds must be secured. The Minister of Railways states that as soon as weather conditions will permit, some thousands of men will be absorbed in various railway undertakings. The supplies and materials required will also provide employment.

3. Shipbuilding

The shipbuilding programme arranged for by the Government will provide employment for many men during 1919. It is expected that arrangements will be completed to keep the shipbuilding yards in active operation throughout the year. The Government recognises that this ship construction is one of the best of providing suitable employment for many skilled and other wor

4. Export Trade

The Government has established a Canadian Trade Commission. This Commission has an office in Canada and a "trade mission" overseas. Through this trade mission it is anticipated that Canada will secure an important share in the business of providing materials and manufactured products required for reconstruction work in Europe. A short time may be required before final details are completed and definite results are announced. The business so secured will be distributed through the regular channels of trade and thus afford extra opportunities for employment.

5. Housing

The Government has set aside the large sum of \$25,000,000 to be loaned through the Provinces in order to encourage the building of workmen's houses. When the season for building arrives, this work should give employment to many hundreds of men both in construction work and in the supply of materials.

6. Land Settlement

The Government, as aiready explained in a former announcement, has developed plans to help soldiers to become farmers, providing land, granting loans and giving training and supervision where necessary. It is expected that a large number of returning soldiers will take advantage of these opportunities. The scheme will involve the expenditure of some millions of dollars, a good deal of which will find its way into building materials, supplies, machinery, etc., all of which will assist in providing employment.

7. Road Building

The Government now has under consideration the question of joining the provincial governments in financing the construction of public highways. Should a favorable decision be reached, a large field for employment opportunities will be opened up. Regardless of Federal action, provincial governments are preparing their own road-making programmes.



The Government is alive to the necessity for providing employment opportunities, and stands prepared to assist in every way possible. If corporations and private citizens will join in this feature of Repatriation Work, Canada should have little difficulty with the employment problem.

Repatriation

The Repatriation Committee

OTTAWA