A COMPLETE BREAKDOWN AFTER LA GRIPPE

It Leaves the Sufferer a Victim of Many Forms of Weakness

Ask those who have had la grippe regarding the present condition of their health and most of them will answer "Since I had the grip I have never been well." There is a persistent weakness of the limbs, bad digestion, shortness of breath and palpitation of the heart caused by the thin-blooded condition in which grip almost always leaves its victims after the fever and influenza have subsided. They are at the mercy of relapses and complications, often very serious. This condition will continue until the blood is built up again, and for this purpose nothing can equal a fair treatment with Dr. Williams' Pink Pills, which quickly make the blood rich and red, drive the lingering germs from the system and transform despondent grip victims into cheerful, healthy, happy men and women. Mr. John Battersby, London, Ont., says:—"Just before Christmas, 1914, I was taken down with an attack of la grippe, and the trouble left me in a deplorable condition. I was almost too weak to walk about, as I was then working on a farm in Western Ontario, I was quite unable to follow my usual work. I tried several kinds of medicine, but it did not help me. As a matter of fact I felt steadily growing weaker, and in this condition, when reading a paper, I saw Dr. Williams' Pink Pills advertised and decided to try them. I got a supply and by the time the second box was finished I felt considerably better, and after continuing the pills for some time longer I felt better than I had done for months. This was my first experience with Dr. Williams' Pink Pills, but you may depend upon it that if I find medicine necessary again I will know what to take."

You can get these pills from 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.

RESEARCH AND PROGRESS.

New Inventions Are Constantly Changing Conditions.

In an article on the relation of research to the progress of manufacturing industries, Dr. W. R. Whitney shows that purely academical research has led to some of our greatest industrial achievements. "Search for new knowledge," says Doctor Whitney, "is the insurance for the future of the industries. Many factories will later be manufacturing things not even conceivable to-day. The incandescent lamp business will serve for illustration. I have seen whole factories entirely overhauled a number of times in the past few years in order to make the newest lamps. Not only have entire floors of complicated and expensive machines for making carbon lamps been thrown out and new machinery for making metal filament lamps installed, but before packing cases containing new machines could be opened and unpacked in the factory they have been thrown out as useless, as the advance from squirted-metal filaments to drawn-wire filaments proved the better way. Before factories could reach the limit of efficiency in manufacturing vacuum lamps the introduction of nitrogen into the lamps brought another change; and now, when the nitrogen-tungsten lamps have been in use only a short time, the manufacture of argon and its introduction into the incandescent lamp becomes a reality. If the research laboratories that discovered the means for bringing about these changes, with their accompanying economies, could receive a cent for every dollar that they save the public, they would receive over a million dollars a year to spend for further research. The people are the ones who are most interested in research, although they may not know it."

PRESSED HARD.

Heavy Weight on Old Age

When people realize the injurious effects of tea and coffee and the better health that a change to Postum can bring, they are usually glad to lend their testimony for the benefit of others.

"My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak-all-over' feeling and sick stomach." (The effects of tea on the system are very similar to those of coffee, because they each contain the drug, caffeine.)

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavour of the 'coffee' and asked him concerning it. He replied that it was Postum.

"I was so pleased with it that I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well that we discontinued coffee and used Postum entirely.

"I had been very anxious concerning my mother's condition, but we noticed that after using Postum for a short time she felt much better, had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty.

"I know Postum has benefited myself and the other members of the family, especially my mother, as she was a victim of long standing." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms:

Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and with cream and sugar, makes a delicious bevorage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

SERBIAN RELIEF.

Without Outside Help Thousands Will Perish.

Great interest has been aroused in the terrible conditions prevailing in Serbia owing to the ravages of the typhus epidemic and by the invasion of the Austrians. Both adults and children are in dire need of all the necessities of life, particularly blankets, warm clothing for men, women and children. Goods or money sent to the Serbian Relief Depot, Room 17, Mail and Empire Building, Toronto, will be gladly received and forwarded.

Dr. Sharpe of Brampton, Miss Losanovitch, daughter of the Serbian Minister to Great Britain, and Miss Everard, an American nurse in Belgrade, all recently returned from Serbia, are both publicly and privately urging everyone to contribute to the fund, for without generous outside help the adult refugees and the 25,000 orphan children must die, as the countries of Albania and Montenegro into which they have retreated have not sufficient food for themselves and no adequate protection from the bitter weather. The following letter speaks for itself:

December 20th, 1915.
5 Cromwell Road,
London, S.W., England.

Mrs. Hamilton, 1st Vice Chairman,
The Suffragists' War Auxiliary,
32 St. Joseph St., Toronto.

Dear Madam,—We are very grateful for your kind letter of 1st inst., and are very pleased to give you all the information we can as regards the administration of our fund and the needs thereof.

Our fund has equipped and maintained five large hospitals as well as six or seven dispensaries in Serbia during the past year, besides distributing relief among civilians. Most of these hospitals are now in the hands of the Bulgarians, and the staffs are either prisoners or on the way to the coast with the retreating armies. We have been able, however, to organize medical relief work among the refugees on the Greek frontier, and English representatives of the fund are already at work on our behalf both in Montenegro and in the Salonika district. In the last mentioned area the work is carried on under the supervision of our late treasurer, Sir Edward Boyle.

The main needs of the people at present are warm underclothing for men, women and children; shawls, boots, and, above all, blankets. As regards food stuffs, which we are asked to send out in large quantities, cereals, biscuits, jam, condensed milk and bovril are specially desirable.

I am enclosing a copy of our latest appeal, and we shall be most grateful for any help which your Society can kindly send us.

Yours truly,
M. MUSGRAVE WATSON,
Secretary.

Sent by Mrs. Becker. Phone, Junc. 1415. 361 Perth Ave.

THE SICK SULTAN.

Death of Mahommed V. Would Make Difference in Turkey.

The Sultan of Turkey, Mahommed V., the head of Islam and the 36th ruler of the house of Osman, is sick. Once such a report would bring up visions of royal relatives mysteriously poisoned, bowstrung or dropped, bound and sacked, into the dark waters of the Bosphorus, and of fortune tellers, wizards and exorcisers crowding around the ailing sovereign's bedside. Now the people talk of prospective heirs and of regents, while the Sultan's Christian ally commends him to Allah and sends his ablest physician.

When the Young Turks lifted Raschid Effendi upon the throne from which they had shoved his brother, Abdul Hamid, they dragged a man of 65 from a palace where he had been all his life scarcely more than a prisoner. In years of inactivity his body had grown big, big with width, breadth and length, a burden for his short legs. He was a sick man then. On the semlik Fridays the chalky paleness of his heavy face and the dullness of his eyes were accentuated by the troops of young guardsmen in brilliant uniforms and the officers in glittering gold braid who surrounded him. The picture had in it more of pathos than imperialism.

When he went to appeal to the layalty of the Albanians on the field of Kassovo, Macedonia, he was the first Ottoman sovereign to visit his provinces on a mission of peace. But the Albanians, who had imagined the Sultan had wings and few of humanity's frailties, were disappointed at the sight of the heavy feeble man in a black frock coat, and the mission failed. He seemed to lack either the knowledge or the physical force to combat the shrewd politicians around him and he became merely a figurehead for the dominant party of the Committee of Union and Progress.

Many things may happen with the passing of this sick man. He may be the last of the Osmanli to rule in Europe; he may be the last to bear the honors and title of the Caliphate. But he has been a part of the almost forlorn hope to restore the glories of the empire, and has lived to see a Turkish army with munitions of war and supplies making a desperate and so far successful attempt to hold the almost sacred Dardanelles against a great enemy.

Oh, Those Irish!

Very few people are ambidextrous, that is, able to use the left hand as readily and skilfully as the right. But there is an amusing story of one Irishman who was careful to cultivate that art. When he was signing articles on board a ship he began to sign his name with his right hand, and then changed the pen to his left hand and finished it.

"So you can write with either hand, Pat?" asked the officer.

"Yis, sorr," replied Pat. "Whin I was a boy me father—rest his soul!—always told me: 'Pat, learn to cut yer finger nails wid yer left hand, for some day ye might lose yer right!"

You Can't Work with hand or brain when the body is poorly nourished. Get warmth and strength for the day's work by eating for breakfast Shredded Wheat with hot milk. Contains all the body-building material in the whole wheat grain prepared in a digestible form. Its crisp goodness is a delight to the palate and a life-giver to tired brain and jaded stomach. Made in Canada.

CLOCKS—AND WIVES.

Which Would be the Easier to Move—and to Keep in Order.

A good clock—like a good wife—should not need constant watching.

Some clocks—like some wives—get wound up every night, and nothing will stop them but a good shaking. This, however, is a drastic remedy; and, after all, the business of both clocks and wives is to keep going cheerfully—and not make too much noise about it.

Shaking doesn't improve the works of either timepieces or women, and if you persist in it they will inevitably get "run down." Watchmakers and doctors flourish through men's foolishness in this respect.

Wives—unlike clocks—cannot be expected to sit quietly on the mantelpiece day after day and night after night without getting out of order. This privileged position, which adds dignity to the handsomest clock, would make the loveliest woman look a trifle ridiculous.

When the clock strikes one, it is not too late to get six or seven hours' sleep if you stop arguing.

When your wife strikes, too, it is too late to do anything except reach for her wrists.

Clocks are apt to get slow in warm weather, but it is summer-time that wives are usually friskiest.

A clock can be pawned; a wife cannot.

What home is complete without a clock? What house is a home without a wife? Tick or nag, who would choose to be clockless and wifeless? Time passes unheeded without the one; time is wasted with or without the other.

TWO GREEK LANGUAGES.

One Spoken by the Educated, Other by the Masses.

There exists now in Greece a linguistic condition of affairs around which centres a controversy at once comic or tragic; for there are in Greece two languages, or rather, the one language in two forms—one written by the newspapers, spoken by the educated classes, and used in parliamentary debates and in public documents, including the Scriptures, the circulation of which is regulated by law; and the other a vernacular used by the masses of the people, containing many words of foreign origin, especially Turkish and Italian arising from those periods of foreign occupation, with a much simplified grammar, and rarely reduced to writing, except for private communications. The former is the cultured tongue; the latter the popular idiom; and between the two there rages a merciless warfare, in which fanatical students of the university have lost their lives, ministers their portfolios, a Metropolitan of Athens his mitre, and the sweet-faced queen-mother much of her former popularity.

For Breakfast To-Morrow.

serve Dr. Jackson's Roman Meal. You'll find this dark, nut-brown, coarsely granulated food very delicious. It has a taste different from any other cereal. It is exceedingly nutritious. It prevents indigestion. It is guaranteed to relieve constipation or "money back."

Ask your doctor about Dr. Jackson's Roman Meal.

10c and 25c at grocers. Follow directions closely and do NOT stir while cooking porridge.

Try Roman Meal Nuggets, the ready-cooked form of Roman Meal. Serve with hot milk or soften with boiling water. Pour off and add milk and sugar.

Made by Roman Meal Co., Toronto.

SHORTAGE OF MEN.

British Women Workers Increasingly in Demand.

Owing to active recruiting, the shortage of men in the British labor market has become more acute and has greatly increased the demand for women and young girls as substitutes. Virtually every one capable of working, says the Board of Trade Labor Gazette, has an opportunity of being employed, and it is evident that still larger numbers of women and girls not previously employed in trade and industry are required in many occupations.

Compared with October, 1914, there was a general improvement, especially marked in industries engaged in supplying the requirements of the forces. War bonuses and increases in wages, taking effect in October and affecting 180,000 work people, amounted to about $115,000 a week.

There is a general scarcity of colliery workers, farm hands and navvies, and the demand for work people is still greatly in excess of the supply in engineering and shipbuilding trades. Shortages are reported in the glass, chemical, building and metal trades, and with regard to women, the demand for textile workers is still unsatisfied.

Minard's Liniment Cures Colds, Etc.

WILL GIVE SERUMS FREE.

Government Will Place Supply in Every Municipality.

Acting on instructions from the Hon. W. J. Hanna, Provincial Secretary, Dr. McCullough, chief officer of health for Ontario, has announced that starting about February 1 the department will supply free of charge antitoxin for diphtheria, antitoxin for smallpox, anti-meningitis serum, anti-tetanic serum, preventive rabies serum, and other serums used in the fight against contagious diseases. The serums will be supplied physicians, boards of health, hospitals, institutions and all people who require them for treatment.

In the past the department has given anti-typhoid serum free, and it has resulted in a great reduction in cases of typhoid in the province. At the Isolation Hospital, where the worst cases of diphtheria are taken and treated with the anti-diphtheretic serum, the death rate from the disease has been reduced to 6 per cent., while formerly the rate was 16 per cent. It is hoped that the free distribution of the serums will result in a wonderful decrease in the spread of the dread diseases.

Plans for the distribution of the serums have not yet been completed, but it is understood that supplies will be placed in every municipality and a physician's prescription will be all that is necessary in order to obtain the serums free. The results derived from the giving of free serum in Toronto and the benefits found at the Isolation Hospital following the use of antitoxin persuaded the Hon. Mr. Hanna to encourage Dr. McCullough in his campaign.

Beautifies While You Sleep

Before retiring, bathe the face and neck with hot water, then dry and rub "USIT" into the skin with the finger tips. By persistent treatment you will soon restore to your complexion the wonderful freshness and beauty of youth. Make this treatment a nightly habit and "USIT" will beautify you while you sleep.

"USIT" is a skin food and wrinkle chaser. It builds up firm elastic tissues, removes wrinkles, fills out depressions and gives the skin a wonderful smoothness and fineness of texture which alone indicates perfect skin health.

"USIT" is put up in handsome opal bottles, and until the Drug Stores in Canada are completely stocked we are filling mail orders. Accept no substitute.

Send 50 Cents to-day for trial bottle, sufficient for six weeks' use. We pay postage to any address in Canada.

USIT MANUFACTURING CO., LTD.
476 Roncesvalles Ave., TORONTO

A COSMOPOLITAN VOLUME.

The New Testament Is Translated Into Many Languages.

On the continent of Africa alone the New Testament, or parts of it, have been translated into 148 languages and dialects. The two latest additions are Dabida—a language of British East Africa—and Limba—the language of a tribe in the hinterland of Sierra Leone.

Parts of the New Testament have actually been translated into pidgin English, that strange lingo, half baby-talk and half slang, which is the chief means of communication through all the East.

The difficulties presented in translating the New Testament into this barbarous hotch-potch must have been tremendous, but they have been surmounted.

Another language of the same sort is Chinook. This consists of about two-fifths Chinook, two-fifths Red Indian tongues, and the rest English and Canadian-French. It is the tongue of barter on the Pacific Coast of Alaska and the Dominion. At least 50,000 Indians speak it, and lately St. John's Gospel has been issued in this jargon for their special benefit.

There is also a version of the Scriptures translated into the primitive language of the head-hunters of Borneo.

It was made by German missionaries, printed in South Africa, paid for with British money, and circulated in Papua.

Thirteen-Year-Old Soldier.

Vienna newspapers tell of the return to school in that city of Hans Kiesel, a thirteen-year-old boy, who disappeared some months ago and went to the front. It appears now that he joined the Eighteenth battalion of the First Austrian infantry and was for four months on the frontier of Bessarabia. He participated in two battles, was wounded in the chest by shrapnel, but recovered quickly. The general in command was very much surprised when he learned he had such a youthful soldier in the ranks and at once sent him home, as he refused to take further responsibility for the lad.

Minard's Liniment Cures Distemper.

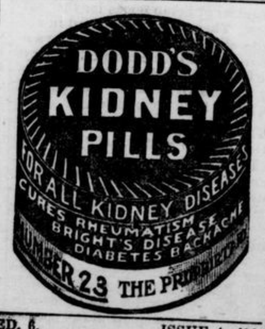
It Studied Him.

"Did you tell that young man of yours that I am going to have the light switched off at ten?"

"Yes, dad."

"Well?"

"He's coming at ten in future."



IT MAKES ROUGH HANDS SMOOTH

There is no better remedy for chapped hands and lips than

Vaseline

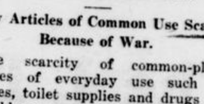
Trade Mark

Camphor Ice

Keeps the skin smooth and soft.

Sold in handy metal boxes and tin tubes at chemists and general stores everywhere.

Refuse Substitutes. Booklet on request.



CHESEBROUGH MFG. CO.
(Consolidated)
1880 Chabot Ave., Montreal

ITALY NEEDS NEEDLES.

Many Articles of Common Use Scarce Because of War.

The scarcity of common-place articles of everyday use such as needles, toilet supplies and drugs is probably more accentuated in Italy than in any of the other belligerent countries, because these things have been supplied to Italy almost entirely by Germany. One of the branches of a sewing machine company, for instance, reports it is no longer able to supply medium-sized needles, because these are made in Germany. It also appears an impossibility to buy a fever thermometer in Rome, as this is another article of German make. The supply of aspirin and a number of other remedies is exhausted at most of the pharmacies, and doctors are finding it increasingly difficult to get their prescriptions filled because of the lack of drugs.

This dearth of necessities is rendered heavier to bear by the almost impossibility of getting goods from other countries and from the high cost of living. The cars for the transport of goods are all used for military purposes and Rome even is threatened by a sugar famine although the manufacturers have sufficient for the needs of the whole country. The cost of living has altogether increased about four times and promises to rise further.

WOULD KILL PRISONERS.

What Germany Would Do In Case of Starvation.

Germany seems to be getting desperate. In a series of articles in 'The People or the State," the tenth of the series of the war essays written by the Germans and published by A. Marcus and E. Weber, of Bonn, there is an article by Dr. Heinz Pothoff, who was for nine years a member of the Reichstag. The London Standard quotes the following from the article by Dr. Pothoff.

"Can anyone doubt, Dr. Pothoff writes, "that the German general staff will hesitate to employ extreme measures if Germany is ever on the verge of real starvation? If necessary, we must expel all the inhabitants from the territories which our armies have occupied and drive them into the enemy's lines; if necessary, we must kill the hundreds of thousands of prisoners who are now consuming our supplies. That would be frightful, but would be inevitable if there were no other way of holding out."

HOW YOU MAY THROW AWAY YOUR GLASSES

The statement is made that thousands wear eyeglasses who do not really need them. If you are one of these unfortunates, then these glasses may be ruining your eyes instead of helping them. Thousands who wear these "windows" may prove for themselves that they can dispense with glasses if they will get the following prescription filled at once: Go to any active drug store and get a bottle of Bon-Opto tablets; fill a two-ounce bottle with warm water and drop in one Bon-Opto tablet. With this harmless liquid solution bathe the eyes two to four times daily, and you are likely to be astonished at the results right from the start. Many who have been told that they have astigmatism, eye-strain, cataract, sore eyelids, weak eyes, conjunctivitis and other eye disorders, report wonderful benefits from the use of this prescription. Get this prescription filled and use it; you may so strengthen your eyes that glasses will not be necessary. Thousands who are blind, or nearly so, or who wear glasses might never have required them if they had cared for their eyes in time. Save your eyes before it is too late! Do not become one of these victims of neglect. Eyeglasses are only like crutches and every few years they must be changed to fit the ever-increasing weakened condition, so better see if you can, like many others, get clear, healthy, strong magnetic eyes through the prescription here given. If your own druggist cannot fill this prescription, send $1 to the Valmas Drug Co., Toronto, for a complete Bon-Opto Home Treatment outfit—tablets and all.

COVER UP BATTLE RAVAGES.

French Repair Buildings and Bridges on Line to Nancy.

The traveller by rail from Nancy to Paris now finds little to be seen from the car window to indicate that the country on both sides of the line was twice covered in retreat and advance by the two great armies that are still fighting just beyond the ridges of Champagne and the forest hills of the Argonne that are visible to the north.

Beginning with Meaux, most of the ravages of battle have disappeared. All blown-up bridges have been rebuilt or repaired, and excepting an isolated structure most of the bombarded buildings have been repaired or replaced.

Women to Drive Cabs.

A scheme for filling the gaps left by the men who have joined the army has just been started by Thos. Tilling, Limited, the London jobmasters. They are teaching women to drive horses in tradesmen's vans, cabs, commercial travellers' broughams and other vehicles.

Minard's Liniment Cures Diphtheria.

RATS IN TRENCHES.

Devour Tires and Overrun Galleries In Battalions.

There is a plague of rates along the British and French lines in Flanders and France. A soldier describes the invasion as "worse than the Germans," in a letter which adds:

"Trenches, communications, fields, woods, cellars and barns are choked with them. We have them holding congresses at night in the busiest roads and giving concerts by day in the most crowded villages. We literally march on top of them. They breed and breed and launch themselves into assaults on the cantonments, like the Germans on the Yser, by battalions en masse.

"They are beginning to be tortured by hunger, and the shortage of food makes them capable of anything. The other morning I saw a cyclist whose tires had been half devoured by a platoon of rats. The other night some of our men had their surgical first-aid packets, which they keep in a coat pocket, attacked and carried off. Woe to the man who goes to sleep with a morsel of chocolate in his trousers! He will wake up to find himself without his trousers."

The writer goes on to describe the methods of warfare that are being used against the new enemy, particularly some of the ingenious giant traps devised by the soldiers for catching the rats on a wholesale scale.

EFFECTS OF THE WAR.

Brings Decrease in Crime in England and Wales.

One of the effects of the war has been to decrease in an important proportion the number of inmates in the prisons of England and Wales. The fact is brought out in the annual report of the Prison Commissioners, which has just been issued.

Prisoners sentenced by the ordinary courts, with persons imprisoned as debtors or on civil process, were as follows in 1914-15, compared with the corresponding period:

	1914-15.	Dec.
Penal Servitude	591	206
Imprisonment	102,971	32,169
Borstal	438	49
Debtors or civil process	8,913	5,225
Sureties	625	141
Total	113,539	37,790

The Prison Commissioners ascribe the falling off throughout the country of the male prison population to

1. The enlistment of many habitual intoxicating loquors.
3. The great demand for labor.
2. Restricted hours for the sale of petty offenders.

BABY'S BATTLES AGAINST SICKNESS

Can best be fought with Baby's Own Tablets—the little pleasant tasting Tablet that never fails to regulate the stomach and bowels and drive out all minor ills of little ones. Concerning them Mrs. H. Hower, Eastburg, Alta., says:—"I have four healthy children thanks to the use of Baby's Own Tablets. I have been using the Tablets for the past eight years and think them the best medicine in the world 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.

"DISTRESS IN GERMANY."

How the British Public Helped in 1814.

It is rather interesting to find, from a copy of the London Courier, dated March 9, 1814, that at that time the people of Great Britain were busying themselves raising funds to relieve distress in Germany. At the head of a long subscription list in the copy of the newspaper before us there is this introduction:—

By the generosity of the British public the sum of nearly £50,000 was remitted, which rescued multitudes from the extremity of want; but at no period since the existence of this committee, has the mass of every kind of misery been so great in the country to which their attention was first directed; where the many sanguinary battles fought in Silesia, Lusatia, Bohemia, Saxony, Brandenburg, and other parts, have entailed upon the peaceable inhabitants sufferings almost unexampled in the annals of history. The Committee are anxious to impress on the minds of their countrymen, that in anticipation of British support they have remitted to different parts of Germany to the amount of nearly £40,000.

City Tax on Unmarried.

The city of Oschatz in Saxony is the first German municipality to impose an extra tax upon the unmarried. Two or three other German towns have a tax on bachelors, but the new Oschatz law applies alike to male and female. Only Catholic priests are exempt. Other unmarried persons above 21 must pay above their regular municipal tax: On incomes from 1800 to 2400 marks yearly, 5 per cent.; 2400 to 4000 marks, 10 per cent; 4000 to 6300 marks, 15 per cent.; 6300 to 10,000 marks, 20 per cent., and above 10,000 marks 25 per cent.

Minard's Liniment Cures Garget in Cows

The Busy Woman.

"Is she a woman of affairs?"

"Yes; everybody's. She's the neighborhood gossip."

PILES.

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.—50c box.

Zam-Buk

FARMS FOR SALE.

FARMS — ALL SIZES — STOCK, Grain, Dairy or Fruit. When you want to buy, write H. W. Dawson, Brampton, Ont.

100 ACRES, 12 IN SIXTH CONCESSION, Franklin. $5,000. H. J. Wilder, Birkendale, Muskoka.

NEWSPAPERS FOR SALE.

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., 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.

America's Pioneer Dog Remedies

BOOK ON DOG DISEASES And How to Feed

Mailed free to any address by the Author

H. CLAY GLOVER, V. S.
118 West 31st Street, New York

19c FOR CHICKENS

Crate-fed, bled, and picked clean to wing tips. 13c for fat hens, alive, 6 lbs. each or over.

WALLER'S
700 Spadina Ave. - Toronto

When the War Will End.

"Mrs. Bagwash" writes to the London Star: "Sir,—Just a line to relieve a lot of people of their troubles. You can take it from me the present war will be over in a fortnight. My old man joined the Army to-day. We have been married twenty years, and he has never stuck to a job more than a fortnight."

SPEND THE WINTER IN CALIFORNIA

Round trip Winter Tourist tickets on sale daily to California via variable direct and scenic routes.

Four fast modern trains leave Chicago daily from the most modern railway terminal in the world.

Overland Limited (Extra Fare) leaves 7.00 P.M., Los Angeles Limited—direct to Southern California—leaves 10.00 P.M., San Francisco Limited leaves 10.00 P.M., California Mail leaves 10.45 P.M.

Let us help you plan an attractive trip. Booklets, giving full particulars, mailed on application to B. H. Bennett, G.A., Chicago & North Western Ry., 46 Yonge St., Toronto, Ont.

A Good Guess.

"My doctor sized my pile up pretty accurately."

"How's that?"

"He said I was as sound as a dollar, and that was all I had."

MURINE For **YOUR EYES**

Murine is prepared by our Physicians, as used for many years in their practice, now dedicated to the Public and sold by Your Druggist. Try Murine to Refresh, Cleanse, and Strengthen Eyes after exposure to Cold Cutting Winds and Dust and to restore healthful tone to Eyes Reddened and made Sore by Overwork and Eye Strain.

Some broadminded Physicians use and recommend Murine while others perhaps jealous of its Success, talk and rush into print in opposition; those whose Eyes need care can guess why, as there is no Prescription fee in Murine. Just hand your Druggist 50c and you have a Complete Eye Book—Murine—Dropper—and Cork Screw—ready for use. Try it in your Eyes and in Baby's Eyes for Eye Troubles—No Smarting—Just Eye Comfort. Write for Book of the Eye Free.

Murine Eye Remedy Company, Chicago

Gave His Pause.

Wife—Henry, you really must have the landlord come and see for himself the damage the rain did to our ceiling.

Hub—I can't without letting him see the damage the children have done to the rest of the house.

Minard's Liniment Co., Limited.

Gentlemen—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of Inflammation.

Yours,
W. A. HUTCHINSON

Pat's Reply.

Pat was in a museum looking at a copy of the "Winged Victory." "And phat may yez call that?" he asked an attendant. "That is the 'Statue of Victory.'" was the answer. Pat surveyed the headless and armless statue with renewed interest. "Victory is it?" he said. "Thin, begorry, O'd loike to see the other fellow."

GOOD DIGESTION When your digestion is faulty, weakness and pain are certain and disease is invited.

Mother Seigel's Syrup corrects and stimulates the digestive organs, and banishes the many ailments which arise from indigestion.

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