

A SPRING TONIC AIDS EFFICIENCY

LAY FOUNDATION OF GOOD HEALTH NOW BY BUILDING YOUR BLOOD AND STRENGTHENING YOUR NERVES.

The good old fashion of taking a tonic in the spring time like most of the customs of our grandparents, is based upon so common sense and good medical practice. Winter is always a trying time 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 and languid 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 of people at this season of the year.

It is impossible to 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 your appetite is poor or you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from the suffering later on. And in all the realm of medicine, there is no safer or better tonic than Dr. Williams' Pink Pills. These Pills tone and enrich the blood which circulates through every portion of the body, strengthening the nerves and run-down organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

Mrs. J. N. McNeil, Glace Bay, N.S., says: "For years past my home has never been without Dr. Williams' Pink Pills, and I have good reason to praise them highly. Following an attack of la grippe, I was left in a badly run-down condition. I had no appetite and felt so weak I could scarcely go about the house. I was taking medicine but it was not helping me, and a friend advised me to try Dr. Williams' Pink Pills. I used them for a time with the most beneficial results. My appetite improved, my strength returned, and I was soon able to do all my housework. I now use the pills every spring, and find them a splendid strength-bringing tonic. I have recommended the pills to other friends who have used them with good results."

Dr. Williams' Pink Pills are a tonic, not a stimulant. They build up the blood, and through their use not only the disordered after-effects of influenza but also troubles due to poor blood, such as anaemia, rheumatism, indigestion and the generally worn-out feeling that affects so many people, disappear. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50, from Dr. Williams' Medicine Co., Brockville, Ont.

EBERT GIVES IN TO SOCIALISTS

They Will Form New German Cabinet.

Gen. von Luettwitz Under Arrest.

London cable: The Bauer Government has come to terms with the extremists at the cost of sweeping concessions, according to a Copenhagen dispatch to The London Times. A purely Socialist Cabinet is to be formed, which will try to re-establish order and hold general elections. The State troops will be immediately withdrawn, and Berlin Workmen's Guards formed.

The general strike will be stopped, but instantly resumed if the Government is unable to effectuate the stipulated conditions.

The foregoing agreement was reached this afternoon between Secretary Bauer and the trade union leaders, and was followed by a split in the independents, the smaller part of whom joined the Communists.

LUETTWITZ IN CUSTODY.

Berlin cable says: Major-Gen. von Luettwitz, the military commander in the Kapp revolt, has been placed under arrest, it is officially announced. Admiral von Trotha, chief of the Admiralty, has also been arrested. There is no definite news of Kapp's whereabouts. It is supposed he is on his estate in East Prussia.

A DEFINITION.
"What is intuition, pa?"
"Guessing right the first time."

A Pleasant Purgative.—Parmelee's Vegetable Pills are so compounded as to operate on both the stomach and the bowels, so that they act along the whole alimentary and excretory passage. They are not drastic in their work, but mildly purgative, and the pleasure of taking them is only equalled by the gratifying effect they produce. Compounded only of vegetable substances the curative qualities of which were fully tested, they afford relief without chance of injury.

IRISH OUTLOOK NOW VERY GRAVE

Conditions in West and South Extremely So.

Public So Enraged As to Be Irrational.

London special cable says: The Dublin correspondent of the London Times describes the situation in Ireland in the darkest colors. He says the outlook is serious. Conditions in the west and south are extremely grave. The position, bad last week, is now definitely worse. Public feeling is so fiercely inflamed as to become quite irrational. The most outrageous charges against the Government are accepted as gospel truth.

The correspondent says the Sinn Fein asks the country to accept the monstrous theory that Lord Mayor MacCurrian was killed by actual agents of the Government. He describes the overnight riot in Dublin as another danger signal, and says it is impossible to get an impartial account of the incident, the popular version being that the soldiers provoked and assaulted civilians. The correspondent learns that the soldiers were stoned by the crowd because they left the theatre singing the National Anthem as a protest against the failure of the theatre orchestra to play it. He adds that public opinion throughout the country is exasperated by a wild charge against the police and soldiers, who hardly would be human if they did not recognize the campaign of murder and calumny.

THE INQUEST.

Cork cable says: Evidence at today's hearing in the inquest over the murder last week of Lord Mayor MacCurrian, of Cork, tended to strengthen the suspicion that the crime may have been committed by one or more members of the police force.

Attorney Lynch, representing the murdered man's family, pointed out that the Lord Mayor's house is close to the police barracks, that the police made no investigation in the house when three rifle shots were fired, but merely held up passers-by. The attorney charged that police, wearing civilian clothes, were seen after the crime entering the barracks from the direction of the scene of the murder. He added he would prove that police revolver bullets were found in the MacCurrian home's door. A button from a police tunic found in the Mayor's home was introduced as evidence by Lynch, who suggested that the authorities might identify the man from whose uniform such a button was missing.

Mr. Lynch challenged the authorities to produce the book showing what men were out of barracks on Friday night.

The Lord Mayor's widow testified, amid sobs, that she believed from the appearance of the men who entered her house they were policemen.

Makes Breathing Easy. The constriction of the air passages and the struggle for breath, too familiar evidence of asthmatic trouble, cannot daunt Dr. J. D. Kellogg's Asthma Remedy. This is the famous remedy which is known far and wide for its complete effectiveness even under very severe conditions. It is no untried, experimental preparation, but one with many years of strong service behind it. Buy it from your nearest dealer.

POLES ROUTED THE BOLSHEVIKI

Red Assault Ended in Severe Reverse

And Big Captures By the Defenders.

A Warsaw cable says: Extremely heavy fighting is reported on the Polish front. A communication issued today announces that after the greatest artillery preparation yet experienced, the Bolsheviki Infantry advanced in columns against the bridgehead at Zwiel, aided by tanks and armored motor cars. After a sharp engagement, says the communication, the Polish troops launched a counter-attack with bayonets and hand grenades, driving the enemy far from the Polish line.

The Poles, the communication continues, captured one tank, and some machine guns and prisoners. Simultaneously the Poles attacked the Seventh Bolsheviki Division, which was on the offensive in the sector of Emlozen, and compelled the enemy to retreat easterly, abandoning his batteries, horses, ammunition carts and machine guns. At other points attempts to cross the River Slucz were checked.

The communication adds that intensive artillery fire continues by both sides along this and other sectors, and that the Bolsheviki are concentrating as rapidly as possible and

The "Quality" Character of this brand has an International Reputation.



A Trial Packet will bring speedy conviction

reforming their shattered units for the purpose of re-attacking.

On the Podolian front the Bolsheviki have attacked Nowosienlawke, Latyczaw and Novocostantynow and the sector south-west of Deranza. Heavy fighting followed these attacks, which were preceded by artillery preparations. A number of villages in the region of Deranza changed hands time and again, but the Poles, counter-attacking, in the end were the victors. There was much hand-to-hand fighting in these villages, the fighting lasting all day and night.

The worms that infest children from their birth are of two kinds, those that find lodgement in the stomach and those that are found in the intestines. The latter are the most destructive, as they cling to the walls of the intestines and if not interfered with work havoc there. Miller's Worm Powders dislodge both kinds and while expelling them from the system serve to repair the damage they have caused.

CONCERNING TOOTHACHE.

Something of the Cause of This Ailment.

Everyone knows, of course, that a toothache is the result of a "cavity." It may be wise, therefore, to ascertain first why a tooth decays. On this question dental authorities differ slightly in their views, but a widely accepted theory is that there are two essential factors in decay, viz., bacteria and carbohydrate food. Under the latter heading may be included, all starchy and sugary foods.

These two factors are interdependent. The bacteria collect in a slimy film of saliva coating the tooth, and form what is known as a bacterial plaque. The carbohydrate food usually collects on some spot whence it is not easily dislodged by the tooth brush. On this food the bacteria hold a feast, the direct result of which is the liberation of lactic acid. The acid dissolves out the lime salts of the enamel covering of the tooth and exposes the inner substance or dentine.

The dentine is next attacked, and in this operation the bacteria take a more direct part. The lime salts having been dissolved out as in the case of the enamel there remains an organic matrix of framework, upon which the bacteria fling themselves in overwhelming numbers and utterly destroy it.

It is when the dentine is thus affected that the tooth first begins to pain. This inner substance is supplied with sensitive substance given off by the dental pulp or "nerve," which when brought in contact with the air, or with foods or liquids, give the familiar reaction known as toothache.

If this usually mild warning is unheeded and the tooth remains neglected, the decay proceeds until finally the "nerve" is exposed. This organ, which is a jelly-like mass, consisting of blood vessels as well as nerves, is as sensitive, probably, as the eyeball, and as a consequence of the irritation incident to exposure, soon becomes inflamed. Then ensues the horrors of "jumping toothache." Inflammation is characterized by a dilatation of the blood vessels, and pain is caused by pressure due to an excess of blood in the part. A recumbent position increases the pain by causing a further

influx of blood, wherefore the diabolical persistency of toothache at bedtime.

Then this dental pain can go no farther. It may be quieted by household remedies or by patent nostrums, or, if the sufferer have sufficient fortitude, it may eventually die down of its own accord. In the end, however, with continued neglect, the pulp breaks down into pus, and the inflammation may spread to the soft tissues surrounding the root, upon which the tooth becomes loosened and the old throbbing pain appears. An abscess may appear on the gum—"gum boil"—or the swelling may involve the neck and the cheek, and even puff up one eye as effectively as a "straight from the left."

Yet, despite all this, if you ask the average dentist what he considers the most effective agent in the warfare against disease of the teeth he will answer "prophylaxis." Prophylaxis means getting on the job before the bacteria does. It is an epitome of the hoary old adage that "an ounce of prevention is worth a pound of cure." And, like most effective measures, prophylaxis is simple and inexpensive. It consists in a constant and intelligent use of the tooth-brush, supplemented by the use of dental floss and the toothpick; together with a visit to the dentist several times a year, so that the teeth may be polished and examined for incipient decay.

Such a procedure may not absolutely prevent decay, but it will notably lessen the range of what is to-day recognized by physicians and dentists alike as a serious factor in ill-health.

Sore Flees Before It.—There are many who have been afflicted with sores and have driven them away with Dr. Thomas' Electric Oil, which acts like magic. All similarly troubled should lose no time in applying this splendid remedy, as there is nothing like it to be had. It is cheap, but its power is in no way expressed by its low price.

When Boston Was in Trouble.

In 1174, on the 1st of June, the Boston port bill went into operation. At noon the harbor was closed against all vessels, and business was suspended. In a 20 days' notice the citizens of Boston were deprived of their means of gaining a living. Indignation ran high throughout the colonies, contributions were raised in other cities for their relief, and the people of Marblehead offered the Boston merchants the use of their wharves.

The man who stands in his own light doesn't necessarily keep other people in the dark.

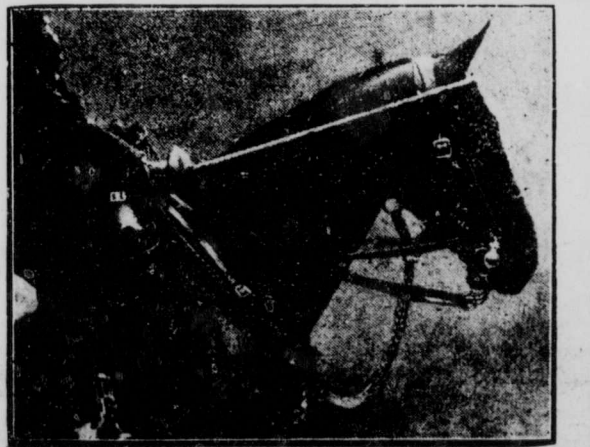
Once upon a time the gallant used to kiss his lady's hand. The modern girl will tell you it's entirely out of place.

BESPOKEN.

Mistress—"I saw the milkman kiss you this morning. In the future I will take in the milk myself."
Jane—"It would be no use, mum. He's promised never to kiss anybody but me."

GOING THE ROUNDS.

"Where's the umbrella I lent you yesterday, Jim?"
"Jones borrowed it. Why?"
"Oh, nothing; only the fellow I borrowed it off says the owner has been asking for it."



NEW WEAPON FOR IRISH POLICE.

Dublin's mounted police force has been issued a new weapon in the shape of an ash stick. In a recent Sinn Fein battle the rioters thought they were swords. The picture shows the close resemblance.

SHOT SON TO SAVE HIS SOUL

Chicago Father's Method With Wayward Boy

After Every Other Means Had Failed.

Chicago despatch: Frank Pinano, Jun., to-day was at the County Hospital with three bullet wounds in his body. Frank Pinano, sen., was held at a police station, where officers said a murder charge would be placed if the 18-year-old boy died.

"I shot him to save his soul," the aged man told the police. "I would rather kill him myself than have the police do it. For months I have been worried every time I heard of a 'stick up' for fear my son had been killed. I tried to get him to buckle down, but he would not do it."

Frank Jun., according to court records, slipped into a near crime record when he was fourteen year old. Two years later he had become a recognized gangster, and repeatedly was arrested. A year ago his father carried him bodily to the police, and had Frank, Jr., confined to a boys' home. Two months later he was released, at the instance of Mrs. Pinano.

Between sobs, the aged father told the police of how for two years he had herded his family of ten other children to the Church of Our Lady of Pompeii on Sunday, but that Frank Jun. always was missing—"hanging out with his gang."
Last night Pinano, sen. continued, he determined to make a final effort to reclaim his boy. Encountered with friends at a street corner, the youth sneered, and walked away to escape "being bawled out by his goody-goody old man," the father said, and he fired five times. Two bullets hit Frank Jr., in the legs and the third seriously wounded him in the back.

Holloway's Corn Cure takes the corn out by the roots. Try it and prove it.

GREEN FOR WINTER MENU.

While we are apt to look upon salad as primarily a spring and summer dish, there is no count but that the winter dinner is always more satisfactory when served with a salad course. Often if the salad is substantial it can take the place of a second vegetable, or, if it is sweet, of the dessert. For luncheon even in winter, with hot soup, a hot beverage or hot breads, it can form the main dish.

A Cream Cheese Salad.

Arrange your lettuce and have your mayonnaise all made first. Then break up the solid cheese with the bowl of your spoon, moistening it gradually with the mayonnaise until it is creamy and smooth. When the cheese has reached this stage drop a spoonful of it on each plate and set it on ice or in the cold long enough to chill it thoroughly. Serve garnished with hard-boiled eggs or rings of large olives, or sprinkle with nuts.

Cabbage Salad.

Shred the cabbage very fine, and mix with it celery in the proportion of one-fourth and walnut meats in the proportion of one-third. Serve with a cream dressing or with a rich mayonnaise.

Bean Salad.

Cut the top from a large apple and scoop out the pulp with a sharp knife, or if you use very large apples, just cut them in half, using a half for each cup. Drain the liquid from a can of red kidney beans and mix with the beans half the amount of celery and the same of gourd cucumber pickles. A few nuts added after this makes the mixture even tastier. Moisten with salad dressing and fill in the apple cups. Make apple sauce of the pulp you have extracted.

Different Potato Salad.

Rub through a sieve a small, hot boiled potato for each plate of salad. Mold lightly into a small ball on the lettuce, chill and pour over it a dressing made this way: Rub the inside of the mixing bowl with a strong onion, mash in it the yolks of two hard-boiled eggs, add a small teaspoonful of dry mustard, one of salt and a quarter teaspoonful of pepper. Mix well and pour over it three table-spoonfuls of olive oil; still mixing, add a table-spoonful of vinegar and a few drops of lemon juice. Lastly, toss on a teaspoonful of anchovy sauce and pour over the potato mounds. Serve immediately.

Prune Salad.

Put half a pound of prunes, add half of a very small onion and chop fine. Shred half a head of lettuce and half a small pepper. Dress with French dressing and garnish with watercress.

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

HIS GUESS.

"Why was the poor sick man told to take up his bed and walk?" asked the Sabbath school teacher.
"I s'pose he couldn't pay his rent," answered Skinny Simpson.