

**To Rid Yourself of La Grippe, Colds**  
NEURALGIA, HEADACHES, ETC., USE  
**DOMINION C. B. Q.**  
Tablets in the red box 25 cents.

**Cook's Cotton Root Compound.**  
A safe, reliable, and potent medicine. Sold in three degrees of strength—No. 1, 2, 3; No. 2, 45¢; No. 3, 60¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free prospectus. Address: **THE COOK MEDICINE CO. TORONTO, ONT., (Thames St.)**

**Nature's Remedy**  
BETTER THAN PILLS GET A 25c BOX  
For Liver Ills.  
T. H. Sargent, Druggist, Kingston, Ont.

**TWO WINNERS**  
Buy Victory Bonds  
To Keep the Huns Out.  
Then Buy Metal Weather Strips  
To Keep the Wind and Snow Out.  
**J. R. C. Dobbs & Co.**  
Tel. 819 41 Clarence St.

**These MUST Go**  
When Thermogene is Applied!  
Rheumatism  
Lumbago  
Sciatica  
Chest Colds  
Bronchitis  
Neuritis  
Neuralgia  
Backache  
Grippe  
**THERMOGENE**  
CURATIVE WADDING  
From Your Druggist 50c

**Away With Constipation**  
Constipation and its kindred ailments are easily avoided. Munyon's Paw-Paw Pills stir the liver into activity, carry off the bile and regulate the bowels. Don't be deluded by instant cures. Constipation cannot be cured by cathartics; they only offer temporary relief. Munyon's Paw-Paw Pills is a purely vegetable preparation. Nature's own remedy. They will prevent constipation. Your druggist sells Munyon's Paw-Paw Pills. 30c.

**NOW IS THE TIME**  
To get your car repaired and stored for the winter.  
**Ford Truck for Sale.**  
**Robinson & Wiltshire**  
220 1/2 Bagot St. Phone 242

**NOW RAISES 600 CHICKENS**  
After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.  
Oregon, Ill.—"I took Lydia E. Pinkham's Vegetable Compound for an organic trouble which pulled me down until I could not put my foot to the floor and could scarcely do my work, and as I live on a small farm and raise six hundred chickens every year it made it very hard for me."  
"I saw the Compound advertised in our paper, and tried it. It has restored my health so I can do all my work and I am so grateful that I am recommending it to my friends."—Mrs. D. M. Altman, R. R. 4, Oregon, Ill.  
Only women who have suffered the tortures of such troubles and have dragged along from day to day can realize the relief which this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, brought to Mrs. Altman.  
Women everywhere in Mrs. Altman's condition should profit by her recommendation, and if there are any complications write Lydia E. Pinkham's Medicine Co., Lynn, Mass., for advice. The result of their 40 years experience is at your service.  
When a fool opens his mouth you can see right through him.

**"My Three Years in a German Prison"**

By Hon. Henri S. Beland, M.D., M.P. Copyright 1919

CHAPTER XXXII. (Continued.)  
The Kaiser's only daughter paraded in the uniform of a Hussar, while her august father talked of "keeping the powder dry." One day, on his own domains at harvest time, he was seized by mad admiration at the sight of the millions of ears of golden corn.  
"They remind me," he said, "of the ocean of lances of my Uhlan's."  
On another occasion, during a hunt near the French frontier, when the Kaiser was surrounded as usual by sycophants and toadies attired in all the resplendence of their military uniforms, the then Most High-ness allowed a mysterious word to escape his lips. Having half drawn his sword, he snapped it back into its scabbard and exclaimed:  
"They tremble in Europe."  
Then he burst into laughing.  
And now came the decade which preceded the world war. Germany rejected Great Britain's proposal that each side should limit its naval armament for a while.  
Convinced at this time that her tremendous military machine was not only invincible, but irresistible, Germany applied herself feverishly to a mad rush of naval construction with the object of making her shores intangible. The idea was that in this way Britain would be kept quiet and Germany would be able to proceed to crush the Franco-Russian entente and obtain continental domination. From this to universal control only one step was required.  
This was what the German military caste had in mind—that is to say, the Kaiser, the Crown Prince, and the 40,000 or 50,000 officers and civilians recruited from the nobility, high society, from the professions and the educated officials. And the crowd—the masses—would go to sleep each evening blinded to the facts but convinced that numberless enemies were preparing to pounce covertly on their Fatherland.  
The great hope of the German Government from 1908 to 1914 was to get the war started without it being apparent that Germany provoked it.  
But as so often repeated to us by that fine Swiss fellow, Hinterman, who was interned with us, the artifices of the Germans are easily seen through. And all the scheming of the events which preceded the invasion of Belgium, however clever it was, will not prevent history from bringing against William Hohenzollern and his entourage a verdict of guilty.  
The interview at Potsdam, on July 5, 1914, in which the Kaiser and the Austrian delegates took part; the ultimatum to Serbia; the refusal of Austria to accept the very satisfactory and conciliating answer of Serbia—and this without previous consultation with Germany—does not all this show that everything was decided on July 5, aforesaid. The rejection by Germany of the proposal for a conference made by Sir Edward Grey, British Minister of Foreign Affairs; the hesitations of the subterfuges of Von Jagow towards Monsieur Cambon, the French ambassador; the entering of German troops into Belgium during the night of July 31—that is to say two days before the ultimatum of Emperor William to the King of Belgium; the telegraphic correspondence between the Tsar of Russia, King George, and William II., all, indeed, carries on its face the stamp of Germany's duplicity.

**MILITIA POLICY OUTLINED**  
MINISTER DESIRES BUILDING UP OF MILITIA UNITS.

14th Regiment, 47th Regiment, 4th Hussars and 5th Field Battery to be Brought up to Strength Now.  
The future of what is officially termed the "Canadian Militia" is now receiving much consideration among officers at headquarters, and the result of their deliberations is being very anxiously awaited by the officers of Canadian militia units concerned. It has been the opinion of many that such units as the 14th Regiment, 47th Regiment, 5th Field Battery, 4th Hussars and the many other old familiar units, which in pre-war days came to camp at Barrfield, were to be discarded and in their place would grow an entirely new organization based on the units which had served overseas. Recent developments would indicate that it is the intention of the committee, which has this matter under consideration, to preserve the history of the militia units, but in some manner not yet decided on to perpetuate the identity of the overseas battalions.  
In a recent letter the Minister of Militia wrote: "I am daily more impressed with the opportunity which is presented to old regiments of active militia of Canada to offer to their returning comrades a suitable welcome and to play an important part in consolidating and perpetuating the military traditions of our country. The active militia had an honorable history previous to the great war. It bore its part in the defence of Canada in 1812 and 1866; in quelling rebellion in 1850 and in the South African war, 1899-1902. Its members of all ranks who were physically fit went forward in the present war almost to a man. Many fighting battalions are closely affiliated with old regiments of the militia, and every battalion contains officers, N.C.O.'s and men who in days past gave of their time and effort without stint to prepare for the country's defence."  
A request was made in this let-

**Sat Up in Bed To Get Her Breath**

Palpitation of the heart, shortness of breath, inability to lie on the left side, feelings as if smothering, oppressed feeling in the chest, dizzy and faint spells, tired, weak, worn out feeling, involuntary twitching of the muscles, sleeplessness, restlessness, etc., all point to the fact that either the heart or nerves, or both, are not what they should be. Any of these conditions should be remedied immediately so as to avoid a complete breakdown of the whole system.

Milburn's Heart and Nerve Pills will bring energy to the weakened constitution, strengthen and regulate the heart, and tone up the tired, overstrained nerves.  
Mrs. William Steeves, Chemical Road, N.B., writes:—"I have been a great sufferer from nerve troubles and palpitation of the heart, which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies, but got no help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box, I was feeling very much better. I took in all three boxes, and now I am in perfect health, and can enjoy a good sound sleep, and can lie on my left side without any trouble."  
Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

**A CALCULATION MADE**

Cost to Allies \$37.50 For Each Soldier Slain.  
London, Feb. 14.—According to the published official figures, the losses in killed of England, France, Italy and America were 2,293,887. The assumed aggregate cost of the war in money of the same nations amounts to approximately \$85,000,000,000. It has, therefore, cost the nations named the sum of \$37.50 per soldier actually killed. The calculation takes no account of wounded or prisoners.

Deprived of D.S.O.  
London, Feb. 14.—The King has directed that Luger Jules Oliver Daly Gingras, late Lieutenant-Colonel of the 2nd Battalion, shall cease to be a member of the Distinguished Service Order, to which he was appointed January 1st, 1917, and that his name shall be erased from the register of the order.  
Former Lieut.-Col. Daly Gingras was cashiered in court martial in Montreal in regard to irregularities in connection with the canteen fund of the barracks of his regiment.

The curiosity of others enables some men to make a good living.

**You Cannot Hide Fat**  
If too thin, your dress-maker or tailor can supply the deficiencies, but the overfat carry a burden they can not conceal.  
There is but one alternative—reduce! To do so it is no longer necessary to go in for starvation, dieting and exhaustive exercising. There is now a safe, sure, easy, pleasant way. Just take one little harmless Marmola Prescription Tablet after each meal and at bed time and you'll literally see your fat vanish! Each tablet contains an exact dose of the same harmless ingredients that made the original Marmola prescription capable of reducing the overfat body at the rate of two, three, or four pounds a week without the slightest ill effects. Ask your druggist for Marmola Prescription Tablets, or send to the Marmola Co., 49 Garfield Building, Detroit, Mich., and you will receive for the full case—enough to start you well on your way to happiness. Try it!

**Careless Shampooing Spoils the Hair**

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle, and ruins it.  
The best thing for steady use is just ordinary mulsified coconut oil (which is pure and greaseless), and is better than anything else you can use.  
One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every article of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.  
You can get mulsified coconut oil at any pharmacy. It's very cheap, and a few pounces will supply every member of the family for months.

**Ah! Fine For Corns Takes Sting Right Away**

A painless remedy, sure it is—just paint it on a sore corn to-night and to-morrow your feet will feel like new.  
Nothing ever made absorbs pain out of a corn like Putnam's Extractor. It dissolves the hard crust, acts quickly, never fails, and above all, it brings the trouble out by the roots.  
You'll be satisfied with Putnam's Extractor because it's an old-time remedy that is just as represented. Dealers everywhere sell this specific for warts, callouses and foot lumps. Costs only a quarter.

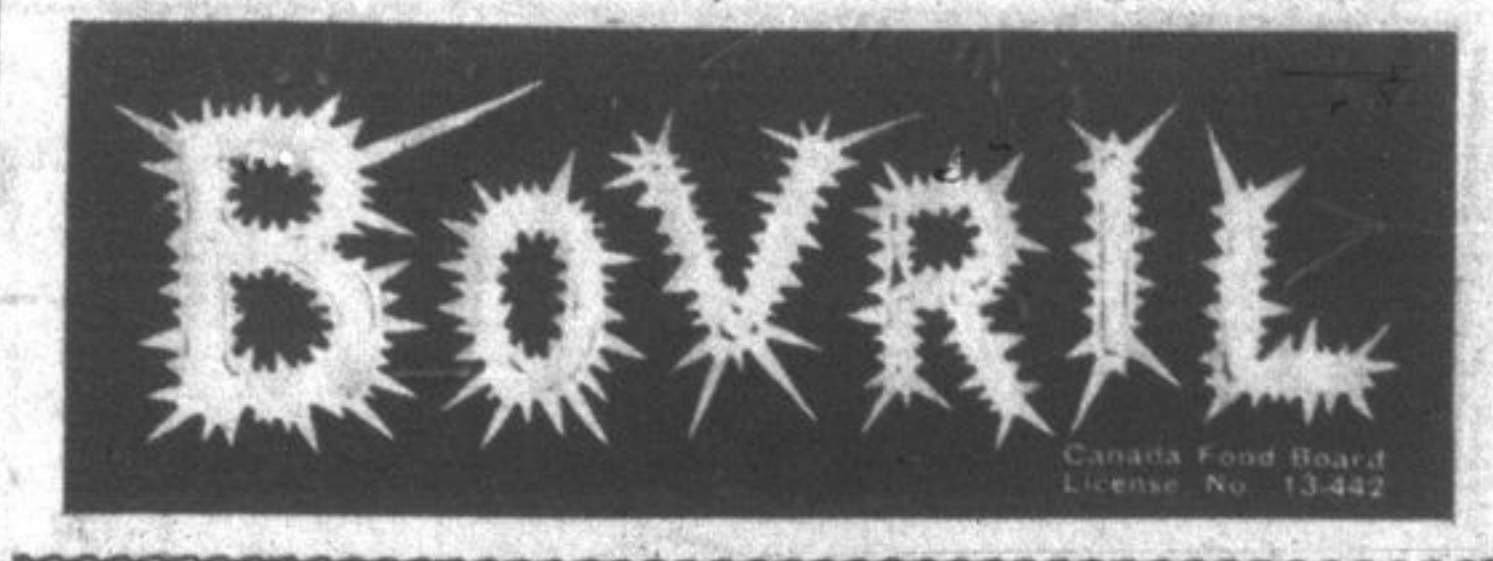
**NOW AND THEN**



George H. Lee, of New York and Montreal, as he is at present (above) and as he looked thirty years ago.

The man who boasts of being self-made probably believes that an honest confession is good for the soul.  
Far-sightedness is largely a matter of careful planning.  
All family trees are more or less shady.

**Gray Hair**  
Gray Hair Health  
A preparation for reducing natural color to gray of faded hair, for removing dandruff and as a hair-restorer. Is not a dye. Generous sized bottles at all dealers, ready to use. Price 50c per bottle. New York, N.Y.



**BIG SALE OF WESTERN BEEF AT HOOD'S STORE**  
Ask about our boneless Roasts of Beef ..... 35c  
Rib Roasts ..... 30c  
Round Steak ..... 30c  
Sirloin Steak ..... 32c  
Beef Dripping ..... 25c  
Also a nice lot of lamb and veal at low prices.  
**HOOD'S, Corner Clergy and Barrie Sts.**

**THE NEW FRENCH REMEDY. THERAPION No. 1 THERAPION No. 2 THERAPION No. 3**  
No. 1 for Headache, No. 2 for Stomach, No. 3 for Nerve Weakness.  
Solely by L. A. G. GUY, 100, St. James Street, Montreal, P. Q.  
Solely by L. A. G. GUY, 100, St. James Street, Montreal, P. Q.  
Solely by L. A. G. GUY, 100, St. James Street, Montreal, P. Q.

**JUST ARRIVED**

**Another Line of Baby Cutters.**  
Iron Cribs, Bassionettes and advance styles of baby Carriages for 1919  
**R. J. Reid**  
Leading Undertaker :: Phone 577

**LAST CALL!**

**Tomorrow is the Last Day**

—OF OUR—

**Seventh Annual**

**Sacrifice Sale!**

Take Advantage of These Sacrifice Prices Tomorrow

**Louis Abramson,**

The Up-to-the-Minute Clothier and Furnisher, 336 Princess Street  
LOOK FOR THE BIG RED SIGN!