ALMOST HELPLESS FROM RHEUMATISM

Only Able to Move About on Crutches—Dr. Williams' Pink Pills Restored Activity.

Inflammatory rheumatism, acute rheumatism and rheumatic fever are different names for practically the same thing. It comes on with hardly any warning. The pain is excruciating, and there is a tendency of the disease to attack the heart, when it may have fatal results.

Any one who has suffered from an attack of inflammatory rheumatism knows that the usual treatment is highly unsatisfactory. External applications of hot cloths and liniments and internal doses of salicylates to relieve the pain are not enough, for they do not drive the poison from the blood, and the sufferer is liable to renewed attacks whenever exposed to cold or dampness.

To cure rheumatism so that it will stay cured the rheumatic poison in the blood must be driven out, and the blood made rich and red. When the blood is pure there can be no rheumatism. Dr. Williams' Pink Pills build up the blood, make it rich, red and pure and in this way cure the most obstinate cases of rheumatism. Mr. George Harbottle, R. R. No. 1, Feversham, Ont., is one whose cure through the use of Dr. Williams' Pink Pills is most striking. His mother gives the particulars of his attack and cure as follows:—Some years ago while my son was working as a blacksmith in a Michigan lumber camp he was attacked with rheumatic fever. He was at once taken to a hospital at Marsenett, and was there under medical treatment for four months with but little or no relief. He then decided to go to Mount Clemmens, where he took the baths for three weeks, but did not find any benefit from them. By this time he felt that his case was hopeless and decided to return home. When he reached home he could only move around by the use of a crutch and a cane. One knee was so stiff that he could not bend it, and most of his joints were swollen out of shape. He could neither dress nor undress himself and had to be helped like a child. I urged him to try Dr. Williams' Pink Pills and finally he consented to do so. He had only been taking the pills a few weeks when he could limp about, without the crutch, and his appetite greatly improved. This gave him new courage and as he continued the use of the pills he showed constant improvement, and was able to walk about outside. He continued to use the pills for some four months, by which time every symptom of the trouble had disappeared, and he went to his work in Michigan a cured man. His case was well known to the neighbors around here and his cure was looked upon as marvelous, for everyone thought that at the best he was doomed to be a rheumatic cripple.

It is because they have made such wonderful cures as Mr. Harbottle's that Dr. Williams' Pink Pills have a world wide reputation, and are the only medicine used in thousands and thousands of homes. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

MADE MUNICIPAL TREASURER.

Soldier Given Responsible Position in City Government.

Corporal Troughton, a returned soldier invalided home from the front last year, and trained in municipal accounting by the vocational branch of the Military Hospitals Commission in Saskatoon, has been made secretary-treasurer of Chaplin, Saskatchewan, with the annual salary of $1,000.

Corpl. Troughton returned from the front with heart disease of a nature which would not allow him to pursue heavy work, and the future looked black for his little family. He had been in several small businesses, before he went overseas, but his capital had all gone to support his family during his absence and the lack of funds prohibited him from setting up anew.

A course in accounting was offered him by the vocational branch and he took it eagerly. He worked hard, long beyond the prescribed hours, and the instructors as well as his fellow-students in the training class rejoiced over his good fortune in securing the Chaplin appointment.

Minard's Liniment Cures Garget in Cows

Plenty of Credit.

Mr. Butterworth, the grocer, was looking over the credit sales slips one day. Suddenly he called to the new clerk:

"Did you give George Callahan credit?"

"Sure," said the clerk. "I—"

"Didn't I tell you to get a report on any and every man asking for credit?"

"Why, I did," retorted the clerk, who was an earnest young fellow. "I did get a report. The agency said he owed money to every grocer in town, and, of course, if his credit was that good I knew that you would like to have him open an account here!"

Gunns Shur-Gain Fertilizer

The Weekly Fashions

Dress the small lad in a middy suit and he will be prefectly happy. McCall Pattern No. 7776, Boy's Middy or Sailor Suit. In 4 sizes, 2 to 8 years. Price, 15 cents.

Sinmple and effective is this attractive dress. McCall Pattern No. 7537, Ladies' Dress. In 6 sizes, 34 to 44 bust. Price, 15 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which we have during February and March is extremely hard on children. Conditions make it necessary for the mother to keep them in the house. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will not fail to break up colds and keep the health of the baby in good condition till the brighter days come along. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Shortage of Feed.

According to a recent statement made by Mr. R. E. Prothero, President of the Board of Agriculture, there were only enough oats available in Britain to feed working horses on reduced rations after making allowance for milling stocks. There was no concentrated food for cattle feeding and this shortage would continue for at least a year, he declared. He was afraid that all carriage horses which had not been sent out to grass would have to be killed, while hunters would have to be sent to grass and kept there.

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, 60c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

Stale corn cake may be used in crumb bread.

The food problem, which is the fundamental problem of the war, can be met only by the regular farmer. However commendable amateur efforts may be, they never can and they never will supply our armies or our Allies abroad. Only the farmers can do it, and the responsibility rests with him.

Are Popular West of the Great Lakes

Mrs. W. J. Vale Talks of Dodd's Kidney Pills.

She Also Tells How Her Dyspepsia Was Cured By Using Dodd's Dyspepsia Tablets.

Pandora, Alta., Feb. 25th—(Special)—"We are never without a box of Dodd's Kidney Pills in the house." That's what Mrs. W. J. Vale, a well-known and highly respected resident of this place has to say of the great Canadian kidney remedy. "My husband suffers from lumbago, and they always help him," is the reason that she gives.

"I must also tell you," Mrs. Vale continued, "what Dodd's Dyspepsia Tablets did for me. They cured me of a very bad attack of dyspepsia. I have also derived great benefit from the use of Dodd's Kidney Pills."

It is evidence like this that proves that the Dodd's remedies have gained a permanent place in the family medicine chests of the West. Dodd's Kidney Pills are particularly popular. The success with which they have been used to treat all kinds of kidney ills from backache to rheumatism and Bright's disease have earned for them the gratitude of thousands of people on this side of the Great Lakes.

A TALKING COCOANUT.

Philippine Natives Were Frightened By Clever Artifice.

"While in the United States government employ in the Philippines," says a writer in the Electrical Experimenter, "I was stationed on the Island of Pasilan, which is a small island in the Sulu Archipelago.

"We frequently had the natives entertain us with their native dances, and in turn would fill them with wonder and awe with a phonograph which we had in our outfit. We found it necessary to put up a telephone line between two buildings that were a little distance apart, using two magneto sets.

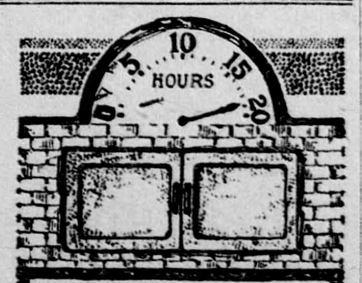
"One day I found a rather large cocoanut under a tree near the bamboo hut we were living in, and conceived the idea of making a cocoanut talk. So I emptied its contents and hung it on the outside of the house opposite the phone, so arranged that we could put the receiver through the grass wall and drop it into the cocoanut.

"We invited some of the natives to see the wonderful cocoanut that we could make talk, and with the aid of an interpreter at the other phone who understood their language we had a lot of fun. Some of the natives were so frightened they left the village. Next day a delegation returned and directed us to destroy the talking cocoanut, under penalty of immediate attack. They did not like to have so uncanny a thing around. There was much rejoicing when we consigned it to the flames."

Quarter Pound Diamond

One of the world's largest diamonds may come to the United States as Americans are among those dickering for that superior quality amber colored stone, weighing 442½ carats—about a quarter of a pound—found recently in the Du Toits Pan mine in South Africa. The stone is the most valuable ever found in Griqualand West, although it is not a record as regards weight.

The most famous diamonds in the world and their weights in carats are: Cullinan, now called the Star of Africa, part of the British crown jewels, 2,032; Excelsior, 969; Koh-i-noor, 900; Regent, 410; Orloff, 193, all uncut, and the Great Mogul, 280, cut.



A Baked Cereal Food

Different from the usual run of toasted or steam-cooked cereals,

Grape-Nuts

is baked in giant ovens—baked for nearly twenty hours under accurate conditions of heat, so that the whole wheat and malted barley flours may develop their full, rich sweetness.

You don't need sugar on Grape-Nuts.

"There's a Reason"

FERTILIZER

ONTARIO FERTILIZERS, LIMITED
WEST TORONTO - CANADA

A LITTLE FRENCH HEART.

"Madame la Presidente:—

Permit a little French heart to come and present to you his wishes the most sincere. My parents join with me in sending their best compliments for the New Year, and in thanking you for your great kindness. I thank you all, dear good ladies, for the nice things you have put in with the clothing addressed to my dear Papa. Every evening in my prayers I ask God to spread his blessing over you. Receive again Madame la Presidente and all the ladies, the best wishes of your little protege.—Charles Opdebeck."

This little letter has just been received in Toronto, by the President of the "Friends of France," who knows what interest it will have for many people in every part of Canada, who have so generously sent help to the hospitals and refugees. Charles and his mother were repatriated from the North of France not long ago, and find themselves with little or nothing to live on. During their captivity the mother was struck by a shell, and lost a leg. The father is an ambulance-driver for a hospital in Calais, and this is what he says: "Dear and Good Ladies:—I thank you so much for the parcel that has just come. It contained 4 pairs of socks, a flannel shirt, chocolate, sugar, soap, cocoa and soup. If you knew how happy we are to have these things, for now it is so hard to live that my poor wife can never get anything nice. She is so happy to be near me at Calais, but unfortunately the "cochons de Boche" come often to bombard us. On Monday they threw a dozen bombs, there was only material damage happily, but since my wife was struck, she has such a terrible fear. We hope that the Boches will soon have finished their crimes, and we can be happy again in our dear country. God watches over us and will protect us. Receive, good ladies, my affection and thanks the most sincere.

Le Soldat Arthur Opdebeck.

The "Friends of France" heard of this family through one of the hospitals that they help near Calais, which is visited daily by scores of refugees. The nurse in her last letter says: "Without Canadian and American help we could not exist. Many hospitals have had to shut down. The cost of living is so high and the government can give us so little. Many of our wounded are very ill, and need nourishing food. One egg costs 13 cents and butter and meat are $1.00 a pound. Just now enormous numbers of refugees are arriving from the North of France, in a state of exhaustion of which you can truly form no idea. It is specially at the beginning that these families need help, when they are so weakened and demoralized. It is a question of material help to revive their morale, because after a time they pick up wonderfully, and in a few months gather together a little home less sad. All the second-hand clothing you send, which is so good, finds owners immediately."

The "Friends of France" is an incorporated society under the War Charities Act. Its headquarters are 216 Poplar Plains Rd., Toronto, and the President, Mrs. Wells, will gladly receive and acknowledge gifts in money or kind, such as clothing, food and hospital supplies.

Community rat hunts will make your county or town a rat-free place. This will reduce living costs and disease.

Minard's Liniment Cures Diphtheria.

Fat in Food.

Nowadays we must not eat for pleasure, nor must we eat because a mealtime has come round for the sake of eating. We must eat for nourishment alone, and to do that we should study the needs of the body, and choose our food accordingly.

At least a third of the body's food should be fat. A man doing sedentary work requires three ounces of fat daily in some form. Ordinarily, bread contains from 1½ to 2 per cent. of fat; in war bread the percentage is much higher. Butter is practically a pure fat, but potatoes contain none at all. Cocoa is the only popular beverage which contains fat.

We are told that there is a famine in fat in Germany, which, according to experts, is a more terrible thing than a famine in bread. Before the war the Germans consumed more fat per head than any other European nation. To-day they recognize its value, and housewives are ordered to hand over to the authorities all the dripping they may have.

Peanut Cornmeal Biscuits.

One cupful yellow cornmeal, two teaspoonfuls salt, two teaspoonfuls peanut butter and one cupful water.

Put meal into a shallow pan and heat in oven until it is a delicate brown, stirring frequently. Make the peanut butter into a nut cream by mixing with one cup water and heating. It should be the consistency of thick cream. Stir the cornmeal into this cream while hot and beat thoroughly. Mixture should be just stiff enough to drop from spoon. Add water if too thick, bake in small cakes twenty-five minutes.

Minard's Liniment Cures Distemper.

The War in Africa.

The war has from the first been brought right home to Africa. The four German colonies, over which the war extended, have an area more than four times as great as Germany; and there has been long and hard fighting in all of them except in Togo. Outside and within these areas of actual warfare live thousands of whites who are intensely interested in the European struggle. Many of these whites, even in the depth of Africa, are receiving the essence of the news every day. Even the Sahara desert is now partly belted by a telegraphic line, a French enterprise, with wireless extension in Timbucto. Thus this once mysterious city of Sudan is now in touch with the great events of the day. The Belgian Congo is efficiently served by the French cable to Libreville and the land line to Stanley Pool, where navigation to the upper Congo begins. The news is then wired up the Congo to the mouth of the Congo, and then by wireless to Stanley Falls, 870 miles above the Kasai.

GIRLS! WHITEN SKIN WITH LEMON JUICE

Make a beauty lotion for a few cents to remove tan, freckles, sallowness.

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

Red Cross Must Save.

The executive of the Red Cross Society of Regina has asked that the advice of the Food Controller be carefully observed at any gatherings in the interests of the Red Cross and that if the hostess really wishes to serve food she should at least be careful not to use the commodities most needed overseas.

MONEY ORDERS

Pay your out of town accounts by Dominion Express Money Orders. Five dollars costs three cents.

Maple Sugar Wanted.

Every pound of maple sugar produced this spring adds to the food stock of the country at a time when every pound of foodstuffs is needed. Maple sugar makers are sure of a market for every pound of pure maple sugar and syrup they produce.

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.

Official.

Corporal (to soldier reporting sick): "What's the matter with you?"

Tommy Atkins: "Pain in my h'abdomen."

Corporal: "H'abdomen be 'anged! Stomick, you mean. It's 'h'only h'officers as 'as h'abdomens."

Minard's Liniment Cures Colds, Etc.

To start the early hatch in good condition it is necessary to have a good standard, reliable incubator, and follow the directions of the manufacturer for its successful operation.

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.

ROYAL YEAST CAKES

The best yeast in the world. Makes perfect bread.

MADE IN CANADA

E.W. GILLETT COMPANY LIMITED
TORONTO, ONT.
WINNIPEG MONTREAL

Pessimism is a black man in a dark closet looking for a black hat that is not there.

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.

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.

A Cure for Bad Breath

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowel." If your teeth are good, look to your digestive organs at once. Get Seigel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and $1.00 Bottles. Do not buy substitutes. Get the genuine. 6

Dandruff and Itching
The Cause of Falling Hair

Rub spots of dandruff and itching with Cuticura Ointment, next morning shampoo with Cuticura Soap and hot water. Rinse with tepid water. Trial free. These fragrant, super-creamy emollients clear the complexion of pimples, redness and roughness, cleanse the scalp, prevent falling hair and soften the hands. The Soap to cleanse and purify, the Ointment to soothe and heal.

For Samples address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well.

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."—Mrs. MARIE BOYD, 1421 5th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.