

# Gin Pills

FOR THE KIDNEYS  
How They Help

St. Raphael, Ont.  
Four years ago I had such pains in my back that I could not work. The pains extended to my arms, sides and shoulders. I used many kinds of medicine for over a year, none of which did me very much good. I read about Gin Pills and sent for a sample and used them, and found the pains were leaving me and that I was feeling better. So I bought one box and before I used them all, the pains were almost gone and I could keep at work. After I had taken six other boxes of Gin Pills, I felt as well and strong as I did at the age of 30. I am a farmer, now 61 years old."

FRANK LEALAND.  
All druggists sell Gin Pills at 50c a box, or six boxes for \$2.50. Sample free if you write to  
**National Drug & Chemical Co. of Canada Limited, Toronto.**

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**FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.**

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Gramophones, Records, and Supplies of all kinds.  
H. Schlemmer  
Feb 15

Mr. W. A. McLean, formerly Commissioner of Highways, now Deputy Minister, in his report for 1915, states that there are in the province approximately 55,000 miles of roads. About 20,000 miles are well-graded earth roads; about 3,000 miles are surfaced with broken stone; and about 19,000 miles are surfaced with gravel. Many of the gravel roads are of inferior construction; nevertheless the proportion of surfaced roads is very creditable to the municipal organization of the province. Unfortunately the improvement is not uniform, and the gravelled roads are largely confined to those areas in which gravel has been plentiful; while other districts are devoid of surface improvement other than grading and drainage.

## Children Cry FOR FLETCHER'S CASTORIA

### JUST SMART.

A Suit For Service and Style Combined in One.

Built of navy gaberdine, a full skirt and a bobbed jacket, this suit will prove a satisfaction. The coat is finished with green georgette.

The long bishop sleeves are finished with green georgette and white satin cuffs. The collar is of white satin veiled with green georgette.

### New Use For Peanuts.

Here is a new use for peanuts. Says a doctor: "Eat a handful of peanuts before retiring. They quiet the nerves of the stomach." What do you think about that? Isn't that a rather interesting sleeping potion? Then we are also told to eat them after each meal as an aid to digestion, provided they are fresh roasted. Bought salted peanuts are good, but homemade ones are better. So easily prepared, it is a wonder more people do not try them.

### GREAT SODA LAKES.

Britain Has Won a Great Prize From Germans in Africa.

The great soda lakes of German East Africa are one of the prizes to be won by the Allies in the present war. An important discovery, made recently in the centre of the African continent, was announced shortly before the war by Paul Kestner, the eminent engineer of Lille. To the east of the great Lake Victoria and about 25 miles from the shore of the Indian Ocean, is a lake with an area of about 25 square miles, formed apparently of a single mass of solid sesquicarbonate of soda, almost chemically pure. According to Mr. Trowbridge, an English engineer, who has explored it, soundings taken at various points of Lake Magadi found no bottom at nine feet. Possibly the depth is twice, three times, or even ten times, as great as this.

Mr. Trowbridge notes that the lake is fed by many streams that bring to it water charged, and sometimes saturated, with carbonate of soda, which shows that the real deposits is not the lake itself, but that there is somewhere another deposit of unknown, but enormous importance. This is washed by waters that carry its soda into the lake under the boiling sun of the tropics, and then the water evaporates and deposits the soda. Magadi, which is the lake just described, is not on the German side of the line, but is English. The other side, however, boasts of several soda-lakes that are even larger than this. One of them, Lake Natron, is larger than Lake Geneva. The Germans have planned a railroad connecting this lake with the coast and extending to Victoria Nyanza. The soda may thus be brought to Europe.

### The Hampton Vine.

The famous vine at Hampton Court, which still flourishes despite the fact that its years number 148, is about to lose its keeper, Mr. James Jack, the man who has attended it and watched its growth for thirty-two years. He is now seventy-six years of age, and will carry into retirement the good wishes of thousands of visitors who have flocked to view his wonderful charge.

The great vine was planted in 1768 by "Capability" Brown, the famous landscape gardener of the 18th century, and though for a time it was feared that one of the most remarkable sights of the Palace grounds was gradually fading, the tree is now one of the finest in the kingdom—indeed, some experts say, "in the world"—and certainly it is the oldest under cultivation in that country.

Naturally the tree is well attended to, and the fruit in recent years has been remarkably good. About ten years ago a new house was built for the "plant," and since then the fruit has improved in a manner that has astonished experts. The vine now bears fine grapes of good flavor and color. It is well cropped, the number of bunches sent to the King at Windsor every year being more than 200. His Majesty graciously sends many of these bunches to hospitals, a gift that is always greatly appreciated.

It is interesting to note that a few years ago a dozen bunches of grapes from the tree were exhibited before the Royal Horticultural Society and gained the Hogg Memorial Medal for special excellence in culture. Two of the bunches weighed three pounds fourteen ounces each, and the whole twelve "scales" at about forty-two pounds.

### Interviewing Derby.

Lord Derby makes a point of receiving some of the press correspondents at the War Office from time to time, and lets them fire questions at him with an entire absence of ceremony, albeit, though in the most good-natured fashion, he does exactly as he likes about replying directly to their queries. The impression which Lord Derby leaves with his inquirers is one of extraordinary vivacity, coupled with quick-wittedness and bluff good humor. He gives them many a laugh for their pains, if they do not leave him overweighed with information. For example, at the last gathering, when somebody asked him for his own estimate of the number of untested men who would be available for military service, the Earl declined to name any figure.

"If the Angel Gabriel came down with an estimate," said he, "there are men in the House of Commons who would try to whittle it down!" And later, when one of the pressmen asked, as a pendant to Lord

Derby's assertion that the Allies would ultimately give Germany "a hiding to nothing," on what front this hiding would be applied, the barly peer retorted, "I'm not sure, but I hope when we get them where we want them we shall turn them around so as to apply the hiding in the proper place."

Asked what he thought of the men who had contracted hasty marriages with the idea of getting into the later groups, his Lordship observed, "Ah! out of the frying pan—!"

### Host Was Carried in Streets.

An unusual spectacle for England was witnessed on the eve of Good Friday, when the Host was carried in a religious procession a short distance around Lincoln's Inn Fields, behind the church in Kingsway, London. A proposal to do this several years ago, when the Eucharistic Congress was being held in London, aroused such strong opposition that Archbishop Bourne, of Westminster, was requested to desist from carrying out the proposal.

### Foamy Sauce for Plain Pudding.

Beat one tablespoonful of butter with one cupful of powdered sugar. Add two beaten yolks and little by little a small amount of grape juice and a little grated nutmeg. Set the bowl into the top of the teakettle of boiling water and heat for a minute or two. Serve at once.

## ROLL OF HONOR

### Men From Watford and Vicinity Serving the Empire

27TH REGT.—1ST BATTALION  
Thos. L. Swift, reported missing since June 15th, Rich. H. Stapleford, Bury C. Binks, L. Gunn Newell, killed in action, Arthur Owens, F. C. N. Newell, T. Ward, Sid Welsh, Alf Woodward, killed in action, M. Cunningham, M. Blondel, W. Blunt, R. W. Bailey, A. L. Johnston, R. A. Johnston, G. Mathews, C. Manning, W. G. Nichol, F. Phelps, H. F. Small, E. W. Smith, C. Toop, C. Ward, J. Ward, killed in action, F. Wakelin, D. C. M., killed in action, T. Wakelin, wounded—missing, H. Whitsitt, B. Hardy.

PRINCESS PATRICIA'S C.L.I.  
Gerald H. Brown

18TH BATTALION  
C. W. Barnes, Geo. Ferris, Edmund Watson, G. Shanks, C. Jamieson, J. Burns, F. Burns, C. Blunt, Wm. Auterson, S. P. Shanks.

2ND DIVISIONAL CAVALRY  
Lorne Lucas, Frank Yerks, Chas. Potter, Rus. G. Clark.

33RD BATTALION  
Percy Mitchell, Lloyd Howdon Geo. Fountain, Gordon H. Patterson, died in Victoria Hospital, London.

34TH BATTALION  
E. C. Crohn, S. Newell, Stanley Rogers, Macklin Hagle, Henry Holmes, Wm. Manning, Leonard Lees.

70TH BATTALION  
Ernest Lawrence, — Emmerson, C. H. Loveday, A. Banks, S. R. Wholton, Thos. Meyers, Jos. M. Wardman, Vern Brown, Sid Brown, Alf. Bullough.

71ST BATTALION  
R. H. Trenouth.

28TH BATTALION  
Thomas Lamb.

MOUNTED RIFLES  
Fred A. Taylor.

29TH BATTERY  
Wm. Mitchell, John Howard.

ANTI-AIRCRAFT  
Gunner Woolvet.

PIONEERS  
Wm. McNally, W. F. Goodman.

ENGINEERS  
J. Tomlin

ARMY MEDICAL CORPS  
T. A. Brandon, M. D., Capt. W. J. McKenzie, M. D., Norman McKenzie

135TH BATTALION  
N. McLachlan.  
3RD RESERVE BATTERY, C.F.A.  
Alfred Levi

## LURE OF THE STAGE.

A Greater Danger to Young Men Than to Young Women.

I genuinely believe that the stage is a place of greater danger to young men than to young women. This is a surprising statement, you think? I defend it by saying that the actor is liable to fritter away his time. He plays a few hours a day, and for the remainder of the time he "rests." He doesn't need so much rest. He needs work and study, and if he doesn't have them there will be a rapid disintegration of character. There was never a truer adage than that concerning idleness and the location of the devil's workshop.

But girls can find and do find more to do. They nearly all sew. It is good economy of time and of purse for them to do so. Cloth is cheap, and if they can fashion it into blouses and lingerie and into simple gowns they are there by the gamers. Girls are rather more industrious than men. I have noticed that the girls in a company employ their time well. They read and study. I have never known but one young actor—no, two—who studied.

The player should be a constant student. He needs to know music and painting and sculpture and languages and literature. It requires a lifetime to learn all that he should know of the collateral arts—Edith Wynne Mathison in Theater.

### Cheerfulness and Cholera.

A cheerful disposition is held by some doctors to be the best protection against cholera. When this disease first visited Paris, in 1832, a notice was issued advising the inhabitants "to avoid as far as possible all occasions of melancholy and all painful emotions and to seek plenty of distractions and amusements. Those with a bright and happy temperament are not likely to be stricken down." This advice was largely followed, and even when cholera was claiming over a thousand weekly victims the theaters and cafes were thronged. The epidemic was in some quarters treated as a huge joke, and plays and songs were written around it. Rochefort wrote a play, "Le Cholera Morbus," which proved a big success, and another production on the same lines, "Paris-malade," also had a long run.

### The Real and the Pretend.

Widespread artistic taste would have had a better chance to develop in this country if we had not been so much concerned with knowing what we ought to know and liking what we ought to like. The movement has caught those whose taste happened to coincide with the canons. It has perverted a much larger host who have tried to pretend that their taste coincided, and it has left untouched the joyous masses who might easily, as in other countries, have evolved a folk culture if they had not been outlived by this ideal—Randolph Bourne in New Republic.

### Medical Dilemma.

"What should one do," asks the young doctor, "when a patient comes in and diagnoses his own case exactly?"  
"In such a situation," explains the experienced physician, "you must use your best judgment of human nature. If the patient is one kind of man he will appreciate your agreeing with his diagnosis as showing that he knows as much as you do; on the other hand, he may go about and say that you don't know any more than he does."

### Bells.

Bells have been employed in association with religious worship since the early days of Egypt. Cymbals and hand bells and small crotals served for the festival of Isis. Aaron and other Jewish high priests wore bells of gold upon their raiment. In camp and garrison the Greeks employed bells. The Romans announced the hour of bathing by their melody. Copper and tin, the old composition, is still regarded as the best bell metal. Steel has been tried, but does not make a successful bell. Glass bells are mellow and beautiful in tone, but the material is too fragile. The one metal which is impossible is that which everybody imagines makes the best bell—silver.

### Jamaica.

The English admirals Penn and Venables captured and held the island of Jamaica in 1655. The Spanish were entirely expelled in 1658. The capture was part of the effort under Cromwell to crush Spanish power in the West Indies. The whole island had been divided among eight noble Spanish families, who had so disgraced immigrants that the population in 1655, both white and slave, did not exceed 3,000.

### True Enough.

"What is the plural of man, Johnny?" asked a teacher of a small pupil.  
"Men," answered Johnny.  
"Correct," said the teacher. "And what is the plural of child?"  
"Twins," was the unexpected reply.

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