

SOME MESS



The interior of the German Club at Winnipeg, after returned soldiers had got through with it.

SALTS FINE FOR
ACHING KIDNEYS

We Eat Too Much Meat Which
Clogs Kidneys, Then the
Back Hurts.

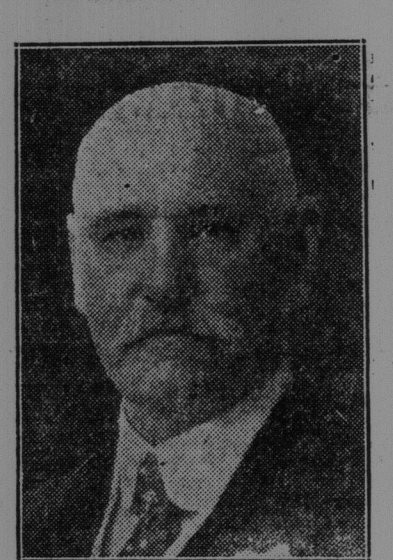
Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull aches in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

IMMIGRATION VETERAN.



Bruce Walker, for many years a prominent official of the Canadian Immigration department, has been relieved of his duties as commissioner at Winnipeg and been given charge of the publicity work for the department.

DAILY HEALTH TALKS

What Doctor Pierce Has Done
For Humanity!

BY DOCTOR PIERCE.

It has always seemed to me that Dr. Pierce, of Buffalo, N. Y., should be placed near the top when a list of America's great benefactors is written. He studied and conquered human diseases to a degree that few realize. Whenever he found a remedy that overcame disease, he at once announced it in the newspapers and told where it could be bought at a small price. He did not follow the usual custom of keeping the ingredients secret, so that the rich only could afford to buy the medicine, but openly printed the name of each root and herb he used. And so today the names of Dr. Pierce and his medicines are widely known, and they stand for better health and better citizenship.

One of this great physician's most successful remedies is known as Doctor Pierce's Pleasant Pellets. These are little, sugar-coated pills, composed of May-apple, leaves of aloë, root of jalap, things that Nature grows in the ground. These Pellets are safe because they move the bowels gently, leaving no bad after-effects, as so many pills do. Very often they make a person who takes them feel like a new man or woman, for they cleanse the intestines of hard, decayed and poisonous matter that accumulates when one is constipated. If you are constipated, by all means go to your druggist and get some of Dr. Pierce's Pleasant Pellets. They may prove to be the very thing your system requires to make you well and happy.

USE The Want
Ad Way

IMPRESSIONS OF
EASTERN CITIES

Toronto Writer on St. John
and Halifax

MARITIME POLITICS

Finds Too Much Dependence
on the Governments—"A
Certain Insularity" is Ob-
served in Halifax

(Toronto Mail and Empire.)
Halifax, Feb. 17.—One does not need to travel 1,000 miles to know that Halifax has one of the greatest harbors in the world. Man has here co-operated with nature, and the result is something in which Canadians now take pride. Millions have been spent and many more will be spent in the next few years to give the Canadian government railways and the various shipping companies terminals and port facilities calculated to supply all needs for the next fifty years. Great new piers are to be constructed and are now under way. Halifax at least should have no unemployment problem for eight or ten years to come.

Along among Canadian cities, Halifax bears the scars of war, and some of them are likely to remain as long as the memory of the frightful explosion of December 6, 1917, survives. A year after the event one cannot talk to witnesses of the disaster without a thrill of horror. The terrific storm that fell upon the city a few hours later must have been almost more dreadful than the original calamity. Nor will Halifax ever forget what she owed to the volunteers who hurried to her rescue. Her own citizens appear to have been for the most part dazed and nerve-shattered by the blowing up of the munition ship. An immediate rally was impossible. Perhaps the deep gratitude that Halifax feels for the swift aid that poured in on her in her desolation partly explains the extreme hospitality of her citizens to vis-



For Constipation
Carter's Little
Liver Pills
will set you right
over night.
Purely Vegetable
Small Pill, Small Dose, Small Price

Carter's Iron Pills
Will restore color to the faces of
those who lack iron in the blood,
as most pale-faced people do.

Pale Cheeked Women
Told About Restoring
A Rosy Complexion

A few years ago the girl with pale, drawn cheeks scarcely knew what to do in order to restore her fading appearance. At that time there was no blood, food medium and that really would put color and strength into systems that were more or less worn out.

Today it's different. The blood can be quickly nourished, can be made rich, red, and healthy. All you have to do is take Ferrozone Tablets with a sip or two of water after meals. The effect is almost magical.

Mothers, look at your children. Are they ruddy and strong—do they eat and sleep well, or are they pale, weak, and anemic?

FERROZONE will rebuild them. Take your own case—is your blood strong and rich? Have you that old-time strength and vigor, or are you somewhat under the weather?

FERROZONE will supply strengthening elements you require. It is a blood-forming, nourishing tonic that makes every sipping person well.

FERROZONE is a marvelous remedy, it contains in concentrated form certain rare qualities that especially fit it to cases of anemia, poor color, thin blood, tiredness, and loss of weight.

Every day you put off using FERROZONE you lose ground. Get it today, sold in 50 cent boxes by all dealers, or by mail from the Cataract House Co., Kingston, Ont.

From lieutenant-governor and the premier down they have been to the most kind. Take Their Politics Seriously.

Like the people of St. John, they are extremely serious about politics. They take their politics rather usually, with a government job or an appropriation as a chaser. It is very doubtful if the maritime provinces have the same conception of government as has Ontario. For instance, the government is looked on as the fount of prosperity, almost as the source of industry, although admittedly there are important industries in the provinces that have prospered and thrived through the energy and shrewdness of the founders. The average Ontario business man as a rule asks just one favor of the government, namely, that it will leave him alone. And left alone, he does not feel like a child in the dark. Here a certain irony is to be observed which is all the more curious, as it occurs in a great seaport. Traffic keeps to the left in the good old English style. This custom one that is likely to be abandoned for the sake of attracting automobile tourists. Now they will not come, despite the rich beauty of the country, for fear of accidents. There is also an English flavor to the notices in hotel bedrooms to the effect that coal is supplied at 25 cents a scuttle. A coal grate is a feature of the rooms besides the steam heating. Rather old and very comfortable are the hotels, and garnished with such pictures as a portrait of President Garfield, for instance, and rival teams of cricketers, most of them neatly bearded, some of the beards being meticulously parted in the middle. W. G. Wells is referred to on the menu cards, which announce "oysters." Sea food, of course, is plentiful, and it is a great pity people in a city no farther inland than Toronto should have to go to the seacoast before understanding what salt water fish really taste like. The theory that a constant supply of fish is partly responsible for the extreme intellectuality of the people of the maritime provinces is one that meets with some considerable favor here.

The Garrison Disappointed.
Extreme dissatisfaction prevails among the soldiers at the citadel over the pro-

WEeping ECZEMA
SOON RELIEVED

A Perfect Treatment For This Dis-
tressing Complaint

Wasing, Ont.
"I had an attack of Weeping Eczema; so bad that my clothes would be wet through at times. It is impossible to explain to you how I suffered. I tried 'Fruit-a-tives' and 'Sootha Salva.' The first treatment gave me relief. I have used three boxes of 'Sootha Salva' and two of 'Fruit-a-tives,' and am entirely well."

G. W. HALL.

Both these sterling remedies are sold by dealers at 50c. a box, 6 for \$2.50, or sent on receipt of price by Fruit-a-Lives Limited, Ottawa.

"Fruit-a-tives" is also put up in a trial size which sells for 25c.

pect of continued garrison duty now that the war is over. It is impossible to explain to them that it is not over. The case of some is very hard indeed. They have been doing garrison duty here since the beginning of the war. Imagine men enlisting in British Columbia and California in the autumn of 1914 and getting no farther than Halifax. Officers, too, have been here for years, their frequent applications for overseas employment having been denied because they were considered indispensable in training younger officers. The trained youths departed and the rewards and promotions have been theirs, the broken limbs and the graves in France, too, for that matter. Nevertheless, the hardship thus imposed on their seniors, whose sole fault was that they happened to be fully trained in 1914, can be appreciated. They have seen the prizes go to younger men and have had to bear the unjust imputation of "slacking" because they did not go overseas. In the earlier days of the war interned German prisoners were kept at the citadel. On one occasion several of them escaped, cutting through inch bars of iron, scaling high walls and successfully beating it. They hid their table knives in their mattresses and with the utmost patience worked away at the bars until they cut through two of them. They then found themselves in the open, but confronted by a deep moat. By fastening together a couple of mop handles they scrambled down in safety and faced the opposite wall of stone some twenty feet or more high. An accumulation of several months had provided the necessary bits of string and they fashioned a rope ladder. By tearing down a couple of wrought iron coat hooks they contrived a sort of grappling-iron effect which was cast over an iron fence on the opposite parapet, and so they climbed up their ladder to freedom.

J. V. McAREE.

SNOKE MACDONALD'S INDEX

ST. JOHN MAN PROMOTED

Another list of C. P. R. promotions is issued. E. F. L. Sturdee, formerly general agent at Boston, is transferred to Seattle (Wash.), as general agent. He is succeeded by E. R. Atty at St. John, as clerk in the passenger department in 1898, was transferred to the Toronto office in 1907, became clerk in the Montreal office in 1909, chief clerk in the general passenger department Montreal in 1911, assistant district passenger agent, Toronto, in 1913, and general agent at Boston in 1915.

HAD SEVERE COLD

AND TICKLING SENSATION
IN THE THROAT

This trouble is most distressing, and caused from a cold that has settled in the throat.

How many people have lost a good night's sleep by that nasty, leading, irritating sensation in the throat?

The dry, hard cough keeps you awake and when you get up in the morning you feel as if you had had no rest at all.

Dr. Wood's Norway Pine Syrup, which is composed of the most soothing and healing expectorant herbs and bark of the world-famous Norway pine tree will give almost instant relief in all cases of this nature.

Mrs. G. C. Rortley, Bright, Ont. writes: "I take great pleasure in writing you of Dr. Wood's Norway Pine Syrup."

"For several weeks I was troubled with a severe cold, and a tickling in the throat. I tried numerous remedies, but found no relief until I used Dr. Wood's Norway Pine Syrup, which I had heard so much about, and on taking one bottle got instant relief. I highly recommend it to those who need a quick cure."

So great has been the success of "Dr. Wood's" in curing coughs, colds, bronchitis, etc., it is only natural that many imitations have been placed on the market. The genuine is put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c. Manufactured only by The T. T. Millburn Co., Limited, Toronto, Ont.

There's
Nothing
Like

Zam-Buk's soothing and healing power. "Zam-Buk has been our household balm for fourteen years, and we could not do without it," says Mr. George A. Kilburn of Swan Lake, Man.

For eczema and skin troubles of all kinds Zam-Buk has no equal; also for old sores, ulcers, abscesses, boils, pimples, blood-poisoning, piles, cuts, burns, bruises and scalds.

All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.



POET WINS POST.



R. J. C. Stead, poet of Calgary, who has been appointed publicity agent for the Federal Department of Immigration and Colonization.

SAVE YOUR HAIR!
A SMALL BOTTLE
STOPS DANDRUFF

Every Bit of Dandruff Disap-
pears and Hair Stops
Coming Out

Try This! Your Hair Appears
Glossy, Abundant, Wavy
and Beautiful

Thin, brittle, colorless and scraggy hair is sure evidence of a neglected scalp of dandruff—that awful scurf, which is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a small bottle of Knowlton's Danderine from any drug store or toilet counter for a few cents, and after the first application your hair will take on that life, lustre and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance, an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating and life-producing properties cause the hair to grow long, strong and beautiful.

No other remedy will so
surely and quickly correct
stomach ailments, regulate
the liver and improve the
general health as a dose of
Beecham's
Pills

Largest Sale of any Medicine in the World.
Sold everywhere. In boxes, 25c.

INDIA SUPPLIED
1,250,000 TROOPS

Announcement Made at the Open-
ing of Legislative Council

Delhi, Feb. 24.—In opening the legislative council, Lord Chelmsford, the Viceroy, said it was important that the powers which had enabled the public peace to be maintained during the war should be replaced by adequate substitutes. The reaction against authority which had manifested itself in many parts of the world was unlikely to leave India untouched. The government, he added, could not shut its eyes to the undoubted existence in India of definitely revolutionary organizations, and it would fail in its duty if it were not prepared to deal with them. Special measures were clearly essential for the maintenance of His Majesty's government and the lives and property of the citizens. He therefore commended two bills in regard thereto for the most earnest consideration.

Continuing, the Viceroy said that India's contributions to the Allies included 21,000,000 sterling worth of hides, 200,000 tons of railway sleepers, 1,800 miles of railway track, 299 locomotives, 5,500 vehicles, 42,000,000 articles of military clothing, 1,250,000 combatants and non-combatants.

Fifty thousand troops have been demobilized.

The local governments, the Viceroy said, were now arranging for the free primary education of the children of fallen and disabled soldiers.

The unusual drought has caused widespread scarcity, but recent beneficial rains have improved the position.

Lord Chelmsford outlined an all-round alteration in the position of the Indian public services, which would end "a greater efficiency and engage the attention of the highest authorities. Each year he had spent in India, the Viceroy said, had strengthened his confidence in the solid good sense of India as a whole. It had been tried in the great war, and had not yet found wanting. The last was not yet over, but he was confident India would emerge greater than ever, both in resources and self-help, and great as ever in her loyalty to the King-Emperor.

Specks Floating
Before His Eyes

When specks start to float before the eyes, when everything turns black for a few seconds and you feel as if you were going to faint, you may rest assured that your liver is not working properly.

The essential thing to do in all cases where the liver is slow, lazy or torpid, is to stir it up by the use of a medicine that will clear away all the waste and poisonous matter from the system, and prevent as well as cure all the troubles arising from this accumulated mass which has collected in the system.

Keep the bowels open by using MILBURN'S LAXA-LIVER PILLS and you will have no liver trouble of any kind. They will clear away all the waste and effete matter which has collected in the system, and prevent as well as cure all the troubles arising from this accumulated mass which has collected in the system.

Mr. John R. Morrison, Grand River Falls, N. S., writes: "Several months ago I was troubled with a sour stomach, and had specks floating before my eyes. I took five vials of Milburn's Laxa-Liver Pills which cured and cleared my blood before any length of time. I told my friends about it and they got some, and they, too, find themselves different since they took them. I recommend your pills very highly."

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers, or mailed direct on receipt of price by The T. T. Millburn Co., Limited, Toronto, Ont.

FEDERAL BOARD OF HEALTH

Ottawa, Feb. 24.—Plans for the proposed new department of public health were discussed at a conference in Ottawa this morning between prominent medical men and J. H. Keefe, M. P., parliamentary under-secretary for external affairs, representing the government. That a bill to create such a department will be brought down during the session was intimated in the speech from the throne. It is proposed to take the work of organization in hand at the earliest possible date. Medical men present at this morning's conference include Dr. Paget, of Quebec.

Don't Torture Your Child!

TO MOTHERS! See your little one's terror at the very thought of a dose of castor oil, mineral oil, calomel or pills. Ugh!

Cascarets "work" better, safer, surer on the tender little liver, stomach and bowels, besides Cascarets taste like candy. Even bilious, constipated, sick kiddies coax for this harmless candy cathartic.



Each 10 cent box of Cascarets, the pleasant candy cathartic, contains directions and dosage for children aged one year old and upwards. W. the little one's tongue turns white, breath feverish, stomach sour, then nothing better to "work" the nasty bile, souring food and constipating poison from the child's system. Give Cascarets, then never worry.

Abbey's
EFFERVESCENT SALT

For Women's Ills

It eases nausea or sickness of the stomach, drives away Headaches, clears the brain, purifies the blood, promotes good digestion, soothes the nerves and removes all feeling of depression. ABBEY'S SALT keeps the complexion clear by natural means only. It is a sparkling, refreshing drink—so pleasant to the taste that even children take it with pleasure.

Try it for a week—a glass before breakfast.

MUTT AND JEFF—THEY OPEN UP A SODA WATER FOUNTAIN

