HOW TO TREAT STOMACH TROUBLE

A Tonic Medicine is Needed to Build Up the Digestive Organs.

The old-fashioned methods of treating stomach diseases are being discarded. The trouble with the old-fashioned methods was that when the treatment was stopped the trouble returned in an aggravated form.

The modern method of treating indigestion and other forms of stomach trouble is to tone up the stomach and glands to their normal work. Every step toward recovery is a step gained not to be lost again. The recovery of the appetite, the disappearance of pain after eating, the absence of gas, are steps on the road to health that those who have tried the tonic treatment remember distinctly. Dr. Williams' Pink Pills are a tonic every constituent of which is helpful in building up the digestive organs, and therefore the very best remedy for simple or chronic cases of stomach trouble. The success of the treatment is best shown by hundreds of hases like the following. Mrs. Chas. Comer, Picton, Ont., says:—"For upwards of two years I was a great sufferer from indigestion. Food would ferment in my stomach, and I would belch gas with a burning sensation. Often I would be troubled with nausea, sick headache and dizziness. Notwithstanding that I was under medical treatment the trouble grew so bad, that I would only eat when absolutely forced to, and I was in constant misery. I was finally advised to try Dr. Williams' Pink Pills and had only been using them a few weeks when I found they were helping me. I very gladly continued their use and the result is they have made me a well woman, every vestige of the trouble having disappeared. I am so grateful for what Dr. Williams' Pink Pills have done for me that I strongly advise any who may be suffering from stomach trouble to give them a fair trial, and I believe that like myself they will find a sure cure."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail, post paid, at 50 cents a box, or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Dimensions.

I took a turn in Frostland
(There—on the window pane),
Where picture vales and mountains
Are in the self-same plane,
And where the pleasure gardens
Are bathed in argent light,
And leaf and stem and blossom
Are all one candid white.
Those gardens have their music,
Through tubes of crystal blown,
Or picked on tense strung viols—
But all is monotone!

I dreamed that Frostland dwellers
Were with this lot content,
Save one—a sage or prophet,
Whose thought far roving went.
He said—but none attended:
"If I have deemed aright,
There is, though past our vision,
A ray beyond the white;
And, past our audient threshold,
Are tones of rare delight!"

And I, who knew the rainbow,
The octave's singing flight—
How well I could have answered,
If any answer might!
But—as a warm breath smote it!
That scene dissolved away—
My three spaced world enclosed me,
Where ill content I stray—
I who have heard the rumor
(Which I cannot forget)
A ray has been detected
Beyond the violet,
And tones (perchance elysian)
By us ungathered yet.

Is there in Space Outlying,
One who would answer me—
Whose ear those tones can gather,
Whose eye that ray can see?

The "fire" of an opal is due to the presence of water in the gem.

Thirty years ago Ontario farmers, killing hogs on the farm and peddling them to local consumers, got $3.50 a hundred pounds for the dressed meat. Now the live hog, under modern packinghouse methods of marketing, brings them $16 a hundredweight without the trouble of doing a butcher's job!

NEW STYLES IN BLOUSES

No. 9282—Ladies' Kimono Blouse. Price, 25 cents. To be slipped on over the head; short sleeves, or with long gathered sleeves. Cut in 6 sizes, 34, 36, 38, 40, 42 and 44 inch bust measure. Size 36, with gathered sleeves, 2 yards 36 or 45 inches wide; with short sleeves, 1⅝ yards 36 to 45 inches wide.

No. 9238—Ladies' Waist. Price, 25 cents. Two styles of front and sleeve. Cut in 8 sizes, 34, 36, 38, 40, 42, 44, 46 and 48 inch bust measure. Size 36 requires, with pleated side-front, 1⅞ yards, 36 inches wide, or 1⅛ yards 54 inches wide; with plain side-front, 1¾ yards 36 inches wide, or 1⅛ yards 54 inches wide.

No. 9251—Ladies' Waist. Price, 25 cents. With or without yoke; two styles of sleeve. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 inch bust measure. Size 36, with collar, 1¾ yards 36 inches wide, or 1⅝ yards 40 inches wide; without collar, 1⅝ yards 36 inches wide, or 1⅜ yards 40 inches wide.

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

In the Firelight.

I love the firelight's ruddy glow,
A comfy chair that's soft and low,
And 'cross the hearth, within my view
The lovelight in your eyes so blue.

I love the crackling of the logs,
To watch son playing with his dogs—
The things of home so warm and dear—
And hear our children's laughter near.

Ask for Minard's and take no other.

British Roads to Stay Under Control.

The British railways will continue under Government control for another year at least. General Sir Henry Thornton, a member of the Railway Advisory Board, the other day made this statement:

"Nationalization of the railways is now only a remote possibility. On the resumption of normal conditions British railways will be operated upon a plan that lies between nationalization and private ownership. The individual companies will continue to administer the separate lines with representatives on and acting in conjunction with a central board, composed of Government representatives and representatives of railway labor.

The new scheme will come into operation in about eighteen months. Although the Railway Advisory Board still is debating the personnel, the power of the board of control probably will follow some of the lines of the present board. The effects of the change from this system to the new will not be felt for some time.

Reduction of fares or freight charges cannot be anticipated for some years to come. The present board acts merely in an advisory capacity, decides disputes, arbitrates between companies and their men, and managers of individual lines only refer to the board in times of emergency.

Three things are needed to develop the Dominion livestock industry on permanent lines: first, improved quality in our meat animals; second, a marked increase in breeding animals; and third, a steady supply for the abattoirs year in year out.

War Eliminated Plaster Cast.

The war has almost completely eliminated the age-old plaster cast from the instruments of surgery. The surgeons at the front were working first of all for speed in healing men and getting them back to the front. They found that the plaster cast, by keeping the patient almost rigid through the week of bone knitting, made necessary a long period of convalescence to get rid of the stiffness resulting from the inactivity.

An ingenious surgeon invented a system of frames, splints and braces, whereby the bone actually fractured is held firmly set, and at the same time the patient is enabled to move the rest of his body. For instance, if the upper arm is fractured the patient is able, with the help of carefully balanced pulleys and weights to move his arm at the shoulder, the elbow and the wrist. When the bone is knit the patient has full use of his arm, and the tedious period of exercising the stiffness out of the limb is eliminated.

The elimination of the plaster cast is but an example of the changes which the war has wrought in surgery.

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.

The Sandman.

When the long, hot day is over,
And the sun drops down the west,
And the childish hands are weary,
And the childish feet must rest,
The Sandman steals through the portals
Where the dying sunlight gleams,
And touches the tired eyelids
And lulls them into dreams.

Even so, when life is over,
And the long day's march is past,
We wait in gathering shadows
Till the Sandman comes at last;
Sad are our hearts and weary,
And long the waiting seems;
Lord, we are tired children,
Touch Thou our eyes with dreams.

Take from the slackened fingers
The toys so heavy grown,
Give to Thy tired children
Visions of Thee alone;
Then, when at length the shadows
Darken adown the west,
Send to us Death, Thy Sandman,
To call Thine own to rest.

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

A Precise Private.

In one of the camps, an officer was making a round of inspection when he came upon a big, round-eyed private with red hair and a gun that he held in anything but the approved fashion.

"Don't you know better," demanded the officer, "than to point an empty gun at me?"

"But it ain't empty, sir," protested the private. "It's loaded."

MONEY ORDERS.
Send a Dominion Express Money Order. Five Dollars costs three cents.

English to be World Language.

In reply to the question addressed by the Northern Peace Society to prominent linguists in various countries as to which language would be the most suitable for world-wide use, M. Carnoy, professor of Louvain University, writes:

"English would undoubtedly be the most suitable. The German and French languages have lost their place through the war. The English language is a hospitable one, being a kind of compromise between the Latin and Germanic tongues; also it is simple and is spoken by most progressive nations of the world, and has one of the most beautiful literatures of modern times."

The dynasty of Japan is the oldest in the world, the present ruler claiming to be the 122nd monarch of an unbroken line dating from 700 B.C.

Old newspapers folded about 9 x 12 inches and hung on side of kitchen table are handy when a little food is spilt on stove or floors. If it is wiped with a piece of paper first, then with the housecloth, or stovecloth, much work is saved.

HAVE YOU
ASTHMA?
Do you endure the misery of Asthma with sleepless nights, difficult breathing and loss of strength? However bad your case, quick relief is guaranteed by the use of
TEMPLETON'S
RAZ-MAH
CAPSULES
This preparation is the result of years of experimenting and study. Thousands have derived the greatest benefit through its use. Write for free sample to Templetons, 142 King St. W., Toronto.
Sold by reliable druggists everywhere for $1.04 a box.

TEMPLETON'S
RHEUMATIC CAPSULES
For fifteen years the standard specific for
Rheumatism, Neuritis, Gout
Sciatica, Lumbago, Neuralgia
Many doctors prescribe them.
Write to Templetons, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for $1.04 per box.

To-morrow.

To meet to-morrow fearlessly,
This much I have resolved to do,
Though what the year ahead may bring,
Is still unknown to me, to you.
The sky is dark, the sages say.
Old standards fell before the new,
Gone are the things men died to save,
The many suffer for the few.
While youth gives answer, "This may be,
But have you lost the faith to see
To-morrow is no waning light,
No coward's hopeless prophecy.
To-morrow is my book to write
Your brightest dream, our glorious fight,
And what we make it, it will be—
So face the future fearlessly!"

Keep Minard's Liniment in the house.

There are over 60 known varieties of the banana, with as great, or greater, variation in character as in the different kinds of apples.

No man's abilities are so remarkably shining as not to stand in need of a proper opportunity, a patron, and even the praises of a friend to recommend them to the notice of the world.—Pliny.

"SYRUP OF FIGS"
CHILD'S LAXATIVE
Look at tongue! Remove poisons from little stomach, liver and bowels

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.
Mother! You must say "California."

With the Fingers! Says Corns Lift Out Without Any Pain

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply directly upon the corn a few drops of freezone, says a Cincinnati authority.

It is claimed that at small cost one can get a quarter of an ounce of freezone at any drug store, which is sufficient to rid one's feet of every corn or callus without pain or soreness or the danger of infection.

This new drug is an ether compound, and while sticky, dries the moment it is applied and does not inflame or even irritate the surrounding tissue.

This announcement will interest many women here, for it is said that the present high-heel footwear is putting corns on practically every woman's feet.

For Coughs, Colds, and the relief of inflammatory conditions of the throat arising from Bronchial, Asthmatic affections and derangements of the Respiratory Organs. Prepared from Spruce Gum and other medicinal agents. Successfully used for 60 years.
Always buy the Large Size
GRAY'S SYRUP OF RED SPRUCE GUM
Prepared by D. WATSON & CO., New York

ISSUE No. 7—'20.

BITS OF HUMOR FROM HERE & THERE

He Didn't Suit.

Youth: "Can you take back the engagement ring I bought her to-day?"
Jeweller: "Didn't it suit?"
"I don't know. I didn't."

A Schoolboy Expounder.

Teacher—"What are the properties of heat and cold?"
Small Pupil—"The property of heat is to expand and cold to contract."
Teacher—"Give me an example."
Small Pupil—In summer, when it is hot, the days are long; in winter, when it is cold, the days are short."

He Was Beaten.

"Look here!" stormed the proprietor of the travelling menagerie angrily. "Are those your children over there in front of that cage?"

"Only about three of them," replied Farmer Johnson, whose family was large and plain.

"Well, get 'em away from there, quick! They have been making faces at the gorilla for twenty minutes, and the poor beast's having one fit right after another!"

"ROSY-FIT"
If Bilious, get your Pep and Color back with "Cascarets"
Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food which sours and ferments, forming acids, gases and poisons. Cascarets to-night will give your bilious liver and constipated bowels a thorough cleansing and have you feeling clear, bright and as fit as a fiddle by morning. Cascarets never sicken or inconvenience you like nasty Calomel, Salts, Oil, or griping Pills. They work while you sleep.

A Quick Relief for Headache
A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.
8

CUTICURA HEALS BABY'S FACE
Could Not Sleep Eruption Itched and Burned So.
"I noticed a little pimple on my baby's face. I thought it was from the sun but it kept getting worse and the skin was red and very hot. He could not sleep or rest the eruption itched and burned so, and it caused him to scratch. I was quite discouraged.
"I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. I bought more and after using two cakes of Cuticura Soap and two and a half boxes of Cuticura Ointment he was healed." (Signed) Mrs. S. D. McGuire, Clarksburg, Ont., Dec. 16, 1918.
Use Cuticura Soap, Ointment and Talcum for every-day toilet purposes.
Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.
Cuticura Soap shaves without mug.

Classified Advertisements.

AGENTS WANTED.

PORTRAIT AGENTS WANTING good prints and finishes—lowest prices on frames—ask for catalogue. United Art Co., 4 Brunswick Ave., Toronto.

FOR SALE

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T. Wilson Publishing Co., Limited, 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 62. Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS.

CHOICE SILVER BLACK BREEDING Foxes. Also, we are buyers of Raw Furs. What have you—what price? Reid Bros., Bothwell, Ont.

COFFIN STOCK WANTED. IF YOU are able to supply, advise us, as we will pay the highest prices, dry or green from the saw. Keenan Bros., Limited, Owen Sound, Ont.

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.

America's Pioneer Dog Remedies
Book on DOG DISEASES and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

DARTING, PIERCING SCIATIC PAINS
Give way before the penetrating effects of Sloan's Liniment
So do those rheumatic twinges and the loin-aches of lumbago, the nerve-inflammation of neuritis, the wry neck, the joint wrench, the ligament sprain, the muscle strain, and the throbbing bruise.
The ease of applying, the quickness of relief, the positive results, the cleanliness, and the economy of Sloan's Liniment make it universally preferred. Made in Canada.
35c., 70c., $1.10.
Sloan's Liniment Keep it handy

FALLING? HERE'S WHERE IT SHOWS
Don't worry! Let "Danderine" save your hair and double its beauty

To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of delightful "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Your hair will grow strong, thick and long and appear soft, glossy and twice as beautiful and abundant. Try it!

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN
Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.
Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada.
Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages.
There is only one Aspirin—"Bayer"—You must say "Bayer"
Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

A Health-Building Cereal
Grape-Nuts

A satisfying food, greatly pleasing to taste, full of rich nourishment and ready to eat without cooking.
Needs no Sugar
Pleasing alike to young and old.
"There's a Reason"