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WHAT CAUSES YOUR DISTRESS

Impure blood is at the root of many ailments. When nature fails to do her proper work of elimination through the kidneys, the bladder, or the bowels, the blood stream is not purified. That is why

Gin Pills

FOR THE KIDNEYS
 have been found the one reliable remedy for pains in the back and sides, swollen joints, urinary troubles, stone, gravel, constant headaches. Gin Pills are daily relieving cases of Rheumatism, Sciatica and Lumbago.
 Gin Pills restore the functions to regularity, the poisons are eliminated and health is restored.
 All druggists sell Gin Pills at 50c. a box, or 6 boxes for \$2.50. Sample free if you write to
 NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED
 Toronto, Ont. 78

Germans Build Submarines Only

Washington, March 26.—Advices which have reached the navy department indicate that Germany has laid down no new capital ships or destroyers since the outbreak of the war, confining new construction entirely to submarines.

Battleships and battle cruisers in course of construction at the outbreak of the war, August 1, 1914, have been completed, as have destroyers. Aside from this, Germany's naval constructing geniuses have devoted their efforts

Impure Blood In The Spring

The Passing of Winter Leaves People Weak and Depressed

As winter passes away it leaves many people feeling weak, depressed and easily tired. The body lacks that vital force and energy which pure blood alone can give.

Dr. Williams' Pink Pills for Pale People are an all-year-round blood builder and nerve tonic, but they are especially useful in the spring. Every dose helps to make new, rich, red blood. Returning strength commences with their use and the vigor and cheerfulness of good health quickly follows.

There is just one cure for lack of blood and that is more blood. Food is the material from which blood is made, but Dr. Williams' Pink Pills double the value of the food we eat. They give strength, tone up the stomach and weak digestion, clear the complexion of pimples, eruptions and boils, and drive out rheumatic poisons.

If you are pale and sallow, if you feel continually tired out, breathless after slight exertion, if you have headaches or backaches, if you are irritable and nervous, if your joints ache, if your appetite fails and food does not nourish nor sleep refresh you, Dr. Williams' Pink Pills will make you well and strong. To build up the blood is the special purpose of Dr. Williams' Pink Pills, and that is why they are the best spring medicine. If you feel the need of a tonic at this season give Dr. Williams' Pink Pills a fair trial and you will rejoice in new health, new strength and new energy. Do not let the trying weather of summer find you weak and ailing. Build yourself up now with Dr. Williams' Pink Pills—the pills that strengthen.

Ask for Dr. Williams' Pink Pills for Pale People and do not be persuaded to take something else. If your dealer does not keep these pills they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

to turning out large numbers of submarines and to improvements in submersible craft.

Among other things, these advices show that German probably has 200 submarines of 1,000 tons. These are a newer type of submersible fighters, developed since the outbreak of the war, and capable of a wide radius of action and a larger measure of execution than any submarines devised by any other nation.

The very latest German submarines have considerably thicker skins than earlier types and are said to be able to take considerable punishment from little light guns, especially in clashes with armed merchant craft.

Germans are now Like Wild Beasts

With the French Armies, March 25 — (By G. H. Ferris).—I reached Ham hot foot upon the tracks of the first French troops after an old-fashioned campaign day, in the course of which we repeatedly bogged or lost ourselves on the desolate moorlands, and were several times tumbled back by broken ridges along the canals of the reconquered region.

It is no exaggeration to say that this abandoned region has been devastated. There has been no wholesale massacre, but except in that respect, the spirit of barbarous cruelty is as rife today in the German army as it was during the terror in Belgium at the beginning of the war. Most of the villages through which I passed this week have been burned wholly or in part, and the able-bodied inhabitants carried off into what is virtually slavery. The enemy took away the last batch of girls between 15 and 25 years of age immediately before their retreat. Orchards and farm implements were destroyed, the townsfolk were robbed of their bedding and household linen, often of their furniture. The money of the whole region was confiscated by an ingenious system of forced contribution, and the exchange of cash for worthless paper.

Generous American subscribers to the relief funds, on which these unfortunate people have been living, should clearly understand and to what mockery their charity has been reduced. Standing before the mountain of rubble that today represents what was a week ago the ancient citadel of Ham, I cannot but feel that my attempts to distinguish scrupulously between different degrees and kinds of crime are wasted before the resolute unscrupulousness and cold-blooded, unwinking vandalism of the men who damned themselves by their abominations. Ham was legitimately proud of its historical monument, and had no more military value than the great belfry that was blown up at the same time, but which gave their town public dignity and associated the people with the annals of their country. The bastions and towers which held Louis Napoleon prisoner, and from which he escaped in the disguise of a mason, were unarmed and could be of no use in modern warfare. Like the tenth-century donjon of Cuncy, they have been sacrificed to slake the rage of a foe at length driven to recognize his impotence to achieve real victory. The villagers say, almost in a tone of excuse:

"They are like wild beasts driven in to a corner.

Evidence has accumulated that the privations of the civil population of Germany are reaching their armies also. Several sober men and women have told me of cases of German soldiers, including sub-officers, begging or offering high prices for necessary food stuffs, and have described them as being badly fed and badly clothed. In conversation they seem to have usually vented their most particular spleen against the British army and nation.

TO RENT

To RENT.—Rooms to rent in the Vendome, Queen Street.

Apply to
 MRS. E. W. WILLIAMS,
 MAPLE SHADE FARM
 RIVER ROAD

To LET.—Furnished flat on Orange Street. Possession given May 1.

Apply to
 Miss E. Henderson
 Orange Street

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The Undersigned is prepared to give private instruction in bookkeeping—Evenings.

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cures Heart Disease, Purifies the Blood, Heals the Lungs and Gives Good Appetite.
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Mar. 21—4i

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Starting at best selling time liberal Proposition.

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 (Established 1837)

TORONTO— — — ONTARIO

The Danish government has not replied to the inquiries from Washington regarding the admission of armed American merchantmen to Danish ports, but the indications are that it will follow the example of Holland in barring them.

Restricted potato rations, whereby each person receives only one pound a week, went into effect in Vienna on Tuesday.

You will like its Fine Granulation

Buy your sugar in these neat 2 or 5-lb. cartons, which you can place directly on your pantry shelves. Just cut off the corner and pour out the sugar as you need it.

Lantic Sugar

comes also in 10 and 20-lb bags for housewives who like to buy in larger quantities

"The All-Purpose Sugar"



2 and 5-lb Cartons
 10 and 20-lb Bags

QUEER WAYS OF NAMING

Japanese Raffle Themselves—Several Christenings Are Needed

The Japanese have many quaint customs handed down from generation to generation. One of the strangest is that of their christening ceremony. When one month old a Japanese child gets its first name with ceremonial trumpets are blown, and the child is borne in great state to the family temple, and behind the procession march the household servants carrying the infant's wardrobe. The servant in the rear of the procession bears a huge box, in which is the priest's fee, together with three alphas of paper, on which three names are written. On reaching the temple the names are thrown into the air, and the first that touches the ground is the one which the child receives.

When three years old the child is again christened, accompanied by elaborate religious rites. At the age of fifteen his education is supposed to be finished, and as he then enters manhood (according to Japanese law) he is again christened. When he takes to business he receives his "business" name, by which he is known in the commercial world, and upon every upward step in life he receives a new name. If his master happens to have the same name he must at once change it, as it detracts from his superior's dignity. At his marriage his name is altered again, and his last and only permanent one is that given him after death, which is written on his tomb.

HOW TO TRIM A LAMP

Good oil can be made to burn badly and poor oil can be made to burn well. The following are some rules for getting good service out of the lamp:

The wick, to begin with, should hang straight down in the oil. Then the oil will pass more freely to the flame, and a better light will be obtained. The wick should be cut with as thin an edge as possible. If it has a broad burning surface at the top the flame will be yellow instead of white.

The chimney should be tight to the brass burner, so as not to let air in where air is not wanted. The holes at the bottom of the burner should be left open, so as to let plenty of air in where air is wanted. The wick should not be turned so high that it will char or smoke. An old chimney lets a better light through than a new one, and a shallow bowl lamp is better for poor grades of oil than a deep bowl lamp.

TITLES FOR CANADIANS

Bestowal is Said to Endanger Growth of Imperialism

Under the caption "Not Statesmanlike," the Ottawa Journal has the following to say on hereditary titles: "There is a sharp contrast between London and Canadian press comment on the bestowal of hereditary titles upon men in this country. The enthusiasm of the London Times and Daily Mail finds a strange echo in Canada. The creation of Canadian peers means an important, possibly an epoch-making change in the life of Canada. It implies a fundamental, a constitutional re-arrangement. No one sincerely friendly to the Imperial scheme, properly worked out, can be satisfied to hail with enthusiasm a first step in the progress which arouses so much enthusiasm and very considerable opposition in Canada. It is too poor a brand of Imperial statesmanship which must offend the people of the Dominion at the very outset.

"If we are going to start Imperial reconstruction on the assumption that life in Canada must be changed in a reactionary way so as to accompany the new system, the people of Canada at least deserve an opportunity to express an opinion of the question before drastic action is taken. Imperial reconstruction by that process can only succeed in spite of the method adopted, and the idea will inspire little enthusiasm in this country. True Imperialists in Canada would be unworthy of the great task before the Empire if they did not raise their voices at this time in emphatic protest against a course of action which plays directly into the hands of every anti-Imperialist agitation and every anti-British element in Canada.

WHEN CANADIANS UNITED

Have Gave Together and Shared Difficulties

As a celebration of the successful completion of the first Pan-Canadian Congress, the Day's Committee, which was in charge of the affair of the country, if I were to summarize the Government, I would not put such assistance as every other thing through as we have had in this kind. Such enthusiasm, such energy for organization, such a sense of purpose, would give us a thousand times better things than we had when we were to our political exigencies of party allegiance. The bonnie entente spirit, which has characterized the whole movement, was very much in evidence at the last demonstration. Mr. J. W. Macdonald, the chairman of the Day's Committee, announced that no less than 60 per cent of the contributions included in his magnificent total came from French-Canadians.

A handful of hops in the brine in which hams and bacon are pickled add to the flavor of the meat and keeps the hams sweet.

FAMINE, WARNS LEACOCK

World in Danger, But Canada Very Well Placed

Prof. Stephen Leacock, of McGill University, addressing the Montreal Housewives' League at the Royal Victoria College, during the winter of 1917, said: "We are in sight of a terrible food famine, such as the world has never seen. We must take steps before it is too late to avoid national and world-wide disaster. We must at all costs increase



PROF. STEPHEN LEACOCK

our own food supply. "We in Canada are fortunately placed. We have boundless resources in land to draw upon. We must see that every available acre and every available day's labor is turned to use. It is gratifying to learn that our department of agriculture and our national service commissions are wide awake to the situation. We must put behind them the force of public opinion and the efforts of individual citizens."

Nations Work Together

A treaty has been entered into between the United States and Great Britain to protect migratory birds in Canada and the United States. By three great highways the birds and the waterfowl pass back and forth between the two countries. One is along the Eastern Atlantic coast, another is by way of the land included in the Mississippi valley, the other is the Pacific slope west of the Rocky Mountains. There is also a northern, or breeding zone, and a southern, or wintering zone. While in passage, and while in the north or in the south, migratory insectivorous birds will have the protection of both governments, the game birds also will be protected under laws and regulations agreed upon.

Spanish Jews Thrive

Salonica contains a large number of Spanish-speaking inhabitants, not very surprising, perhaps, in a municipality of the Near East, but explained by the fact that large numbers of Spanish Jews, exiled some centuries ago, took refuge there and were their language. Another part of the world in which the Spanish Jew thrives is outstanding in the high plateau of Colombia. Its inhabitants are a vigorous people, and many of them are engaged in commercial activities.