THE BEST MEDICINE FOR LITTLE ONES

Baby's Own Tablets are the best medicine for little ones. They are guaranteed by a government analyst to be absolutely safe, and never fail to cure constipation, colic, colds and simple fevers by regulating the stomach and bowels. Concerning them Mrs. S. Shannon, Urney, N.S., writes: "I have used Baby's Own Tablets for my two children and think they are just what little ones need. I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

TROGLODYTES CLUB.

The Membership Is Limited to French Soldiers.

Many are the tales told of the pains taken to make the trenches fit to live in, their permanent character making it worth while to spend some time and trouble in making them habitable. In one trench reserved for staff officers a bench was dug out all around and two tables were left when the trench was dug. This place is the location of the Troglodytes Club. The club has a set of rules which probably afforded more amusement when they were drawn up to the music of bursting shells than when read in cold blood in a quiet home. Here are the regulations:

1.—Members of the club are officers who wish shelter from the rain or storms (including shells).

2.—Entry to the club is forbidden (a) to all who do not belong to the French army; (b) to German projectiles.

3.—Games of chance (bullets, shells, shrapnel) are rigorously forbidden in the club's premises. They are only allowed outside, and preferably outside, the artillery park altogether.

4.—Owing to special circumstances exception is made for the game of battle (the French name for the card game beggar-my-neighbor). Bridge is also authorized, provided the dead are not counted.

5.—The game of dames (checkers), although quite inoffensive, is also prohibited. (The French word for checkers is dames, which means ladies).

6.—Every member of the club indulging in the game o echecs (chess) will be shot at once, and, in addition, expelled. (The French word echec also means check in the military sense).

7.—Taking a colic is forbidden, but trenches may be taken.

8.—Members may sleep on the divans, but they are forbidden to take their boots off.

9.—The telephone box is strictly reserved for the service. In no case may members use it to give news to their families or carry on clandestine correspondence with the gentler sex.

10.—The pictures and works of art decorating the room are placed under the safeguard of those using it.

11.—The tables are at the disposal of all members, but each must bring his own writing paper and materials.

12.—A company of chasseurs is at the disposal of members of the club. (A chasseur, besides meaning a certain kind of soldier, also means a messenger boy).

"BUNCOMBE"

It Don't Always Pay to Be Skeptical.

When a newspaper writer and proofreader that works nights can feed himself out of dyspepsia, which most all that class suffer with, it is worth while to know the kind of food used.

This man says:

"Being a newspaper writer and proofreader, also a graduate in medicine as well, though not practicing, makes a combination that would produce a skeptic on the subject if anything would.

"Day after day I read the proof on the Grape-Nuts advertisements with the feeling that they were all 'buncombe.' All this time I was suffering from dyspepsia from the improper food I was eating at the restaurant.

"One day I saw a package of Grape-Nuts at the restaurant and tried some with cream. The food took my fancy at once. After a few lunches on it at midnight I noted an improvement in my feelings, and was able to work with less fatigue.

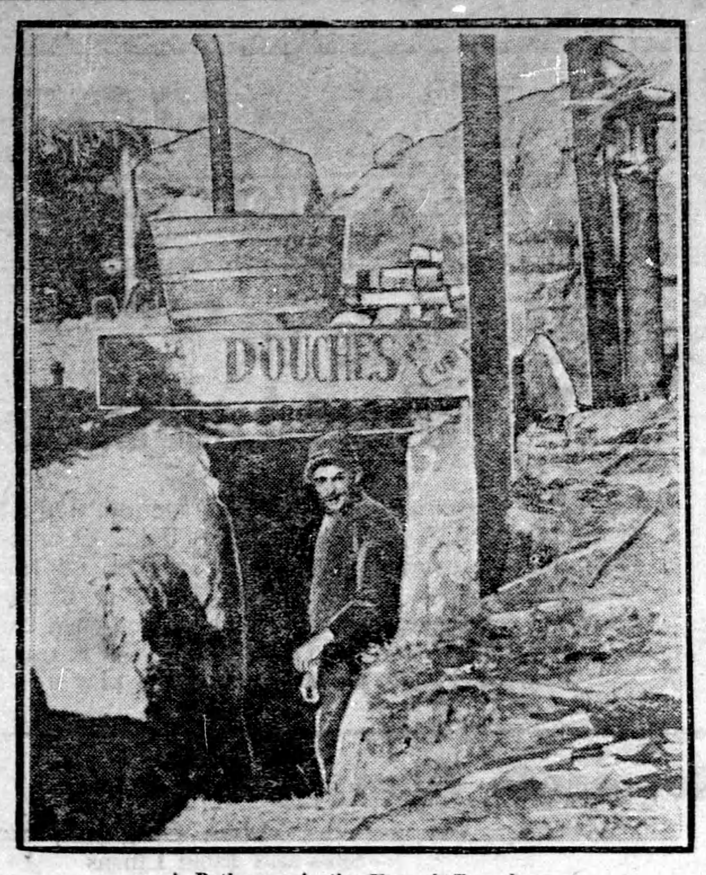
"I have used Grape-Nuts as a regular diet since then, and have improved greatly. The old dyspepsia and bad feelings that I thought were necessary adjuncts to night work disappeared, and I am able to do much more and better work with less effort than ever before.

"I was nearly ready to give up and seek health in some other walk in life, but, thanks to my change in diet, I am now all right." "There's a Reason."

Name given by Canadian Postum Co., Windsor, Ont.

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



A Bathroom in the French Trenches.

To keep an army of men bodily clean is one of the herculean tasks with which all the warring forces must combat. The photo shows a bathroom in the trenches north of Soisson, only 100 yards away from the German lines, where the men can enjoy their accustomed ablutions.

SEA WILL DETERMINE ISSUE

OPINIONS OF A NEUTRAL NAVAL OFFICER.

The British People Should Feel Deepest Gratitude to the Navy.

A neutral naval officer, writing in the New York Times, says that "for what the English navy has accomplished the British people should feel the deepest gratitude." He maintains that the influence of sea power will determine the final issue on land in a strictly military sense, for by about June 1st, Germany will have exhausted her stores of artillery ammunition and must rely on the daily output, while the allies will be enabled to import supplies. Contrasting British and German naval strategy, he says:

England's Vigilance.

England is compelled (1) to watch with increasing vigilance, night and day, the two outlets from the North Sea—many hundreds of miles apart—the English Channel to the south and the wide stretch of several hundred miles between Scotland and Norway to the north; (2) to maintain a patrol or line of scouts from Denmark to Holland, so as to prevent a surprise attack; (3) to stop and examine all merchant shipping passing through those waters; (4) to convoy English troops and supply ships to France; (5) to chase and destroy German commerce raiders; (6) to watch all neutral ports in which German merchant ships are lying; (7) to prevent the invasion of England by Germany by guarding a tremendous length of English coast line so that the menace to the German fleet, transports, and supply ships will be so great that raids will be few and far between, and so that the time spent by the raiding fleets will be insufficient to land troops, artillery and supplies; (8) to prevent the Belgian ports from being used as submarine bases, and to assist the extreme left of the allies on the Belgian coast; (9) to keep several hundred trawlers engaged in dragging for mines laid by ships flying a neutral flag, and to lay mines themselves off the German coast.

German Strategy Simple.

The requirements of German naval strategy are very simple, for at the present time Germany can afford to allow the British to retain control of the sea, as she still has sufficient supplies on hand to last until about June, 1915. The Germans realize, of course, that eventually their main fleet will have to fight. German strategy consists in remaining under cover of mines and fortifications, where the English cannot possibly reach them; laying mines far and wide, particularly off English ports in channels or localities much used by English men-of-war and large vessels; keeping up the spirits of the German people and spreading panic through fear of invasion among the civilians in England by bombardment of unfortified ports; picking off, with submarines, one by one, the English battleships. Finally, when the preponderance of the English fleet has been reduced, and when ignorant meddlers in Parliament have compelled the division of the English fleet, the plan is to make a sortie and concentrated attack on one part of the British fleet with the entire strength of the German navy, with battleships, battle cruisers, light cruisers, destroyers, mine layers, and, if conditions permit, with submarines, Zeppelins and aeroplanes. At the same time, fast cruisers, of the Emden type, will slip through the North Sea in the prevailing confusion, paralyze English shipping, and cut English communications with their army in France.

Difficulties Tremendous.

The difficulties under which the British navy operates are tremendous. To carry out the necessities of their strategy, which I have already outlined, requires to a certain extent a division of their forces. In the North Sea at the present time there are only six hours of daylight, and heavy fogs and snowstorms prevail during a large part of the time. The temperature of the North Sea is frequently below zero. There is no rest night or day for the men. No man knows whether or not the next moment may be his last, whether or not in a twinkling of an eye he may be dumped into the icy depths. The repair, supply, and coaling of this enormous fleet is a problem of great difficulty, for the forces at sea must never be seriously weakened.

Strategy of High Order.

Taking into consideration the facts that many eminent officers, including Sir Percy Scott, the father of modern gunnery, stated before the war that the submarine had made the battleship obsolete; that England is of necessity forced to divide her fleet; that her superiority to the Germans in dreadnoughts is only five to three; that the Germans are able to make a sortie at any moment by day or night in concentrated force; that the English fleet is in the position of a man with his arms bound, unable to strike back, but feeling sure that the hour of vengeance will soon be nigh; that England is still mistress of the seas and has been able to carry out every part of her programme—all this seems to prove to me that English naval strategy and efficiency have been of a high order.

Stronger Than Ever.

English strategy in time of peace has provided, in spite of the peace croakers in Parliament, such a large shipbuilding programme that England now occupies a stronger position relative to Germany than at the beginning of the war, in spite of the loss of about 3 per cent. of her total gun power. In the next six months eight super dreadnoughts will be added to the English fleet, four more super dreadnoughts will be finished for the French fleet, and two for Japan. If England desires these ships, the six Japanese and French ships will be turned over to England and manned by her naval forces, an addition to the English fleet of fourteen vessels of the most powerful and modern type, and equivalent in gun power and fighting strength to the first eighteen German dreadnoughts.

Ask England to Suicide.

Those amateur strategists in England who demand that the English should charge madly over mine fields to get at the Germans simply ask England to commit suicide as a nation, for time works on the side of the Allies. The situation of the Allies does not render the taking of chances necessary, but criminal; a policy of watchful waiting must be pursued. When a few noncombatants in an unfortified town are killed, the English should remember that millions upon millions are suffering in France, Poland, Belgium and Galicia, and give their fleet the deepest confidence and gratitude, for in the English fleet, I believe, every man is doing his duty.

ALMOST LYNCHED

It happened to a local druggist that sold a cheap acid corn salve instead of the reliable Putnam's Corn Extractor. Substitutes burn the flesh—Putnam's cures the corn. Use only the best—"Putnam's" 25c. at all dealers.

Anyway, peace is worth fighting for.

Knee Joint Stiff Three Years

CURED BY NERVILINE.

Anyone would marvel at my recovery, writes Mr. Leonard Lotham, a young man well known about Chatham. I inherited a rheumatic tendency through my mother's family, and in my early days suffered frightfully. About three years ago the pain and stiffness settled in my left knee joint. I was lame and walked with a very distinct limp. Nerviline was brought to my notice and I rubbed it into the stiff joint four or five times a day. It dispelled every vestige of pain, reduced the swelling, took out the stiffness and gave me the full use of my limb again. I don't believe there is a pain-relieving remedy, not a single liniment that can compare with Nerviline. I hope every person with pains, with sore back, with lameness, with lumbago, with neuralgia—I do, hope they will try out Nerviline which I am convinced will quickly and permanently cure them."

If Nerviline wasn't a wonderful painless remedy, if Nerviline didn't quickly relieve, if Nerviline wasn't known to be a grand cure for all rheumatic conditions, it wouldn't have been so largely used as a family remedy for the past forty years. No better, stronger, or more soothing liniment made. Get the large 50c. family size bottle; small trial size 25c.; sold by any dealer, anywhere.

A DISAPPEARING LAKE.

An Ancient Legend of the Little Lake of Canterno.

An unusual occurrence that has much interested the scientific men recently happened at Fumone, Italy. The picturesque little lake of Canterno suddenly disappeared. All the water retreated into a bottomless pit in the middle of the lake, and left the whole area absolutely dry

It appears that this same phenomenon has occurred several times in the history of the place; the last time was about 220 years ago. At that time the farmers had begun to till the bed of the lake, and had brought it to a high state of cultivation, when suddenly the water returned; and as if to recompense the people for the loss of their crops, the fish came back also.

There is an ancient legend that the lake disappears whenever its waters claim the life of a human being. That was the case at the last previous disappearance of the water. On a certain Shrove Tuesday, nine young boys were drowned in Canterno Lake. Their distracted parents cursed the waters of the lake, and then a crater fifteen feet in diameter swallowed up the water with fearful and unearthly gurgling. Fire spouted from the hole, and from the depths of the earth came a mysterious rumbling. The entire lake bed was strewn with fish, and the boat which had gone down with the boys was swallowed up by the crater.

UP-TO-DATE SERVICE.

The comfort and well-being of the passengers who travel on the Canadian Pacific is always foremost in the minds of the officials of the company, and further evidence of this is to be found in the official announcement made that all the cars in the Montreal-Chicago service have been equipped with an up-to-date valet service, so that you can now have your clothes brushed and pressed while you sleep. Simultaneously with this comes the decision of the Canadian Pacific to discontinue the use of the toothpicks on the tables of the dining cars. This step has not been taken without serious consideration. Many letters of complaint have been received in this connection, and it is pretty well known that provision of toothpicks at first-class hotels and restaurants is now considered not quite the thing.

SIR EVELYN WOOD.

Says Allies Will Be Successful by End of Present Year.

The following expression on the General war outlook was made to the New York World by Field Marshal Sir Evelyn Wood:

Promising that I have no official knowledge, I state that I am confident, with God's blessing, of the success of the allies in our righteous cause in the coming year. This opinion is based on sixty-three years' service.

Under the Crown I have made a continuous study of war problems since 1861. I assisted in the disembarkation of the allied armies in the Crimea, fought alongside the French for nine months, and learned to appreciate the unflinching, endaring courage of the Russians. Every soldier realizes the marvelous tactical improvement of their troops since the Manchurian campaign. This, with their devoted courage and numbers, must make them irresistible.

All war students realize the betterment of the French army since 1870. I have served fifty-nine years with our troops, and believe that, mainly owing to the late Lord Wolseley, we have the best trained army in the world, while in courage it vies with that of its comrades of the sister service. It and the navy have helped to create the Empire.

It is impossible to think of the navy without recalling its vast debt of gratitude to the illuminating genius of the late Admiral Mahan, which induced the clear thinking out of the problems of the command of the seas.

As to the national spirit, I have seen it in many units of the new army. All soldiers must recognize that there are types of men in the ranks who have never stood there before. In the parish in which I was brought up over 10 per cent. have enlisted since August.

I feel sure that the British, who began most reluctantly, will fight on until the allies attain their object.

How a Sick Woman Can Regain Health

READ THIS VERY CAREFULLY.

"For years I was thin and delicate. I lost color and was easily tired; a yellow pallor, pimples and blotches on my face were not only mortifying to my feelings, but because I thought my skin would never look nice again I grew despondent. Then my appetite failed. I grew very weak. Various remedies, pills, tonics and tablets I tried without permanent benefit. A visit to my sister put into my hands a box of Dr. Hamilton's Pills. She placed reliance upon them and now that they have made me a well woman I would not be without them whatever they might cost. I found Dr. Hamilton's Pills by their mild yet searching action very suitable to the delicate character of a woman's nature. They never once griped me, yet they established regularity. My appetite grew keen—my blood red and pure—heavy rings under my eyes disappeared and to-day my skin is as clear and unwrinkled as when I was a girl, Dr. Hamilton's Pills did it all."

The above straightforward letter from Mrs. J. Y. Todd, wife of a well-known miller in Rogersville, is proof sufficient that Dr. Hamilton's Pills are a wonderful woman's medicine. Use no other pill but Dr. Hamilton's, 25c. per box. All dealers or the Catarrhozone Co., Kingston, Ontario.

Just Like Mother.

"Did your playmate enjoy her visit?" said a mother to her small daughter, who had just bidden adieu to a little friend.

"Why, yes, mother; I think she did," replied the child. "I called her 'my dear' very often, in that dressy tone you use when you have company."

Minard's Liniment Cures Garget in Cows.

Cause of the Blot.

"Papa, what is on escutcheon?"

"Why?"

"This story says there was a blot on his escutcheon."

"Oh, yes! An escutcheon is a light-colored vest. He had probably been carrying a fountain pen."

Minard's Liniment Co., Limited.
Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of La Grippe, and I have frequently proved it to be very effective in cases of Inflammation.
Yours,
W. A. HUTCHINSON.

Nature Study.

School Teacher—"What little boy can tell me where is the home of the swallow?"

Bobby—"I ken, please."

Teacher—"Well, Bobby."

Bobby—"The home of the swallow is in the stommick."

Minard's Liniment Cures Colds, Etc.

What He Escaped.

A wealthy man owned a row of houses, in one of which lived a married son of his, noted for his miserly habits. This had got to such a pitch that for several years his father had been unable to get a single penny of the rent due to him. As he did not want to take harsh measures he at last went to his son and said:—"Look here, Tom; it's plainly no use my trying to get rent out of you for that house of mine, so I've decided to give it to you." "No fear," interposed the son. "I shan't have it." "Why not, pray?" exclaimed the astonished parent. "Because then," replied the unabashed, "I'd have to pay the taxes."

Many a man thinks he's charitable because he gives advice.

Minard's Liniment Cures Diphtheria.

Highest grade beans kept whole and mealy by perfect baking, retaining their full strength. Flavored with delicious sauces. They have no equal.

Thinking of Her.

"Do you think of me?" murmured the bride. "Tell me that you think only of me."

"It is this way," explained the groom, gently. "Now and then I have to think of the furnace, my dear."

YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—Just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

Assumption of Rank.

"Dearest," said the sentimental bridegroom, after the wedding ceremony, "do you think that I'll prove to be a satisfactory mate?"

"Oh, I guess you'll do all right," responded the practical bride; "and now look me over and tell me what you think of your captain."

Minard's Liniment Cures Distemper.

"How do you know that nice young man we met last night was a bachelor?" "Why, he was telling us all the evening how to bring up children."

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

IF YOU WANT TO BUY OR SELL A Fruit, Stock, Grain or Dairy Farm, write H. W. Dawson, Brampton, or 90 Colborne St., Toronto.

H. W. DAWSON, Colborne St., Toronto.

FARMS WANTED.

FARMS WANTED FOR CASH BUYers and to exchange for Toronto houses. Pewtress, Farm Specialist, 112 Church St. Toronto.

FOR SALE.

REGISTERED SHORTHORN AND Holstein Calves. T. J. McAllister, Durham.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

INTERNATIONAL POULTRY FOOD TONIC

Makes Hens lay more eggs. Also keeps them healthy and vigorous. Sold in 25c., 50c. packages by dealers everywhere. Write for our New Book, "International Poultry Guide." Free.
INTERNATIONAL STOCK FOOD CO. Limited, TORONTO, ONT.

151

Machinery For Sale

Engine, shafting, belting, pulleys, etc. from large factory for sale. Wheelock engine, 18 by 42, complete with cylinder frame, fly wheel, bearings, etc., all in good condition. Shafting from one inch to three inches, pulleys thirty inches to fifty inches, belting six inches to twelve inches. Will sell entire or in part.

NO REASONABLE OFFER REFUSED.

S. Frank Wilson & Sons,
73 Adelaide Street West, Toronto.

Just a Scratch

BUT it needs looking after just the same. First aid treatment with

CARBOLATED Vaseline

Trademark

will help it to heal quickly and prevent risk of infection. Carbolated "Vaseline" is a most effective antiseptic dressing for cuts, bruises, boils, and skin irritations of all kinds, such as eczema, poison ivy and barber's itch. Also good for corns.
Sold by Chemists and department stores everywhere. Refuse to accept substitutes. Free booklet on request.

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