

BUILD UP THE BLOOD.

You Cannot Have Health if the Blood is Weak and Watery.

It is a hopeless task to try to restore your health while your blood is deficient in quantity or quality. The blood circulates through every portion of the body. It takes nourishment from the food and distributes it to the various organs and muscles; it takes also any medication that is administered through the mouth. The blood is the only means by which medicine can reach the nerves. Hence if the blood is poor the body becomes weak and the nerves shaky, and the victim may be subject to headaches and dizziness, poor appetite, indigestion, a constantly tired feeling or perhaps to rheumatism, sciatica or neuralgia. Poor blood is the forerunner of nearly every ailment to which mankind is subject, and you can only enjoy robust health by keeping the blood rich, red and pure. To keep the blood in this condition no medicine yet discovered can equal Dr. Williams' Pink Pills. Every dose helps to make new, rich blood which carries new health and new strength to every part of the body. When one becomes weak and pale Dr. Williams' bring the glow of health to the cheek and make weak, ailing people energetic and strong. Mrs. Stephen H. Williams, Kitchener, Ont., says:—"Some years ago my health started to fail. The doctor said my blood was thin and watery, but the medicine I took did not do me any good. My joints and limbs would ache and swell, until was almost impossible for me to get up and down, and no one knows how much I suffered or how discouraged I was. Reading of Dr. Williams' Pink Pills one day I decided to try them. I got a couple of boxes, and by the time I had taken them felt an improvement. I then got six boxes more and before I had taken them all felt like a new woman in every way. I could do my housework without feeling tired, and in fact I was enjoying better health than I had done for years. You may be sure I will halways strongly recommend Dr. Williams' Pink Pills to all other sufferers."

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 The Dr. Williams' Medicine Co., Brockville, Ont.

REGARDING SHIPMENTS GOING TO CANADA.

Washington, May 13—The war trade board announced today that applications for licenses authorizing exportation to Canada of vegetables oils imported from the Orient, entering the United States at Pacific coast ports and passing through in bond or through export bills of lading, will be favorably considered provided the shipments have been purchased by Canadian firms for consumption in Canada, and they are routed to pass into Canada at Duluth (Minn.) or at a border point west of that city.

GEN. MAURICE RETIRED FOR ATTACKS IN PRESS.

LONDON, May 13—The war office has issued the following statement:—The army council, having considered the explanation tendered by Major-General Maurice of a breach of regulation committed by him in writing and causing to be published a letter which appeared in the press on the 7th inst., have decided that he be placed forthwith on retired pay.

Capt. Leander Publicover, who has been ill for some time, was found dead in his barn on his Liverpool, N. S. premises, on the 8th.

—Says a St. John's N.F. dispatch:—"A movement is under way to bring up for action at the next regular session of the Newfoundland Legislature the question of making a reciprocal fisheries agreement with the United States similar to that recently concluded between United States and Canada."

—The town of Truro has made a grant of \$100 towards encouraging the planting of town gardens. The grant was made in pursuance of requests from delegations representing the Canadian Club and the Board of Trade.

I cured a horse of the Mange with MINARD'S LINIMENT. CHRISTOPHER SAUNDERS, Dalhousie.

I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT. St. Peter's C. B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT. Bathurst, N. B. THOS. PAYNE.

—The third United States liberty loan has been oversubscribed by \$6,888,900. Later figures are expected to raise the total far above three billion.

Burglars at noon on May 2, entered a branch of the Union Bank of Canada, Toronto, and at the point of revolvers gathered in \$1200 in bills from the teller's cage. These daring bank robberies are becoming alarmingly prevalent of late.

A British freighter has arrived at a port on this side of the Atlantic with a Hun submarine on her credit which she sunk off the Irish coast.

FOR SPRING RENOVATING.

A good way to remove old wallpaper is to use the following mixture: A thick paste should be made by adding flour and a few spoonfuls of salt to boiling water. Then add a few ounces of acetic acid, which may be purchased at any drug store. This pasty solution should be applied in quantities with a brush to the old wall paper. After a few minutes the paper can easily be removed in great stripes with very little dust or dirt.

TRIBUTES TO MOTHERHOOD

I remember my mother's prayers, and they have always followed me. They have clung to me all my life.—Abraham Lincoln.

Every man, for the sake of the great blessed mother in heaven, and for the love of his own little mother on earth, should handle all womankind gently, and hold them in all honor.—Alfred Tennyson.

Mother is the name for God in the lips and hearts of little children.—William Makepeace Thackeray.

My dear mother with the truthfulness of a mother's heart, ministered to all my woes, outward and inward, and even against hope kept prophesying good.—Thomas Carlyle.

The New York City Consumers' League estimates that \$11.70 a week is the least upon which a woman can live decently and healthfully in New York.

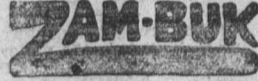
Lady Henderson, wife of General Sir David Henderson, to whom Britain owes her flying corps, has been "mentioned" for her services at the Royal Flying Corps hospital.

The appointment of Miss Katherine Wallis as deputy chairman of the London County Council marks the first occasion on which a woman has been elected in this position.

BE CAREFUL

In your choice of an ointment. An inferior ointment is worse than none at all, because it irritates and inflames, and sometimes even poisons the place it is intended to soothe and heal. In using Zam-Buk you take no risk, as its soothing, healing properties have been proved by thousands of users, and its purity is vouched for by the famous English Chemist, Mr. W. Laugel Scott, who says:—"I have made an exhaustive analytical examination of Zam-Buk, and find it exclusively of vegetable origin, with none of the impure and irritating mineral drugs and animal fats found in ordinary ointments. The germ-destroying powers of Zam-Buk exceed those of carbolic acid, yet it does not inflame even the most sensitive skin. I have no hesitation in certifying the purity of Zam-Buk, and its value for skin diseases and injuries."

Zam-Buk is best for eczema, ulcers, running sores, old wounds, abscesses, blood-poisoning, boils, pimples, piles, cuts, burns, scalds and all skin injuries. 50c. box, 3 for \$1.25, all druggists or Zam-Buk Co., Toronto. Send 1c. stamp for postage on free trial box.



CANADA'S ARMY.

Registration in Canada, soon to be effected, will considerably amplify the carrying out of the steps necessary to produce reinforcements, more rapidly. This registration is about three years in age. In England as the need for reinforcements became more acute all exemptions between the ages of eighteen and twenty-five were abolished. In Canada the abolition thus far has been confined to men of twenty, twenty-one and twenty-two.

Up to the end of last March Canada had sent 364,000 men overseas, or about five per cent of a population of 8,000,000. It is a great number, but by comparison with what Great Britain and France have done. Nor is that all. The other British dominions are leading us strongly in the matter of enlistments. We should be to send 150,000 more men to equal Australia's contribution per capita, and 300,000 men to get on a par with New Zealand. We should have to send 400,000 more to equal the record of South Africa, 600,000 more to match the record of Great Britain, and 800,000 more to reach that of France.

In commenting on these figures and comparisons recently Hon. Mr. Rowell said that if the Canadian forces became engaged in heavy fighting, as must be expected the available infantry reserves would not last until July 1. Some men had said to him that Canada has already sent all the men that she can spare. Mr. Rowell said that only reminded him of what Australia, New Zealand, Britain and France had done. What they did Canada also can do. In France, as long ago as 1915, the women and boys alone sowed the grain and harvested it, and in England millions of women are today doing the work of men so that the men can be released for the firing line.

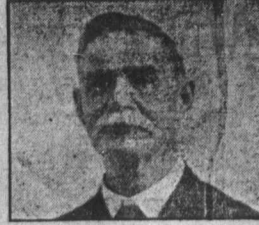
"What value is food," asked Mr. Rowell, "if the line is broken and Germany wins the war and we lose our liberty? With the confidential information we have from Great Britain just at this hour man power is more important on the western front than production."

Such are the conditions which forced the government to re-cast the Military Service Act, to abolish exemptions for the younger men, to cut down delay in the case of agricultural labor, and to order national registration. National registration may be followed by action diverting workers from unnecessary industries, and turning their activities in the vital forms of production. This may lead to some dislocation of business, but Canada will be compelled to copy in some measure at least readjustments found necessary in Great Britain and France in order to secure men for the army and to maintain

Headlights on Eastern Rails



JACK HARTNEY.



TOM TURNER.



ART CHARLEBOIS.

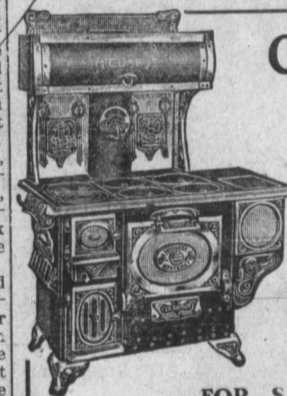
Showing how the name of noteworthy engineers is being painted on the insignia of C. P. R. locomotives.

No new policy undertaken of recent years by the C. P. R. has received such widespread expression of approval as that of naming passenger locomotives after the engineers, who by reason of their fine service or deeds of exceptional heroism have earned special distinction at the hands of their Company. If the engineers themselves are pleased, still more so is the general public, which realizes that an admirable system has been discovered for paying due tribute to a splendid race of men who have hitherto hid their lights under a bushel. The C. P. R. is displaying these names in no haphazard fashion. They are incorporated on the newly adopted insignia of the railway—a circular band enclosing a beaver mounted shield on which is painted a Maple Leaf. The name of the engineer is shown in letters of gold upon a blue ground, while the green leaf, the white shield and the brown beaver afford a color combination exceedingly striking and effective. This insignia is painted under the windows of the engineer's cab, the most conspicuous, and at the same time most appropriate position that could have been selected.

Jack Hartney, who runs the President's engine when the head of the great system leaves Montreal for the West, has such skill in starting a train that the passengers would not know it is in motion unless they looked out of the window.

Arthur Charlebois has been forty-two years in railway service and comes of a family of engineers—his father, Pierre Charlebois, having been the oldest conductor in Canada when he died. The tradition is being kept up for he has a son a fireman on the C. P. R. to-day. Arthur Charlebois was one of the founders of the Brotherhood of Locomotive Engineers in Montreal. Tom Turner is well known and exceedingly popular at North Bay. He has been in railway life since 1882, when he worked with an extra gang on the Brockville, Ottawa and Canadian Central Railways. In 1887 he was promoted to locomotive engineer, and in 1888 to run out of North Bay, where he is still running.

- The following is the first list of engineers on Eastern Lines who have been selected for the honor of having their names painted on a locomotive President's engine 2025, Jack Hartney, Montreal; 2026, Harry Saunders, Alec McQuarrie, St. Stephen-Edmundston, Jim Foster, Harry Saunders, Alec McQuarrie, Montreal; 2027, Ed. Cooney, Montreal; 2028, Geo. Macowon, Newport Sub.; 2029, MacTier Sub., Jack Douglas, Sherbrooke Sub., Bill Stapleton, Brooks Sub., Hers. Wilson, Three Rivers Sub., Harry Lectere, Galt Sub., Jack Mathis, St. Agathe Sub., Bill Stapleton, Windsor Sub., Geo. Florence, North Bay Sub., Geo. Leach, Farry Sound Sub., Frank Reynolds, Montreal; 2030, Art. Charlebois, Carleton Place Sub., Tom Turner, St. John Sub., Cahrie Lamoureux, Memegon Sub., Bill McAdam, Chain River Sub., Mine Charrier, Horn Bay Sub., Harry West, Winchester Sub., Mike Carmody, White River Sub., Jim Ross, Belleville Sub., Steve O'Hara, Nipigon Sub., Alf. Billie, Peterboro Sub., Ed. Williams, Havelock Sub., Joe Dorricott, Port McNicholl Sub., Shiner Ross, M. & O. Sub., Jack Smith, Webbwood-Thessalon Sub., Jack Beattie.



Controlled Heat

The oven in the Kootenay Range is surrounded by an envelope of heat which is at every moment under your instantaneous control. With the Kootenay Range the heat control is so easy and accurate you can use all the heat from your fuel without waste.

FOR SALE BY W. W. KWELL

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the industries absolutely es- Keep Minard's Liniment in the sential.—St. John Telegraph. house.