

HAD WEAK AND FAINTING SPELLS

Those feelings of faintness, those weak, "all gone," sinking sensations, which come over some people from time to time, are warnings that must not go unheeded.

They mean a extremely weakened condition of the heart and a disordered nervous system.

When the system is in this condition there is no time for delay. One fainting spell may be recovered from—will the next? One dizzy spell may pass off but the next may be more serious.

Those who are wise will start taking Milburn's Heart and Nerve Pills, before their case becomes deep rooted and perhaps hopeless.

They will act directly on the disordered heart and weakened nervous system and restore them to full strength and vigor.

Miss Mary McCoy, Algoma Mills, Ont., writes:—"I was awfully troubled with fainting and weak spells, and I could never get any doctor's medicines to help me. One day a friend of mine was at the house when I took one of those pills, and she got me a box of Milburn's Heart and Nerve Pills. That was six years ago, and from that day to this I have never had any of those spells. I would not be without your pills for any money, and can highly recommend them to any one."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Hon. Mr. Veniot to Speak

There is to be a big convention of farmers at Debec on December 30 to discuss the agricultural situation. Hon. P. J. Veniot has been invited to address the convention on good roads and their benefit to the farming population. He has promised to be present unless something unforeseen prevents in which case the chief engineer will represent him.

"WHAT IS LOVE?" PROBLEM SOLVED BY ALGEBRA

(Boston Post.)

What is love?

Poets, rolling their eyes heavenward, have asked the question.

Maidens, sighing and blushing, have sought the answer.

Scientists have pursued the solution of the query in cold blood. Love is this:

6 plus 5 equals 11—Ideality.

L O V E

3 plus 6 plus 5 equals 18.

1 plus 8 equals 9—Expression.

Now you know. The secret is yours. Do not fail to make the most of it.

Reducing the heart-beat to mathematics is thus accomplished in "Advancel Thought" by Clifford W. Cheasley. In explanation the following is published:

"Love. This word has four letters of entirely different value, and it is therefore compounded of four different qualities, forces or vibrations, viz. 3 the number of self, 6 the number of home, 4 the number of materiality and 5 the number of recreation. These qualities when combined give the composite number of 9 for completeness, entirety, sufficiency and universality.

"The initial of the word is 3, self, personality, and the ultimate digit 9, universality; so perhaps our next finding can be, that the key to the attainment of ultimate Love is through the personal phase, love for the self."

ONE DOSE RELIEVES A COLD—NO QUININE

Take "Pape's Cold Compound" every two hours until you have taken three doses, then all gripe misery goes and your cold will be broken. It promptly opens your clogged-up nostrils and the air passages of the head; stops nasty discharge or nose running; relieves the headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed-up! Quit blowing and snuffling. Ease your throbbing head—nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only a few cents at any drug store.

CORP. BROWNE CAME THROUGH

"Say, boys, tell the wife for me that I was one game guy! So long to all of you guys!" After saying all of that reports The Stars and Stripes, Corporal Browne crawled out over the top toward the boches with an automatic in each hand. He got them too—four of them and a perfectly good machine gun. The "guys" didn't have to "tell the wife" for Corporal Browne had the machine gun on his back and was ready to go ahead when his comrades pulled up to him.

ing can be, that the key to the attainment of ultimate Love is through the personal phase, love for the self."

If you are a male, unmarried, but with prospects, clip this out and show it to the best girl in the world.

If you are a female, unmarried, but with prospects, clip this out and show it to the only boy who shaves before he calls on you.

Thank heaven for yesterday's fall of snow! Wasn't it good to see something coming down?

Advertise

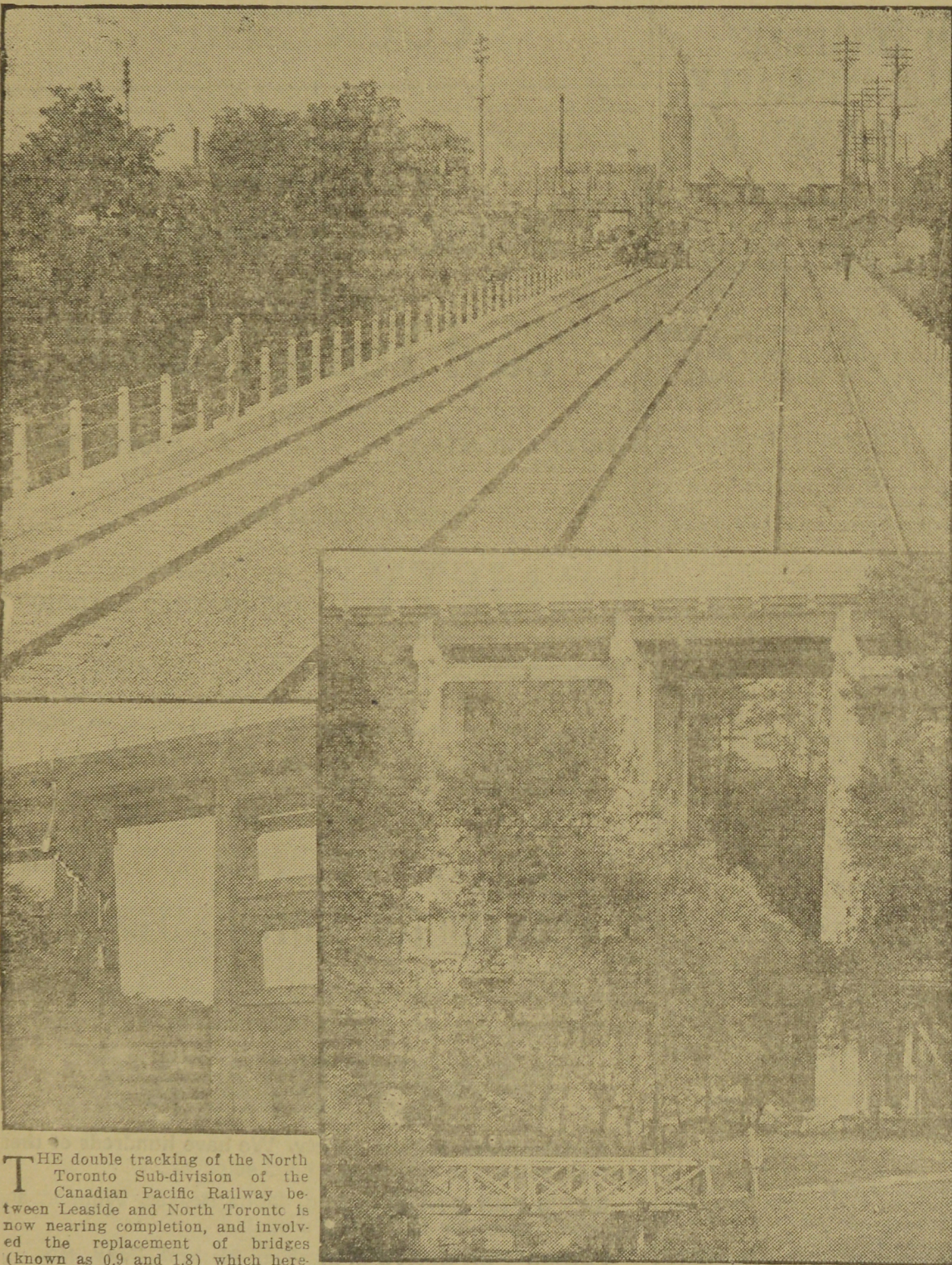
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The Mail has a large and splendid class of readers. People who pay their bills.

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Record In Concrete Bridge-Building



THE double tracking of the North Toronto Sub-division of the Canadian Pacific Railway between Leaside and North Toronto is now nearing completion, and involved the replacement of bridges (known as 0.9 and 1.8) which heretofore had been trestles constructed of steel. Owing to the high price of steel and the difficulty of procuring it since the war began it was found that reinforced concrete competed successfully against steel.

The bridges were therefore constructed of this material and are a triumph of railway construction work. No. 0.9 being 386 feet long and 90 feet high carrying two tracks and No. 1.8 of similar dimensions but a three track structure. The length of the individual spans and the details of their construction are unprecedented in the engineering world. Previous to this no reinforced concrete beam with a length of more than about 25 feet had been attempted; the spans of these two C. P. R. structures are each from 35 to 27 feet long. These spans have been made possible by the employment of unit construction by which each span was designed as two T beams which, after being manufactured near the work, were laid side by side on the previously built reinforced concrete towers. The towers themselves are really reinforced concrete buildings constructed in the usual manner by means of wooden forms built around a steel reinforcement

ment which was previously assembled and securely wired together. When all was in readiness the concrete was poured by means of long spouts which led in several directions from the main mixing tower. The pouring of the concrete was maintained as continuously as possible until a whole tower was completed. This work was done during the winter at a time when the temperature was below freezing point; it was performed inside of what was virtually a building erected to maintain a suitable temperature around the newly deposited concrete until it was out of danger of being damaged by frost.

These two structures are provided with narrow sidewalks and handrails, which enable trainmen to move conveniently along side-standing trains. The hand rails add considerably to the aesthetic appearance of the structures, which are extremely artistic in appearance and at the same time satisfactory from a general and utilitarian point of view, besides being absolutely permanent. Both are designed to carry the heaviest engines in existence with a considerable margin of safety, and are epoch-making in the art of bridge engineering.

Inasmuch as they have demonstrated that reinforced concrete can take the place of steel for a very large number of permanent bridges.

These two structures are so solid that when passing over them on a train one gets the impression that he is on a solid fill instead of a bridge.

The method employed in the erection of the reinforced concrete spans is a specially interesting feature of the structures. Each slab, as a unit, weighed 55 tons, which as the limit load that could be handled by the C. P. R. 100 ton standard wrecking cranes. The crane engaged handled no less than 110 slabs, each 55 tons in weight, or in all something like 6,000 tons, and all this was done without a single mishap to either men or material. Another remarkable feature is that both structures were built without interruption from June, 1917, to July, 1918, which was a shorter period than would have been required to manufacture and erect similar structures in steel. Passenger and freight traffic on the C. P. R. main lines was continued without interruption during the progress of these interesting works.

DOUGHNUT HAS NICHE IN HALL OF FAME

The humble doughnut, alias the cruller, alias the fried cake, alias the "sinker", finally has won a niche among the illustrious in the Hall of Fame.

As long ago as the oldest ancestors among us could remember, this more or less digestible bit of fried dough has occupied a distinct place among American foods, but, though it has survived many more pretentious offerings of the culinary art, it remained for the great war to achieve the post of distinction it now holds.

And it gained this fond position only through the untiring efforts of the lassies of the Salvation Army to place it upon a pedestal, that all might gaze and render deserved homage.

Just as soon as this country declared war against the Huns the Salvation Army in the United States determined to play an important part in looking after our boys in the war zones, and arrangements quickly were made to send considerable forces of men and women to Europe to open canteens and minister to our men at arms in every possible way. Even in those early days the programme of helpful endeavor was made to embrace the cooking of innumerable doughnuts and their distribution among our fighting boys; and later the "kinds of pie which mother used to make" was added to the menu.

With this plan in view it was obvious that all Salvation Army lassies sent abroad must be able to cook, and a qualification necessary to remain near the front was that the young woman must be able to turn out a certain number of doughnuts and pies a day. Three lassies—they work in shifts of three, one mixing, one cutting and one baking—must be able to turn about 250 appetizing pies or about 2,500 doughnuts a day.

When the first detachment of lassies arrived near the firing lines and began to turn out doughnuts by the thousand, the French soldier stood about watching in amazement. The dexterity of the cooks they characterized as juggling and "Le jongleur" was heard on every side. The American soldiers think it is the greatest fun to assist in cooking the doughnuts and they carry wood and water, and help mix the dough.

As quick as the doughnuts leave the boiling lard and the pies come out of the oven they are handed over to the boys in khaki, who always are waiting in lines at times three blocks long. A quarter of a pie is a cut. Rates are cheap. The lassies sell three big, fat doughnuts for about 9 cents, and the portions of pie also are within reach of the soldier's purse. At night the

FREDERICTON IN THE OLD DAYS

The Mail is in receipt of another letter from Mr. H. LeBaron Smith, of San Francisco, formerly of this city, in which he says:

"I forgot to say in my last letter, in reference to that carnival list which lately appeared in your paper, that J. P. Morrison (one of the skaters at the carnival of February 24th, 1873) is living here and is a young looking man for his age. Annie Tower died here over a year ago. She married Dr. Morton, who had a practice in Fredericton and moved here about the year 1880.

"We surely had lots of good old times skating in Fredericton in the days of our youth.

"With Fredericton above the tide, Where the river is not so wide, And the boats so swiftly glide, By the old St. John river.

And the maple trees are bright, And the stars shine clear at night, Most beautiful was the sight, On the old St. John river."



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, loss of energy, palpitation of the heart, failing memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail. Plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly, Kitchener.)

BRITISHERS IN BOSTON

Boston, Dec. 7—Capt. A. F. B. Carpenter, who commanded the British cruiser Vindictive during the raid upon the German submarine base at Zeebrugge and the officers and men of the British cruiser Devonshire, now in this port, were the guests of the city today at a celebration honoring Great Britain's part in the war. The British naval men were welcomed by Mayor Peters, and a programme of entertainment was carried out. British flags were prominently displayed throughout the city.

ALLIES MAY OCCUPY BERLIN

Bulletin, London, Dec. 7—An extraordinary meeting of the German Cabinet was summoned at Berlin on Thursday evening to discuss the possibility of the Allies occupying Berlin owing to Germany's alleged inability to carry out the terms of the armistice, according to Amsterdam advices to the Express.

food is given away, for no money changes hands between sunset and sunrise.

BOLSHEVISM IS THE END OF CIVILIZATION

Amsterdam, Dec. 7.—The Dutch minister to Petrograd, who has arrived in Holland by way of Germany, spoke freely on his arrival of the conditions brought about by Bolshevism in Russia, and appealed to the workmen of all nations against Bolshevik tendencies.

The minister characterized Bolshevism as "the end of civilization."

Translated into practice, he declared, the Bolshevik principles are "high wages for no work, the taking of others' property without punishment, and no taxation."

The Russian workmen, he declared, were far worse off than ever before. The state of unemployment in Petrograd is terrible. The situation is one of utter exhaustion. The people do not know how they will exist from day to day. I never dreamed of such corruption and tyranny and the absence of all semblance of freedom.

"The future to me seems hopeless. One thing is certain, and that is if she is left as she now is, Russia will be completely and utterly ruined."

Some people learn of the harmful effects of tea and coffee by reading. Others find out through experience. In either case it's a good idea to adopt

INSTANT POSTUM

A delicious drink made from the finest cereals, harmless and nourishing. Made in the cup, instantly. Saves sugar and fuel.