CONSTIPATION is the most common ailment of the age, one responsible for many serious and often fatal diseases.

"RIGA"

PURGATIVE WATER

is the safest, surest and most economical remedy for its cure. It flushes the intestines and removes the accumulated waste matter which undermines health and endangers life.

On Sale everywhere: 25 cents the bottle.

RIGA PURGATIVE WATER CO. MONTREAL.

SMOKE TUCKETTS

T&B CUT

TRAGIC HERITAGE OF WAR CHILDREN

MOST PITIFUL OF ALL WAR'S CONSEQUENCES.

Their Lives Are Stunted, Dwarfed, Blasted, Says U. S. Red Cross Worker in France.

"Can you imagine anything more pitiful than the lives of children who have never known anything but war? Is there anywhere on God's green earth a more dreadful tragedy than the tragedy of a blighted childhood? The most wonderful thing to me in America is to see little children running about, happy and unafraid.

"I have spent six months in the nearest approach to hell that exists, I believe, in or out of the teachings of the theologians—the hell where babies are born to hear the sound of bursting shells as their introduction to this world of ours, where little ones learn their mother tongue only furtively and in whispers, where children must learn to wear their little gas masks as soon as they learn to walk, where suspicion and fear rule and love and confidence are not.

"What do we in America know about war? We cannot begin to sense what it means so long as our children play. I know what war is, for I have just come back from the land where the children have never learned to play."

When Dr. Esther Lovejoy went over to France she found the American Red Cross had just established its children's bureau, joined the staff of that organization, and as the medical member of the Red Cross detachment went to Evian-les-Bains, the gateway through which Germany pours back into France the old and the infirm, the maimed, the halt and the blind, all who, found in the invaded zone have no military or labor value—and the little children.

Germans Keep Many of Them.

"Not all the little children," said Dr. Lovejoy, "for there are many whom the Germans keep inside their own lines.

"In the French territory occupied by the German armies there were, before the war began, more than 6,000,000 people. Not more than 350,000 of these have been sent back through Switzerland into France or returned through other routes. Many of them were young girls, just rounding the corner into womanhood. Germans send back boys under 14, for the older boys can work. They keep all girls over 16 or who look as if they were over 16.

"The older boys become slaves, those who do not die of starvation and overwork, but they do not become Germans. The girls are lost to France forever.

"Men may be defeated, but they are not conquered. Women through the strongest of all human emotions and attributes, the mother instinct, can be conquered, and the Germans know this. So they keep the girls over 16 with the mothers of but one child for their 'military value' as mothers to the next German army.

"The rest of the children come back through Evian; thirteen thousand and more of them came through while I was there. Once there was a whole orphan asylum, carloads of children sent through alone.

Life in Occupied France.

"We piece together the picture of the life of these little ones inside the German lines from the stories they tell, they and their elders, but more from the look in their faces when they find themselves in a world where the sound of guns is a long way off and where, wonder of wonders, people actually speak French aloud without first looking around to see if the Boches are listening.

"For the strongest impression one gathers from the repatriated of the life of the native civilian in the strange No Man's Land behind the German front is of a country where the people's own mother tongue is 'verboten,' but where nevertheless they all speak it and teach it to their little ones; a land where little children are taught from infancy to be sly and deceitful, to do furtively and by stealth the things that are their proper birthright but which are 'verboten' by the oppressor; above all, a land where hatred is sucked in with the mother's milk, where every stranger is an enemy to be feared, where the awful threat, 'if you don't behave the Boche will get you,' is not the invoking of a story book bogey man but a real, life and death terror, tangible, present, always lurking in the shadow just beyond.

No Chance to Play.

"These children do not play; they do not know how to play. That is the sickening first evidence we get at Evian of their stunted, dwarfed, blasted little lives.

"There has been no chance to play over where they came from; play was dangerous; it might annoy the Boche. Besides, children play instinctively only when they are happy, and these children, born in sorrow and unhappiness, have never been happy in their lives. Think of it, that there are thousands and tens of thousands of little children in France, sunny, smiling France, who have never been happy, who do not know what happiness means!

"It is not only mentally that these children show the effects of their environment from birth. All have suffered a war blight; they are undersized, ill nourished and subject to all sorts of diseases.

Shy in Their Gayety Even.

"One of the most pathetic sights is to see the older children, those who remember France as it was before the war, when they get to Evian, back into France once more, where they can run about and play and sing and shout as they used to do. They are shy and awkward about it at first, but they soon recover their spirits and gayety.

"But the little ones, those born behind the German lines or who were not old enough to walk and talk when the war began—to see them watch the others is heart breaking. Their first emotion is fear—fear that the Boche will seize them for speaking in French aloud.

"They have all been taught French, these tiniest ones. They even have little French songs that they have learned to sing under their breath.

"But of French as a language to be spoken aloud, sung at the top of one's voice, shouted as one romps in the open, they have no conception. Romping and games mean nothing to them; they cling to the skirts of their elders and shiver with fear; it takes a long time to make them understand that they are free at last.

"They never will be truly free, these stunted little repatries. All their lives the shadow of these early years will hang over them. The impressions fixed in infancy never vanish wholly; these have been too firmly impressed ever to be erased. Of all the tragic heritage of war that of these war children is to me the most tragic.

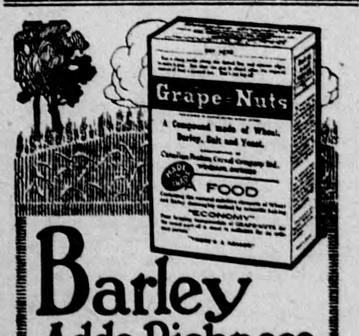
The Solution.

For two weary hours the small boy in the railway carriage had howled, and the occupants were getting tired of it.

"Oh, dear!" sighed the young mother, almost distracted. "What ever shall I do with the child!"

A gleam of hope shone in the eyes of the long-suffering traveller opposite.

"Shall I open the window for you, madam?" he inquired.



Barley Adds Richness

to wheat and lends to its flavor, when combined in the sturdy cereal

Grape-Nuts

No prepared cereal food excels Grape-Nuts in nourishment, economy or digestibility.

"There's a Reason"

For the Bride's Wardrobe

There is always a place in every wardrobe for the the simple dressing sacque. McCall Pattern No. 8011, Ladies' and Misses' Tie-On or Button-On Dressing Sacque. In 3 sizes, small, 32-34, medium, 36-38; large, 40-42 bust. Price, 15 cents.

Particularly attractive is this kimono with its contrasting top part. McCall Pattern No. 8109, Ladies' Empire Kimono. In 6 sizes, 34 to 44 bust. Price, 20 cents.

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

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.

The Farmerette.

Oh Khaki Jack looks through the smoke,
Of deadly barking guns,
With thoughts that stray from trench and shell,
And all the hate of Huns,
His broken thoughts slide home again,
As water downward runs.

Across the fields he sees her go,
Behind the well-known team,
And through the flashes of the smoke
He sees the harness gleam,
As back and forth she guides the plow—
The woman of his dream!

Too heavy far the cumbrous plow—
Too hard the daily toil—
Too wearisome the endless tramp,
Across the yielding soil!
Too slight by far the hands that seek
To straighten out the coil!

Yet noble women-hearts at home,
Make noble men abroad,
Whose splendid deeds reflect the souls
That strive with soulless clod.
For women such as these men die—
And dying, they thank God!

The herd bull requires exercise. If a paddock is not available, give him the run of a large box stall. He will be more prepotent than if kept in cramped quarters.

Keep Minard's Liniment in the house.

Punctuation marks were first used in 1490.

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.

Conserving the Apples.

"How much cider did you make this year?" inquired Puttey of his neighbor, Savall.

"Fifteen bar'l," was the answer.

Farmer Puttey took another sip.

"It's a pity," he said, "that you hadn't another apple. You might have made another bar'l."

Low-priced tea is a delusion for it yields so poorly in the teapot that it is actually an extravagance compared with the genuine Salada Tea, which yields so generously and has such a delicious flavor.

Might Lose His Job.

A well-to-do Scottish lady one day said to her gardener:

"Man, Tammas, I wonder you don't get married. You've a nice house, and all you want to complete it is a wife. You know the first gardener that ever lived had a wife."

"Quite right, missus, quite right," said Tammas, "but he didna keep his job lang after he got the wife."

Minard's Liniment used by Physicians.

Trawler Crew's Ordeal.

A trawler employed as a submarine chaser recently arrived at the Azores with 19 men on board after having been at sea for several weeks without bread, fresh water, or coal, and navigating, owing to a breakdown, by means of sails. She was on the high seas for five weeks before being able to reach port.

MONEY ORDERS.

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

Not What He Meant.

"My brother wrote me about a dinner some of the soldiers gave for two visitors at camp, members of a famous Canadian regiment, who were home on sick leave.

The sergeant had been carefully coached about giving the toast, but became flustered, and this is what he made of it: "Here's to the gallant Eighth, last on the field and first to leave it."

Silence reigned; then the corporal came gallantly to the rescue:

"Gentlemen," he began, "you must excuse the sergeant; he never could give a toast decently; he isn't used to public speaking. Now I'll give a toast: 'Here's to the gallant Eighth, equal to none.'"

At Sunday School.

With an air of great importance the small boy of a Sunday School in Belfast imparted this happy fact to his teacher:

"The devil is dead," he said, solemnly.

"What makes you think that?" asked the startled teacher.

"Dad said so," exclaimed the boy. "I was standing in the street with him yesterday when a funeral passed, and when dad saw it he said, 'Poor devil! He's dead!'"

Post offices were first established in 1464.

The Magic Healing Ointment—Soothes and heals all inflammations, such as burns, scalds, blisters, cuts, boils, piles and abscesses—sold for over 25 years. All dealers, or write us.

HIRST REMEDY COMPANY, Hamilton, Canada.

Let Us Give Thanks.

For the courage which comes when we call
While troubles like hailstones fall;
For the help that is somehow nigh
In the deepest night when we cry;
For the path that is certainly shown
When we pray in the dark alone,
Let us give thanks!

For the knowledge we gain if we wait
And bear all the buffets of fate;
For the vision that beautifies sight
If we look under wrong for the right;
For the gleam of the Ultimate Goal
That shines on each reverent soul,
Let us give thanks!

For the consciousness stirring in creeds
That love is the thing the world needs;
For the cry of the travailing earth
That is giving a new faith birth;
For the God we are learning to find
In the heart and the soul and the mind,
Let us give thanks!

For the growth of the spirit through pain,
Like a plant in the soil and the rain;
For the dropping of needless things
Which the sword of a sorrow brings;
For the meaning and purpose of life
Which dawns on us out of the strife,
Let us give thanks!

Minard's Liniment Lumberman's Friend.

Incorrigible.

At a college in England it is against the rules for male students to visit the "resident lady boarders." One day a student was caught in the act and brought before the headmaster, who said: "Well, Mr. Blank, the penalty for the first offence is four shillings, for the second ten shillings, for the third £1 and so on up to £10."

"And what would a season ticket cost?" enquired the culprit.

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale.

All the people use it.

HARLIN FULTON.

Pleasant Bay, C.B.

Many persons are unaware that the green and tender tops of many vegetables, such as radishes, turnips, celery and beets, contain valuable mineral and other food substances, and are excellent cooked as greens, or even as additions to salads.

Ask for Minard's and take no other.

The production of farmyard manure in Great Britain is estimated at 37,000,000 tons annually, valued at £9,250,000, compared with an annual consumption of £6,500,000 worth of artificials.

KEEP YOUR SHOES NEAT

2 IN 1

WHITE SHOE DRESSING

LIQUID and CAKE

For Men's Women's and Children's Shoes

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar troubles and gets horse going sound. It acts mildly but quickly and good results are lasting. **Does not blister or remove the hair** and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.50 a bottle delivered. **Horse Book 9 R free.**

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. $1.25 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

Cause of Early Old Age

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

What it Meant.

Sunday-school Teacher—What does this verse mean where it says: "And the lot fell upon Jonah?"

Little Harvie—I guess it means the whole gang jumped on him.

AGENTS WANTED

PORTRAIT AGENTS WANTING good prints: finishing a specialty; frames and everything at lowest prices; quick service. United Art Co., 4 Brunswick Ave., Toronto.

FOR SALE

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell $2,000. Worth double that amount. Apply J. H., c/o Wilson Publishing Co., Limited, Toronto.

ONE EIGHTY HORSE-POWER Boiler, with 300 ft. of 2½ in. pipe; stiff-leg Derrick; second-hand Sawyer-Massey Tractor Engine. Grey Iron Castings made to order. The Dominion Foundry, Tweed, 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.

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.

SUFFERED TWO YEARS WITH PIMPLES

Child Could Not Sleep Till Cuticura Healed.

"My little brother suffered for about two years from tiny red pimples. They appeared constantly on his body but he had the greatest trouble under his ears. The skin was red and very sore and at the least touch he would give a howl of pain. After a few seconds he would have to scratch, and he was not able to sleep.

"A friend advised me to send for Cuticura Soap and Ointment. I noticed a change, and I used three cakes of Cuticura Soap and four boxes of Ointment when he was healed." (Signed) Louis Frank, 746 City Hall Ave., Montreal, Que., February 2, 1918.

Keep your skin clear by using Cuticura Soap and Ointment for everyday toilet purposes.

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

THE MAKING OF A FAMOUS MEDICINE

How Lydia E. Pinkham's Vegetable Compound Is Prepared For Woman's Use.

A visit to the laboratory where this successful remedy is made impresses even the casual looker-on with the reliability, accuracy, skill and cleanliness which attends the making of this great medicine for woman's ills.

Over 350,000 pounds of various herbs are used anually and all have to be gathered at the season of the year when their natural juices and medicinal substances are at their best.

The most successful solvents are used to extract the medicinal properties from these herbs.

Every utensil and tank that comes in contact with the medicine is sterilized and as a final precaution in cleanliness the medicine is pasteurized and sealed in sterile bottles.

It is the wonderful combination of roots and herbs, together with the skill and care used in its preparation which has made this famous medicine so successful in the treatment of female ills.

The letters from women who have been restored to health by the use of Lydia E. Pinkham's Vegetable Compound which we are continually publishing attest to its virtue.

SMOKE-TUCKETTS

ORINOCO

CUT FINE FOR CIGARETTES — CUT COARSE FOR PIPE