

As a Pick-me-up After Grip

To Restore Health, Vigor, Energy, There is Nothing to Compare to

Dr. Chase's Nerve Food

The grip epidemic has assumed huge proportions until there is scarcely a home but shelters one or more victims of this enervating disease. Urged on by sudden changes of temperature, this dreaded scourge sweeps over the country like a forest fire before the western winds.

In offices, stores and factories the forces are greatly reduced because so many are away with grip, while many who stick to their posts do so with the greatest discomfort, because of the pains and aches and the great weakness associated with this disease.

It only takes a few hours of this debilitating ailment to bring even the strongest to their beds and the process of recovery is often most tedious.

Just at this point Dr. Chase's Nerve Food does wonders to hasten the return of health, strength and vitality. By forming new, rich blood it builds up the system as nothing else can. Here is a case to illustrate this point:

Miss Amy C. Davis, 301 Perth Ave., Toronto, Ont., writes: "After a severe attack of quinsy and grip, my nervous system seemed to be completely run down. I had taken a good tonic, prescribed by my doctor, but still felt very nervous; would start up at the least sound, and was very irritable. A friend advised me to try Dr. Chase's Nerve Food, and, after taking two boxes, I felt so much improved that I continued to take four more, which completely restored my health. I cannot say too much for this great Nerve Food, and have recommended it to all my friends."



HOW TO AVOID GRIP

Rich, red blood is the greatest of germicides, and good vitality the strongest defence against disease. Keep the bodily vigor at high-water mark by using Dr. Chase's Nerve Food, and you need have no fear of grip or other contagious diseases. 50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

It is the older people who suffer most from grip. Finding them in a more or less weakened condition, grip breaks down their power of resistance and prepares the way for pneumonia, kidney troubles, or heart failure.

After every epidemic of grip the grim reaper makes a regular harvest, through the medium of these ailments. There is only one way to avoid such results, and that is by the regular use of such restorative treatment as Dr. Chase's Nerve Food.

This great food cure has proven a wonderful blessing to people in advanced years and all whose systems have become run down.

You need not linger in weakness if you will but put this treatment to the test. By supplying the ingredients required by nature, Dr. Chase's Nerve Food hastens the process of upbuilding and you can depend on the results proving of lasting benefit.

Miss E. J. Buswell, Centralia, Ont., writes:

"Last Winter my mother contracted a bad cold. She was bothered with shortness of breath, wheezing, fevered and too sore to cough. Our doctor prescribed treatment which brought relief from these symptoms, but when she got up she was tired, always tired and weak. I got her three boxes of Dr. Chase's Nerve Food, and she soon improved. Her eyes became clear and bright, the ashen hue left the face and she began once more to take up the reins and look after the household duties."

Dr. Chase's Syrup of Linseed and Turpentine Affords the Greatest Relief for Coughs, Colds, Croup and Bronchitis

Sight and Smash Order to British in Naval Battle.

Engagement Off Sylt Island Fought in Blinding Blizzard—Snow and Hail Hide the Opposing Craft—Big German Ships Lost Chance to Leave Kiel.

London, March 31.—A special correspondent of the Edinburgh Scotsman gives a vivid account of the sea fight in the North Sea off the island of Sylt, last Saturday. The fight took place in one of the worst blizzards that has raged this winter, he says. After describing the approach of the British ships to the German coast the Scotsman's correspondent goes on:

"By the time the coasts of Germany were within measurable distance there was a gale on the sea and the icy blasts which swept out of the north-west bore hail and blinding snow. That the German patrols were well and speedily informed of the approach of the British ships became apparent as soon as the British were within striking distance, and the action ensued upon the first glimpse which the opposing squadrons obtained of each other in the blizzard."

Big German Ships Stay in. —There was provided the opportunity for the naval might of Germany sheltering in Kiel, to find that British fleet for which they have searched so long, and so fruitlessly, but the heavy fighting ships of Germany made no effort to come from the waters behind Heligoland to the succor of the decaying squadron which had been discovered by the British.

With the ships separated and lost

from each other completely in the whirl of snow, and with visible signalling utterly impossible, the chase of German destroyers was a matter for individual ships.

"Sight and smash" was the order of the action, and there was no sighting save at close range and with dramatic suddenness wherever a German hull was revealed.

"For an instant through the smother of the storm the British guns made a deadly play. The weakest ships of the Germans were also the unluckiest. Two armed trawlers, putting up such a fight as they could, were disposed of first and very rapidly. They were well fitted vessels and the term trawler scarcely describes them accurately, so surprising was their ability.

"When it came to steaming into the midst of the action in the virtual blackness the destroyer Medusa and one of her consorts came down upon each other in the same bank of snow. Thus, in the stress of chase and encounter, stirring rescue work was proceeding at various points of the area of action.

Germans Suffer Severely.

"There are distinct evidences that the German destroyer squadron suffered severely. Again and again, as the snow cleared, the fleeing Germans received a terrific and accurate fire from the pursuing British vessels. One German destroyer was blazing from end to end on the second and last occasion on which she was seen. Further salvos were poured into her as the snow hid her again.

A second German destroyer also was on fire; both had been seriously mauled, and it is doubtful if, in the heavy weather which followed, either got back to port.

"Just such a sudden meeting in the blinding weather as caused the collision between the two British destroyers brought about the destruction of a German destroyer, which was rammed by the Cleopatra.

At the end of the stirring day the snow hid the ships from each other until they were at close range. The Cleopatra recognized the German vessel at once and rushed headlong at her, pouring in, at the same time, a stinging fire. The German ship was absolutely paralyzed by the swiftness of the rush and the deadly character of the gunnery. She attempted to use her guns, but with little effect, and before there was a chance to launch a torpedo the swift light cruiser crashed into her and cut her down.

"The Cleopatra was moving at great speed and, light as she is, her sharp bows dove deeply into the hull of the German ship, hurling ahead of her the destroyer, which was listing heavily. With the sea pouring into her stricken hull, the destroyer fell away from the cruiser's bows and the blinding snow came down and hid her.

"As the cruiser plunged on in the darkness there was a rush to place her where the destroyer was last seen, but the storm held and the snow descended steadily. When the spot where the destroyer had been was located there was nothing on the wind-driven surface of the sea but some debris and a film of oil."

Predicts Another Year More of War.

New York, April 6.—Paul Mack Whelan, editor of the Odd Lot Review, a financial publication formerly owned by John Moore & Co., who has recently returned from a tour of Europe in which he studied the attitude of the belligerent countries toward a speedy peace, has reached the conclusion that the war will continue for a considerable time, a year at least. His observations, published in the Odd Lot Review, give the feeling in each of the principal countries. He points out that the Allies are determined to crush Germany, which still has enormous resources from which to draw. His conclusions may be summed up as follows:

In Great Britain the government and

people realize that a peace leaving the dominant party in Germany still in existence would mean only a postponement of the conflict, which later might be resumed with Great Britain alone.

In Russia, which now has the best equipped army in her history, the ruling class realizes that nothing but a complete victory will prevent a revolution.

France realizes her ability to protect herself from Germany and could probably secure the restoration of Alsace and other pieces of her territory held by Germany.

Italy, which broke away from the Triple Entente, wishes Germany deprived of offensive power. She is making money from exports of munitions.

Germany would like to have peace, but hopes to persuade one or more of the leading allied nations to quit, permitting her to make a peace satisfactory to her self-interest. Her financial condition is poor, owing to the issuance of paper money. She has enough food, though not of great variety, to support her people for years. The scarcity of men is beginning to be felt, although her army is splendidly equipped.

Big Men of the Empire

Australia has provided many illustrations of the opportunities which the great Oversea Dominions offer to the man who is able to size them and make good. It was perhaps fitting that the first Prime Minister, Sir Edmund Barton, and the second, Mr. Alfred Deakin, should have been Australian born. But Mr. J. C. Watson, the first Labor Prime Minister, was born in Valparaiso, and worked as a compositor (in the hand-type-setting days) in Sydney.

Sir George H. Reid, M.P., has frequently told us that as a very early age he left his native land (Scotland). Mr. Fisher (now High Commissioner) had told in the mimes of Scotland before emigrating to Australia. Mr. Cook, another ex-Prime Minister, also hailed from the "old country," and knew something of mining before he went out, and Mr. W. M. Hughes, the present Prime Minister, was a Welsh schoolmaster before he emigrated to Australia.

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- 3 BLACK COATING SERGE COSTUMES \$9.30, \$10.70
Values \$11.00, \$12.00.
- 9 NAVY CLOTH SERGE COSTUMES \$4.30, \$5.50, \$6.50
Values \$6.00, \$7.00, \$8.00.
- 11 TWEEDED COSTUMES, shades Brown, Green & Grey . . \$6.50, 7.80, 9.00
Values \$8.00, \$10.80, \$11.20.
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