

FOR WOMEN'S WORK

Good Red Blood
in the Body—Weak
Need a Tonic.

At present through the
Dr. Williams' Pink Pills for
the health is
medical principles and
sa. More and more
care realizing that
means health, and
in the workshop, the
one or in any of the
life depends entirely
of the blood. There
thousands of people who
the truth of these state-
without ambition or
their day's work; are
not; have but little ap-
poor digestion; cannot
night's sleep and are
daches, backaches and
because their blood is
and impure.

Dr. Williams' Pink Pills give quick
manently cure such men
because of their direct
blood, which they purify
to its normal strength.
the use of Dr. Williams'
the blood becomes rich and
strengthens the muscles, tones
up, makes the stomach
digesting the food and re-
vaste caused by growth or
need in every family of
effective tonic such as Dr.
Pink Pills is shown by the
statement of Mrs. Julius
Ont., who says: "Before
the use of Dr. Williams' Pink
Pills in a most wretched and
condition. My blood was
watery and my nerves were
condition that the least
would make me start and trem-
ble at a burden my housework
One of my neighbors ad-
vised me to take Dr. Williams' Pink
Pills. I have great reason to be-
lieve I followed her advice, for
I had used a half-dozen boxes
of pills to my trouble had dis-
appeared and I was as well as ever
in my life. I have also
given these pills to my daughters with
beneficial results, and I shall
use a good word to say for
them."

If you are feeling the least run-
down or depressed do not delay
in taking these pills at once and note
the results of your old-time health
return. You can get the pills
from any dealer in medicine or by
mail from The Dr. Williams' Medi-
cine Co., Brockville, Ont.

Faithful Till Death.
The battle's tumult driven
the heavens were thunder-
ing,
ere his soul 'midst all,
with at his country's call.

in Flanders' earth
of British birth,
cross above his breast—
"y done," now let him rest.

wide! ye Gates of Pearl-
gates, man has also died,
man a sacrifice,
freedom paid the price.

at home," the angels sing
of heaven ring
s hope—ye gates swing wide!
who, like the martyrs, died.

meal, sugar, salt and spices
sifted before measuring.

hom men pronounce divine
rich of sin and blot;
hom men denounce as ill
each of goodness still;
to draw the line
two, where God has not."

—Joaquin Miller.

to well in dry situations
established, also verbenas,
ntrirrhinum, zinnias, por-
golds and mesembryanth-
these like sunshine and
a deep, rich soil and
succeed. By pegging
pens they can be made
er a large space.

FISH
Express Prepaid,
miles of Toronto.

A SALMON
(and Dressed)
ound Boxes, \$5.00

FISH WATER
(and Dressed)
ound Pails, \$3.00

E HERRING
(and Dressed)
to a Pail, \$2.75

action Guaranteed.

nce by Postal or

FISH CO.
TORONTO

For the Girls Of the Family



A dress of this type is very smart
for the girl, made of tub materials.
McCall Pattern No. 7658, Girl's Pleat-
ed Dress, in 6 sizes, 4 to 14 years.
Price, 15 cents.



A good dress for the growing girl
is this one made of striped and plain
materials. McCall Pattern No. 7888,
Girl's Simplicity Dress. In 6 sizes, 4
to 14 years. Price, 15 cents.

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

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excel-
lent 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 excel-
lent 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.

The Tallest Chimneys.
What is said to be the tallest chim-
ney in the world has been erected re-
cently for a copper smelter at Sago-
nosaki, Japan. It is built of concrete,
570 feet high, 26 1/2 feet inside dia-
meter at the top and 42 feet in dia-
meter at the base. The chimney was
carried to that great height in order
to convey the poisonous fumes from
the smelter to an altitude where they
would not hurt vegetation. The next
tallest chimneys in the world are the
506-foot concrete chimney of the Bos-
ton and Montana smelter at Great
Falls, Montana; a 454-foot chimney at
Glasgow, Scotland; a 400-foot steel
chimney at Jerome, Arizona; the 366-
foot chimney of the Eastman Kodak
Company at Rochester, New York; and
the 365-foot brick chimney of the Or-
ford Copper Company at Constable
Ford, New Jersey.

"When looking for faults that need
correcting, use a mirror, not a tele-
scope.—Lisle de Vaux Matthean.

While it is essential that every
tractor possible be manufactured dur-
ing the present year, it is just as
essential to keep every tractor al-
ready sold in working condition,
ready for day and night service when-
ever needed.

Phosphates are found in abundance
in whole grain, especially in oatmeal,
cracked wheat, wheat flakes, graham
bread and other whole-grain prepara-
tions. Wheat bran is, of course, very
rich in phosphates. Milk also con-
tains phosphates in abundance.

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 tak-
ing two boxes I found such great re-
lief I would not be without them in
the house."

"My daughter, too, had been very
sick on and off for a long time. Her
nerves got so bad we were afraid we
would see her in the hospital. But
I am pleased to say she is better
through taking Dodd's Kidney Pills.
"I never thought Dodd's Kidney
Pills could have done such good work
and I am telling all my friends about
them."
Women's troubles, or nearly all, of
them, come from sick kidneys. The
cure for them is the old established
remedy for sick kidneys, Dodd's Kid-
ney Pills.

RAILWAYS CO-OPERATE

It may be of general interest to the
Canadian public to know some ex-
amples 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 consump-
tion 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 suc-
cessfully carried out whereby one
hundred and twenty cars of freight
eastbound for Montreal were turned
over from the C.P.R. to the C.N.R.
every day.

The Grand Trunk during the winter
season has been diverting one hundred
and fifty to two hundred cars of coal
per day to the C.P.R. and T.H. & B.
in order to lessen the congestion on
the Grand Trunk from the Niagara
frontier to Toronto and other points.

The Grand Trunk has also diverted
fifty cars per day to the C.N.R. at To-
ronto.

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
overcrowded, there was insufficient
room for exercise, the sanitation was
very indifferent, the food almost im-
possible 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 neces-
sary quiet for work. There were no
reading rooms. The food was ex-
tremely poor and insufficient and con-
sisted almost entirely of stewed-man-
gel-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 hun-
gry during the first two months of
captivity before these begin to arrive.
The Roumanian officers get nothing,
and the Russians very little."

Raw Potato for Burn.
An efficient and easily obtained
remedy for burns is grated raw potato.
If you have never tried this,
you will be surprised at the immediate
relief resulting from the quick applica-
tion of the potato, even in cases of
bad burns. In every home potatoes
are at hand, and it takes but a mo-
ment to grate enough potato to
spread thickly over a burn. There
will be instant relief and no blisters
later. Cover the burned area well
with the grated potato and then bind
with soft cloths. In case of a very
serious burn where a good deal of
flesh has been destroyed, do not rely
on home treatment except for tempo-
rary relief, but send for a physician
immediately.

**Gunn's Shur-Gain
Fertilizer**

Two Sides.
When you're busy, busy working,
In your tense, industrious way,
Does it cheer you if a neighbor
Comes to interrupt your labor,
Just to pass the time away,
Just to pass the time of day?
Does it cheer you? Is he welcome?
Do you love him fondly?
Say!

Then when he is busy working,
In his tense, industrious way,
Why should you stop short the labor
Of your brisk, industrious neighbor,
Just to pass the time away,
Just to pass the time of day?
Will he welcome your intrusion?
Will he love you fondly?
Say!

**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 very little
cost and the grocer has the lemons.

How to Clean Old Paraffin.

Paraffin that has become unclean
through usage in canning and preserv-
ing, may be cleaned and reused.
Many times it can be cleaned with a
brush in cold water. If this does not
remove all the dirt, says a specialist
of the United States Department of
Agriculture, heat the paraffin to boil-
ing and strain it through two or three
thicknesses of cheesecloth placed over
a funnel. Or a thin layer of absorb-
ent cotton over one thickness of
cheesecloth may be used as a strain-
er. One straining should be suffic-
ient ordinarily, but if the paraffin still
is unclean heat and strain again. Any
paraffin lodging in the strainer may
be recovered by heating the cloth and
pouring off the hot liquid through
another strainer.

Minard's Lintment Cures Burns, Etc.

Your Untapped Trees.
"If you had fifty cows and they all
gave good marketable, money-saving
milk," said H. J. Grimm, addressing
the Pure Maple Sugar Association,
"you surely would not be content to
milk only twenty-five of them and let
the others go to waste, would you?
And yet your untapped sugar maple
trees are just like those imaginary un-
milked cows. There is money in them
only waiting to be brought out and
put in your bank. Maple sugar is the
quickest money making harvest in all
your business of farming. It needs
no seeding. It is all harvest, and
what is more the harvest is quickly
turned into real money."

Minard's Lintment Co., Limited.
Gentlemen,—My daughter, 12 yrs.
old, was thrown from a sleigh and in-
jured her elbow so badly it remained
stiff and very painful for three years.
Four bottles of MINARD'S LIN-
TMENT completely cured her and she
has not been troubled for two years.
Yours truly,
J. B. LIVESQUE,
St. Joseph, P. O., 18th Aug., 1900.

The requisites of good cows are
first, good pure-bred stock, good care
in breeding, feeding and management.
There are great possibilities in the
production of good cows but these are
seldom ever seen, appreciated, or at-
tained except by an intelligent
thoughtful feeder. The earmarks
of a business farmer and intelligent
feeder may be seen in his herd.

MURINE Granulated Eyelids,
Sore Eyes, Eyes Inflamed by
Sun, Dust and Wind quickly
relieved by Murine. Try it in
your Eyes and in Baby's Eyes.
No Smarting, Just Eye Comfort
Murine Eye Remedy At Your Druggist's or by
Mail from The Murine Eye Remedy Co., Chicago
Eye Salve, in Tubes 25c. For Baby's Use 10c. Free
Ask Murine Eye Remedy Co., Chicago

Quite likely you have been too busy
poking the fire to think about the
raspberry and blackberry canes. Some
nice day put on a pair of long-wrist-
ed leather gloves and go at the trim-
ming. Cut out all dead or unthrifty
canes entirely, and prune back the
others (including side branches)
about one-third. Burn the trimmings
and thus get rid of pests.

Minard's Lintment for sale everywhere.

Paper, pulp in the Scandinavian
countries costs seventy times more than
in 1914; it costs twenty times as much
to bring it to France by sea, the in-
surance being from 8 to 10 per cent.
of the value of the cargo; the port
dues are from 1 to 6 per cent.; labor
costs 60 per cent. more; and coal is
seven times as dear as before the war.

GILLETT'S LYE
HAS NO EQUAL
It not only softens the
water but doubles the clean-
ing power of soap, and makes
everything sanitary and
wholesome.
REFUSE SUBSTITUTES.

In Brief.
Eat less; breathe more.
Talk less; think more.
Ride less; walk more.
Clothe less; bathe more.
Worry less; work more.
Waste less; give more.
Preach less; practise more.

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

Not One Quarter Produced.
Not twenty-five per cent. of the
available maple trees in Canada are
being tapped. Statistics show that
out of 55,000 farmers in Eastern
Canada who produce maple sugar and
syrup at all, only very few tap more
than a quarter of the trees they have
available on their farms. This 25
per cent. production is worth \$1,500,-
000 annually. This amount might
easily be doubled. One man can take
care of boiling the sap from 5000
trees as easily as from 500.

Minard's Lintment Cures Dandruff.

Farm implement orders must be
placed early this year. Otherwise,
everybody will be in trouble.

**LIFT YOUR CORNS
OFF WITH FINGERS**
How to loosen a tender corn
or callus so it lifts out
without pain.

Let folks step on your feet here-
after; 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 re-
lieves soreness, and soon the entire
corn, root and all, lifts right out.

This drug dries at once and simply
shrivels up the corn or callus without
even irritating the surrounding tissue.

A small bottle of freezone obtained
at any drug store will cost very little
but will positively remove every hard
or soft corn or callus from one's foot.

If your druggist hasn't stocked this
new drug yet, tell him to get a small
bottle of freezone for you from his
wholesale drug-house.

EAGLE MOTOR
Write to-day for our big
FREE CATALOGUE
showing our full lines of Bicycles for Men
and Women, Boys and Girls.

**MOTOR CYCLES
MOTOR ATTACHMENTS**
Tires, Coaster Brakes, Wheels, Inner Tubes,
Lamps, Bells, Cyclometers, Saddles, Equip-
ment and Parts of Bicycles. You can buy
your supplies from us at wholesale prices.

T. W. BOYD & SON,
27 Notre Dame Street West, Montreal.

ABSORBINE
Will reduce Inflamed, Strained,
Swollen Tendons, Ligaments,
or Muscles. Stops the lameness and
pain from a Splint, Side Bone or
Bone Spavin. No blister, no hair
gone and horse can be used. \$2 a
bottle at druggists or delivered. De-
scribe your case for special instruc-
tions and interesting horse. Book 2 M Free.

ABSORBINE, JR., the antiseptic liniment for
marking, reducing, Strained, Torn Liga-
ments, Swollen Glands, Veins or Muscles;
Head Cuts, Sores, Ulcers. Allays pain. Price
\$1.00 a bottle at druggists or delivered. Book "Evidence" free.
W. F. YOUNG, P. O. F., 518 Lyman Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Men in Training
Fighting isn't the only duty of a
soldier, and exposure to bullets is
not as serious as exposure to all
kinds of weather and dampness.
Rheumatic aches; sore and stiff
muscles; strains and sprains; chil-
blains 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.

Cheerful sized bottles, at all druggists.
25c, 50c, \$1.00.

**Sloan's
Liniment
KILLS PAIN**

Newark, N. J.—"For about three
years I suffered from nervous break-
down and got so
weak I could hardly
stand, and had head-
aches every day. I
tried everything I
could think of and
was under a physi-
cian's care for two
years. A girl friend
had used Lydia E.
Pinkham's Veget-
able 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 recom-
mending the Com-
pound ever since and give you my per-
mission 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.

Men in Training
Fighting isn't the only duty of a
soldier, and exposure to bullets is
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Cheerful sized bottles, at all druggists.
25c, 50c, \$1.00.

**Sloan's
Liniment
KILLS PAIN**

The Mesopotamia desert can freeze
a man to the marrow, she can scorch
him to the bone, she can drown him
with her floods, she can kill him with
thirst. She can box the compass of
human tribulation. —Captain Frank
Verney.

Minard's Lintment Relieves Neuralgia.

FOR SALE
**WEEKLY NEWSPAPER IN WEST-
ERN ONTARIO:** Doing a good busi-
ness. Death of owner places it on the
market. A great chance for a man with
cash. Apply Box 52, Wilson Publishing
Co., Limited, Toronto.

**WELL-EQUIPPED NEWSPAPER
and job printing plant in Eastern
Ontario.** Insurance carried \$1,500. Will
go for \$1,200 on quick sale. Box 69,
Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS
CANCER, TUMORS, LUMPS, ETC.
Internal and external, cured with-
out pain by our home treatment. Write
us before too late. Dr. Bellman Medical
Co., Limited, Collingwood, Ont.

When buying your Piano
insist on having an
**"OTTO HIGEL"
PIANO ACTION**

A Kidney Remedy
Kidney troubles are frequently
caused by badly digested food
which overtaxes these organs to
eliminate the irritant acids
formed. Help your stomach to
properly digest the food by
taking 15 to 30 drops of Extract
of Roots, sold as Mother Seigel's
Curative Syrup, and your kidney
disorder will promptly dis-
appear. Get the genuine.

**Doctors Recommend
Bon-Opto for the Eyes**
Physicians and eye specialists pre-
scribe Bon-Opto as a safe home remedy
in the treatment of eye troubles and it
strengthens 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, Stock-
holm, Sisk.

If you have a good complexion keep
it so by using Cuticura Soap daily and
Cuticura Ointment occasionally.

For Free Sample Each by Mail ad-
dress 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 break-
down and got so
weak I could hardly
stand, and had head-
aches every day. I
tried everything I
could think of and
was under a physi-
cian's care for two
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day I took it I began
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now I am well and
able to do most any
kind of work. I
have been recom-
mending the Com-
pound ever since and give you my per-
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