THE AFTER EFFECTS OF LAGRIPPE

Often Worse Than the Disease Itself—Victims Left Weak, Nervous and Worn Out.

La Grippe—the name by which influenza is most generally known—is a disease prevalent throughout Canada during the winter and spring months. Anyone who has felt its pangs is not likely to forget the trouble. La grippe starts with a slight cold—and ends with a complication of troubles. It lays a strong man on his back; it tortures him with fevers and chills, headaches and backaches. It leaves him a prey to pneumonia, bronchitis, consumption and other deadly diseases. In fact its after effects are more serious than the trouble itself. You can avoid la grippe and winter colds by keeping your blood rich and red by the occasional use of Dr. Williams' Pink Pills. If you have not done this and the disease lays you low, you can banish all its evil after effects by this same great blood-building, nerve restoring medicine. This has been proved in thousands of cases throughout Canada by la grippe victims who have been made well and strong through the use of Dr. Williams' Pink Pills. Among the cured is Miss Irene Bootes, Portsmouth, Ont., who writes:—"I take much pleasure in recommending Dr. Williams' Pink Pills, because I have proved their worth in my own case. Last winter I had a severe attack of la grippe and it left me weak and all run down. I had severe pains in the chest and under the arms, palpitation of the heart and attacks of neuralgia which left me with the feeling that life was scarcely worth living. I was taking doctor's medicine, but it did not help me and I was much discouraged. I was advised to try Dr. Williams' Pink Pills and began their use only on the principle that I would try anything that might better my condition. I had only been using the pills a couple of weeks when the pains began to leave me. Gradually my strength returned, my appetite improved, and in a little more than a month I felt all my old time vigor had returned. I am sincerely glad I was persuaded to try Dr. Williams' Pink Pills, and I shall always have a good word to say for them."

Dr. Williams' Pink Pills not only cure the disastrous after effects of la grippe, but are also a specific for all these troubles due to poor blood, such as anaemia, rheumatism, indigestion, women's ailments, and the generally worn out feeling that affects so many people. 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.

BRITISH USE HORSE FLESH.

People Pay As High As Sixty Cents a Pound For Steaks.

Horse steaks are in demand in Great Britain. The effect of the meat shortage is to break down the insular prejudice of the Britisher against foods to which he has not been accustomed. In a number of districts horse meat shops have been established. Quite a number have sprung up in the Soho district, but until lately their patrons have been Belgians or the proprietors of the cheaper little French restaurants.

During the past few weeks, however, there has been quite a rush of Englishwomen for horse steak and chops, and in consequence the prices have risen enormously, and people have been paying up to 60 cents a pound for horse steak.

Horseflesh does not come under the meat price order of the Food Ministry at present, but if the English people continue to add it to their menu it will shortly.

In the provinces the prices are far lower than they are in the London districts. A story is told of a woman who failing to receive from the family butcher the supply of meat for her favorite dog visited a Liverpool horsemeat butcher and obtained for a small sum more than one appetizing meal for her collie.

One day, so attractive was her purchase—it could hardly be distinguished from a fillet steak—that she was tempted to cook it, but after it was served her insular prejudice proved the stronger. Still she remarked, "One might do worse in these hard times."

Retain All Breeding Sows.

The demand from overseas for bacon and other pork products is such as to ensure a profitable market for many months and farmers are urged to retain all breeding sows. The keep-a-pig campaign is meeting with a large measure of success. The response indicates not only that the farmers are preparing to keep more pigs but that many people living in suburban areas are also planning to buy one or more and feed them on household garbage. It is certain, therefore, that young pigs will be in strong demand in the spring. To kill sows under present conditions, is, therefore, not only unpatriotic but is likely to prove distinctly unprofitable.

Gunns Shur-Gain Fertilizer

TENNYSON'S KNOWLEDGE.

The Gifted Poet Possessed a Store of Scientific Learning.

Of the poet Tennyson's wide knowledge in scientific matters Sir Norman Lockyer speaks entertainingly in Tennyson and His Friends.

About the year 1866, he says, we used to devote Monday evenings to our friends who came informally to talk and to smoke. One night it happened that many travellers—Bates, Baines and Winwood Reade among them—were present, and the question of a certain kind of dust storm came up. Tennyson listened for some time, and then remarked how difficult it was for a student to gain certain knowledge on such subjects, and astonished the company by giving the names of eight authors, four of whom had declared that they had seen such dust storms, although the other four insisted that they simply could not be produced under any known meteorological conditions.

In many of our talks I came upon similar evidences of minute knowledge in various fields; nothing in the natural world was trivial to him, or to be neglected. This great grasp was associated with a minute accuracy, and it was his double habit of mind that made Tennyson such a splendid observer, and therefore such a poet; for the whole field of nature from which to cull the most appropriate epithets was always present to his mind.

WORTHLESS DOGS.

A Menace to the Sheep-Growing Industry of Canada.

Everyone loves a useful, gentlemanly dog. Such a dog is invaluable. But, one dog eats as much as a man and more than a sheep. Two dogs will eat as much as a hog on alfalfa and more than a dozen chickens. And there are thousands of dogs in the country, one for eight sheep. Sheep furnish wool and mutton, hogs make pork, and chickens produce meat and eggs.

More than 5,000,000 hogs are needed to relieve the present meat shortage, and many sheep furnish wool and mutton. Hill farms are ideal for sheep raising, and almost every prairie farm is adapted for keeping a small farm flock without much extra expense for buildings or added use of grain.

No single thing has done more to throttle the sheep industry in this country than the curs which are allowed to run at large. Besides killing and worrying sheep, they kill poultry, attack cattle and carry hog cholera.

Fences will not solve the problem, for that added expense will keep many farmers who already have hog-tight fences from starting a farm flock. Keeping the dogs chained at night will not do, for dogs often attack sheep in daylight. Paying for the animals killed helps some, but it does not encourage those whose flocks have been destroyed to start again.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Home Letters.

Write a sunny, funny letter
To the boy somewhere in France,
Happier it is the better,
Make it cheer him at first glance.
Tell him of the latest winning
Of the team from Homeville High,
All the little home jokes spinning
Leave out every doleful sigh.

We must keep the home fires burning,
Bright within each khaki breast,
If we drown our fears and yearnings
His courage will do the rest.
His to fight the nation's battle
Ours to work and wait and pray
Then when guns have ceased to rattle
Freedom shall have come to stay.

LEMON JUICE IS FRECKLE REMOVER

Girls! Make this cheap beauty lotion to clear and whiten your skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms, and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

A good cooking fat may be made by taking two pounds of kidney suet running it through the meat grinder and rendering out the fat. This is strained, and just before it hardens one cup of vegetable oil is added. This keeps the suet from hardening and gives it a delightful flavor so that it may be used in any kind of cookery.

She Often Had to Lay Off For a Day

Mrs. Mantle Tells Why She Used Dodd's Kidney Pills.

Results, She States, Were So Good That She Recommends Them to All Sufferers From Kidney Disease.

St. John, N.B., Feb'y 18th (Special.)—Mrs. Mantle, an estimable lady living at 117 King St. East, this city, is always ready to tell of the benefit she has received from using Dodd's Kidney Pills.

"Yes, Dodd's Kidney Pills have done me a wonderful lot of good," Mrs. Mantle told an interviewer. "For three years I was in a worn-out condition, often having to lay off for a day or two.

"I suffered from drowsiness and sharp pains across my back. I had headaches, and was subject to neuralgia and rheumatism.

"Dodd's Kidney Pills helped me so much that I can highly recommend them to anyone suffering from kidney disease."

Dodd's Kidney Pills are purely a kidney remedy. Making the kidneys healthy enables them to strain all the impurities out of the blood. That means pure blood and good health. Dodd's Kidney Pills are recommended by thousands of women who were once run down and worn out.

GENERAL PETAIN.

Some Characteristics of the Noted French Commander.

A war correspondent recently saw Gen. Petain, the French generalissimo, bestowing war crosses upon some of his soldiers.

My first impression, he says, was tinged with a little disappointment. He might be a business man, a lawyer or a village doctor. I could name half a dozen men who could look the part more acceptably. He has a good, wholesome face. I think it must have been there that I suffered the disappointment. I had pictured him as thin-visaged and frowning, with a downward look. The prominent nose seemed not unlike Gen. Pershing's, but there the resemblance ended. Gen. Petair's chin gave no indication of his character, as chins are supposed to do, and his head seemed of average size and shape. His cheeks have color and his eyes are kindly and brownish.

He means well to you, but no liberties must be taken—a glance tells you that. He wore brown chamois gloves on his hands, which were frequently in action, but there was neither extravagance nor affectation in his gestures.

Gen. Petain does not play to the galleries. You are sure that he is not thinking of himself, even glimmeringly; he gives the impression of being sincere in what he is doing. He is "on his job" every minute. If he is pinning on a medal, he is looking at it and thinking of that particular thing.

Gen. Petain has not a certain mystery and magnetism that characterize Gen. Joffre, nor has he the stature. No one else can speak in that soft monotone of Gen. Joffre's—a tone in which one might read a psalm. But Gen. Petain has fixed his place as a soldier. He took over the command under most extraordinary circumstances of difficulty, and has met the test splendidly.

THERE IS A DIFFERENCE——!

Can anyone who has not seen them imagine what it is like to be a prisoner in this present war? Someone, who saw the first French, English, Russian and Canadian prisoners either returned or escaped, writes of them: "They have an expression of their own, a concentrated, unuttered suffering in their eyes, an unending patience in their voices. There is all the difference in the world between them and the soldiers returned from the Front. The latter, even when severely wounded, have a proud, almost satisfied look, as if in making their supreme effort, something of the glory and exaltation of those fearful moments still clung to them. They are warriors hurt in the great game, brought gladly and triumphantly home, where they know well what welcome awaits them.

"How different is the lot of the allied prisoners? The sight of them, of any nation, is an unforgettable recurring nightmare. A voice, weak, but insistent, rings in your ears: 'Won't you help us?'

"They know what it is to do valiantly, without praise, to suffer silently without sympathy, to ache with homesickness, surrounded by the enemy. They are the unseen heroes and we cannot guess at half their pain."

There are at present more than a million and a half Allied prisoners of war in German hands. The Prisoners of War Society, of which Principal Hutton of University College, Toronto, is president, is appealing through the churches of Ontario for money to help provide the bare necessaries of life to these unfortunate heroes. Congregations who have not yet contributed may send their donations to the treasurer of the society, Hugh Fletcher, Esq., 532 Huron St., Toronto.

"Might is right, so it is—the right to bear the burdens of the weak, to cheer the faint, to uplift the fallen."—Napier.

Minard's Liniment Cures Distemper.

February Gardens.

The days of catalogues have come, the best of all the year,
When every mail its quota brings of books from far and near,
With gorgeous blossoms on their fronts and cabbage on their backs,
Their insides filled with fruits and flowers all tabled neat as wax.
We reckless grow, extravagant—no cost too high we find
For this February garden we are planting in our mind. . . .
But, mercy me! while we have dreamed, there is no sign of doubt,
That miserable coal stove has gone completely out!

Minard's Liniment Cures Diphtheria.

Weight For Gold.

The weight used by goldsmiths in gauging the quality of gold apart from the alloy, i.e., carat, is derived from that of the seed of an Abyssinian carat flower, which, being exceedingly uniform in size, was employed in weighing gold and precious stones.

Mansonville, June 27, '13.
Minard's Liniment Co., Limited.
Yarmouth, N. S.
Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefited by the use of your Liniment, I am,
Sincerely yours,
GEO. H. HOLMES.

Sugar Situation in Europe.

Before the war England received approximately 1,400,000 long tons of sugar per annum from Germany and neighboring sources. France produced about 750,000 long tons of beet sugar and exported 50,000 tons. The French production in 1917 fell to 210,000 long tons. Before the war Italy produced about 210,000 long tons and imported almost none.

PAIN? NOT A BIT!
LIFT YOUR CORNS OR CALLUSES OFF
No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.

Cleaning Wringer.

When rubber rolls on your wringer become dirty so that they streak the clothes try cleaning them with a cloth moistened with kerosene. Rub briskly and rinse with clean water several times. Dry with a clean cloth.

MONEY ORDERS.

Send a Dominion Express Money Order. Five dollars costs three cents.

"A Nasty Thing Called Famine."

"The food wanted by mankind does not exist. The word 'shortage' is not strong enough for the situation. To put the matter bluntly, the whole world is up against a nasty thing, familiar to the people of India, called 'famine.'"—Lord Rhondda.

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.

"S.O.S." Has New Meaning To-day.

There is a new meaning for the familiar "S.O.S." signal. The letters now stand for another imperative command, "Save or Starve."

Minard's Liniment Cures Colds, Etc.

Grated cheese and chili sauce make a good sandwich filling.

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

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.

ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.
Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. $2.00 a bottle at druggists or delivered. Book 1 M free.
ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. $1.00 a bottle at druggists or postpaid. Will tell you more if you write.
W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Oilcloth on Shelves.

To lighten the work in the pantry, use shelf oilcloth instead of paper. The oilcloth is easier to clean. Roaches will keep out of the pantry, for there is something about the oilcloth they dislike.

If teas leaves are ground they will make twice the amount of tea.

Minard's Liniment Cures Garget in Cows

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.

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.

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.

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.

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and $1.00 Bottles. At drug stores.

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 TERRIBLE ITCHING

On Hands From Salt Rheum At Very Small Cost for Soap and Ointment.

"I was a great sufferer from salt rheum on my hands. It came in small blisters between my thumb and finger and it itched terribly and kept spreading. I could not use my hands at all and the skin would crack and bleed so that I could not bend my fingers. I cannot describe what I have suffered and the sleepless nights I had.

"Then I got the Cuticura Soap and Ointment. I only used one cake of Cuticura Soap and one box of Ointment when my hands were healed." (Signed) Mrs. M. L. Aiken, Highwater, Que.

Keep your skin clear by daily use of Cuticura Soap, with touches of Ointment now and then.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Dangerous Gas and Acids That Hurt The Stomach---Sour The Food Cause Dyspepsia, Indigestion

Recommends a Safe Way to Treat Stomach Trouble At Home

Many stomach sufferers who are always full of gas and whose stomachs burn with acid after nearly every meal think these things are the RESULT of indigestion when in reality they are the CAUSE.

It is just as foolish to give artificial digestents such as pepsin, etc., to a stomach full of gas and acid as it would be for a man who had stepped on a tack to rub liniment on his foot without removing the tack.

Some stomachs generate too much gas and acid. Gas distends the stomach walls, causing a full, bloated oppressive feeling while the acid irritates and inflames the lining of the stomach. Naturally the food ferments and sours, digestion is often delayed and stomach misery is the result. Artificial digestents will push this sour, fermenting mass into the intestines and so relieve the stomach pain but the acid still remains in the stomach to generate more gas and produce more trouble at the next meal.

If you are using digestive aids after meals drop them for a while and instead get a few 5-grain tablets of pure bisurated magnesia from any druggist and take two with each meal. Bisurated Magnesia does not digest food but will neutralize the excessive acid in your stomach, keep the food sweet and will drive the gas and bloat right out of your body. As Magnesia is prepared in various forms be sure to get Bisurated Magnesia for this purpose as it is not a laxative and in this refined form will not injure the stomach in any way.

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

MOTHERS TO BE

Should Read Mrs. Monyhan's Letter Published by Her Permission.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, some days I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I was entirely relieved of neuralgia, I had gained in strength and was able to go around and do all my housework. My baby when seven months old weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."—Mrs. PEARL MONYHAN, Mitchell, Ind.

Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.