

THAT COLD IS DANGEROUS

Don't wait Till you are Sorry.

When you feel out of sorts, shivery, headachy, don't wait till you are laid up in bed before you take action to remedy these things. Chilly, achy feelings are Nature's warnings. Get something to clear out your system, cool the blood, exterminate the germs. There is nothing so quick and reliable as Dominion C. B. Q.—which stands for Cascara Bromide Quinine Tablets. Dominion C. B. Q. cures a cold in a few hours—takes the headache away—makes you feel fit. Get a box of Dominion C. B. Q. today. Keep it on hand. You never know when you might need it. At all druggists, in the Red Box. Made by that well-known and thoroughly reliable firm The National Drug & Chemical Co. of Canada, Limited.

DOMINION C. B. Q. TABLETS. 25 cents. On the red box. HEADACHES, COLDS, LA GRIPPE in a few hours.

THOMAS COPLEY Telephone 987

Wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop 61 Queen street.

Nature's Remedy TABLETS. Better than Pills. GET A For Liver Ills. 25c Box.

T. H. Sargent, Druggist, Kingston, Ont.

for BURNS. FOR SCALDS, CUTS AND BRUISES, FOR COLDS, COUGHS AND BRONCHIAL AFFECTIONS, FOR STIFF MUSCLES, SPRAINS AND STRAINS AND NUMEROUS OTHER AILMENTS COMMON TO MAN AND BEAST, THERE IS NOTHING SUPERIOR TO THIS OLD TRIED AND RELIABLE REMEDY. DR THOMAS' ECLECTRIC OIL.

SATISFYING RELIEF FROM LUMBAGO

Sloan's Liniment has the punch that relieves rheumatic twinges

This warmth-giving, congestion-scattering circulation-stimulating remedy penetrates without rubbing right to the aching spot and brings quick relief, surely, cleanly. A wonderful help for external pains, sprains, strains, stiffness, headache, lumbago, bruises.

Get your bottle today—costs little, means much. Ask your druggist for it by name. Keep it handy for the whole family. Made in Canada. The big bottle is economy.

Sloan's Liniment Kills Pain. 30c, 60c, \$1.20

Just Received at the UNIQUE Grocery

Old Virginia Pancake Flour, Self Raising Buckwheat Flour, White Swan Pancake Flour, Fresh Buckwheat Flour.

C. H. PICKERING, 406 and 402 Princess Street, Phone 530, License No. 5-2152

INFLAMED GUMS—THE CAUSE OF TOOTH-BASE DECAY

Just as the strength of a building is dependent upon its foundation, so are healthy teeth dependent upon healthy gums.

Permit the gums to become inflamed or tender and you weaken the foundation of the teeth. This condition is called Pyorrhoea (Riggs' Disease). Loosening of teeth is a direct result. And spongy, receding gums invite painful tooth-base decay. They act, too, as so many doorways for disease germs to enter the system—infecting the joints or tonsils—or causing other ailments.

Pyorrhoea (Riggs' Disease) attacks four out of five people who are over forty. And many under that age, also. Its first symptom is tender gums. So you should look to your gums! Use Forhan's, which positively prevents Pyorrhoea if used in time and used consistently. It also scientifically cleans the teeth—keeps them white and clean. Brush your teeth with it. If gum-irritation has already set in, start using Forhan's and consult a dentist immediately for special treatment.

30c and 60c tubes. All Druggists. FORHAN'S, LTD., 507 St. James St., Montreal.

Forhan's FOR THE GUMS

POTATO CROP DISEASES

Most Serious of Them Widely Established in Old Ontario.

Varieties of Grains Which Give Heaviest Yields—O. A. C. No. 21 Best Barley of All—Get Everything in Readiness for Spring Spraying Now.

(Contributed by Ontario Department of Agriculture, Toronto.)

OFFICIALS of the Ontario Department of Agriculture inspected 313 seed potato fields in Northern Ontario last year of 278 acres, and 119 fields qualified for certified seed. It is estimated that there were 16,000 bushels of certified seed secured from Northern Ontario. All of this is being shipped to Old Ontario to be planted this year.

The survey which was made last year by inspectors to detect diseases in the potatoes was spread over 32 counties, although the reports from four of that number are not included in the statistics because of irregularities in the work. The territory covered was from Northumberland and Peterborough counties west to Essex, not including Simcoe and Victoria. It was found in this survey that an average of 15 per cent. of the potatoes had the most serious disease of Leaf Roll, and that 7 per cent. were affected with Mosaic, a total of 22 per cent. affected by disease. An interesting fact revealed by the survey is that the diseases are most common along the shores of Lake Ontario, through Dufferin and Wellington counties, and along the shore of Lake Erie through to Essex county. Farther north the percentage of disease is much smaller. While the average for the two diseases is 22 per cent., some of the counties showed a much higher rate, as Halton and 29, Welland 61.7, Lincoln 33.5, Wentworth 26.8, Brant 44.8, Halton 32.1, Peel 51.9 and York 25.4. The standard in this province permits of two per cent. Leaf Roll in No. 1 seed and 5 per cent. in No. 2. In severe Mosaic the percentage is the same, although in slight Mosaic the figures are doubled.

The cause of these diseases is not known. Whether there is some organism, or whether the climate has something to do with them, is a matter of doubt. Prof. P. A. Murphy, of Charlottetown, who is the Chief Pathologist for potatoes for the Dominion, and who is attached to the Central Experimental Farm, is at work on this problem, and it is hoped that before many months the cause will be known. At any rate, it is known that the diseases are more common in potatoes in the Southern States. That is why it is expected Ontario seed potatoes will be in demand there in a few years.

Leading Varieties of Spring Grain.

The old six-rowed barley gave way to the Mandseuri, and that in turn has given place to the O.A.C. No. 21, which is now grown throughout Ontario to the exclusion of practically all other varieties. The Egyptian and Black Tartan varieties of oats which were popular at one time have been largely displaced by the Banner and more recently by the O.A.C. No. 72 and the O.A.C. No. 3 varieties. The O.A.C. No. 72 variety has a comparatively vigorous straw, spreading head, and white grain of good quality, the hull being quite thin. In experiments at the Ontario Agricultural College it has surpassed the Banner in yield per acre in each of nine out of ten years. It has made a phenomenal record in connection with the Ontario Standing Field Crop Competitions, taking more first prizes than all other varieties of oats combined. The O.A.C. No. 3 variety is the earliest of the Banner or the O.A.C. No. 72, and is an excellent variety for mixing with barley when it is desirable to grow the two in combination. Of the spring wheats the Red Fife, the Marquis and the White Goose are the principal varieties. At the present time, however, when the demand for wheat for bread production is so urgent the Marquis and the Red Fife, and especially the former, should be grown as extensively as possible in Ontario. Spring rye does not yield equal to winter rye but its cultivation will perhaps be increased somewhat during the present year. The O.A.C. No. 61 variety has given the best results, surpassing all other kinds in yield of grain per acre.—Dr. C. A. Zavitz, O. A. College, Guelph.

Prepare for Spring Spraying.

Efficient and economic spraying is hard to attain with the use of poor machinery. The power sprayer is an expensive piece of machinery, but it is effective when properly handled. Its usefulness can be greatly impaired by improper care. To secure the highest degree of efficiency in spraying the maintenance of high pressure is necessary. Probably high pressure is not needed in all cases; it is, however, true that by means of it more thorough and, consequently, more effective work can be done in a much shorter time and with much less effort.

The agitation of the liquid in the tank is another important matter. In the case of most sprays, the individual particles that make up the insecticide are suspended in the water. Unless the sprayer is equipped with a good agitator, these particles will settle to the bottom, rendering the mixture in the top of the tank weaker than it should be, and that in the bottom stronger, and possibly in some cases too strong for safe application.

It is needless to say that the care of spraying machinery should never be neglected. Indeed, the spraying unit should never be put away after using until the mixture is thoroughly cleared out from all parts of the pump, rod, piping, hose and nozzles by running clear water through them. The water should be drained from the engine, and all parts cleaned and oiled.—Prof. Jno. Evans, J. A. College, Guelph.

By the time the average man gets old enough to have common sense he is too old to use it to any advantage. The truth would seem less brutal if people were better acquainted with it.

Sat Up in Bed To Get Her Breath

Agitation 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 my 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.

Canadian Whale-Canning.

A Canadian whaling company has been canning whale meat for a number of months in British Columbia. In a letter to the Commercial Intelligence Branch of the Canadian Department of Trade and Commerce, it says:—"Owing to the demand for whale meat for food we have erected a cannery where we expect to pack 30,000 to 50,000 cases of whale meat this season. We have also erected three cold storage plants to handle frozen whale meat. We also own and operate two freight steamers, one of which has a cold storage capacity of 500 tons. The species of whales taken on this coast yields three to twelve tons of prime meat, and only the prime meat is used by us at the present time for canning or freezing for food. At our plants the meat is handled in an absolutely sanitary manner, and to this end we have resorted to considerable expense. Owing to the whale being a hot-blooded mammal, many of the whales brought in to our stations are unfit for food, as they are sometimes captured at great distances from the stations, and whales that have been killed over twenty-four hours are not used for his purpose. Samples of our canned product are only now being sent out to prospective buyers, and we have not at present made any large sales in this country or the United States. Although we have shipped 1,000 cases to Samoa and Fiji. For the frozen product, however, we already have orders for over one thousand tons, the bulk of which is being shipped to Boston. Our whaling season opens about April 1 and ends about October 15. Up to the present we have put up about 18,000 cases of meat at our cannery."

A Fake Hero.

Sergt.-Major A. E. Wood, who has been during some months past feted and honored to the limit in Puget Sound cities and in British Columbia, has just been sentenced at Victoria to two years' imprisonment for desertion from the Siberian Force, with an additional three months' under the order-in-council dealing with the wearing of military medals or ribbons by those not qualified for such honor. Wood had put on the Croix de Guerre, R.S.G.M., for life-saving at sea, King and Queen's South African Medal, with several clasps, Long Service Medal, Military Medal and Mons Star. When he added the ribbon of the Victoria Cross the last straw was supplied.

He Was Frugal.

Here is how one frugal French-Canadian lived on the small sum of one dollar a week. "Eet is simple, vaire simple," he explained. "Sunday I go to ze house of a good friend and zere I dine so extrordinaire and eat so vaire much I need no more till Wednesday. On zat day I have at my restaurant one large, vaire large, dish of tripe and onions. I abhor ze tripe, yes, and ze onion also, and to-gesser sey make me so seek I have no more appetite till Sunday. Eet is vaire simple."

Another Police Union.

The police of Windsor are reported to have secured a charter preparatory to forming a union, while the Bremen of the Border City, are arranging to follow suit.

Sounds Like Ancient History.

Saskatoon market reports of a few days ago quoted strictly fresh eggs at 35 cents, butter at 25 cents, and beef and pork at 25 cents, any cut.

The average man who tries heroic measures gets a misfit.

Edward De Valera who from his hiding place has issued his excitatory statement.



A BLANK—AS USUAL. Teacher—"Now, children, I want you to make a drawing of what you would like to be when you grow up." Little Girl—"Please, I want to be married, but I don't know how to draw it!" —Sydney (Australian) Bulletin.

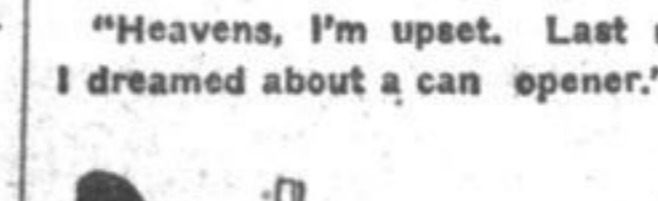


J. S. McKINNON, Second vice-president of the Canadian Manufacturers' Association, who in an address in Toronto on Friday declared war against western grain growers' representations for changes in the tariff.

The Modern Scientific Treatment Nujol For Constipation. Get a bottle from your druggist today and write for free booklet—"Thirty Feet of Danger." Nujol Laboratories, STANDARD OIL CO. (NEW JERSEY), 50 Broadway, New York.



MORE SERIOUS. He—You mean to say you'll marry Fred if he comes back with only one arm or one leg? She—I don't care how many arms or legs he loses, as long as he don't lose his head over some French girl.



A BAD DREAM. "Heavens, I'm upset. Last night I dreamed about a can opener." SURE THING. Artist—I am wedded to my art. Jewett—Your art could get a divorce on the ground of intolerable cruelty.

When a man tells a widow that he is not worthy of her she mildly denies it—but doesn't argue the point. It takes a wisp to make a lazy man get a move on himself. All it has to do is back up against him and push. A Kansas editor refers to an Indian as a copper-faced type.

Tired, Overworked Mothers What You Need is Vinol

War conditions have made the demand upon a mother's time and energy unlimited. In their zeal to do all in their power for their loved ones, they continually overwork and are soon in a nervous, run-down condition. Vinol, the non-secret cod liver and iron tonic, will build you up and make you strong. HERE IS PROOF

Whitman, Mass. "I suffered from a nervous, run-down condition and loss of strength so it was hard for me to get around and do my work. After other medicines had failed to help me Vinol restored my health and strength and I heartily recommend it to anyone suffering from a nervous, run-down condition."—Mrs. R. M. Little. Cleveland, C. O. "I keep house for my husband and myself and got into a weak, run-down condition, no strength, languid and no ambition. After doctoring for awhile and getting no better I tried Vinol and to my surprise it built me up and strengthened my whole system. It is certainly a good tonic."—Mrs. Wm. D. Dawson.

Vinol Creates Strength. MAHOOD'S DRUG STORE AND AT THE BEST DRUG STORE IN EVERY TOWN AND CITY IN THE COUNTRY.

A SPLENDID PORTRAIT

Of The Late SIR WILFRID LAURIER



Is now on sale at the Whig Office. It measures 12 1/2 x 19 inches, and is a splendid likeness of Canada's greatest statesman. These pictures will be sold almost at cost, as follows:

Over the Counter 10c each Delivered by Mail 15c each Order early. The supply is limited.

Don't emphasize your conversation with "cuss" words. They may convince you, but they are pretty sure not to convince others. It is easy to convert the average man to any theory that promises to benefit him financially. A blind girl in Ohio got married and recovered her sight a few days later. Marriage is certainly a great eye opener. Don't buy too much ice cream for your best girl. It may cause her love to grow cold.



Help Him to Help Himself

We owe the returned soldier every effort we can make towards securing steady employment for him. Do not try to throw the burden entirely on employers. They have a grave responsibility, but only insofar as every man, woman and child gives willing help can Canada ensure a fair day's pay for a good day's work for all her men. How can YOU help? By investing in War-Savings Stamps. How will THAT help? Canada must secure foreign purchasers for the products of her forests, farms, and factories. Many nations are anxious to buy our goods, but can only do so if Canada grants credit to them.

Lend your money to Canada, so that Canada may re-lend to those who must buy on credit. The money is being raised by the sale of War-Savings Stamps, so that when you invest in a War-Savings Stamp you provide a day's pay for some returned soldier. A War-Savings Certificate with 10 W.S.S. affixed will be redeemed by the Dominion of Canada on January 1st, 1924, for \$50.00, for at that date the W.S.S. are worth \$5.00 each.

War-Savings Stamps cost \$4.02 in March; \$4.03 in April; \$4.04 in May, and they may be purchased at any place displaying the Beaver-Triangle sign.

