

# GENERAL DEBILITY FOLLOWING INFLUENZA

### Strength Can Only Be Regained by Purifying the Blood.

Following a wide-spread epidemic of influenza, general debility is on the increase, and the effects may be noted in the work, listless appearance of so many of the men and women of our race. Influenza always leaves behind it impaired vitality, and with the modern conditions of life that use up nerve force so rapidly, general debility becomes one of the most common maladies. The symptoms of debility vary, but weakness is always present. There is poor digestion, languor, weak, aching back, wakefulness at night, often distressing headaches and a feeling of fatigue. These symptoms indicate impure and impoverished blood. It is significant of every attack of influenza that it is followed by anemia and debility. For all such run-down conditions, sufferers should at once begin to make their blood rich and red with Dr. Williams' Pink Pills. Under a fair treatment with this medicine they will realize more and more the health-restoring influence of good rich blood, and how this new blood brings a feeling of new energy and increased vitality. Proof is given in the case of Mrs. G. Robertson, Wilmington, Ont., who says: "When the Spanish influenza spread over our town I happened to be one of the first stricken, and the attack was a very severe one, and worse still the after-effects of the trouble left me in continuous misery. I had severe pains to my side, felt low-spirited, and with no ambition whatever. My head ached almost continually, my eyes felt heavy, and pimples broke out on my face. I was advised to try Dr. Williams' Pink Pills and after taking them for a time I felt like my old self, able to do my housework, and feeling well and strong. I can strongly recommend Dr. Williams' Pink Pills for the serious after-effects of influenza, as I am sure they will restore all sufferers to good health."

You can get these Pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

# CROOK MAKES BIG CLEAN-UP

It was in the good old ante-bellum days, when Jay's was the place of the rich and the poor, and the Parisian shopkeepers spotted an American as soon as he landed in the great metropolis, smooth-shaven, shabby-faced, innocent-looking customer entered one of the leading jewelry stores in Paris and pompously producing a card bearing the name of a well-known Chicago millionaire, left word that he would like to see the manager of the store call at his apartments in one of the most fashionable quarters of the city.

The gentleman had spared no expense to make his surroundings impressive, and when the head of the firm himself arrived he was filled with visions of a large sale with big profits, as the Americans were noted for their prodigality in Paris. The distinguished millionaire was alone in his richly upholstered drawing-room when the jeweler arrived, and he informed the merchant that he was anxious to make purchases of the finest and largest ornaments money could buy, for his wife.

In a few hours the jeweler returned with a large bagful of the most valuable assortment of gems, fit for a queen to wear.

"One thing I must ask," said the prince-purchaser, "is it possible for my wife to know I am buying these jewels. I have just made a huge fortune, and this is to be her surprise. But it must be a surprise. If she comes in, you hide the jewels."

The jeweler bowed assent, too full of the vision of the great profits he expected to glean to waste his breath in mere words.

The selection was going on, when suddenly the husband's wife was interrupted by a female voice, with an American nasal twang, sharply calling from the stairs: "Amos, are you there? Where are you?"

"My wife's voice!" exclaimed the startled husband. "Here, hurriedly whispered the husband, 'hide the jewels. That's right, tumble them into the bag. Now, where can we hide them?' She must not see the bag, or her suspicions will be aroused."

A cabinet stood at one end of the apartment. It was locked. That, also, was locked. A little secretaire stood close to the door against the wall, and the door was opened. Capital! Into the receptacle the jeweler shot the bag and the husband snatched it. The jeweler, who was still coming from the stair landing, the husband rushed out, whispering to the jeweler: "She must not see you. Wait till I return." Then he slammed the door of the apartment and went out to intercept his wife.

The jeweler, listening, heard the husband say: "Ah, my love, is that you? Come along, I have something to tell you." Then the voice died away.

The jeweler patiently waited for the Chicago Croesus to return. Half an hour passed. An hour rolled around. Then the jeweler got impatient. He started to ring for the servant to inform the Chicago gentleman that someone was still waiting for him in the drawing-room. He would find no bell. He opened the door and looked out. He could see no one. He listened for the husband or wife to speak. He could hear no one. He returned to his chair and sat down to think. "These American swells are an eccentric and forgetful lot," said he. "I guess I'll take my property and call again."

He went to the secretaire, the lid was locked. He got excited and, grasping a poker, smashed the lock.

He went to the secretaire and found it open. He went right through the back of it. He thrust in the poker. It went right through the wall. He tried to pull away the secretaire. It was fastened to the wall.

Then he crawled out of the room and discovered at the back of the wall a large hole, from which the paper had recently been burst.

It was through this hole the bag had been thrust when the wife came downstairs, and when the husband joined her she had already opened the bag, and by the time the jeweler had discovered his loss the swindlers had fled with \$200,000 worth of precious stones.

So far as known the jeweler is still hunting for the "Chicago millionaire," who, however, was not an American at all, but a Jew who since attended any "surprise parties" planned by rich and generous husbands for their wives.

The jeweler admitted that a surprise had been carefully planned by the husband. But it was not for the wife, but for the jeweler.

To safeguard the child from damage that worms cause, use Miller's Worm Powders, the medicine par excellence for children. These powders will clear the system entirely of worms, will regulate and stimulate the organs injuriously affected by the worms, and will encourage healthy operation of the digestive processes. As a vermifuge it cannot be surpassed in effectiveness.

PROVES BIBLE. Parallel Between Germany and Fall of Man. The world war has brought to the eye of Bible illustrations of the truth of Bible doctrines as usually interpreted by what is called the old theology. Glances for a moment at some of the old Bible truths that the war has illustrated and vindicated.

Take, for example, the fall of man as recounted in Genesis. Some have had difficulty with this fundamental doctrine of the Bible. I was talking a short time ago with a brilliant young college man, steeped in the scientific skepticism of the age, and he said:

"But, Doctor, think how irrational is the theory that man fell in a garden, just created by an all-wise and all-powerful God!"

I replied by pointing out the very interesting fact that modern Germany also fell in a garden. There was not a country upon the earth more blest and prosperous than Germany. Her progress in all lines, except morals and spirituality, had been marvelous. If she had remained true to right ideals she would have gone on undoubtedly into the leadership of the whole earth. But even in that garden of prosperity and peace the devil of selfishness, untruth and false ambition entered, and the ruling classes fell, and like the fall in Eden, carried their strain with them.—Dr. John Roark Stratton in Christian Herald.

When The Day Is Over. When the household cares and the worries of everyday life have dragged you down, made you unhappy, and there is nothing in life but headache, backache and worry, turn to the right prescription, one gotten up by Dr. Pierce fifty years ago.

Everything growing out of the ground seems intended for some use in establishing natural conditions. Dr. Pierce's Buffalo, N. Y., long since found out what is naturally best for women's diseases. He learned it all through treating thousands of cases. The result of his studies was a medicine called Doctor Pierce's Favorite Prescription. This medicine is made of vegetable growths that nature surely intended for backache, headache, weakening pains, irregularities, inflammations, and for the many disorders common to women in all ages of life. Dr. Pierce's Favorite Prescription is made of lady's slipper root, black cohosh root, unicorn root, blue cohosh root and Oregon grape root. Dr. Pierce knew, when he first made this standard medicine, that whiskey and morphine are injurious, and so he has always kept them out of his remedies. Women who take this standard remedy know that in Dr. Pierce's Favorite Prescription they are getting a safe woman's tonic so good that druggists everywhere sell it, in liquid or tablet form.

LONDON FROM AIRSHIP. Metropolis Described as City of Enchantment. London, seen from an airplane, lay in a golden bowl of misty sunshine, the vast circle framed in the blue-gray of the horizon.

It was obviously a ray of the open air, and it seemed the best way of the seat to take to the air. At Chickwood, the pilot there, he had taken up the Prince of Wales and many other royalty—was just glancing over a big holiday—age, and arguing to be away from earth to where the fleecy clouds were drifting across the blue. I explained that the same longing gripped me, and in a moment I had borrowed fur coat and helmet, and was seated in the forward cockpit, where I gave place to the machine gun chattered, and the engines roared their impatience to be off.

Most machines turn across the ground bare as they leave it. Handicapped waddles, ungainly as a swan still she gathers speed and the jolting over the rough ground gives place to a gentle gliding as your body glides through still water after a plunge. You are off.

Then if you look in-board, there is the sensation, and unless you watch, a needle creep round a dial, ticking off each thousand feet you climb, you might be still sitting peacefully on the earth. Instead you are passing over little cardboard models of houses, red-roofed and a slaty-gray with curious shades of purple, as the nose of the machine swings toward the town. Peter Pan would en-

# READY TO SERVE CLARK'S CANADIAN BOILED DINNER JUST HEAT AND EAT

W. CLARK LIMITED  
100-102  
W. CLARK LIMITED  
100-102

joy this, for we are over a city that has not grown up—a city where the sunshine and spring-time have brought tiny people out of doors to play with toy trains and creep to and fro in tiny motor cars or fairy coaches drawn by busy ants.

No matter how deep-rooted the corn or wheat may be, it must yield to Holloway's Corn Cure if used as directed.

"One Man in His Time." Brimful of strange adventures was the life of James W. Ruecroft, 49, of King Edward's Horse, as it was described, when he was charged at Lancaster, England, with breaking into a shop at Morecambe and stealing jewelry valued at £779. He said that he had:

Served in the South African War. Been a good miner and prospector in Klondike and Alaska. Traded as a copra merchant in the South Sea Islands. Been a beachcomber in British Guiana. Worked on the Panama Canal. Fought under President Castro in Mexico. Was in the Boxer riots in China. In Jamaica at the time of the great earthquake in 1907. Worked on the Trans-Siberian Railway. Assisted to quell the Sinn Fein rising in Ireland. Fought in France and was severely wounded.

Following the shop-breaking which was done while he was on a sick leave, he sent valuable presents to his sister, gave rings to nurses at Colchester Hospital and other people in the town.

When arrested he had still £200 worth in his possession, and he helped the police to recover an additional £190 worth.

Sentence of twelve months' hard labor was passed upon him.

As a vermicide there is no preparation that equals Mother Graves' Worm Exterminator. It has saved the lives of countless children.

Where Wood is Money. Who ever heard of wooden money? The only known currency of this kind is issued by the Hudson Bay Company, and circulates all over the vast territory controlled by that powerful trading concern.

It is a coinage consisting of pieces of wood known as "castors," which are stamped with a die. These are accepted everywhere in that territory as cash, and are exchangeable for all sorts of supplies and commodities.

# THE WIDELY SCATTERED STATIONS OF THE CORPORATION.

The area governed by the company is in one straight line it extends as far as from London to Mexico; from King's Posts to the Felly Banks is further than from Paris to Sernacand. Over all of this region the corporation exercises a complete dominion, employing the native Indians, chiefly Ojibway and Cree, to collect the furs which furnish its revenues.

Hudson Bay is about two-thirds the size of the Gulf of Mexico. It is an almost landlocked sea, with 3,000 miles of coast line. More than 300 years ago Hendrik Hudson, trying to find the north-west passage, wintered there. His crew mutilated and set him adrift in an open boat with his son and seven others. He and his companions were never seen again.

The unit of value in that part of the world is beaver skin. Two martens are equal to one beaver, and twenty muskrats are equivalent to one marten. The trapping is done in winter, and in spring the Indians bring the pelts to the stations, receiving in payment for them wooden money. With the latter they buy what supplies they need at the stores maintained by the company at the stations.

Asthma Brings Misery, but Dr. J. D. Kellogg's Asthma Remedy will replace the misery with welcome relief. Inhaled as smoke or vapor it reaches the very inmost recesses of the bronchial passages and soothes them. Respiration passes and easy breathing returns. If you know as well how this remedy would help you as do thousands of grateful users, there would be a package in your home tonight. Try it.

A World's Record. What is said to be the world's record production of marketable potatoes on one acre—49,581 pounds, or 825 bushels—has been made on an acre of land near Kanab, in the southeastern section of Utah, a few miles from the Arizona state line. The record yield was made in response to a competition fostered by the Mormon church, and the church, authorities drew a check for \$1,000 payable to a representative of Kanab ward of the Kanab stake of the church, which is responsible for the production. The yield is certified to by more than 50 farmers.

Dr. Martell's Female Pills For Women's Ailments. A Scientifically prepared Remedy, recommended by physicians and sold for nearly fifty years for Delayed and Painful Menstruation, Nervousness, Dizziness, Backache, Constipation and other Women's Ills. Accept no other. At your druggist, or by mail direct from our Canadian agents, Lyman Bros & Co., Ltd., Toronto, Can., upon receipt of price, \$2.

At the Turn of the Road. Where the rough road turns and the valley sweet, Smiles bright with balm and bloom, We'll forget the thorns that have pierced the feet, And the nights with their grief and gloom, And the sky will smile and the stars will beam, And we'll lay us down in the light to dream.

We shall lay us down in the bloom and light, With a prayer and a tear for rest, As tired children who creep at night To the love of a mother's breast; And for all the grief of the stormy past, Rest shall be sweeter at last, at last.

Sweeter because of the weary way, And the lonesome night and long, While the darkness drifts to the perfect day, With its splendor of light and song— The light that shall bless us and kiss and love us, And sprinkle the roses of heaven above us.

A New Landmark. A new landmark will shortly appear above the trees of Kew Gardens, near London. Already there is of course the famous Pagoda, but the new landmark will rise many feet into the air above the Pagoda. It is the giant flagstaff, weighing 18 tons, and 215 feet long, presented by the British Columbian Government to Kew Gardens some four years ago. Arriving in London by the R. M. S. P. in December, 1915, it was afterward towed up the river to Kew, and is now about to be erected by Canadians in the gardens. Its first use, so it is said, will probably be that of flying the Flag of Victory and Peace in the forthcoming peace celebrations.

Spanking Doesn't Cure! Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send FREE to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send me money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Write for free trial treatment.

Mrs. M. Summers WINDSOR, Ontario Box 2. Worth Knowing. Canned fruit and vegetables should be taken from the can an hour before using, turned into a bowl and put where there is fresh air. Careful experiments made by the National Canners' Association show that the modern sanitary can cannot harm food even when open. However, turning the contents of the can into another dish and exposing it to the air oxidizes and thereby freshens the contents.

Cream, butter, the opened can of hard or vegetable shortening should be in a special container in the refrigerator. Take the same care of oleomargarine or nutmargarine that you would of butter, if you expect to enjoy its flavor.

# MURINE Night Morning Keep Your Eyes Clean - Clear - Bright

New Guinea. New Guinea, had it determined its sovereign powers itself, might be said to have "played both ends against the middle" with a vengeance; for it was divided among Britain, Germany and neutral Holland.

This island the largest in the world, if Australia be ranked as a continent, and in many respects the most primitive, furnishes one of the perplexing problems before the Peace Conference.

Conditions in New Guinea, in the period before the war, are described in the following communications from Thomas Barbour.

New Guinea, the last great area remaining in the tropics which is still almost completely unknown, has a peculiar charm for the naturalist.

Lying between the Equator and Queensland, Australia, its length is about 1,000 miles and its maximum breadth is 400 miles. Its area is greater than that of Borneo, being about 300,000 square miles. Practically it is divided into three parts.

The lower coasts bordering Torres Straits form British Papua as it is now called. The eastern coast, as far as 140 degrees of longitude east longitude, goes to make up Kaiser Wilhelm's Land, or German New Guinea. In both of these districts there are a considerable number of white settlements and mission stations, and mining and copra farming are carried on. The great western region of Papua is Dutch, and is of this region that we are dealing especially.

It is this very absence of white folk which gives this land an added interest, for here the native may be seen in his primitive simplicity. With such a bewildering variety of human types among the Papuan tribes, the ethnologist has a great field, one which is certainly unexcelled in the world.

The Malay, grave, reserved, and dignified, is as unlike his New Guinea neighbor as a Chinaman is unlike a European. These islands are a happy, prosperous lot until some little thing offends them, when they at once become sullen and treacherous; but as we had occasion to cross them, we got along admirably.

The pure Papuan is very dark brown, usually a well-built, thick-set man of medium height. Occasional individuals are seen who are slight, short, and who have strongly marked Negritoid characteristics. These probably represent inhabitants of the region, as were the Negritos in the Philippines. Out on the Pacific coast is markedly different. Here in carrying out the characteristics of other island groups to the eastward, for there probably has been accidental colonization along this shore.

From Waikei is a short journey to Jobi Island, another of the group which lies to the north of Solomons Bay. The people here vary little in appearance from the other Papuans of the region, but their manners and customs differ much from village to village. Indeed, while the island is hardly larger than Long Island, New York, eleven mutually unintelligible languages are spoken on it. Many feuds exist, and when our ship came to anchor in Pom Bay, canoes attracted by the boring harbor, did not spend the night very close to the ship, because their occupants were afraid of the people of Pom Bay. The sailing canoes of Pom Bay are enormous affairs, with bows decorated with fretwork carving, in elaborate designs, and with wooden heads which were made to look like real ones, by having enormous mops made of cassowary feathers stuck in them.

THE JOY STICK. Canadian Ace of Aces Describes How a Plane is Operated. In a "Talk on Aerial Tactics," which appeared in the publication "National Service," Canada's famous Ace of Aces, Col. William A. Bishop, V.C., D.S.O., M.C., D.F.C., describes some effective methods employed in aerial fighting.

"To those who have never seen a war machine," says Col. Bishop, "I would explain that to control one the pilot has to manipulate but a single lever, which we call the 'joy stick.' It is very much like the lever with which you shift gears on an automobile, but it moves in four directions. If you should want your machine to go down, the instinctive move would be to lean the body forward. Therefore, the fighting airplane is so rigged that when the pilot pushes the 'joy stick' forward the nose of the machine points down. In the same way if he pulls the 'joy stick' back the nose of the machine goes up and the machine climbs at the angle he wants it to. An turning it is necessary that the machine is not banked too much. This is one of the first things a pupil is taught, when learning to fly. The 'joy stick' also controls the banking. By moving it to either side you can tilt up which ever wing is desired. At his feet the pilot has a rudder bar which controls the horizontal direction of the machine. If he pushes his left foot forward and banks slightly, the machine turns slowly to the left. To go to the right there is only necessary a push with the right foot and a slight bank. The pilot thus has both feet on the rudder bar, holds the 'joy stick' with his right hand and with the left controls the engine of the machine by holding the throttle. He is always able to do

# Cook's Cotton Reef Compound.

A safe, reliable, refreshing medicine for all cases of indigestion, flatulence, acidity, and all other ailments of the stomach. Price 25c. Sold everywhere.

several times he gets absolute confidence, and when the fight comes along he is not worrying about how the machine will act. He can devote all his time to fighting the other fellow, control of his machine coming instinctively. Thus the actual flying, although perhaps the hardest to train a man for, is the least important factor in aerial fighting. A man's flying ability may be perfect. He may be able to control the machine and handle it better than anyone, but if he gets into a fight, risking his life many times, perhaps, to gain the right position for a good shot and then fails to hit the mark, he is useless.

If unable to bring his opponent down he must further hazard his life in order to get out and away from the enemy. For this reason I consider aerial gunnery the most important factor in fighting in the air.

Tactics are next in importance, because by the proper use of the right tactics it is easy to eliminate risks and also to put the enemy at a great disadvantage. Surprise is always to be striven for, because if you can surprise the enemy and get into the proper position to shoot before he is aware of your presence it simplifies matters tremendously, and there should be no second part to the fight."

An Easy Pill to Take.—Some persons have repugnance to pills because of their nauseating taste. Parmelee's Vegetable Pills are so prepared as to make them agreeable to the most fastidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical quality as a medicine for the stomach.

Just for the Baby. Have you seen the "don't kiss me" necklaces? They are of satin ribbons with wide medallions and the sensible inscription so that all who would kiss may read. And among the warm, new knitted things to keep him comfortable this winter, there are mittens and socks, of course, caps and sacques and leggings as well as mittens for his "papa."

The new brush and comb sets are the cunningest things imaginable. One set has tiny military brushes! Some have just the comb and brush, some have powder and soap boxes, too. They are all in the imitation white ivory, and daintily boxed.

More practical than the satin covered, coat hangers are those of painted wood—quant little figures which may be washed with soap and water when they are soiled.

Oil for Toothache.—There is no pain so acute and distressing as toothache. When you have so unwelcome a visitor apply Dr. Thomas' Electric Oil according to directions and you will find immediate relief. It touches the nerve with soothing effect and the pain departs at once. That it will ease toothache is another fine quality of this Oil, showing the many uses it has.

Films to Replace Books. Motion pictures will take the place of textbooks in schools and colleges, according to Thomas A. Edison, in an interview recently. "The only textbooks needed will be for the teacher's own use," declares the inventor of the motion picture camera. "A great film library of educational and industrial subjects should be built up in Washington. Then these films could be issued on the rental system to all institutions in the United States, even to the most remote rural schoolhouses, and the system could be so operated that it would pay its own way." Asserting that "anything which can be taught to the ear can be taught better to the eye," Mr. Edison continued: "The moving object on the screen, the closest possible approximation to reality, is almost the same as bringing that object itself before the child or taking the child to that object. Film teaching will be done without any books whatsoever. The

only textbooks needed will be for the teacher's own use. The films will serve as guide posts to these teacher instruction books, not the books as guides to the films." By making every class room and every assembly hall a movie show, 100 per cent attendance will be assured," Mr. Edison says. "Why, you won't be able to keep boys and girls away from school then."

"I understand your cook left your house," "But all of it," said Mr. Cunniff. "We had to put a mortgage on it to meet requirements as to wages."—Washington Star.

## DODD'S KIDNEY PILLS

## The WALKER HOUSE

## The WALKER HOUSE

## SHILOH 30 DROP COUGHS

## STORM WINDOWS & DOORS