

SPRING IMPURITIES IN THE BLOOD

A Tonic Medicine is a Necessity at This Season.

Dr. Williams' Pink Pills for Pale People are an all year round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these Pills helps to rid the system of impurities, and to build up the blood.

1. How to waterproof their overcoats.—Put 1 lb. of alum, 3 ozs. of fish glue (or any other first-class glue) in five quarts of boiling water. When dissolved, add five quarts of cold water. When cold put in the overcoat for a few minutes. When dry it will shed the rain.

2. A sure cure for dysentery.—Put a heaping tablespoonful of the best laundry starch into half a pint of milk. Then put in two tablespoonfuls of blackberry brandy, if that is not handy put in enough red pepper to warm it up. Take this mixture every two or three hours.

3. A cure for vomiting.—Put a heaping tablespoonful of English black currant jam into a glass of cold water, mash well, and take a swallow every few minutes.

4. Best way to make an egg nog.—Put yolk of egg into a tumbler with a teaspoonful of Jamaica rum. Beat up well and put in a teaspoonful of sugar. Then put in half a pint of milk. Never put in white of egg.

5. Cure for pneumonia.—Saturate a ball of cotton (one inch in diameter) with spirits of grain alcohol. Add three drops of chloroform to each ball of cotton. Place between the patient's teeth (after first using vaseline on the gums to prevent burning), and let the patient inhale the fumes in long, deep breaths for fifteen minutes. Then repeat for fifteen minutes or more. Inhale again, and repeat the above twenty times. The result will be that the lungs will relax and expand to their normal condition; in twenty-four hours the sufferer is out of danger, and in forty-eight hours cured, although weak. Change the cotton balls every seven minutes.

You can get these health-renewing Pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for 2.50 from The Dr. Williams' Medicine Co., Brockville Ont.

SAW "SAFETY FIRST" FILM. C.P.R. Officials Viewed Silent Drama to Stimulate Movement.

A realistic moving picture film in the interests of the Safety First Movement was recently displayed in a specially fitted car at Windsor Station, Montreal, before a large audience. The film was produced by Mr. Marlow, general safety agent, New York Central Lines, and tells the story of a railroad man, Jack Foster, whose carelessness endangered the happiness of his wife and home until his friend Jim Stevens, a booster for the Safety First, convinces him by demonstrating awful examples that it is worse to gamble for life than to gamble in any other way. One man loses his leg, and other accidents are realistically portrayed in an exhibition at the Safety Rally to which Jim Stevens takes Jack Foster—such as the shopman who loses an eye through not wearing goggles, the carpenter losing a finger while working at a buzz saw without the guard, the brakeman being run over while running between moving cars, the engineer being killed while boarding the footboard of an engine in motion. Particularly impressive is the picture of a collision due to slowness in flagging.

In order to promote the Safety First Movement in Canada, Mr. Bury has secured a copy of the film, which will be offered to moving picture houses at divisional and other important railroad points along the line of the Canadian Pacific Railway.

MORE THAN EVER.

Increased Capacity For Week. Many former tea and coffee drinkers who have mental work to perform day after day, have found a better capacity and greater endurance by using Postum. A woman writes:

"I had drunk coffee for about twenty years, and finally had what the doctor called 'coffee heart.' I was nervous and extremely despondent; had little mental or physical strength left; had kidney trouble and constipation." (Tea is just as injurious because it contains caffeine, the same drug found in coffee.)

The first noticeable benefit which followed the change from coffee to Postum was the improved action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steadier.

"Then I became less despondent, and the desire to be active again showed proof of renewed physical and mental strength.

"I formerly did mental work and had to give it up on account of coffee," but since using Postum I am doing hard mental labor with less fatigue." Name given by Canadian Postum Co., Windsor, Ont.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled, 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup. "There's a Reason" for Postum. Sold by Grocers.

FOR CANADIAN SOLDIERS.

A Few Recipes Which May Be Found Very Useful.

Hear are a few recipes that I want to give to Canadian Soldiers, writes Mr. Geo. C. MacLean, in the Scottish-American.

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BEST SOLDIERS IN THE WORLD.

British Commander in Balkans Pays High Tribute to the French.

"The best soldiers in the world," is the opinion General Sir Bryan Mahon, commanding the British forces in the Balkans, expressed to the Paris Journal's Salonica correspondent, regarding the French army.

"Our British soldiers, too, have given the world reason for admiration, but we never pretended to set on foot an army really worth anything."

Germany has finished her war, while ours is only beginning, and, in my opinion, no people will venture to execute criminal designs as long as two such gendarmes as England and France are ready to defend the right."

Speaking of the Entente Allies, Sir Bryan Mahon said that what was originally a union of reason, founded on interest, now had become a true marriage of inclination.

WHEN BABY IS ILL

When baby is ill no other medicine will so quickly relieve him as will Baby's Own Tablets. They go right to the root of most childhood ailments—those derangements of the stomach and bowels which cause difficult teething, colds, constipation, vomiting and simple fevers. They cleanse the bowels and sweeten the stomach and drive out all cause of illness. Concerning them Mrs. Wm. Evers, Gilks, N.B., says:—"We always keep a box of Baby's Own Tablets in the house as we have found them an excellent medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

REAL VALUE OF RATS.

Carried a Guide Wire Through a Conduit 434 Feet Long.

The uses of rats and mice in this world have been problematical until now. A use for the lowly rodent has been discovered, and in this one particular line he is invaluable.

Only a few days ago two rural telephone companies in Canton, Ill., were forced by the public utilities commission, to establish a physical connection between their lines. To do so required that a cable be run through a conduit 434 feet long, and the managers were in despair until one of them hit on the happy idea of attaching a guide wire to the tail of a rat and chasing him through the conduit.

So it came about that a rat with a silk fishline to his tail was started through the small passage. A ferret sent after him to hurry him up was too ambitious and caught the rat.

The entire collection of rats gathered through the medium of a newspaper want ad were sent through the conduit, but the managers were never able to judge properly the ferret's handicap.

Finally a local inventive genius suggested tying a bell on a rat. This was done. The fishline was dragged through by the rat and then in turn a fine copper wire was drawn through hand-over-hand.

The rat neglected to stop and as a reward for faithful service he was permitted to escape.

It costs a lot to live these days—more than it did before. But when you stop to think of it, it's worth a whole lot more.

"STRUCK OIL"

Remarkable Ways in Which Gold has Been Found.

If every man who washed his own pants discovered a gold mine there would be a slump in washerwomen. But that is how the largest nugget ever found in California was turned out.

It was a young Indian who was washing his clothes in a certain stream when this big lump of fortune came his way. Who will say now that virtue—cleanliness, for choice—does not bring its own reward?

The Californian Eldorado, to which all the world rushed with one accord, was first spotted by a man who went out early one morning to dig onions with a sheath-knife, and found gold adhering to the blade.

Talking of sheath-knives, they were the favorite means of flicking gold in Bendigo days. The diggers used these knives for many things, and wore them in their belts. They used to dig in their "claims," flicking out bits of gold with the point.

Imagine taking thirty-two pounds' weight of gold out of a hole in the earth before breakfast! Yet such an experience was common enough.

And a gold mine in New Zealand was discovered by a man who picked up a stone to throw at a wood pigeon!

He Feels Like a Young Fellow

WHY MANTOBA MAN PRAISES DODD'S KIDNEY PILLS.

After Experimenting With Other Medicines Max Hanjook Found in Dodd's Kidney Pills the Cure That He Sought.

Pleasant Home, Man. March 20th, (Special).—Mr. Max Hanjook, a well-known resident of this place, who, after an extended period of ill-health is feeling strong and hearty again, is spreading broadcast the good news that he found a new lease of youth in Dodd's Kidney Pills.

"I tried all kinds of other pills, but they didn't help me very much," Mr. Hanjook says. "But Dodd's Kidney Pills have made me feel like a different man. I feel like a young fellow again. I want everybody to know that Dodd's Kidney Pills have done for me everything that has been claimed for them."

Dodd's Kidney Pills act directly on the kidneys. They make the kidneys strong and healthy and thus put them in condition to strain all impurities, all the seeds of disease, out of the blood. The cleansed blood circulating all through the body gives new strength and energy everywhere. That's why Dodd's Kidney Pills are popular all over Canada.

WARNING AGAINST LOSS

Britain Must Adopt a Broad Agricultural Policy

Andrew Bonar Law, Secretary for the Colonies, speaking at the London School of Economics tonight, discussed the problem that will arise after the war, referring particularly to agriculture. He declared that it was necessary for England to adopt a broad program of agricultural development to prevent a too great number of men emigrating to the colonies.

"The Government engaged in carrying on the war," said the Unionist leader, "has no easy task, but the Government which shoulders the duty of reconstruction after the war will have work no less difficult. The war has shown us that agriculture is still the most important of all our industries, and in the British Isles we must have healthy agriculture."

"After the war, large numbers of our soldiers will not be willing to go back to tame industrial life. We know how important is the strength of the Imperial colonies and we wish to see them grow in population with men of our own race and ideals, but we do not want to see the best and most vigorous of our people leaving these shores even for the colonies. For that reason it is essential to make real efforts to place agriculture on an attractive and profitable basis."

MURINE. Murine is prepared by our Physicians, as used for many years in their practice, now dedicated to the Public and sold by Your Druggist, right to your door. Murine relieves, cleanses, and strengthens eyes after exposure to cold cutting winds and dust and to restore healthy 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 Eye Book—Murine—Dropper—and Cork Screw—ready for use. Try it in your Eyes and in Baby's Eyes for Eye Troubles—No Smearing—Just Eye Comfort. Write for Book of the Eye Book. Murine Eye Remedy Company, Chicago

JAPANESE SUICIDE CAUSES.

Why the Japs Are So Prone to Take Their Own Lives.

Unrequited love, debt and the failure of men of education to earn a sufficient living are given by a writer in the well-known Chuo Koron review as the three chief causes of suicides in Japan, the increase of which in recent years has caused medical experts considerable anxiety. The writer expressed the opinion that the number of suicides is larger than appears in the press and is struck by the fact that the number of cases of self-destruction seems to have increased with the development of Western civilization.

A Dollar-Meal for Five Cents

The most expensive foods are quite often entirely lacking in food value. They do not build muscle or supply energy. Measured by the cost of most foods, a breakfast or luncheon of Shredded Wheat with milk and cream is worth a dollar—and the cost is not over five cents. Two biscuits will supply all the strength needed for a half-day's work or play.



Made in Canada.

He says: "Late spring and early summer seems to furnish the greater number of victims, so that heat has evidently an irritating effect on the mind, producing the melancholy that leads to suicide. In spite of the fact that the habit is regarded as evil, many look to it as the only relief from misery. Though suicide is condemned by both Christianity and Mohammedanism, many Japanese regard it as sometimes a means toward a higher end. The evil is due to a more insistent spirit of pessimism following the wave of materialism in evidence after the wars with Russia and China. Lack of imagination and deep thinking which fail to find solace in material forces and knows no other source of relief naturally leaves the victim in fatal despair."

The writer is pessimistic as to the future, for he finds that not for many years has Japanese society been in such a state of gloom.

Statistics show a large number of suicides among the young and that of seeking death by themselves in the bath and by casting themselves from the roof of their death over precipice at the author's note as the sum of foreign diplomats credited to the country.

Minard's Lintment Cures Burns, Etc.

The One Drawback. "You seem to be very comfortable here. Do you like the work of broom-making?" the female visitor to the prison asked a convict. "I've only one fault to find with my job here, lady," replied the convict. "And what is that, may I ask?" "It's altogether too confining."

Canada's Greatest Muskrat Handler

is the old firm of HIRAM JOHNSON Limited, 410 St. Paul St. W., Montreal. Ship all your furs there and obtain full value.

Ladies' Waterproof COAT \$4.25

all charges pre-paid. Colors, Fawn, Gray, Black and Blue. Styles Raglan, or set in sleeve with belt. We sell direct from manufacturer to consumer. No agents, no middlemen. If you don't like the garment, send it back and get your money.

All garments guaranteed waterproof. Men's Waterproofs, all Styles, \$3.50 Up. Write for Free Catalogue, Tape Measure and Samples of Cloth. The Manchester Waterproof and Clothing Co., MONTREAL, QUE. P.O. Box 1744, or 319 James St.,

Very few people know that New Zealand has its own Victoria Cross—one of the rarest medals ever awarded—"For Valor." New Zealand's Victoria Cross is very similar to the one so much coveted by the officers and men of the army and navy. The centre, however, bears the wording "New Zealand" instead of "For Valor," and has no lion. The cross is surmounted by a crown and is fastened to the ribbon bar by a letter "V" for Victoria. This medal for bravery was instituted in 1869 by the Governor of New Zealand, Sir G. F. Bowen. He exceeded his authority in doing so, but Queen Victoria signed the necessary order for the medals, adding a note, however, that it was not to be taken as a precedent. Altogether only nineteen of these crosses were awarded.

ZAM-BUK

Purely Herbal—No poisonous coloring matter. Antiseptic—Stops blood-poisoning, festering, etc. Soothing—Ends quickly the pain and smarting. Heals all sores. 50c. Box. All Druggists and Stores.

ALSACE REGAINED

Ninety Communes Are Now in the Hands of the French

M. Paul Deschanel, president of the French Chamber of Deputies, who was recently the companion of President Poincare on a visit to the French front in Alsace, has given the following account of his impressions:

"We paid a visit to the troops who had just taken part in the fighting on Hartmannswellerkopf. So long as I live I shall never forget the look in the eyes of those young men, the look that was a reflection of their collective soul, of the same all-pervading inspiration. One felt their inflexible resolution, their pride, their absolute detachment from everything that was not connected with victory; one felt that they were living a higher life. What moral splendour! I cannot think about it without the tears starting to my eyes. I would like the whole of France to see what we have seen."

"We occupy in Alsace the extent of one of our big arrondissements: 90 communes, 90,000 inhabitants, 10,000 school children. Everywhere the enthusiasm for France is the same."

FLAXSEED AS FOOD

Flaxseed has been known throughout historic time to possess wonderful food and medicinal properties. The Romans fed it to slaves to keep them in condition and health. The civilized palate has generally rebelled at its linseed odor and taste. It has remained for a physician to discover a method of driving oxygen out of the linseed oil by electricity changing the oil into a resin, odorless and tasteless as starch, yet leaving food and medicinal properties unchanged. This is now used in Dr. Jackson's Roman Meal, claimed to be the most nourishing food sold and a positive relief to dyspeptic and constipated. Most grocers sell it. Made by Roman Meal Company, Toronto, Canada.

"Why is your friend there such a convinced believer in second sight?" "Well, maybe it's because the poor duffer fell in love at first sight."

Minard's Lintment for sale everywhere. It has been said that the darkest has a silver lining, but the average man prefers his clouds gold lined.

WHITE KILLER

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HAWK BICYCLE An up-to-date High Grade Bicycle fitted with Roller Chain, New Departure or Hercules Counter Brake and Hub, Detachable Tire, high grade equipment including Mudguards, Pump, Tools. Send FREE 1916 Catalogue, 80 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.

CANADA'S GREATEST Muskrat Handler is the old firm of HIRAM JOHNSON Limited, 410 St. Paul St. W., Montreal. Ship all your furs there and obtain full value.

Ladies' Waterproof COAT \$4.25 all charges pre-paid. Colors, Fawn, Gray, Black and Blue. Styles Raglan, or set in sleeve with belt. We sell direct from manufacturer to consumer. No agents, no middlemen. If you don't like the garment, send it back and get your money.

All garments guaranteed waterproof. Men's Waterproofs, all Styles, \$3.50 Up. Write for Free Catalogue, Tape Measure and Samples of Cloth. The Manchester Waterproof and Clothing Co., MONTREAL, QUE. P.O. Box 1744, or 319 James St.,

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BERMUDA

The Ideal Winter Resort Beautiful Drives, Saddle Riding, Golf, Tennis, Yachting, Fishing and Sea Bathing. Present Garrison of the Ottawa (28th) Regiment. 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, BERMUDA Bermuda is reached by the steamers of the Quebec S. S. Co., 32 Broadway, New York.



"Yes, indeed, she was a good woman," remarked an Irishman, referring to his late wife. "She was a good, kind hearted woman. She always hit me with the soft end of the broom."

Minard's Lintment Believes Neuralgia.

The man who is unable to live without his income must live without it.

SEED POTATOES Brierley, Delaware, Irish Cobblers, Delaware, Carman Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR EXCHANGE PAIR SILVER BLACK CROSS BIRD FOXES, trade for used car. Reid Bros., Bothwell, Ont.

NURSERY STOCK HIGH-CLASS NURSERY STOCK — Buy and save middleman's profits. Write for catalogue, Dominion Nurseries (Smith, Reed & Co.) St. Catharines, Ont.

AGENTS WANTED LADY OR YOUNG MAN TO COLLECT in their locality. Dominion Works, Toronto.

WANTED

BAGS—WILL PAY CASH FOR OAT, Buy and save middleman's profits. Write for quotations. H. W. Dawson, Brampton.

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 Street, Toronto.

HELP WANTED

GIRLS FOR YOUTH

SEEDS

Before placing your order for seeds, see our 1916 Gold-Label Catalogue. It is free. Govt. Stamp. Buy from H. CLAY GLOVER, V. S., 118 West 31st Street, New York.

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

ABSORBINE Reduces Strained, Puffy Ankles; Lymphangitis, Poll Evid, Fistulas Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC and GERMICIDE. Does not blister or remove the hair and horse can be worked. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strain, Fatigue, Knots, Swollen Veins. Concentrated—only a few drops required at application. Price \$1 per bottle at dealers or delivered. W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

Do You Consider Wear and Tear On your harness when you figure your profits for the year? Ordinarily that's a big item but you can make it negligible by using EUREKA HARNESS OIL. Keeps the leather soft and prevents cracking. Adds years to harness life. Dealers Everywhere The Imperial Oil Company Limited BRANCHES IN ALL CITIES

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