ALMOST EVERY ONE NEEDS A TONIC

Almost everyone — man, woman and child—needs a tonic at some time. It is often said that a man is lazy because he takes little or no interest in his work; but the truth is he is not well. He needs a tonic. The same is true of a woman who does not hustle over her home work, but only feels fit to be in bed. She is not merely tired, but ill. A dull pain in the head or back, poor appetite, loss of strength with low spirits and loss of interest in life show that you need a tonic to brace up the nerves and give you a new lease of life. The proof is that when the right tonic is taken all the trouble quickly disappears. The one tonic—the only tonic—for weak and ailing men, women and children is Dr. Williams' Pink Pills, which speedily bring back abundant health, strength and energy. They have done this in thousands and thousands of cases as is proved by the following. Mr. Ed. A. Owen, Burdett, Alta., says:—"About two years ago my health was in a wretched condition. My whole system seemed to be run down and the doctor seemed puzzled at my condition. I had no appetite, exertion would leave me breathless, and I was troubled much with dizziness. All the medicine I took did me no good, and I was steadily growing weaker. My mother urged me to try Dr. Williams' Pink Pills, and before I had taken them very long I began to feel like a new man, and continuing their use, I was restored to complete health. I now recommend them to all run down in health as they are the best medicine I know of."

Sold by all medicine dealers, or by mail at 50 cents a box or six boxes for $2.50, from The Dr. Williams Medicine Co., Brockville, Ont.

VISION.

Dr. James L. Hughes, Toronto.

To see is greater than to know,
So I shall pray
That I may see a clearer glow
Of truth each day.

Though I know all that man has known
Blind I may be;
There is some glory I alone
Have power to see.

My vision, I must surely see,
Or fail to do
My work to make the future be
More grandly true.

Faith should be ever turned to sight,
So I shall try
To find new stars to give fresh light
On life's wide sky.

A Test for Maple Sugar.

A quick way of determining the purity of maple sugar, which has recently been put into practical use, depends upon the difference in electrical resistance of impure and pure sugar. Standards of resistance were determined by sending a current through a solution of pure sugar, and then by making similar tests with sugar adulterated by the ordinary methods. It is not only a simple matter to determine whether the sugar is or is not adulterated, but the form of adulterant is also usually indicated by the degrees of resistance.

OUR NATIONAL DISEASE

Caused by Tea and Coffee.

Physicians know that drugs will not correct the evils caused by tea or coffee and that the only remedy is to stop drinking it.

A doctor says:

"I was a coffee drinker for many years, and often thought that I could not do without it, but after years of suffering with our national malady, dyspepsia, I attributed it to the drinking of coffee, and after some thought determined to use Postum for my morning drink. (The effects on the system of tea and coffee drinking are very similar, because they each contain the drug, caffeine.)

"I had the Postum made carefully according to directions on the pkg. and found it just suited my taste.

"At first I used it only for breakfast, but I found myself getting so much better that I had it at all meals, and I am pleased to say that I have been relieved of indigestion. I gained 19 pounds in 4 months and my general health is greatly improved.

"I must tell you of a young lady. She had been in ill health for many years, the vital forces low, with but little pain. I wrote her of the good that Postum did me and advised her to try it.

"At the end of the year she wrote me that she had gained 40 pounds in weight and felt like herself again."

Name given by Canadian Postum Co., Windsor,, Ont. Read "The Road to Wellville," in pkgs.

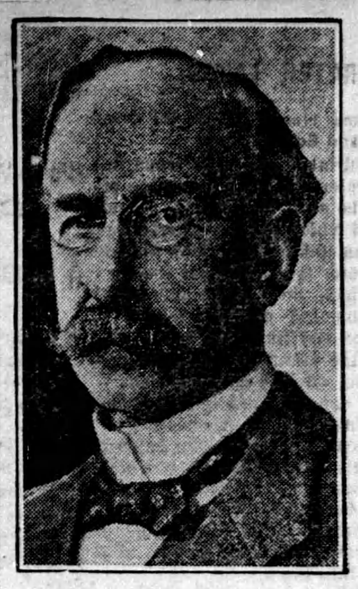
Postum comes in two forms:

Regular Postum — must be well boiled. 15c. and 25c packages.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of cold water, and with cream and sugar, makes a delicious beverage **Instantly.** 30c and 50c tins.

The cost per cup of both kinds is about the same.

"There's a Reason" for Postum.
—Sold by Grocers.



New British Chief of Imperial Staff.

The photo shows Lieut-Gen. Sir James Wolfe Murray, K.C.B., appointed chief of the Imperial General Staff in succession to the late General Sir C. W. H. Douglas, G. C.B. Born in 1853, the new chief of the Imperial General Staff was educated at Glenalmond, Harrow, and the Royal Military Academy at Woolwich. He entered the Royal Artillery in 1872. As Brevet Lieutenant-Colonel he served in the Ashanti War of 1875, being in command of lines of communication. He was commanding lines of communication in Natal during the South African campaign, and was twice mentioned in despatches. Colonel in 1899, he was created K. C.B. in the following year. He was Quartermaster of India in 1903-4, Master-General of the Ordnance 1904-7, and, in command of the 9th (Secunderabad) Division, India, 1907-11.

BABY'S BATTLES

Baby's battles for health can be easily won if the mother will constantly keep at hand the means of aiding her little ones when the emergency may arise. Baby's Own Tablets should be found in every home where there are small children. The Tablets are a gentle but thorough laxative. They break up colds; relieve croup; prevent constipation; cure indigestion; promote sleep, and in fact cure all the minor ills of little ones. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

COMMANDER SAMSON.

Kaiser Offers $5,000 for Him, Dead or Alive.

"A flying Captain Kettle," is the term applied to Commander Samson by his colleagues in the British Naval Air Service, for the brilliant aviator, with his small, well-knit frame and pointed beard, bears a remarkable resemblance to the well-known sea captain of fiction. His feats in the present war have so impressed the Kaiser that he has offered $5,000 reward to anyone who will bring him to Berlin alive or dead.

Commander Samson is one of our cleverest naval flyers, and a short time back he did much to organize the Naval Air Service of Great Britain, which is generally recognized to be the most efficient in the world. When the commander first became associated with this branch of the service it practically existed only in the form of a blue-papered docket resting in a pigeon-hole at the Admiralty. That was little over a year ago, and now the British seaplane service is a solid bulwark between Britain and its foes. Night and day its members are guarding Britain's shores from invasion by hostile aircraft, as well as conducting transports across the English Channel, Commander Samson has had much to do with this rapid growth. In addition to being a clever organizer and commander of men, this famous naval man is a born flyer, and few men can handle the great 120 horsepower seaplanes of the navy so skillfully. These machines weigh over one ton, and they have to be landed on ocean rollers at a speed of sixty miles an hour. On one occasion Comander Samson, through the reflection of the waves, misjudged the drop to water and dived underneath it. The force of hitting the water at high speed crashed him against the engine at his back, but, though stunned by the fall,, he managed to fight his way through the wires and struts which threatened to strangle him and reach the surface alive.

His past training as a sailor has resulted in the commander developing into a typical "handy man." In the early days of the war he forsook his flying for a short while and took command of an armored motor-car. It was this vehicle which succeeded in annihilating a brigade of German cavalry by dashing into them at a great speed, mowing many down with the car itself, whilst the gunners behind the shot-proof walls accounted for the rest.

Although bearded, Commander Samson is in the early "thirties," and he is considered to be the ideal type of aviator, for the recklessness of youth in his case is leavened by the experience of years.

It costs more to revenge injuries than to bear them.

"What are you anyway," contemptuously inquired Mrs. Peck during the quarrel, "a man or a mouse?" "A man," answered Henry Peck bitterly. "If I were a mouse I'd have you up on that table right now yelling for help."

She Was In Bed For Seven Weeks

THEN DODD'S KIDNEY PILLS CURED MADAME BERUBE.

Montreal Lady Tells How, After Four Years' Illness, She Found a Complete Cure For All Her Troubles.

Montreal, Que., Feby. 1st (Special)—Madame J. Baptiste Berube, residing at 1393 Logan Avenue, this city, asserts that after four years' suffering from kidney disease she has been completely restored to health by Dodd's Kidney Pills.

"I had a pain in my left side around the heart," Madame Berube says in her statement. "I suffered constantly with headache and backache, and for seven weeks I was in bed with kidney disease and feebleness. The doctor could not help me, so I decided to try Dodd's Kidney Pills.

"After the first box I was some better. I continued to use Dodd's Kidney Pills till now the palpitation has left me, and I am a well woman, able to do my work. Dodd's Kidney Pills cured me and I recommend them to all persons who suffer as I did."

Notice how many women are rising to tell their suffering sisters they can find relief in Dodd's Kidney Pills. The reason is that nine-tenths of women's ills spring from diseased or disordered kidneys. Every woman whose kidneys show signs of weakness should use Dodd's Kidney Pills.

Navigation Explained.

The Gurkas, who came from India to France to take their place in the British firing line, were sometimes very amusing during the long voyage to Europe. When they had been at sea two whole days without seeing land, writes an English officer to the London Times, they became very much disturbed in mind. "Without doubt, the captain of the ship has lost his way," they said, but they counseled together and decided at last that all was well. Some one asked them how they reached this decision. They led him to the stern of the vessel and pointed to the long wake of water boiling behind them, and said with a smile as broad as the greatness of the discovery, "Without doubt he follows the path."

Sore Eyes **Granulated Eyelids,** Eyes inflamed by exposure to **Sun, Dust and Wind** quickly relieved by **Murine Eye Remedy.** No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve in Tubes 25c. For Book of the Eye Free ask Druggists or Murine Eye Remedy Co., Chicago**

Wellington's Blunt Phrase.

Certainly most of Wellington's remarks about the British soldier are not likely to be echoed by any commander-in-chief of the present day. But there is one, uttered to Mr. Creevey before the battle of Waterloo, which with all its bluntness is thoroughly appropriate to the position to-day. They were watching a British infantry soldier entering a park at Brussels. "There," said the Duke, pointing to the man; "it all depends upon that article whether we do the business or not. Give me enough of it, and I am sure."—London Chronicle.

Minard's Liniment Cures Garget in Cows.

Another Rumor.

"I have some astonishing news for you, Maria," said Brown. "In addition to the war Britain is on the eve of a great strike, in which thousands upon thousands of hands will be involved." "What a dreadful thing!" ejaculated his unsuspecting victim. "When is it to take place?" "This very night, my dear," answered Brown, gravely. "At midnight thousands of clock hands will point to the hour and it will strike twelve."

INFORMATION FOR INVENTORS

Messrs. Pigeon, Pigeon & Davis, patent solicitors, Montreal, report that 99 Canadian patents were issued for the week ending January 12th, 1915, 73 of which were granted to Americans, 18 to Canadians, and 8 to residents of foreign countries.

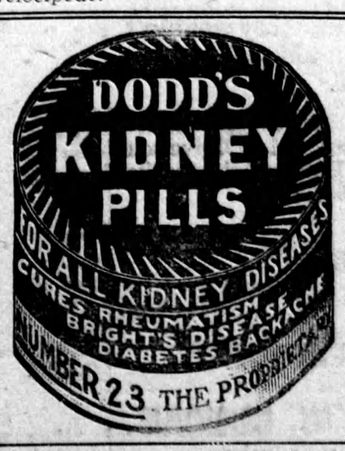
He Had.

"Have you ever thought seriously of marriage, sir?"

"Indeed, I have; ever since the ceremony."

A Wind's Fancy.

"The wind," said Mrs. Twickembury, "was blowing at a terrific velocipede."



Joint and Muscle Pains Banished by Nerviline

IT CURES RHEUMATISM.

Thousands of people, chuck full of the joy of living—happy, glad, bright people, that Nerviline has cured of their pains, all tell the same wonderful story of its power to drive out the aches and tortures of rheumatism and kindred ills.

"My goodness, but Nerviline is a miracle-worker," writes Mrs. Charlotte Chipman, mother of a well-known family residing at Mount-Pleasant. "Last month I was so crippled up with sciatica and muscular rheumatism as to be almost unable to do a bit of housework. My joints were so stiff and the mucles so frightfully sore that I even cried at times with the pain. For years we have used Nerviline in our family and I just got busy with this wonderful, good old liniment. Lots of rubbing with Nerviline soon relieved my misery and I was in a real short time about my work as usual."

No matter where the ache is, no matter how distressing the pain you can rub it away with Nerviline. For forty years it has been curing lumbago, sciatica, back-ache, colds, chest trouble and all sorts of winter ills. Keep a large 50c. family size bottle handy and you'll be saved lots of trouble and have smaller doctor bills. Small trial size 25c. at dealers everywhere.

"Doctor" Jellicoe.

When Mr. Churchill told the British House of Commons that the health of the sailors was nearly twice as good as in times of peace he raised a cheer and a laugh. He might have added that "Doctor" Jellicoe was very largely responsible for this happy state of affairs, for certainly no commander-in-chief has ever more jealously watched over his men than the present commander-in-chief of the grand fleet. His first care is food supply, second clothes, and third recreation; and Lady Jellicoe seems to be acting as a remarkably energetic member of his "staff" on shore to see that he gets all he wants in the way of comforts for his "chickens."

The Cigarette and War.

The cigarette has already figured in many stirring scenes, and even in the shadow of death it has been Tommy's close friend. Who will forget the gallant commander of the Formidable going down coolly smoking his last cigarette? Who will forget the sailors lighting their pipes when they knew their ship was doomed? "Give us a smoke" has been the last words of many a dying hero. It has brought a smile to the wounded Tommy and has comforted him in pain and hunger since the war began.

DEATH REPORTED

An old offender that hung on for years. Nothing touched his stony heart but Putnam's Corn Extractor and out he came, root, stem and branch. All corns cured just as quickly when Putnam's is used; try it, 25c. at all dealers.

KETTLE VALLEY RAILWAY.

Links Up the C.P.R. with United States Railways.

What the completion of the Kettle Valley Railway will mean to transcontinental traffic, both freight and passenger, was explained by Mr. J. J. Warren, the president of the company, who has been spending a few days' east. For years past the Canadian Pacific Railway has been wrestling with the problem of reducing grades in the Rocky Mountain section, and it is probable that it will continue to struggle for years to come. Even in days when expension work is necessarily restricted and curtailed, orders are given, for example, to push the work on the Rogers Pass tunnel to completion. But with the Kettle Valley Railway and the Kootenay Central Railway in operation the Canadian Pacific will have alternative routes from the main line, which should at once make much more economical the handling of trains to the Pacific Coast. The Kettle Valley line in Southern British Columbia, which links up with railways in the United States, and with the Canadian Pacific, which has running rights over it, will make an admirable alternative route by way of the Crow's Nest Pass, as its grades nowhere exceed 2 per cent., while the Kootenay Central has an average grade of less than 1 per cent. The Kettle Valley line will also be of great value to the fruit growers of the Okanagan Valley, as it touches Penticton and Summerland, and puts them into direct touch with the mining districts of Southern British Columbia. As a scenic route the line should prove attractive to tourists, as the southern end of the Okanagan Valley is by far the most picturesque portion of this favored section of British Columbia. By early summer the full passenger service will be in operation, and Mr. Warren expects that a large volume of the transcontinental travel will be diverted to his line.

Once a ferryman was asked by a timid lady in his boat whether any persons were ever lost in that river. "Oh, no," said he. "We always finds 'em again the next day."

Minard's Liniment Cures Diphtheria

It's a shame what bad little boys think of good little boys.

TOWN IS SAVED BY RABBI.

Promised German General That People Would Be Good.

Rabbi Salomon Bamberger, of Luenheim, a small town near the frontier of Alsace, says the Hebrew Standard, has been instrumental in saving the town from destruction by the Germans. Some of the inhabitants having been found guilty of espionage in the interests of France, the German general imagining that there were several more traitors, threatened to burn the town.

The inhabitants became so terror stricken that Rabbi Bamberger decided to make a personal appeal to the general to spare the town. Attired in his canonicals and wearing his Tallis and Tephillin, the octogenarian rabbi proceeded to the general's quarters and offered himself as a hostage for the loyalty of the population. He reminded the general of God's promise to Abraham that Sodom would be spared if ten righteous men could be found. The general was so touched by the rabbi's earnestness that he decided to abandon his cruel intention, at the same time refusing to accept the rabbi's offer to be hostage for the townspeople's good conduct.

Up in the Air.

"What are Betty and Jack quarrelling about now?"

"Oh, it's one of those wireless quarrels, I guess."

"Wireless quarrels? What do you mean?"

"Words over nothing, you know."

When a Woman Suffers With Chronic Backache

There is Trouble Ahead.

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories, and on a farm are weak, ailing women, dragged down with the torturing backache and bearing down pains.

Such suffering isn't natural, but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, deranged menses and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all womanly irregularities their merit is well known.

Because of there mild, soothing, and healing effect, Dr. Hamilton's Pills are safe, and are recommended for girls and women of all ages. 25 cents per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Mandrake and butternut.

Unfair Advantage.

James—The rain falls alike on the just and the unjust.

Jones—True, but the unjust man is generally provided with the just man's umbrella.

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

His Discovery.

"I find," confessed skimpy little Mr. Meek, "that I do the housework easier and quicker when my wife is not at home to help me."

Minard's Liniment Cures Colds, Etc.

One Way Out.

"I wish I knew how to get rid of trouble."

"I'll help you out. I know a fellow who's always looking for it!"

LOW FARES TO THE CHICAGO EXPOSITIONS.

Via Chicago & North Western Ry.

Four splendid daily trains from the New Passenger Terminal, Chicago to San Francisco, Los Angeles and San Diego Choice of scenic and direct routes. Double track. Automatic electric safety signals all the way.

Let us plan your trip and furnish folders and full particulars.

B. H. Bennett, Gen. Agt., 46 Yonge St., Toronto Ont.

The Cause.

"How did you lose your hair?"

"Worry! I was in constant fear that I was going to lose it."

Minard's Liniment Cures Distemper.

When a bit of sunshine hits ye,
After passing of a cloud,
And a fit of laughter gits ye,
An' yer spine is feeling proud,
Don't forget to up and fling it
At a soul that's feeling blue,
For the minute that you fling it
It's a boomerang to you.

You don't have to be a high flyer to demonstrate that riches take unto themselves wings.

BOILERS

New and Second-hand, for heating and power purposes. Water Flumes. TANKS AND SMOKE STACKS.

POLSON IRON WORKS LIMITED TORONTO

Engineers and Shipbuilders.

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.

FOR SALE.

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

NURSERY STOCK.

STRAWBERRIES, RASPBERRIES, POTATOES. Catalogue free. McConnell & Son, Port Burwell, Ont.

MALE HELP WANTED.

LEARN BARBER TRADE — ALWAYS sure employment at good wages; few weeks required to complete course write for full particulars and catalogue to-day. Moler Barber College, 219 Queen East, Toronto.

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.

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OF INVENTIONS
PIGEON, PIGEON & DAVIS
7th St. James St., - Montreal
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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.

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HARNESS

SOLID LEATHER $17.75

Prices must go up this spring, as leather is advancing rapidly. Buy now before the advance.

CATALOGUE FREE

Gives factory to farm prices on Harness, Harness Parts, Hardware and Horse Goods.

The HALLIDAY COMPANY Limited
FACTORY DISTRIBUTORS
HAMILTON, - CANADA

ENGINE FOR SALE

New Wheelock 18 x 42
Automatic Valve

Complete operating condition, flywheel, frame, belt, cylinders and all parts. Can be shown running at present time.

Will sell at less than half cost price.

S. FRANK WILSON & SONS
73 Adelaide St. West, Toronto

FOR colds in the chest or sore throats; for rheumatism or stiffness; for sprains and cramps. **Capsicum "Vaseline"** brings quick relief.

CAPSICUM Vaseline

Trademark
Made in Canada

It does all that a mustard plaster will do. Is cleaner, easier to apply, and will not blister the skin.

There are many other "Vaseline" preparations—simple home remedies that should be in every family —**Carbolated "Vaseline,"** an antiseptic dressing for cuts, insect bites, etc.; **"Vaseline" Analgic,** for neuralgia and headaches; **pure "Vaseline,"** for piles, chilblains, etc., and others.

AVOID SUBSTITUTES. Insist on "Vaseline" in original packages bearing the name. CHESEBROUGH MANUFACTURING CO., Consolidated. For sale at all Chemists and General Stores. Free booklet on request.

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