Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family."

Fish That Sing.

Contrary to the general belief, fish are not all dumb. Quite a number of them make some kind of noise. The common red gurnard, on being hooked and hauled rudely out of the sea, will grunt loudly and indignantly. It is a strange, croaking sort of noise, such as one might expect a young rook to make. Then there is a fish called the butterman, which is found off the Scottish coast. This fish, which is fat and comfortable-looking, makes a distinct hooting noise from the back of his throat when landed in a net or caught on a long line. A netful of these fish, though they are rather rare, is sometimes caught, and when they are hauled in the chorus of sharp, siren-like hoots is very startling to a stranger.

In Ceylon there is a shellfish, a kind of mussel, which positively sings. In still weather, when the water has ebbed away from the mussel-beds for a few hours, these shellfish can be heard producing a long, low, fluty sound. How they do it no one knows, but they make a quite distinct attempt at singing; and as they have no throats they must produce the sound by some manipulation of their double shells.

Use "Cascarets" for Liver and Bowels When Constipated.

When bilious, headachy, sick, for sour stomach, bad breath, bad colds.

Get a 10-cent box.

Take a Cascaret to-night to cleanse your Liver, Stomach and Bowels, and you will surely feel great by morning. You men and women who have headache, coated tongue, a bad cold, are bilious, nervous, disordered stomach, or have backache and feel all worn out. Are you keeping your bowels clean with Cascarets — or merely forcing a passageway every few days with salts, cathartic pills or castor oil?

Cascarets immediately cleanse and regulate the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels.

Remember, a Cascaret to-night will straighten you out by morning. A 10-cent box from your druggist means healthy bowel action; a clear head and cheerfulness for months. Don't forget the children.

Canned vegetables have the flavor of fresh ones when cooked in a casserole.

Have your Suit or Overcoat Cleaned or Pressed for New Year. Phone or send to SPURRELL, 365 Water Street. Telephone 574.—dec28,eod,tf

Salmon in New Zealand

Systematic attempt to establish the quinnat salmon in New Zealand waters was first made in 1899. It was decided to concentrate efforts on one river on the east coast of the South Island—the Waitaki River. For several years after that large importations of ova were made, and in 1907 it was found that the fish were returning from the sea to spawn. Since then their numbers have been found to be increasing yearly, and the inspector now states that the number of running fish this year was much greater than since the commencement of the experiment. It was also found that there was a large run of fish up the Rangitata River, about seventy miles north of the Waitaki, and some had found their way even farther north. The largest quinnat salmon yet caught in New Zealand weighed over thirty-two pounds.

Famous Spring Run Dry

Many Week-End Visitors to Welsh Lourdes.

A large number of persons visited Holy-well during the week end, attracted by the news that the famous spring of St. Winifride, to which so many devout Roman Catholics made pilgrimage, had dried up as the result, it is presumed, of tunnelling operations in the neighborhood.

Those who visited the well on Saturday found it absolutely devoid of water. Visitors walked about the flagged bottom of the great outer bath, and in the beautiful polygonal basin in which the spring used to emerge there was not a drop of water and the stones at the bottom were absolutely dry.

During the day there was a meeting on the spot of the millowners on the stream, who will be seriously inconvenienced and prejudiced by the loss of a good part of their motive power.

The well was the source of water supply for the greater part of the town, and the urban council had in hand a scheme for deriving from it a public water supply. To-night the urban council will discuss the situation.—Daily Mail.

St. Winifride's Well is situated at the foot of Castle Hill, Holywell, over which St. Winifride's Hall is built. The operation of ten mills depended upon its motive power, as its waters flowed down the beautiful Greenfield Valley and emptied itself into the River Dee. It is passing strange that it should so suddenly cease to flow. Perhaps it was inclined towards prohibition, as its next door neighbour is Lloyd Price's Brewery, and that the spring refused to further supply it water. The last mill is Grosvenor, Chater's famous Paper Mills.—Com.

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

For Luncheon or the Evening Meal

there is nothing so appetizing, so restful, so altogether satisfying, as a cup of pure palatable tea.

Then, too, a cup at night induces sweet sleep and promise of a clear head in the morning.

HOMESTEAD TEA

is a reliable purity drink for the whole family.

Moirs' Confectionery and Cake,

Ex s.s. Florizel, Jan. 27, '17:

Moir's Sultana, Citron and Plain Cake.
Moir's Cream Chocolate Cake, 5c.
Moir's Nut Milk, 5c.
Moir's Scotch Mints, 5c.

Ex Rail To-Day:
Finnan Haddie.
Smoked Kippers.

50 cases
SEADOG MATCHES.
25 cases FRESH EGGS.

C. P. EAGAN
DUCKWORTH STREET & QUEEN'S ROAD.

Rann-dom Reels

The January thaw is a dispensation of providence which catches the unwary tourist twelve miles from a set of non-skid chains. It is one of those quick-acting dispensations which cause men who do not believe in religion to secure a new and unbiased idea of what is awaiting the unrepentant.

In the chilly steam heated latitude of the northern states the month of January was intended in the first place to show how far down the mercury in a $2 thermometer could go without striking bottom. It is entirely out of place for January to warm up so that people can go without overlapping underwear and astrakhan socks, but every once in a while this happens and everything begins to thaw out except the hard coal market. One of the worst things the people of the north have to put up with is a two-faced January which starts out like an antarctic ice floe, and then tries to ruin the clothing business by springing a thaw which makes the Lincoln highway look like a half-finished sewer contract.

The January thaw is always accompanied by the sharp, sudden and spasmodic influenza, which causes the possessor to regret that he was not born on a desert island in the south seas, where the moist pocket handkerchief and the titillating sneeze are unknown. It is also accompanied by an ocular demonstration of the fact that there is no bottom to a dirt road this side of the great wall of China. Many a man has left home in the face of a January thaw, hoping that it would let up before night, only to have his automobile sink suddenly into a new-made road and paw frantically for a foot-hold.

The January thaw lasts just about long enough to allow the influenza victim to get his system in good condition for the self-perpetuating grip, which hangs on until the stealthy approach of the hay fever season. It also fills the country roads full of knee-deep ruts, thus forming a combination which makes January about as popular as a steam laundry in Mexico.

She Does Her Bit in Patriotic Work

AND TELLS OF BENEFIT RECEIVED FROM DODD'S KIDNEY PILLS.

Mrs. H. A. Standish Strong, Hearty and Enthusiastic at Sixty-two, Advises Others to Use Dodd's Kidney Pills.

Ayers Cliff, Stanstead Co., Que.—Jan. 31st. (Special.)—One of the most enthusiastic patriotic workers in this district is Mrs. H. A. Standish. Though sixty-two years of age her splendid health enables her to keep house for three hearty men and still have time and strength to devote to the welfare of the boys in the trenches. And Mrs. Standish will tell you she owes that abundant health to Dodd's Kidney Pills.

"I must say that Dodd's Kidney Pills are very good for sick kidneys," Mrs. Standish states. "I have recommended them many times for rheumatism as they helped me very much for that disease. You can say for me that Dodd's Kidney Pills are beneficial for everyone who is troubled with bad kidneys."

The kidneys are the keystone of woman's health. Keep the kidneys right and the rest will be right. Dodd's Kidney Pills the kidneys right.

A Heaven Sent Horse.

The following story is quoted from 'The Times of India': The nuns of a certain charitable institution had an omnibus horse that had done much useful service. In course of time the horse died, much to the grief of the good ladies, whom he had served so faithfully and well.

The providing of a successor was a problem, and as funds were short the nuns decided to resort to prayer. They prayed long and earnestly for a horse, and one morning they discovered a horse grazing on the lawn, which in due course was harnessed to the omnibus.

A few days later the institution was visited by a prominent citizen, the owner of a number of racehorses and a supporter of charity. He claimed the omnibus horse as one of his racers, in spite of the protest of the nuns that it had been sent to them in response to their earnest prayers.

He was good enough, however, to give them a real omnibus horse to replace the horse that he had claimed, so the nuns still think that their prayers did good.

GREATLY IMPROED.—Hon. P. T. McGrath is greatly improved, we are glad to say, and will be able to leave the General Hospital within a few days.

AND ALL OTHERS NOW IN STOCK. PRIMARY.

"Infantile" Hockey.

League championship hockey would be a misnomer for the first game of the schedule which took place last evening at the Prince's Rink between the Feildians and St. Bon's. The exhibition was very poor and remarkable for the small amount of interest taken in it. To say that it was hockey in its infancy would be indeed putting it mildly. Enthusiasm was out of the question and combination and good stick-handling were as inconspicuous as excitement amongst the handful of spectators present.

However, the Feildians put it all over their apponents and the result was Feildians, 8 goals; St. Bon's, 1.

The players were:—

Feildians.		St. Bon's.
Paterson	Goal	Power
Wilson	Point	Knight
F. Bennett	Cover	McGettigan
Jerrett	Rover	Kelly
R. Bennett	Centre	Murphy
Ewing	Left	McGrath
Bugden	Right	Walsh

Mr. G. Herder refereed and Messrs. N. J. Vinnicombe and C. J. Ellis acted as Timekeepers.

During the first half Jerrett scored three times in quick succession and Bugden once. In the second round four more goals were notched up by Jerrett, Bennett, Wilson and Ewing. Just before the close McGettigan scored the one and only goal for the St. Bon's.,

NOTES.

Jerrett, Wilson and Ewing showed up well for the Feildians. Paterson for his first appearance, did fine work in goal.

"Doc" Power saved his team from a worse defeat. He was aided by Mc Gettigan and by him alone.

R. Bennett and McGettigan were penalized for scrapping.

F. Bennett received a cut on the head through collision with an opponent.

The off-side rule was almost completely ignored by the majority of the players and we would strongly suggest the advisability of the League furnishing both these teams with a book of rules.

St. Bon's Ladies Association Disband.

The St. Bon's Ladies' Association met yesterday afternoon, Mrs. Dr. Burke presiding. As sufficient funds had been provided by the bequest of the late Mr. Cummins to defray the expenses of the new wing of the College and to meet other obligations, it was decided to disband the Association. Rev. Bro. Ryan, Principal of the College, thanked the ladies for their kindness and support during the past nine years. During that period they raised upwards of $16,000 for the Institution. Last year they contributed $600 to the Patriotic Funds as well as having supplied comforts for the soldiers. If necessary, in future, the Association will be reformed.

George St. A.B.C.

The annual meeting of George St. Adult Bible Class was held last night when the reports for the past year were read and adopted. Rev. N. M. Guy presided and also conducted the election of officers which resulted as follows:—

Hon. President—Rev. N. M. Guy, re-elected.
Teacher—Mr. C. P. Ayre, re-elected.
President—C. F. Scott, re-elected.
Secretary—M. E. Parsons, re-elected.
Asst. Secretary—J. B. Patten.
Treasurer—W. J. Brett.
Asst. Treasurer—A. H. Edgecombe.
Organist—A. S. Butler.
Librarian—A. M. Campbell.
Asst. Librarian—W. Knight.
Executive—B. Edgecombe, J. Melendy, C. C. Pratt, L. C. Mews, Lieut. H. Maddick, Wm. Harris.

Your Boys and Girls.

The retentive period in a child is usually at the best at about five years of age and after that, unless carefully trained, gradually begins to weaken. It is very easy to teach a little one first a few lines and then several verses of a simple poem by reading them over. Numbers of children learn jingles from the first to the last and identify them by pictures in the rhyme books, reciting as if they were actually reading the poem.

It is a good idea to let a child look on while reading to him. The pictures are at first much more interesting to him than the reading matter and they help considerably in the memorizing habit. On the other hand, if the child shows aptitude in learning by heart, his parents should not be too enthusiastic in training his memory and so strain it by stuffing his mind full of long and intricate poems.

KILL COLD
With a PERFECTION Oil Heater.

It is a compact little furnace of heating energy about 25 inches high and 12 inches in diameter. It is light in weight and easy to carry. The PERFECTION burns kero oil. It is fuel which is easy to get everywhere, easy to handle and low priced when compared with coal, and it produces a great deal of heat with low cost. No smoke, no ashes, no soot.

CHARCOAL FOOT WARMERS

Make sleigh driving a luxury by using one of our Charcoal Foot Warmers. This is a modern wonder and suited for office, church, or anywhere where foot heat is needed. Disorders of the system which result from cold feet can be warded off by this little engine of comfort.

RUN INTO OUR HARDWARE DEPARTMENT, AND SEE THE PERFECTION AND FOOT WARMER IN OPERATION.

AYRE & SONS, Ltd.,
HARDWARE DEPARTMENT.

Seasonable and Smart!

CHILDREN'S
Wool Coat Sweaters,

—in colors of—

White, Tan, Oxford, Red.

Size 22 inch	75c.
" 24 inch	80c.
" 26 inch	85c.
" 28 inch	90c.

S. MILLEY.

Ideal Value in FURS.

This week we make an extra special and most seasonable offer of

Black Fur Collarettes, at $3.00, $3.80, $4.50 each.

MUFFS, $3.80, $4.00, $4.20.

Brown Fur Collarettes, $4.50 ea.

MUFFS, $2.80 $3.20.

Also exceedingly nice values in

Black Fur Sets, at $7.00 and $8.00 set.

SEE THEM AND DELAY NOT YOUR BUYING.

A. & S. RODGER.