STRENGTH FOR THE DAY'S WORK

Depends Upon Good Red Blood to Nourish the Body—Weak People Need a Tonic.

The tonic treatment through the use of Dr. Williams' Pink Pills for run down condition of the health is based on sound medical principles and on common sense. More and more men and women are realizing that pure, red blood means health, and that efficiency in the workshop, the office, the home or in any of the varied walks of life depends entirely upon the quality of the blood. There are, however, thousands of people who do not realize the truth of these statements. They are without ambition or strength to do their day's work; are always tired out; have but little appetite and a poor digestion; cannot get a refreshing night's sleep and are subject to headaches, backaches and nervousness because their blood is weak, watery and impure.

Dr. Williams' Pink Pills give quick relief and permanently cure such men and women, because of their direct action on the blood, which they purify and build up to its normal strength. As through the use of Dr. Williams' Pink Pills the blood becomes rich and red it strengthens the muscles, tones up the nerves, makes the stomach capable of digesting the food and repairs the waste caused by growth or work. The need in every family of a safe and effective tonic such as Dr. Williams' Pink Pills is shown by the following statement of Mrs. Julius Tuck, Mull, Ont., who says:—"Before I began the use of Dr. Williams' Pink Pills I was in a most wretched and run down condition. My blood was thin and watery and my nerves were in such a condition that the least noise would make me start and tremble, and what a burden my housework seemed. One of my neighbors advised me to take Dr. Williams' Pink Pills and I have great reason to be glad that I followed her advice, for before I had used a half dozen boxes all symptoms of my trouble had disappeared, and I was as well as ever I had been in my life. I have also given the pills to my daughters with the most beneficial results, and I shall ever have a good word to say for them."

If you are feeling the least run down, weak or depressed do not delay—take these pills at once and note how speedily your old-time health will return. You can get the pills from 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.

Faithful Till Death.

'Midst the battle's tumult driven
Whilst the heavens were thunder-riven,
Calm, serene his soul 'midst all,
Met death at his country's call.

Bury him in Flanders' earth
Noble son of British birth,
Place a cross above his breast—
"His duty done," now let him rest.

Swing wide! ye Gates of Pearl—swing wide,
Man for man has also died,
Christ in man a sacrifice,
Man for freedom paid the price.

"Welcome home," the angels sing
Till the vaults of heaven ring
Ye portals ope—ye gates swing wide!
For him who, like the martyrs, died.

A. M. FOX.

Flour, meal, sugar, salt and spices should be sifted before measuring.

"In men whom men pronounce divine
I find so much of sin and blot;
In men whom men denounce as ill
I find so much of goodness still;
I hesitate to draw the line
Between the two, where God has not."

—Joaquin Miller.

Petunias do well in dry situations when once established, also verbenas, gaillardias, antirrhinums, zinnias, portulacas, marigolds and mesembryanthmums. All these like sunshine and grow well in a deep, rich soil and rarely fail to succeed. By pegging down the verbenas they can be made to thickly cover a large space.

EAT FISH

We will ship, Express Prepaid, within 200 miles of Toronto.

FROZEN SEA SALMON
(Headless and Dressed)
25-Pound Boxes, $5.00

SALTED FRESH WATER BILLFISH
(Headless and Dressed)
20-Pound Pails, $3.00

SALTED LAKE HERRING
(Headless and Dressed)
60 Fish to a Pail, $2.75

Quality and Satisfaction Guaranteed

Remit in advance by Postal or Money Order.

TORONTO FISH CO.
68 JARVIS ST. TORONTO

For the Girls Of the Family

A dress of this type is very smart for the girl, made of tub materials. McCall Pattern No. 7658, Girl's Pleated Dress, in 6 sizes, 4 to 14 years. Price, 15 cents.

A good dress for the growing girl is this one made of striped and plain materials. McCall Pattern No. 7888, Girl's Simplicity Dress. In 6 sizes, 4 to 14 years. Price, 15 cents.

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

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excellent medicine for little ones. They sweeten the stomach; regulate the bowels, break up colds and simple fevers, cure constipation and make teething easy. Concerning them Mrs. E. Quinn, Parame, Que., writes: "Baby was troubled with constipation and nothing helped him till I began using Baby's Own Tablets. They are an excellent medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Tallest Chimneys.

What is said to be the tallest chimney in the world has been erected recently for a copper smelter at Sagonoseki, Japan. It is built of concrete, 570 feet high, 26¼ feet inside diameter at the top and 42 feet in diameter at the base. The chimney was carried to that great height in order to convey the poisonous fumes from the smelter to an altitude where they would not hurt vegetation. The next tallest chimneys in the world are the 506-foot concrete chimney of the Boston and Montana smelter at Great Falls, Montana; a 454-foot chimney at Glasgow, Scotland; a 400-foot steel chimney at Jerome, Arizona; the 366-foot chimney of the Eastman Kodak Company at Rochester, New York, and the 365-foot brick chimney of the Orford Copper Company at Constable Hook, New Jersey.

"When looking for faults that need correcting, use a mirror, not a telescope.—Lisle de Vaux Mattheman.

While it is essential that every tractor possible be manufactured during the present year, it is just as essential to keep every tractor already sold in working condition, ready for day and night service whenever needed.

Phosphates are found in abundance in whole grain, especially in oatmeal, cracked wheat, wheat flakes, graham bread and other whole-grain preparations. Wheat bran is, of course, very rich in phosphates. Milk also contains phosphates in abundance.

There is a Message In This Lady's Story

She Tells What Dodd's Kidney Pills Do for Women.

She Was Troubled With Weakness and Her Daughter Had Nervous Trouble. Dodd's Kidney Pills Proved the Remedy They Both Needed.

Hamilton, Ont., March 4th (Special)—The story told by Mrs. H. Dickens, of 70 Tom Street, this city, carries a message of hope to every suffering woman in Canada.

"After my baby was born," Mrs. Dickens states, "I used to suffer with my back and had no heart to do my work around the home. But I read about Dodd's Kidney Pills and what they have done for others, so I thought I would get a box and see what they would do for me.

"I am pleased to say that after taking two boxes I found such great relief I would not be without them in the house.

"My daughter, too, had been very sick on and off for a long time. Her nerves got so bad we were afraid we would see her in the hospital. But I am pleased to say she is better through taking Dodd's Kidney Pills.

"I never thought Dodd's Kidney Pills could have done such good work and I am telling all my friends about them."

Women's troubles, or nearly all of them, come from sick kidneys. The cure for them is the old established remedy for sick kidneys, Dodd's Kidney Pills.

RAILWAYS CO-OPERATE

It may be of general interest to the Canadian public to know some examples of the way in which their railways, through the Canadian Pacific Association for National Defence, are exchanging traffic in the interests of efficiency.

In one case the C.P.R. diverted by way of the Soo Line one thousand cars of freight so as to relieve the main line of the company along the north shore of Lake Superior. These cars passed south from Winnipeg to Minneapolis and by way of Sault Ste. Marie into Ontario. They consisted chiefly of grain for domestic consumption in Canada.

One hundred cars of freight per day are being diverted from the C.P.R. at Quebec and travelling by way of the National Transcontinental to Halifax. While there is no saving in mileage, this, in the interest of the country, relieves the C.P.R. main line to St. John for classes of export freight more urgently required there.

In Toronto an arrangement was successfully carried out whereby one hundred and twenty cars of freight eastbound for Montreal were turned over from the C.P.R. to the C.N.R. every day.

The Grand Trunk during the winter season has been diverting one hundred and fifty to two hundred cars of coal per day to the C.P.R. and T.H. & B. in order to lessen the congestion on the Grand Trunk from the Niagara frontier to Toronto and other points.

The Grand Trunk has also diverted fifty cars per day to the C.N.R. at Toronto.

In Western Canada the Canadian Northern has on several occasions transferred surplus traffic to the sister railways in the West.

The following is from a letter of Lieut. Wingfield, a British Flying Officer, who escaped in November, 1917:

"The camp was a bad one, the rooms over-crowded, there was insufficient room for exercise, the sanitation was very indifferent, the food almost impossible to eat. We were housed in wooden barracks divided into rooms by thin wooden partitions. There were seven in a room; so that it was extremely difficult to obtain the necessary quiet for work. There were no reading rooms. The food was extremely poor and insufficient and consisted almost entirely of stewed mangel-wurzels, with occasional potatoes of very poor quality. The bread ration was half a loaf a week of very bitter black bread. You can imagine, then, that prisoners are entirely dependent on parcels, and are extremely hungry during the first two months of captivity before these begin to arrive. The Roumanian officers get nothing, and the Russians very little."

Raw Potato for Burn.

An efficient and easily obtained remedy for burns is grated raw potato. If you have never tried this, you will be surprised at the immediate relief resulting from the quick application of the potato, even in cases of bad burns. In every home potatoes are at hand, and it takes but a moment to grate enough potato to spread thickly over a burn. There will be instant relief and no blisters later. Cover the burned area well with the grated potato and then bind on soft cloths. In case of a very serious burn where a good deal of flesh has been destroyed, do not rely on home treatment except for temporary relief, but send for a physician immediately.

Gunns Shur-Gain Fertilizer

Two Sides.

When you're busy, busy working,
In your tense, industrious way,
Does it cheer you if a neighbor
Comes to interrupt your labor,
Just to pass the time away,
Just to pass the time of day?
Does it cheer you? Is he welcome?
Do you love him fondly?
Say!

Then when he is busy working,
In his tense, industrious way
Why should you stop short the labor
Of your brisk, industrious neighbor,
Just to pass the time away,
Just to pass the time of day?
Will he welcome your intrusion?
Will he love you fondly?
Say!

LEMONS MAKE SKIN WHITE, SOFT, CLEAR

Make this beauty lotion for a few cents and see for yourself.

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way. Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quarter pint of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle, then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

How to Clean Old Paraffin.

Paraffin that has become unclean through usage in canning and preserving, may be cleaned and reused. Many times it can be cleaned with a brush in cold water. If this does not remove all the dirt, says a specialist of the United States Department of Agriculture, heat the paraffin to boiling and strain it through two or three thicknesses of cheesecloth placed over a funnel. Or a thin layer of absorbent cotton over one thickness of cheese cloth may be used as a strainer. One straining should be sufficient ordinarily, but if the paraffin still is unclean heat and strain again. Any paraffin lodging in the strainer may be recovered by heating the cloth and pouring off the hot liquid through another strainer.

Minard's Liniment Cures Burns, Etc.

Your Untapped Trees.

"If you had fifty cows and they all gave good marketable, money-saving milk," said H. J. Grinm, addressing the Pure Maple Sugar Association, "you surely would not be content to milk only twenty-five of them and let the others go to waste, would you? And yet your untapped sugar maple trees are just like those imaginary unmilked cows. There is money in them only waiting to be brought out and put in your bank. Maple sugar is the quickest money making harvest in all your business of farming. It needs no seeding. It is all harvest, and what is more the harvest is quickly turned into real money."

Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13 yrs. old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her and she has not been troubled for two years.

Yours truly,
J. B. LIVESQUE,
St. Joseph, P. O., 18th Aug., 1900.

The requisites of good cows are first, good pure-bred stock, good care in breeding, feeding and management. There are great possibilities in the production of good cows but these are seldom ever seen, appreciated, or attained except by an intelligent thoughtful feeder. The earmarks of a business farmer and intelligent feeder may be seen in his herd.

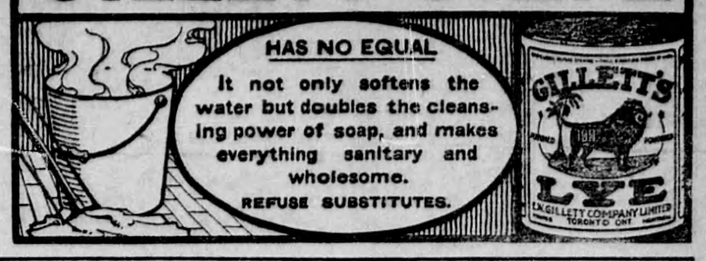
MURINE FOR YOUR EYES Granulated Eyelids, Sore Eyes, Eyes Inflamed by *Sun, Dust* and *Wind* quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort. **Murine Eye Remedy** At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For *Book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

Quite likely you have been too busy poking the fire to think about the raspberry and blackberry canes. Some nice day put on a pair of long-wristed leather gloves and go at the trimming. Cut out all dead or unthrifty canes entirely, and prune back the others (including side branches) about one-third. Burn the trimmings and thus get rid of pests.

Minard's Liniment for sale everywhere.

Paper bulp in the Scandinavian countries costs seven times more than in 1914; it costs twenty times as much to bring it to France by sea, the insurance being from 8 to 10 per cent. of the value of the cargo; the port dues are from 1 to 6 per cent.; labor costs 60 per cent. more; and coal is seven times as dear as before the war.

GILLETT'S LYE



In Brief.

Eat less; breathe more.
Talk less; think more.
Ride less; walk more.
Clothe less; bathe more.
Worry less; work more.
Waste less; give more.
Preach less; practise more.

MONEY ORDERS

When ordering goods by mail, send a Dominion Express Money Order.

Not One Quarter Produced.

Not twenty-five per cent. of the available maple trees in Canada are being tapped. Statistics show that out of 55,000 farmers in Eastern Canada who produce maple sugar and syrup at all, only very few tap more than a quarter of the trees they have available on their farms. This 25 per cent. production is worth $1,500,000 annually. This amount might easily be doubled. One man can take care of boiling the sap from 5000 trees as easily as from 500.

Minard's Liniment Cures Dandruff.

Farm implement orders must be placed early this year. Otherwise, everybody will be in trouble.

LIFT YOUR CORNS OFF WITH FINGERS

How to loosen a tender corn or callus so it lifts out without pain.

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug dries at once and simply shrivels up the corn or callus without even irritating the surrounding tissue.

A small bottle of freezone obtained at any drug store will cost very little but will positively remove every hard or soft corn or callus from one's foot.

If your druggist hasn't stocked this new drug yet, tell him to get a small bottle of freezone for you from his wholesale drug house.

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.

Will reduce **Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles.** Stops the lameness and pain from a **Splint, Side Bone** or **Bone Spavin.** No blister, no hair gone and horse can be used. $2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse **Book 2 M Free. ABSORBINE, JR.,** the antiseptic liniment for mankind, reduces **Strained, Torn Ligaments, Swollen Glands, Veins** or **Muscles; Heals Cuts, Sores, Ulcers.** Allays pain. Price $1.00 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

Men in Training

Fighting isn't the only duty of a soldier, and exposure to bullets is not as serious as exposure to all kinds of weather and dampness.

Rheumatic aches, sore and stiff muscles, strains and sprains, chilblains and neuralgia, all are enemies of the soldier, and the relief for all these pains and aches is Sloan's Liniment. Clean and convenient to carry or use; does not stain, and penetrates without rubbing.

Generous sized bottles, at all druggists. 25c., 50c., $1.00.

Sloan's Liniment KILLS PAIN

The Mesopotamia desert can freeze a man to the marrow, she can scorch him to the bone, she can drown him with her floods, she can kill him with thirst. She can box the compass of human tribulation. —Captain Frank Verney.

Minard's Liniment Relieves Neuralgia.

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.

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

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 7

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 ITCHY PIMPLES

On Face. Badly Disfigured. Used 2 Boxes Ointment and 3 Cakes Soap.

"I had a bad itchy lot of pimples on my face which made it badly disfigured. They were inflamed and came to a head, and I could tear my skin as soon as a little heat came near them. I could hardly sleep.

"When I saw Cuticura Soap and Ointment advertised I sent for a free sample which did so much good that I bought more, and I used two boxes of Cuticura Ointment and three cakes of Cuticura Soap when I was healed." (Signed) Miss Bertha Nilsson, Stockholm, Sask.

If you have a good complexion keep it so by using Cuticura Soap daily and Cuticura Ointment occasionally.

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

A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.