

DISFIGURED 4 YEARS!

Such was the misfortune of Mr. A. B. Whicker, of Paradise Hill, Sask. Writing to the Zam-Buk Co. he says:

"For four years I was a shocking sight—my face was simply covered with pimples and blackheads. Nothing I tried—although I used numerous remedies and blood medicines—had any effect. Finally I heard of Zam-Buk and gave it a trial. By the time I finished the first box I realized I had found a cure. I continued using Zam-Buk until the pimples and blackheads had entirely disappeared and my skin is now perfectly clear and smooth."

Zam-Buk gives just as satisfactory results in cases of eczema, scalp sores, ringworm, ulcers, boils, blood-poisoning and piles and is the best "first-aid" in cases of cuts, burns and scalds. All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

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All Kinds of Fresh Fish.

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In All the New Colors From \$1.50 to \$3.00.

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WIFE TOO ILL TO WORK IN BED MOST OF TIME

Her Health Restored by Lydia E. Pinkham's Vegetable Compound.

Indianapolis, Indiana. — "My health was so poor and my constitution so run down that I could not work. I was thin, pale and weak, weighed but 100 pounds and was in bed most of the time. I began taking Lydia E. Pinkham's Vegetable Compound and five months later I weighed 133 pounds. I do all the housework and washing for eleven and I can outstep any man. Lydia E. Pinkham's Vegetable Compound has been a godsend to me for I would have been in my grave long ago but for it. I would tell all women suffering as I was to try your valuable remedy." — Mrs. Wm. Green, 332 Addison Street, Indianapolis, Indiana.

There is hardly a neighborhood in this country, wherein some woman has not and health by using this good old-fashioned root and herb remedy.

If there is anything about which you would like special advice, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass.

The honeymoon is at an end when the husband begins to laugh at his wife's attempts to sharpen a lead nail.

Nicknames Given to Fighters

EVER since the United States entered the war heroic but unavailing efforts have been made to invent a nickname for the American soldiers. Inventing a nickname is much like bidding spirits from out the vasty deep, for it is useless to invent the name unless it will stick. So long as it sticks it doesn't matter whether it is complimentary or the reverse. It was observed the other day that the First British Expeditionary Force, or rather those of its members who survive, are proud to be known as the "Old Contemptibles," in allusion to the Kaiser's remark about General French's "contemptible little army." A Winnipeg battalio boasts the name of the "Little Black Devils" which it was given by the enemy. No nickname that comes to mind was carefully prepared in advance; the nickname is the happy result of some occurrence, it may be heroic, it may be ludicrous, or some sudden incident, and an equally swift flash of wit or imagination on the part of an observer.

At present the members of the American Expeditionary Force are battling gamely against a fond if mistaken desire on the part of various home folks to call them "Sammys." It is said that when the first of them reached the port in France where they disembarked, some French girls called out, "Hello, Sammys!" the allusion being, of course, to Uncle Sam. When this news reached home, some admirers of Colonel Roosevelt thought that if a Christian name was to be worn by the troops generally it ought to be "Teddy," and therefore there are numerous adherents of the term "Teddies." Hundreds of others have been suggested, among them "Jimmies," the reference being to a necessary weapon of a burglar, and perhaps a means of entering Berlin. "Amceca" is obviously adapted from "America." Somebody else suggested "Feathers," which he thought would be a suitable companion piece for "Tars," by which the sailors are known, and calculated also to give a hint as to part of the punishment that awaits Wilhelm of Prussia, when he reverts to the status of an ex-aiderman.

Canadians are called "Canucks," but most of them do not like the name. However, they are honorably known by it all over the world, and it seems destined to stick. The French soldier is called a poilu, meaning a hairy one, and the name was given in the early desperate days of the war when the French soldier had no time to shave, and reverted more or less to a condition of nature. How the English soldier came to be called a "Tommy" is well known. Many years ago each regular soldier in the British army was provided with a little notebook, in which he was supposed to record various personal details, such as age, term of enlistment, and other necessary military information. In order that the soldier might properly fill in the blanks a model was printed in the book, and whereas in legal documents the name "John Doe" is used, in the case of the soldier the common name of "Thomas Atkins" was chosen for the purpose of illustration. The marines are called "Jollies" because they were held by the regular sailors to be about as relatively important as a jolly boat to a battleship.

The Black Watch has got its name because the regiment was originally recruited of companies of Scottish watchmen, and the dark plaid of their tartans, black, green and blue, suggested the adjective. The Fifty-third Foot was known as the "Brickdusts," because of the color of regimental facings. Similarly the Twenty-fourth Foot was called "Howard's Greens," in honor of a famous colonel and the trimmings of the uniforms. The Seventeenth Foot, which saw desperate service in India, was spontaneously named the Bengal Tigers, but the equally warlike Seventy-seventh Foot was merely dubbed the "Pothooks," because of the resemblance between the figure 7 and a pothook. Even the immortal Eleventh Hussars, heroes of the charge at Balaklava, could gain no more glorious name than that of "Cherry Pickers," because at one time some of the command had been captured in a Spanish cherry orchard at the time of the Peninsular war. So the Fourteenth Hussars, as fine a regiment as was in the service, fought against the title "Hamilton's Runaways," because on one occasion, when vastly outnumbered, several companies under Colonel Hamilton had been forced to retreat.

In the New York Sun, Mr. John Walker Harrington tells us that Napoleon got his nickname because on one occasion he seized a fallen flag and led a company across a bridge. "Look," cried a French soldier, "the little corporal! Stone-wall Jackson was once described by a general as 'standing like a stone wall' and the words passed into history. In the war with Spain, the corps raised by Colonel Roosevelt was called the "Roughriders," because so many of the soldiers were Western cowboys and scouts. In this case it is believed that the men named themselves. One of the most amusing of military nicknames is that under which a British regiment even yet stands. It is called "The Ladykillers" not because of the Don Juan wiles of the officers and men, but because a long time ago one of the regiment on sentry duty had the misfortune to shoot an old woman.

Collecting Farthings. Nearly two hundred and fifty thousand farthings have been collected by the wife of the vicar of St. Michael's, Crickwood, for a church building fund.

A noble incentive always gives us strength and courage to fight stubborn difficulties. If your object lesson is good and beneficial, any day of the week is good enough to show it.

GALT MAN SAYS HE GAINED 25 POUNDS Couldn't Work For Fourteen Weeks — Restored to Health by Tanlac.

"I have actually gained twenty-five pounds and firmly believe if I had gotten Tanlac six months ago I would have been saved the awful suffering I had to endure, besides the hundreds of dollars I paid out for other medicines that did me no good." This remarkable statement was made by Nelson Sloat, a stationery fireman, employed by Goldie McCulloch, and living at 75 State street, Galt, Ont., recently.

"When I began taking Tanlac," continued Mr. Sloat, "I was suffering with rheumatism and stomach trouble which had just about put me out of commission. My stomach went back on me something less than a year ago. I would bloat up with gas after eating and suffer for hours. I also had a terrible hurting in the pit of my stomach. Then rheumatism set in on me and I got fir an awful fix. I ached all over and the pain in my hands was so intense I couldn't close my fingers. Part of the time I was flat on my back. Was so nervous and miserable I couldn't sleep or rest and fell off until I weighed only one hundred and thirty-five pounds. The time I lost from work and the money I spent trying to get relief would amount to hundreds of dollars, but I kept getting worse.

"The day I started on Tanlac I hadn't been able to hit a lick of work in fourteen weeks, but Tanlac soon changed things around for me. I now weigh one hundred and sixty pounds—have picked up twenty-five pounds and have gone back to work. My appetite is better than in months and my nerves are perfectly calm. I sleep good and get up in the mornings thoroughly rested. My rheumatic trouble has left me entirely and my fingers are as nimble as they ever were. In fact, my aches and pains are all gone and I'm feeling about as well as if I hadn't been sick a day. I simply feel like a different man and can truthfully say Tanlac is what brought me out."

Tanlac is sold in Kingston by A. P. Chow. —ADVT.

A "Thrifty" Rhyme. The National Food Commission of the United States, like Silas Wegg, has "dropped into poetry," to express its sense of the need for the preservation of food, and its effort has produced the following:

From our constant daily reading we can see the thing we're needing is the stuff for fully feeding folks at home and folks afar. For the daily papers tell us facts and figures that compel us to be wide-awake and jealous of the waste we should debar. Bread and butter, beans and berries, kraut and cabbage, cheese and cheries, and the eggs of Tom and Jerries should be saved throughout the land, so that ours, the fruitful nation, may prevent the quick starvation of the balance of creation in the troublous times at hand. Though it seems inconsequential, each small slice of bread's essential to keep famine pestilential from ourselves and our allies; waste of food is unpatriotic, unpatriotic, pernicious, and has consequences as vicious as a swarm of German spies. All our logic and our reason prove it's nothing short of treason if we let the growing season and its idly looking on, not considering nor caring for the famine which is staring in our faces, nor preparing for the days when summer's gone. Let us then do what we ought to be doing, devoting all our thought to saving foodstuffs as we're taught to by the manuals complete which the National Commission has prepared in large edition for improving the condition of our stock of things. This is something worth your trying, for by canning and by drying all the things that you've been buying you'll not merely feed yourselves, but you'll aid, from the beginning that you've helped out troops in winning by the drying and the canning which have stocked your pantry shelves.

The Swagger Stick. The use of the "swagger stick" has been misunderstood by many of the American soldiers coming from Canada, recruits at any time during the last three years, have, in certain stages of their training, almost invariably carried these little canes when off duty, not through affectation or vanity, but simply because the use of them prevented the young soldiers from slipping to their right hands into their trousers pockets. The finished soldier would not think of putting his hand in his pocket, but the soldier in the making is likely, unless constantly on his guard, to be guilty of this breach of the rules. The youths who jauntily and gayly swung swagger sticks at Valcartier, Quebec, and Aldershot, Nova Scotia, even one short year ago, have since become the heroes of Vimy Ridge and Hill No. 70.

Boys and Books. They will mix all right if the boys are kept mentally alert and physically active with nourishing, easily digested foods. Shredded Wheat Biscuit is the ideal food for youngsters to study on or to play on because it contains the life of the whole wheat grain in a digestible form. The kiddies like it with milk or cream, with sliced bananas or other fruits.



Made in Canada.

THE HAZARDS OF WAR. Interesting Figures Compiled by Expert Statistician.

A short time ago an American writer sought to cheer up friends of military age by pointing out to them the good chances they had. In the first place, there was the chance that they would not be drafted; then there was the chance, if drafted, they would not be wounded; if they were wounded there was the chance that they would recover. If they did not recover they still had two chances. Mr. Roger Babson, the noted statistician, shows that they have many more chances than these. He calculated that out of 3,000 men about 60 are killed and 150 wounded—in a year, we presume. Of the wounded the great majority are able to return to the trenches. In normal times the death-rate among men of similar age would be 5 per thousand, and if these men had remained at home the chance of the succumbing to disease would be much greater than it is at the front, where they are regularly and carefully examined. It is comforting to know also that in this war death from disease is far less than in any other war ever fought. There are also fewer amputations in proportion to the number of men engaged. Except when men have gone over the parapet the great number of wounds are inflicted in the arms and shoulders and these as a rule soon heal.

Mr. Babson calculates that a man with the heavy artillery is about as good a life insurance risk as though he were pursuing his ordinary vocation in a large city. Lieutenants and non-commissioned officers run greater risk than privates, as the casualty lists show. The statistician is also of the opinion that the casualties among volunteer soldiers are greater than among drafted men, his theory being that the volunteers are as a rule men of greater daring, while the drafted soldier leaves his enthusiasm at home and carries his common-sense with him. But the volunteers who survive learn to fight without exposing themselves as recklessly as they did in the earlier days, and it is a fact that a man's brains even in this terrific war of machinery can be employed to save his head even when he is performing the most dangerous duties. The conclusions arrived at by Mr. Babson ought to be encouraging to young Canadians and Americans who will shortly go to the front, and cannot fail to bring comfort to their friends and kin at home.

Airplanes Saved France. "Had it not been for the French air service," says Burton J. Hendrick in the World's Work, "France would have been destroyed in the first few weeks of the war. For years the French general staff had expected an attack through Belgium—the strategic railroads which the Germans were so painstakingly building up to the Belgian frontier could convey no other meaning. Yet the Frenchmen still believed that the main onslaught would come across the French frontier, and had made their plans for their greatest resistance in this region. France entered this war with only about one hundred army airplanes, but Germany, which had foreseen that the new instrument was to play, had a much larger equipment. Yet a few days after the Belgian invasion began, French aviators, flying near the Belgian-German frontier, saw a sight that immediately caused a change in the French operations. The German were crossing the frontier in enormous numbers—and the fact became apparent that in this section the main attack was to come. This news, flashed to General Joffre, caused that sudden alteration in his plans that made possible the successful battles of early September. Had it not been for this operation, the French army would have concentrated for the Germans in force on the Alsace-Lorraine frontier, and the whole territory, from Belgium to Paris to Calais, would have been left open to the German onslaught. That is, the war would have ended according to the calculations which had been so carefully made in Germany."

Size of Circus Rings. Railway tickets are the same size all over Britain and the Continent and America, viz., 2 1/4 in. by 1 1/4 in., and have been so for the last fifty years. This surely indicates a world-wide tendency to standardize. Every builder's ladder is built to scale, and the fireman's ladder is on the scale of the seaman's run up the ratlines, not the bricklayer's trudge up the wooden rungs. But perhaps the greatest triumph of standardizing is that of the circus. There are big and little circuses in the world, but the ring is always of the same diameter, for the bareback rider has discovered the exact angle at which he can square the circle. No matter whether it be a ring cut in the turf or a luxuriously-appointed theatre, the circus ring never varies a foot. —Tit-Bits.

Windmills in Holland. It was at one time stated that there were in Holland at least 9,900 large windmills, of which the sails ranged from 80 to 100 feet long. At that time their yearly cost was reported to be nearly \$10,000,000. The mills are used for many purposes—for sawing timber, beating hemp, grinding, but their principal use has always been to jump water from the lowlands into the canals, to protect the little country from being inundated.

The Dead Sea. The name of the Bible Sea, which does not appear to have existed until the second century after Christ. In the Old Testament this body of water is called the Salt Sea, and the Sea of the Plain.

Working Vegetarians. The laboring classes of Seville live principally on vegetables, with an occasional meal of dried fish and bread. It is to be regretted that Sunday school scholars do not always develop into Bible students. Working to be free from debt has many times kept men from thinking of their misfortunes.

Peaches are the most valued treasure on the preserve shelf.

Lantic Sugar "Pure and Uncolored"

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Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, neuralgia and brain worry, restores energy, loss of energy, indigestion, loss of heart, failing memory. Price \$1 per box, 6 for \$5. One trial box, 25c. Sold by all druggists or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., Toledo, O., U.S.A.

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WRIGLEY'S ALWAYS SOMEWHERE

To have gained first place as the largest selling gum in the world means much. It means that WRIGLEY'S is liked above all others.

That its quality, lasting flavour and its package are the kind most appreciated.

Back of all this—the enormous sales of WRIGLEY'S show that people have learned its benefits: refreshment—aid to appetite and digestion—soothing, antiseptic influence to mouth and throat and the advantages of sweet, clean breath.

The soldiers and sailors are calling for it daily.

"After every meal"

Made in Canada

The Flavour Lasts

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