

FROM ENGLAND

MAIL ABOUT JOHN AND HIS PEOPLE

the Land That Reigns in the Commercial World.

doe sent to Mayor of London for the wounded

Men's Christian Association opened at Southampton

Museum at South Kensington reopened after being

Wainwright has been in the Princess Victoria, Eastbourne school cad-

dot on the Blackburn fields and earned \$45.

ck. Blackburn, has given

regret, an ice cream man Newcastle, was fined \$10

tion of the Sugar Restriction

O. Ritchie, formerly of the Borderers, has been secretary to the Comrades

War.

Lothe, of a Norwegian been awarded a piece of by the Board of Trade for the crew of a British

of Ramsgate has issued on asking for volunteers paid out for the pro-

men and children.

es in Richmond terrace, formerly occupied by the

er, have been taken over by of Munitions.

of Manchester says that in burning fatalities is leaving their children

in food queues.

of nearly £84 was raised of St. Dunstan's Hospital

Soldiers and Sailors by of Ashted, Surrey.

Russians who have failed Russia are being sought

British military author-

et, a Gravesend butcher, for charging a poor

too much for a scrag

the Middle West

ONTARIO AND BRITISH COLUMBIA.

Provinces Where Many Boys and Girls Are Living.

women urge the issuing in the city.

of Alberta are desirous under a license act.

re records show that all years old have been rav-

ombe, former church Winnipeg Tribune, has after 16 months in a

Jaw branch of the terans' Association ob-

planning to control citizens consume ap- 2,000 gallons of milk a 6,000 is pasteurized and

and three hundred mem-

THE CULTIVATION OF VACANT LOTS

GROWTH OF MOVEMENT IN GREAT BRITAIN.

250,000 Allotment-Holders and Three Times as Many Waiting For Available Land.

A wave of land-hunger is sweeping Great Britain as a result of the astonishing growth of the garden-planting movement begun there when Joseph Fels of America organized the Vacant Lot Cultivation Society.

To-day this Society is the nucleus of an organized movement of 250,000 allotment-holders,—men and women who are "doing their bit" by growing food on small plots of ground in and near cities and towns. And three times as many more are only waiting for the land to be made available for them.

In the Southern District, centering in London, the allotment-holders have organized a federation with a membership of 31,000. The garden-planting movement has become more than a fad or an emergency war measure. It has become a nation-wide demand that opportunity be opened to all who are willing and able to cultivate the soil, and public men are beginning to see in the army of allotment-holders a rising force of the first importance.

Says the editor of the London Herald: "A new and living force has come into the life of the nation. We refer to the allotment movement. It is one that will compel the practical attention and response of municipal authorities and the Government. Allotment enthusiasts have become an army, which during the war has, with spade and hoe, drilled and trained; have got the land hunger, and as a result are here to stay.

A Force to be Reckoned With. "Having fallen in love with Mother Earth in time of war, they will not, if we rightly estimate their quality, prove false to her when peace shall dawn. They are out to capture the entrenchments of the land monopolist and food profiteer, and with betide any barrier which privilege shall attempt to place in the way of the army's advance.

"An evidence of the spirit of this movement was provided by the Conference of Allotment Holders, held in Essex Hall, London. There were present more than 300 delegates from some 160 societies, with an aggregate membership of over 31,000. In his opening address, the chairman referred to 'the work of the founder of the movement for the cultivation of vacant and idle land—the late Joseph Fels'; and when, at his suggestion, the Conference rose in a body to pay tribute to his memory, and place on record the determination of those present to realize the ideal, it was clear that there was a force that will have to be reckoned with in the future."

In the allotment movement, land reform has secured the backing of men and women interested not as theorists, but as actual tillers of the soil. John Galsworthy, the English writer, said: "This question of the land is the question of the future, no matter what happens in the war. To put men on the land we must have the land ready in terms of earth, not of paper; and have it in the right places, within easy reach of town or village. We know, for instance, that in the last five months half a million allotment-gardens have been created in urban areas, and far more progress made with small holdings than in previous years. We have the chance of our life to scotch the food danger, and to restore a healthier balance between town and country stocks.

Of First Importance. "Only five generations have brought us to the parasitic, town-ridden condition we are in. The rate of deterioration will increase rapidly with each coming generation. We have, as it were, turned seven-ninths of our population into poor paddocks, to breed promiscuously among themselves. "The great impediments to the force of things as they are, are the huge vested enterprises frightened of losing profits. If we pass this moment, when men of every class and occupation, even those who thrive most on our town-ridden state, are a little frightened; if we let slip this chance for a real change—can we hope that anything considerable will be done, with the dice loaded as they are, the scales weighted so hopelessly in favor of the towns?"

"Dare any say that this whole vast question of the land with its throbbing importance, yes,—seeing that demobilizations do not come every year,—its desperately immediate importance, is not fit matter for instant debate and action; dare any say that we ought to relegate it to that limbo, after the war? In grim reality it takes precedence of every other question."

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, Mill, 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, \$8.00

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. 7880, Child's Romper. In 4 sizes, 1 to 6 years. Price, 10 cents.



A good design for the sensible nightgown, 2McCall Pattern No. 7959, 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, Parame, 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 loitering 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 lose 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 the C.N.R. 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 rhythmical 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 Skagerrack knows its "winter herring," which appears once in every 111 years in teeming millions, and has been doing so for the last 12 centuries.

Gunn's 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 democracy 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 gentle 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 quart 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 the 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 is as a Godsend to Canada in these lean days. It is no less so now than 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 yrs. 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, W. B. LIVESQUE, St. Joseph, P. O., 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 Hun peace.

MURINE Granulated Eyelid.

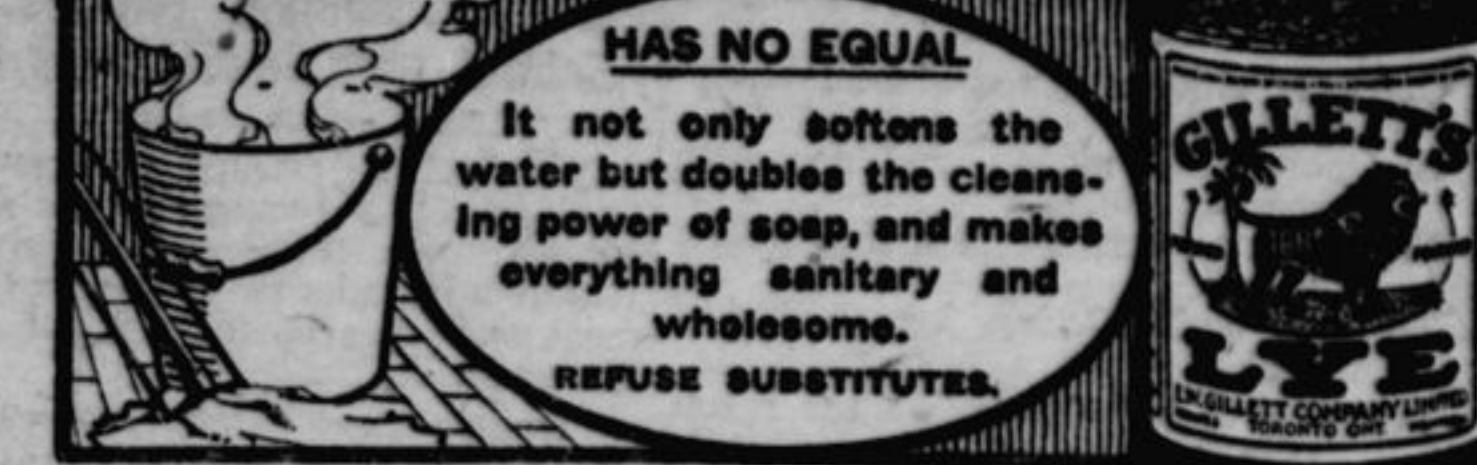
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. YOUR EYES Not Smarting, Just Eye Comfort Murine Eye Remedy At Your Druggist's or by Mail, 50c per bottle. Murine Eye Salve, in Tubes 5c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago 5

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 EYE



HAS NO EQUAL. It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome. REFUSE SUBSTITUTES.

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 off 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.

Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guaranty 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 tear my skin as soon 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 Nilsson, Stockholm, Sask.

If you have a good complexion get it so by using Cuticura Soap daily and 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, 476 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.

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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

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