

months.

C.M.C.

The 'Allenburys' Foods pro-vide for Daby's needs step by step -a progressive dictary suited to his growing digestive powers from birth onwards.

With these Foods may be given the juice of grapes, oranges or meat, so beneficial to the hand-fed Baby, and instructions are given on each package.

Føds

MILK FOOD No. 1 From birth to 8 months.

MILK FOOD No. 2 From 3 to 6 months.

MALTED FOOD No. 3

Write for Booklet, "Infant Feeding and Management" to

The Allen & Hanburys Co., Limited, TORONTO. 6

A Now that you are beginning to reduce furnace-or feeder-fire, you find many a spot in the house that is too cold for either comfort or safety. In just such 0 Allenburgs

PERFECTION **OIL HEATER** with its bright, cheery glow, will provide an abundance of grateful warmth, giving

YOU MOST IN COMFORT WITH LEAST OIL. You can't turn it too high; it is SIMPLE, SAFE, ECONOMI-CAL

places a

SEVERAL STYLES-COME AND SEE THEM.

Marke: W.H. THORNE & CO. LTD. King

you's" As we quickly stepped down the hill, FOR THE SPRING But most of them as marched that day, Excepting three or four, have got another send off. the Guests ot Senator Thorne A large number of prominent citizens

Do Not Use Harsh Purgatives-A Tonic And will not come back no more. Jack, he climbs the hill beside me, is All You Need

And plucks a yellow bloom, "Eh! Bob," he cries, "it's like the flow-

Not exactly sick-but not feeling quite well. That is the way most peoers quite well. That is the way most peo-ple feel in the spring. Easily tired, ap-petite fickle, sometimes headaches, and a feeling of depression. Pimples or erup-tions may appear on the skin, or there may be twinges of rheumatism or neu-bligia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble. We grow at home. Then up he jumps and gives a sob, And falls forward dead, So we have to run and leave him, For the Huns were just ahead. Then we made another rush, And up the hill we go, Firing at little puffs of smoke, But we did not see the foe; Till by and by a shrapnel came, We grow at home. Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purga-tives gallop through the system and weaken instead of giving strength Any make new blood and build up the nerves. Dr. Williams' Pink Pills is the only medicine that can do this speedily, safe-ly and surely. Every dose of this med-icine makes new blood which clears the skin, strengthens the appetite and makes tired depressed men women and chil. skin, strengthens the appende and mark tired, depressed men, women and chil-dren bright, active and strong. Mrs. Maude Bagg, Lemberg, Sask., says: "I can unhesitatingly recommend Dr. Wil-liams' Pink Pills as a blood builder and Lims' under the bell, Suday school, And maybe church as well.

Itams' Pink Pills as a blood builder and tonic. I was very much run down when I began using the Pills, and a few boxes fully restored my health."
Sold by all medicine dealers or by mail at 50 cents a hox or six hoxes for

mail at 50 cents a box or six boxes for By Bobbie's little bed. \$2.50 from The Dr. Williams' Medicine Good-night, good-night, dear mother, Co., Brockville, Ont.

They are firing o'er the hill, And I want to get a little sleep, No.-8 Field Ambulance.

For the night is very chill. The promotions announced as are fol-lows: Sergeant A. B. McNeill to be quartermaster-sergeant; Sergeant A. P. Universe the stars are growing dim, But there is one good Friend above, you know, I will trust myself with Him.

ciate.

Reuben Johnson died on Friday at St. Louis, Kent County, at the age of ninety-four years. He was a former member of the provincial legislature.

GREAT BRITAIN AND SPAIN IN COMMERCIAL CONVENTION

A new commercial convention between Spain and Great Britain has been con-

cluded. Among its stipulations is an agreement that Great Britain shall sup-

ply 150,000 tons of coal monthly to Spain. In return Spain will export to England as much ore as it requires. The

Spanish government agrees to permit the chartering of Spanish ships by the

Waterloo Street Anniversary. At the anniversary service of the Waterloo street Baptist church last eve-

ning greetings and congratulations from

the other denominations were extended by Rev. T. Hall, D. D., A. A. Wilson, K. C.; Rev. Neil McLaughlin, Rev. J. H.

A. Anderson, Rev. J. C. B. Appel and Rev. R. H. W. Pinkett. The pastors of

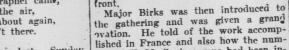
the other Baptist churches also were present and presented the greetings of

their congregations. Refreshments were served at the close of the evening.

British government.

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Leave him in his lonely grave. ALFRED DODD.



front

ber of Y. M. C. A. camps had been in-creased in England At the present creased in England At the present time he said they had fifty centres in England and thirty-seven in France. Rev. Captain W. A. Cameron then spoke on "the Challenge of the Men in Service at the Front to the Men in Service at Home." He gave a short sketch of the Y. M. C. A. activities and told of the wonderful spirit of the boys at the

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gathered last evening in the Union Club

on the invitation of Senator Thorne to

meet Major Birks, Capiain Cameron

and Captain Bishop of the Y. M. C. A., who are back from the front on a cam-paign to raise \$750,000 for the military

work of the association. The company met in the dining hall of the club where Senator Thorne addressed them briefly with reference to the object of the vis-

itors. He also commended the Y. M. C. A. military activities and pointed out the good they were doing at the

front Mator Mitchell of Fredericton also addressed the gathering. He said he addressed the gathering. He said he had come to the city principally to hear the reports of the Y. M. C. A. officers and he would go home more firmly con-vinced of the value of the work and of the obligation of the people to contrib-ute the funds necessary to carry on the work of the Y.M.C.A.

Mayor Hayes extended a cordial wel-come to the visitors and expressed con-fidence in the answer they would receive to their appeal throughout Canada. H. A. Powell, who was in Washington and heard President Wilson deliver his

famous message to Congress, told how the house had thrilled by the president's message and how the nation responded. He also spoke of the good being done by the Y.M.C.A.

Following the addresses, refreshments were served. A most enjoyable even-ing was spent by all.

Are you subject to

AN all too prevalent condition with many of us. Know the reason.

You are lacking that quality called "reserve power." Your body is unable to resist the sudden changes

in weather. You probably feel "run down"—"not up

to the mark"—then comes a raw damp chilly day and

a raw damp entity day and you have another cold. Healthy people don't catch cold. Their reserve power is sufficient to re-sist the inclemencies of

our peculiar climatic con-

What you must do is to

what you must do is to replenish the waste which is constantly going on in-the human economy. Build up your "reserve power."

Sanagen does just this. Sanagen does just that That is why it is so strong-ly recommended by physicians throughout the land. Sanagen consists of the force and energy producing proteids, combined

consists of the force and energy producing proteids, combined with organic phosphorus, a necessary element of the brain and nerve tissue. It not only supplies the very elements your body needs but it also assists you to extract all the nutriment from the food you eat.

Commence to-day to build up your "reserve power." You can get Sanagen at all drug stores.

CASEIN LIMITED, LONDON, S.W.

or P.O. Box 451, TORONTO, ONT.

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tions.

"Colds" and "Grippe?"



DON'T wait until a fine Spring shower comes along with a good "drenching" for that new Spring Suit, and we're sure to have them, quite unexpectedly, from now on. Here are fine looking Raincoats in handsome new models, light-weight, to carry over the arm when not in use. Raincoats that if bought today could not be sold at these prices, because of the advance on all rubber goods. Desirable colors and all sizes for women and misses.

New Tweed Balmacaan incoats \$8.50	Black Rubber Coats, good quality, ladies' sizes, 36 to 44 \$8.25
New Fancy Tweed Rain- ats with the latest deep oulder collar,	Misses Black Rubber Coats. Sizes 16 to 20, \$7.85
\$13.50 to \$18.00 Tweed Raglan Raincoats new belted effect, \$9.50 to \$12.90	Children's Black Rubber Coats, sold with hats to match



BOYS AT ANNUAL BANQUET Nr. Monk as follows: Junior business boys, McLaughlin, Rovers, 15 points; Oatey, Otters, 9; Irvin, Rovers, 5; high school, White, Crusaders, 12; Anglin, 11; Thompson, 6; junior B, Robinson, Loyalists, 9; Wilks, 7; H. Wetmore, 5; conice husiness hous C. Seeley Dehooter Members of the Y. M. C. A. boys ranch to the number of 200 met for a

Members of the Y. M. C. A. boys branch to the number of 200 met for a banquet in the gymnasium hall last ev-ening. They were the members of the fifteen Bible study groups who have been competing during the winter under the Canadian standard efficiency tests system. Each group had prepared their own table and the decorations were nov-el and striking.

el and striking. After supper, Arthur M. Gregg called the gathering to order for the busi-

ed the gathering to order for the bush ness of the evening. Addresses were given by Percy H. Long, Murray E. Nixon, F. A. Dykeman, Kenneth A. Willet, W. C. Cross, Donald McRae, John N. Jordan, L. A. Buckley, Paul Cross and H. H. Titus.

Y. M. C. A. BOYS AT

Cross and H. H. Titus. Following this, Mr. Gregg presented the cup for excellence in Bible study ex-amination and attendance throughout the year to the Mohawks. The cup is the donation of Dr. W. P. Bonnell. Diplomas for having completed the course in preparing to teach Bible study groups were awarded to Charles Jordan, John Jordan, Gordon Smith, and Solo-mon Coster.

mon Coster. Basketball pennants were awarded by W. C. Cross as follows: Junior A di-vision, Mohawks; junior B, Chippewas, high school division, the Beavers. Athletic meet pernants were presented by Mr. Monk, to the Iroquois of the junior A division, Loyalists of the B division, A division, Loyansts of the B division, the Crusaders of the high school, and the Beavers of the junior business boys. The prize for the best appearing table was presented by Horace A. Porter to

the Chippewas, who decorated their table with the symbols of the Canadian standard efficiency test programme. Individual ribbons for points won du ing the recent meets were awarded by

