RHEUMATISM A MYSTERY

Unless Rooted Out of the System it Grows Worse and Worse.

Some diseases give immunity from another attack, but rheumatism works just the other way. Every attack of rheumatism invites another. Worse than that it reduces the body's power so that each attack is worse than the one before. If any disease needs curing early it is rheumatism, but there are few diseases physicians find more difficult to treat successfully. Wet weather does not cause rheumatism as was once thought, though weather conditions may start the aches and pains. Rheumatism is now known to be dependent upon the blood condition and medical authorities agree that the blood becomes thin with alarming rapidity as rheumatism develops. Maintaining the quality of the blood is, therefore, a reasonable way of preventing and curing rheumatism. That it works out in fact is shown by the beneficial results which follow a fair use of Dr. Williams Pink Pills. These pills actually make new, rich blood which drives out the rheumatic poison, and while the blood is kept in this condition there is no danger of the trouble returning. Mr. W. T. Pell, Palermo, Ont., says:—"I was attacked with a trouble which was ultimately pronounced rheumatism. Often I was barely able to crawl into bed, and seldom able to do a full day's work. In this condition I doctored for a year, absolutely getting no better. Then I consulted another doctor whose chief consolation was that unless I could get rid of the trouble I would be a cripple for life. He prescribed dieting, and I doctored with him for at least six months, but instead of getting relief I became weaker and less able to get around. Then I decided to try a doctor in Toronto, and was under his treatment for about four months with no better results. I gave up the doctors and tried other remedies which were equally futile. Then one day our store keeper sent me a box of Dr. Williams Pink Pills, saying, that if they did not help me I need not pay for them. I took them and he got some more and found they were helping me. I probably used $10.00 worth before I felt fully cured, but they did cure me and were cheap as compared with the other treatments which did not help me. The cure was made several years ago, and I have not had a twinge of rheumatism since. To-day I am well and strong and I believe I owe it all to Dr. Williams Pink Pills."

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

ABOUT MACHINE GUNS.

The different Kinds Used by the Armies at War.

Every day in the newspapers there crop up incidents dealing with the effect of machine-gun fire, and an enormous number of these weapons are doing their deadly work to-day.

In the British Army the machine-gun is the Maxim; the French use the Hotchkiss, or Puteaux, Austrians employ the Schwarzlose, and Germans the Maxim. In all cases machine-guns are attached to the infantry forces, usually at the proportion of two guns per battalion, or 1,000 men.

These guns fire rifle cartridges at immense speed by mechanical means, and usually the kick, or recoil, of the gun is used for the purpose of reloading. It is interesting to note that in a test forty-two British first-class shots engaged against a machine-gun, each firing at the same target for one minte, the gun discharged 228 rounds and made sixty-nine hits; the forty-two marksmen discharged 408 rounds and made sixty-two hits.

The Neighbors Say.

If he is regular in attending church, he is too pious.

If he doesn't attend church, he is on the road to perdition.

If he sends his family away for the summer, it is more than he can afford.

If he doesn't he is stingy.

If he happens to be successful in business, he achieved successby swindling.

If he gives freely to charity, it is done for show.

If he doesn't, he is classed as a skinflint.

If his wife does her own work, she is "killing herself" for the family.

If she has servants, she ought to be more economical.

STOPPED SHORT

Taking Tonics, and Built up on Right Food.

The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonics.

New material from which to rebuild used up tissue cells is what should be supplied, and this can be obtained only from proper food.

"I found myself on the verge of a nervous collapse, due to overwork and study, and to illness in the family," writes a young mother.

"My friends became alarmed because I grew pale and thin and could not sleep nights. I took various tonics, but their effects wore off shortly after I stopped taking them. My food did not seem to nourish me.

"Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape-Nuts four times a day with cream, and drank milk also, went to bed early after a dish of Grape-Nuts.

"In about two weeks I was sleeping soundly. In a short time gained weight and felt like a different woman. Grape-Nuts and fresh air were the only agents used to accomplish the happy results." 'There's a Reason.' Name given by Canadian Postum Co., Windsor, Ont.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

SOLDIERS SLEPT AS THEY MARCHED

SOMNAMBULISTS MAKE RETREAT

Not a Groan, Not a Motion, Not a Complaint, Only Sleep.

A wonderful new sidelight is thrown on the glorious retreat of the British and the French from Mons to the Marne by Dr. George W. Crile, a distinguished American doctor, says Pearson's Weekly.

In a recently-published book he tells how the French and our original expeditionary force marched 180 miles in nine days and nights often fast asleep, continually fighting desperate rear-guard actions against seemingly overwhelming hordes of Germans.

"Only rarely were sufficiently long halts made for the men to snatch a few moments of rest," writes Dr. Crile. "Food and water were scarce and were irregularly supplied.

The point of paramount interest in that retreat is in the sleep phenomena experienced by these men."

"It has been shown that animals subjected to the most favorable conditions, kept from exertion or worry, supplied with plenty of food, and in good hygienic surroundings, do not survive longer than from five to eight days without sleep.

The Men Slept as They Marched.

"In this retreat from Mons to the Marne we have an extraordinary human experiment, in which several hundred thousand men obtained little sleep during nine days, and in addition, made forced marches and fought one of the greatest battles in history.

"How did these men survive nine days apparently without opportunity to sleep? They did an extraordinary thing—they slept while they marched. Sheer fatigue slowed down their pace to a rate that would permit them to sleep while walking.

"The unvaried testimony of the soldiers was that everyone at times slept on the march. They passed through villages asleep. When sleep deepened and they began to reel they were wakened by their comrades.

"They sleep in water, on stones, in brush, or in the middle of the road as if they had suddenly fallen in death. No man was safe who fell out of the ranks, for no matter on what pretext he fell out, sleep conquered him, and asleep many were captured.

WE HAVE BEEN USING MINARD'S LINIMENT in our home for a number.

That the artillery men slept on horseback was evidenced by the fact that every man lost his cap.

"The complete exhaustion of the men is vividly told by Dr. Gros, of the American Ambulance, who, with others, went to the battle field of the Marne to collect the wounded. When the ambulances arrived at Meaux at midnight they found the town in utter darkness. At last they succeeded in awaking the Mayor.

Packed With Sleeping Wounded.

"'Can you tell in what village we shall find the wounded? We were told there were many here.'

"'My village is full of wounded. I will show you,' the Mayor replied.

"They threaded their way through dark streets to a dilapidated school building. Not a sound! There was the stillness of death. They rapped louder; there was no response.

"Pushing open the door they found the building packed with wounded—more than 500. Some were dying; every one was in a deep sleep. Bleeding, yet asleep; legs shattered, yet asleep. Not a groan, not a motion, not a complaint—only sleep.

"Surgical aid, the prospect of being taken to a good hospital, the thought of food and drink, of being removed from the range of the enemy's guns, awakened no interest. They had reached the stage of unconditional exhaustion, and desired only to be left alone. They slept on while their wounds were being dressed.

"After deep sleep for two or three days, during which they wanted neither food nor drink, they began to be conscious of their surroundings; they asked questions, the experienced pain, they had discomforts and wants—they had returned from the abysmal oblivion of sleep."

A wonderful story—and a true one!

THE PRINCE OF WALES.

An Incident Which Shows His Kindness of Heart.

The Prince of Wales is making himself beloved as well as respected at the front. Endless stories of his kindliness are told. The latest was related to me by a very old friend who has lost four sons on the battlefield. The only surviving one is an army chaplain, and he was chatting to a group of men, "somewhere in France," about the loss of his last surviving brother and the loneliness and sadness of his old mother.

Suddenly a young officer stepped forward with outstretched hand and remarked: "I heard what you said, sir, about your brothers and I am extremely sorry to hear it. I hope you will accept this expression of my profound sympathy, but," he said, "I do wish you would give this card to your colonel, and ask him to give you leave of absence for ten days, so that you may go and see your mother in London and console her on her loss." He took out his card and wrote a few words on it and handed it over. It was the Prince of Wales.

Foe Have Leatherless Shoe.

A new type of "leatherless shoe" is being widely advertised in the German newspapers. The uppers are made of grey or black waterproof linen sailcloth, while the soles are built of thin layers of wood glued together with waterproof glue.

Minard's Liniment Relieves Neuralgia.

DEMANDS ON RAILWAYS.

What the Railway Train Employes Are Asking.

The demands being made by organizations of railway train service employes on western railways for a 25 per cent. increase in wages, a demand which affects Canadian as well as United States railways, would mean the disbursement of no less than $100,000,000 a year. In order to acquaint the public with some of the facts of the case the executive committee of the Association of Western Railways has issued the following interesting statement:

Mr. Farmer, once upon a time—like the railways—you paid your employes a fixed monthly wage. They worked till their work was done, no matter how many hours.

Your farm hand followed a plow behind a yoke of oxen, perhaps from sun up till sun down, then did his "chores" and was contented.

Suppose that when you invested more of your capital in a good team of horses, to replace the oxen, your employe had said: "These horses turn more furrows in a day than the oxen and hereafter I want to be paid by the furrow, or the distance the plow travels, but in case anything stops the plow you must pay me for a full day if I work 10 hours or less—if that plan would give more money than the plow mileage amounts to.

Suppose that when you invested more money in a wheel plow on which your employe could ride at ease instead of being required to walk in a heavy furrow and wrestle with a heavy plow, he said: "Hereafter I want you to pay me for a full day if I work 8 hours or less, with time-and-a-half pay for over time, either on a time or distance basis, which ever will give me the most money."

Suppose, further, Mr. Farmer, that from 1904 to 1914 you had increased the wages of your farm hand from $902.09 a year to $1,253.37 a year, would you feel like granting his last demand for more wages for doing exactly the same work in the same hours?

That is precisely the question that the railway managers of this country are now called on to answer. The men employed in railway train service are asking a 25 per cent. increase in pay for exactly the work they have been doing, and under the same conditions, except as to pay. As with the farm hand, the working conditions of railway train service men have been constantly improved at the expense of the employers. Government statistics prove that the hazard of their occupation has steadily decreased. This is the result of millions spent by the railroads for better roadbeds, heavier rails, double tracks, block signals, automatic couplers, air brakes, mechanical stokers, oil burning engines and many other safety and labor-saving devices, for which the employes made no investment and assumed no financial risk.

The men who are now asking for 25 per cent. higher pay are and always have been the best paid of all railway employes. Their wages range from $800 a year for inexperienced brakemen to nearly $4,000 a year for engineers on the best runs. The average wages of the 300,000 employes who are demanding an increase are: $1,253.37 a year, an increase of 40 per cent. since 1904. The 1,400,000 other railway employes average $684.78, an increase of 25.2 per cent. since 1904.

These are the facts, Mr. Farmer. Will you think them over and then say if you think the railway train service employes are justified in threatening the prosperity of every industry in this country, of even the very existence of individuals dependent for food supply on uninterrupted railroad service?

POSTAL EMPLOYEES ENLIST.

Over 50,000 at the Front With British Forces.

Over 50,000 post office emloyees are with the colors. At present 1,620 have lost their lives, and there are on the books of the relief fund 1,300 orphans. In the majority of cases the Government pension is or will be supplemented by the fund, the maximum assistance of five shillings a week being given to widows under 35 years of age, with four or more children.

Parcels of food are sent weekly to post office prisoners of war, of whom there are now over 570.

CROSS, FRETFUL BABIES

The cross fretful baby is a sickly baby—the well child is always happy and smiling. Mothers if your baby is cross and cries a great deal something is wrong. His little stomach and bowels may be out or order; his teeth troubling him, or he may be bothered with worms. The mother should immediately give him Baby's Own Tablets. They never fail to relieve the baby. Concerning them Mrs. Ronald Hurley, Gilks, N.B., writes:—"I know of nothing so good for cross, fretful babies as Baby's Own Tablets and I am pleased to recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Great System.

Teacher—"In what year was the Battle of Waterloo fought?"

Pupil—"I don't know," Teacher—"It's simple enough if you only would learn how to cultivate artificial memory. Remember the twelve apostles. Add half that number to them. That's eighteen. Multiply that by 100. That's 1800. Take the twelve apostles again. Add a quarter of their number to them. That's fifteen. Add what you've got. That's 1815. That's the date. Quite simple, you see, to remember dates if you will only adopt my system."

He that has never known adversity is but half acquainted with himself or with others. Constant triumph shows us but one side of life; the reverse side is necessary to full knowledge.

From the Middle West

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What Is Going On in the Highlands and Lowlands of Auld Scotia.

Medicine Hat's school tax rate this year is 7 mills.

Edmonton schools enrolled 10,350 scholars last year.

It is said that 5,000 men are needed on Saskatchewan farms.

Arm River Rural municipality is to spend $600 on gopher poison.

The minimum temperature at Pakau for January was 60 below zero.

The Institute of Technology and Art will be started in Edmonton this coming Autumn.

Arm River rural municipality will donate $50 monthly during 1916, to the Patriotic Fund.

It is predicted that there will be no shortage of farm labor in Saskatchewan this coming spring.

In night raids in Edmonton recently 41 were arrested on the charge of selling liquor without a license.

About $200,000 is being distributed now on the semi-monthly pay days among the Saskatchewan soldiers.

In the second week of May 600 merchants will gather in Regina to attend the annual Provincial Retail Merchants' Association.

A young half-breed locally known as Samson, died in the Cottage Hospital at Peace River last week, after suffering for ten days with the hiccoughs.

Chinese laundries in Manitoba will be brought under the Factories act under an amendment to the act adopted by the law amendments committee.

Both women and men voted in the recent municipal elections in Edmonton for the first time in the city's history. The women's vote was 28 per cent. of the 7,431 polled.

J. W. Cowley, postmaster of Pickardville, had his house burned down last week. Very little was saved of clothing or furniture, and the post office fixtures were a total loss.

Signs bearing the inscription, "No Austrians or Germans Employed Here," have sprung up all over Calgary, since the raids on the White Lunch cafes and the Riverside hotel.

Are Worth Their Weight in Gold

WHAT MRS. BROWN SAYS OF DODD'S KIDNEY PILLS.

New Brunswick Lady Feels It Her Duty to Tell Women That Dodd's Kidney Pills Are the Best Remedy She Ever Used.

Miscou Harbor, Gloucester Co., N.B., Mar. 13th (Special.)—"I think Dodd's Kidney Pills are worth their weight in gold." This is the statement of Mrs. James Brown, well known and highly respected here.

"I think it would be ungrateful on my part if I did not tell what a blessing Dodd's Kidney Pills have been to me," Mrs. Brown continued. "I was in bed three weeks with headache and sore back. Then I began to use Dodd's Kidney Pills and I found them the best remedy I have ever used."

Mrs. Brown is just one of the many women in New Brunswick who are telling of pains relieved and health restored by the great Canadian kidney remedy. Dodd's Kidney Pills are suffering women's best friend, because they act directly on the kidneys. They tone up the kidneys and put them in condition to do their full work of straining all the impurities out of the blood. Nine-tenths of women's troubles come from diseased or disordered kidneys. There is abundant evidence on every hand that Dodd's Kidney Pills cure all Kidney troubles.

Don't Hold Clothes Pins in Your Mouth.

So many accidents have been reported lately due to the carelessness of the housewife that a series of "Don'ts" have been proposed. A common habit and a very bad one is illustrated here. Holding clothespins or any other small household article in the mouth spoils its shape and ruins the teeth. Some of the other don'ts are as follows:

Don't risk your life cleaning windows from the outside.

Don't pyramid the furniture to make a perch from which to hang pictures. Get a stepladder and prevent a household calamity.

Don't trip in the house. Be careful in placing rugs on the floor.

Don't bump your head on open closet doors.

Don't grope in dark closets. Get a little electric torch and save yourself many unpleasant experiences.

Don't leave domestic implements on the stairs. A dustpan turns the stairway into a toboggan slide for unwary feet.

Don't try to negotiate the stairway with arms encumbered.

Minard's Liniment Cures Dandruff

The Bread Problem is not a problem in the home where Shredded Wheat is known. The whole wheat grain is the real staff of life, and you have it in Shredded Wheat Biscuit prepared in a digestible form. It contains more real body-building material than meat or eggs, is more easily digested, and costs much less. The food for the up-and-coming man who does things with hand or brain—for the kiddies that need a well-balanced food for study or play—for the housewife who must save herself from kitchen drudgery. Delicious for breakfast or any meal, with milk or cream.

Made in Canada.

From Erin's Green Isle

NEWS BY MAIL FROM IRELAND'S GREEN SHORES.

Happenings in the Emerald Isle of Interest to All True Irishmen.

At the last meeting of the Belfast Board of Guardians it was reported that there were 127 cases of scarletina in the hospital.

At Leinster Assizes, Dublin, Geo. Bell was found guilty, but insane, on a charge of the murder of his father in County Meath, and was committed to an asylum.

News has reached Stewartstown that a farmer named Geo. Rankin, residing in the town land of Newlangors, aged 35 years, dropped dead outside his home.

At a meeting of the governors of the Royal Irish Academy of Music, a letter was read from the secretary, stating that the treasury grant of $1,500 is to be discontinued.

The Dublin Port and Docks Board is taking steps to have the provisions of the Emergency Act suspending elections in connection with local government bodies applied to itself.

Speaking at a recruiting meeting in Waterford, Mr. Redmond made a special appeal to farmers to assist in securing recruits for reserve battalions to make good the wastage in the ranks.

The death took place recently of Mr. William Tully, J. P., proprietor and editor of the Roscommon Journal. He was a Justice of the Peace for the Co. Roscommon for the past twenty-five years.

At a meeting of the Clonmel Corporation it was proposed that owing to the very depressed state the position of Mayor of Clonmel during the war by one of honor, without emoluments. The proposals was defeated.

At Cork Winter Assizes John Stafford Dunne, manager of the Macroom branch of the National Bank pleaded guilty to embezzling $7,500, the monies of the bank, and was sentenced to twelve months imprisonment.

Chief Inspector Murphy, Inspector Love, Sergeant Halley and other members of the Detective Division of the Dublin eMtropolitan Police, raided the shop of Messrs. Lawler, in Forom street, and took possession of a large quantity of firearms, ammunition, etc.

While presiding at a public meeting in Kilkenny, Mr. John A. Davis, agent for the Marquis of Ormonde and secretary of the Kilkenny Gas Company, suddenly collapsed and died before medical aid could be summoned.

A Local Government Board inquiry was held in the board room of the South Dublin Union, into an application of the South Dublin Rural Council for a loan of $50,000 to complete a scheme of laborers' cottages. There was no objection.

Further meetings are being held in Belfast dealing with the questions of house rent increases and advancing coal prices, and resolutions have been passed calling upon the Government to take steps to curtail the extortionate prices for coal.

The Dublin police recently raided a number of homes under the Defence of the Realm Act, amongst which was that of the Countess Markevie, Rathmines, where a printing press was seized, which was being used for printing pro-German literature.

Minard's Liniment Co., Limited.

Have used MINARD'S LINIMENT for Croup; found nothing equal to it; sure cure.

CHAS E. SHARP.

Hawkshaw, N.B., Sept. 1st, 1905.

"Is it anything serious, doctor?" asked a youth of a doctor after the latter had examined him. "No, no; not at all," replied the medical man. "Nothing serious—just a little stiffness in the back of your neck my lad. But you must keep an eye on it."

MURINE FOR YOUR EYES. Granulated Eyelids, Eyes inflamed by exposure to Cold Winds and Dust quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists' 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free write Murine Eye Remedy Company, Chicago

The best of friends we often find are those we have taken good care never to offend.

Minard's Liniment Cures Burns, Etc.

The Furnace.

"Shakespeare, I believe uses the term 'sighing for a furnace.'"

"I believe so. Why?"

"Mine has a sort of wheeze."

A FRENCH HEROINE.

Mademoiselle Moreau Has Been Decorated With the Military Medal.

It is well known that since the beginning of the war women have been fighting in the European armies. The latest and perhaps the most picturesque heroine is Mlle. Emilienne Moreau, a young French girl only seventeen years old, who received the Military Medal from General de Sailly at Versailles in recognition of her great gallantry under fire.

Mademoiselle Moreau, says the London Sphere, formerly resided in Loos, the town that was captured by the British under Gen. Sir Douglas Haig toward the end of last September. During the German occupation of the town Mademoiselle Moreau lived there with her aged father and mother and her brother. As she was a school-teacher, the children of Loos who remained in the town were in her charge. Her old father died not long ago after the Germans occupied the town.

When the great attack was begun Mademoiselle Moreau waited in eager suspense for the result. Hidden away in the cellars and in other places of comparative safety were several families, including old men, women and children. She herself refused to remain under shelter when it became evident that the Germans were being driven back. As soon as the British entered, Mademoiselle Moreau rallied out into the streets and during the ensuing struggle assisted the wounded to places of safety. Although not physically strong, her determination increased her strength tenfold. To those who needed them she gave drink and stimulants, and she dressed as best she could the wounds of others. When the British surgeons entered the town they found her bending tenderly over her charges.

As the British reinforcements moved up, she heard them singing "God Save the King" with true British vigor. When they had finished, Mademoiselle Moreau dashed forward and began to sing the "Marseillaise." The soldiers surrounded her and joined in with a will, singing Rouget de Lisle's undying lines with the greatest enthusiasm.

A few days later this French army order was issued:

"Mlle. Emilienne Moreau, aged 17½ years, living at Loos (North France). On September 25, at the taking of the village of Loos by the British troops she organized a first-aid station in her house and was employed the whole day and night in caring for the wounded. With no regard for herself she placed all her resources at their disposal without the slightest reward. She went forth amongst them armed only with revolvers, and, with the aid of a few British soldiers, disabled and captured two of the enmy, who, hidden in a neighboring house, were firing on the first-aid station."

Following the presentation of the Military Medal, Mademoiselle Moreau was presented to Monsieur Poincare by Senator Jean Dupuy.

Good for Children.

Mothers! Physicians agree that flavor and the body building elements of grains lie in the dark parts usually thrown away. So also do the lime salts which your child needs to harden bones and teeth. Children fed upon coarse dark cereals develop greater resistance. Witness the Bulgars and Serbs. Roman soldiers who conquered the world fed upon two bands of entire grain food a day. Dr. Jackson's Roman Meal is scientifically balanced ration made from several entire grains. It's delicious, easily prepared in a variety of ways and nourishes better than meat. It's a natural laxative. Most grocers sell it.

Made by Roman Meal Co., Toronto, Canada.

The habits of old age are generally the habits of youth matured and confirmed.

Minard's Liniment for sale everywhere

Men are like tea, says Estelle Klauder; it takes hot water to draw out their strength.

CANADA'S GREATEST Muskrat Handler is the old firm of HIRAM JOHNSON Limited, 410 St. Paul St. W., Montreal. Ship all your furs there and obtain full value.

SEED POTATOES.

SEED POTATOES. IRISH COBBLER, Delaware, Carman. Order at once. Supply limited. Write for quotations. H. A. Dawson, Brampton.

FOR SALE

PEDIGREED NEWFOUNDLAND puppies for sale. Also few Persian Kittens. R. A. Gillespie, Abbotsford, Quebec.

FOR EXCHANGE

PAIR SILVER BLACK CROSS BRED foxes, trade for used car. Reid Bros., Bothwell, Ont.

NURSERY STOCK

HIGH-CLASS NURSERY STOCK — buy and save middleman's profits; write for catalogue. Dominion Nurseries (Smith, Reed & Co.) St. Catharines, Ont.

AGENTS WANTED

LADY OR YOUNG MAN TO COLLECT in their locality. Dominion Works, Toronto.

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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, 72 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. Hellman 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.

WANTED

We furnish cans, pay express charges and guarantee highest prices.

CREAM SWEET OR SOUR

Write for particulars.

TORONTO CREAMERY CO., LIMITED

References: Dun or Bradstreet. TORONTO ONT. (Dept W)

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The Ideal Winter Resort

Beautiful Drives, Saddle Riding, Golf, Tennis, Yachting, Fishing and Sea Bathing. Present Garrison of the Ottawa (38th) Regiment.

—THE— Princess Hotel

is open from DECEMBER to MAY. Situated on the Harbor of Hamilton. Accommodates 400. Rates: $25 per week and upward.

HOWE & TWOROGER, Managers

HAMILTON, - BERMUDA

Bermuda is reached by the steamers of the Quebec S.S. Co., 32 Broadway, New York.

KEITH'S SEEDS — The Farmers Friend. 1866 1916. Before placing your order for seeds, see our 1916 Golden Jubilee Catalogue it is free. Gov't. Stan. No. 1 Red Clover (Fancy) $16.15 Bus. No. 1 Alsyke ..... 13.00 No. 1 Timothy ..... 5.65. Allow 20c for each cotton bag. We pay railway freight in Ontario and Quebec over $25.00. GEO. KEITH & SONS, 124 King St. East, Toronto.

If Your Horse Could Talk

He would tell you that he can do lots more work when the wagon wheels are greased with

MICA AXLE GREASE

Mica Axle Grease fills the pores of the axle. Makes a perfect bearing surface. Reduces friction to a minimum.

Dealers Everywhere

The Imperial Oil Company Limited. BRANCHES IN ALL CITIES

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.

FOR 40 YEARS THE STANDARD REMEDY — MOTHER SEIGEL'S SYRUP — FOR STOMACH AND LIVER TROUBLE

At all Druggists, or direct on receipt of price, 50c. and $1.00. The large bottle contains three times as much as the smaller. A. J. WHITE & CO. LIMITED, Crait Street West Montreal.

SELL YOUR MILK

MANY a farmer who would like to raise his calves is prevented by the amount of milk necessary to feed them. By raising them he could select the best of the stock and improve the standard of milk or beef production of his herd.

INTERNATIONAL GROFAST CALF-MEAL

solves the problem for him. It is a scientific preparation which, mixed with skim-milk, takes the place of milk and supplies to the calf every food element that it needs. By its use the farmer is enabled to raise his calves and sell his cream or butter, and its cost is a trifle compared to the value of the whole milk that the calf would otherwise need.

International Grofast Calf-Meal is for sale by dealers everywhere.

Write for our book of valuable hints on raising calves—free.

INTERNATIONAL STOCK FOOD COMPANY, LIMITED, TORONTO, CAN.

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