Are You Intoxicated? pertinent as it sounds. You . may be a real teetotaler and yet be "intoxicated"-that is, poisoned by the gases that come from imperfect digestion. The products of food putrefaction are taken up by the blood and often Cut out meats and starchy foods for a while. Eat Shredded Wheat with milk or cream for breakfast; eat it with stewed fruits and
green vegetables for dinner or supper. It will cure autointoxication and make a new
man of you. All the meat of man of you. All the meat of ble form. A perfect meal at lowest cost. Made in Canada
THE IRON OF LORRAINE.


and


No Need To Rub!





Sloan's゙ Liniment



 women are not willing to sacrifice be
coming styles so readily. nngreceful. $\begin{gathered}\text { Some ant atternot an and } \\ \text { ane and } \\ \text { evening dresses show slight variations }\end{gathered}$ rouser effeet and draped skirt come come
from Paris a a d dearture from the Reggie: "I say, father, you know
all about rrithmetic don't you?"
Father, (uneasily)." "What is it you want to know?", Reggie: "Well
how many times what makes eieven?

## RAW FURS <br>  <br> EDWARD POLLAK \& CO <br> 




Stone Wall?
Novice-Why do they call it Wall
treet?
$\qquad$
$\qquad$ $\frac{\text { REWSPAPERS TOB SALE }}{\text { Proitichaking NEWS AND JOB }}$


The Soul of a Piano is the OTTO HIGEL; PIANO ACTION -

## AMBUY



Yank Out Those Stumps


|  |
| :---: |
|  |  |
|  |  |
|  |  |

Ono Man - Horse Power
 Book


## 









WRLL-KNOWN ONTARIO
WOMAN SPEAKS. Welland, Ont-" H am moons. pleased to
Syrup of Hypophosites, Nyal's Worm Remedies, Nyal's Proxide of Hydrogen is back to to old price -25 cts.
JOHN COATES G
Druggist, . Mildmay.
Farm for Sale
t 27 , concession 5 , Carrick is offer d for sale at a reasonable price. The
arm has good buildings, is well fenced, and is in a good state of cultivation, For particulars apply to Jos. Kastor, R
R. 3, Mildmay.
Bruce County Council 1917 The following will comprise the Bruce County Council which meets in Walke
ton on Tuescay, January 23rd: Albemarle ....................... E. Whichle
Amabel..................... G. Craig

## Even for husbands And BACHELORS!

## To Live a Hundred Years

Sir James Sawyer, a well-known
physician, believes jtis by no means a diffccult metter for any human beang to
dive to be one Hundred years old He ive to be one hundred years old He
recently has declared that anybody can attain this age, unless killed by accident,
if he or she will reli ollowing commandments of health.

1. Eight hours' sleep every night. 1. Eight hours' sleep every night.
2. Sleep on your right side. 3. Keep your bedroom window open. 4. No cold beth in the morning, but
bath at the temperature of the body bath at the temperature of
3. Exercise Eefore brealfast. 6. Eat little meat and
well cooked. 8. Allow no pet animals in your livin 9. Live in the country if you can. 10. Watch the three D's-drum water, damp, drains.
4. Have change o 12. Take frequent and short holidays L. Limit your ambition.

## Haine's Celebrated Witt, shire Oils

Killer of all Pains, Healer of all Sores Good for Man or Beast
These oils have been on the market for three generations in the old land. They are guaranteed to do the work or money
refunded. For sale at GEO. LAMBERT'S FLOUR AND refunded. For sale at GEO. LAMBERT'S FLOUR AND
FEED. STORE where you can also buy the best brands of Flours for Bread and Pastry, such as Ideal, Five Jewels, Banne Cream ofthe West, Encore, Pie Crust, also all kinds of feed.

GEO. LAMBERT.
Mildmay

## SELECT

 JEW ELLERYDiamond Rings, Cut Glass Necklaces, Silverware Brooches, Watches and Clocks

Fancy China and Glassware
we invite your inspection. C. Wendt

Jeweler
Nyal's Compound

Ontario



## "SALADA"

Tea is Delicious and Pure
Sealed Packets Only - Never in Bulk BLACK, MIXED or NATURAL GREEN ${ }^{\text {E }}$

## THROUGH THE DARK SHADOWS

Or The Sunlight of Love
$\qquad$


$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$ Best Remedy



It Pays to Use Good Fertilizer:

 liase reesilts by using

## HarabDaves

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## The Daintiest <br> Fancy Biscuits

()

When you have occasion to buy something nice Biscuits, this is the place to get them

We never miss having a co
Many an occasion in every home demands some little extra in Riscuits.

It isn't at all necessary to lay in large supplies, but means a sense of comfort to the housewife to be stocked up with two or three of the choicest kinds. is the easiest thing in the world to find here something that will exactly suit.
We handle only Christies' lines; Christies are the largest manufacturers of Biscuits in the Dominion and have the reputation of turning out the best lines.

Next time you are in the store let us show you. Prices range from 15 cts to 40 cts a pound.

The Star Grocery
The Store of Quality.

## J. N. Schefter



Housekeeping Is Not the Task It Used to Be
$\mathrm{M}^{\text {ODERN invention has done eway }}$
 polishing of hardwood foors, the dusting the stairs, unaer the radiator, O-Cdar Mop With it you can dust, clean and polish a hardwood floor in the time it formerly took you to get ready to do






X Cut Saws and Axes
The Buffial Bill and Leader cross cut saws are he
 4. Klondifike Saws 5 f foot at $\$ 2.50$ complete

Axes
We have a big range of axest price $\$ 1$ to $\$ 1.25$.
Boyes axes, 75 C handiled.
Good Rock ElI home-made handles, 35 c to 40 c.
Liesemer \& Kalbfleish the corner hardware.

## Live stock markets TORONTO

Receipto of live atock at the Union stock Yarde vesterday conneited of
caro, 1eat cattle, 1744 calver, 1231 hoges. 3as sheep and lambe. Butcher cattle were in strong demand ecterdiy at prices about stededy with week ago. The decline of last Thuratag heayy steras was the boot for many wecks and the percentage of high,-price
cattle greater. attle greater.
Heavy sters soig good, 89.75 to to 10. Butcher steers and so.75 to 10.25; good, heiter-Choice, (14um, 88.25 to 88.75; common, 86.75 to
 mon, 85.50 to 36 . Canners and cutters- 84.75 to 55.25 .
 58.50 to 88, medium,
mor 85.75 to 8650. mon mockers and feeders100; medium, 960 to 875 .




 weighed of cars, $\mathbf{y}$, 14.25 . Lessis2.50 to 88.50 per cuvt. of

 per cent government condemnatidn loss.

## NEUSTADT

Mesess. Westey Gray and Fritzie | attended the dance in Carlsruhe last |
| :--- |
| Friday evening and report a good time. | Mrs. Jos. Messner of Qu Appelle, Sask. spent a rew days win inf. Mr. and Mrs. Wm. Russell and M Rennie Wettlauters. Mr. H. Ermel, teacher at Bracke. busch's achool is spending a week at his

home near Walkerton, on account of the home near Walkerton, on account of he
school being closed.
Messers. and Serph Weber of Carlssuhe wer visitors in our town on Saturday.
Some of our soung fellows alwas
note have a mile when the
comes out. Eh Frizie. The annual meeting of the Saugeen
Valley Creamery will be held on Jan. 30
 good buiness this year, making about
15,000 lis more butter than last year. War. a Seler Lay yisitior in town.
The annual Sharecoldera meet ing of he Neustadt Furniture Coo, will be held on Jan..30th in the Station Sotel.
Mr. Theodore Klages of Sullivan visit. ed friends and relatives in and around eown over Sunday Quite few people from town attend.
ed the funeal of Patrick Farlley in Ayton on Tuesday morning.
Miss Rena Gorman returned to Dr. with her mother in Toronto. Two of our local town sprrts. went to
the bush last week to make wood. They brobe the recorat by making 1.2 .2 cord in
bre
-2 day and brealing thre axe handies. A few young fellows from town will

a:tend the Carnival in Mildmay on Thursday. | Mr. and Mrs. John Wilfang, Mr. and |
| :--- | Mrs. Fred Klages and daughter, Doretta

attended the funeral of Mr. H. Kiages in Sullivan on Tuesday.
Watch for the big Carnival to be held
in the Open Air rink shortly. in the Open Air rink shortly. Mr. and Mrs. Geo. Watkie, Mr. and
Irs. Jac. Allenson and Mr. and Mrs. J.

ative.
 Newe soore
thavor
the
Shortly $X$ Xe Nor Shortly after Xmas. Mr. Norman Kar
one of our town boys left for Detroit and secured a position there in the Fischer
Body C . About a week after he had
. Body C . About a week after he had
been over there, he complained and upon the doctor's examination, an oper
ation for appendicitis was required. A few days after the operation the sad news came home that he died. Mr. J.
Weinert went over immediately for the Weinert went over immediately for
corpse and arrived here on Tuesday evening. The remains were laid to rest last Thursday morning in the Carlsruhe
cemetery. The funeral was attended by cemetery. The funeral was attended by
friends and relatives of far and near School re-opened again on Monday Mr. J. Northgraves spent Saturday and Sunday in Stratford.
Canadians, as compared with English men, do not realize what suffering be$\left\{\begin{array}{l}\text { ceuse of the war means. Only a short } \\ \text { cime ago six beautiful Folkestones homes }\end{array}\right.$ time ago six beautiful Folkestones homee
were vacated by order of the military were vacated by order of the miem as
authorities, who wished to use them as a barracks. The families had possessed
these homes for generations and nothing these homes for generations and nothing
but suchla decree would have

## Helwigs' Weekly Store News...


now is the time to get "Big value' FOR'YOUR MONEY. COME INTOOUR STORE AND YOU WILL GO OUT WITH BIG BVNDLES OF OUR SPLENDID COODS FOR LITTLE MONEY.

DON'T COMEIN BRE. BRING IN THE WAOLE FAMILY THEM OUT FROM THE TIPS OF BAB TOES TOTHE CROWNS OF GRANDM ALA AND GRANDPA'S HEADS.
WHEN:YOU CUY AND TRY OUR GOOD GOODS; YOU WILL MAKE OUR STORE YUOR STORE.

## 20 PER CENT. OFF

20 PER CENT. OFF

## Ladies' Winter Coats

Ladies' Winter Coats at 20 per cent. less than regulár price Come while we have your size, save monev, and be comfort able, and enjoy a stvlish coat for the rest of the winter.

## LADIES' WINTER COATS

## "A Year Ago Styles"

One Dozen Ladies' Winter Coats, left over from last season, Regular Values from $\$ 10$ to $\$ 15$, to clear at $\$ 3.50$ to $\$ 5.00$. These are great bargains.

50 lbs light Grey 3 ply Common Yarn to clear at $\$ 1$ per 1 b or 25 c Skein.

Bring us your butter, eggs, dried apples, beans

## HELWIG BROS.

GENEREAK MHECHANTS,

Altred Weiler The People's Grocers ed water
Stock Food Wodehouse's Poultry Food
Wodehouse's Animal Invigorator unequalled for all kinds of stock
Wodehouse's Poultry Invigorator the chicken fancier's best friend
Wodehouse's Creameal, the perfect food for calves and pigs.
Wodehouse's Lice Killer, sure death to all vermin.
Wodehouse's Animal Invigorator in $25 \mathrm{c}, 50 \mathrm{c}$ and $\$ 1 \mathrm{pkg}$., and $\$ 2.50$ pails.
Wodehouse's Poultry ' Invigorator in 25 and 50 c pkgs.
Wodehouse's Lice Killer in 25 ctins .
Wodehouse's Creameal in $\$ 1.25$ bags o 25 lbs. each
Bring us your Butter, Eggs, Dried Apples, Beans, Potatoes, etc, We pay same cash as trade



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