

GRIPPE

Proper Treatment Dis-Authority Says

The danger of relapse until your system is built up. The treatment, says the distinguished physician quoted above, is rest and Dr. Williams' Pink Pills, a tonic, are particularly building up the blood and strengthening the nerves after an attack of grippe. The rich, red blood is the lingering germs from the grippe. The germs despondent and the system is weak, healthy, and the grippe do not relapse or for the near future. It often follows grippe. You can get Dr. Williams' Pink Pills from 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.

THE ENGLISH ARE AHEAD.

How They Sent a Man to an Address By Parcel Post.

The parcel post has made its usefulness felt in many ways, unexpected as well as foreseen. But the English parcel post does one surprising thing that has not yet been introduced into our own system.

An Englishman wished to reach a customer living in a remote part of Balham, one of the suburbs of London, and it was very necessary that he find him quickly. Knowing nothing of the district, he called at the general post office at St. Martin's-le-Grand, to consult a directory. On explaining his case to a clerk, he was amazed to learn that he could be sent to the address by parcel post by paying a fee of three pence a mile.

The gentleman had never heard of such a thing, and it is said that very few persons in England know that it can be done. He was placed in charge of a messenger who was familiar with all parts of the city, and was soon on his way. The boy carried a printed slip on which was written a description of the "parcel" in charge, under the heading, "Article required to be delivered," and before leaving the customer's house both the customer and the gentleman had to put their signatures on the paper. The limit in weight for anything delivered by parcel post in England is generally understood to be eleven pounds, but there is one clause that reads, "A person may be conducted by express messenger to any address on payment of the mileage fee."

AN EXCELLENT REMEDY FOR THE CHILDREN

Mrs. Laura Jackson, Brantford, Ont., writes: "I have found Baby's Own Tablets such an excellent remedy for children that I have no hesitation in recommending them to all mothers." Thousands of mothers say the same thing concerning the Tablets. Once a mother has used them she would use nothing else. They are for sale at all druggists or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CHILDREN MAKING SHELLS.

10,000 Boys Work in the Arsenal at Woolwich.

Ten thousand boys too young to fight are doing what they consider the next best service for their country—turning out munitions in the Government arsenal at Woolwich. In ordinary times many would have become office boys, clerks, or telegraph messengers, but to-day the majority come from points miles from the factory, and help the older men make the shells and guns needed by the men at the front.

The pay is attractive. A smart boy can earn \$7.50 a week, or even \$10, if he has a good machine and can keep steadily at work for as long as 12 hours a day. Parents who have to choose between putting their boys to learn a trade at \$2 or \$2.50 a week, and allowing them to go into the arsenal at the higher remuneration are naturally inclined to decide on the work which not only brings in the quickest return, but seems to be in the national interests as well.

Social workers who have the boys' welfare at heart are inclined to lament that so many should be entering what may not perhaps prove a permanent occupation. They say that their future is not unlikely to become a problem after the war, and that the country might well remember that the great army of boy munition workers played no small part in the difficult time.

The daily life of these boys shows what sacrifices they are making. Thousands live an hour's journey from the factory, and some have to leave home as early as 6.30 in the morning, and cannot get back till 9.30 in the evening. All work 12 hours a day, starting at 8 and finishing at 8, and take the night shift, too, about 12 hours, and often a boy may be

on his own. The Ministry of Munitions to safeguard the health of the youngsters, but the problem is a difficult one. Eight-hour shifts are being made to improve the transportation facilities to and from the arsenal. One of the latest suggestions, and the one most likely to be carried out is to build miles of huts close to the arsenal, where the boys could live while engaged in shell-making.

"Cutting Off Its Retreat." In the little village school room the children were very quiet and attentive, for the school-mistress was giving them an interesting and instructive account of a certain rat which had caused much annoyance in her household. "It was a great nuisance, children," she said, "and great was my satisfaction when, at last, it was tracked to its favorite haunt, and I and several others were enabled to cut off its retreat." "By the way," she added, as a king of after thought, "can any of you tell me what 'cutting off its retreat' means?"

Silence reigned for some moments, but at length a small girl put up her hand. "That's right, Ethel," said the mistress encouragingly. "What is 'its retreat'?" "Please, miss," answered Ethel at once, "it means its tail!"

Just a Straight and Simple Story

MISS BLANCHARD TELLS OF DODD'S KIDNEY PILLS.

They Cured Her Kidney Troubles and Other Sufferers Can Learn From Her Experience How They Can Find a Cure.

Paquetville, Gloucester Co., N.B.—Mar. 6th (Special)—Simple and straight to the point is the statement of Miss Justine Blanchard, of this place. She has tried Dodd's Kidney Pills and found them good and she wants everybody to know it. Miss Blanchard says:

"I suffered for a long time with my kidneys. I used Dodd's Kidney Pills and they cured me completely."

One simple statement like that is worth a dozen learned dissertations on Kidney disease. It tells the sufferer from kidney trouble just what he or she wants to know—that a cure can be found in Dodd's Kidney Pills.

For Dodd's Kidney Pills are no cure-all. They are purely and simply a cure Rheumatism, Lumbago, Diabetes, Bright's Disease, Heart Flutterings, Dropsy, Pain in the Back, and other diseases is that all these are either Kidney diseases or are caused by disordered kidneys. Dodd's Kidney Pills cure them by curing the kidneys.

The Original Method. Katherine and Margaret found themselves seated next each other at a dinner party and immediately became confidential.

"Molly told me that you told her that secret I told you not to tell her," whispered Margaret.

"Well," returned Margaret, "I told her I wouldn't tell you she told me, so don't tell her I did."

Possible Reason. There's nothing in drinking. There's not a thing to it. And maybe, I'm thinking, That's just why we do it.

Sore Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Marine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Marine Eye Salve in Tubes 25c. For Book of the Eye Freckle Druggist or Marine Eye Remedy Co., Chicago

Many a man becomes a jailbird through his strenuous efforts to feather his nest.

KEITH'S SEEDS
Before placing your order for seeds, see our 1916 Golden Jubilee Catalogue it is free. Govt. Stan. Bus. No. 1 Red Clover \$16.40 & \$17 No. 1 Alsike 13.00 No. 1 Timothy 5.85 Allow 30c for each cotton bag We pay railway freight in Ontario and Quebec over \$25.00
GEO. KEITH & SONS 124 KING ST. E. TORONTO

Notice to Stallion Owners

The inspection of stallions under the Ontario Stallion Enrolment Act, will commence March 23rd, 1916. All applications for enrolment and inspection, accompanied by the proper fee, must be in the Secretary's office, Parliament Buildings, Toronto, by March 18th. In case of applications received after March 18th, inspection will only be made at increased expense to owners. Address all communications to E. W. Wade, Secretary, Ontario Stallion Enrolment Board, Parliament Buildings, Toronto.

You Can't be Neutral in the food question.

You have to decide between mere palate-foods that contain no nutriment and foods that repair the bodily waste. Shredded Wheat Biscuit is both a palate food and a muscle builder. You can keep in good health and at the top-notch of physical fitness by eating this delicious, ready-cooked, whole wheat cereal for breakfast, luncheon or any meal.



Made in Canada.

Britain and United States. A few things that England has done for the United States: Granted us our independence. Outdistanced us in the race for democracy.

Laughed at some of our jokes. Conferred citizenship upon others. Appreciated Walt Whitman. Relieved us of Henry James. Furnished the only noteworthy example of respect for the Monroe Doctrine. Fought hard for the worthy ideals for which we whimper—New York Life.

Minard's Liniment Her Upside Down Lady (who was a native town)—"I haven't seen her for years." Hostess—She is running down here. Lady Visitor—Ah, be, I pray? Hostess—Oh, she is running down here.

Minard's Liniment Just Like a Soldier An officer who has been discharged from one of the hospitals, has been telling me a delightful story of Queen Alexandra. One day Her Majesty visited the hospital, and chatted with my friend for a few minutes. "Do you know what she said to me?" he asked. "She sat on my bed for nearly five minutes, and as she was leaving said, 'I know your needs are well looked after, but if there is anything extra you would like, tell me.'"

More Important. "What! A strange man walked off with my umbrella? Why, I have my name on it." "That may be, but the other fellow has his hand on it."

NOTICE TO STALLION OWNERS.

The inspection of stallions under the Ontario Stallion Enrolment Act will commence March 23rd, 1916. Stallion owners will notice that horses inspected in the Fall of 1914 do not require to be inspected at this time but all other horses inspected previous to the Fall of 1914, which were not then eight years old, must be inspected in order to be enrolled for 1916. Application should be made at once to the Secretary of the Ontario Stallion Enrolment Board, R. W. Wade, Parliament Buildings, Toronto.

"I say, old chap, I'm in shocking luck. I want money badly, and haven't the least idea where I can get it." "Well, I'm glad to hear that, I thought perhaps you had an idea you could borrow from me!"

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD, LaHave Islands, Lunenburg Co., N. S.

Subbuts: "I believe Swamphurst is unhealthy. Since we have lived out there my wife can scarcely speak above a whisper." Henpecke: "Do you suppose I could find a house there?"

Minard's Liniment Relieves Neuralgia.

Despite the economizing tendency of the war, Lord Lonsdale still smokes his big cigars. When in the right mood he is an excellent raconteur. His best story is that of an American traveller who spoke of having seen petrified forests in Texas, and petrified birds flying over them. "Come, come!" he was told. "That's surely against the laws of gravitation?" "Quite so," replied Ananias, not a whit abashed; "but you see, the laws of gravitation there are petrified, too!"

Minard's Liniment for sale everywhere

A FAMOUS GRAPEVINE.

Supplies King George With 200 Bunches Yearly.

James Jack, keeper of the famous grapevine at Hampton Court Palace, England, has retired after thirty-two years active service as chief custodian of the King's vine. The vine was planted in 1768 by "Capability" Brown, the famous landscape gardener of the eighteenth century. The vine is now considered one of the finest in the world. It stretches in wide perfectly trimmed squares, eighty feet by twenty-six, the whole length and breadth of the greenhouse. Two hundred bunches of grapes from it are sent to King George at Windsor every year. The grape is the old Black Hamburg.

Some years ago twelve bunches were shown at an exhibition of the Royal Horticultural Society and were awarded the Hogg memorial medal for special excellence and culture. Two of the bunches weighed 3 pounds 14 ounces each, and the whole twelve weighed about 42 pounds, an average of 3 1/2 pounds each.

WASTE NECESSARY IN FOOD

Because our ancestors ate coarser waste with their food they developed a long bowel, mostly a muscular tube. This muscle was not intended for digestion purposes, but to carry off waste. We have inherited this muscular tube. Waste-containing food is as essential to its proper function as light is to the eye. Because modern foods have little waste the human bowel muscles have weakened from lack of exercise. Constipation and indigestion have resulted. Dr. Jackson, who practised for years as an intestinal specialist, has devised Roman Meal, a food which has plenty of waste to exercise the bowel muscles and is also highly nourishing. It is sold by all druggists and confectioners.

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance with Zam-Buk means cure. Why not prove this? All Druggists and Stores—40c box.

EASYSET METAL STORE FRONT CONSTRUCTION. The successful unit works every day and night during the year. Send for catalogue "W". E. J. ST. CLAIR CO., Ltd., 27 Toronto Arcade, Toronto.

HAWK BICYCLES. An up-to-date High Grade Bicycle fitted with Roller Chain, New Departure or Hercules. Includes Spoke and Hubs, Adjustable Tyres, high grade equipment, including Mudguards, Pump, & Tools. \$22.50. Send FREE 1916 Catalogue, 60 pages of Bicycles, Sundries and Repair Material. You can buy your supplies from us at Wholesale Prices. T. W. BOYD & SON, 27 Notre Dame St. West, Montreal.

YOU CAN'T CUT OUT A Bog Spavin or Thoroughpin but you can clean them off promptly with ABSORBINE. and you work the horse same time. Does not blister or remove the hair. \$2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wens, Cysts. Always pain quickly. Price \$1 and \$2 a bottle at druggists or delivered. Made in the U. S. A. by W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

3 Grand Varieties--Good as Gold. Beans—Refuge Wax—Pods round, clear and transparent and of handsome appearance. Is tender, very productive, free from rust, and stands dry weather well. 1/4 lb. 15c, 1 lb. 45c, 5 lbs. \$2.00. Postpaid. Corn—Golden Bantam—An early, hardy, productive variety, of finest quality and delicious flavor. It is a rich, cream yellow, deepening to orange-yellow when ripe. 1/4 lb. 10c, 1 lb. 30c, 5 lbs. \$1.40. Postpaid. Peas—Bruce's Early Settler—A grand extra early wrinkled marrow variety. The pods are large, deep green, and filled with large peas, possessing the rich flavor and quality of the best late varieties. It attains a height of about 1 1/2 feet and is very productive. 1/4 lb. 15c, 1 lb. 40c, 5 lbs. \$1.75. Postpaid. If sent by Express at purchaser's expense, deduct 10c per pound. BRUCE'S Seeds are the cheapest, because they are the best. Our handsomely illustrated 128-page catalogue of Vegetable, Farm and Flower Seeds, Plants, Bulbs, Foultry Supplies, Garden Implements, etc., for 1916. Send for it. John A. Bruce & Co., Ltd., Hamilton, Ontario. Established Sixty-six Years.

SEED POTATOES

SEED POTATOES, IRISH COB-SEEDS, Delaware, Carman, Orca at once. Supply limited. Write for catalogue to W. Dawson, Brampton.

FOR SALE

EDGEMOND NEWFOUNDLAND puppies for sale. Also few Persian Kittens. R. A. Gillespie, Abbotsford, Quebec.

FOR EXCHANGE

PAIR SILVER BLACK CROSS BRED foxes, trade for used car. Reid Bros., Bothwell, Ont.

HELP WANTED

WOOLEN MILL HELP, CARDERS, spinners and weavers. We will pay inexperienced help while learning weaving. Good wages paid in all these departments, and steady work for months to come. For further particulars, apply to the Slinings Manufacturing Co., Ltd., Brantford, Ont.

NEWSPAPERS FOR SALE

PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

WANTED

BAGS—WILL PAY CASH FOR OAT, flour and sugar bags. Write offer. Ira Evans, Ft. William, Ont.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured with out pain by our home treatment. Write before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

BOOK ON DOG DISEASES. And How to Feed. Mailed free to any address by the Author. H. CLAY GLOVER, V. S., 118 West 31st Street, New York.

Go to BERMUDA. 40 Hours from Frost to Flowers. Restful Isles of Summer Loveliness. S.S. BERMUDIAN sails from New York March 15. S.S. BERMUDIAN sails from New York March 15.

Princess Hotel. is open from DECEMBER to MAY. Situated on the Harbor of Hamilton. Accommodates 400. Rates: \$25 per week and upward. HOWE & TWOROGER, Managers. HAMILTON, ONT. BERMUDA. Bermuda is reached by the steamers of the Quebec, S. S. Co., 32 Broadway, New York.

EUREKA HARNESS OIL. puts new life in your harness. Keeps it from drying up and cracking. Makes it soft, pliable and strong. Contains no animal or vegetable fats to become rancid. It makes harness last longer. Dealers Everywhere. The Imperial Oil Company Limited. BRANCHES IN ALL CITIES.

BRUCE'S SEEDS. 3 Grand Varieties--Good as Gold. Beans—Refuge Wax—Pods round, clear and transparent and of handsome appearance. Is tender, very productive, free from rust, and stands dry weather well. 1/4 lb. 15c, 1 lb. 45c, 5 lbs. \$2.00. Postpaid. Corn—Golden Bantam—An early, hardy, productive variety, of finest quality and delicious flavor. It is a rich, cream yellow, deepening to orange-yellow when ripe. 1/4 lb. 10c, 1 lb. 30c, 5 lbs. \$1.40. Postpaid. Peas—Bruce's Early Settler—A grand extra early wrinkled marrow variety. The pods are large, deep green, and filled with large peas, possessing the rich flavor and quality of the best late varieties. It attains a height of about 1 1/2 feet and is very productive. 1/4 lb. 15c, 1 lb. 40c, 5 lbs. \$1.75. Postpaid. If sent by Express at purchaser's expense, deduct 10c per pound. BRUCE'S Seeds are the cheapest, because they are the best. Our handsomely illustrated 128-page catalogue of Vegetable, Farm and Flower Seeds, Plants, Bulbs, Foultry Supplies, Garden Implements, etc., for 1916. Send for it. John A. Bruce & Co., Ltd., Hamilton, Ontario. Established Sixty-six Years.

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