

Examine Your

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and Announcement

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Receipts and Notes

Books of 50 each

THE DISPATCH OFFICE

DO YOU SUFFER FROM RHEUMATISM?

If you had suffered for years from rheumatism and then had found a remedy that banished your pains and made you spry on your feet once more, would you want to keep the remedy secret, or would you want to pass on the good word to other sufferers?

It is an outstanding feature of the hundreds of letters received by a prominent firm of manufacturing druggists long after returning thanks for the relief afforded, the wish is expressed to let others know the good news.

Here are a few extracts that will interest anyone who has Rheumatism--

"I have recommended Gin Pills to some of my friends who are troubled in the same way."

"Would advise all sufferers from Rheumatism to try Gin Pills."

"I recommend Gin Pills to everyone suffering as I did."

"I take great pleasure in recommending Gin Pills to all sufferers from Rheumatism."

If you would like the names and addresses of these people who are so happy in recommending Gin Pills, and also a free sample to try for yourself, simply drop a line to the National Drug & Chemical Co. of Canada, Limited, Toronto, (U.S. address—Na-Dru-Co Inc. 202 Main St., Buffalo, N.Y.) 130

Dealers sell Gin Pills on a strict guarantee of satisfaction or your money back. 50c a box or 6 boxes for \$2.50.

COMPULSORY TRAINING

Quite Justified in New Zealand Says Visitor—Yellow Peril Real

"Very cheerfully I consented to my son taking the time away from business to undergo the compulsory military training," said Mr. John Watson, of Auckland, New Zealand, in discussing at Montreal the measure adopted by his country. "We are trying to keep Australia and New Zealand white. That is our aim and it threatens to be a difficult one to carry out. We are not much impressed with the German menace, and the need of a North Sea fleet, but we do understand what the yellow peril means."

"I firmly believe that as soon as China and Japan are in a position to take aggressive measures that we can look out for trouble. They have tried gaining our country by colonization, and only drastic measures prevented New Zealand from being overrun. The head tax of \$500 held them in check for a while, but the wealthy Chinamen already with us were very fond of advancing the tax to compatriots and bringing them in to work out the loan."

"Our next step was the educational test, requiring newcomers to have some knowledge of English, and this served the purpose. The Chinese population is now decreasing." Mr. Watson first saw snow while crossing the Canadian Rocky Mountains.

WASTE IN POTATOES

Enormous waste is caused both in eating and nutritive value by the peeling of potatoes before cooking them. There are thousands of pounds of potatoes wasted every day through the peelings. To be convinced of this it is only necessary to note the bulk of the peelings when you peel the potatoes before cooking. But this is not the only waste. When peeled potatoes are boiled in the ordinary way, there is a loss of nitrogenous and saline matter by extraction into the water, which does not occur when potatoes are boiled in their skins, or baked.

Northern Potato Seed Best

Authorities agree that northern-grown seed will give the best results in old Ontario and that immature seed does better than mature seed. "In parts of Scotland," said Professor Zavitz of Guelph, speaking on this point, "they grow an early crop of potatoes and then plant a later crop for seed purposes, and they find that the immature potatoes make the best seed, and the same result has been found at the college; potatoes not fully matured make better seed than a well matured potato."

Arm is For Food

A rather curious fact is that the bones of the arm are arranged primarily for the purpose of carrying the hand to the mouth—food being, of course, the first necessity of life. If you do not believe it, try it yourself, and see how much more naturally, when your arm is bent, your hand moves in the direction than it does when it is straight.

New Bronze Composites

Copper, zinc, aluminum and magnesium compose a new bronze invented in Germany for airship parts.

Yew Nearly Extinct

The remnant of a primeval yew forest, about half a mile square, is carefully preserved in Bavaria, the tree, once widely distributed, being almost extinct in Europe.

While a man's heart is beating 70 times a horse's is pulsating but 40 times and an elephant's only 30.

FRUIT and CONFECTIONERY

G. C. Thornton & Son

THE UPTOWN GROCERS

STREET

PHONE 17

Salt For Cows

It is essential that a supply of salt be always available for the cows if a high yield of milk is expected. Salt feeds for dairy cows once a week is not sufficient. It is a good plan to keep rock salt under shelter where the cows can get at it once a week in such quantities as cows will eat up clean. It is not advisable to mix salt with feed, for frequently under such a plan the cow will get more salt than she needs. Cows having salt kept before them at all times in separate compartments will not eat too much. An overdose of salt given to a cow that has been deprived of it for some time acts like a poison, which sets up an irritation in the digestive organs which results in scouring.

Pale, Listless Girls

Are in a Condition That May Lead to a Homeless Decline

Perhaps you have noticed that your daughter in her "teens" has developed a feverish temper, is often restless and excitable without apparent cause. In this case remember that the march of years is leading her onto womanhood, and that at this time a great responsibility rests upon you as a mother. If your daughter is pale, complains of weakness, depression, feels tired out after a little exertion; if she tells you of headaches and backaches, or pain in the side, do not disregard these warnings. Your daughter needs the help that only new, rich blood can give for she is anaemic—that is bloodless.

Should you notice any of these signs, do not wait, but procure for her Dr. Williams' Pink Pills, or her unhealthy girlhood is bound to lead to unhealthy womanhood. Dr. Williams' Pink Pills enrich the impoverished blood of girls and women, and by so doing they repair the waste and prevent disease. They give to sickly, drooping girls health, brightness and charm, with color in the cheeks, sparkling eyes, a light step and high spirits. If your daughter shows any signs of anaemia insist that she begins to-day to cure herself by the use of Dr. Williams' Pink Pills. Miss Grace E. Haskins, Litchford, Ont., says: "It would be impossible for me to speak too highly of Dr. Williams' Pink Pills. A few years ago my health was such that my parents were seriously alarmed. I suffered much from headaches, and my trouble was aggravated by a bad cough. I tried several medicines, but to no avail, and my friends thought I was in a decline. Then Dr. Williams' Pink Pills were recommended and my mother got three boxes. They were the first medicine that really helped me, and a further supply was got and I continued taking them for several months until they completely cured me. Today, thanks to Dr. Williams' Pink Pills, I am as healthy as any girl in Northern Ontario, and I am giving my experience that other girls may benefit by it."

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

INNOVATION FOR ARMY MEN

Their Defects Will Be Shown Via a Cinematograph

English rowing men are to spring an innovation in the coaching line. According to a letter in the London Field, the cinematograph will be used to take moving pictures of the important crews, not for public exhibition purposes, but to demonstrate to each man his individual faults. Moving pictures will show every little and big fault from beginning to end. If the moving-picture machine be worked slowly, thus every oarsman, literally, will be able to see himself as he rows, see him and the oar as it will be very much lighter, in fact, it will diminish the self-esteem of many of the oarsmen, which in time will be salutary. The moving pictures also will show whether a crew is rowing synchronously, i.e., whether each part of each man's stroke is in exact time with those of all the other men in the boat, whether they are "together," and this is a paramount factor in attaining speed.

HOW FIRES STARTED

Origin of Huge Bill of Expenses For Canada

The Dominion Superintendent of Insurance issued an abstract report of fire insurance business in Canada for 1915, giving an interesting insight into what Canada paid as the price of her indifference and carelessness with fire. In 1915 Canada had an approximate fire loss of \$15,500,000. Fire insurance companies paid out for fire losses \$14,030,298, or approximately \$1,500,000 less than the fire loss. The owners of destroyed property consequently had to bear the latter loss.

Fire insurance companies collected from the people in premiums \$26,530,293, which, added to the margin of \$1,500,000, gives an approximate total of \$28,000,000. This latter figure represents only the actual cash outlay as represented by insurance protection, and value of property consumed in excess of insurance. To this must be added the loss in disruption of business, damage through hasty removal of property, the expense of upkeep of fire departments, extra water-supply, private fire protection, etc.

That much the greater portion of this loss may be avoided is shown by a report of the fire chief of Vancouver, B.C., for one month, covering the causes of fires in the cases of the 26 alarms responded to by the fire department in that city, as follows: Children playing with matches, 2; lamp thrown on stove, 1; chimney fires, 9; overheated stoves and furnaces, 3; unknown origin, 5; electric heater left turned on, 1; smoke scare, 1; backfire in carburettor, 1; grease on stove, 1; defective chimney, 1; hot ashes, 2; spontaneous combustion, 1; gasoline explosion, 1; electrical origin, 2; overheated coal oil stove, 2; defective fireplace, 1; overheated chimney, 1; smoking in bed, 1.

Western Hotelman

Mr. J. V. Henderson, then of the Windsor Hotel, Montreal, was appointed resident manager of the Macdonald Hotel, Edmonton, when the Macdonald was the latest addition to the chain of Grand Trunk hotels. The Macdonald has a magnificent site in the centre of the city of Edmonton, and overlooks the North Saskatchewan River. Mr. Henderson was connected with the management of large Canadian hotel organizations for many years, and is well known throughout Western Canada.

Printed Butter Wrappers

FOR SALE

AT

The Dispatch Office