WORRY AND WEAKNESS

Often Indicate Overwork and a Run Down Nervous System.

Overwork and worry have an evil effect on the system and often give rise to nervousness and sleeplessness. Other signs include a weak back, headaches and indigestion. In time, if matters are neglected, a complete breakdown of the nervous system follows. On every hand one can observe victims of this state of nervous exhaustion who are at a loss to know what to do with themselves, their nervous, debilitated state having baffled all ordinary treatment.

If you are a victim of exhausted nerves, if your symptoms are as described above, you need Dr. Williams' Pink Pills because they are a powerful nerve tonic. Their strengthening action on weak nerves is due to the fact that they enrich and build up the blood through which the nerves are fed. Under the tonic influence of Dr. Williams' Pink Pills all traces of nervous weakness disappear together with the headaches, the insomnia, the feeling of intense weakness and depression of spirits that mark the victim of nervous ailments. Here is the proof. Mr. Henry Marr, Port Felix, N.S., says: "It gives me greatest pleasure to testify as to the value of Dr. Williams' Pink Pills. When I began their use I was a physical wreck; my nerves were all unstrung, I suffered from frequent headaches and backaches, and was almost wholly unfitted for work. I had tried several remedies without success, when I finally decided to give Dr. Williams' Pink Pills a trial. I took six boxes and they made me a well man."

What these Pills did for Mr. Marr they will do for every other weak and nervous man, if given a fair trial. Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by writing. The Dr. Williams' Medicine Co., Brockville, Ont.

SWITZERLAND IS IN PERIL

WAS ANXIOUS TO REMAIN NEUTRAL AT ALL COSTS.

Invasion by Germany and Austria Certain to Follow Entry of Italy on Allies' Side.

For some time past the question of peace or war hung in the balance with regard to Italy. Rome has been the scene of a remarkable diplomatic campaign. The Kaiser's ablest diplomat, Prince Buelow, former Chancellor of the German Empire, brought every available influence to bear upon King Victor Emmanuel and his Government to induce them to adhere to their policy of neutrality; while, on the other hand, France and Russia were endeavoring to persuade Italy to cast in her lot with the Allies and to join in the fray.

Both the Triple Entente and Germany held out inducements of a territorial character. Those of the Allies were of a more extensive character, but involved expenditure of much Italian blood and treasure. Those offered by Germany and Austria were less extensive, but could be obtained without any fighting. Prince Buelow's offers would, therefore, have been more certain of acceptance had it not been for the fact that popular sentiment throughout the length and breadth of the peninsula and in the island of Sicily was overwhelmingly in favor of Italy's making common cause with the Allies, against Germany, and particularly against Austria, whom the lieges of King Victor Emmanuel had always been taught to look upon as their arch enemy.

The importance of Italy's decision as to her policy with regard to the war lay in the fact that if she determined upon joining in the fray other neutral Powers would be drawn into the conflict. Rumania had already plainly intimated that if Italy joined the Allies she would follow suit, and an understanding to this effect between Rome asd Bucharest was known to have been in existence for some time past.

There is one nation, however, that is anxious at all costs to adhere to its neutrality and to remain as a spectator of the arena of combat instead of becomisg a participant in this titanic struggle. That is Switzerland. Yet in spite of all the care which she has exercised to avoid incurring the resentment of any of the belligerents, and notwithstanding the enormous sums of money which she has spent in the military defence of the neutrality of her territory in guarding against the slightest infraction of it by any of the neighboring Powers, it is regarded as assured that the announcement that Italy has thrown in her lot with the Allies will be followed immediately by a German and Austrian invasion of Swiss territory.

This is being discussed, not as a probability, but as a certainty, in official and military circles in Rome, in Paris, in London, and even at Berlin and Vienna. They unite in declaring that the Kaiser will notify Switzerland that he no longer feels himself under any obligation to respect her neutrality, which according to him, has already been violated by British and French aerial flights over Helvetian territory, and that, moreover, Germany feels herself bound to protect her interests in the St. Gothard Railroad, which, built mainly with German capital, is under German and Italian control.

Years ago it was pointed out that if Germany was permitted to contribute so largely to the funds needed for the enterprise, it was with ulterior aims, and that sooner or later she would take advantage of her monetary investments in the railroad to endeavor to secure possession not only of the line and tunnel, but also of the greater part of Switzerland.

The Swiss Government has been aware for fully a year past of the existence in the archives of the German great General Staff at Berlin of a carefully elaborated and up-to-date plan for a German and Austrian invasion of Switzerland. The Kaiser knew very well prior to the beginning of the present war—and the military operations of the last few months have shown that in this respect he saw clearly—how difficult it would be to pierce through France's fortified barriers, extending from Verdun to Toul and from Epinal to Belfort. To turn the French defences it was necessary that the Germans and Austrians should hack their way through Belgium in the north and through Switzerland in the south.

The violation of Belgian neutrality proved a far taller order and a much more costly operation than the Kaiser had been led to expect.

Now, however, he feels that he has nothing more to lose in this connection. Switzerland's neutrality, indeed, though strict, is no longer of a friendly but of a distinctly unfriendly character.

Consequently Emperor William has made up his mind he will avail himself of the opportunity to descend upon Switzerland in the same way that he descended upon Belgium, with the object of invading the southern provinces of France and those portions of northern Italy which are the least strongly defended against foreign attack.

The plan of the German invasion of Switzerland, elaborated by the German General Staff, is said to provide for the institution of a reign of terror in the land of William Tell, similar to that inaugurated by the Teuton authorities in Belgium last autumn. It is pointed out in the plan in question that "Switzerland being a mountainous country, the action of francs-tireurs would be particularly dangerous to the progress of our troops and convoys."

Therefore the plan emphasized "the necessity to punish with the fullest rigor any breach of the peace by the population, which would have to be kept quiet by means of wholesale executions. The Swiss being excellent marksmen, the greatest care should be taken to disarm the population. Every inhabitant found in the possession of a rifle must be shot, irrespective of age or sex, and his house razed to the ground. The hostages of the particular town or village where he resides must be dealt with in the same way."

SHE QUIT

But It Was a Hard Pull.

It is hard to believe that tea or coffee will put a person in such a condition as it did this woman. She tells her own story:

"I did not believe coffee caused my trouble, and frequently said I liked it so well I would not, and could not, quit drinking it, but I was a miserable sufferer from heart trouble and nervous prostration for four years." (Tea is just as injurious as coffee, because it, too, contains the health-destroying drug, caffeine.)

"I was scarcely able to be around, had no energy, and did not care for anything. Was emaciated and had a constant pain around my heart until I thought I could not endure it.

"Frequently I had nervous chills and the least excitement would drive sleep away, any any little noise would upset me terribly. I was gradually getting worse until finally I asked myself what's the use of being sick all the time and buying medicine so that I could indulge myself in coffee?

"So I got some Postum to help me quit. I made it strictly according to directions, and I want to tell you that change was the greatest step in my life. It was easy to quit coffee because I now like Postum better than coffee.

"One by one of the old troubles left until now I am in splendid health, nerves steady, heart all right, and the pain all gone. Never have any more nervous chills, don't take any medicine, can do all my house work, and have done a great deal beside."

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

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—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 about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

Will Quickly Cure any Sour Stomach

Relieves Fulness After Meals.

"When I was working around the farm last winter, I had an attack of inflammation," writes Mr. E. P. Dawkins, of Port Richmond. I was weak for a long time, but well enough to work until spring. But something went wrong with my bowels for I had to use salts or physic all the time. My stomach kept sour, and always after eating there was a pain and fulness, and all symptons of intestinal indigestion. Nothing helped me until I used Dr. Hamilton's Pills. Instead of hurting, like other pills, they acted very mildly, and seemed to heal the bowels. I did not require large doses to get results with Dr. Hamilton's Pills, and feel so glad that I have found a mild yet certain remedy. To-day I am well—no pain, no sour stomach, a good appetite, able to digest anything. This is a whole lot of good for one medicine to do, and I can say Dr. Hamilton's Pills are the best pills, and my letter, I am sure, proves it.

Refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butternut, sold in yellow boxes' 25c. All dealers, or The Catarrhozone Co., Kingston, Ont.

SOME NEW FACTS.

Crystals of sodium nitrate so pure and perfectly formed that they can be used in optical instruments have been made by a Paris scientist.

A new globular life preserver to be strapped upon the shoulders of two persons can be packed flat and opened for use by revolving a crank.

Massachusetts students of wireless have had good success with experiments in sending and receiving messages with aerials laid on the ground.

Aluminum caps and masks through which hot or cold water can be circulated have been invented by a Vienna surgeon for use as surgical compresses.

A saddle has been patented by a New Jersey inventor which includes leather flaps to cover the buckles which frequently wear out riders' clothing.

Concrete arches resting upon bed rock have been built in a New Hampshire cemetery to support grave stones in land too soft to support them itself.

Both the transmitter and receiver of a new French telephone can be hidden in a vase of flowers, a table ornament or any other inconspicuous object.

The United States navy will establish a wireless station on Cape Cod especially equipped to guide vessels along the Atlantic coast in time of fog.

Corns Drop Out

Instant Relief

Paint on Putnam's Corn Extractor to-night, and corns feel better in the morning. Magical the way "Putnam's" eases the pain, destroys the roots, kills a corn for all time. No pain. Cure guaranteed. Get a 25c. bottle of "Putnam's" Extractor to-day.

What It Was.

Pat and Mick were working in Glasgow and went to see the local sports. They enjoyed all the events until it came to the "caber" tossing. Mick did not know what tossing the "caber" was, and asked Pat if he knew what it did mean. Whereupon Pat turned a withering eye upon his fellow-countryman, and said: "Begorra, Mick, I didn't think you were so ignorant; sure, that's the Hieland Fling."

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale.
All the people use it.
HARLIN FULTON.
Pleasant Bay, C.B.

YOU MAY NOT KNOW

A tumbler with a compartment that can be filled with ice or hot water to keep its contents cold or warm has been invented.

Electrical apparatus has been invented to set up pins in bowling alleys as accurately and more rapidly than manual labor.

A German electrician claims to have invented apparatus by which he can measure the ten-millionth part of a second of time.

The shaft in a new egg beater has only a vertical motion and is claimed to do more work with less exertion than rotary devices.

Among the space-saving household novelties is a folding wash tub which may be fastened against collapsing when filled with water.

Ecuador plans the installation of a number of powerful wireless stations that will permit communication with all parts of the world.

For refrigeration purposes a Californian has invented machinery that pumps warm air out of a freight car and replaces it with cold.

BLACK DYE FROM TANBARK.

Wra Shortage Results in Discovery of Cheap Substitute.

One of the first results of the quest of chemists for substitutes for dyes made in Germany is sulphur black derived from so-called exhausted tan bark. One of the best known research men has derived some very satisfactory black dye from the inexpensive source mentioned, the basis of which is connected with tannic acid.

At a laboratory it was said that the inventor for whom the researches have been conducted by the chemist for the last few months does not care at this time to make the formal announcement over his name pending certain trade arrangements and further experiments. He believes that he will be able soon to improve the process greatly and present a fast black which will be of great value to textile manufacturers and at moderate cost.

Although considerable quantities of dye stuffs have been coming out of Germany the indications are that there will be a shortage this summer and the chances for the coming year are dubious. The sulphur black substitute is especially adapted for cotton.

Archil, a vegetable dye which gives to wools varying shades of red and brown, according to the strength of the decoction made from it, has been found in large quantities in Lower California. The plant from which the dye is obtained is worth about $25 a ton. The supply is said to be enormous.

Several corporations have retained chemists to work out dyestuff problems. Many branches of the dye industry in this country have been in a state of suspended animation owing to the ability of the Germans with low priced yet efficient technical help and cheap labor to produce products at prices with which no other people could compete.

Meaning of the Barber Pole.

In former times the barber served his customers in the capacity of surgeon, and when the operation of bleeding was extensively practised he was in the habit of performing in that line. The spiral red stripe so frequently seen on the barber's pole is said to symbolize the winding of a ribbon or bandage round the arm when the blood-letting operation was resorted to.

LOW FARES TO THE CALIFORNIA 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 through the best of the West. Something to see all the way. Double track. Automatic electric safety signals all the way. Let us plan your trip and furnish folders and full particulars. B. H. Bennett, G.A., 46 Yonge St., Toronto, Ontario.

The Paradox of Poverty.

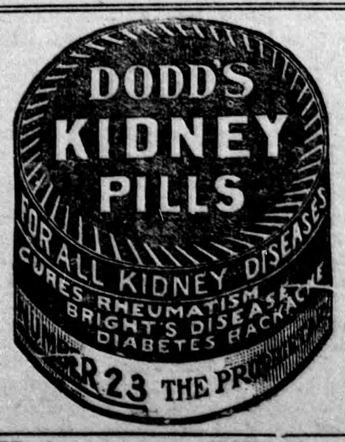
"It's so hard to be poor."
"And so easy."

Minard's Liniment used by Physicians.

Fan Uses in Europe.

Fans are put to all sorts of curious uses in Japan. At wrestling and fencing matches the umpire always uses a large fan, and the various motions of this fan constitute a language which the contestants understand perfectly, and to which they pay prompt attention. The servant girl has a flat fan made of rough pare to blow the charcoal fires with, or uses it as a dustpan; the farmer has a stout fan to winnow his grain. Another variety is made of waterproof paper which can be dipped in water, and creates great coolness by evaporation.

You can tell by some men's actions that they are used to eating off a red tablecloth.



WIT AND WISDOM.

No matter how bad a man may be, there is one woman who can find some good in him.

A celebrated man is one who is well known to hundreds of persons he is glad he doesn't know.

In reply to a suburban Sunday school teacher a small boy stated that an "epistle is the wife of an apostle!"

"There is no such thing as luck!" "There isn't, eh? Did you ever see anybody upset an inkstand when it was empty?"

Mrs. Jinks: "We women have organized a society to reduce rents." Mr. Jinks: "I am very glad to hear it! You can begin on little Willie's trousers!"

A Roaring Trade.

A friend of mine who is a seafaring man had an incredible and amusing experience selling salt water. He was standing on the quay one forenoon when a stranger came up and asked if the water belonged to my friend. He looked at the man and jokingly replied that it did.

The tide was full at the time, just wanting two feet from the top of the quay, and the newcomer's next query was a startler.

"Can I get some to buy?" he asked. He was informed he could have the lot if he liked and promptly requested five gallons.

"I have nothing to take it away in," he continued, "but I will go up to the town and get a jar to hold it."

Imagine my friend's surprise, when standing by the side of the vessel after the tide had gone out, he saw the man coming along the quay with a pitcher in each hand. The water-buyer was staggered with amazement.

"You must have done a roaring trade while I have been away," he exclaimed.

THE ONLY MEDICINE FOR LITTLE ONES

Baby's Own Tablets are the only medicine for little ones, being guaranteed by a government analyst to be absolutely free from injurious drugs. They are pleasant to take, act mildly but effectively, and always relieve constipation, indigestion, colds and simple fevers and regulate the stomach and bowels. Concerning them Mrs. Donald Ettinger, Georgefield, N. S., writes: "Baby's Own Tablets are the only medicine I can get that always do my little ones good, and I always keep them in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sure Method.

"The only way for a man to learn all about women is to get married."

"And study the ways of his wife, eh?"

"No! Listen to what she tells him about other women."

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.

The Self-Deluded.

Young Doctor—What kind of patients do you find it hardest to cure?

Old Doctor—Those who have nothing the matter with them.

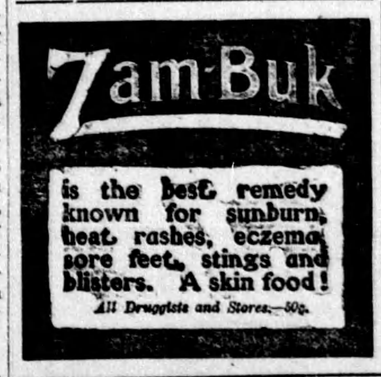
Ask for Minard's and take no other.

His Promotion.

Little Robert was very bright, and at the end of his first term at school was promoted to the second grade. He was much attached to his first grade teacher, and was loth to leave her.

"Miss Eva," he said with tears in his eyes. "I do wish you knew enough to teach second grade, so I wouldn't have to leave you."

Bullet of stone were used in the sixteenth century.



What a Million Mothers Avoid

More than a million careful mothers have intuitively known the dangers of poisonous fly destroyers. They have known that such preparations contain arsenic in deadly quantities. They have realized the peril to little children that accompanies the use of fly poisons.

But for those who have not learned of these dangers, we quote from a recent issue of the Child Betterment Magazine, which comments upon thirty-five cases of children being poisoned last year:

"The danger to children is great, and the danger to adults is by no means inconsiderable."

In the December issue of the Michigan State Medical Journal, an editorial on the same subject cites 47 cases and goes on to state:

"Arsenical fly poisons are as

RATION
ND
Day Sports

NOON

nian Procession for the following prizes:

$5,00. Best Comic Vehicle in parade, or horseback, $5.00. Best Patriotic t at the High School and finish at the nt Judges will give their decision.

Pig. Prize, the Pig.

ig while he sings the chorus of "It's a " those in parade eligible to compete in event.)

R NOON

nament with following teams:

ton vs. Kimberley. Winners to play peting to receive $10, winner $15 extra. has been secured.

TCH—McIntyre vs. Flesherton.

BAND WILL FURNISH MUSIC.

CONCERT

f the High School Building, when a n Rackett", will be presented by Dundalk by those who have seen it to be unsurtarire. Musical numbers between acts.

Seats 35c. Plan of concert at W. A. rs open at 7.30, concert at 8.00 p. m. , Children 15c. Vehicles and autos c. extra.

THE MARKETS.

Carefully Corrected Each Week

Wheat	$1 20 to 1 25
Oats	60 to 60
Peas	$1 25 to 1 25
Barley	75 to 75
Buckwheat	75 to 75
Flour	$7 60 to $8 30
Hay	$15 00 to 15 00
Butter	21 to 21
Eggs, fresh	20 to 20
Potatoes per bag	35 to 35
Geese	11 to 11
Ducks	11 to 12
Fowl	8 to 9
Chickens	10 to 11
Turkeys	14 to 15

like the finest Motor Car engine. Extremely economical on fuel. Used as standard equipment by over 40 per cent. of the world's leading boat builders. Catalog on request. $190 to $360 depending on equipment. KERMATH MFG. CO. Dept. Detroit, Mich.

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AUTO AND BOAT TOPS

Ford owners write for our catalogue.

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Speedometer Station.
179 Queen Street West,
TORONTO, - ONT.

"Overstern" V Bottom Motor Boat $55.00

Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.

Specification No. 2B giving engine prices on request. Get our quotations on—"The Penetang Line" Commercial and Pleasure Launches, Row boats and Canoes.

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