

### The Weekly Designs

A practical design for the man's shirt is this. McCall Pattern 7909, Men's Flannel Shirt. In 5 sizes, 15 to 19 inches neck size. Price, 20 cents.

7586.

for the choice of McCall's Boxes, 14 to 20.

Call dealer, or from 70 Bond St., Toronto.

### DISLIKE FOR FOOD

of Indigestion Often  
e the Sight and Smell  
of Food.

thy man and woman  
natural desire for food  
This means that the  
working order and that  
good condition. But  
like for food—if the  
of wholesome food  
you may be sure that  
If after a night's rest  
ette for breakfast,  
quires attention. If  
asteful, or if you feel  
to eat, your stom-  
You do not digest  
you are taking and  
ry.  
atoms of a disordered  
that the blood is not  
nourishment from  
of the blood is to  
nourishment from food  
the system. The  
use food the nutri-  
cannot ab-  
causes the lack of appe-  
you force yourself to eat  
undigested food becomes a clog  
the system. Nature is warning  
Dr. Williams' Pink Pills alone  
ve the blood the richness and purity  
that it requires to perform its natural  
function. That is why Dr. Williams'  
Pink Pills cure the most obstinate  
cases of indigestion—why they will  
cure any trouble due to poor blood.  
Miss Lizzie Ashton, Thamesville, Ont.,  
says:—"I suffered for years with  
stomach trouble. At times the dis-  
tress was so great that vomiting  
would follow, and there was always  
severe pain after eating. I tried sev-  
eral remedies but they did not help  
On the contrary the trouble was  
growing worse, and got so bad at last  
that I could not keep anything on my  
stomach. Finally I began using Dr.  
Williams' Pink Pills, and gradually  
the trouble began to leave me, and I  
regained in all respects my customary  
good health, and enjoyment of food.  
I make this statement voluntarily so  
that others may know of the wonder-  
ful results that follow the use of this  
medicine."  
You can get these pills through any  
medicine dealer or by mail at 50 cents  
a box or six boxes for \$2.50 from The  
Dr. Williams' Medicine Co., Brockville,  
Ont.

### A Game to Make You Think Hard.

Who was a F-amous N-urse?  
F-lorence N-ightingale. Who was an  
A-ble L-iberator? A-braham L-incoln.  
This is an especially nice game be-  
cause it makes you think hard. It can  
either be played at a party by writing  
the list of nouns and adjectives, such  
as Able Liberator and Famous Nurse,  
on as many sheets of papers as there  
are people playing the game, and hav-  
ing them write down the answers—  
the one who gets the most right might  
be given a prize. Or it may be play-  
ed at the luncheon table or anywhere  
else without paper and pencil. It  
can be made into an Author game by  
only names like Charles Dickens,  
Dante, Shakespeare, etc. Try it  
for it.

### How Kidney Trouble Struck Uxbridge Man

#### Mr. R. J. Thompson Was Seized With Convulsions.

His Life Was Despaired of, But After  
Using Dodd's Kidney Pills He Feels  
Himself Again.

Uxbridge, Ont., Jan. 21st (Special.)  
—Mr. R. J. Thompson, who lives on  
R.R. No. 2, near here, is loud in his  
praises of Dodd's Kidney Pills.  
"I am delighted with Dodd's Kidney  
Pills," he says. "The doctors said I  
could not live, and if I did I would  
never be able to do anything again, as  
I had chronic Bright's Disease. But,  
thank God, I am doing my own work  
again."  
"My trouble came on very suddenly.  
I had just finished my dinner, and was  
taking a man home when I was taken  
with a convulsion fit. I had fourteen  
since that afternoon, and the third day  
I had nine more."  
"I have taken only eleven boxes of  
Dodd's Kidney Pills, and I feel like  
myself again."  
Mr. Thompson is only one of many  
in this neighborhood who look on  
Dodd's Kidney Pills as the standard  
remedy for kidney ills. They are  
purely a kidney remedy, and are used  
for all kidney troubles from backache  
to Bright's disease.

#### MEN OF CANADA, DO YOUR PART.

Will men of Canada ever yield,  
The heights of glory which they have  
won  
On many a gory battlefield,  
Till annihilation of the Hun—  
Bids Germany's rape and murder  
cease,  
And lightens the way to lasting  
peace?  
Shall the sacrifices nobly made,  
For the cause of Liberty be vain—  
Shall the debt in death already paid,  
Shall all of the tears and all the  
pain—  
Be classed as naught, because there  
are those,  
Too weak or maudlin to strike their  
foes?  
The fate of this war concerns us all,  
Whatever may be our land or creed—  
The throne of the beastly Hun must  
fall,  
The sorrowing nations must be  
freed—  
So draft the slacker and make him do  
The duty he owes to God and you.  
Both God and man love the volunteer,  
Who walks up straight to the gates of  
hell,  
But the skulking knave, overcome by  
fear,  
Must be made to do his part as well—  
What price, for a nation would you  
give?  
If the brave all die, while the cowards  
live?  
We have them here, and you have  
them there,  
Who prate of peace, while the war  
flags fly  
Too weak in the heart to do their  
share,  
Unfit to live yet afraid to die—  
Station or riches should be no bar,  
They share in peace, make them share  
in war.  
The land of the Maple will not fail,  
Her wavering sons will cancel fear—  
From forest and field, and hill and  
dale,  
When the bugle calls, they'll answer  
here!  
And "over the top" they'll cheering  
go,  
Till Hell and Oblivion hide the foe.  
Though three of the allied flags are  
furled,  
There are others that ever will wave—  
Till the Hohenzollern hounds are  
hurled,  
To their homes in the murderer's  
grave—  
The Cross of St. George, the Lilies  
and Stars,  
Will fly till the Allies shall win these  
wars.  
Oh! men of red blood! the path is  
plain,  
And your country is calling to you—  
Let not humanity plead in vain,  
To your God and your colors be true,  
Stand up the draft or volunteer,  
And do it right now, right now and  
here.  
—E. D. McCreedy, Oklahoma, U.S.A.

#### NORWAY HIT HARD BY WAR.

Cost of Principal Foods Soars High  
Above Allied Increases.

The cost of the principal foods has  
increased more proportionately in  
Norway since the war began than in  
the United Kingdom, France or the  
United States, says the Board of  
Trade and Labor Gazette. The com-  
parison shows the increase to have  
been 114 per cent. in Norway, 105  
per cent. in the United Kingdom, 83  
in France, and 46 in the United  
States.  
Some of the detailed increases per-  
cent. in the United Kingdom are:  
Beef, 79 to 135 per cent.; sugar, 188;  
milk, 96; tea, 107; eggs, fresh, 239;  
butter, 99; fish, 191. It is estimated  
that of all the items ordinarily enter-  
ing into the family expenditure of  
workmen, including food, rent,  
clothing, fuel and light, the advance on  
pre-war times is about 85 per cent.

### King Honors C.P.R. Official

SIR ARTHUR H. HARRIS, who has been made a Knight Commander of the British Empire for his services in Canada as Director of Overseas Transport, is a son of the late Henry Vinton Harris of Devonport, Devonshire, England. Educated at the Devonport and Stoke Grammar School he came to this country in the seventies, entering the service of the Grand Trunk Railway, and the position of General Freight Agent Through Traffic. In 1902 he joined the Canadian Pacific Railway since which date to August, 1914, he was actively engaged in initiating traffic for the Company's rail and ocean services. On the outbreak of the war, the President of the Canadian Pacific offered Mr. Harris' services to the Imperial and Canadian Governments for the purpose of organizing and directing an Overseas Transport Department, the successful administration of which is now recognized by His Majesty.

SIR ARTHUR H. HARRIS, Director of Overseas Transport.

He is a member of St. James' Club, Montreal; Rideau Club, Ottawa; and the Montreal Royal Golf Club. In 1888 he married a daughter of the late William B. Lamb, B.C.L., of Montreal, granddaughter of the late Hon. Wm. Morris, at one time Receiver-General of Canada, and niece of the late Hon. Alexander Morris, First Governor of Manitoba and the North West Territories.

### WHEN BABY IS ILL

Mothers when your baby is ill; when his little stomach and bowels are out of order; when he is troubled with constipation, colic, colds or his teething is painful give him Baby's Own Tablets—the perfect medicine for little ones. Concerning them Mrs. Alphonse Pelletier, St. Damase, Que., says:—"Baby's Own Tablets are a grand remedy for little ones. I used them for my baby with wonderful results." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

### STONES FOR ALL GRAVES

British Govt. to Put Individual Monuments in Soldier Cemeteries.

The Imperial Graves Commission, the president of which is the Prince of Wales, which has taken charge of the graves of all soldiers in France, while not sanctioning individuals themselves placing headstones over the graves of the fallen, has decided it will itself place individual headstones over each grave. This decision was taken in order to assure uniformity in effect. The graves of officers and men will receive precisely equal treatment. All expenses will be borne by the Imperial Government.

### Money Orders.

Send a Dominion Express Money Order. They are payable everywhere.

### The Present Season.

Teacher (to a class in school)—How many seasons are there?  
Class—Four.  
Teacher—Now, can anyone tell me what season this is?  
After a pause a little girl held up her hand.  
"Well, Nellie," said the teacher.  
"Please, sir, the knitting season."

### Minard's Liniment Cures Diphtheria.

Storing Preserves.

I save all my pastebored boxes. The ones which contained cereals, etc. I packed the canned goods in and those such as shoes come in, I found just right for jellies. These boxes shut out the light and protect from freezing if they are put in a cold place. If the names of the contents are written on the outside of the boxes in large letters it will save time and annoyance.

### Supplies of Gasoline.

In 1915, Canada consumed over 43,000,000 gallons of gasoline. Of this amount about 5 per cent. was produced from Canadian crude, while the remainder was either imported direct or produced from imported crude. This fact shows the dependence of Canada upon supplies of gasoline and petroleum from United States and strengthens the argument used in a previous issue wherein it was stated that 20 per cent. of the gasoline used in Canada was produced from Canadian crude oil.

Delicious winter shortcake is made with canned strawberries.

### GIRLS! WHITEN SKIN WITH LEMON JUICE

Make a beauty lotion for a few cents to remove tan, freckles, sallowness. Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness, and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

### Bill's Last Chance.

The following story comes to me from a reader who is employed on munitions.

There had, it appears, been an explosion at a neighboring factory, and the manager, who was snatching a brief holiday at the time, hurried home to investigate.

"How in the world did it happen?" he asked the foreman as he viewed the wreck. "Who was to blame?"

"Well, you see sir," was the reply, "it was like this. Bill went into the mixing-room, probably thinking of something else, and struck a match in mistake. He—"

"Struck a match!" exclaimed the manager in amazement. "I should have thought it would have the last thing on earth he'd do."

"It was, sir," was the rejoinder.

### MURINE Granulated Eyelids,

Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your eyes and in Baby's Eyes.

### YOUR EYES No Smearing, Just Eye Comfort

Murine Eye Remedy At Your Druggette's or by Mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye, Free. Ask Murine Eye Remedy Co., Chicago.

### Cool Boiled Eggs.

Hard-boiled eggs that are to be served cold in salad should, directly after cooking, be placed in cold water. This will prevent the outside of the yolk from turning dark.

### Minard's Liniment Cures Distemper.

To keep bread fresh soak a small new sponge in cold water, place it in a saucer, and stand the saucer in the breadpan. The bread will remain moist for several days.

### IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, distended feeling, it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed in many hospitals and advised by many eminent physicians of taking a teaspoonful of pure bisulphated magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisulphated magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. Try this simple plan and you will be relieved of the immediate feeling of restlessness and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travellers who are frequently obliged to take ready-made meals poorly prepared, should always take two or three five-grain tablets of Bisulphated Magnesia after meals to prevent fermentation and neutralize the acid in their stomach.

### When buying your Piano Insist on having an "OTTO HIGEL" PIANO ACTION

### WITH THE FINGERS!

SAYS CORNS LIFT OUT WITHOUT ANY PAIN

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply on the corn a few drops of freezone, says a Cincinnati authority. At little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain or soreness or the danger of infection. This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.

### Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guaranty by all druggists.

### A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

### SELDOM SEE

A big knee like this, but your horse may have a bump or bruise on his ankle, hock, stifle, knee or throat.

### ABSORBINE

will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2 per bottle delivered. Describe your case for special instructions and Book \$3 from ABSORBINE, JR., the anti-septic treatment for mankies, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Yuckers, Venous ulcers, Pains and Inflammations. Price \$1 and \$2 a bottle at druggists or delivered.

W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine Jr. are made in Canada.

### GILLETTE'S EYE

To clean children's white kid-topped shoes use sweet milk and pearl soap. Rub in well and set in the air to dry. This will leave the kid nice and soft as well as clean.

### Minard's Liniment Cures Garget in Cows

When washing blouses or handkerchiefs put a small lump of orris root in the rinsing water. This will give a perfume of violets which is as lasting as a sachet placed among the clothes.

### HELP WANTED

LADIES WANTED TO DO PLAIN and light sewing at home, who will spare time, good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

### MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC. internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

### Railroad Men

These men know from experience that Sloan's Liniment will take the stiffness out of joints and the soreness out of muscles—And it's so convenient! No rubbing required. It quickly penetrates and brings relief. Easy to apply and cleaner than musky plasters or ointments.

Always have a bottle in the house for rheumatic aches, lame back, sprains and strains.

Generous sized bottles at all drug

### Sloan's Liniment KILLS PAIN

### CUTICURA HEALS PAINFUL ECZEMA

Itched and Burned. Wanted to Scratch All the Time. Scarcely Any Sleep.

"When I was fifteen years old, eczema came in a rash, first on my head, then on my ears, and afterwards on my body. It was very painful and was itching and burning so I wanted to scratch all the time. I scarcely had any sleep. After I used four cakes of Cuticura Soap and six boxes of Ointment I was healed." (Signed) Mrs. R. H. Carlton, Country Steep Creek, Sask., Feb. 6, '17.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touch of Cuticura Ointment.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

### MOTHERHOOD WOMAN'S JOY

Suggestions to Childless Women.

Among the virtues of Lydia E. Pinkham's Vegetable Compound is the ability to correct sterility in the cases of many women. This fact is well established as evidenced by the following letter and hundreds of others we have published in these columns:

Poplar Bluff, Mo.—"I want other women to know what a blessing Lydia E. Pinkham's Vegetable Compound has been to me. We had always wanted a baby in our home but I was in poor health and not able to do my work. My mother and husband both urged me to try Lydia E. Pinkham's Vegetable Compound. I did so, my health improved and I am now the mother of a fine baby girl and do all my own house work."—Mrs. ALMA E. TIMMONS, 216 Almond St., Poplar Bluff, Mo.

In many other homes, once childless, there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential and helpful.

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