

System Run Down Blood Out of Order

Many people become run down, but don't know just exactly what their trouble is, when, as a rule, it is improper circulation of the blood.

All they need is a good tonic to build up the system and put the blood into proper shape.

For this purpose there is nothing on the market to-day to equal

Burdock Blood Bitters

It regulates the stomach, liver and bowels, purifies the blood and tones up the entire system.

Mrs. H. Poole, Port Dover, Ont., writes: "My system was run down and my blood out of order, and I suffered a great deal from pains in my head which made me feel very miserable. A friend told me to try Burdock Blood Bitters, so I got a bottle and before it was used I found it was doing me good. I kept on until I had taken three, and now I feel like a different woman."

My husband also took it and it has built him up. For the past 44 years B. B. B. has been manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

CATARRH AND HEAD COLDS

Speedily Respond to the Antiseptic, Healing Virtues of Wormwood

Prompt relief—guaranteed—no more hawking, spitting, or blowing, dry ticklings, dull headaches or buzzing head noises. Just put a little antiseptic Gero Wormwood Balm in your nostrils twice a day and bid good-by to catarrh. Your clogged nostrils and air passages quickly open up—you breathe through your nose freely, as nature intended, and your dull old head feels clear and clean.

The soothing, cooling, healing and antiseptic virtues of Wormwood Compound penetrative to every nook and corner of the air passages of the head and throat, soothing and stimulating the delicate inflamed membranes and throwing off the mucus.

Relief is prompt, certain and gratifying. Be sure and get "Gero" Wormwood Balm at all druggists.

RUB RHEUMATIC PAIN FROM ACHING JOINTS

Stop "dosing" rheumatism. It's pain only. St. Jacob's Oil will stop any pain, and not one rheumatism case in fifty requires internal treatment. Rub soothing, penetrating St. Jacob's Oil right on the tender spot, and by the time you say Jack Robinson—out comes the rheumatic pain and distress. St. Jacob's Oil is harmless, rheumatism liniment which never disappoints, and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache and neuralgia.

When You Catch Cold Rub on Musterole

Musterole is easy to apply and it gets in its good work right away. Often it prevents a cold from turning into "flu" or pneumonia. Just apply Musterole with the fingers. It does all the good work of grandmother's mustard plaster without the blister.

Musterole is a clean white ointment made of oil of mustard and other home simples. It is recommended by many doctors and nurses. Try Musterole for sore throat, cold on the chest, rheumatism, lumbago, pleurisy, stiff neck, bronchitis, asthma, neuralgia, congestion, pains and aches of the back and joints, sprains, sore muscles, bruises, chilblains, frost-bitten feet—colds of all sorts. Seldom fails to deliver results. 40c and 75c, at all druggists.

The Musterole Co. of Canada, Ltd., Montreal.



Itching PILES

PAZO OINTMENT instantly Relieves ITCHING PILES and you can get restful sleep after the first application.

All druggists are authorized to refund the money if PAZO OINTMENT fails in the treatment of any case of ITCHING, BLIND, BLEEDING or PROTRUDING PILES.

It is guaranteed by Paris Medicine Co., Manufacturers of the world-famous Laxative BROMO QUININE Tablets.

G. W. Brown

This signature is on every box of PAZO OINTMENT. 60c.

If you are unable to get PAZO OINTMENT from your druggist, send 60c in postage stamps to Paris Medicine Co., 193 Spadina Ave., Toronto, and a box will be mailed to you promptly. Write your name and address plainly. (MADE IN CANADA)

Justice Dominique Monet, died on Tuesday of heart disease at San Juan, Port Rico. City of Hamilton sells \$250,000 bond issue at a cost of 5.30 per cent.

ALL ROADS CLOSED EXCEPT ONE

The International Sunday School Lesson for February 11 is "The Spirit of Prayer."—Luke 18: 1-8.

By William T. Ellis.

A few days before Christmas I was talking over the ominous plight of civilization in the Near East with a Government official in Washington, who has lived for many years in the thick of oriental conditions. He is a diplomat by profession, a realist by temperament. After we had canvassed the situation somewhat in detail, my friend closed the discussion almost with a snap by declaring, "Nothing but a new spirit can save the world. Everything that has been tried has failed, except a new sort of spirit among nations and people. And that is the business of religion."

Those of us who hold religion as our chief concern often feel rebuked as we observe how clearly men of the world see straight through to the center of the spiritual significance of our present life. This public man has a firmer grip upon the central truth for our time than most of us who write and talk constantly about spiritual things. Organized civilization has been driven into a corner, and all ways out seem closed, except the way up. Statesmen know this, business men know it, why, then, is it not transforming all our thought and life? The grim realities of daily events should drive all Christians to their knees; where Abraham Lincoln said he had often been driven by the conviction that he had nowhere else to go. "Men ought always to pray, and not to faint." The prayer route is never closed in any weather.

Beggars Versus Friends. Everybody prays sometimes. Some there be who pray only in the hour of direst need. This is scarcely seemly; for what son wishes to hold communion with his father only when he needs to ask him for money? More filial and delightful is the lot of the son who follows with his father all the time. The boon of blessings brought is no greater than the comfort of communion. Intercourse with God is a higher reward than any bounty that prayer may bring.

Jesus prayed. His was a life of prayer. He considered prayer so desirable and so essential that he made heroic sacrifices in order to achieve the privilege of prayer. This was one secret of his soul-culture. There is a twentieth-century paganism which sneers at the development of a man's inner life. It is at no pains to develop the spiritual nature. Yet, judged by lowest standards, this is unwise; for the lives which keep their windows open towards some Jerusalem are deeper, higher, serener and sweeter than those which cultivate no influences except the irritating affairs of every day. Purely for worldly peace and progress it is advisable to develop the unworldly side of one's nature. "Men of the world in the best sense of the word—heroes of literature, like Scott and Johnson; men of research, like Maxwell and Faraday; statesmen, like Lincoln and Gladstone; soldiers, like

Gordon and Havelock, have believed in prayer and used it."

"The Praying Indians."

In John Eliot's time his Indian converts were known as "Praying Indians," and his Christian Indian villages in colonial Massachusetts bore the name of "praying towns." In the mind of the native of words, "praying" and "Christian" were synonyms. A Christian man was a praying man; a praying man was a Christian man. When we run across this term, "praying Indian," in our reading, it should suggest to us that there is no Christian life apart from the prayer life.

The church through all the ages since Jesus taught that lesson to His own followers, has been a praying church in the service of a praying Master. Her purity and progress and power have been born in the travail of prayer. When Christians cease to pray their religious life ceases to prosper. The sudden international vogue for Dr. Coue's "auto-suggestion" reminds us that his main idea is straight out of the Gospels. Want something badly enough, like the importunate widow in the lesson, and you will get it. Man's impotency is God's opportunity. It seems as if the Father in heaven delights to honor those who are possessed of perseverance. To hold on is usually to win out.

As Jesus taught prayer, it is no casual spasmodic, intermittent, temperamental thing. It is a great and resolute laying hold of the character of God. It is a desire that is also a determination. "Prayer," said Phillips Brooks, "is not an overcomer of God's reluctance but a laying hold of God's willingness." But it also is a matter of a real grip. The way to hold out is to hold on. God has undreamed of favors for his children who are determined, like Jacob when wrestling with the angel, not to let go until they receive the promise.

Had Jesus A Pet Antipathy?

Almost everybody has a favorite aversion; and it seems as if the pet antipathy of Jesus was pharisaism. He scorned self-righteousness. Parading, posturing, posing piety really affronted him. His most biting "twos" were pronounced against the professionally religious class. He spoke of them with irony and sarcasm and contempt as well as with downright condemnation. Their spiritual self-complacency appeared to him to be the direct antithesis of true religion.

So we have in the Lesson the cameo portrait of the pharisee and the publican at prayer. One was a proficient professional; the other was an unskilled penitent. One recited his virtues to heaven; the other in humility asked only God's mercy. And there is no true prayer that is not marked by this reverent contrite spirit of lowliness before the presence of the Father who is in heaven.



We still have a few lines that must be cleared out regardless of cost. Here are a few of the exceptional bargains:—

Table with 4 columns: MEN'S SUITS, MEN'S BOOTS, CHILDREN'S STOCKINGS, BOYS' PULLOVER SWEATERS, LADIES' BOOTS, BOYS' BLOOMER PANTS, MISSES' BOOTS, BOYS' BOOTS. Prices range from \$1.00 to \$12.95.

HUNDREDS OF OTHER BARGAINS.

L. Abramson

336 PRINCESS STREET.

HINTS FOR THE MOTORIST BY ALBERT L. CLOUGH

Keeping Tabs On Radiator Temperature

This Is Especially Necessary During Cold Weather

IF YOU USE a radiator cover and button down its front curtain when the car is started on cold mornings, how do you know when it should be rolled up and the radiator put on its job of keeping the engine cool, unless you have a radiator thermometer? If the radiator is kept shielded too long, that expensive alcohol, which you put in, will go up in vapor and will have to be replaced, or protection against freezing will be sacrificed. If the radiator front is exposed too soon, the engine will run too cold, gasoline will be wasted and the engine will take longer to get to running right. If either a hand operated shutter front or a manually operated choke-valve in the circulation is used, the same troubles are bound to be experienced and loss of alcohol, possible damage through over-heating and waste of fuel and oil will be the almost inevitable penalties. The radiator thermometer warns the operator when his radiator shielding should be removed, but allows him to retain it and thus promote engine efficiency right up to the time when his engine reaches the maximum safe temperature. Even though water temperature control is automatic, by thermostatic action, the radiator thermometer is highly desirable as a check upon the self-regulating device which, like every other contrivance, is fallible.

SPARK-PLUG OVERHEATS



F. H. writes: The second cylinder spark-plug of my Ford truck engine gets red hot, at times. Can you tell me what causes this? Answer: If this plug makes a leaky joint in its hole, so that there is considerable escape of intensely hot gas between its shell and the metal of the cylinder, during the explosion stroke, it will become greatly overheated. From what you say, we assume that you see the outside part of the plug in a red hot state, which is a very extreme condition. We should expect this cylinder to knock very severely before this condition was reached. You may find a crack in the engine casting, through the plug hole or some other defect to account for the escape of hot gas at the plug. Is this plug just like the others or is it one with a long shell that enters the cylinder much further than the others? If the latter is the case, some overheating would result, but we believe you will find there is a blow-by around the shell that explains this overheating. Put some oil around the plug shell and see if it is not blown away, when the engine is

ENGINE MISSES AFTER TIGHTENING BEARINGS



G. S. M. writes: After having my engine block rebored, new pistons and rings put in and all new bearings fitted, my car ran fine for three months, when I took up the bearings a little. Right after this it was taken out and the engine stopped dead, but we got it started again, by adjusting the breaker points. Ever since, it has missed and backfired badly when pulling, but much less so when running idle. The bearings are not overtight, for the engine cranks over easily. What do you make of this? Answer: We doubt if the tightening of the bearings has anything to do with your trouble. You better check up your spark first, by running the engine and seeing if the discharge will jump unaidedly from the detached end of each plug cable through a distance of 3-4 inch to the engine block. If it is uncertain or weak, you better have your coil, condenser, wiring and other ignition elements tested out. If the spark is perfect, you better examine to see that the engine gets its full supply of gasoline at the carburetor jet. As your trouble developed suddenly, we have a feeling that there is some ignition defect.

Questions of general interest to the motorist will be answered by Mr. Clough in this column, space permitting. If an immediate answer is desired, enclose self-addressed, stamped envelope.

GRAVES BROS. PLUMBING, TINSMITHING, STEAM HEATING, HOT AIR AND HOT WATER HEATING. All work given our personal careful attention. HOUSE-FURNISHING HARDWARE. 211 Princess Street Phone 332

CAR OWNERS ATTENTION STANDARD AUTO SERVICE PHONE 545, QUEEN STREET (Behind Standard Office)

Hardwood Floors Cleaned! Why have your Hardwood Floors dirty and old looking when you can have them made like new? We have bought a new Floor Cleaning Machine and guarantee to make your floors look like new. Estimates given on new floors laid, and Carpentry Repairs of all kinds. Thos. Copley Write 68 Queen Street or 'phone 987.



IN THE SOUP.

The French have succeeded in making their occupation of the Rhur district a success.

—From the London Opinion.

VILLAGE OF WESTPORT

Late Michael Colbourn—The Ice Races Last Week Westport, Feb. 5.—At the C. W. L. hall on Tuesday evening, a miscellaneous shower was tendered Miss Rose Coburn, whose wedding takes place shortly. Many beautiful things were received and a most enjoyable time was spent for a few hours in games and dancing. Congratulations and good wishes were extended to the bride-elect. At the close of the evening dainty refreshments were served.

An old and respected citizen in the person of Michael Colbourn passed away Friday morning in his eighty-seventh year after a long illness. He leaves to mourn his loss his wife, one sister and four daughters, and three sons. The burial took place Saturday morning at St. Edwards church, where high mass was sung by the Rev. Father Bourque. The body was placed in the vault.

Mr. Silver Irons left last week for Detroit, Mich., where he has secured a position. Mr. and Mrs. John McCam have the sympathy of their many friends in the loss of their little daughter, Helen Marie, who passed away on Saturday aged

one year and nine months. Ralph Myers is seriously ill. H. Lyons, Newboro, spent a few days last week with Mrs. Thomas McCann. The ice race held at Westport Thursday and Friday were largely attended. Two races each day were run off. On Thursday Dr. Hamilton's colt won the green race. Portland, won the 20 class. On Friday Arly B. owned by J.H. Stolt, Newboro, won the three minute class and Slippery Dan won the free-for-all.

