

WAS SUFFERING FROM INDIGESTION NO FEAR OF PAINS NOW.

Indigestion is one of the worst forms of stomach trouble, and many people suffer terribly after every meal they eat. The rising and souring of the food, pains in the stomach, heartburn, waterbrash, belching of wind, vomiting shortly after eating, etc., are some of the symptoms.

There is no need for any person to be troubled with indigestion, dyspepsia or any other stomach trouble if they would only take Burdock Blood Bitters, which contains a combination of nature's roots, herbs, barks and berries; a combination that cannot help but put the stomach right.

Mr. H. H. Collins, Norton, N. Z., writes: "I was with the overseas forces for four years and two months, and in October 1916 I was unfortunately enough to be wounded and taken prisoner. I was a prisoner for 2½ years, and the food they gave us was not good, at times, and after a few months I found I was suffering from indigestion. When I came home in July 1919 I was nearly a wreck. I was told to use Burdock Blood Bitters. I did so and found great relief and can now eat without fear of pains and sickness. I would recommend B. B. to all who suffer from indigestion."

Burdock Blood Bitters has been on the market for over forty years, and during that time has made a reputation second to none for relieving all stomach troubles. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

There's a time in every woman's life when she feels like flitting a little bit.

BOLSHEVIKI ARE BUYING LOCOMOTIVES FROM HUNS

(By "Polonius" staff correspondent, Cross-Atlantic Newspaper Service.)

Copenhagen, Dec. 18.—A correspondent of the Danish paper "Berlingske Tidende" has interviewed Smolovjev on board the steamer which carried him from Stettin back to Russia, after he had been expelled from Germany.

"Smolovjev, or, as his real name is, Appelbaum," says the correspondent, "is a perfect specimen of the low type of German Jews who now, under the leadership of Lenin, the Tartar, are making Russia an earthy hell. Degeneration is stamped upon every feature of his evil face, the expression of which is a mixture of cunning, cruelty and sensuousness. It was this man, it will be remembered, who said to a deputation representing the starving people of Petrograd asking for an increase of the bread ration: 'I do not know hunger, and I shall only admit that you are starving when the mothers of Petrograd eat their own babies and the men beat out one another's brains over the rotten carcass of a rat.'"

"According to Smolovjev's own words he and Lenin were almost destitute when they were living in Switzerland before the German Government decided to send them to Petrograd to bring about the dissolution of Russia, which was getting too strong and too well supplied with arms for the Kaiser's peace of mind.

"The revolution has been the making of both of us," he said with a leer "and I am now living as a man occupy-

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

SINN FEIN MORIARTY EVADES POLICE

London, Dec. 18.—One of the most powerful figures behind the Irish Republican movement is Michael Collins, whom Premier Lloyd George recently referred to publicly as associated with Arthur Griffith in the leadership of the Sinn Fein. It is said that "Mysterious Mike," as he is known, has baffled Government investigators since the beginning of the year, and although his identity has been established and his photograph is in the possession of the authorities, he has evaded arrest.

Collins is said to be the "Moriarty" of the Irish Republican Brotherhood and commander-in-chief of the Sinn Fein army. In one of the numerous secret fastnesses of Ireland, it is said, he plans the enterprises which later are carried out by his associates the Republican Volunteers.

Occasionally he visits towns and cities but is usually well guarded by the Sinn Feiners. He recently walked openly in Sackville Street, Dublin, and was approached by two detectives of the Dublin Metropolitan Police. Collins gripped his revolver and the police allowed him to pass, apparently without recognition. A few minutes later the street was visited by scores of detectives, but Collins had disappeared. In Ireland, whenever his name is furtively mentioned, it is whispered that he never will be taken alive.

ing my high position ought to live. As chief burgomaster I have been given a palace formerly occupied by a Grand Duke. When I travel in Russia I do not go by rail, which is dangerous and uncomfortable, but by motor car, accompanied merely by my first secretary, my valet and my chef, who used to cook for the Czar himself.

"It is absolutely false," he went on, "to accuse us Bolsheviks of trying to exterminate the intelligent classes of Russia. Why, I myself am a protector of science, and just before I left Russia I gave the university of Petrograd permission to bear my name, and it will in the future be known as the Smolovjev University."

"But while I am a lover of art and science, I am first of all a business man, and while I was in Germany I concluded a very large contract under which Krupp's factories at Essen are to supply Russia with locomotives, for which we are to pay 600 million marks in gold. It was first intended to get the locomotives from England, but the price was far too high and we could get no guarantee that they would be delivered within a certain time, so we went to Germany. The money has already been deposited in two foreign banks, and Germany can draw against it for raw materials and food. You may be quite sure that the officials of Krupp's, who formerly would not have looked at a Jew, had to kowtow to me."

It's the world's stomach not its heart that is suffering.

ANY WOMAN'S STRUGGLE FOR GOOD HEALTH QUICKLY REWARDED

A Simple Home Treatment Now Advocated That Gives Fine Results.

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong.

Putting off only make matters worse. The best advice we can give any sickly woman is to test out the following treatment.

At the close of every meal with a sip or two of water, take two chocolate-coated Ferrozone Tablets. This seems to be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine.

Ferrozone's action aids the three principle functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferrozone supplies nutrition—this gives strength, vim, stability.

Elimination is assured because Ferrozone quickens the action of the liver kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferrozone puts you on the right road—the one that leads to health.

Not a man woman or child needing blood vigor, endurance—not a person who is weak, nervous or sickly, not a person in ill-health who won't receive immediate help from Ferrozone.

As a tonic and restorative, as a health-bringer and body-builder, Ferrozone is unrivalled. It relieves because it feeds and nourishes, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 50 cent boxes, 6 boxes for \$2.50, or by mail from The Cattarhouse Co., Kingston, Ont.

Of Course, the Women Liked It

On special occasions, such as an afternoon tea, the new Red Rose Orange Pekoe Tea had its first introduction to many of the women of Canada.

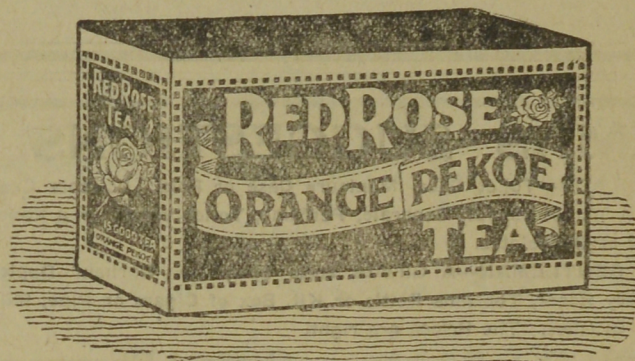
And at such times its extra qualities could be discussed and enjoyed at leisure.

The women found that its aroma is delicate and delightful, that it has a bright sparkling amber color in the cup, that the flavor is of rare charm and distinction, while its strength is rich and satisfying.

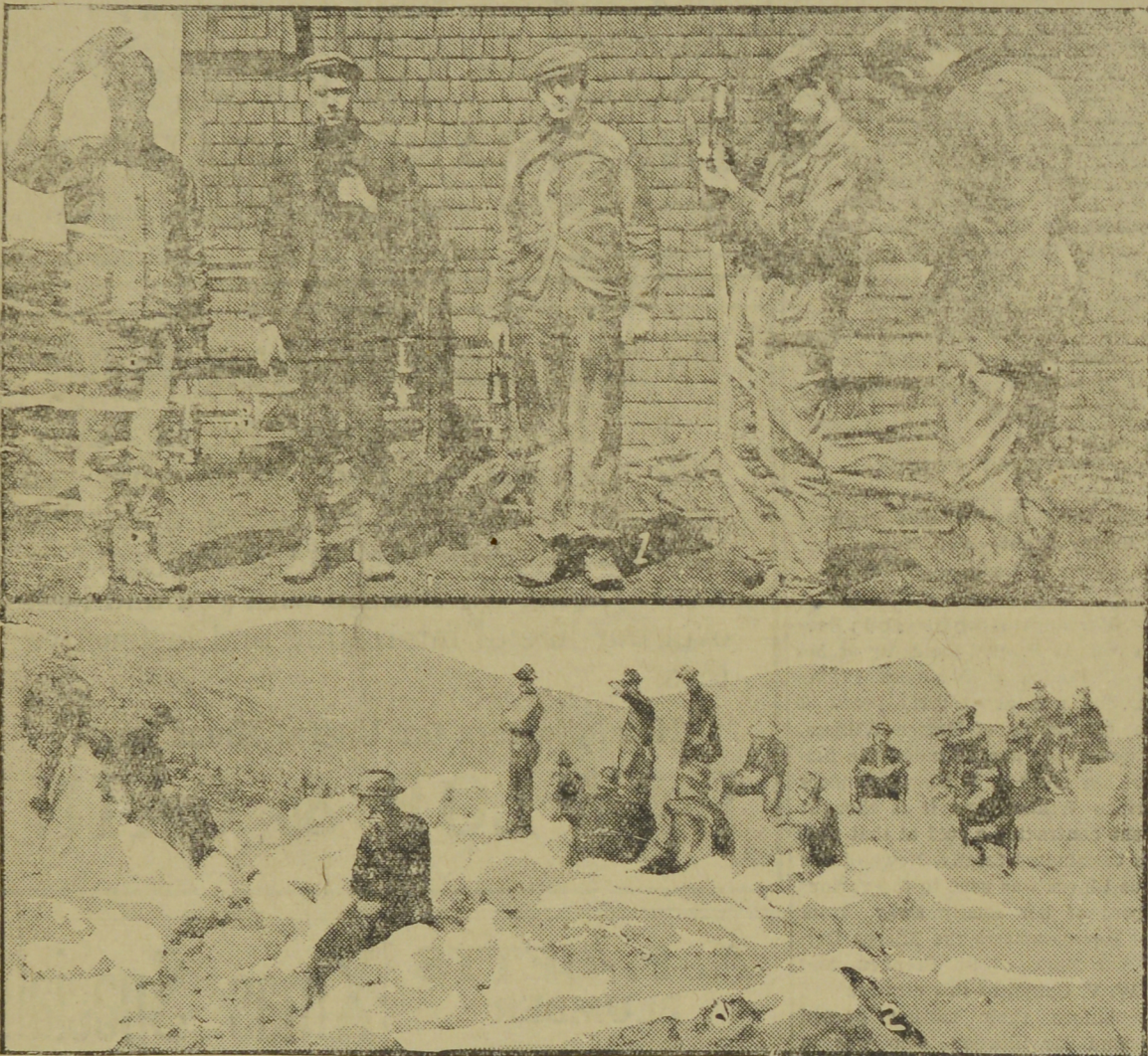
The more cultivated your taste, the more you will appreciate Red Rose Orange Pekoe Tea.

Ask for it by the full name—Red Rose Orange Pekoe Tea.

Sold only in our new sealed airtight cartons.



The Practical Work of a Mining School.



(1) Mining students ready to go underground in a coal mine near Sydney, N.S.
(2) Students examining the great landslide at Turtle Mountain, Alberta.

Not very many years ago a great many people looked on an education at the University as unnecessary and perhaps even harmful for a young man proposing to enter business or manufacturing. The old professions of Law, Medicine and the Church were, of course, different, and demanded college training; but fitness for success in even the greatest industrial or engineering undertakings was commonly supposed to be best gained by apprenticeship in an office or works, and the boy who left school at fourteen to run errands and sweep out the office was often lauded as having outdistanced his rich neighbor who had "waited" four or five years in learning a lot of theory and with it acquired habits of luxury and a sense of his own superiority to other men.

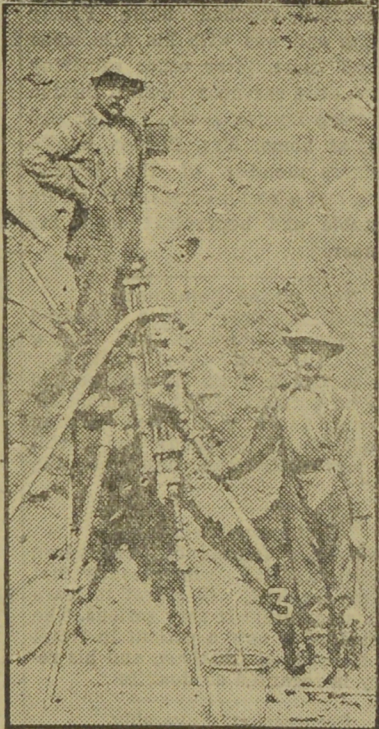
The above belief was due in part to ignorance of what college life really is, and in part to a failure to distinguish between the old and new methods of teaching. Fortunately, time has cleared away much of this misunderstanding and has proved to all observant people that nothing can equal a scientific education as a preparation for any branch of advanced industrial work, but it is doubtful if even now the public understands just what is done by our Universities in training young men for the Engineering Profession.

Perhaps no clearer illustration of the modern method can be found than in the teaching of Mining Engineering as given, for instance, at McGill. The students begin their course in October and spend seven months attending classes in Mathematics, Physics, and other fundamental subjects, and in carrying out elementary experiments in the laboratory. Then, after the spring examinations they go to a camp in the country, and do practical surveying for four weeks. This ends their obligatory work of the year, but they are urged to spend at least the main part of the vacation in Machine Shops or on Surveys or other engineering enterprises, and it is significant of the earnest spirit of the students that fully 80 per cent. do this and at the same time earn good

wages and thus acquire at least a fair part of the money needed to meet their next year college expenses.

The second year is similar to the first, except that the work both theoretical and practical is more advanced, and these first two years are the same for all Engineering students no matter what branch of the subject they propose to practice; but in the third year, they specialize, and the miners give a considerable part of their time to Mineralogy, Geology, etc. The practical work at the end of this year is still further specialized and is in the form of a travelling school. Sleeping cars are chartered for a month or more, a diner is engaged when necessary, and the party accompanied by a professor and a small group of competent instructors, is taken to some important mining district. About one-fifth of the time is given to practical field Geology—another fifth to visits to Ore Dressing and Metallurgical plants, and the remainder to actual visits to mines carefully selected in advance so that the widest possible experience can be gained. The students go underground, spend their time watching, and if possible working, with the regular miners, and each day after returning to their travelling home they compare experiences and write up notes, under direction of the staff. At the end of the school proper all of the men are given opportunities for employment for the remainder of the summer, in the mines visited, and thanks to the broad-mindedness of our Canadian Mine Managers (many of them old McGill graduates) the students thus get invaluable experience, and at the same time earn very substantial pay.

The value of this very practical summer school can only be fully appreciated when the men return to college for their fourth and final year, which is devoted to a study of the advanced technology of Mining. Matters which might otherwise be difficult to understand are quickly appreciated, the interdependence of theory and practice are made clear, and the students complete their course with a more mature and balanced understanding of their professional duties and responsibilities



(3) Students operating a Rock Drill at Phoenix, B.C.

than could possibly be attained by any amount either of study or of practical work taken alone.

This Mining Field School was instituted at McGill over twenty years ago and has since been carried on without interruption, except that it was curtailed during the war. The extent of ground covered was less than ten times, Nova Scotia six, Newfoundland twice, Michigan and other United States mining districts three or four times, while Cobalt, Porcupine, Sudbury and other nearer mining fields, are almost always touched on the way to more distant parts.

The illustrations which accompany this article have been chosen to show the lighter side of the excursions, and it is needless to add that no part of the course at McGill is more popular than the "Mining Trips."

PARENTS OF GIRL WERE PUNISHED

(New York Herald)

The parents of Miss Trina Hanneberg of Passaic who left her home on November 14, at about the time that the Rev. Cornelius Densel, then pastor of the First Netherlands Reformed Church, disappeared, were expelled from the church and their names stricken from the books at the end of the morning service yesterday. No action of any sort was taken against the Rev. Mr. Densel, who returned with Miss Hanneberg in a taxicab from New York last week, and later went before the consistory of the church and wept as he begged the members to forgive him. It is believed in Passaic that the preacher will be forgiven and that he will be reinstated as pastor of the church.

The church was crowded when the Hannebergs were expelled. The congregation had just finished singing the "Doxology" and was leaving the church when the presiding elder John Rose, said:

"I have an announcement to make." The members went back to their seats and Mr. Rose announced.

"At a recent meeting of the consistory of your church it was unanimously decided to remove the names of Mr. and Mrs. Hanneberg from the books of the church. You all know the reason for this action. I need not explain."

The presiding elder sat down but rose almost immediately and said that the consistory had also considered Mrs. Jacob Cooper of Paterson a sister of Miss Hanneberg. He said that it had been decided to put Mrs. Cooper on probation. Later the elder was asked why such action was taken against her and he said:

"Lena is a nice girl."

None of the members of the Hanneberg family attended the morning services but several of Mr. Densel's eight sons and daughters were there. One of them played the organ while the congregation sang hymns most of them on the theme of forgiveness. The congregation dispersed after the Hannebergs had been expelled from the church without further singing.

CASTORIA For Infants and Children In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. H. H. H.*

BURGLAR DISARMED WATCHMAN

Lynn, Dec. 18.—A quick-witted second-story worker, caught in the act of entering a second-story window of the house of Mrs. Alice Chase at 47 Baltimore st., with the aid of a ladder, at 11:45 tonight, surrendered when ordered to do so by special policeman Fred Johnson, and after walking with him a few steps disarmed the officer and made his escape, leaping several fences to elude the regular police who had been summoned by two shots from Johnson's revolver.

Johnson was walking out of the yard with his prisoner by the arm when suddenly the prisoner drew a revolver poked it into the nose of his captor and then relieved him of his weapon. The burglar left Johnson standing in the yard while he leaped fence after fence and escaped.

XMAS TOYS WERE BURNT

Milford, N. H., Dec. 18.—Fire destroyed 150 gross of toys awaiting shipment for the Christmas trade, when the Page & Cota Company's toy shop and saw mill caught fire. The loss was \$8000, half covered by insurance. The toys were ready to be shipped to the stores to gladden the hearts of children all over New England.

The origin of the fire is unknown, although it is suspected that it might have been a defective wire. Louis G. Cota of Milford is one of the owners of the factory, which employs 25 people.

Wives seem to think a smoking stand will keep cigar ashes off the rug but they soon discover that husbands are clumsy animals when turned loose in a room full of furniture.

After the services Mr. Rose was asked if the consistory planned to hold a special meeting at any time in the near future to take action against the Rev. Mr. Densel.

"No," he replied, "we have not. We will probably go along for possibly six months as we are now. We have plenty of the Word of God. If we run short of sermons we can pick out some of the ones the Rev. Mr. Densel wrote and never used. The congregation will have the word of God preached to them as usual."