

An Army Marches On Its Stomach, Said Napoleon

The Great Corsican Knew That Success in Life Depends Upon Your Strength, Energy and Endurance.

By HARRISON VAUGHN.

When Napoleon led his victorious armies through Europe, his worst enemies were not the nations defending themselves against his smashing onslaught; but he was confronted by the graver question of how to provide nourishing and strengthening food for his soldiers.

The Great Corsican realized long over a century ago, as has every commanding general since, that men's bodies must be perfectly nourished and they are to retain their natural strength, energy and vigor; in fact, that the very health of the human being is regulated almost entirely by the stomach. Under-feeding, insufficient nourishment, means loss of flesh, anaemia, lack of red blood and subsequent weakness of the entire system.

What such people need to enable nature to bring back their strength and vigor, restore their lost weight, and put them in fighting trim, with rich, red blood coursing through their veins is Tanlac, the powerful reconstructive tonic and body builder.

A man or woman suffering from sour stomach, bad breath, biliousness, indigestion, or gas on stomach, is unfitted either for physical or mental labor. Sufferers from these ailments find life a burden; they look on the world through blue glasses, the joy and rewards of the vigorous, happy, normally healthy person is not theirs. Their troubles embitter them against the world, destroy their ambitions and make their lives dull and unhappy.

How foolish to continue in this condition when on every hand throughout the length and breadth of the land,

people by the thousands are daily testifying to the remarkable powers of Tanlac in conquering stomach troubles. This powerful reconstructive medicine builds up the weak and the despondent; gives them new hope and happiness and a new lease on life.

Tanlac's name has been praised by hundreds of thousands. Testimonials from every corner of the United States and Canada have shown conclusively that even in cases where patients had almost given up all hope and where men and women had believed themselves doomed to a life of misery and suffering, Tanlac has overcome their troubles and brought back health, energy and happiness into their lives.

If you are not "fit as a fiddle" in the morning and don't feel better than when you went to bed; if your breath is offensive and you have that bad taste in your mouth, your body is not being nourished properly. What you need is Tanlac to restore you to normal so Nature can bring back the flesh you've lost, put the bloom of health in your cheeks, the spring of energy in your step and the sparkle of happiness and contentment in your eye.

NOTE—Tanlac Vegetable Pills are an essential and vitally important part of the Tanlac treatment. You cannot hope to get the most satisfactory results from Tanlac without first establishing a free and regular movement of the bowels. Tanlac Vegetable Pills are absolutely free from calomel and are sold on a positive guarantee to give satisfaction.

Tanlac is sold by leading druggists everywhere.

dependent on the older folks. The young can afford to put up with more because they have not so much at stake.

Be gentle with the grandmothers, you happy young mothers. Maybe you cannot believe it, but you may be grandmothers yourselves some time, and then you will be glad that you had patience and earned the right to receive it from a new generation.

Grave of Ancient Vikings Discovered.

When the Norwegian steamer Vesla docked in Philadelphia a short time ago her captain unfolded a tale as thrilling as any to be found in the pages of Hakluyt.

For the story told by Captain Lars Olsen Apold was of the unearthing of the bodies of Vikings from their frozen graves in Greenland, where, it was computed, they had lain for 1,000 years.

Captain Apold was not the actual discoverer of these bodies, but his steamer was at Julianehaab, Greenland, waiting for its cargo of cryolite when the discovery was made by Dr. Norland, a Dane. Captain Apold said the physician and his party had been sent to Igivut, Greenland, by the Danish Government to attend the families of cryolite miners in the surrounding country, and it was while on an errand of this nature that the graves were found.

There were fifteen bodies buried in the one spot, and while only the bones of human beings were left, the skins of animals had proved more hardy, as the garments worn by the Vikings were almost intact. These were made out of skins and were frozen solid. Beside the bodies were found javelins and implements of war that made it possible to determine what period the riors lived in. This is believed to be the fourteenth century.

The bodies were discovered by accident, and when the physician and his party realized the importance of the discovery they hastened back to Igivut, thirty miles from Julianehaab, where they sailed at once for Denmark on the Danish steamer The Fox, to place their discovery in the hands of the Government.

How the Discovery was Made. The peculiar appearance of a mound led to the discovery of the bodies, which were found a short distance back from the coast, between towering mountains and icebergs nearly as towering. This mound was built entirely of stones, piled on top of each other to a height of three feet. It was so evidently not a natural formation that the exploring party decided to see what lay beneath the stones, and were well rewarded for their efforts.

The fact that the bodies had been buried in this manner helped to place them as probable Vikings, for that method of burial was one of the religious customs of this race. Odin, who was their god, was responsible for many curious tenets, which are disclosed in their Sagas. No land has bequeathed a literature so minute and so comprehensive an account of the life of a people as the land of the Midnight Sun, the home of the old Vikings, and the story of many a hero ends with the announcement that "his grave was hidden under stones, in obedience to the injunction of Odin."

The Vikings, history tells us, were the ancestors of the English-speaking nations, and were, in reality, warlike and ocean-loving tribes of the north. Northmen, or Norsemen, was the name they were entitled to, but they were of so restless and nomadic a temperament that they were called Vikings, a name derived from the Anglo-Saxon tongue which we would interpret as pirates.

Paul B. du Chailu, in his "Viking Age" says: "Almost every young Norseman of sufficient means and position went a-viking. This was analogous to the grand tour made by our great-grandfathers in the eighteenth century."

The heroes of the Viking settlement in Greenland, according to an ancient Saga, were the Norwegian chief, Thordwald, and his son, Eric the Red.

There is in Friendship balm for every ache. And strength for every burden man must bear. Courage to serve him through his dark despair. And understanding for each sad mistake. Safe shelter when the storms about him break. A wealth of sunshine when his skies are fair. For him the nights are rich with fervent prayer. As others beg God's blessings for his sake. Nor fame nor fortune offers wealth like this. Gold cannot buy the joys which Friendship gives. The world's renown the world's best gifts may miss. And many a lonely hour the giant lives. But he whose friends are constant is secure. The fortune he has builded shall endure.

ASK FOR ALVINA

The Improved Tasteless Preparation of an Extract of Cod Liver Oil. Especially Recommended for Persistent Coughs, Bronchitis, Anemia. A Splendid Tonic for Depleted Women and Children.

Prepared by DAVIS & LORAIN CO., Manufacturing Chemists, Montreal.

CASCARETS 10¢

For Constipated Bowels—Bilious Liver

The nicest cathartic-laxative to physic your bowels when you have Headache, Biliousness, Colds, Indigestion, Dizziness, Sour Stomach, or any of the above.

to-night will empty your bowels completely by morning and you will feel splendid. "They work while you sleep." Cascarets never stir you up or rouse like Salts, Pills, Calomel, or Oil and they cost only ten cents a box. Children love Cascarets too.

Kitchener's Last Moments.

Fresh and important facts as to the last scenes on board the cruiser Hampshire, in which ship Lord Kitchener was on his way to Russia, when she was mined off the Orkney Islands on June 5, 1916, are contained in the following statement made to a London paper by a naval correspondent, from personal inquiries in 1917 and subsequently, at Scapa.

He saw many leading officers in the Grand Fleet and certain of the survivors of the Hampshire, and gives their evidence below.

"The Hampshire took part in the battle of Jutland on May 31-June 1, 1916, and then was told off to search for the British cruiser Warrior, which was reported to be still afloat, though all the crew had been removed. On June 3 she was recalled by wireless to Scapa and directed to coal for a special mission. None of the ship's company knew what that mission was to be. At 4 p.m. of June 5 Lord Kitchener and his staff went on board. She went out at the western entrance to Scapa Flow at 5.30 p.m., steaming 18 knots.

"A gale was blowing, and at 7 p.m. two destroyers accompanying her were ordered back because of the heavy seas, and speed was reduced to 15 knots. At 7.40 p.m. she struck a mine, which exploded on the port side of the foremost boiler-room. The ship sank considerably by the head; and the senior engineer suggested that the after flooding-valves might be opened to trim her. Unfortunately it proved that the Kingston valves aft (which are used for flooding) were out of the water and the propellers also.

"At this point two further explosions occurred on the starboard (right) side of the foremost boiler-room. The officers on deck were quite clear that these explosions were caused by mines. The ship sank at 8.05 p.m.

Kitchener on Board Sea Boat. "Most of the survivors were in the last stage of exhaustion when rescue came. All who escaped agreed that there had been no submarine but that the vessel had been mined. Most of them—there were 12 in all who reached the shore alive—believed that when the ship struck the first mine Lord Kitchener was put in the sea boat, which is always kept ready for lowering in a warship, but that the boat was capsized in the heavy sea that was running.

"Witnesses ashore state that a boat from the Hampshire was found on the coast the following day (i.e., June 6), but that there was no one in it. If Lord Kitchener was wearing his heavy coat, as was probable on such a stormy night, its weight when saturated with water would drag him down."

In a letter to a London paper from an officer who signs himself "On the Spot," and who served in the Western Patrol, the question is asked: "Were not the mines (from the field which sank the Hampshire) swept up afterwards by the minesweepers based at Stromness very rusty and covered with barnacles and seaweed, which, no doubt, had taken some time to accumulate?"

Statements to this effect were received at the time from other officers at Scapa, and it is possible that two German vessels had been at work laying mines—namely, the Mowe, which is believed to have dropped some mines off the Orkneys in December, 1915 and U-75, which was at work, as is now known from German sources, on May 29, 1916. It is now stated that the mines had been laid six days previously by a German submarine, as part of a scheme to decoy the British fleet to destruction.

Pattern 3527 is here illustrated. It is cut in 7 Sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. A 36 inch size requires 6 1/2 yards of 44 inch material.

This is good for combinations of material, for serge, tricot, velvet, foulard, linen, crepe, satin and taffeta. The gumpie could be of crepe or crepe de chine and the dozen of serge or satin. The width of the skirt with plaits extended is about 2 1/2 yards.

A pattern of this illustration mailed to any address on receipt of 15c. in silver or stamps.

A PLEASING MODEL.

Pattern 3446 is here illustrated. It is cut in 5 Sizes: Small, 32-34; Medium, 36-38; Large, 40-42 inches bust measure. A Medium size will require 1 1/2 yard of 36 inch material.

Crepe, crepe de chine, linen, cambric, batiste, dimity, washable satin and silk may be used to make this style.

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NOTE:—Owing to the continual advance in price of paper, wages, etc., we are compelled to advance the price of patterns to 15c. each.

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Chest Handles, Emery Cloth, Sand Paper, Japanned Hasps & Staples, Stove Dampers, Galv. Hasps & Staples, Lantern Globes, Japanned Drawer Pulls, Emery Wheels, Japanned Door Buttons, Grinders, Clamps, Sash Fasteners, Footballs and Cases, Sash Lifts, Cupboard Turns, Syphons, Sparklets, Shutter Knobs, Drawer Knobs, Spirit Stoves, Sash Rollers, Hames, Transom Lifts, Inside Door Sets, Front Door Sets, Door Rollers, Cleat Hooks, Rubber Cement, Spiral Door Springs, Bow Latches, Toilet Paper Holders, Thumb Latches, Iron Oil Faucets, Brass Oil Faucets, Molasses Faucets, Iron Shoe Lasts, Tower Bolts, 4 to 8 inch; Padlocks, Grummets, Nos. 1 to 18; Fox Traps, Hand Rail Screws, Door Springs, Snare Wire, Plate Locks, Wire Netting, Meat Miners, Hat and Coat Hooks, Shelf Brackets, Rat and Mouse Traps, Connecting Links, Brass Cleats, Sad Irons, Handles and Stands, Spring Balances, Twine Boxes, Men's & Women's Rubber Heels, Blk. & Tan Stair Rods, Carriage Whips, Sail Needles, Wood Screws, Tyre Bolts, Carriage Bolts, Stove Bolts, Machine Bolts, Coopers' Rivets, Boot Protectors, Twine, Cash Boxes, Combination and Spring Clothes Pins, Paper Bags, 1/4 to 30 lbs.; Beeswax, Wrapping Paper, Counter Scales, Cow Bells, Door Bells, Table Bells, Tin Openers, Cork Screws, Key Rings, Lead Pencils, Fountain Pens, Napkin Rings, Carpenters' Pencils, Paper and Paper Clips, Rubbers, Pens, Pen Holders, Ink, Lumber Crayons.

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Paint, Scrub, Shoe, Tooth, Shaving, Kalsomine, Hair, Clothes, Plate, Nail, Sink, Hat, Counter, Floor, Lime, Bath, Body, Dandy BRUSHES.

Barometers, Thermometers, Salometers, Photographic, Bath, Dairy and Cottage Thermometers.

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Iron and Wood Snow Shovels, Scoops, Long and D. Handle Coal Shovels, Galvanized and Japanned Fire Shovels.

Leather and Rubber Belting, Belt Hooks and Belt Lacing, Peavies, Boot Caulks.

Galvanized and Black Sheet Iron, Solder, Lead, Nails Galvanized and Wire), Leather (Trimmed and Strips), Barb Wire, Tinslates, Picks, Axe and Pick Handles, Horse Shoes, Horse Shoe Nails, Scythes, Snaths, Seythe Stones, Grass Hooks.

Powder, Shot, Cartridges, Putty, Window Glass.

POLISHES.

Silver and Brass Polish, Shoe Polish, Furniture Polish, Floor Polish, Floor Wax, Knife Polish, Harness Oil, Chamois Skins.

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Pipes, Pipe Holders, Cigar Cases, Cigar Holders, Cigarette Cases, Cigarette Holders, Ash Trays, Pouches, Tobacco Cutters.

HINGES.

Ornamental, Tee, Table, Spring, Butt, Back Flaps, Broad Butts, Hook and Eye HINGES.

PAINT and VARNISHES.

Brandram and Henderson's Paint, 100 p.p. pure. White and Orange Shellac, Enamel Paint, Auto Enamel, Stove Pipe Enamel, Bath Enamel, Furniture & Copal Varnish, Alum. Paint, Engine Enamel, Oil Stain, Varnish Stain, Dryers, Japan, Gold Stain, Sizing Glue, Demar Varnish.

Feathers, Cots, Stretchers, Bedsteads and Mattresses, Pillows and Bolsters.

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Diamond, Sunset Soap and Twink Dyes.

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Knives, Forks, Table and Dessert Knives, Table and Dessert Forks, Table and Dessert Spoons, Tea Spoons, Sheathe Knives, Pocket Knife Putty Knives, Shoe Knives, Oyster Knives, Kitchen Knives, Bread Knives, Ham and Fish Knives, Scissors, Shears and Ships, Hair Cutters and Horse Clippers.

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Hinges, Blocks, Jib Hanks, Belaying Pins, Turnbuckles, Round and Heart Thimbles, Screw Eyes, Screw Bolts, Screw Rings, Clip Hooks, Com. and Pat. Sheaves, Sheekles, Boat Hooks, Sticking Tommies, Bath Tubs, Wash Tubs, Buckets, Coal Scoops, Rowlocks, Buoy Swivels.

Sewing Machines, Washing Machines, Wringers, Carpet Sweepers, O' Cedar Mops.

Lamp Chimneys, Fonts, Wicks, Reflectors, Burners, Brackets, Oil Stoves, Oil Cookers and Wicks.

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Japanned and Tinned Bultow Hooks, Small, Medium and Large Quarter Hooks, Squid Jiggers, Small, Medium and Heavy Jiggers.

Squid Pins, Flickers, Split Knives, Throat Knives, Seine Leads.

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MINARD'S LINIMENT USED BY PHYSICIANS.

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