

HEART WAS BAD NERVES ALL GONE

Very important it is in this age to have a clear, cool head, a strong heart and steady nerves.

Too much rush and bustle, work and worry, fall to the lot of women attending to their household duties and social obligations. The constant strain under which they continue day in and day out will soon shatter the strongest system. Before long the heart gets weak,utters and palpitates, the nerves become unstrung, you start at the least sound, the pulse becomes weak and irregular, then finally comes physical breakdown or nervous prostration.

Milburn's Heart and Nerve Pills are the remedy you require to strengthen your heart and steady your nerves.

Mrs. Jackson, 457 Bolwar St., Peterboro, Ont., writes: "Fifteen years ago I was so bad with my heart I could not walk across the house, my nerves were literally all gone, and I was frightened at my shadow. I commenced to take Milburn's Heart and Nerve Pills and was soon able to do my own work. I have told dozens of people about them. Some as bad as I was, and today they are also doing their own work. If more people would take them there would not be so many weak hearts."

Milburn's Heart and Nerve Pills are 50¢ per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

U-BOAT HELD GEDDES SAYS

First Lord of British Admiralty Sums up First Ruthless Year.

ITS FAILURE MEASURED

THE SITUATION WILL IMPROVE SIR ERIC DECLARES

Ship Losses Are Now Lower Than Before Germany Cast Aside All Restraints.

London, Feb. 4.—"The submarine is held." Thus in four words Sir Eric Campbell Geddes, First Lord of the Admiralty, summarized the results of the first year of Germany's unrestricted submarine warfare, which began February 1st, a year ago.

A measure of its failure, he added to the Associated Press-correspondent, was found in the fact that "the sinking of merchant ships now had been reduced to a level lower than before Germany cast aside all restraints."

"I am an optimist regarding the U-boat work," said Sir Eric. "The submarine, restrained and unrestrained, has been met and has not proved invincible. I am inclined to think that now—since I made my last public statement, 'We are sinking submarines as fast as Germany can build them—my 'curves' are all good, and I cannot foresee any way in which the situation can be changed except for the better."

"The sooner the better is now the Allied navy's aim. But—you see there is still a but—and it is a very important one—we must have more ships if we are able to turn this German failure into a positive Allied victory. The submarine destruction of the world's tonnage is not a big percentage of the whole, but the submarine destruction still exceeds the production of ships, and meantime the demands for tonnage are increasing by leaps and bounds."

Ships and More Ships.
"America's participation in the war must inevitably make large de-

mands on merchant shipping. Yet we must continue at the same time to keep up with the demands of the Allied armies and with the vital necessities of the European civil population.

"Ship and yet more ships," is still the most important corollary of the war. How far can we rely on American effort for these ships? I have no doubt the United States will do its utmost, but I want to urge again the vital importance of its merchant shipping programme.

"When we first asked the United States for ships, there was a quick response. In no way can the United States help more than in building ships. Is she succeeding? Is she throwing her best brains and great energies into it? It is a worthy contribution to our great cause. I hope she is."

"Meanwhile we shall not be idle. Great Britain is straining every resource to launch every ton of which she is capable. We are at the present moment building merchant ships at a higher rate than ever before in our history, and before 1918 is over we shall be building shipping of all kinds at a rate more than double that record year. But a great deal depends on American effort, and I should greatly regret that if anything I might say regarding the failure of the German submarine warfare should be construed as minimizing the need for 'ships, and yet more ships.'"

Turning to the progress of the campaign against the German submarine, Sir Eric again referred to the satisfactory trend of the curves to which he has referred in several of his speeches.

"All the curves continue to bend in the right direction," he said. "The destruction of the Allied shipping decreases rapidly, the construction of merchant shipping increases steadily and the sinking of German submarines steadily rises."

RETURNED MEN'S RECORDS

ISSUED BY THE SPECIAL SER- VICE HEADQUARTERS.

The Public Are Given Some Interesting Information With Regard to Men Who Receive Their Discharge.

49112, Gr. F. McCarthy, enlisted on August 6th, 1914, in the 1st Battery, Ottawa. He trained at Valcartier till 23rd September, when his unit went overseas with the First Contingent to Salisbury Plains, moving later to Denzies in Wiltshire. From there they proceeded to France and were in action at Fleury on March 1st, 1916. Later he took part

TORONTO WOMAN GAINS 22 POUNDS

"I Cannot Find Words to Express My Gratitude," She Declares.

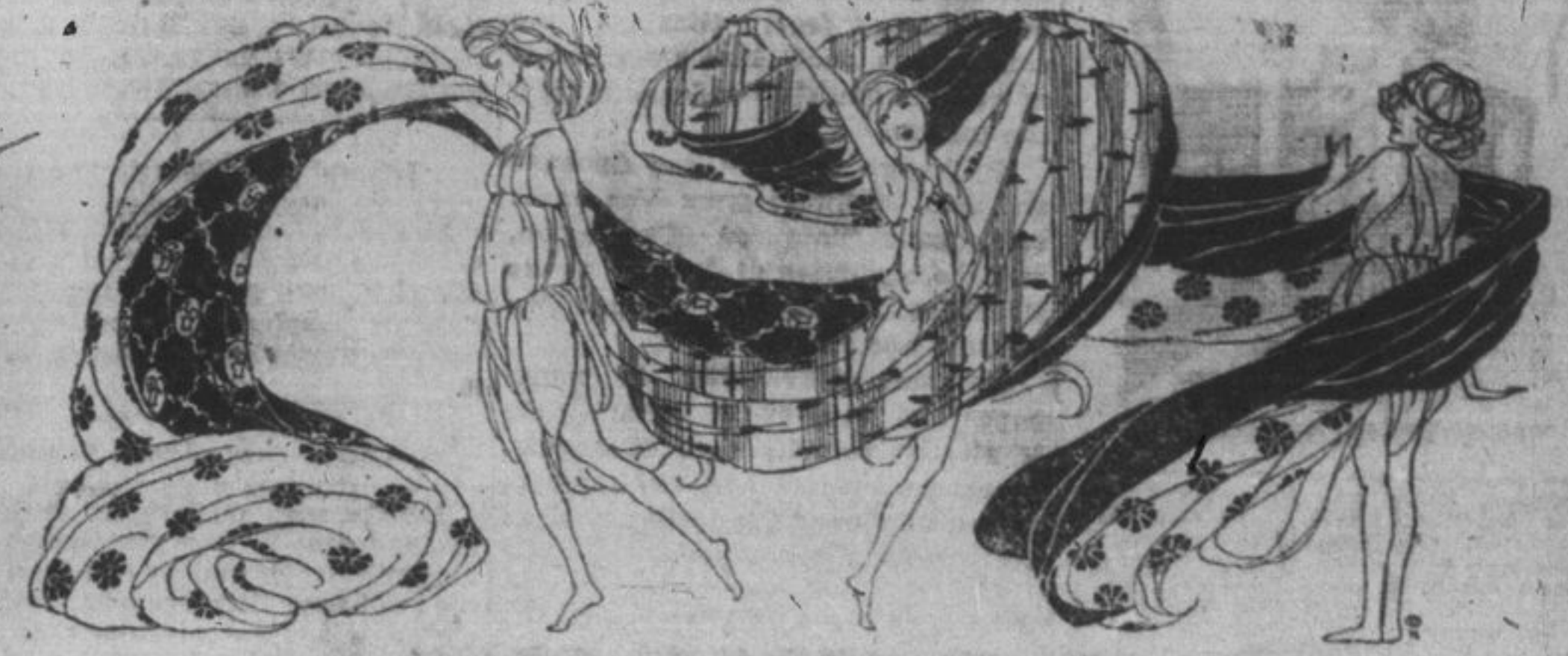
"I can hardly find words to express the gratitude I really feel over my wonderful increase in weight, health and strength," said Mrs. Evelyn Buffee, recently, in one of the most interesting and remarkable statements yet published in connection with Tanlac in this city. Mr. and Mrs. Buffee reside at 295 St. Helen avenue, Toronto, and are well known and respected in their community.

"I have not only gained twenty-two pounds," she continued, "but my health is better than it has been in years and now I know for myself how wonderful Tanlac is. For six years my stomach had been so out of order that I could not digest my food properly and nothing agreed with me. I seemed to be full of gas all the time, which bloated me up badly, causing intense pains in my stomach and sides. I was also subject to spells of sick headache. I was often unable to retain anything I had eaten and I was so sick, weak and dizzy at times I just had to give up my work completely and take to my bed. My nerves were so shattered that I was 'right shaky' and I couldn't get any sound sleep at night. I was very bilious all the time and my whole system seemed to be out of shape. I lost weight and became so run-down that I felt worn-out, tired and miserable nearly all the time and none of the many medicines I tried did me one bit of good."

"It's just awful to be in such a fix so long and many a time before I got Tanlac, I have wondered if there was anything made that could help me. So my joy can be imagined when after taking Tanlac a few days I commenced to feel better. When I found it was helping me I of course kept on taking it and gradually improved until now my stomach never bothers me any more. It just seemed when my stomach began to get right my bad feelings began to leave me and I commenced to gain in weight and strength. I haven't had one of those awful headaches since I began using Tanlac. My nerves are perfectly calm. I sleep like a child and the change in my condition is nothing less than wonderful. I certainly do think Tanlac is the best medicine made and deserves the highest praise."

Tanlac is sold in Kingston by A. P. Chown, and in Plevna by Gilbert Ostler.

Probs: Tuesday, fair and very cold.



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To the Secretary of the Montreal Stock Exchange, Room 201, Montreal Stock Exchange Building, Montreal, Can.

Without obligation, please send me your Book on Investing, also information regarding the market for Victory Bonds.

Name

Address

in the fighting in the second battle of Ypres. La Basse, Poperinghe, Ghenvy, Plegstaut, Dickelbusch and St. Eloi. From there his unit moved down to the Somme, and were in action at Threepool, Poisiens and Corcellette. He went sick November 21st, 1916, and went to Etaples Hospital, later to Nottingham, and Epsom Convalescent Hospitals. He was twenty-four months in France, returning to Canada January 2nd last. His home is in Ottawa.

1027494, Pte. E. Frederick, enlisted in Wellington on November 12th, 1916, in the 235th Battalion, and went overseas the following May to Otterpool Camp. From there he was drafted to the 3rd Reserve at West Sandling, where he contacted lumbago, and was invalided to Moore Barracks, Shorncliffe. He returned on the 1st of last month. His home town is Picton.

433534, Pte. A. J. McGillis, enlisted on the 22nd February, 1916, in the 154th Battalion, in Hawkesbury, and trained at Barrieffield before going overseas on October 18th, 1916. In Bramshott he was drafted to the 21st Battalion and went to France, April 18th, 1917. He was wounded at Lens, getting hit by shrapnel in the right hand, and went to Etaples Hospital, then to Canterbury and Epsom Convalescent Hospitals. He was in France four months, returning to Canada on the 8th of last month. His home is in Hawkesbury.

1087209, Private W. D. Laniel, enlisted 19th February, 1916, in the 252nd Battalion at Lindsay. He trained at Barrieffield during that season, afterwards transferring to No. 3 Special Service Company, where he has been till this date. His home is in Toronto.

805761, Private F. Burley, enlisted on the 15th May, 1916, in the 136th Battalion in Port Hope. He trained at Barrieffield and Valcartier, and went overseas on August 1st, 1916, to West Sandling, where he transferred to the 39th Battalion. On going to France he transferred to the 87th Grenadier Guards. He was in action at Vimy Ridge, where he got wounded by shrapnel in the left shoulder and arm. After a week at No. 6 dressing station, he was sent to No. 13 Canadian General Hospital at Boulogne, and later to Bandour Hospital, Scotland. He was nine months in France, returning to Canada on the 2nd of last month. His home is in Nestonville Clarke, P.O., Ontario.

1043111, Private J. Murdoch, enlisted in the 249th Battalion in Ottawa on April 27th, 1917, and accompanied the unit overseas on May 3rd, going to Seaford, where he transferred to the C.A.S.C. He remained with this unit for nine months, returning to Canada on January 6th. His home is in Ottawa.

230345, Private R. McLeod, enlisted on 11th February, 1916, in the 156th Battalion (Railway Construction) in North Bay. He transferred later to 253rd Training Depot, R.M.C., Kingston. He trained at Barrieffield during the season of 1916, afterwards going to No. 3 Special Service. His home is in this city.

Ottawa's Patriotic Fund Campaign.

Ottawa, Feb. 4.—Ottawa will be called upon to raise \$500,000 for the Canadian Patriotic and Red Cross Funds this year. Of this, one-fourth, instead of one-eighth, will go to the Red Cross. Last year \$610,000 was raised.

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