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THE CULTIVATION OF VACANT LOTS

GROWTH OF MOVEMENT IN GREAT-BRITAIN.

[illegible] Allotment-Holders and Three [illegible] times as Many Waiting For Available Land.

[illegible] of land-hunger is sweeping [illegible] Britain as a result of the as-[illegible] growth of the garden-[illegible] movement begun there, when [illegible] of America organized the [illegible] Cultivation Society.

[illegible] this Society is the nucleus of [illegible]nized movement of 250,000 al-[illegible] holders,—men and women who [illegible] their bit" by growing food [illegible] plots of ground in and near [illegible] and towns. And three times as [illegible] are only waiting for the [illegible] made available for them.

[illegible] Southern District, centering [illegible] the allotment-holders have [illegible] a federation with a mem-[illegible] of 31,000. The garden-plant-[illegible] has become more than [illegible] emergency war measure. [illegible] a nation-wide demand [illegible] be opened to all who [illegible] able to cultivate the [illegible] men are beginning to [illegible] army of allotment-holders [illegible] force of the first importance.

[illegible] editor of the London Herald: [illegible] all living force has come [illegible] life of the nation. We refer [illegible] allotment movement. It is one [illegible] compel the practical atten-[illegible] response of municipal au-[illegible] the Government. Allot-[illegible] have become an [illegible] during the war has, with [illegible] drilled and trained, [illegible] land hunger, and as a re-[illegible] to stay.

A Force to be Reckoned With.

[illegible] fallen in love with Mother [illegible] of war, they will not, [illegible] estimate their quality, [illegible] her when peace shall [illegible] out to capture the [illegible] of the land monopolist [illegible], and woe betide any [illegible] privilege shall attempt [illegible] way of the army's ad-[illegible]

[illegible] of the spirit of this [illegible] was provided by the Con-[illegible] Allotment Holders, held in [illegible] Hall, London. There were pre-[illegible] than 300 delegates from [illegible] societies, with an aggregate [illegible] of over 31,000. In his [illegible] address, the chairman refer-[illegible] the work of the founder of the [illegible] for the cultivation of va-[illegible] land—the late Joseph [illegible], when, at his suggestion, the [illegible] in a body 'to pay tri-[illegible] memory, and place on re-[illegible] determination of those pre-[illegible] the ideal,' it was clear [illegible] a force that will have to [illegible] with in the future."

[illegible] movement, land re-[illegible] the backing of men [illegible] not as theorists, [illegible] of the soil. John [illegible] English writer said: [illegible] of the land is, the [illegible], no matter what [illegible] war. To put men on [illegible] must have the land ready [illegible], not of paper; land [illegible] places within easy [illegible] village. We know, [illegible] in the last five [illegible] million allotment-gar-[illegible] created in urban areas, [illegible] progress made with [illegible] than in previous years. [illegible] chance of our life to [illegible] danger, and to restore [illegible] balance between town and [illegible]

[illegible] first importance. [illegible] generations have brought [illegible] town-ridden condi-[illegible]. The rate of deterio-[illegible] rapidly with each [illegible]. We have, as it [illegible] seven-ninths of our pop-[illegible] paddocks, to breed [illegible] among themselves. [illegible] impedimenta is the force [illegible] are, the huge vested [illegible] threatened of losing pro-[illegible] this moment. When [illegible] class and occupation, [illegible] thrive most on, of [illegible] state, are a little fright-[illegible] this chance for a [illegible] can we hope that any-[illegible] will be done, with [illegible] as they are, the scales [illegible] necessarily in favor of the [illegible]

[illegible] say that this whole vast [illegible] land with its throbbing [illegible] seeing that demobil-[illegible] come every year—its [illegible] immediate importance, is [illegible] for instant debate and [illegible] say that we ought [illegible] to that limbo, after the [illegible] reality it takes prece-[illegible] other question."

[illegible] will take the place of [illegible] coffee.

[illegible] spoonful of melted butter is [illegible] after melting.

[illegible] is something and enthusi-[illegible] something that makes life [illegible] worth living at.—Holmes.

[illegible] combs are usually caused [illegible] health, too much animal food [illegible] ventilated pens. Generally [illegible] removal of either or all of [illegible] conditions will make things [illegible]

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.

A ROMANCE OF THE HILLS.

War Has Stimulating Effect on Output of Chemical Industries.

One morning, just after the United States declared war against Germany, an alert, aggressive, wealthy Southerner entered the office of the Secretary of the Interior and announced that he wanted a chance to do his bit for his country.

"I want a man's job, not a place in the spotlight," he explained. "Just something somebody else would shy at."

Secretary Lane considered the proposition for a moment. "Why not find pyrite ore?" he suggested. And then he explained that the war had almost shut America off from the Spanish mines from which the country had obtained the ore for sulphuric acid. He added that pyrite was to be found, in the Southern hills near his visitor's home.

"I never heard of the stuff," commented the Southerner, "but if it's there as you say and we need it for the war, I'll get it." He did. The five mines he discovered, according to Secretary Lane's annual report, are now yielding 400 tons a day, and 1,000 tons daily is promised. Sulphuric acid, known to scientists as the chemical barometer, has more than doubled in production since 1916. The needs of modern war have had an equally stimulating effect on the output of other chemical industries. War is a new game to the American, but the records of their Interior Department show that he is "sitting in" as though it was in the States, as in Germany, a national pastime.

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

Two Practical Designs

This is quite a sensible little romper, as well as being becoming to the youngster. McCall Pattern No. 7830, Child's Romper. In 4 sizes, 1 to 6 years. Price, 10 cents.

A good design for the sensible nightgown, 2McCall Pattern No. 7950, Girl's Yoke Nightgown. In 7 sizes, 1 to 12 years. Price, 10 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, Paramé, 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.

LAZINESS AND INVENTION.

Many Ingenious Devices Planned by Idle People.

Someone once said that laziness was the mainspring of progress, and though that seems to be going too far in praise of the lazy man, yet it cannot be denied that a good many discoveries and inventions have been made by the man with little or nothing to do. If the old story is true, did not the discovery of the universal law of gravitation occur to Newton when he was lolling under an apple tree, waiting, as it were, for the fruit to drop into his mouth?

The invention of the stocking-loom marked an epoch in British industry; in addition to producing the first pair of silk stockings for Good Queen Bess, and drawing forth the remark from her horrified Minister that the Queen of England had no legs! It was the ingenious device of a Cambridge graduate who had married before he had learned even to earn his living, and it was the sight of his wife's busy fingers knitting, whilst he sat idly watching her, which started him on the track of the stocking-loom.

Samuel Crompton, the inventor of the spinning mule, found his incentive in laziness. His mother insisted on a daily task of well-spun wool. The lad detested the slow, monotonous work, and invented the spinning mule so that he might have more time for play.

It was a lazy pointsman who hit on the principle used for long-distance signal manipulation on our railways. Having to attend to two signals some distance apart, he sought to save himself a walk by fixing up an ingenious contrivance of wire and weights whereby both signals could be worked from his own fireside.

It now requires $30,00 worth of coal to make a ton of paper in France, as compared with $5.00 worth four years ago.

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."

The Wealth of the Sea.

The North Sea has never been so productive as now (says a Daily Chronicle expert.) The inference is that the restriction of fishing has permitted an unchecked multiplication of fish. No matter how we fish the seas the harvest comes bounteous to the nets. There are great rythmical waves of productivity in the ocean. Early spring and early summer heat in the waters increase numbers incredibly. Given such conditions the sea holds such an overflowing wealth of life that two or three times a century we find herring swarms on the west part of the country. And the Skagerack knows its "winter herring," which appears once in every 111 years in teeming millions, and has been doing so for the last 12 centuries.

Gunns Shur-Gain Fertilizer

The Supreme Sacrifice.

When a man takes the chance of life and death either in protecting his home, his state, his country or the freedom and democracies of the whole world, he offers his life on the highest altar of human sacrifice. Jehovah of the Jews; Christ of the Christians, erected no higher altar, and gentile and pagan have found none higher. Humble may be the altar whereon father and son offer themselves in sacrifice for defence of the family, the home or the city, but higher must be the altar when the sons offer themselves for sacrifice on the altar of a world freedom—a freedom for other homes, other cities, other nations and peoples.

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.

Maple Sugar Profitable

Sugar maple trees are a specially valuable asset to a farm this year. Regular commercial sugar is scarce and high. There is money in maple sap, and beyond the work it is practically all profit. You don't have to plough, or harrow, or fertilize the ground for the maple harvest. You don't have to do any spring seeding, and you don't have to wait patiently from spring to fall. The maple season comes at a time when other farm work is slack. The trees require no spraying, pruning, fertilizing or watering. They stand as a rule on untillable or rocky land. The maple tree was a Godsend to Canada in the pioneer days. It is no less so now in the war scarcity of sugar.

Minard's Liniment for sale everywhere.

Food Shortage Getting Worse.

The latest cable received from the British Ministry of Food regarding conditions in Europe makes it clear that a drastic reduction in the proposed rations for Britain may be expected early in March. The supply of fats and bacon is low and increased imports are urgently needed. The Italian need is the greatest of all. The people of Italy have been on bread and sugar rations for some time and severe restrictions have been placed on their consumption of meat.

Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13, years 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. Q., 18th Aug., 1900.

Food Aphorisms.

The bacon you save may save your bacon.

The garbage pail is as deadly as the U-boat.

High prices are better than a lion peace.

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.

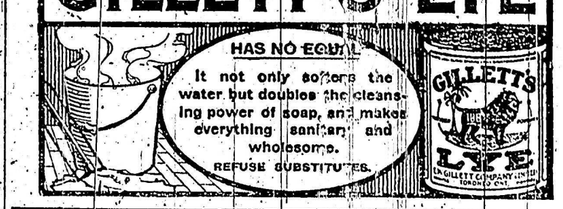
The Importance of Pure Seed.

Pure seed is an important factor in greater production. It might almost be said that it is the most important, for weedy seed having once been sown, it is impossible to foretell the damage that may be done to the growing crop, or the disappointment that may ensue when gathering or reaping time comes round. Hence, at this season of the year, when sowing is in prospect, a pamphlet issued by the Seed Branch of the Department of Agriculture at Ottawa, entitled "Cleaning Seed" is most timely and valuable. It tells of the implements that are needed and the methods that should be followed, especially in the cleaning of grain and grass seed. A letter to the Publications Branch, Ottawa, will bring the pamphlet promptly and without cost.

Minard's Liniment Cures Burns, Etc.

By marketing and not telephoning orders, the housekeepers of Canada can do more to control prices by competition than any other agency we have.

GILLETT'S LYE



A Wide-Awake Dream.

Some day the world—that is, you and I—will always have a smile and a warm handshake for the other fellow. We shall have time to sit on the fence and talk things over together, and drop a word of cheer as we look at one another's crops. We shall not brag so much, but we shall do a lot more patting on the back.

MONEY ORDERS

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

The New Maple Law.

The New Pure Maple Sugar law gives the public protection against adulterated maple products. The scarcity of cane and beet sugars this year will also make it less profitable to mix them with maple flavoring extracts. The markets of Canada and the United States are eager for pure maple syrup and maple sugar, and the new law has restored public confidence.

Minard's Liniment Cures Dandruff.

Giving a calf an extra good start the first six months of its life and doing so cheaply, is the secret of successful and economical stock raising.

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 REGD. 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

No Duty on Maple Sugar.

Maple sugar makers never had such a demand to fill as this year. The shortage of cane and beet sugar makes maple products of great use as substitutes. Every sugar maple tree available should be tapped this spring.

Minard's Liniment Relieves Neuralgia.

FOR SALE

WEEKLY NEWSPAPER IN WESTern Ontario. Doing a good business. Death of owner place is in market. Great chance for man with cash. Apply Box 82, Wilson Publishing Co., Limited, Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $3,500. Will go for $2,500 on quick sale. Box 69, Wilson Publishing Co., Ltd. for sale.

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.

Doctors Recommend Bon-Optic for the Eyes

Physicians and eye specialists are advising Bon-Optic as a safe home remedy in the treatment of eye troubles due to strain or eyestrain. Sold under money refund guarantee 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 feel my skin as tight 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 Nilson, Nov. 1, 1918, Sask.

You have a good complexion when you use Cuticura Soap daily for toilet purposes, assisted by 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, 176 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.