



He'll Be Happy When He Gets This

Whether "Jim" is on a man-of-war or in a trench, he's going to have long-lasting enjoyment and a lot of benefit from

WRIGLEY'S

The Famous Chewing Gum



It's one of the outstanding features of the war—with its tonic effect on stomach and nerves—its welcome refreshment in time of need

The Flavour Lasts!

MAXWELL

Most Miles per Gallon—Most Miles on Tires

Save Gasoline—Save Tires—Drive a Maxwell Car

The automobile has suddenly become more than ever a necessity in passenger service.

We must go about from place to place to carry on our part of the world's work.

We can no more get along without motor cars than we can without the telegraph or the telephone.

But motor cars to-day must be light, durable, economical.

The Maxwell has always been light, durable, economical—made so to meet an immense, sensible demand that has existed all the time.

To-day that demand is universal.

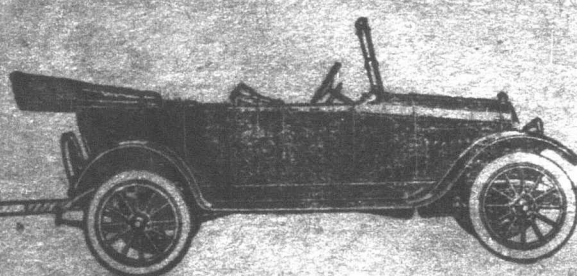
Don't take any chances.

Buy a Maxwell—the standardized car whose economy and durability have been proved.

Touring Car \$1045, Roadster \$1045, Coupe \$1540, Berlin \$1540, Sedan \$1540. F.O.B. Windsor

F. W. SADLER & CO.

PERTH, N. B.



Who Will Win The Auto?

A Woman Visits the Atlantic Fleet

"Somewhere on the Atlantic" an American woman, Eula McClary, spent several days with the Atlantic Fleet. The experience was an extraordinary one, and in the January issue of Good Housekeeping, Mrs. McClary sends a message of cheer to the mothers of the boys in that floating world. To quote in part:

"As a representative mother I went to learn how our 40,000 sons were behaving; what kind of food they were eating; how hard they had to work; how much sleep they got; whether the sanitary conditions were right; and, above all, if those blessed boys were well and happy. I found satisfactory answers to all the things I went to learn about and to many more things than I shall never be able to tell.

How do our sons live in this masculine world? There is no place on fighting ships but the bare necessities. They eat from tables and sit on benches. There are no table-cloths or napkins, but the tables are scrubbed as clean as any table-cloth can be and the benches, too. During the hours when meals are not being served these tables are folded up and held by chains from great hooks near the roof of the passageway. The benches are folded up and placed upon the tables. The beds are hammocks swung from two iron hooks. During the morning the hammocks are aired over the rail of the ship, at noon they are "lashed" up and put in big bin-looking places.

For a dresser or a chiffonier, each boy has a big deep sack which looks like a bag sugar or flour comes in. Every day is wash-day on board ship. Dirty suits are put into the bag in the morning and removed in the afternoon.

The food on the ship is good, and there is plenty of it. Each ship feeds in a different way, but all feeds well. I questioned the boys closely on the food. I also messed with them several times. As no one ever knew when I decided to join mess, or in which ship I would decide at the last minute to be invited, I knew I ate the regular food of the ship.

I left the gray fleet after the movies on a Sunday night. I had peeked below and had seen 1500 of our sons tucked into their hammocks. The other 38,500 were as safe on other ships. I carried with me the memory sound of their voices singing, and the knowledge that they were happy, healthy, busy, active sons learning life's great lesson of discipline and developing manhood. As the admiral's barge carried me shoreward, the lights on the ship behind went out one by one. Night had settled down. The fleet was asleep with the knowledge of a work well done."

It Works! Try It

Tells how to loosen a sore, tender corn so it lifts out without pain.

Good news spreads rapidly and drug stores here are kept busy dispensing freemore, the other discovery of a Cincinnati man, which is said to loosen any corn so it lifts out with the fingers. Ask at any pharmacy for a quarter ounce of freemore, which will cost very little, but is said to be sufficient to rid one's feet of every hard or soft corn or callus.

● You apply just a few drops on the tender, aching corn and instantly the soreness is relieved, and soon the corn is so unraveled that it lifts out without pain. It is a sticky substance which dries when applied and never inflames or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

It Applies To Molasses.

Reports have recently been published in certain newspapers that large quantities of raw sugar and molasses are being used in making alcohol when they might be saved for food purposes. The intention and effect of the Order

in Council of November 2 is to prohibit the use of any foodstuff for the production of whiskey and other distilled beverages, and this applies to molasses as well as to other food materials. Alcohol is required in the manufacture of munitions and for other industrial purposes and is an ingredient in methylated spirits, vinegar and certain drug preparations. It may not be produced legally for any other purpose. If molasses, which could be refined for the manufacture of sugar or syrup, is now used in the distillation of potable liquors, such use constitutes an offence against the law of Canada and is subject to heavy penalties. The Order in Council has the same effect as any other Federal law and persons who may have knowledge that it is being violated should inform the police authorities.

Waterville School

The following are the names of the pupils with their average marks for the examinations in November and December.

Grade I—Helen Prosser 80, Gladys DeLong 93, Clarence Springer 92, Myra MacQuarrie 90, Elbridge Prosser 88, Anna Carpenter 90, Delbert Springer 90.

Grade IV—Clarence Hendry 85, Gaynell Molloy 83, Arthur Kearney 83, Herbert Taylor 83, Mary Albright 81, Fred Springer 84.

Grade V—Pearl Springer 90, Rowena Molloy 85, Bessie Culbertson 84, John Springer 83, Harold Culbertson 75, Charlie Kearney 74.

Lida MacFawn, teacher.

Sleepless Nights With Lazema.

Mrs. Link, 12 Walker St. Halifax, N. S., states: "After three years of miserable torture and sleepless nights with eczema, and after trying over a dozen remedies without obtaining anything but slight temporary relief, I have been perfectly and entirely cured by using Dr. Chase's Ointment. After the third or fourth application of this grand ointment I obtained relief, and a few boxes were sufficient to make a thorough cure."

He Served Beef at Two Meals

The management of a Toronto restaurant was fined \$25 for infringement of the Order in Council prohibiting the serving of beef at more than one meal on the same day. This evidence of two plainclothes policemen was that they had been served with roast beef for lunch and steak for dinner on the same day. In imposing the fine the magistrate called attention to the fact that the maximum penalty for such disregard of the Order was \$100.

Specific For Bronchitis.

The turpentine used in Dr. Chase's Syrup of Linseed and Turpentine is not the ordinary commercial article, which is little used because of the unpleasantness of taste, but is specially extracted from lamarine and spruce gum and combined with other valuable ingredients as to be at the same time pleasant to use and wonderfully effective in the cure of affections of the throat, bronchial tubes and lungs.

Holland's Great Dike.

One of the great dikes of Holland is forty miles long, starting far up in the country, near the IJssel river, and continuing across the Hook of Holland to the sea. It was built in sections and for seven centuries has held back the water from the low lying fields. It is forty feet broad at the base, thirty feet broad at the top, and its height varies from twenty-five to thirty-five feet.

Only Too Willing.

Mrs. Crawford—Haven't you ever discovered a way to get money out of your husband? Mrs. Crabshaw—Oh, yes. All I have to do is to threaten to go home to mother, and without a word he hands over the railway fare.—The Lamb.

His Oop.

"What did you raise in your garden last year?" "Nothing. Some kids in the neighborhood raised Cain in it."—Buffalo Express.



Quality Counts

Quality alone is responsible for the tremendous increase in the quantities of Purity Flour used year by year. This tribute to the supremacy of

PURITY FLOUR

will, we hope, influence you to place a trial order, if you are not already using it.

More Bread and Better Bread—and Better Pastry, too.

WORRY DOES NO GOOD.

I Won't Bring You Health or Happiness or Another Job.

Worry is like a drug. It grows upon you. It gets to be a habit. It is infectious. It is dangerous. It is deadly. Worry saps the vitality. It makes you old. It brings wrinkles. It brings gray hairs. It brings ill health. Worry is an invention of the evil one.

You worry at the possibility of losing your work? Don't. You are suggesting unemployment to yourself. Suggestions frequently become realizations. If you quit your job and your job quits you, why worry? Why think about it? Do your best in the position you occupy. Strive to do better, but don't worry because you appear to make no progress. All in good time. Nothing ever came by worry.

Should had trade or such-like lead you to believe you may lose your position look out for another. If you do good, efficient work, as well as your competitor or better, why, you will probably secure just as good a position as the one you are worrying about.

You may be worrying over the health of a relation. What help will it be for you to worry yourself ill also? Is there reason or sense in it? Worry brings nothing good to pass, never did, never will.

Keep a brave front. Keep steadily on the march, whether you have any reserves to bring up or not. Why, if you forget the strain on your resources, forget your problems, forget your anxieties for a time, you will find on reconsideration that a quarter, maybe half, have disappeared.

As a friend of mine says: "Do the work; let the other fellow do the worrying." You will find plenty of people in the world doing enough worrying for two. Don't you do it.

WAR UPON INSECTS.

A Conflict That Sooner or Later the World Must Face.

A writer in an English journal has suggested that the next great war will be between man and the insect world. This war would be waged not only on insects that actually attack man himself, but also on all those winged or creeping things that are his enemies in less direct ways—those species that, to use the writer's phrase, "exist at the expense of human progress and happiness."

We all shudder with horror at the thought of a scorpion or of a centipede, although few of us ever see one of them, but we do not shudder enough at the thought of the untold millions of disgusting things that we are putting up with all the time.

Perhaps it is unfortunate for us that many of these harmful and even death dealing insects are very small. If they were as large as they are bad we should soon rid ourselves of them. When we see the housefly or the mosquito largely magnified we realize at once that, compared with them structurally, the tiger is a charming and beautiful thing, but we go away and forget the magnified picture and submit to the original of it.

The extermination of these pests is a duty that the world faces, a righteous crusade in which we should all join. The scientists will tell us the best way to wage the fight, but scientific mathematics must be reinforced by a public opinion that will cease to tolerate unclean dwellings, stagnant pools, uncovered tanks, accumulations of exposed filth and everything else that invites vermin and menaces human beings.

Food Economy.

Every bit of meat and fish can be combined with cereals or vegetables for making meat cakes, meat or fish pies, and so on, and to add flavor and food value to made dishes.

Every spoonful of left over gravy can be used in soups and sauces of all kinds, and to add flavor and food value to made dishes.

Every bit of clean fat trimmed from meat and every spoonful of drippings and every bit of grease that rises when meat is boiled can be clarified, if need be, and is valuable in cooking. Don't fatten your garbage pail at the expense of your bank account.

Climbing Parnassus.

In mythology Parnassus, a mountain in central Greece, was sacred to the muses. The Delphic sanctuary of Apollo was on its slope, and from between its twin summit peaks flowed the fountain Castalia, the waters of which were reputed to impart the vision of poetic inspiration. The highest peak, 8,088 feet, was held sacred to Athena and the rest to Apollo and the muses, whence the saying of young poets, "Climbing Parnassus."

A Man's Reason.

"Do you believe in votes for women?"

"Do it!"

"Yes."

"I should say I do."

"Why?"

"I am tired of all this racket about the subject."

Good Advice.

"Well, my man, what complaint have you?"

"None at all."

"What! None?"

"Not any."

"Then don't hang around here or the lack will soon be supplied."

Self Protection.

"My husband has a fine appetite."

"Has he?"

"He eats everything on the table."

"Maybe he is afraid if he left anything it would show up next day in his."

They Have To.

"A millionaire is seldom a man with imagination."

"I know several who are."

"How do they manifest it?"

"They imagine they have a million."

Guarantee Support.

"Winning a husband is easy, but the keeping of one is hard."

"Think so?"

"I know it."

"You might try taking in washing."

A Peer.

"Do you think Mrs. is fabulous?"

"I do not."

"Why not?"

"How could the people ever have got up there?"

Nia Trade.

Do not laugh a lazar.

With careless uncertainty.

But treat him kind.

For you will find

That even a lazar will care.

My Limbs Would Twitch

And Waken Me—Unable to Rest or Sleep, I Walked the Floor in Nervous State—When Specialists Failed I Found a Cure.

This is the kind of cure that has set Windsor people thinking and talking about Dr. Chase's Nerve Food. The action of this food cure is so radically different to the usual treatments for the nerves that everybody wants to try it. Gradually and certainly it nourishes the starved nerves back to health and vigor and the benefits obtained are both thorough and lasting.

Mrs. M. Smithson, 37 Arthur street, Windsor, Ont., writes: "I was suffering from nervous breakdown, which was caused by a shock when fire broke out in the adjoining house. My nerves were in such a state that, after going to bed I could not get my nerves quieted down sufficiently to go to sleep. I used to get up and walk around the room, or go downstairs. Even when I would be dropping off to sleep my limbs would twitch and waken me. I used to have cold, nervous, night sweats, sometimes would become unconscious and lie that way for quite a little while. I was always cold and it seemed impossible for me to get warm or sleep warm. When to get sleep I would use two or three objects at once, and did not want any person to speak to me or bother me. Any little noise irritated and annoyed me very much. I had consulted specialists and tried many remedies during this time, but could not gain relief. At last I tried Dr. Chase's Nerve Food, and before long could see that this treatment was proving of benefit. I am now feeling as much better that I can go out on the street without any difficulty, can go across the river and go about the same as usual. I sleep well at night, and am feeling more like myself every day. I am pleased to be able to write you to tell you how much good the Nerve Food has done me. It has strengthened and built up my whole system. I am recommending it to everybody I find suffering from nervousness of any kind."

Dr. Chase's Nerve Food is sold in a box, a full treatment of 4 boxes for \$2.75, at all dealers or Edmundson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only cheapen the