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BRUCE'S SEEDS
Business Established 1880
Your Duty—To grow all the foodstuff possible and to get the best results, high-grade seeds, such as BRUCE'S are a necessity.
Our Duty—To provide sufficient seed and of the highest grade possible.
OUR DUTY IS DONE

Our 1918 Catalogue
Is ready—112 pages of Seeds, Plants, Bulbs, Implements and Poultry Supplies.
Write for a copy to-day.
JOHN A. BRUCE & CO., Limited.
Hamilton Canada

EARLY MESSAGES

SUBMARINE HUNTERS SUNK.

LONDON, Feb. 15.
Eight British craft which were hunting submarines, have been sunk by a raiding fleet of enemy destroyers, it is announced officially. After having sunk eight vessels, seven of which were destroyers and one trawler, the enemy destroyers returned rapidly northward before they could be engaged. The destroyer raid took place in the Straits of Dover, the official report says.

THE RAID WAS SUDDEN.

LONDON, Feb. 15.
Admiralty statement—A swift raid was made by a flotilla of large enemy destroyers at 1 a.m. to-day on our patrol forces in Dover Straits. The following craft which were occupied in hunting a submarine which had been sighted by patrol were sunk—H.M.S. Murray, Gloverbank, W. Elliott, Queen, Silver Queen, Veracity and Christa Craig. After having sunk these vessels the enemy destroyers returned rapidly to the north before any of our forces could engage them.

TO OPEN WITH ROMANIAN.

AMSTERDAM, Feb. 15.
Berlin newspapers of Thursday evening intimate that peace negotiations with Roumania are about to be opened.

AGAINST NORTHERN RUSSIA.

LONDON, Feb. 15.
Germany has resolved to renew military activity against northern Russia.

TROTSKY'S ACTION APPROVED.

LONDON, Feb. 15.
The Russians withdrawal from the war was a real withdrawal and a throwing away of all agreements with her former allies, said Leon Trotsky, Bolshevik Foreign Minister in reporting to all Russian Workmen's and Soldiers' Councils on the result of the Peace-Litovsk conference, according to a Russian wireless dispatch received here. The dispatch says the Council approved Trotsky's policy.

WHAT GERMANY DOES WITH STRIKERS.

AMSTERDAM, Feb. 15.
A number of persons who took part in the recent strikes in Berlin have been arrested.

Nerves of the Stomach

Weak and Inactive as Result of Nervous Prostration—Lost Twenty Pounds—Had to Take Sleeping Powders to Get Any Rest.

Many people never realize that the movement and action of every organ of the human body is dependent on the energy supplied by the nervous system.

When the nervous system gets run down there is weakness throughout the entire body. You feel tired and languid and your stomach and other digestive organs are similarly affected. Appetite fails, digestion is poor, you do not get the good of what you eat and gradually grow weaker and weaker.

This process can only be stopped by such treatment as Dr. Chase's Nerve Food, which goes directly to create new nerve force and thereby to invigorate the whole human body.

Mrs. Geo. S. Ellis, 46 Davidson Street, St. Catharines, Ont., writes: "My husband had an attack of nervous prostration, and although he doctor and other medicines, he could not get any relief. He had to resort to sleeping powders given him by the doctor to make him sleep. The greater part of the trouble seemed to be with the nerves of his stomach. He began to lose weight, and kept on going down until he had lost twenty pounds. We had read advertisements in the newspapers for Dr. Chase's Nerve Food, a lot of good food medicine for nervousness, so my husband decided to try it. He found benefit almost from the start, and continued this treatment until he had taken about twelve or thirteen boxes. The result was most satisfactory. He is now enjoying good health, sleeps well, and has gained back nearly all the weight he had lost. He also uses Dr. Chase's Kidney-Liver Pills occasionally, and there also used this latter medicine for stomach and liver trouble, and was completely cured of these complaints. We think a great deal of Dr. Chase's medicines, and cannot speak too highly of them."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 3 boxes for \$1.50, at all dealers, or Edman, 100, St. Catharines, Ont., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

been sentenced to prison by an extraordinary court martial. The heavy sentence of 42 months of penal servitude was imposed on a metal worker named Ratajczak for attempting to hold up a street car. Another metal worker named Mayur was condemned to serve 18 months for a similar offence. One boy of 17, a metal worker, was sentenced to a term of two years and another to six months for distributing leaflets and urging women workers to strike.

NEUTRALS TAKE ACTION.

THE HAGUE, Feb. 15.
Holland has suggested to other neutrals that they take joint action in respect to the repudiation by the Bolsheviks of Russia's foreign loan, the Foreign Minister in London has informed a deputy. Spain, said the minister, already has contested in principle and replies are expected shortly from Switzerland and Scandinavian countries.

NEW BRAND OF ZEPPELINS.

WASHINGTON, Feb. 15.
Two new Zeppelins of large dimensions and provided with apparatus for producing artificial fog, were reported sighted over Lake Constance in an official despatch to-day from Paris. It is reported that the craft were sent to a German seaport.

BRITAIN'S FOOD SITUATION.

LONDON, Feb. 15.
The cereal situation is beginning to cause some anxiety, and it may ultimately become necessary to institute bread rationing. Although Chancellor Bonar Law said in the Commons on Wednesday that at the end of last year the total stocks of wheat in this country were greater by 2,000,000 quarters than they were at the end of 1916, it must be remembered that Britain is taking a generous share in helping to stave off starvation in France and Italy. Supplies of meat are somewhat better at this week-end. Most butchers and retailers obtained fairly good amounts at Smithfield market this morning.

NEW USE FOR THE "HOT DOG."

WASHINGTON, Feb. 15.
The much ridiculed German sausage may be playing an important part toward disintegrating the Kaiser's army. France's message to the German troops that they will do well to surrender and give the pass word "Kamrad Republik" is being carried to the German front lines in sausage meat and other ways. Small vials containing the message on oiled paper are dropped in Germany from allied airplanes, and relatives who hope for peace and lives of their men to be spared, slip messages into things they send to the troops. Many of those receiving a message surrender and surprisingly few spies have been found among their number. Information to this effect was given to-day to the House Committee on postal expenditure which was hearing a representative of the Committee on postal information on the propaganda campaign being carried on in Germany by the Allies. Propaganda pamphlets showing that the war aims of the Allies are for the overthrow of Prussian autocracy, are being dropped from airplanes 200 and 300 miles behind the German front lines. The Committee was told that Germans in Switzerland were working for a German republic and are also using their own methods to have troops surrender, giving the password "Kamrad Republik."

BOLO PASHA APPEALS.

PARIS, Feb. 15.
Bolo Pasha, who yesterday was convicted by court-martial of treason, and sentenced to death, to-day appealed from the verdict to the Court of Cassation.

SENDS CONGRATULATIONS.

LONDON, Feb. 15.
(Via Reuter's Ottawa Agency.)—Field Marshal Sir Douglas Haig, Commander-in-Chief of the British Armies in France, has sent a message of congratulations to the Canadians who took part in the successful raid near Harcourt on Feb. 12.

WOMAN SUFFRAGE DEFEATED.

LONDON, Feb. 14.
(Via Reuter's Ottawa Agency.)—

The motion in Cape Town to grant the franchise to women, was defeated in the Union House of Assembly by 54 to 39.

WILL TAKE HIS SEAT.

LONDON, Feb. 15.
The Prince of Wales, who automatically became a member of the House of Lords on attaining his majority, but who did not take his seat, will do so next Tuesday.

TUNNELING THE BOSPHORUS.

AMSTERDAM, Feb. 15.
The Turkish Parliament has approved a bill providing for the construction of a bridge and tunnel across the Bosphorus, connecting Europe and Asia. The contract for the work has been awarded.

DANCER AND FLYER KILLED.

FORTH WORTH, Tex., Feb. 15.
Vernon Castle, who had a national reputation as a dancer, was killed to-day while flying at Benbrook.

AMBASSADORS HONORED.

SHEPHERD, Feb. 15.
Honorary Degrees of Doctors of Law were conferred to-day at the University of Sheffield on Walter Hume Page, Paul Cambon and Marquis Gaglielmo Imperiali, respectively Ambassadors of the United States, France and Italy to Great Britain. Speaking at the ceremony, Ambassador Page said the war already has brought some great gains to the people of England and the United States. England's achievement is one unparalleled in history. She has found her strength, has developed her character, and has done miracles of endurance. What have been the war's benefits to the United States? Let me mention only one. Before the war our well-being and our personal independence and initiative had bred in us a great idealism, which, however, was spending itself in objects sometimes worthy, sometimes less worthy and sometimes in mere hobbies. This restless spiritual force now for the first time has found a subject worthy of itself, namely, the struggle to make the world worthy of living. The greatest gain to both England and the United States is combined by reason of their coming together. The ideas which separate us become smaller as our understanding of each other becomes closer. Our striving together to the utmost for the thing dearest to us both will have the inevitable result of making us brothers for life.



Eczema Now Curable

A wonderful new discovery for the cure of skin diseases called the D.D.D. Prescription for Eczema has convinced physicians throughout Newfoundland and Canada that eczema is curable. D. D. D. is a scientific preparation, compounded by a famous skin specialist. It is a simple anti-septic wash, a reliable home remedy that should always be kept on hand. Apply this D. D. D. Prescription to the skin and instantly the awful itch is gone. The very moment the liquid touches the skin, the agonizing, tantalizing itch disappears. This soothing wash penetrates the pores, kills and washes away disease germs and restores the skin to a thoroughly healthy condition.

Don't delay your cure; get a bottle of D. D. D. Prescription to-day. Sold Everywhere. Recommended by T. J. Edens, M.D., and Dr. W. Kennedy, M.D., and Dr. O'Mara.

Everyday Etiquette.

"Please tell me whether a man should use the prefix 'Mr.' on his cards, also whether his cards should be larger or smaller than a lady's?" was the query of Robert.

"Yes, the prefix 'Mr.' should be used on a man's card and it should be smaller than the card of a lady," said his sister.

Watercress soup should be seasoned with onion.

Any housewife who does her own work will find that the saving of food is a simple matter.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Selig's Curative Syrup, may be taken in water with meal and at bedtime, for the cure of indigestion, constipation and bad blood. Pimples on the face will disappear, and a cure in nearly every case." Get the genuine at druggists.

WHOOPIING COUGH
SPASMODIC CROUP
BRONCHITIS CATARRH COLIC
Vapo-Resolene
Est. 1879
A simple, safe and effective treatment avoiding drugs. Vapo-Resolene stops the spasms of Whooping Cough and relieves Spasmodic Croup at once. It is a boon to sufferers from Asthma. The air-carrying and antispasmodic vapors, inhaled with every breath, soothe the sore throat, soothe the cough, relaxing the chest, relieving the asthma, and inducing refreshing sleep. It is suitable for use with young children. Send us postal for descriptive booklet, and a sample of Vapo-Resolene. Vapo-Resolene Co., Limited, 1111 Main St., Montreal.

Milady's Boudoir.



TO REDUCE YOUR HIPS.

So many women wish to reduce their hips, that too many articles cannot be written about real reducing exercises. Here are some that will surely do the trick if persisted in: Lie on the back with the hands at the side and arms outstretched, full length, outlining a sweeping circle, making it as large as you can possibly stretch your legs. Without resting the leg, swing it at least twenty circles and then do the same with the right leg. The next day increase the number of circles to twenty five and add five each day until you can do one hundred. When you can swing that number, raise both legs at once and swing circles alternately, but in perpetual movement, one foot at the highest point when the other is at the lowest.

Now lie down on the floor on your stomach with the feet and knees together and the hands side by side in front, with the chin and palms down. Take a long breath which counting seven, inhaling through the nose and holding the breath while lifting the full weight of the body once on the palms of the hands and on the toes. Now let the body down lightly on the floor and exhale through the mouth while counting six.

Rest in this position for a moment before taking a second lift, and this time try to raise the body twice while holding the breath. Now stand full height with hands stretched above the head as far as possible, thumbs together and palms facing forward. Without bending the knees bend forward at the waist until the tips of the fingers touch the floor. Do this five times each night and morning until it can be done without apparent effort.

If you will practice these exercises faithfully and persistently, you will soon find your hips will assume a beautiful contour without a sign of bulkiness.

When you want Roast Beef, Roast Veal, Roast Mutton, Roast Pork, try ELLIS.

T. J. EDENS.
200 sacks P.E.I. Oats

Fish:
OYSTERS in Shell.
HERRING in Oil.
KIPPERED HERRING.
No. 1 SALT HERRING.
BONELESS CODFISH.
No. 1 SALMON in tins.
No. 1 LOBSTER in tins.
CROCKED & Blackwell's FISH.
PASTES—Lobster, Salmon, Anchovy, Shrimp.
HERRING in tins.
SARDINES, 1lb., 30c., 50c., 45c. tin.

To arrive Monday, Feb. 18th:
BANANAS.
CALIFORNIA PEARS.
TABLE APPLES—Boxes.
GRAPE FRUIT.
CALIFORNIA LEMON.
CALIFORNIA ORANGES.
EMPEROR GRAPES.

ONIONS—Large and Small.
FRESH TOMATOES.
CELERY.
K. Y. CHICKEN.
JAMS—IN 5000.
Raspberry, Strawberry, Plum, Damson, Apricot, Gooseberry, Red Currant Jelly, Marmalade in tins.

Due next week:
500 lbs. FRESH HALIBUT.
500 lbs. FRESH CODFISH.
500 pairs FRESH RABBITS.

T. J. EDNES.
Duckworth Street and Military Road.

Currants are Practically all Cleaned Up!
We recommend Griffin's
Seedless Raisins.
To make good bread you better use them. Seedless not Seeded.
"BLUENOSE" BUTTER—Taste "Bluenose" for yourself.
The meal that counts in these meatless days is PORK & BEANS—Armour's, Clark's and Libby's. Try a tin right now.

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Phone No. 11. GROCERY DEPARTMENT. Phone No. 11.

A. & S. RODGER'S
GREAT CLEARANCE SALE!
Expiry of Lease. Everything has to go this month.
Special for this week:
**Men's Felt Hats,
Men's White and Fancy Shirts,
Men's Collars and Ties.**
You won't get this opportunity every day. Don't Miss It.
A. & S. RODGER.

NEW Furniture.
We have just received another shipment of New Furniture,
Bought at Last Year's Prices, which we will offer at Old Prices to clear,
as prices will positively be much higher. Those intending to buy Furniture within the next three months, will do well to see same. It consists of:—
**Sideboards, Extension Tables,
Bureaus & Stands, Chairs, Rockers**
in various sizes and prices. Also, a small shipment of
BEDS,
we offer with our Springs and Mattresses, at special prices.
The C. L. MARCH CO., Ltd.,
Corner Water and Springdale Streets.
Advertise in the Telegram.