GENERAL DEBILITY FOLLOWING INFLUENZA

Strength Can Only Be Regained by Enriching the Blood.

Following a wide-spread epidemic of mituenza, general debility is on the increase, and its effects may be noticed in the worn, listness appearance of so many of the men and women fou meet. Influenza always leaves behind it impaired vitality, and with the modern conditions of life that use Influenza always leaves the modern conditions of life that use ap nerve force so rapidly, general abbility becomes one of the most common maladies. The symptoms of abbility vary, but weakness is always present. There is poor digestion, languor, weak, aching back, wakefulness at night, often distressing head aches and a feeling of fatigue. These tymptoms indicate impure and impoverished blood. It is significant of nearly every attack of influenza that it is followed by anaemia and debility. For all such run-down conditions,

For all such run-down conditions. new blood is the most reliable cure.

wufferers should at once begin to
make thin blood rich and red with br. Williams' Pink Pills. Under a lar treatment with this medicine they will realize more and more the health-restoring influence of good rich blood, and how this new blood brings a feeling of new strength and increased vitality. Proof is given in the case of Mrs. G. Robertson, Wingham, Ont., who says: "When the Spanish influenza spread over our lown I happened to be one of the first attacked, and the attack was a very effects of the trouble left me in contisuous misery. I had severe pains in my side, felt low-spirited, and with no ambition whatever. My head almost continually, my eyes lett heavy, and pimples broke out on my face, I was advised to try Dr. Williams' Pink Pills, and after taking heave for a time I felt like my old self. them for a time I felt like my old self, able to do my housework, and feeling well and strong. I can strongly re-commend Dr. Williams' Pink Pills for the serious after-effects of influenza, as I am sure they will restore all sufrs to good health."

You can get these Pills through any dealer in medicine or by mail, paid, at 50 cents a hox or six boxes for \$2.50 from The Dr. Williams Medi-cine Co. Brockville, Ont.

CROOK MAKES BIG CLEAN-UP

It was in the good old ante-bellum days, when hay Paree was the Mecca of wealthy victims, and the Parisian snopkeepers spotted an American as soon as he landed in the great continental capital.

One day a loud-voiced, smooth-shaven, thubby-faced, innocent-looking customer patered one of the leading jewelry stores in Paris, and, pompously producing a card bearing the name of a well-known. Thicago millionaire, left word that he would like to have the manager of the store call at his apartments in one of the store call at his apartments in one of the store that he would like to have the manager of the store call at his apartments in one of the store call at his apartments of the city.

The gentleman has spared no expense to make his surroundings impressive, and when the head of the 47rm himself arrived he was filled with visions of a large deal with big profits, as the Americans were noted for their prodigatity in Paris. The distinguished millionaire was alone in his richly upholstered drawing-room when the jeweler arrived, and he informed the merchant that he was anxious to make purchases of the finest and largest ornaments money could buy, for his wife.

largest ornaments money could buy, for his wife.

In a few hours the jeweler returned with a large bagful of the most valuable assortment of gems, fit for a queen to wear.

"One thing I must ask," said the prince-ty purchaser, "is absolute secrecy. My wife must not know I am buying these jewels. I have just made a huge fortune, and this is to be her surprise. But it must be a surprise. If she comes in, you hide the jewels.

The jeweler bowed assent, too full of the vision of the great profits he expected to glean to waste his breath in mere words.

words.

The selection was going on, when, suddenly, the husband and the jeweler were interrupted by a female voice, with an American nasal swang, sharply calling from the stairway: "Amos, are you there? Where are you?"

"When with wife" vyclaimed the star-

interrupted by a female voice, with an American nasal swang, sharply calling from the stairway: "Amoa, are you there? Where are you?"
"My wife's voice!" exclaimed the started husband.
"Here," hurriedly whispered the husband. "hide the jewels. That's right, tumble them into the bag. Now, where can be head or her suspicions will be aroused."

A cabinet stood at one end of the apartment. It was locked. They rushed to a table at the other end. That, also, was locked. A little secretaire stood dose to the door, against the wall. It opened! Capital! Into the receptacle the jeweler shot the bag and the husband slammed down the lid.

The voice was still coming from the stair landing. The husband rushed out, whispering to the jeweler: "She must not see you. Wait till I return." Then he slammed the door of the apartment and went out to intercept his wife.

The jeweler listening, heard the husband say: "Ah, my love, is that you? Come along, I have something to tell you." Then the voice died away.

The jeweler patiently waited for the Chicago Croesus to return. Half an hour passed. An hour rolled around. Then the jeweler got impatient. He started to ring for the servant to inform the Caicago gentleman that someone was still waiting for him in the drawing-room. He could find no bell. He opened the door and looked out. He could see no one. He called. No one answered. Then he returned to his chair and sat down to think. "These American swells are an eccentric and forgetful lot," said he. "I guess I'll take my property and call again." He went to the secretaire. The lid was locked. He got excited and, grasphing a poker, smashed the lock.



Heavens! The secretaire was empty! The jewel bag had disappeared. He thrust in his arm. It went righ through the back of it. He thrust in the poker. It went right through the wall. He tried to pull away the secretaire. It was fastened to the wall.

Then he rushed out of the room and discovered at the back of the wall a large hole, from which the paper had recently been burst.

It was through this hole the bag had been thrust when the wife came downstairs, and when the husband joined her she had already secured the bag, and by the time the jeweler had discovered his loss the swindlers had fled with \$100,000 worth of preclous stones.

So far as known, the jeweler is still hunting for the "Chicago millionaire," who, however, was not an American at all, and he has never since attended any "surprise parties" planned by rich and generous husbands for their wives.

The jeweler sadly admitted that a surprise had been carefully planned by the husband. But it was not for the wife, but for the leweler.

To safeguard the child from damage that worms cause, use Miller's Worm Powders, the medicine par excellence for children. These powers will clear the system entirely of worms, will regulate and stimulate the organs injuriously affected by the worms, and will accourage healthful. worms, and will encourage healthful operation of the digestive processes. As a vermifuge it cannot be surpassed n effectiveness.

PROVES BIBLE.

Parallel Between Germany and Fall of Man.

The world war has brought to the of Bible illustrations of the truth of Bible doctrines as usually interpreed by what is called the old theology. Glance for a moment at some of the old Bible truths that the war has illustrated and vindicated.

Take, for example, the fall of man as recounted in Genesis. Some have had difficulty with this fundamental doctrine of the Bible. I was talking a short time ago with a brilliant young college man, steeped in the scientific skepticism of the age, and he said:

"But, Doctor, think how irrational is the theory that man fell in a garden, just created by an all-wise and

all-powerful God!"

I replied by pointing out the very interesting fact that modern Germany also fell in a garden. There was not a country upon the earth more blest and prosperous than Germany. Her progress in all lines, except morals and spirituality, had been marvelous. If she had remained true to right ideals she would have gone on undoubtedly into the leadership of the whole earth. But even in that gar-den of prosperity and peace the devil of selfishness, untruth and false am bition entered, and the ruling classes fell, and, like the fall in Eden, carried others down with them.—Dr. John Roack Straton in Christian Herald.

When The Day Is Over



When the household cares and the worries have dragged you down; made you unhappy, and there is nothing in life but

headache, backache and worry, turn to the right prescription, one gotten up by Dr. Pierce fifty years ago.

Everything growing out of the ground seems intended for some use in establishing natural conditions. Dr. Pierce, of Buffalo, N. Y., long since found out what is naturally best for women's diseases. He learned it all through treating thousands of cases. The result of his studies was a medicine called Doctor Pierce's Favorite Prescription. This medicine is made of vegetable growths that nature surely intended for backache, headache, weakening pains, irregularities, inflammations, and for the many disorders common to women in all ages of life. Dr. Pierce's Favorite Prescription is made of lady's slipper root, black cohosh root, unicorn root, blue cohosh root and Oregon grape root. Dr. Pierce knew, when he first made this standard medicine, that whiskey and morphine are injurious, and so he has always kept them out of his remedies. Women who take this standard remedy know that in Dr. Pierce's Favorite Prescription they are getting a safe woman's tonic so good that druggists everywhere sell it, in liquid or tablet form.

LONDON FROM AIRSHIP.

Metropolis Described as City of Enchantment.

London, seen from an alrpiane, lay in a golden bowl of raisty sunshine, the vast circle framed in the blue-gray of the-horizon.

a golden bowl of Phisy sunshine, the vair circle framed in the blue-gray of the horizon.

It was obviously a day for the open air, and it seemed the best way of cole-brating the first sunny day of the year to take to the air. At Chicklewood, Lieut. Carruthers—they call him the royal pilot there, for he has taken up the Prince of Wales and many other royal-ty—was just gaincing over a big Handley-Page, and longing to be away from earth to where the fleecy clouds were floating across the blue. I explained that the same longing gripped me, and in a moment I had borrowed fur coat and helmet, and was seated in the forward cockpit, where, in days gone by, the machines gun chattered, and the engines roared their impatience to be off.

Most machines trip across the ground before they leave it; a Handley-Page waddes, ungraceful as a swan till she gathers speed and the joiting over the rough ground gives place to a gentle gliding, as your body glides through still water after a plunge. You are off.

Then if you look in-board, there is little sensation, and unless you watch a needle creep round a dial, ticking off each thousand feet you c'mb, you might be still sitting peacefully on the earth. In the rush of air the roar of the engines and the thresh of the propellers have droned down to a gentle spring song. But look over the side and—London has gone! Instead you are passing over little cardboard inodels of houses, red-roofed to mark Golder's Green and Hampstead, and a slaty-gray, with curious shades of purple, as the nee of the machine swings toward the town. Peter Pan would en-

ties of the widely scattered stations READY

SERVE

CLARK'S

CANADIAN

BOILED

DINNER

JUST

AND

EAT

No matter how deep-rooted the corn or wart may be, it must yield to Holloway's Corn Cure if used as di-

"One Man in His Time." Brimful of strange adventures was

the life of James W. Ruecroft, 49, of King Edward's Horse, as it was

described, when he was charged at Lancaster, England, with breaking into a shop at Morecambe and steal-ing jewelry valued at £779. He said

Served in the South African War.

Been a good miner and prospector

in Klondike and Alaska.
Traded as a copra merchant in the

Been a beachcomber in British

Fought under President Castro in

Was in the Boxer riots in China.

In Jamaica at the time of the grea

Worked on the Trans-Siberian

Assisted to quell the Sinn Fein

Fought in France and was severe-

Following the shop-breaking which was done while he was on a sick leave, he sent valuable presents to his

sister, gave rings to nurses at Col-chester Hospital and other people in

a vermicide there is no prepara-

Where Wood is Money.

kind is issued by the Hudson Bay

Company, and circulates all over the

vast territory controlled by that

It is a coinage consisting of pieces

of wood known as "castors." which

are stamped with a die. These are acepted everywhere in that territory

as cash, and are exchangeable for all sorts of supplies and commodi-

powerful trading concern.

Oh, yeal I like it too, 'ca

The Little Girl is Right.

The WALKER HOUSE Manage-nt take special pains in catering to men and children when travelling

The WALKER HOUSE

abor was passed upon him.

Worked on the Panama Canal.

that he had:

Guiana.

Mexico.

Railway.

the town.

South Sea Islands.

earthquake in 1907.

rising in Ireland.

HEAT !

ties of the widely scattered stations of the corporation.

The area governed by the company is vast. In one straight line it extends as far as from London to Mecca; from King's Posts to the Pelly Banks is further than from Paris to Sarmacand. Over all of this region the corporation exercises a complete dominion, employing the native Indians, chiefly Ojiboway and Crees, to collect the furs which furnish its revenue.

Crees, to collect the furs which furnish its revenue.

Hudson Bay is about two-thirds the size of the Gulf of mexico. It is an almost landlocked sea, with 3,000 miles of coast line. More than 300 years ago Hendrik Hudson, trying to find the north-west passage, wintered there. His crew mutinied and set him afloat in an open boat with his son and seven others. He and his companions were never seen again.

The unit of value in that part of the world is beaver skin. Two martens are equal to one beaver, and twenty muskrats are equivalent to

joy this, for we are over a city that has not grown up—a city where the sunshine and spring-time have brought tiny people out of doors to play with toy trains and creep to and fro in tiny motor cars or fairy coaches drawn by busy ants.

Till you have passed over London at 5,000 feet on a sunny day, you do not know her color. She is no drab-colored place of slums and darkness, but an enchanted city of carved ivory, gleaming white in the golden haze, jeweled here and there with emeralds and occasional splashes of silver. Earthmen may speak of St. Paul's and the white spires of churches, of the parks and the dittle lakes; but the airmen know London as a tapestry of wondrous beauty, a gayly colored city of enchantment.—The Daily Chronicle.

We shall lay us down in the bloom

and light.
With a prayer and a tear for rest.
As tired children who crept at night
To the love of a mother's breast;
And for all the grief of the stormy past Rest shall be sweeter at last, at last.

Sweeter because of the weary way And the lonesome night and long, While the darkness drifts to the per-

With its splendor of light and

The light that shall bless us and kiss and love us, And sprinkle the roses of heaven

above us. A New Landmark.

A new landmark will shortly appear above the trees of Kew Gardens, near London. Already there is of course the famous Pagoda, but the new landmark will rise many feet into the air above the Pagoda. It is the giant flagstaff, weighing 18 tons, and 215 feet long, presented by the British Columbian Government to Kew Gardens some four years ago. Arriv-When arrested he had still £200 worth in his possession, and he help-ed the police to recover an additional £190 worth. Sentence of twelve months' hard Gardens some four years ago. Arriving in London by the R. M. S. P. in ing in London by the R. M. S. F. In December, 1915, it was afterward towed up the river to Kew, and is now about to be erected by Canadians in the gardens. Its first use, so it is said, will probably be that of flying tion that equals Mother Graves' Worm Exterminator. It has saved the lives of countless children. said, will probably be that of highing the Flag of Victory and Peace in the forthcoming peace celebrations.

Who ever heard of wooden money Spanking Doesn't Cure! The only known currency of this

Don't think children can be cured of bedwetting by spanking them. The trouble is constitutional, the child cannot help it. I will send FREE to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

Mrs. M. Summers WINDSOR, Omaric

Worth Knowing.

Canned fruit and vegetables should be taken from the can an hour before using, turned into a bowl and put where there is fresh air. Careful experiments made by the National Canners' Association show that the modern sanitary can cannot harm food even when open. However, turning the contents of the can into another dish and exposing it to the air oxidizes and thereby freshens the contents.

Cream, butter, the opened can of lard or veguable shortening should be in a special container in the icebox. Take the same care of oleomargarine or nutmargarine that you would of butter, if you expect to en-

Night Morning Keep Your Eyes

New Guinea

an almost landlocked sea, with 3,00 miles of coast line. More than 300 miles of coast line. The unit of value in that part of the world is beaver skin. Two martens are equal to one beaver, and it may respect the most primitive, further than 300 miles of the property of the world is beaver and it may respect the most primitive, further than 300 miles of the property of the world, if distributions in New Oulines, in the performance of the property problems before the war, are described in the world, if distributions in New Oulines, in the perfore the war, are described in the stations.

Astima Brings Misery, but Dr. J. D. Kollogs Asthma Remedy will replace a samke or vapor it reaches the very imost recesses of the bronchial passages and soothes them. Restriction passes and easy breathing returns. If you knew as well how this remedy would help you as do thousands of grateful users, there would be a package in your home tonight. Try it.

A World's Record.

What is said to be the world's record production of marketable, potatoes on one arce -49,531 pounds, or \$35 bushels—has been made on an arce of land near Kanab, in the southeastern section of tital, a few miles from yield was made in responsible for the production. This yield is certified to by more than 50 farmers.

A Scientifically peared Remedy, recomplying the population of the control of the production. The stream of mental population of the control of the production of marketable, potatoes on one arce -49,531 pounds, or \$35 bushels—has been made on an arc of land near the production of th

Wood's Phosphodins.

The Great English Remedy.
Tones and invigorates the whole more one will be deed to deep the constitution of the state of the constitution of the druggists or mailed in plain pig, on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Farmerly Wladser.)

THE JOY STICK

Canadian Ace of Aces Describes How a Plane is Operated.

In a "Talk on Aerial Tactics," which appeared in the publication "National Service," Canada's famous Ace of Aces, the pain departs at once. That it the pain departs at once. That it will ease toothache is another fine quality of this Oil, showing the many M.C., D.F.C., describes some effective uses it has. methods employed in aerial fighting "To those who have never seen a war machine," says Col. Bishop, "I

would explain that to control one the pilot has to manipulate but a single lever, which we call the joy stick.' It is very much like the lever with which you shift gears on an automobile, but it moves in four directions. If you should want your machine to go down, the instinctive move would the nose of the machine goes up and the machine climbs at the angle he wants it to. In turning it is necessary that the machine is not banked too much. This is one of the first things a pupil is taught when mation the properties of the control of the street, and the control of the control o s. first things a pupil is taught when learning to fly. The 'joy stick' also controls the banking. By moving it to either side you can tilt up whichever wing is desired. At his feet the pilot has a rudder bar which controls the horizontal direction of the machine. If he pushes his left foot forward and banks elightly, the mago to the right than chine turns slowly to the left. To go to the right there is only necessary a push with the right foot and a slight bank. The pilot thus has both feet on the rudder bar, holds the 'joy stick' with his right hand and with the left controls the engine of the machine by holding the throttle. He is always able to do



anything he wishes either with the

anything he wishes either with the engine or the machine itself.

Whe nfiring the gun he simply proves his thumb slightly along the 'joy stick' and presses the lever which pulls the trigger. To be able to fightwell a pilot must have absolute control over his machine. He must know by the 'feel' of it exactly how the machine is, what position it is in and how it is flying, so that he may manoeuvre rapidly and at the same time reach his oppuonent or opponents. He reach his oppuonent or opponents. He must be able to loop, turn his machine over on its back, and do other flying 'stunts.' Not that these are actually necessary during a combat, but from the fact that he has done these things

Cook's Cotton Root Compound.



several times he gets absolute confidence, and when the fight comes along he is not worrying about how the machine will act. He can devote all his time to fighting the other fellow, control of his machine coming instinctively. Thus the actual flying, afthough perhaps the hardest to train a man for, is the least important factor in aerial fighting. A man's flying shifty may be refered. man's flying ability may be perfect. He may be able to control the ma-chine and handle it better than anyone, but if he gets into a fight, risk-ing his life many times, perhaps, to gain the right position for a good shot and then fails to hit the mark,

he is useless.
"If unable to bring his opponent down he must further hazard his life in order to get out and away from the enemy. For this reason I A-sider aerial gunnery the most import-

ant factor in fighting in the air.
"Tactics are next in importance, be cause by the proper use of the right tactics it is easy to eliminate risks and also to put the enemy at a great disadvantage. Surprise is always to be striven for, because if you can sur-prise the enemy and get into the pro-per position to shoot before he is aware of your presence it simplifies matters tremendously, and there should be no second part to the fight."

An Easy Pill to Take .- Some persons have repugnance to pills because of their nauseating taste. Parmelee's. Vegetable Pills are so prepared as to make them agreeable to the most fab-tidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical quality as a medicine for the

Just for the Baby.

Have you seen the "don't kiss me"

ecklacee?
They are of satin ribbons with white medaliions and the sensible instrip-tion so that all who would kiss may

And among the warm, new knitted And among the warm, new knitude things to keep him comfortable this winter, there are mittens and socks, of course, caps and sacques and leggins as well as afghans for his "pram."

The new brush and comb sets are the cunningest things imaginable. One set has tiny military brushes! Some have just the comb and brush, some

have just the comb and brush, some have powder and soap boxes, too. They are all in the imitation white ivory, and daintily boxed. More practical than the satin cover-ed, coat hangers are those of painted wood—quaint little figures which may be washed with soap and water when

Oll for Toothache .- There is no pain Oil for Iootnache.—Interes in panies of acute and discressing as toothache. When you have so unwelcome a visitor apply Dr. Thomas' Eclectric Oil according to directions and you will find immediate relief. It touches the property of the country of find immediate relief. It touches the nerve with soothing effect and

Films to Replace Books.

Motion pictures will take the place of textbooks in schools and colleges, according to Thomas A. Edison, in an interview recently. "The only textbooks needed will be for the teacher's books needed will be for the teacher of the motion picture camera. "A great film library of educational and industrial subjects should be built up in Washington. Then these films could be issued on the rental system to all institutions in the United States, even to the most remote rural schoolhouses, and the system could be so operated go down, the instinctive and be to lean the body forward. Therefore, the fighting airplane is so rigged that when the pilot pushes the 'joy stick' forward the nose of the machine points down. In the same way if he pulls the 'joy stick' back the nose of the machine goes up that it would pay its own way." Asserting that "anything which can be taught to the ear can be taught to the ear can be taught to the eye," Mr. Edison context.



only textbooks needed will be for the only textbooks needed will be for the teacher's own use. The films will serve as guide posts to these teacher instruction books, not the books as guides to the films." By making "every class room and every assembly hall a movie show, 100 per cent attendance" will be assured, Mr. Edison ease. 'Why, you won't be able to keep boys and girls away from school then."

"I understand your cook left your house." "Not all of it," said Mr. Cumrox. "We had to put a mortgage on it to meet her requirements as to wages."—Washington Stan.

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'No, no,

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