THE STARTING POINT OF CONSUMPTION

Lies in Weak, Watery Blood—Dr. Williams' Pink Pills Make the Blood Rich, Red and Pure.

Weak, watery blood is the starting point of consumption. When your blood is in this condition your whole health declines. Your face becomes pale or sallow, your appetite fails, your heart jumps and flutters at the least exertion or excitement. You are always weak and wretched and you lose interest in both work and amusement. This is the point from which you may easily step into that hopeless decline that leads to consumption and the grave. What is needed to bring back health, strength and energy is the new, rich red blood Dr. Williams' Pink Pills actually make. In all the world of medicine there is no other tonic and blood builder like them, and all who feel weak, run-down or easily tired should lose no time in giving these pills a fair trial. They have transformed thousands of weak, hopeless men and women, boys and girls into strong, robust people. In proof of these statements may be given the experience of Mrs. T. Brennen, Charlton, Ont., who says:—"Not only myself, but my friends think that had it not been for Dr. Williams' Pink Pills I would have filled a consumptive's grave. My condition was most serious; my blood seemed literally to have turned water; I was as pale as a sheet and became utterly unable to do any housework or go about. I doctored steadily for a long time but was growing weaker, and finally the doctor held out but little hope for my recovery. It was thought that a trip might help me and I was taken to New Ontario. Those who saw me while on my way did not think I would reach my journey's end alive. After I reached my destination a friend strongly urged me to try Dr. Williams' Pink Pills, and as of course I was anxious to regain health I did so. The pills were the first medicine I had taken which seemed to help me at all, and it was not long until I felt they were doing me good. I continued their use gladly, and began to feel hungry and soon after was able to move about the house. Next I was able to go out of doors and to help in the housework, and from that time on my progress was rapid, and in the end I was enjoying better health than I had ever done before. There are many people who can testify to the absolute truth of these statements, and I feel I would not be doing justice to your wonderful medicine if I did not make these facts known."

You can get these pills through 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.

WHO ARE THE BEST FIGHTERS?

The Canadians Are Generally Admitted to Carry the Palm.

Early in the war the British War Office found it expedient to enter objections to the tartan kilt on the battlefield on account of its conspicuous colors affording too distinct a target for the enemy. An order was issued requiring the "Kilties" to wear a kilt made exclusively of khaki. To this the Highland regiments, with their devotion to the tartan, objected, and substituted for the all-khaki kilt a khaki apron which hid the conspicuous tartan colors in front.

The War Department again complained that their orders were not being complied with, and to this the Highlanders quickly replied, asserting that requirements had been fully met by the wearing of the khaki apron in front, for no Highlander ever turned his back to the enemy. Hence it had become generally accepted that the Highland regiments were the best fighters.

But now the New York Times claims that it is generally admitted in Europe, by French and British alike, that the Canadians are the best fighting men in the trenches, and adds in support of the claim "they are never subject to periods of high elation, which give them great elan in attack, and later periods of great depression, which seriously affects their morale, as are the French. Nor is the lack of brilliancy individually or the absence of the great enthusiastic action of the French in attack, both of which in a general way characterize the British. The Canadians possess almost all of the brilliance and enthusiasm of the French, combined with the steadiness and absolute dependability of the British to get what they go after if it is humanly possible. It is purely a question of temperament, and of the environment of their youth. In both, the American and the Canadian are alike, and their action in battle will be the same."

We little realize how children cherish their gardens. No flower ever cost more than a little pansy that was brought me by a generous, sweet little seven-year-old girl last autumn: "You will put it right in water, won't you, and keep it? It is the very last flower from my pansy bed this year."

Gunns Shur-Gain Fertilizer

TRAINING CANADIAN YOUTH.

The Demand for Technically Trained Workers is Imperative.

Probably 100,000 boys and girls from 14 to 16 years of age annually leave school in Canada to engage in some occupation connected with manufacturing, agriculture, mining or transportation. The present general plan of education does not provide sufficiently for these young people. They are stepping out into the world to find their way, with an almost entirely literary education. The apprentice system in our industries is almost a thing of the past, and the youth in our factories and other business organizations is left to pick up a smattering of his future occupation as best he may. Notwithstanding this, every manufacturer will agree that properly trained help is the best investment. Germany, in the past few years, has amply demonstrated the value of technical training.

Canada has very important natural resources requiring capacity to develop them. What are we doing to produce this capacity? How many of our farmers' children know the qualities of soil and the proper fertilizers to use for best results? Mgr. Choquette has told us of the Belgian farmer's knowledge of his land and his scientific use of it. Can we hope to meet him on even terms? How many metal workers know the composition and working qualities of their raw materials. Do our carpenters, textile workers, employees in our ceramic and other industries know why they perform certain operations and why they secure the results they do?

We are not doing justice to the rising generation. At the close of the war, Canada will no doubt see an influx of immigrants from the European countries. Their system of industrial training has put them in a position to understand the theoretical as well as the practical side of their means of livelihood. Canada will have to meet these European countries in competition for trade, and, to do so successfully, her manufacturing and other lines of activity must utilize all trained help available; to secure this result it will be necessary to give the most important positions to our foreign-born residents. We may then realize, too late, that we have been unfair to our own children. Industrial training schools with night classes should be a part, and an important part, of all educational work, and attendance of pupils, up to at least 18 years of age, should be compulsory.

A Tribute to a War Dog.

I turn the crimson page of war,
And here I find your name,
A comrade, shell and shrapnel scarred,
And plumed in battle fame.

A friend of man, a friend of God,
Of royal blood and true,
Who met the hell-hounds, breast to breast,
A soldier, through and through.

. . . . . .

Ye trumpets sound a requiem,
Ye red, red waters, cry
Your lamentations, coast to coast,
And darkness hide the sky;

Kneel, kneel, ye slaves of high estate,
O blue-flower bow your head!
A dog that shames an emperor,
Somewhere, somewhere lies dead.
—Herbert Randall.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Victors Overseas.

The other day a laconic British official statement announced the completion of the campaign in German East Africa. Its significance was little appreciated by a world whose attention was fixed upon Cambrai and the Russian revolution. And yet it marks the passing of one of the great colonial empires of modern times. When the war broke out German colonies occupied more than a million square miles of African territory, an empire in area larger than that lost by France under the old monarchy in the wars with Britain which preceded the Napoleonic era.

Bagdad, Jerusalem, German Africa—these are measures of the present struggle between the Briton and the German. We are now in the fourth winter of the war, a war which German statesmen and German scholars quite as much as German soldiers proclaimed was to be a contest between a modern Rome and a contemporary Carthage, a contest in which the German should play the Roman role. And after four campaigns no German ship sails the seas, every German colony is in British hands, save for those portions occupied by Britain's French and Japanese allies; Germany's Turkish ally has lost Mesopotamia and the Holy Land; British armies occupy the roads to Suez and the Persian gulf, and no single foot of British territory has now a German master.

OLD GENERAL HUNGER.

Allied Europe Needs 290,000,000 Bushels of Wheat.

The Food Controller says Allied Europe is short of 500,000,000 bushels of wheat. On Dec. 1 last, Canada had 110,000,000 bushels for export. On the same date, the United States, after allowing for the normal consumption of her own people, had not a single bushel, although Mr. Hoover thinks that, by economy and substitution, they will be able to export about 100,000,000 bushels. Where will Allied Europe procure the balance of 290,000,000 bushels to keep her from starving?

On account of the shipping situation it must come from America and Canada, as the granary of the Empire, must put forth a supreme effort, says Conservation. The farmer must have additional labor. He is doing his best now, and no amount of talking at him will induce him to put in a larger crop this spring. Provide him with extra help in seeding if you will, but he will not increase his crop acreage unless he is assured of enough help in harvest. Even in old-settled Ontario there has been for years a large acreage uncropped for lack of help. It is equally true that there are in our cities and towns many farm-trained men at work not as essential as farming, who would assist in the crucial periods of seed-time and harvest if the law protected them in their positions and possibly made up a part of the difference between their ordinary earnings and what they would receive as farm laborers. We have conscripted men for overseas; what are we going to do to feed our Allies?

Man-power is needed for fighting, for munition working and for food production, and whichever is the most urgent should have the most men allotted to it. In such times as these, it is given only to those in high authority to know conditions fully, but, if the food administrations of Canada and the United States portray things as they are, the food situation is the most serious we have yet had to face. It is only when the ordinary citizen realizes this that the problem can be solved.

LEMONS WHITEN AND BEAUTIFY THE SKIN

Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the 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 sweely fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to smoothen rough, red hands.

CAMOUFLAGE TRAPS U-BOAT.

Trick by Which British Seamen Destroyed a Submarine.

Camouflage by the gun crew of a British steamer tricked a German U-boat commander into the belief that he was attacking an unarmed merchant vessel and caused him to manoeuvre his boat so that the gunners of the merchant vessel were able to send him and all on board to the bottom. The story was told by an officer of a British ship which recently arrived at an American port.

The steamer was nearing a French port with a cargo of foodstuffs and ammunition when the U-boat appeared.

"The German was some distance away when we first saw him," said the British officer, "and at the same time he was watching us through the periscope. The gun crew was all ready. Our big gun was hidden behind a screen, which covered the entire stern and which had been painted, both at starboard and port, to look like lifeboats. The U-boat came on. When about twenty yards off, the commander, evidently having satisfied himself that we were unarmed, ordered the vessel sunk by bombs.

"Several men clambered from the forward hatch, dragging one of their collapsible boats after them. Officers stood on deck, leaning against the conning tower, as they waited for our finish. Meanwhile, the gunners had been working behind our lifeboat screen, and while the Germans were preparing their boat the gun pointer signalled the range.

"The screen was dropped, and before the Germans were aware of the trap they had fallen into, the big gun roared. We saw the shell tear into the hull at the water line and directly at the base of the conning tower. The submarine sunk in less than four minutes, with all its crew."

Skimmed milk furnishes protein at about half the outlay for which this essential can be purchased as milk: it is also a valuable source of carbohydrates and mineral water. The deficiency of fat in skimmed milk is counterbalanced by the fat of the ordinary mixed diet.

Minard's Liniment Cures Diphtheria.

The Doctor Did Not Do Her Lasting Good

So Mrs. Jos. Roger Used Dodd's Kidney Pills.

Popular New Brunswick Teacher Tells What Splendid Results She Got From Dodd's Kidney Pills.

Elm Tree, Gloucester Co., N.B., Feb. 11th—(Special)—"When the doctor I consulted failed to do me any lasting good I decided that my kidneys were the root of my troubles, and made up my mind to try Dodd's Kidney Pills.

"You may judge of the results when I tell you that I have not lost a day's work as teacher during the past year."

That is the statement of Mrs. Jos. Roger, the well-known and popular teacher here. Just how ill she was before using Dodd's Kidney Pills is best told in her own words.

"My trouble came from a strain," she says, "and I suffered for thirteen months.

Backache, heart flutterings, sciatica, neuralgia, nervousness, dizziness, and failing memory were among my symptoms.

"I took 12 boxes of Dodd's Kidney Pills in all, and I can say for them that they have done me all that was claimed for them."

If you have any of the symptoms that troubled Mrs. Roger, ask your neighbors if Dodd's Pills are not the remedy you are looking for.

Use For Old Sheets.

Being of an economical turn of mind, it has always bothered me to know what to do with the sides of worn-out sheets, which are many times perfectly good when the center will be thoroughly worn. This summer I conceived the idea of making them into pillow cases and, as I always make the two hems in my sheets the same width, it was a very simple thing to do.

Fairville, Sept. 30, 1902.
Minard's Liniment Co., Limited.
Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.
Yours truly,
CHAS. F. TILTON.

The Perfect Day.

What a day that will be when the tidings are flashed over sea and land that the Allies have won and peace has been declared! From ten thousand times ten thousand steeples what bells will ring out, as if they were human things, their wild delight at the long hoped-for event! Never in the history of the world will there have been such a day of universal joy.

Minard's Liniment Cures Distemper.

Drying Sweaters.

After washing sweaters do not hang them up to dry, but place them on a steam radiator or in an open oven, so that the weight does not pull them out of shape.

Tank Possibilities.

Tanks (says a correspondent of the Evening Standard) are the popular subject of the moment, and every kind of rumor is abroad regarding their development. It can be no secret that the type goes on improving. Colonel Stern, who has been responsible for the production of the Tank, has always been most insistent in their possibilities. It will be remembered that he recently changed his job from Director of Tanks Production for similar work in the Overseas and Allied Department. It is understood that the United States has been greatly impressed with Tank possibilities. A concerted movement of production by England and America might have great results.

Minard's Liniment Cures Colds, Etc.

Fresh Air Without Draught.

As storm windows interfere with ventilation in sleeping-rooms tack the cheapest grade of unbleached muslin on the outside of the screens. This protects the wire from the weather and the windows may be open day and night, thus keeping the air fresh without a suggestion of cold draught.

MONEY ORDERS

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Rabbit Wool.

Rabbit hair is supplanting wool in the felt hat making industry of Australia, where there are thirty factories in operation at present making use of rabbit fur for this purpose. It is said to be superior to the finest merino, and millions of rabbit skins are made use of annually.

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

The demand for fruit will be great or greater than ever because prosperity will prevail, and that means that people will want good things to eat. Good things to eat means fruit.

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

ACID STOMACH IS DANGEROUS MOST FREQUENT CAUSE OF CHRONIC DYSPEPSIA.

You must neutralize the acid in your stomach, says Doctor, or give up eating sweets, meats, potatoes and salads and quit drinking tea, coffee or liquor.

Alarming increase in dyspepsia and stomach disorders is largely due to too much rich food, and the widespread use of so-called digestive tablets and pills which give only temporary relief at the expense of ruining the stomach later on.

The best way is to consult a reliable stomach specialist or take a little ordinary bisurated magnesia—nothing else—to neutralize stomach acidity and thereby remove the cause of your stomach distress.

Put a teaspoonful of hydrochloric acid in your mouth, hold it there five minutes and all the tissues will be burned and inflamed. Yet you go around with a glassful or more of this same powerful acid in your stomach and then wonder why your stomach burns and hurts and your food will not digest. And when you put food into an acid stomach, the acid simply combines with the sweets, meats and potatoes you eat and the tea, coffee and liquors you drink, and makes a lot more acid.

Next, the acid may eat into your stomach walls, producing a stomach ulcer or cancer, and only half the cases of stomach ulcer ever get well under the most skillful treatment; the others, sooner or later, all die, and stomach cancer practically always means death in a year at most. But this is not all. The acid in your stomach passes on into the intestines, upsets them and disarranges your liver, so that you may soon require a serious operation with the surgeon's knife for gall stones or appendicitis.

Generally when people have sour or acid belching or eructations, heartburn, or a burning sensation at the pit of the stomach or other symptoms which indicate stomach acidity, they take some advertised digestive pills or buy a box of tablets from the nearest druggist. Such remedies may give temporary relief, but if you go on filling your stomach with a lot of drugs you may get to the point after a while when no food of any kind will stay on your stomach, and you will have an incurable case of stomach trouble. Therefore be very careful what you take. The best way is to consult a reliable stomach specialist or take a little ordinary bisurated magnesia—nothing else—to correct the stomach acidity, and thereby remove the cause of your complaint.

If you have an acid stomach, you must confine yourself to a diet of milk and eggs, or if you wish to eat such articles of food as meat, potatoes, salads, sweets or rich foods or gravies, or drink beer, wines, liquors, tea or coffee, you must take a teaspoonful of bisurated magnesia immediately after eating to neutralize the acidity. Statistics show that 90 per cent. of the people who have dyspepsia and indigestion have an excess of acid, and that this is the real cause of their trouble.

Keep the acid neutralized at all times by the free use of bisurated magnesia so that it no longer inflames the stomach walls, eat slowly and masticate your food thoroughly, and your stomach will soon get well of its own accord.

Bisurated magnesia is absolutely harmless. It is generally prescribed by physicians to be taken in teaspoonful doses immediately after eating or whenever you have any distress from excess acid; but it may be used in much larger quantities and much more frequently with perfect safety.

Be sure to obtain bisurated magnesia and not some other form of magnesia, as other forms are used as laxatives and as mouth washes, but they have not the same power for neutralizing stomach acidity, which is possessed by bisurated magnesia, which is inexpensive and can easily be obtained from any reliable drug store.

EATS DIRT
GILLETT'S LYE
E.W. GILLETT COMPANY LIMITED TORONTO, ONT.

We ought to be as cheerful as we can, if only because to be happy ourselves is a most effective contribution to the happiness of others.—Sir John Lubbock.

Minard's Liniment Cures Garget in Cows

Quebec's forest lands cover an area of over 100 million acres.

FOR SALE

WEEKLY NEWSPAPER IN WESTern Ontario. Doing a good business. Death of owner places it on the market. A great chance for a man with cash. Apply Box 82, Wilson Publishing Co., Limited, 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.

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.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

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.

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c. a bottle at druggists.

FIERY RED FACES and HANDS

Quickly Soothed and Healed by Cuticura Trial Free

Bathe freely with Cuticura Soap and hot water, dry and gently apply Cuticura Ointment. Use night and morning.

For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, itchings and chafings, these fragrant, super-creamy emollients are wonderfully effective.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.