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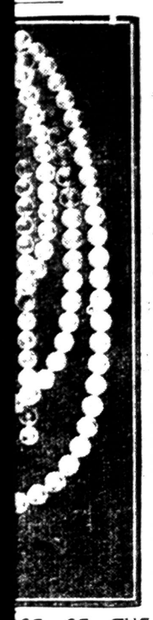

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RHEUMATIC PEOPLE

CAN ONLY FIND RELIEF BY ENRICHING THE BLOOD.

Rheumatism is a disorder of the blood. It attacks people when the blood is overcharged with acid and impurities, thus setting up inflammation in the muscles and joints. Wet weather or cold weather of autumn may start the tortures of rheumatism, but is not the cause. The cause is in the blood and the blood only. Victims of this malady have every reason to fear the first dull ache in the limbs and joints, followed by sharp pains through the flesh and muscles; these are the symptoms of poison in the blood which may shortly leave the victim painracked and helpless.

There is only one way to cure rheumatism, and that is through the blood. Liniments, hot applications, and rubbing may give temporary ease, but cannot possibly root the trouble out of the system. That can only be done by the rich, red blood which Dr. Williams' Pink Pills actually make. This new blood drives out the poisonous acids and impurities, and the rheumatism disappears. If you are a sufferer from this painful malady begin curing yourself to-day by the use of Dr. Williams' Pink Pills, and see how soon the pains and stiffness of the joints fade away, leaving behind new energy and new health.

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

SHORT ITEMS OF THE NEWS OF THE DAY

Duke of Devonshire to Refuse An Extension of His Term.

KOREA TO REVOLT

Leaders of the Disturbances at Amritsar, India, Released.

British shipyards turned out shipping in excess of 1,800,000 tons for the year 1919.

Andrew Miller, one of the owners of the New York Life, died of heart disease.

Former Emperor Charles, of Austria recently sent 100,000 crowns to Vienna charities. At present values the contribution is worth $1,000.

No more salmon fishing licenses will be issued to other than white men and native Indians.

Magistrate Atkinson, of Timmins said he would send all illicit liquor makers to jail hereafter.

Frank Pixley, librettist of many comic operas, including "The Prince of Pilsen" and "The Burgomaster," died at San Diego, Cal.

Further prosecutions will, it is intimated, be instituted by the Dominion Bureau of Statistics in the event of manufacturers failing to comply with the Statistics Act.

H. J. Daly, formerly chairman of the Repatriation Commission and a director of the Home Bank since 1916, has been appointed president of the bank, succeeding M. J. Haney, of Toronto, who has retired.

Jean Dupuy, director of the Petit Parisien, former President of the French Council of Ministers and a member of the War Council, died after a short illness.

Mr. Tom Moore, president of the Trades and Labor Congress has been chosen to represent Canadian workers at the meeting of the governing body of the International Labor Office in Paris on June 26.

Despatches received in Vienna from Sofia state that Bulgaria has been declared under martial law because of widespread riots growing out of the high cost of living.

President Wilson will formerly announce in a message to the guests at the Jackson Day dinner to be held in New York on Jan. 8, that he will not be a candidate for a third term in the White House.

Hon. Peter Smith's promise to appoint a woman to the census board was implemented when Miss Caroline Cassels, for two years past on the staff of the Treasury Department in connection with the administration of amusement tax collections, was given the post.

Returning from the cattle sales at the Union Stock Yards, West Toronto, Dick Patternick, a cattleman, of Acton, Ont., was held up at the point of a gun by three men on Keele street, outside the yards, beaten almost into insensibility, and robbed of his wallet containing about $1,400 in cash.

Any movement however, cloaked or dissembled, designed to undermine the U. S. Government will be met with "unflinching persistent, aggressive warfare," Attorney-General Palmer announced, in stating the policy of the Department of Justice for the forthcoming year in regard to radicalism.

To prevent United States manufacturers using Canada as a storage house for liquor stocks which they wish afterwards to re-export without contributing to Canadian revenue, new orders-in-Council were passed to forbid for thirty days the importation in bond of liquor from the United States or any other country.

Irkutsk is in a state of siege. Martial law was declared following an uprising of social revolutionary troops on Dec. 24, during which they captured the railway station, but were unable to take the city from the Kolchak forces. Peace is being preserved by the Czecho-Slovak troops.

A convention of the farmers of Quebec Province is to be held in Quebec City early next month.

Montreal's water service was crippled owing to a strike of the stationary firemen and aqueduct workers.

Train service between Basra and Bagdad, Asiatic Turkey, will be established at an early date.

A widespread revolt against the Japanese is imminent in Korea, according to the Tokio correspondent of the Honolulu Commercial Advertiser.

A conflict occurred last Friday between rioters and the police and troops in Alexandria, Egypt. Two of the rioters were killed and five wounded.

J. B. Fowler, who for over sixty years conducted a jewelry establishment in St. Catharines, passed away at Wellandra Hospital.

The suppression of the Dublin Freeman's Journal, which was ordered suspended for publication of an article adjudged contrary to police discipline, is still maintained, having lasted more than a fortnight.

Walter J. Blackburn, president and general manager of the London Free Press Publishing Co., died at his home, following an illness that had become acute in the last few weeks.

Halifax police rounded up the supposed young gunmen who have been operating with success in Halifax for several weeks past.

Many automobile manufacturers, not only in Detroit, but throughout the United States, will announce advances in their prices in the early part of the new year.

Leaders of disturbances at Amritsar, in the Punjab district of British India, in which a large number of natives were said to have been killed, were released from jail at Lahore on Dec. 26.

Sir Oliver Lodge, president of the Society for Psychical Research, will leave for the United States shortly after his retirement as principal of the University of Birmingham, which position he has held since 1900.

Samuel Gompers, president of the American Federation of Labor, in a New Year statement, pledged American's workers to do their full share in working out the country's problems of 1920.

The London, Eng., Globe says there is good authority for the statement that the Duke of Devonshire will decline an invitation to extend his stay at Ottawa, private interests rendering his return to England specially desirable.

Harry Onmanney, former British agent in India, suicided at Grand Forks, B. C., by taking cyanide of potassium. He arrived from England only a fortnight ago, and gave evidence of suffering mentally as a result of a protracted illness in England.

Three members of the crew were scalded to death in the explosion of a steam pipe in the engine room of the United States steamer Evoia, which was taking aboard coal at Norfolk, Va.

Mrs. H. Percival Dodge, wife of the American Minister to the Kingdom of the Serbs, Croats and Slovense, was killed instantly at Washington in an accidental fall through the elevator shaft of an apartment house.

Vast sheds housing American army stocks on St. Anne Island near the State railroad station at Mantes, France, were completely destroyed by fire with their contents. The amount of the loss will be considerable.

Frank J. Conyers, Assistant Superintendent of Construction of the power line being built to Copper Mountain, died at Grand Forks, B. C., from burns received in an explosion which occurred while he was lighting his kitchen fire.

Burglars entered the Indian Village home of Griffith Ellis, publisher of The American Boy Magazine, at Detroit, and stole jewels worth $25,000 to $30,000.

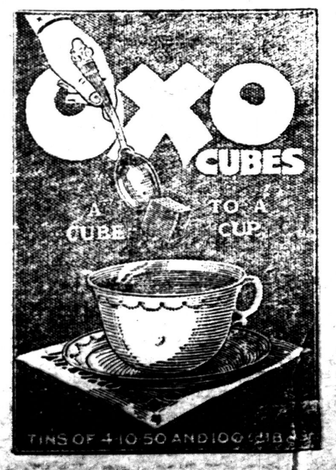
The stern of what was evidently a large sailing vessel came ashore at Harborville, near Kentville, on the Bay of Fundy. The wreckage bore the inscription, A. W. Allan, Providence, Rhode Island.

A report from Sydney says that the Government has chartered a sealing ship at Halifax to go to the relief of the marooned lighthouse-keepers on Belle Isle, and that it is now on its way.

New Year's celebration in Balitmore was marred by a near-tragedy shortly after midnight, when four girls and a boy were shot by several intoxicated soldiers speeding down one of the principal thoroughfares in a high-powered automobile.

Wood's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $1 per box, six for $5. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)



CURE A COLD QUICK AS WINK!

Easy As Rolling Off a Log to Stop a Cough or Cold With

"CATARRHOZONE"

No more medicine for the stomach—that isn't where you cold is lodged. Just breathe in the healing vapor of Catarrhozone—a soothing, healing medication that acts instantly. Colds, sore throat and catarrh fairly flee before Catarrhozone.

Every spot that is congested is healed, irritation is soothed away, phlegm and secretions are cleaned out, and all symptoms of cold and catarrh are cured. Nothing so quick, so sure, so pleasant as Catarrhozone. Beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone, large size, which lasts two months, price $1.00; small size, $50c; sample size, 25c.

High Cost of Living An Old Complaint

Loud in the land is the voice of the pessimist. The cost of living is likely to go higher and higher. It goes up to stay. Prices never will come down. That is his lugubrious refrain. It is a refrain that has been heard again and again in the past. Despite it, there always has been the reaction, and prices have come down. Only very few persons seem to have noticed the coming down, or thought it worth while to record it.

Just now, for New Yorkers is particular, there is no more comforting book than Philip Hone's "Diary." Hone was a fine old pessimist in his day, always deploring the scaring tendencies of the markets and gloomily deploring what he felt certain the future had in store. Prices went up and he howled about it; when gradually they readjusted themselves to the matter. There is a world of encouragement in reading Hone's lamentations over household expenses in the year 1837 and then realizing that the country did not go entirely to the dogs, but by 1840 was on a basis perfectly satisfactory but at the time entirely unappreciated.

It is too bad that Hone did not live to continue his "Dairy" into the years immediately following the close of the civil war. Then we could have compared to greater profit and contentment of spirit. The necessities of life rising from 60 to 100 per cent.; labor fighting to offset and more than offset the shrinking of the dollar by boosting wages; the deterioration of the quality of labor; many localities under martial law; the striking longshoremen of New York idle on the docks; the Reading Railroad tied up by striking engineers and seized and run by the military forces of the United States. No, 1919 is not in mind; the description applies to the year 1865.

PROBLEM OF THE AGES.

Why stop at 1865 or 1837? It is a problem that goes back disturbingly through the ages. Henry VIII. of England had troubles other than the matrimonial ones for which he is popularly remembered. His people went to him and with their complaints about the high cost of living, so he took a hand in the matter and fixed prices. He decreed that beef and pork should be sold at a half-penny a pound, mutton three farthings a pound, goose at fourpence a pound and chicken at a penny a pound. After all Henry may not have been as black as he was painted. We could use his like to good advantage.

However, it must be remembered that a penny was equal in purchasing value to a shilling in later years Henry did not attempt to fix the rents but then rents were exceedingly reasonable.

Then Queen Elizabeth came to the throne and people began to howl in earnest about high prices. Elderly persons whose incomes had not increased correspondingly complained bitterly. Money had just about halved in value. For his diet alone the common soldier paid three pence halfpenny a day or two shillings a week, and eightpence a week for his lodging and washing. But apparently the food was all that could be asked in quality and quantity, for Froude says that the English soldiers owed their reputations as the best fighting men in Europe to the abundance in which they lived. The taverns were regarded as the greatest robbers of the age. Petty officials fleecing them right and left, they had to reimburse themselves as they could.

A foreign visitor to England in 1592 noted that women who had not a piece of dry bread at home wore velvet in the street.

"We had nothing," said Pepys of a dinner to which he was invited, "but a venizen pasty, a leg of mutton and a pullet or two." He called a dish of marrowbones, a leg of mutton, a loin of veal, a dish of fowl, three pullets and a dozen larks all in one dish, a great tart, a neat's tongue, a dish of anchovies and a dish of prawns and cheese—a homely dinner. He left record of one dinner of his own of which he was very proud: "A fricasee of rabbits, a chicken, a boiled leg of mutton, three carps, a side of lamb, a dish of roasted pigeons, a dish of four lobsters, three tarts, a dish of anchovies and good wine of several sorts." For one of his dinners at a tavern he paid 34 shillings a man. That $8.50 a plate when the purchasing power of money was many times what it is now was simply riotous personal extravagance, for elsewhere in his "Diary" he tells of having, at an ordinary in Old Exchange, "very good cheer" for 18 pence; and again: "Went to the King's Head Ordinary, but, coming late, dined at the second table for 12 pence."

Pepys, too, belonged to that eternal chorus of pessimiste. "I do not remember when I first began to be able to bestow a play upon myself," he wrote in 1667, "that I saw so many by half of the ordinary prentices and mean people in the pit at 2s. 6d. as now; I going for several years no higher than the 12d. and 18d. places—so much the vanity and the prodigality of the age is to be observed in this particular." Of cockfighting Pepys said: "But, Lord! To see the strange variety of people, from a Parliament man to the poorest prentices, bakers, butchers, draymen, and what not!

"It is strange to see how people of this poor rank, that look as if they had not bread to put into their mouths, shall bet three or four pounds at a time, lose it, yet bet as much at the next battle; so that one of them will lose ten or twelve pounds at a meeting."

To return to our own town when it was in its lusty isfancy. There is one species of courage that Washington possessed that is possible of emulation by any citizen of the republic. The Father of his Country was by far the richest man in all the nation. When he was living at the Franklin House his steward served to him the first shad of the season. It cost $3. "Take it away," said the General sternly. "Never let it be said that my table set as example of such extravagance and luxury."—New York Sun.

GERMAN PEOPLE WEARY OF WAR

Von Kluck is Now Private in Guards.

Secret Mobile Army is Doubted.

London cable: Germany's armed forces are estimated by the British War Office to total close to a million men. These are divided into the regular army of 400,000. The land forces of the regular navy, 12,000; the armed constabulary, forty to fifty thousand; the temporary volunteers or regular army reserves, 150,000 to 200,000; civic guards, 300,000 to 400,000.

The figures with regard to the last-named branches are rough estimates, the exact totals being unknown. Under the terms of the peace treaty Germany is compelled to reduce her regular forces to 100,000 by March 31, and the number of gendarmes must not exceed those functioning as military police in 1913.

The reduction of the regular army, in compliance with the treaty obligations, is proceeding, although at a slower pace than originally was contemplated owing to the delay in ratification of the peace treaty, the unsettled state of Germany and the desire of the German Government not to increase the number of persons unemployed.

Quite apart from the British official statement, but bearing on the subject, is unofficial information brought to England from Germany by British admiralty officers. The substance of their report is summed up as follows:

There is no truth in the stories that Germany has a secret, mobile army. Not only are the German people war weary and anxious for peace, but there is a shortage of war supplies such as rubber, petrol, coal, horses, and in addition the rolling stock of the country is greatly depleted. Manufacture of arms and munitions is not going in any large degree, although it is probable that to force the Germans to give up all the rifles stipulated in the peace treaty will be impossible since the concealment of arms is not difficult. There is no danger of warlike agression from Germany in the immediate future. However, if the Germans are permitted to maintain volunteers and civic guards these bodies would constitute a potential danger as they would provide basic material for a big new army.

It is stated in well-informed circles in London that the Allies will insist that these military organizations be abolished. It is conceded, however, that the maintenance of a constabulary is necessary to protect property from hoodlums and organized bodies of thieves.

Army oficers are said to believe that considerable ground exists for Germany's claim that she needs a regular army of more than 100,000, as this force would be very small for a country so great in extent. Many citizens of Germany, as a patriotic duty, are said to be joining the civic guards to protect themselves and others as well as their property from depredations of criminals and from Spartacan outbreaks. Numerous generals are among the guards, including the famous Field Marshal von Kluck, who is serving as a private.

DR. WARD The Specialist

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

Men, Are You In Doubt

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine. Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there failing power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AILMENTS

Weak and relaxed state of the body, nervousnes, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrestful sleep, dark rings under eyes, weakness or pain in back, lumbago, dypepsia, constipation, headache, loss of weight, insomnia. Dr. Ward gives you the benefit of 29 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 29 years in treating men and their ailments.

Dr. Ward's Methods Unrivalled, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumatism, stomach and liver trouble, acne, skin disease, catarrh, asthma, rectal troubles, piles, fistula and blood conditions.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

TO-DAY

In medicines, as in every other necessity, the public is satisfied with nothing but the best! This explains the ever-increasing demand for Zam-Buk. Not only is this great balm the best household remedy to-day, but it is also the most economical.

Zam-Buk's superiority is due to the fact that it is *all medicine*, containing none of the coarse animal fats or harsh mineral drugs found in ordinary ointments. Again, the medicinal properties are so highly concentrated that they contain the maximum amount of healing, soothing and antiseptic power, so that a little of this balm goes a long way.

Another reason why Zam-Buk is most economical. It will keep indefinitely and retain to the last its strength and purity. Best for skin diseases and injuries, blood-poisoning and piles. All dealers, 50c. box.

Zam-Buk

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

CANADIANS IN NEW YEAR HONORS

Hons. Doherty, Sifton, White, Privy Councillors.

Dr. Parkin is Created a K.C.M.G.

London cable: The New Year's Day honor list made public to-night contains many awards by the King for war services.

Earldom was conferred on Viscount Middleton, former Secretary of State for India, known for his stand against peace with Germany until the Germans had made reparations for vandalism in France.

Sir George Riddell, who had charge of the British press interests at the Peace Conference; Sir Bertrand Dawson, physician extraordinary to King George, and Sir Albert Stanley were made Barons.

Charles J. Doherty and Arthur L. Sifton, Canadian representatives at the Peace Conference; Sir Thomas White, former Canadian Minister of Finance, and Frederick Guest, treasurer of the King's household, were made Privy Cuncillors.

In the New Year's Honors lists among those created Baronets are: Trevor Dawson, of the Vickers Armament firm; Frederick Orr Lewis, of Montreal and London, and Hugh Cunliffe Owen.

Knights: Alfred Bird, who organized the overseas officers' club, and James Buchanan, millionaire distiller and sportsman, who owns estates in British Columbia.

In the Colonial Office list are:

K.C.M.G.—Dr. George Parkin, Secretary of the Rhodes Scholarship Trust and formerly headmaster of the Upper Canada College.

K.C.B.E.—Sir Ernest Hatch, prominent in hospitality to overseas [illegible] and their relatives.

C.B.E.—Hon. Alicia Co[illegible] oline Grovenor, Hon. [illegible] Miss Grace Lefroy, all [illegible] associated with women's [illegible] Lady Lucy Markham, [illegible] overseas entertainment [illegible]

WOMAN SAVED LIVES OF 75

Dashed Into Flames to Warn Sleeping People

In Incendiary Blaze in New York.

New York, Report—The lives of nearly two hundred persons were imperiled this morning by a pyromaniac, who set three fires within an hour in three houses within a few doors of each other in Brook avenue, the Bronx. Two of the fires were extinguished with little damage, but the other caused a loss of $40,000. The heroism of one woman undoubtedly saved seventy-five persons at this house from death or injury.

She is Mrs. Ann Conroy, who lives at No. 871 Brook avenue. She was returning with a friend, Miss Gertrude Kennedy. Mrs. Conroy left the taxicab which carried her home and opened the door of her home when a gust of flames and smoke swept out on her. Mrs. Conroy screamed, but plunged into the smoke-filled hallway, closing the door behind her to shut off the draft.

She then dashed up the stairs, screaming "Fire!" and ringing the door bells of the tenants on the five floors. Her friend, Miss Kennedy, hearing Mrs. Conroy's screams, returned to the house and called for help herself. Battalion Chief Poling, who was returning to headquarters from another susipcious fire at No. 737 Brook avenue, jumped from his automobile and sounded an alarm from a box in front of the burning building.

Police reserves were hurried from the Morrisania Station, which stands close by, and they ran up the fire escapes at the rear of the house, bringing the panic-stricken tenants, who had been aroused from slumber by Mrs. Conroy, down to safety.

The other fires were at No.'s 737 and 873 Brook avenue. They were set in the same place in each house—the lower hall—where baby carriages formed excellent inflammable meterial for spreading fire.

UNEMPLOYMENT INSURANCE

London cable: The Government's new Unemployment Insurance Bill, issued yesterday, gives an unemployment benefit of fifteen shillings to men and twelve shillings to women weekly. The contributions of insurance by insured persons will be three pence from men and two pence halfpenny from women. Larger amounts will be contributed by employers and the State will contribute one-third the combines sums of the employers and working people.

Agriculture and domestic service will not be included, while the bill applies to Ireland only to the workmen in trades insured at the present time against unemployment under the existing Acts.

The March to Mecca.

The great caravan which every year sets out from Cairo for Mecca has a conductor on a camel leading the way. Day and night, whatever the weather is, he remains without any covering, naked to the waist. With him march men with large torches, which are kept alight during the night and illuminate the column of smoke above them, so that it appears a pillar of fire. During the day, when the head of the caravan is difficult to see on account of intervening hills and mounds of sand, the torches are kept burning, so that instead of the light which served during the night a column of smoke indicates to the straggling caravan from afar the direction of the march and the time and place of a halt.

"BEST MEDICINE FOR WOMEN"

What Lydia E. Pinkham's Vegetable Compound Did For Ohio Woman.

Portsmouth, Ohio.—"I suffered from irregularities, pains in my side and was so weak at times I could hardly get around to do my work, and as I had four in my family and three boarders it made it very hard for me. Lydia E. Pinkham's Vegetable Compound was recommended to me. I took it and it has restored my health. It is certainly the best medicine for woman's ailments I ever saw."—Mrs. SARA SHAW, R. No. 1, Portsmouth, Ohio.

Mrs. Shaw proved the merit of this medicine and wrote this letter in order that other suffering women may find relief as she did.

Women who are suffering as she was should not drag along from day to day without giving this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice in regard to such ailments write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its forty years' experience is at your service.