FIRST AID FOR WEAK DIGESTION

Like Nearly Every Trouble Afflicting Mankind Indigestion is Due to Poor Blood

Almost everybody experiences times when the organs of digestion show painful signs of weakness. Some slight disturbance of the health starts the trouble; then the patient takes a dislike to food, and dull heavy pains in the abdomen give warning that the stomach is unable to do its proper work. Sometimes a false craving for food arises; if this is satisfied the result is additional torture—flatulence, a drowsy depression, sick headache and nausea are common signs of indigestion. The foolish practice of taking drastic, weakening purgatives at such times should be avoided. Indigestion arises from stomach weakness, and the only effectual method of curing the trouble is to strengthen the feeble organs of digestion by supplying them with richer, purer blood. This is the true tonic treatment, by which natural method Dr. Williams' Pink Pills achieve great results. These pills make the rich, red blood needed to strengthen the stomach, thus imparting a healthy appetite and curing indigestion and other stomach disorders. Mr. Thos. Johnson, Hemford, N.S., says: "For five years I was a great sufferer from indigestion, which wrecked me physically. I suffered so much that for days at a time I could not attend to my business. I had smothering spells so bad at times that I was afraid to lie down. I doctored and tried many medicines but with no benefit. I saw Dr. Williams' Pink Pills advertised to cure the trouble and decided to try them. I had not been taking them long before I found that I had at last hit upon the right medicine. The improvement in my health was constant, and after I had used ten or twelve boxes I could eat and digest all kinds of food, and I felt physically better than I had done for years. I shall never cease to praise Dr. Williams' Pink Pills for they proved a real blessing to me."

You can get these pills from any dealer in medicine or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

"HATE FOR THE ENGLISH."

How Young Frenchmen Shot Down the German Placard.

In a letter to his sister in England a young French officer on service in the neighborhood of St. Mihiel, recently promoted for gallantry on the field of battle, tells this story:

"The Germans could think of nothing better to do a few days ago than to put on the walls of their barracks at —— a large placard of white calico, on which was written: 'Merci a la brave France—haine a l'Angleterre.'' Our trenches are from 60 to 90 metres from those of the "Boches," and with glasses it was easy to read the placard. In the evening I was on patrol with three good fellows of my half section, and we crawled towards the German lines till we were within twenty-five metres or so, and we hid ourselves in a big hole made by a shell.

I said to my men: "I have given you socks, gloves, cigarettes and other things. You know where they came from—they were sent from England. I want to see no more of that placard. Let us do away with it. We have our arms; let us put some shots through and destroy it."

The thing was done. I gave the order to fire, and in three minutes only some shreds of the stuff remained. The worst of it was that our fire provoked a terrible fusilade along the whole length of the line. We dropped into the shell hole and waited till the firing had finished—about half an hour—and then we regained our own trenches. My lieutenant greeted me with "So it was you who started the fusilade?" And when I said "Yes" he asked what for. I explained that I was half English, having married an English woman, and added that I wanted to see no more of a placard which referred to that nation in such terms. He "chipped" me for a bit, but when we were relieved the story was told to the captain, who passed it on to the colonel. The end of it all was a promise of my stripes as under lieutenant.

BABY'S OWN TABLETS THE HOME DOCTOR

No home where there are little ones should be without a box of Baby's Own Tablets. They cure all the minor ills of babyhood and their prompt use when baby is ailing will save the mother many anxious moments and baby much pain. Concerning them Mrs. Paul Nemon, Tugaske, Sask., writes: "We consider Baby's Own Tablets as good as a doctor in the house, and every time our little one is ailing they soon set him right again." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

He who gets rich quick is apt to go broke in a hurry.

BACKWARD CHILDREN.

May Be Due to Defects of Sight or Hearing.

Helen MacMurchy, M.D., Inspector of Auxiliary Classes for Ontario, in her pamphlet on "Organization and Management of Auxiliary Classes," says in regard to backward children:—

In the case of children who may be backward it is a matter of great urgency that every effort should be made by the teacher and the School Medical Inspector to discover, and if possible, remove or lessen the cause of such backwardness. If any physical defect or any disease is reported, the School Medical Inspector, the School Nurse, teacher, and family should co-operate to secure treatment by the family physician or other proper person. The backwardness may be due to defects of sight or hearing which can be pertly or wholly cured. Adenoid growths in the nose and throat, word-blindness or letter-blindness and lack of proper sleep and nutrition are also causes of backwardness. Flat foot, curvature of the spine, and slight chorea often escape notice in children who are otherwise defective. They need every improvement we can secure for them.

The help of the School Nurse is invaluable in Auxiliary Classes. The attention of the School Nurse and School Doctor should always be drawn to any child who seems to be in need of special care and attention. Parents and teachers have often omitted to do this because they "thought the doctor could not do anything." Nearly always this is a mistake. Many physical defects can be greatly improved or even removed. One rare condition (cretinism) which prevents proper development of mind and body can be wonderfully improved by treatment.

The teacher should pay special attention to any child whose age is two or three years above the average of the rest of the pupils, and should privately consult the School Medical Inspector before nominating the child to the Principal for admission to an Auxiliary Class. Opportunity should also be taken by the School Medical Inspector to see the parents. They may be invited by the School Nurse to meet him at the school at a convenient time. The parents should be consulted in every possible way and treated with the greatest consideration, but they should be frankly told that the child is not getting on well at school, and that without special help and teaching in an Auxiliary Class he will get farther and farther behind. If there is any reasonable ground for doubt as to the needs and mental condition of the child, then a physician who is a specialist in such matters should be called in. But at the first meeting with the parents it is not well to make any dogmatic statement as to the child's mental capacity, unless the case is a very marked one. The child should have the advantage of Auxiliary Class teaching for a reasonable time, say three or six months, and should then be re-examined. Moreover, any statement as to the child's mental condition should be made by a physician, not by the teacher.

SIKH'S A BRAVE FOE.

Their Bayonet Charge Frightens the Most Fearless Fighters.

In several respects the Sikhs, who are with the Indian forces at the front in France and Belgium, form a unique fighting force. In the first place, they fill fully one-third of the rank and file of the native armies in India. Unlike the Gurkhas, however, they do not belong to a single race. There are several types of Sikhs, the force being divided into clans. There is what is known as the Khattaries, or Kshatriyas clan, consisting of representatives of the old military caste of the Hindoos. They are not such big men as the Jats, another Sikh clan, consisting of tall, stalwart fellows who are a distinct contrast to the Mazbis, who are short, rather inclined to be stout, and have very dark skin and irregular features.

All the clans, however, are noted for their great powers of endurance, fighting qualities, and skill in handling a gun and bayonet. Indeed, it has often been said by military experts that there is no more cool and effective soldier in the world than the Sikh, who takes to drill like a duck takes to water, soon becomes a sharpshooter, and masters the use of the bayonet possibly better than the soldiers of any other nationality.

So cold-blooded and invincible, indeed, are they in a bayonet charge that it frightens even the most fearless fighters, who lose their nerve when confronted by the merciless steel in the hands of these dauntless and determined Indian troops.

Although, however, there are various racial differences between the clans of the Sikhs, there is one link which binds them together, and that is their religion, which is called Sikhism. Without going into details it may be said that this faith disdains idolatry.

Willie—"Pa, why is an after-dinner speech called a toast?" Pa—"Because it is usually so dry, my son."

He Says He Told His Neighbors

AND THEY TOLD HIM TO TRY DODD'S KIDNEY PILLS.

Mike Rudy, Young Manitoba Farmer, Sick for Two Years, Tells How He Got a New Lease of Life.

Camperville, Man., Feby. 22nd.—(Special).—Cured of Kidney and Heart Disease of two years standing, Mr. Mike Rudy, a well-known young farmer living near here, is telling his neighbors that he owes his new lease of life to Dodd's Kidney Pills.

"For two years," Mr. Rudy states, "I suffered with a terrible pain in the small of my back and shoulders. I took many different medicines, and was under the doctor's care, but nothing seemed to do me any lasting good. Finally heart disease was added to my troubles.

"Hearing Dodd's Kidney Pills well spoken of by my neighbors, I decided to try them. To my surprise and relief one box cured me completely."

Dodd's Kidney Pills cured Mr. Rudy because his troubles all came from sick kidneys. Dodd's Kidney Pills are a kidney remedy, pure and simple. If you have pain in the back, rheumatism, lumbago, gravel or diabetes, your kidneys are wrong. You need Dodd's Kidney Pills.

BOY IN FIGHTING ZONE.

Adventurous Trip to Belgium of 13-year-old London Lad.

Determined to fight the Germans, a 13-year-old London boy managed to reach Flushing and Antwerp. In Antwerp he was arrested by the Germans, but was released and made his way through Belgium and Flanders home to England.

When war was declared he was attending school in the day and working for a butcher at night. More than once he tried to join the army, but was too young and too small. At Christmas he received $2.50 as a chorister and decided to go to the front. He took train to Folkestone, but as he had not much money left, the fighting line appeared as far off as ever.

Luck was with him, however. He was seen by a customer when on the promenade who gave him a money gift as a Christmas box. He bought a ticket for Flushing. Here he was sent to a home, but escaped, and joining some Belgians eventually got to Antwerp.

He was only at liberty in Antwerp a day. He was arrested, but on account of his youth was released and allowed to return to England as best he could. He wandered through Belgium and Flanders and eventually landed at Tirbury Docks. Being mistaken for a Belgian refugee he was taken to Alexandra Palace, and it was some days before he was restored to his parents at London. He is now trying to join the navy.

MAY BE TEA or COFFEE

That Causes all the Trouble.

When the house is afire, it's about the same as when disease begins to show, it's no time to talk but time to act—delay is dangerous—remove the cause of the trouble at once.

"For a number of years," wrote a Western lady, "I felt sure that coffee was hurting me, and yet I was so fond of it, I could not give it up. At last I got so bad that I made up my mind I must either quit the use of coffee or die.

(Tea is just as injurious as coffee because it, too, contains the health-destroying drug, caffeine.)

"Everything I ate distressed me, and I suffered severely most of the time with palpitation of the heart. I frequently woke up in the night with the feeling that I was almost gone—my heart seemed so smothered and weak in its action. My breath grew short and the least exertion set me panting. I slept but little and suffered from rheumatism.

"Two years ago I stopped using the coffee and began to use Postum and from the very first I began to improve. It worked a miracle! Now I can eat anything and digest it without trouble. I sleep like a baby, and my heart beats strong and regularly. My breathing has become steady and normal, and my rheumatism has left me.

"I feel like another person, and it is all due to quitting coffee and using Postum, for I haven't used any medicine and none would have done any good as long as I kept drugging with coffee." 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 hot water and, with cream and sugar, makes a delicious beverage **instantly.** 30c and 50c tins.

Both kinds are equally delicious, and cost per cup about the same.

"There's a Reason" for Postum.

—sold by Grocers.

Nerviline Ends Neuralgia Brings Relief Instantly

No Remedy Like Old "Nerviline" to Cure Pain or Soreness.

That terrible ache—how you fairly reel with it—that stabbing, burning neuralgia—what misery it causes. Never mind, you don't have to suffer—use Nerviline, it's a sure cure. Not an experiment, because nearly forty years of wonderful success has made a name for Nerviline among the people of many different nations. "There is nothing speedier to end Neuralgic headache than old-time 'Nerviline,'" writes Mr. G. C. Dalgleish, from Evanston. "It is so powerful and penetrating that it seems to eat up any pain in a minute. My family couldn't get along without Nerviline. We always keep the 50c family size bottle handy on the shelf, and use it to end chest colds, sore throat, coughs, earache, toothache and pain in the back. My wife swears by Nerviline. For cramps its effect is astonishing and we believe it is better and speedier than any other household family remedy."

BULLETS STRANGE FREAKS.

Remarkable Escapes of Soldiers in Present Conflict.

A sapper in the Royal Engineers tells the story of an extraordinary escape which one of his comrades experienced. A bullet took his cap off and cut a groove through his hair, without injuring the scalp, in such a manner that it looked as though he had carefully parted his hair down the centre, says London Tit-Bits.

This is but another illustration of the tricks that bullets play at times. It is doubtful, however, if any soldier in the present campaign has had such marvelous escapes as Lieut. A. C. Johnson, the Hants County cricketer, who relates how, shortly before he was slightly wounded, a shell hit the wall six inches above his head, while shortly afterwards a bullet hit the ground half a yard in front of him, bounded up and hit him on the body, bruising his ribs. Then a bullet hit him over the heart, but was spent before reaching him, and when in the hospital he picked it out of his left-hand breast pocket and sent it home to his wife.

A charmed life, too, seems to be borne by a private of the Manchester regiment, who relates how while smoking a cigarette in the trenches, a bullet took the "fag" out of his mouth, while another cut the crown off his hat, leaving the peak still sticking on his head. And it is characteristic of the humor of "Tommy," even when the fire is hottest, that when a bullet took off the top of a tin of bully beef which another private had in his hand, he looked at it, coolly turned round, made a bow in the direction of the enemy, and thanked them for saving him the trouble of finding a tin-opener.

A curious escape from what might have been a mortal wound was that of a Royal Scots Fusilier. During a severe fight he suddenly felt the shock of a bullet. "I am hit," he said to his chum. Looking down, however, he saw that the bullet had struck a clip of cartridges in his top left-hand pouch, but had done no other damage. The first cartridge must have been a little loose, and as it twisted round when it was struck the bullet was turned off instead of going straight through the soldier's body, as it would have done had all the cartridges been firm.

Mr. Frank Scudamore relates an extraordinary incident which occurred during the Soudan campaign, when he saw an officer, a friend of his, go down, apparently shot through the head. "To my surprise," he says, "I met him walking about after the battle apparently none the worse for wear, saving that his head was bandaged. Then he showed me how the bullet, striking and deflected by one of the hooks of his helmet chain, had run round his forehead, cutting a groove under the skin, and had then glanced off the helmet hook at the other side.

Sore Corns Go!

Absolutely Painless

No cutting, no plasters or pads to press the sore spot. **Putnam's Extractor** makes the corn go without pain. Takes out the sting over-night. Never fails—leaves no scar. Get a 25c. bottle of **Putnam's Corn Extractor** to-day.

Much Ruffled.

Lord Lovat, the head of the famous Lovat Scouts, tells a good story in regard to a very much ruffled private who was under arrest for some offence. Lord Lovat inquired of the sergeant as to what his offence was. "He's a very troublesome fellow, sir," the sergeant replied. "Got too much lip, goes out without leave, comes back when he likes, and gets drunk when he likes—just as if he was an officer."

Minard's Liniment Cures Burns, Etc.

"Oh, dear," said the first, 'what a lot of people will be unhappy when I get married.'' "Why, how many are you marrying?" asked the sarcastic one.

IS MEAT A FIGHTING DIET?

Scientists Say It Gives Neither Courage Nor Endurance.

Circumstances have brought to light again the question of man's need of a red-meat diet to make him a fighting warrior. An advocate of meat diet declared some time ago that the Belgians were losing their vital efficiency because they are a race of non-meat eaters. But, although they had done no fighting for a hundred years, they have given a good account of themselves of late.

Modern scientists assert that meat makes a dog or a man irritable, but gives neither courage nor endurance, both of which are essential fighting qualities. Attention is called to the fruit-eating gorilla as the most dreaded fighter of the African forest. Not a lion is found in all the region where this great forest man reigns, untamed and untamable, a real king of beasts.

The lion, the traditional king of beasts, fights when brought to bay only because he is short-winded and cannot run away. Every experienced hunter has borne testimony to the ability of the grass-eating bison as a most courageous fighter, with few equals.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family When Hope had Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St., would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of backache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful, relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I thank that day that I heard of so grand a medicine as Dr. Hamilton's Pills."

Every woman should use these pills regularly because good health pays, and it's good, vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

In For It.

Modest Suitor—I have only $5,000 a year, sir; but I think I can support your daughter on that.

Father (enthusiastically) — Support her, my dear boy. Why, you can support her entire family on it.

Minard's Liniment Relieves Neuralgia.

In a Restaurant.

Patron—I suppose you have a good many queer people to serve.

Waiter—Yes, sir; all things come to him who waits.

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**

Same Thing.

"Does your husband keep a scrapbook?"

"Not exactly; he keeps a checkbook and we have a scrap every time it is used for my benefit."

Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13 yrs. old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her and she has not been troubled for two years.

Yours truly,
J. B. LIVESQUE.

St. Joseph, P.O., 18th Aug., 1900.

A Close Observer.

Young Hibbard was exhibiting some photographs to a charming girl, with whom he was very much in love.

"This one," he said, handing her a picture, "is my photograph with two French poodles. Can you recognize me?"

"Why, yes, I think so," replied the young woman, looking intently at the picture. "You are the one with the hat on, are you not?"

INFORMATION FOR INVENTORS

Messrs. Pigeon, Pigeon & Davis, patent solicitors, Montreal, report that 217 Canadian patents were issued for the week ending February 9th, 1915, 162 of which were granted to Americans, 33 to Canadians, 15 to residents of Great Britain and colonies and 7 to residents of foreign countries.

Of the Canadians who received patents, 21 were residents of Ontario, 6 of Quebec, 2 of British Columbia, 2 of Alberta and 2 of Manitoba.

It is a good thing to love your enemies, but it's better not to have any.

Minard's Liniment for sale everywhere.

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

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.

NURSERY STOCK.

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

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.

PATENTS
OF INVENTIONS
PIGEON, PIGEON & DAVIS
714 St. James St., - Montreal
Write for information

"40 Hours from Frost to Flowers"
BERMUDA

"RESTFUL ISLES OF SUMMER LOVELINESS."

Offering all outdoor Sports, social activities and a climate and scenery unequaled in the Tropics.
S.S. "BERMUDIAN," fastest, most luxurious and only Steamship landing passengers without transfer.
Sails from New York every Wednesday, 11 a.m.
Fare $25.00 for Round Trip, including berth and meals.

WEST INDIES

Delightful 28-day Cruises to the Antilles; sailings from N.Y. Mar. 2nd, 12th, 26th, 2.00 p.m. Apply for tickets and ills. booklet.
Canada Steamship Lines, Limited, 46 Yonge St., Toronto, or any Ticket Agent.

Bad Company.

Mother—Johnny, stop using such dreadful language!

Johnny—Well, mother, Shakespeare uses it.

Mother—Then don't play with him; he's no fit companion for you.

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.

A girl with a pair of natural rosy cheeks and a couple of dimples can get nearly any old thing she wants.

Minard's Liniment Cures Dandruff.

There's nothing better than the old fashioned brand of homemade charity.

Chapped Hands Quickly Healed

Chapped hands and lips always come with cold weather, but

Vaseline
Trademark
CAMPHOR ICE
Made in Canada

brings sure and speedy relief. Children especially need **Vaseline** Camphor Ice for their rough and smarting hands.

Our new illustrated booklet describes all the "Vaseline" preparations. A postcard brings it.

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

CHESEBROUGH MF'G CO.
(Consolidated)
1880 CHABOT AVE., MONTREAL