FINE GROCERIES FRUIT and CONFECTIONERY

G. C. Thornton & Son

THE UP-TOWN GROCERS

MAIN STREET

PHONE 227

Woodstock Ice Races

The second race of the season, on the Woodstock ice track was run off on Fri day atternoon with a large attendance in spite of the severe cold. Class A. Pace, was for a purse of \$20 and result ed as rollows:-

Del Calone (C. McLean) 2 3 2 Anna D. (George Gray) Harry M. (H. M. Martell,

Time, 33, 32 1 4, 32 1 2. Starter, John Young; Jadges, W. F. Bolger, Wm. Johnston of Derec, Herb Lindsay: Timer, J. W. Gallagher.

Ivan Jackson, son of David Jackson, has returned from the Klondike to Volunteer for overseas duty.

Mr. and Mrs. Fred J. Boyer of Victoria, Carleton county, are making a forenight's visit to Boston and New York.

Mrs. T. J. Carter of Andover, spent the week end with Miss Mary D. Clarke, Connell

Mr. and Mrs. R. P. Hartley and little Mis' Msabel Hartley left on Tuesday to visit friends in Winnipeg.

How To Cure

The Common Cause is Lack of Blood-Theretere You Ivlust Build Up The

Blood

There is the most intimate relation between the condition of the blood and the activity of the stomach. The blood depends upon the stomach for a large part of its nourishment; while every act ot digestion, from the time the food erters the stomach and is assimilated by the blood needs plenty of pure well-oxi dized blood. The muscles, glands and nerves of the stomach work only according to the quality of the blood.

The most common cause of indigestion

is lack of rich, red blood. Not only doeimpure blood weaken the muscles of L stomach but it lessens the product of the glands of the intestines and stomach, which furnish the digestive fluids. Nothing will more promptly cure indig estion than plenty of pure blood. Dr. Williams' Pink Pills are the safest and most certain blood-builder. A thorough trial of these pills gives a hearty appet ite, pertect digestion, strength and health. Here is proof of the value of these pills in cases of indigestion. Mr. Daniel Dexter, Liverpool, N. S., says:-"For several years I was a great suffer. er from indigestion. I was greatly troubled with gas on the stomach which caused disagreeable sensations. I was also frequently troubled with nausea and vomiting, which were very distressing. As a result of my trouble my ap petite almost completely failed, and what I did eat caused me constant pain. I was continually doctoring but did not get any benefit, and had about made up my mind that I would suffer for life. One day a friend asked me why I did not try Dr. Williams' Pink Pills, and while I had not much hope of a cure I decided to do so. I had only taken a few boxes, however, when I found they were helping me. Very gladly then I continued the use of the pills, and in ess than three months I was as well as ever I had been, able to eat a hearty meal, and to feel that life was again worth living. I had also been troubled from time to time with attacks of rheu matism, and the use of the pills cured this as well as the indigestion. It is now over a year since I took the pills and in that time I have had no return of

the trouble." or Williams Pink Pills are sold by sil dealers in medicine or may be had by in the natural color of the wood "The mail at 50 cents a box or six boxes for front was lacquered black and also \$2.50 from The Dr. Williams Medicine varnished .- Popular Mechanics. Co., Brockville, Ont.

STURGEON FISHERIES

Declining Industry That Must be Revived

In the 80's when Canada's sturgeon fisheries were first being exploited commercially, the flesh of the sturseon sold for four or five cents per pound, and the prepared eggs, or caviare, for ten cents per pound. The dahery was prosecuted very energetically, and, in 1897, when the record sutput was attained, caviare had adranced in price to 25 cents per pound. Later, as a result of continued overdshing, the fishery became virtually depleted, and sturgeon flesh and roe are the most valuable products of Canad'an waters.

The sturgeon has been accused of predatory habits, but has been acmost Canadian scientists. Every portion of the fish can be utilized for the manufacture of some valuable commodity; there is absolutely no waste. To permit such fisheries to become extinct, unless detrimental to others of more value, is commercial waste and inefficiency.-Conservation.

Strange Bamboo Trees

Certain species of Bamboos flower only once in about fifty-five years. and, strangely enough, all the trees in a locality flower about the same time. Those in Burma began flowering in 1915. The last time this species seeds born of this flowering will take their places and will not flower until about 1970. They may flower sporadically at other times, but the seed does not mature, for the bamboo cannot fertilize itself.

Lights For Automobiles

When purchasing electric light bulbs for the automobile one should note with care the type of lamp needed. If the voltage system is high, the ordinary six-volt bulb will not prove serviceable. It will burn out very quickly. Lamps should be obtained of sufficiently high voltage to eliminate this possibility.

A poultry raiser has found that it is possible to hatch in an incubator eggs that have been cracked by pasting papes over the cracks with guin arabi?

Telescoping toasting forks, have been invented for use over open fires that can be extended to three feet in

VERY SWEET OF THEM

A Lollipop Manifesto Which Will Please the Children

There is not a child in London who will not endorse a manifesto issued by abody of grown-ups in Manchester, called the "Confectioners' Association of the United Kingdom." The object of the manifesto is to show, beyond all doubt, that the food value of one pound of lollipops is more than three times greater than, say, one pound of This is made clear by long, learned words to the most obtuse adult intelligence. The Confectioners' Association is trying to persuade the Government that it is in the national interest that candy should be treated as a necessary article of food, and that they should not be taxed or re-

Ornamental Horn Match Holder



A match holder made of the horn , wooden shield, as shown in the sketch, is both ornamental and useful. One of the pockets holds the unused matches and the other the burned ones. The hoofs were cleaned thoroughly and polished and the edge of the shick was beveled off and varrished

NEED FOR FLAX FIBRE

Canada May Develop Industry to Aid Britain

The linen industry in Ireland and Scotland is in danger as a consequence of the war. Much of the raw material, flax fibre, has come from Belgium, France and Russia, and thes sources of supply are, for the tir being, closed. Representatives from the large mills of Great Britain have visited Canada in an endeavor to enlist the co-operation of far aers in a greater production of flax. Here is an opportunity to develop the industry in this country and by modern methods of production and handling, put it on a basis that will make it profitable under normal conditions

Flax for fibre can be grown in Canada wherever mixed farming can be carried on. In some parts of Quebec and in Western Ontario, from the days of early settlement, flax has been grown and homemade into linen. In only a few sections of Ontario in 1904 some 700 tons of fibre were produced, which sold for \$201 per ton. This fibre was of a mor commercial grade, owing to ant mated methods of preparation for siming. A shipment to Belfast prod eed by slightly improved methods sold for \$240 per ton. The average price for Irish flax during the last five years has been \$325 per ton, while Belgian flax has averaged \$405 per ton. It is obvious that Canadian flax should supply the present deliciency and future requirements of the Empire's raw material for linen production, and that more remunerative prices will be received if, improved methods of production are employed.

ICE HOUSE FOR FARMER

Directions For Building a Good Cooling Room

A 20x20 ice house with 12-foot studding is a practical sized building for tarm use. A suitable sized ice house, and one that gives most practical results is 16x20 with 12-foot studdingbuilding the cooling house on north side wall of building.

Under this plan the cooling room is attached to and forms a part of the north wall, with door opening into the cooling room from the north to prevent the direct rays of the sun at any time entering the cooling room. Dimensions of cooling room is 8x8x8, the top of which should be covered Stomach Trouble dowered was in 1859-60. They will with some waterproof material—the die and those that spring from the roof built with a slight pitch in order that the water from the melting ice. which is placed on top and on three ides of a cooling room, will not drip and leak through the roof.

> It is advisable to have one or more rlass panels in door of cooling room that in entering same the door may be closed and still permit enough light for convenient operation in cooling room. In filling the house with ice it is a common practice to pack the ice in a solid body to the desired height, leaving a space of 12 to 18 inches around the outside walls to be filled and thoroughly tamped in with hay or straw as the ice house is being filled.

Sawdust is, of course, most desirable for protecting the ice, but with most farmers is not available, and excellent results can be had from the use of hay or straw. Three to four feet of well tamped hay or straw final covering.

PERSIAN LAMB FUR

Cross-breeding Sheep Produces Excellent Persian Lamb

In appearance the Karakul differs com Canadian sheep in their greater sength of body, broad tails and long, drooping ears. The wool is long and coarse in texture, the first shearing being generally brownish in color, but afterwards very similar in color to our native sheep.

It has been found that by crossing the Karakul with some of our longwool sheep that Persian lamb pelts equal to the pure-bred Karakul can be produced it has also been found

mat in crossing with our native sneep the offspring is invariably heavier than the pure-bred native (generally from 20 to 30 per cent.). They are also extremely hardy. The muttou is of a very superior quality, and is absortely void of the musk flavor whic ives common sheep, especially the Merino family, the characteristic, and, to many, disagreeable sheepy taste, and it is the most delicious muton known. In breeding the Karakul good deal of the ordinary loss in theep raising is eliminated, as the pelts of still born and san light ambs have a market value with the com any cause the ewe lies after our months' pregnancy the moorn beby lambakins often bring the price of an ordinary full grown to the it will thus be seen that the Forekul atthough comparatively unknown in Canada, deserves a front place in the sheep raising industry.

Farm Sambantion

It would be difficult, writes a commanfty builder, to make every harm. or father believe that lack of annitary plect of his hernyard caused michoese and deaths in his family. It may be impossible to douvince him that the ideath of his wife at an early ere has a result of too much primary and washing by his they are really so closely the that and effect that one in expet declare that only the will hand will or can fall to see the

For Motor Touring Omafderable hard work can be spoided on the road if the tire rims treated occasionally with a little chellao and graphite. Aluminum paint also good to prevent the head of the tire from rusting in the rim. It is a difficult matter to remove the casing from a mim when it has become

Scientists in both France and Germany are seriously trying to ascertain if there is any value in the divining rod for locating underground was

War Prices Have Developed the Freach Industries

It is quite true that all the warring for erything they buy from neutrals. erything they buy from neutrals. just as it is likewise true that they bitterly resent this fact. Their resentment might have a touch more of reason if their own merchants did not do their best to squeeze the last ounce of profit out of each contract. France has recognized these things quite clearly and has guarded herself as well as she can. In the first days of the war she bought a lot of American leather. It was not satisfactory. It was most decidedly not satisfactory. To-day she is only buying American leather when she can buy leather nowhere else.

So the army started a tanning department. Soldiers oversee it and wori in it. The hide of every animal killed in France goes to it. They come back from the claughterhouses just back of the firing line, which are worthy of a story in themselves, and from the great military depots. Th leather for army boots costs less, for the aggressions of private enterprise are guarded against, and it is of the highest quality. Something similar was done in the dye-stuff situation. should be placed over the ice "as a. French cloth faded just as white as the English and American cloth did, because the German dyes were miss-

"We will make dyes here," said France. "We must."

Factories were erected and chemists went to work. The product has not been overly satisfactory as yet, but it is improving in quality all the time. The French chemists are gradually getting the hang of the coal tar puzsie. And this is not a merely temporary expedient to meet an emergency. These dye factories and the tanneries and a score of other similar industries are being subsidized by the State . The hope is that under the forced draft of war they will be able to so develop that when peace comes they can take their own part in the world markets.

WHAT THE KIDNEYS ARE RESPONSIBLE FOR

The function of the kidneys is to purify the blood. Every three minutes, the entire blood streets passes through the kidneys and is relieved of its impurities by these busy organs. When the milneys lates in the blood-paus are tell in the back, the head aches, the urinary system is deranged, the joints and subles are apt to swell and there is grave danger of rasumatism, sciatica, and limbago

Gin Pills restors the kidneys to their normal activity, and about be taken as soon as any A the kidneys. Don't neglect kidney trouble—you will only suffer needless pain.

All Cruggists sell Gin Pills --500, a nox, or 6 boxes for \$2.50. A sample will be sent free upon request to

MATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED Toronto, Ont.

U. S. Address-Na-Dru-Co. Inc. 202 Main St., Buffalo, N.Y.



RIDERS OF THE PLAINS

Releatleseness of Mounted Faller Shown by Cold Figures

It has often been asked, How does it happen that the Royal Northwesk Mounted Police are so successful in maintaining order over so great a stretch of territory! We have the answer in the report of the operations of the force for one year. Here is that answer: In thirty-two cases of capital crime committed in the prairie. principals in thirty-one instances were overtaken. The principal in the thirty-second instance will not be permitted to rest until he also ta brought in, if he is to be found any where between the international boundary and the Arctic Circle. It is fundamental with the Mounted Police service of Canada, that no culprik shall be allowed to escape. The fugitive is pursued rejentlessly, whether in the crowded city or among the desolations that bend from the beight of land to the North Pole.

Care of the Forest The foresis form one of the largest of the natural resources of Canada and one that has contributed largely not only to the general prosperity of the country but to the public revenecs. Moreover there are extensive areas that will be productive only if they are used for growing forests. With these facts in mind it neems pelf-evident that it is the duty of yery citizen to take an interest in the forests. -Canadian Forestry Jour

The Wear and Tear

A three-year-old miss became inpresented in a poculiar noise, and asked wes. "A cricket, dear," replied hem

"Well," remarked the little lady, "he ought to get himself oiled."

Home Inspection

Do not depend upon your hundred to protect you. Inspect your home quaek from collar to attio and inat that was so conditions he made

THE MINISTER OF FINANCE

REQUESTS

THE PEOPLE OF CANADA TO **BEGIN NOW**

TO SAVE MONEY FOR THE

NEXT WAR LOAN

JAN. 9, 1917

DEPARTMENT OF FINANCE