A WOMAN'S HEALTH

Can Only be Maintained by Keeping the Blood Rich and Pure.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy toils, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headache, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired, or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. Mrs. W. H. Alberry, Mallorytown, Ont., says:—"I was very much run down and suffered from weakness and nervousness. At times I did not know what to do, as I would shake all over, and would have to go and lie down. I was treated by several doctors, who said the trouble was bad blood and weak nerves, but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and they made me feel like a new woman. Later when I was nursing my baby, I felt run down, and again took the pills, and my baby at six months weighed thirty-five pounds. It was this medicine that gave me the strength to nurse him, and both baby and myself greatly benefited by it. I hope every suffering woman will give Dr. Williams' Pink Pills a fair trial as I did, for I have proved their wonderful merit."

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

STOPPING HOUSEHOLD FIRES.

Rules if Put Into Practice Would Save Lives and Property.

A wet broom forms an effective fire extinguisher for all small household fires. If the curtain blows over the gas jet or lamp and blazes up, use a broom. Wet it in pail of water or at a faucet. One can throw a solid sheet of water or just as a spray with this from a pail. It is almost as good as a hose. It is possible to beat out a fire with a wet broom or pull down a blazing curtain or portiere. On discovering flames in any room close the door and window, also, if possible, to stop the draught, and then run for the broom and pail.

If the bed catches fire, beat out the fire with a wet broom. If the fire spreads to the mattress get the man of the family to roll it up and throw it out of the window. If this cannot be done make him upset the bed and throw the mattress on the floor, it will burn slower there and the broom and water can be used to advantage.

Never try to extinguish burning grease by throwing water on the blaze, as this only spreads it. Such fires must be smothered. Put flour, salt, sand, or even baking powder on the flames. It is often best to let a pan of grease burn itself out and simply see that it sets nothing else on fire. Don't throw the flour or salt on it, as this will make the burning fat splash in all directions. Use a long stick or poker to mix the flour or other substance with the burning grease. This will quickly put out the fire.

If a lamp or oil heater takes fire handle it very quickly or let it alone. Toss a rug or heavy blanket over it or empty salt or flour on it, but not sugar, or it will only make a bad matter worse. If the lamp explodes or upsets the best thing to do is to close the doors of the room and turn in a fire alarm.

Never pass close to a fire. Do not go above a fire, for flames travel upward. Do not go back for valuables after reaching a place of safety. Lose no time in getting every one out of the house.

If your clothing catches fire don't run out of doors but lie down on the floor and roll over, throwing a rug around the body, if possible, to smother the flames and protect the face.

Dairy butter has food values vital to children. For this reason it is urged by our women workers that children be not stinted in its use, but that it be used as little as possible in cooking.

Gunns Shur-Gain Fertilizer

REAL COMFORTS BEHIND THE LINES

WHAT ONE NIGHT IN A GOOD BED MEANT TO SOLDIERS.

Two French Campaigners Describe the Unaccustomed Luxury of a Soft Couch.

When the war broke out, Lieut. Maurice Genevoix was a second-year student at the Ecole Normale in Paris. Now, as a veteran of many campaigns, he describes in 'Neath Verdun what one night in a real bed means to the poilus.

After months in the trenches Lieut. Genevoix and his company find themselves in a small village behind the lines. With his friend, Porchon, he goes to a small house. He says:

We are in a smoky kitchen, dimly lit by a single candle placed on the table. From a line across the room hang stockings, handkerchiefs, swaddling clothes, drying above a stove. The chairs, scattered here and there, are encumbered with a washbasin, a pair of trousers, some dirty dishes.

Our host is still a young man, sickly, pale, thin as a skeleton; his moustache and hair are light-colored. He offers us his hand and says:

"We have been awaiting you. My wife has prepared beds for you in that corner there, against those sacks of bran."

The woman leaves her chair near the stove, shakes off three or four urchins hanging to her skirts and raises the candle from the table.

We can see clearly now. Along the sides of the plastered wall sacks are stacked. In these sacks the miller has placed a plentiful litter of straw of an even depth all over. On the top of the straw she has placed a feather mattress, blankets and sheets. Tonight we're to have sheets, a real bed. We're going to undress ourselves, to lie between two sheets, wear nothing but our shirts. I steal a glance at Porchon; his face expresses his unfeigned delight. Suddenly he places his hand on my shoulder and, regarding me with affectionate eyes, says:

"You brick!"

Delirious With Happiness.

Our bed that night was a thing never to be forgotten. Undressed in a twinkling of an eye, we plunged into its depths. And instantly it wrapped us from head to foot in a sweet, gentle embrace. There was no end to our surprise; each second produced some new discovery; we sought with the whole of our bodies for some hardness, but there was no corner that was not soft and warm. Our bodies, which remembered all the stones of the field, all the gaps in the soil, the greasy humidity of the woods and the harsh dryness of the stubble fields; our bodies, bruised by nights of bivouac, by the straps of our equipment, by our shoes, by the weight of the knapsack, by all the harness of wanderers who know no roof—our bodies were unable swiftly to accustom themselves to so much softness and comfort. And we broke into shouts of laughter; we expressed our enthusiasm in burlesque phrases, in formidable pleasantries, each one of which provoked new laughter that knew no end. And the man laughed at seeing us laugh, and his wife laughed, and the urchins laughed; the hovel was full of laughter.

Then the woman stole out, and when she returned she was escorting five or six of the neighboring villagers. And all these women, too, watched us laughing, and exclaimed in astonishment at this phenomenal spectacle—two poor devils so far scorned by death; two soldiers of the great war who had fought often, had suffered much, delirious now with happiness, laughing with the abandonment of children because they were sleeping for that one night in a bed.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To Prevent Fading.

When washing and rinsing colored material add a tablespoonful of epsom salts to each gallon of water and even the most delicate shades will neither fade nor run Serge and similar materials which have been dyed black can be safely washed in this way without risk of the dye running.

An implement has been patented by a New York man to enable a blind person to thread a needle.

SHIPBUILDING IN BRITISH COLUMBIA.

If history can be relied upon it is just one hundred and thirty-one years since the first ship was built on the Pacific Coast of Canada. A century and a quarter passed without bringing the industry to any immense proportions, but within the last few years shipbuilding advanced in British Columbia as if by magic. In the summer of 1916 there was one ship to be valued at half a million dollars in process of construction in the province. At present the industry represents an investment of $30,000,000. Nine large vessels the product of British Columbian enterprise, are now sailing the vessels, the product of British Columbian which are of steel construction, are either being built or have been contracted for.

The incentives for these gigantic strides in British Columbian shipbuilding have been the demand for ocean tonnage created by the German submarines, and the many extraordinary facilities which the geographical situation of British Columbia and her forest resorts offer for the shipbuilding trade. It was for these reasons that the Imperial Munitions Board selected British Columbia to build twenty-five vessels.

British Columbian shipbuilding is carried on mainly at Vancouver and Victoria, but New Westminster has a yard of considerable proportions at Poplar Island, where four of the ships ordered by the Munitions Board are being constructed. The classes of ships being built are divided into schooners and steamers. The majority are built mainly of wood, but several are made principally of steel. At present the shipyards of Victoria, Vancouver and New Westminster are engaged in building fifty of these vessels, which will have a gross tonnage of 116,980, and a deadweight capacity of 185,000 tons.

The cost of the material alone that must be applied for the completion of these ships is estimated at $1,700,000. In order to finance the shipbuilding undertakings, actual and contemplated, the British Columbian Manufacturers' Association is endeavoring to secure a "Shipbuilding Loan" from the Dominion Government.

There is a bright prospect before the shipbuilders of British Columbia. It is possible that the yards there will be making ships for the Australian Government in the near future. Negotiations are now being carried on by the shipbuilders of British Columbia with the Government of the Commonwealth with a view to securing orders.

The great ships of the Canadian Pacific Ocean Services, now plying between Vancouver, Victoria and countries of the East, when they have lived their allotted time and done their appointed work, may be replaced by other liners, just as magnificent, that will be built in the shipyards of the Canadian Pacific Coast, for it is not likely that industrious British Columbia will ever relax its hold on an undertaking that has begun so auspiciously.

GIRLS! LEMON JUICE IS SKIN WHITENER.

How to make a creamy beauty lotion for a few cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

MAKING OPTICAL GLASSES.

The German Product Equalled by American Scientists.

One of the things for which we were accustomed to depend upon Germany was optical glass, the manlufacture of which was originally developed at Jena, even now the most important centre of that industry.

The cutting off of these supplies has been a matter of no small seriousness, especially in view of war needs for telescopes, binoculars, photographic lenses, etc.

But U.S. Government scientists went to work on the problem, in cooperation with two big firms of makers of optical goods in the United States, and in the last six months 50,000 pounds of optical glass as good as the best Jena product have been produced. Here is another thing that Germany will not be able to sell on this continent after the war.

Optical glass is very different in its properties and in processes of manufacture from any other kind. For purity and freedom from defects the raw materials must be selected with great care, and a wide variety of chemical constituents is employed, including oxides of barium, magnesium, aluminum and zinc.

Milk, fruit and vegetables are the last articles to save on.

Minard's Liniment Cures Garget in Cows

Western Woman Speaks With Enthusiasm

Mrs. R. Eckford Tells of Dodd's Kidney Pills.

She Says They Are "All Right," and Gives Her Reasons For Saying So—Why They Are Popular on the Prairies.

Leslieville, Alta., Feb'y 4th (Special.)—It is with true Western enthusiasm that Mrs. R. Eckford, of this place, gives her opinion of Dodd's Kidney Pills.

"I wish to inform you that Dodd's Kidney Pills are all right," says Mrs. Eckford.

"I have only taken two boxes, and my back is fine. Of course I will keep on taking them whenever I think my kidneys are not just right."

"Your Diamond Dinner Pills are dandy, too," Mrs. Eckford added. "I keep them in the house, and take one occasionally as required."

What strikes one most on the prairies is the warm praise the people give Dodd's Kidney Pills. They are used for all kidney troubles, including backache, rheumatism, lumbago, heart disease, diabetes, and dropsy and Bright's disease, and their popularity is proof of the good work they are doing. Dodd's Kidney Pills are the standard Canadian kidney remedy.

Lloyd George and the Agriculturists.

In a recent address to a deputation of English agriculturists, Rt. Hon. David Lloyd George said that unless it were possible to supply with food the population behind the lines, as well as the soldiers at the front, the prospects of winning the war were remote. "The enemy is not going to starve us; but that is not enough," he declared. "We have got to produce such a quantity of food that we need not go into the American market and snatch the food out of the mouths of our Allies. If the Allies are short it is because the farmer is handling a rifle to defend his country, instead of the plough."

MURINE FOR YOUR EYES Granulated Eyelids, Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort. Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free, Ask Murine Eye Remedy Co., Chicago.

Bakers Helping Food Controller.

The bakers of Canada are co-operating with the Food Controller in an effort to bring about a saving in the consumption of wheat flour in the Dominion, so that larger quantities may be released for export to the Allies overseas. At the annual meeting of the Ontario Bread and Cake Manufacturers' Association held in Toronto lately Professor R. Harcourt, head of the Department of Chemistry, Ontario Agricultural College, Guelph, represented the Food Controller. The bakers expressed their willingness to do anything in their power to help in the attainment of the Food Controller's objects. A committee was appointed to draft resolutions outlining the views of the Association.

The Nova Scotia "Lumber King" says:

"I consider MINARD'S LINIMENT the best LINIMENT in use.

I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT and it was as well as ever next day.

Yours very truly,
T. G. McMULLEN.

Don't Fear the Cold.

Because the air is cold it is not unhealthy. Cold weather is, in fact, healtheir than hot, when the sun is breeding flies and other plagues. Still, because it is cold and chill people hug tight to the stove and dread going outdoors.

The cold won't hurt you. All you need to do is to dress according to the weather.

Minard's Liniment Cures Distemper.

Plants in the window gardens during severe weather should be removed to a warm place at night.

There has never been a season when the shortage of good seed corn was so acute as this year. Little of the 1917 crop is fit for seed. Purchase seed and have it delivered at once.

EAGLE MOTOR STYLE

Write to-day for our big FREE CATALOGUE showing our full lines of Bicycles for Men and Women, Boys and Girls.

MOTOR CYCLES
MOTOR ATTACHMENTS

Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and Parts of Bicycles. You can buy your supplies from us at wholesale prices.

T. W. BOYD & SON,
27 Notre Dame Street West, Montreal.

A Jellicoe Story.

It is just a quarter of a century ago that the Victoria was rammed by the Camperdown and sent to the bottom of the Mediterranean. At the time Jellicoe, then a commander, was on board the Victoria, helplessly ill with fever in the hospital quarters of the ship. Sir John Tyron and several hundred officers and men lost their lives, but "Jack" Jellicoe miraculously escaped.

"How," he once exclaimed, in speaking of the incident, "I do not quite know myself!"

Suffice it to say that his temperature registered at 103 shortly before the collision, and when he was fished out and handed aboard a rescuing ship it was normal.

As a last resort, doctors sometimes try to bring down a temperature by giving the patient a hot bath. Was Sir John's temperature reduced by a cold one?

Minard's Liniment Cures Colds, Etc.

It takes twenty sheep to produce the wool needed for one soldier's uniform, blankets, socks and other wool equipments.

Money Orders.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

"Say, John?" "Well?" "Did you feed the furnace?" "You could hardly call it feeding. I did give it a little light lunch, so to speak."

YES! MAGICALLY!
CORNS LIFT OUT
WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.

When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION

Cause of Early Old Age

The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.00 a bottle delivered. Horse Book 9 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. $1 and $2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

High Prices Being Paid for Syrup and Sugar

Pure Syrup commands a high price. Maple Grove owners using our "Champion" Evaporator have been making good money on a rising market for years. You can do the same by ordering your machine now in readiness for next season's crop.

Write for Free Booklet

THE GRIMM MNFG. CO., Limited
58 Wellington St., Montreal, Que.

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.

E.W.GILLETT CO. LTD
TORONTO, ONT.
WINNIPEG MONTREAL

Stiffening Laces.

When washing delicate laces do not use starch. If some stiffening is needed, dissolve two lumps of sugar in warm water and rinse with this mixture. All the desired stiffening will be there.

Minard's Liniment Cures Diphtheria.

HELP WANTED

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time, good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., Toronto.

Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guaranty by all druggists.

CUTICURA HEALS SKIN TROUBLES

The Soap to Cleanse Ointment to Heal

Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, you may try them before you buy them.

Sample Each Free by Mail

With 32-p. Skin Book. Address postcard: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

MRS. KIESO SICK SEVEN MONTHS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my housework, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for themselves how good it is."—Mrs. CARL A. KIESO, 596 North Ave., Aurora, Ill.

The great number of unsolicited testimonials on file at the Pinkham Laboratory, many of which are from time to time published by permission, are proof of the value of Lydia E. Pinkham's Vegetable Compound, in the treatment of female ills.

Every ailing woman in Canada is cordially invited to write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for special advice. It is free, will bring you health and may save your life.

Machinery For Sale

1 WHEELOCK ENGINE, 18x42.
New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept $1,200 cash for immediate sale.

1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C.
Will accept $425 cash for immediate sale.

PULLEYS, Large size.
26x66—$30; 12x60—$20; 12½x48—$12; 12x36—$8.

1 BLOWER OR FAN, Buffalo Make.
14 inch discharge—$30.

REAL ESTATES CORPORATION, LTD.
60 Front St. West, Toronto