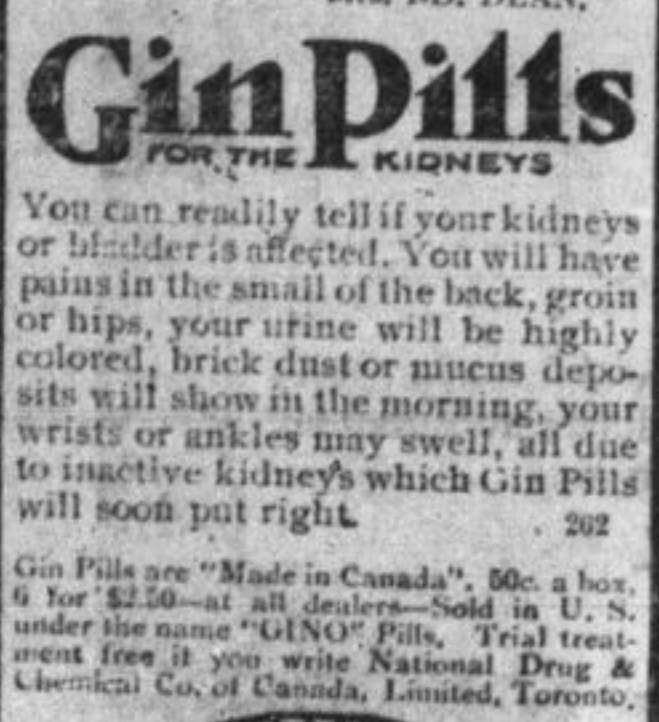


CRIPPLED BY RHEUMATISM

61 N. Y. Ave., Whiting, Ind., Jan. 20th. "With your pills I feel as if I were a new man..."



You can really tell if your kidneys or bladder is affected. You will have pains in the small of the back, groin or hips...

REAL ESTATE Insurance, Etc Only best and safest companies represented. W. H. Godwin & Son.

Wood's Rheumatism Remedy. The Great English Remedy. Tones and invigorates the whole nervous system...

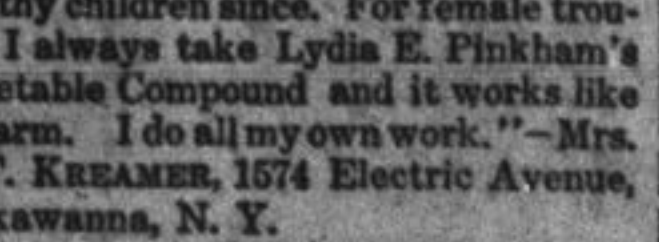
SOWARDS Keep Coal and Coal Keeps SOWARDS

Bulk Oysters, Finnan Haddies, Kippered Herrings. Dominion Fish Co. PHONE 526.

WAS MISERABLE COULDN'T STAND

Testifies She Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Lackawanna, N. Y. "After my first child was born I felt very miserable and could not stand on my feet..."



healthy children since. For female troubles I always take Lydia E. Pinkham's Vegetable Compound...

Women who suffer from those distressing ills peculiar to their sex should be convinced of the ability of Lydia E. Pinkham's Vegetable Compound...

KAISER'S LAST COLONY

TOGOLAND WAS WON FOR GERMAN BY FREEBOOTERS. It is Chiefly Famous For Its Marabout Feathers and the Great Wireless Station Which Was Finished Just In Time For the War—Its History as a Colony Only Goes Back About Thirty Years.

The first of the German colonies to fall into the hands of Great Britain, Togoland, on the Northwest Coast of Africa, has an interest for the ladies, as being the native home of the birds from whence come the highly-prized marabout feathers.

Unfortunately the natives are forgetting how to handle the surfboards, and some years ago, when the bridge connecting the wharf with the shore was destroyed by a tidal wave supposed to have been due to a submarine volcanic upheaval, Lome was almost entirely isolated from the outside world.

What is believed to be one of the most powerful wireless stations in the world was completed in preparation for the present war a few months ago at Atakpame, about 110 miles from Lome.

Atakpame is the terminus of the railway, but the Germans have built a good road as far as Sokode about 100 miles to the north, and a large motor car has been provided to supplement the iron road for further progress into the interior of the country.

These people were originally a conquering tribe, like the Masai and the Zulus, and they swept down from the north, somewhere about a hundred years ago, devastating the country as they advanced.

Impressed by their fighting qualities, Kerling, following in a small way the example set by Cortez in Mexico, and by Clive in India, allied himself with the uro- or king- of the Tchaudo, and, aided by him, he eventually subdued the whole country and placed it under the German flag.

Other tribes cultivate cotton, which they weave into strong and serviceable cloth on curiously primitive wooden looms. Beautiful leather mats, woven in mats, and large, strongly-woven palm-leaf hats, which sell for about half a cent apiece.

Mean of Him. "Pav." "Well?" "When I promise to marry him do you want him to come and ask your consent?" "No, not my consent; but I would like to have him trot in and tell me the good news. I sort of feel like I needed cheering up."

Square Measure. One hundred and forty-four square inches in 1 square foot; 9 square feet in 1 square yard; 30 1-4 square yards in 1 acre; 160 square rods in 1 acre; there are 640 acres in 1 square mile.

NOVELTIES IN UNIFORMS.

Dress Distinctions of Some British Regiments. There are various novelties, in the way of curious badges, stripes, and ribbons decorating the ordinary regimental uniforms of the various branches of the service to which interesting stories are attached.

Somewhat similar is the custom of the 8th (King's) Royal Irish Hussars, sometimes known as the "Crossbells," who wear the sword belt over the right shoulder instead of round the waist.

The Welsh Fusiliers, too, observe the custom of having a coat, decked with garlands, led at the head of the column, on St. David's Day, March 1.

The only regiment in the British army which wears a badge on both the back and front of the helmet is the Gloucesters, and it does so to commemorate the Battle of Alexandria (March 21st, 1801).

A Quakeress' Feat. The first Englishwoman to have speech with the Sultan of Turkey was Mary Fisher, a Quakeress, who in 1657 undertook to convert the Commander of the Faithful to Christianity.

The Sawfish. The sawfish has a formidable weapon of killing in the flat, bony sword, armed on each side with about twenty large, bony teeth.

A Lesson in Hygiene. Gen. Baden-Powell in his new book, "Quick Training for War," makes a special point of the importance of health to a soldier on active service.

Metropolis Hospitality. The Metropolis of Antwerp, whose premises were burned by the Huns the day after the city fell, has received from a British newspaper the same hospitality that the British nation has tendered to the Belgian refugees.

Electricity Wasted. The famous Victoria Falls of the Zambesi river, in Rhodesia, it is estimated, could be made to yield 35,000,000 horsepower, or just about the same amount as all of Europe's water courses.

William Morrison, Belleville, is dead aged fifty-eight years. A widow and four sons survive. Mrs. George Baker, Brockville, died Saturday afternoon, aged seventy years.

THE SOLDIER'S TEST.

Most Terrifying Position is Silence Under Fire. Every one of us must have wondered how he would feel in battle for the first time.

Some idea of how the average man feels in such circumstances from a study of the psychology of battle, just published in Italy, Lieutenant-Colonel Mangiarotti, of the 77th Infantry, carefully examined more than 2,000 soldiers who first faced fire in the recent war between Italy and Turkey.

Out of 2,000 men 1,700 confessed that their most trying moment in the whole campaign was when they first heard the bullets whistling about their ears.

Soldiers are seriously affected by the trembling of their superiors. An officer who shakes in his shoes is a coward in the eyes of the rank and file, although the bullets whistle about them.

Thought He Was Mad. The late Count de Lesseps was travelling on one occasion in a French railway train in a compartment with two commercial travellers.

Some Baby Facts. A normal baby weighs seven to seven and one-half pounds at birth, fifteen pounds at five or six months, and twenty-one pounds at twelve months.

Lure of the Opera. The music of operas always has been and always will be the lure of its millions of patrons; the singing, too, is frequently brilliant and perfect.

Prof. Coleman, Ontario School for the Deaf, Belleville, has just celebrated his seventy-fifth birthday. He has spent forty-five years in the institution.

Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

CORSET COVER IN SURPRISE EFFECT

The tub materials employed for lingerie. The corset cover closes at the front and is held together over the shoulders with ribbon bows.



As dainty a bit of lingerie as has been seen this season is illustrated in this article. The cover of embroidered crepe de Chine.

Mingerie cannot be too dainty for the woman who is fond of pretty clothes. The surprise cover shown here is entirely new in outline and design.

RUSSIA'S GUIDE.

The Remarkable Secret Will of Peter the Great. Russia's proclamation of the annexation of Galicia the other week serves to recall a most remarkable historical document—the secret will of Peter the Great—which, it is said, is read to every Czar of Russia on his accession to the throne.

Nearly two centuries have passed since Peter died. The proportion of his prophecies that have come true is startling. Poland has disappeared; Sweden has been humbled and isolated; the Turk has been driven from the Black sea; the road to India is mostly in the Czar's hands.

The guiding hands of the dead Czar may be seen as clearly in the present war as at any time in the past. England must be made a commercial ally, Peter counseled his successors. All slaves of the empire must be molded into one nation.

Some idea of the enormous power which the sun machine conveys to the engine can be gauged by the fact that 3,000 gallons of water can be lifted 40 feet in one minute.

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FORCES OF NATURE.

What They Do In Providing Power For Machinery. In several ingenious ways the forces of nature are now exploited in order to provide power for machinery necessary for various human activities.

This novel device consists of a number of reflecting mirrors which concentrate the rays of the sun onto a glass-covered trough containing water. In a short space of time this water becomes sufficiently heated by the reflection to give off steam.

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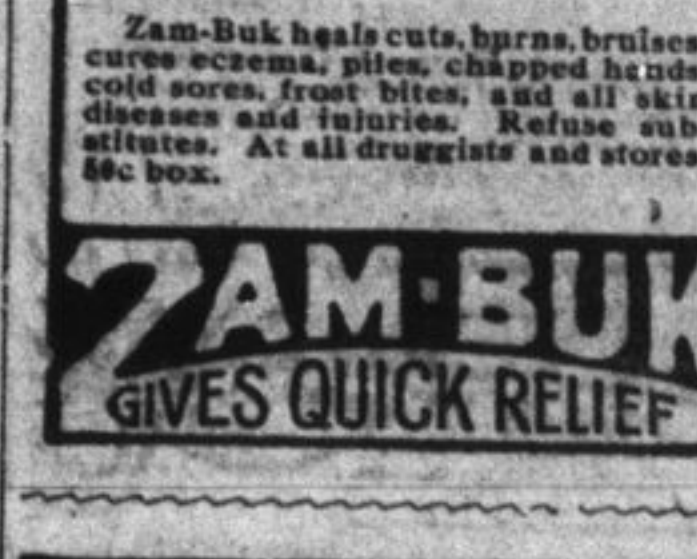
When engaged on delicate needlework a good idea is to have a little "hour" in a saucer by you and to dip your fingers in it from time to time. This will keep the hands dry and the work beautifully clean.

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CHAPPED HANDS AND COLD SORES

Are your hands chapped, cracked, or sore? Have you "cold cracks" which open and bleed when the skin is drawn tight? Have you a cold sore, frost bite, or chilblains, which at times make it agony for you to go about your duties?

Miss E. Stroja, of East Hamford, N.S., writes: "My hands were so badly chapped I was unable to put them in water. All remedies failed to heal until I tried Zam-Buk. Perseverance with this balm completely healed the sores."



MR. PROBABLE BUILDER. We want to talk to you about your PLUMBING WORK.

We can make it worth your while—when you're ready to engage us, simply taking this method to get acquainted.

DAVID HALL, OF BRICK STREET.

GRAND TRUNK RAILWAY SYSTEM

Double Track Route. The International Limited—No. 1 Daily.

Table with train routes and times: WESTBOUND, EASTBOUND, and International Limited—No. 14 Daily.

CANADIAN PACIFIC

Improved Service TORONTO-MONTREAL-OTTAWA. Via "Lake Ontario Shore Line".

CUNARD LINE

Seillings (CANADIAN SERVICE) Halifax to Liverpool. ORDUNA (15,500 tons) Mar. 22nd.



20 HOURS from Port in Flowers. BERMUDA. "Royal Isles of Summer Loveliness".

OUR FRESH GROUND COFFEE AT 40¢ CAN'T BE BEAT. Try a sample order and be convinced. NOLAN'S GROCERY.