



Got No Sleep

But now the neuritis has gone, the pains have ceased, the nervous system is restored and the writer of this letter pays a grateful tribute to the medicine which made him well.

Mr. John Woodward, P.T.O., Lucan, Ont., writes:

"It gives me much pleasure to recommend Dr. Chase's medicines, especially the Nerve Food. I was a sufferer from neuritis for several years, and tried all kinds of remedies, yet never seemed to get any better. At last my nerves and whole system seemed to give way through not being able to get any rest or sleep at nights for pain, which mostly used to take me in all parts of the limbs and feet. My nerves would twitch till my whole body would seem to jerk right up as I lay in bed. Almost at the point of despair, I decided I would get Dr. Chase's Nerve Food, which I did, and after taking twenty boxes I believe myself almost normal again. I also keep a box of Dr. Chase's Kidney-Liver Pills on hand, and for the past year I seem to enjoy my usual health."

Dr. Chase's Nerve Food, 50c a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

A Parrot's Feat

After being in captivity for twenty three years a parrot at Shrewsbury has performed the feat of laying an egg.

Captain B. C. Elwell, of Granville street, Cuthbert, Shrewsbury, England, brought home a parrot from West Africa twenty three years ago, and it is now in the keeping of his brother-in-law, Mr. S. Lawrence Corbett, assistant clerk to Shrewsbury Borough Education Committee.

The prolonged intense heat is held to be responsible for the egg-laying phenomenon. Parrots lay up to the age of thirty. They are long-lived birds. The death of one at the age of 119 took place recently in Australia.

A smile is the color which love wears and cheerfulness and joy—these three.—H. M. Beecher.

EASE UP ON MARSHAL FOCH

NEW YORK, Nov. 23.—On the advice of physicians caring for the health of Marshal Foch, William F. Deegan, state commander of the American Legion, today took steps to make the French idol's entertainment in America a little less strenuous.

While asserting that the Marshal was by no means ill, the medical men said it was necessary for the Generalissimo to conserve his strength, which has been sapped daily by a rapid succession of receptions, fetes, reviews and other entertainments.

Acting on this suggestion Deegan this afternoon telephoned all Legion Posts and many other organizations planning entertainments, and asked them to eliminate from their schedules all unnecessary details.

Marshal Foch and his party will leave for New York tomorrow night for visits to Baltimore and Washington.

WHAT BALL PLAYERS DO IN THE OFF SEASON

The majority of good baseball players are experts in other lines, and those who are not proficient with the shot gun are few and far between. Just recall to mind at the close of each baseball season the notices you see in the papers about this and that ball player taking to the woods immediately. Jess Barnes, Eddie Collins, Bob Shawkey, and dozens of other big leaguers cannot get to the woods quick enough, and we could name many more who would prefer shooting to baseball playing. Recently "Chief" Bender, the famous Indian pitcher of the Athletics in their palmy days, and Chester Thomas, manager of the Hartford baseball club, engaged in a 100 target match in Hartford and Bender won \$9 to \$7. Previous to the match neither had had a gun in their hands for five months. Bender is one of very few Indians who are proficient in the use of the shot gun. Last year he was a member of the Winchester shooting team that toured New England and this winter he is managing the gun and ammunition department of the Winchester store

Freight Rates Decrease Dec. 1

OTTAWA, Nov. 23.—A general reduction of ten per cent in freight rates on all steam roads under the jurisdiction of the board of Railway Commissioners will go into effect on December 1st. It was announced by Chief Commissioner F. B. Carvell, late yesterday afternoon on an order to the board giving effect to this decision will be issued today or Thursday. The announcement of the reduction was made following a conference between the presidents and representatives of the Canadian National Grand Trunk, Canadian Pacific Railways and Commissioners.

Sunk Llandoverly Castle, Escapes

LEIPSIK, Nov. 23.—Former Lieutenant Commander Johann Boldt, who with Lieutenant Dittmar, war convicted of manslaughter for firing on the lifeboats of the Canadian hospital ship Llandoverly Castle after the vessel had been torpedoed in the summer of 1918, has escaped from prison.

Boldt was found guilty by the Supreme court at Leipzig in July and sentenced to four years imprisonment. The charge against him and Dittmar originally was first degree murder, but was changed on the ground that the officers "acted on the impulse of the moment."

Commander Patzig, of the submarine which torpedoed the Llandoverly Castle, fled the country to escape trial.

Edmund Meredith Passes Away

LONDON, Ont., Nov. 23.—Edmund Meredith, K. C., one of the best known criminal lawyers in Canada, died here this morning. Edmund Meredith was a brother of Sir William Meredith, chief justice of Ontario. He was a Conservative and an Anglican.

To put your trust in Providence is well enough, but why go around looking for holes for Providence to pull you out of?

In New Haven, Conn., where he has managed the Eastern League ball club for the past two years.

FATAL AUTO ACCIDENT

BRIGHTON, Colo., Nov. 23.—Five persons were killed, one fatally injured and two others seriously injured when an automobile which they were riding was struck by the Union Pacific passenger train at a crossing near here today. According to word received here the dead are, Jose St. Clair, his wife and three children. The fatally injured is a boy. Two girls were seriously injured.

WAR BRIDES ARE MAKING GOOD

When asked in London recently as to the success of English war brides in Canada, Mrs. Nellie McClung told this story:

"Canada, if I may say so," she replied, "gave a great welcome to the war brides, and certainly 75 per cent of them are making happy homes. We knew the loneliness which that in our minds organized a ten-days holiday for them. The idea was to bring them into the towns, entertain them at private houses, give them hints on domestic economy, arrange picture theatre and concert parties, and worked out well. There was one continuous picnic for a splendid company of courageous women, and we were enabled to show that we did appreciate their coming to help us build up the country. All over Western Canada this will be made an annual affair. The letters they wrote to us afterwards were very charming."

"One or two things happened among the 300 wives and 105 children we welcomed to Edmonton which showed that the help was needed. For example, there was a young woman, every bright and good-looking, who, after one of the entertainments, asked to see the superintendent. Taking something out of her bag, she said: 'Do you know what this is?' The superintendent answered that it looked like bank notes. 'It's for my passage home,' replied the war bride. 'I've had to keep it by me; I should have gone crazy if I hadn't had it to look at occasionally.' She went on to tell how the great white prairie, the snow-covered waste of winter time, had got on her nerves; how in the solitude faces seemed to come to the window and peep at her; how things were made worse by some had luck on the farm, including the death of the only horse.

"I went almost crazy," she continued; "I wanted to see people. I longed for London, and the buses, and the roar; and when your invitation came, I thought I would accept it and never return. My mind was quite made up to go back to England. It was not that I'm unhappy with my husband; he's the best of men; I simply can't endure the loneliness. But now you've shown me that Canada is not only a great country, but has a soul; and I'm going right out now to break my roll of money and get my husband a suit of clothes—and there'll be enough to buy a horse to replace the one that died."

NOMINATIONS MADE IN 235 CONSTITUENCIES OF CANADA

OTTAWA, Nov. 23.—Candidates for Canada's fourteenth parliament were nominated yesterday in 235 federal constituencies of the Dominion. One of the complex battles in the history of the Dominion entered upon its final phase. A three cornered fight will be common in every province. In a number of constituencies there will be four or five in one case, even six candidates will contest for one vacancy. Never in a federal election before has there been four distinct parties in the field and apart from the official party candidates, Independent candidates are well in evidence. Quebec has around thirty of them, Ontario and the Western Provinces have a number. Possibly some will fall by the wayside before election day, December sixth, but many of them will no doubt remain, tending to split the vote of the old time parties. The election will also be the first with women candidates. But women candidates are not so numerous as it was thought might be the case. At the time of writing there are but four in the field, two in Ontario, one in Manitoba, one in Quebec. Yesterday's nominations emphasize that Ontario with its 22 seats is the central battle ground. In almost every riding there will be a Conservative, Liberal and Progressive to contest the issue. The Premier and Mr. King, Liberal leader both return to Ontario this week to renew their campaign.

Mr. Crerar, leader of the Progressives, plans to spend the time remaining before election day in Saskatchewan and in Manitoba, but the members of the Drury government and U. F. O. campaigners are carrying on in Ontario a fight for the Progressives. The Canadian Labor Party which organized only in August of the present year forms

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a fourth party with comparatively few candidates in the field. The issue taking the Dominion as a whole, lies between the Conservative, Liberals, and Progressives, but whatever the result of the elections, the next house will be a house with many unused parliamentary ways, and faces, prominent in the public life for many years will be missing.

THE MEN OF OLD

I know not that the men of old Were better men than now; Of heart more kind, of hand more bold.

Of more ingenious brow; They from today and from to-night

Expected nothing more Than yesterday and yesterday Had proffered them before.

To them was life a simple art Of duties to be done. A game where each man took his part.

A race where all must run; A battle whose great scheme and scope They hardly cared to know. Content, as men at arms to cope Each with his fronting foe.

Man now his virtue's diadem Puts on, and proudly wears. Great thoughts, great feelings, come to them.

Like instincts, unawares; Blending their souls' sublimest needs

With tastes of every day. They went about their gravest deeds

As noble boys at play.

Eggs Fight With Moss.

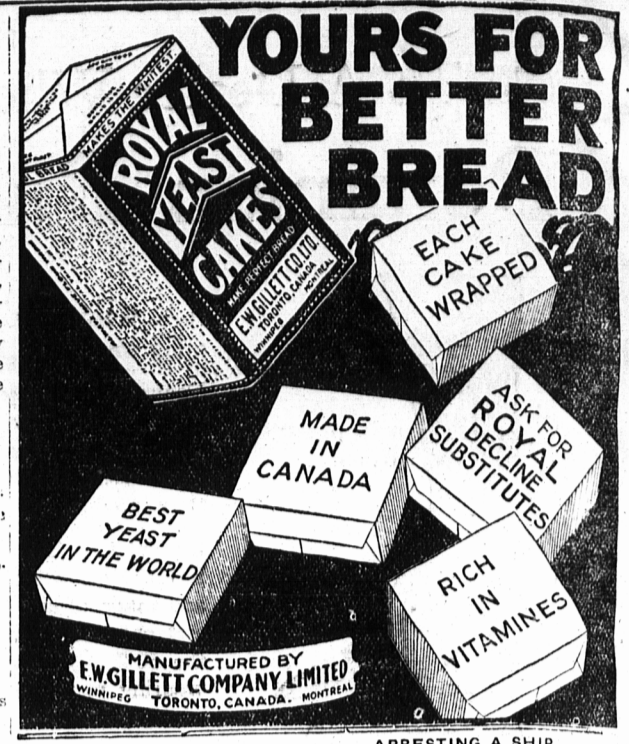
A French naturalist recently had the rare opportunity of observing an intensely interesting struggle for existence between an egg and a moss plant.

The egg was that of lizard which had been deposited on a cushion of moss. It was enclosed by a white protective covering of leather-like toughness.

The moss on which the tip of the egg rested secreted at the point of contact a substance that gradually dissolved the leathery shell of the egg.

When there was no longer any resistance, the stem of the moss plant penetrated the shell and sent its branches through the substance of the egg, emerging at the opposite end.

But the egg was equal to the emergency. It enveloped the stem



ARRESTING A SHIP

The steamship Harrier, formerly a British gunboat, which was to have sailed for Swansea equipped with guns to arm a revolution by Venezuela, has been arrested by a single customs official, who went on board at the South Wales port.

This action followed swiftly a decision in the Admiralty Division which made the vessel forfeit to the crown for violating the provisions of the Foreign Enlistment Act.

A customs official went aboard with the warrant, which he affixed to the mast, thus leaving the vessel technically under arrest.

It is a criminal offence for anyone to remove a writ once it has been nailed or pasted to the mast of a ship. (In these days of steel masts writs have to be pasted on.)

If a seaman, after a writ has been so attached, takes the vessel out of custody, he can be arrested by a British vessel on the high seas or in a British port, but he cannot be touched so long as he remains in a foreign port.

A Serious Epidemic.

Four persons are dead and 70 others are in a serious condition as the result of an outbreak of diphtheria in the Honeyman settlement, ten miles north of Prince Albert, Sask. The disease spread with alarming rapidity, the first case only being noticed one week before the epidemic was at its height.

A Surprise Visit.

"Sarah, did you invite the gentleman to come in and take a chair?" "Yes, ma'am; but it was the piano he wanted, because you'd not paid for it."

GRIZZLEY BEARS ON THE ISLAND

would make splendid hunting, YOU DO NOT HAVE TO HUNT FOR BARGAINS

Just call at the LADIES' AND GENT'S Clothing Parlors. Do not buy old goods when you can buy NEW GOODS at the NEW PRICES.

We are open to compete with any CLOTHING HOUSE in CANADA COMPETITION INVITED

Here are a few of the BARGAINS we are offering.

MEN'S WEAR

- 12 young Men's Suits, regular \$27.50 for \$9.75
Men's Bannockburn Pants for \$3.45
Boys' School Pants for \$1.45
Men's Ulsters, extra quality, regular \$37.50 for \$14.98
Men's Overalls, regular \$2.00 for 98c
Boys' Sweater Coats for \$1.25
Men's heavy Flannel Shirts for \$1.68

- Men's fine Dress Shirts for 98c
Work Gloves, regular \$1.00 for 65c
Men's Winter Caps, regular \$2.50 for \$1.35
Boys Pullover Sweaters, regular \$1.75 for 95c
Penman's heavy ribbed all wool Underwear, regular \$3.25 for \$2.15 per suit
Men's heavy all Wool Sox, regular 75c, 3 pairs for \$1.00
A few leather faced, sheepskin lined coats to clear at a bargain.

LADIES' WEAR

- Billy Burke pullover Dresses, reg. price \$8.25 for \$3.95
Skirts, regular \$6.25 for \$3.95
Ladies' Flannelette Bloomers, regular \$1.00 for 65c
All wool Flannel Middies, regular \$6.25 for \$4.38
Tricolette and Georgette Blouses to clear at \$5.98
Silk Blouses at \$3.57
Latest style "Tamprette" Hose at 87c per pair
Ladies' Dresses, Canton Crepe and Georgette, regular price \$37.50 for \$10.98. A limited number only.
A few Ladies Winter Coats at \$10.98
Ladies' Cashmere Hose, all wool, regular \$1.45 for \$1.10

This SALE continues WEDNESDAY, THURSDAY, FRIDAY and SATURDAY. FOLLOW THE CROWD.

WADMAN & BOYCE

45 Great George Street.

"The Men who Brought Down the Price of Clothing."