written long ago ...iams Pink Pills ...suppose it is better ... In June, 1913, I had ...hospital for an operation ...ness. I was in the ... for a month, before I was ...e to get home. Three weeks after ... I started for a trip to the Pacific coast, in the hope that my health would further improve. On the way I stopped to visit a sister in Southern Alberta, and on arriving ...er home (after a 35 mile drive), I was completely done out. I found my sister ill, her baby having been born the week before. As there was no one to help, I had to take care of the child and do the household work, and in the three weeks that passed before my sister took charge I was completely worn out, and again nearly ill. However, I started on my westward trip, and decided to stop off at Banff, where I remained a week, but it did not seem to help me, and I resumed my journey. On the train I took sick, ...d could not eat, and as I was alone ...y condition was pitiable. Finally the porter wired ahead to North Bend for a doctor to see me. The doctor wanted me to leave the train and go to a hospital, but I determined to continue my journey to Vancouver. The medicine the doctor gave me did not help me, and I was getting worse all the time. And then a young man who had the opposite berth asked me if I would try Dr. Williams Pink Pills and gave me a box he had. I u...hese and the porter got me two ...e boxes, and by the time I reached my journey's end I was feeling some better. I stayed two months on the coast, and continued taking Dr. Williams Pink Pills all that time. I had gained in weight and appearance, and when I started for home I felt better than I had done for years. Now I always keep Dr. Williams Pink Pills in the house, and both my husband and my young daughter have been benefited by their use. I bless the day that young man on the train gave me his box of pills, otherwise I might never have tried them, and would have still been an invalid."

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.

...OES OWN MUCH IN BRITAIN.

... Holdings Officially Esti...ted at $515,000,000.

...war proceeds the demand for ...scation of German and Aus...owned property in Britain on ...ound that it is much greater ...ish owned property in those ...rows in insistence.

...the Government has declin...e up the matter, but members ...liament have at last obtained ... Mr. Runciman, President of the Board of Trade, official details on the subject. Mr. Runciman estimates the value of property in Germany belonging to British subjects as approximately $360,000,000, while the property in this country owned by Germans is put at $515,000,000.

The public trustee is registrar of enemy property in Britain and is custodian of money due to enemy subjects in dividends and interest. In his report he gives the following figures:

Property held on behalf of Britain's enemies	$270,000,000
Enemy capital in business, etc.	8,000,000
Enemy capital in companies	145,000,000

Mr. Runciman's statement shows that the extent of German property in Britain was evidently not fully known when the public trustee drew up his report, for Mr. Runciman's figures are more than $100,000,000 in excess of the public trustee's.

GUARD THE BABY AGAINST COLDS

To guard the Baby against colds ...thing can equal Baby's Own Tab...s. The Tablets are a mild laxative ...t will keep the little ones stomach ... bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little ones will be good and that he will thrive and be happy and good-natured. The Tablets are ... by mail at ...Williams

...Scandinavia in particular being very keen to buy everything of a manufacturing nature.

Many Sheep Depastured

"The writer has been led to take in hand this subject because of a question raised the other day as to the number of sheep being depastured in the countries of Europe at present engaged in the struggle, and on turning to the latest sheep returns, we find that the following are the numbers of sheep in the countries named:

	Sheep.
United Kingdom	28,500,000
Russia	45,500,000
France	17,000,000
Italy	11,000,000
Turkey	6,500,000
Austria-Hungary	13,000,000
Bulgaria	8,000,000
Germany	5,500,000
Serbia	3,000,000
Montenegro	400,000

"Great Britain has had at her command a large part of the supplies of Australia, New Zealand and South Africa, it only being toward the end of last year that the embargo was lifted and America, Italy and continental neutrals were allowed to he. themselves to wool supplies.

"The requirements of the armies at present confronting each other are colossal, and as months pass these wants grow bigger. It can be safely said the wool supplies of s... countries as Germany, France, Au...ia and Serbia can be ignored altogether, because the weight grown in these countries would be no more than sufficient to supply their own armies with one suit of clothes. Hence we say that the nations at war must look for their supplies in the outside world, there being only South America outside the control of the British War Office.

Available Supplies

"Our chief supplies naturally come from Australasia, South Africa and South America, and in the table below, the production of the British Isles, being of 28,000,000 sheep, cannot be ignored. The following is a fairly reliable estimate of the quantity of wool being grown annually in the countries named:

	Pounds
Australasia	767,041,914
South Africa	174,650,000
Argentina	268,976,200
Urguay	14,760,000
Punta Arenas and Patagonia	52,000,000
British Isles	120,000,000
Total	1,397,431,114

"Practically speaking, a British soldier is consuming 12 pounds of pure wool in his complete outfit, and the statement is justified that the French, Belgian and German soldiers use the same amount. It is estimated that one-third of the soldier's outfit is composed of shoddy.

"Roughly estimated, the whole of the armies of Europe are absorbing something like 10 pounds per head. A man on the firing line and in the trenches will easily get through three suits per year, if not more; it means that a soldier consumes anywhere from 30 to 36 pounds of clean wool per annum. If we multiply 36 by 15,000,000 it gives us 540,000,000 pounds of clean wool which will be required.

"The reader can thus see that there is not a very big quantity of wool left from the sources already named to supply the requirements of the whole fo the civilian population of the outside world; consequently, stocks of raw material have been pretty well exhausted at the advent of the present new clips of Australasia, South Africa and South America."

AUSTRIA'S OLDER SOLDIER'S.

Men Over 50 Make Better Soldiers Than Younger Men.

The calling to the colors of men between the ages of 50 and 55, has caused the discussion in the Austro-Hungarian press of what the older men have done in this war.

The view had been generally held that the man at 50 had passed into old age, but the war is said to have proved that this position is untenable. It is admitted that in trades and occupations requiring physical dexterity, the man over 50 is apt to be a failure, though the well-preserved worker of that age is generally still capable of great endurance.

The experience in the army is that men up to 30 are generally less hardy than men up to 50. In addition to being as yet far from "physically set," that is, entirely beyond the growing stage, the younger men often reduce their endurance and physical vigor generally by incorrect eating. Older men are not in the habit of doing this, it is asserted. But the young men sin also in other respects. Often they are indifferent to ... when they should not be; wh...

...f to School, Full of ...m and Pep—Don't ...n their little "tummies" ...ith greasy meats, starchy ...tatoes or other indigestible ...ods. One or two Shredded Wheat Biscuits with hot milk make a warm, nourishing meal that supplies all the material needed for their growing bodies. The perfect food to study on, to grow on, to play on. The crispness of the shreds encourages thorough chewing, which develops sound teeth and healthy gums. Being ready-cooked, it is so easy to prepare a warm, nourishing meal with Shredded Wheat in a few moments—no kitchen worry or work.

Made in Canada.

AN AMUSING WAR STORY.

How a Soldier Saved His Scalp for the Enemy.

A special correspondent of the New York Sun who is serving in the French Foreign Legion tells amusingly how he escaped obeying an order from headquarters; no doubt he was the only man in the army who did so.

"I must tell you of one thing I 'put over' on my superiors yesterday. An order was issued that all ... men must have their hair cl... by machine. I went ... reau to see the ... exempted ...

"'Wha... sergeant r...

"I exp... was imp... Look! ... and he ...

"'Tha... swered ... to my ... when ...

"'Wha...

"'An...

"'Bu...

"'A... Americ... part.

"So I was ... ant, and befo... could explain, he ... citedly, 'Not cut your ... book! ... had to have ... one has.'

"As soon as he ... in a word, the ser... plained that I was a ... dian, and so on.

"'But why?' th... adjutan... ed.

"So I explained that the the... was that ... was only fair to leave the enemy a scalp as a trophy, in case you could not get his. I was taken round to the barber, and he was strictly ordered to leave my hair alone. And when the inspection was held later by the lieutenant, the adjutant stopped in front of me and explained the whole story to the lieutenant, who seemed deeply interested in the fact that an American Indian had come over to fight for France."

Adds, Subtracts and Multiplies.

Designed to meet the requirements of bookkeepers and clerical workers, a comparatively inexpensive rapid calculating device has been introduced, which is capable of adding, subtracting and multiplying quickly and accurately. The instrument is about 10½ inches long, two and a quarter inches wide and half-inch thick. It is provided with a series of seven dials, which are revolved by a styles when making calculations. A single turn of one of the wheels adds a figure to previous register and simultaneously shows a total.

Use Any Household Recipe

with Dr. Jackson's Roman Meal, and bake anything from it. If you like, eat hot from the oven. It won't ferment. It makes most delicious baking, prevents indigestion, is very nutritious, relieves constipation or "money back." That's why a leading physician says it's a god... to humanity. Especially try it in ...dge, pancakes, and gems, but care... follow directions on package for ... porridge. For an early break... ...ight before in a double ...rring and warm in the ... boiling water ... and 25 ...

Were a Boon to a Paisley Man

DODD'S KIDNEY PILLS CURED PAIN IN HIS BACK.

Mr. Jas. A. Bryce Tells Why He Recommends Dodd's Kidney Pills to All Who Suffer from Kidney Disease.

Paisley, Ont., Feby. 28th (Special).—"I can highly recommend Dodds Kidney Pills to anyone suffering from pain in the back," says Mr. Jas. A. Bryce, well known and highly respected in this neighborhood. "I had been troubled with a pain in my back for about a year.

"Reading the self-examination page in Dodd's Almanac led me to believe that my trouble came from my kidneys so I sent and got a box of Dodd's Kidney Pills. Before they were done I was feeling as well as ever.

"Dodd's Kidney Pills were certainly a great boon to me."

Dodd's Kidney Pills act directly on the kidneys. By putting them in condition to do their proper work they accomplish the cures so regularly reported. Healthy kidneys make pure blood and the man or woman who has pure blood coursing through their veins can laugh at nine-tenths of the ills of life.

FOOD COST ABROAD SOARS.

Britain, Berlin and Vienna Report a Large Increase in Prices.

According to statistics published by the British Board of Trade, the retail prices of food in the United Kingdom advanced on the average of about 1½ per cent. in January. Flour and bread increased in price about 6 per cent.

Taking the nation as a whole and making allowance for the relative importance of various articles in the working-class household expenditure, the average increase in retail prices of food since the beginning of the war has been 47 per cent.

The Board of Trade states that in Berlin the general level of prices of certain more important articles of food was 83.4 per cent. above that of July, 1914.

In Vienna, it is declared, the general level of food prices was 112.9 per cent. higher than that of July, 1914.

MURINE FOR YOUR EYES

Murine is prepared by our Physicians, as used for many years in their practice, now dedicated to the Public and sold by Your Druggist. Try Murine to Refresh, Cleanse, and Strengthen Eyes after exposure to Cold Cutting Winds and Dust and to restore healthful tone to Eyes Reddened and made Sore by Overwork and Eye Strain.

Some broadminded Physicians use and recommend Murine while others perhaps jealous of its Success, talk and rush into print in opposition; those whose Eyes need care can guess why, as there is no Prescription fee in Murine. Just hand your Druggist 50c and you have a Complete Pkg. Eye Book—Murine—Dropper—and Cork Screw—ready for use. Try it in your Eyes and in Baby's Eyes for Eye Troubles—No Smarting—Just Eye Comfort. Write for Book of the Eye Free.

Murine Eye Remedy Company, Chicago

Wild Extravagance.

Mr. Pester—Have you spent the whole day shopping.

Mrs. Pester—Not the whole day. I still have the change out of an hour.

Judge—"You are charged with assault and battery. What have you to say?" Prisoner—"Not a word yer-onner. It was sayin' too much got me into this scrape."

Gossipy Wife—"When my husband married me he said he would lay down his life for me." Second G. W.—"So did mine, but now I can't even get him to lay down the stair carpet."

Father—"Has that young man proposed yet, Gladys?" Daughter (blushin)—"Yes. How did you come to suspect, daddie?" Father—"Oh, he comes around here as if he owned the place."

Minard's Liniment Relieves Neuralgia.

Female Help Wanted...

...large hosiery, underwear and sweater factories. Vacancies in all departments, with openings for experienced or inexperienced help. Highest wages and moderate priced board. Apply, immediately,

Penmans Limited, Paris, Ont.

America's Pioneer Dog Remedies

BOOK ON DOG DISEASES And How to Feed

Mailed free to any address by the Author

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THE FARMERS SEEDSMAN — FIFTY YEARS' SERVICE — 1866 — 1916

Before placing your order for seeds, see our 1916 Golden Jubilee Catalogue it is free

	Per Bus.
Seed Corn (Bags free)	(70 lbs. on cob)
Wisconsin, No. 7	1.80
Bailey Leaming, White Cap Golden Glow	1.75
Longfellow, North Dakota Comptons	1.90

We pay railway freight in Ontario and Quebec on all orders over $25.00

GEO. KEITH & SONS SEEDS — 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 13th. In case of applications received after March 13th, inspection will only be made at increased expense to owners. Address all communications to R. W. Wade, Secretary, Ontario Stallion Enrolment Board, Parliament Buildings, Toronto.

...adorn the King's uniform. It's a fine profession is the Army, and promotion for all who ask for it! Look at the number of lieutenants! And there's Lord Kitchener, a Field-Marshal, and at head of the War Office. Why, Lord Kitchener was only your age once, and see what he is now!"

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.

Sowing and Reaping.

To sow bad habits and reap peace of mind is impossible. To sow earth and reap heaven is impossible. To sow self-indulgence and reap joy is impossible. Seed-time and harvest are cause and effect. Youth is our sowing-time. We prepare our own sheaves. Manhood and womanhood will work no miracles of change. We must sow good in youth if we would reap the fruits of joy later.

Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13 yrs. old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her and she has not been troubled for two years.

Yours truly,

J. B. LIVESQUE.

St. Joseph, P. O., 18th Aug., 1900.

A Slight Mistake.

Mrs. De Troop (who is short-sighted)—"Good morning, Mrs. Simkins. Your husband must be very fond of gardening. I saw him the first thing this morning down in the bottom of the garden. And how well he looks, to be sure!" Mrs. Simkins turned her back and slammed the door in her neighbor's face. The latter aghast, went to tell her daughter. "And you told her the thing in the onion patch was her husband?" "Of course, I did." "Well, that's not her husband; that's a scare-crow!"

Minard's Liniment for sale everywhere

The modern child can be relied upon to put his parents in their place. Witness the following genuine extract from a recent essay at Home—"The important person at home is mother. Another important person is father. He helps to keep us."

E.W.Gi... TO WINNIPEG

E.W.Gi... WINNIPE...

...Unnec...

Pullm... station sah. Sha... now?

Morton Moose—No; it is not necessary. When the train stops I'll step off.

Minard's Liniment Cures Dandruff

Ling—"I believe a man should be master of his own house. There can only be one head in a family, and I mean to be it." Wing—"That's a very good ide indeed! Have you spoken to your wife about it?"

SEED POTATOES

SEED POTATOES, IRISH COBblers, Deleware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

AGENTS WANTED

LADY OR GENTLEMAN WANTED in every town. Attractive proposition, big money, write Jarvis, 344 X Runnymede Road, Toronto.

$2 PER DAY, SALARY AND COMmission for lady representative in her home district. Work pleasant, educative, experience unnecessary. Nichols Limited, Publishers, Toronto.

NEWSPAPERS FOR SALE.

...WS AND JOB

$22 ... crop pay... Booth, Hey...

FARMS WANTED

WANTED — FARM, ABOUT HALF improved or relinquishment of 160 acres or more in Ontario. Must be bargain. State price location. Address Box 64, Fort William, 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 Slingsby Manufacturing Co., Ltd., Brantford, Ont.

MACHINERY

ENGINES, MARINE AND STATIONary, new and second-hand bargains, get list. Guarantee Motor Co., Hamilton, Canada.

FOR SALE

PEDIGREED NEWFOUNDLAND puppies for sale. Also few Persian kittens. R. A. Gillespie, Abbotsford, Quebec.

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.

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Restful Isles of Summer Loveliness

S.S. BERMUDIAN sails from New York March 1 and 8.

S.S. EVANGELINE sails from New York March 2 and 11.

Fares, including meals and berth, only ... and up. Apply for tickets and booklet

H. D. PATERSON, Gen. Agent,

Canada S.S. Lines, Limited, 46 Yonge St., Toronto, or any ticket agent.

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Situated on the Harbor of Hamilton. Accommodates 400.

Rates: $25 per week and upwards

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