

A SPRING TONIC GREATLY INCREASES YOUR EFFICIENCY

Lay the Foundation of Good Health Now by Building Up Your Blood and Strengthening Your Nerves.

The good old fashion of taking a tonic in the springtime, like most of the customs of our grandparents, is based upon sound common sense and good medical practice. No matter how mild the winter it is a trying time, even in the most favored climates, for those who are not in rugged physical health. Many men, women and children go through the winter on reserve strength they have stored up during the sunny summer months, and grow increasingly pale as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, by putting color in the cheeks and banishing that tired feeling that worries thousands at this season of the year.

You can not be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on. And in all the realm of medicine there is no safer or better tonic than Dr. Williams' Pink Pills for Pale People. These pills make new rich, red blood, which circulates through every portion of the body, strengthening jaded nerves and run-down organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

CURED BILIOUS HEADACHES.

Mr. D. C. McClure, Hefley Creek, B. C., says: "As a spring tonic I know of nothing else that can equal Dr. Williams' Pink Pills. Last spring I felt weak and run down, and suffered a great deal from bilious headaches. I got half a dozen boxes of Dr. Williams' Pink Pills, and after taking them I felt like a new man. The lassitude from which I suffered had disappeared. I had a better appetite, and was in every way stronger and better than before I began the use of this medicine. Almost everyone needs a tonic in the spring, and for this purpose I can strongly advise Dr. Williams' Pink Pills."

NEVER FELT SO WELL.

Miss Beatrice Bishop, Fendale, N. B., says: "I have never felt so well as I do since taking Dr. Williams' Pink Pills. When I began their use I was very much run down, I had no color, no appetite, could not go up stairs without stopping to rest on the way. I had frequent headaches and a feeling of despondency. I took Pink Pills regularly for about eight weeks and while I felt a benefit from them almost from the first, at the end of that time I was in better health than I had ever enjoyed before. I freely give you permission to publish this letter as my experience may be the means of pointing the way to new health to some other weak and run down girl."

GAINED WONDERFULLY.

Mrs. Herbert Hanson, of Lower Hainesville, N.B., says: "I have the very highest regard for Dr. Williams' Pink Pills. Before I began their use I suffered greatly with sick headache, dizziness and a feeling of depression and tiredness. A short treatment with the pills fully restored my health. My laughter Blanche was suffering from anaemia, and through the use of six boxes of Dr. Williams' Pink Pills she gained wonderfully in weight, strength and general health. We think so much of Dr. Williams' Pink Pills that we are never without them in the house, and I consider them my best friend."

FOCH FORESAW GRAVE DANGER

Ere War Prepared for German Aggression.

Worked With Gen. Wilson, of Britain.

▲ London cable (Reuter despatch)

—That Marshal Foch foresaw the danger before the outbreak of the war of German aggression is indicated in a letter which he has sent to London to be read at a dinner which the members of the House of Parliament are to give soon after Easter in honor of the Imperial General Staff, Marshal Foch says:

"Long before the war General Wilson and I worked together to prepare for the struggle against the German

peril, which we both foresaw. It is due to the success of his mobilization arrangements and his careful and detailed plans for transporting troops that the British army was able to arrive quickly on the field of battle as soon as the Government had come to a decision.

During the war in the most anxious days, especially those of 1917 and 1918, how often it was almost every day, sometimes every night we worked together to strengthen as rapidly as possible a weak spot in the line, to combine our efforts to reinforce our hard-pressed armies and once again to enable them to go forward, and, as I recall these memories, still fresh in my mind, I can see him always before me as one of the most capable, most loyal and most valiant soldiers of the allied armies, and one of the greatest servants of his country."

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Looked Like Intended Suicide.

The citizen who was brandishing a fierce looking razor says it wasn't suicide, but corns he was thinking about. Needless to say his wife bought him Putnam's Corn Extractor and hid the razor—very wise, because Putnam's cures in 24 hours; try it, 25c at all dealers.

U. S. ASSESSORS NAMED.

Washington report: Lieut.-Col. H. G. Albee and Major Sidney R. Underwood have been named by Secretary of War Baker as the "Canadian contract assessors," provided by the Canadian Government in the organization of the Imperial Munitions Board. The two officers will act as the representative of the U. S. in the settlement of war contracts which were placed in Canada.

As a vermouth there is nothing so potent as Mother Graves Worm Exterminator, and it can be given to the most delicate child without fear of injury to the constitution.

ERZBERGER AND FOCH.

Ally Chief Permits Personal Discussion.

A Berlin cable says: The agreement reached at Spa between the German and Allied representatives regarding the use of the port of Danzig in connection with the return of Polish troops from France was signed at the same desk at which Emperor William sat when he attached his name to the abdication agreement last Fall, the Zeitung Am Mittag states.

Mathias Erzberger, the head of the German Armistice Commission, in the course of the negotiations over the Danzig question, was permitted for the first time to converse with Marshal Foch, without the presence of witnesses, the newspaper adds. The armistice commissioner is said to have had two lengthy talks with the Allied commander-in-chief last week, in the course of which the internal situation of Germany was discussed at length.

Relief for Suffering Everywhere—He who life is made miserable by the suffering that comes from indigestion and has not tried Parmalee's Vegetable Pills does not know how easily this formidable foe can be dealt with. These pills will relieve where others fail. They are the result of long and patient study and are confidently put forward as a sure corrector of disorders of the digestive organs, from which so many suffer.

EXCHANGE CAPTIVES.

Allies in N. Russia Dealing With Bolsheviks.

An Archangel cable says: A delegation of British and American officers under a flag of truce went into the Bolshevik lines to-day to negotiate an exchange of prisoners. It was proposed that the allied commission should go to Plesovskala to arrange details, the Bolsheviks sending an equal delegation into the allied lines as hostages.

Subsequently Rev. Father Roach, a chaplain with the British forces, who was captured on Oct. 31, and was later released, returned from the Bolshevik lines with letters from a number of captives, saying they had been sent to Moscow, where M. V. Arnold, of London, Ohio, had previously gone.

Asthma Cannot Last when the greatest of all asthma specifics is used. Dr. J. D. Kellogg's Asthma Remedy assuredly deserves this exalted title. It has countless cures to its credit which other preparations had failed to benefit. It brings help to even the most severe cases and brings the patient to a condition of blessed relief. Surely suffering from asthma is needless when a remedy like this is so easily secured.

RECEIVED BY KING.

Head of First Canadian Division Honored.

ALondon cable (Canadian Press, via Reuters)—King George received Field Marshal Haig at Buckingham Palace to-day, on the occasion of his appointment as general officer commanding the home forces; also Major-General Sir A. C. MacDonnell, commander of the First Canadian Division, which is about to leave for Canada. His Majesty is receiving all commanders of divisions of Dominion regiments prior to their departure from England.

\$100 Reward, \$100

Catarh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100 for any case of Catarh that HALL'S CATARRH MEDICINE fails to cure. Druggists, 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Water in Woods.


All wood contains more or less water; even the driest wood known contains two or three pounds of water to every 100 pounds of weight. Absolutely dry wood is unknown, for the heat needed to obtain it would dissolve the wood and convert it into gas and charcoal.

A Swiss authority on the characteristics of wood believes that a sufficiently powerful and perfect micro-scope would show that the ultimate wood cell is composed of crystals like grains of sugar or salt, and that thin films of water hold the crystals apart, yet bind them into a mass.

A good microscope shows the wood cell and reveals its spiral bandages and its openings and cavities, but no instrument yet made reveals the ultimate crystals that, as many believe, do exist and that would explain why water cannot be expelled from wood without destroying the wood itself.

Rub it in for Lame Back.—A brisk rubbing with Dr. Thomas' Eclectic Oil will cure lame back. The skin will immediately absorb the oil and it will penetrate the tissues and bring speedy relief. Try it and be convinced. As the liniment sinks in the pain comes out and there are ample grounds for saying that its touch is magical, as it is.

DONT PAY TAXES ON POOR MATCHES



The war-tax has practically doubled the price of the best grades of matches, and has more than doubled the price of the cheaper kinds. And the tax adds nothing to the value of the match. You can't light your pipe with the tax, yet you pay as much on a poor match as on a good one.

EDDY'S MATCHES

have more than sixty years of experience behind them. Among the 30 to 40 different brands made in this huge factory with an output of 70,000,000 matches a day, there is a match for every purpose. And each is the best of its kind that our experience can devise. Insist on Eddy's Matches and get real match-value for your money. See that Eddy's name is on the box.

The E. B. EDDY CO. Limited
HULL, Canada
Also Makers of Indurated Fibreware and Paper Specialties

A GOOD MEDICINE FOR THE BABY

Nothing can equal Baby's Own Tablets as a medicine for little ones. They are a laxative, mild but thorough in action, and never fail to relieve constipation, colic, colds and simple fevers. Once a mother has used them she will use nothing else. Concerning them Mrs. Saluste Pelletier, St. Damas des Aulnaies, Que., writes:—"I always keep a box of Baby's Own Tablets in the house. They are the best medicine I know of for little ones and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

EX-KING LUDWIG HAD ROUGH TIME

Hid in Swiss Village, Ate Peasants' Food.

Now is Guest of a Prince-ling.

A Berne cable: The circumstances under which former King Ludwig of Bavaria came to take up his residence with the Prince of Liechtenstein, in the little principality of that name on the Swiss-Tyrolean border, have recently come to light. It appears that after the second Bavarian revolution at the end of February the aged King, with only two attendants, went to a health resort at Kufstein in the Austrian Tyrol, but that he was recognized there and became the object of spartacan demonstrations, so that he retired to the remote Oetz Valley in the Alps, where he lived in a simple village inn, taking the same meals as the peasants, with no luxuries whatever.

The Prince of Liechtenstein later invited the former Bavarian ruler to come to live in Vaduz Castle, in the principality, and the invitation was accepted.

Those who have seen the ex-King in recent months say that he has often remarked: "In my old age I have no place to lay my head."

Miller's Worm Powders destroy worms without any inconvenience to the child and so effectively that they pass from the body unperceived. They are not ejected in their entirety, but are ground up and pass away through the bowels with the excreta. They thoroughly cleanse the stomach and bowels and leave them in a condition not favorable to worms, and there will be no revival of the pests.

POSTIE REINSTATED.

Regina, Sask., despatch: The Western Postal Workers' Union has been advised that J. H. Lewis, who was recently released under habeas corpus proceedings after having been sentenced to three years' imprisonment and a fine of \$2,000 for having forbidden literature in his possession, while he was a railway mail clerk, has been reinstated by the Government in the postal service.

WHY EE DEAF?

When those pronounced incurable by specialists are being successfully treated by Dr. Mayell. The Mayell Improved Way is very different to methods of ordinary specialists. Patients improve from the first. Why not reap these benefits yourself? Send stamp for booklet. Dr. E. W. Mayell, Heintzman Bldg., King and John streets, Hamilton, Ont. Phone Garfield 248.

Bagdom.

—A handbag of broadcloth.
—Silken purses with rhinestone clasps.
—Softly gathered pouches without frames.
—Purses of suede lined with contrasting color.
—And a handbag of perforated leather through which peeps a rich, gray silk.

KIND-HEARTED M. CLEMENCEAU

Appeals for Mercy for Man Who Shot Him.

Sentence of Death Cut to Ten Years.

A Paris cable: President Poincaré has commuted to ten years' imprisonment the death sentence imposed upon Emile Cottin, who in an attempt to assassinate Premier Clemenceau on Feb. 19 last shot and severely wounded him. The commutation of the sentence was on the recommendation of M.C. Clemenceau himself.

A Paris cable: Mrs. Cottin, mother of Emile Cottin, who was sentenced to death several weeks ago for his attack on President Clemenceau in February, to-day appealed personally to President Clemenceau to exercise presidential clemency in her son's case. The mother was accompanied to the President's residence by her son's lawyer.

The lawyer, before seeing President Poincaré, was received by Premier Clemenceau, who declared that he had decided to propose a liberal commutation of the sentence. President Poincaré afterwards said he would ratify M. Clemenceau's proposal.

No one need endure the agony of corns with Holloway's Corn Cure at hand to remove them.



A cool, clean shave for 1/5 of a cent!

A cool, clean, satiny shave for 1/5 of a cent—think of it! At least 500 shaves are obtained from 12 AutoStrop blades, and you often get more than that.

Just a turn or two on the strop and your AutoStrop Razor is ready. After shaving, you press a little lever, put the blade under the tap, wipe it off, and it is ready for the next shave. There is no need to take the razor to pieces and assemble it again; simply leave the blade where it is from start to finish. This means time saved in the morning rush—and a razor blade that's good for about six weeks' clean, cool shaves.

Razor — Strop — 12 Blades — \$5

AutoStrop SAFETY RAZOR

AUTOSTROP SAFETY RAZOR CO., Limited
AutoStrop Building, Toronto, Canada