

SUFFERED TERRIBLY WITH HER HEART Would Wake Up Smothering.

The terrible smothering and choking up sensations and sinking spells, the feelings of dizziness and faintness that come over those whose heart and nerves are deranged, causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Pills give prompt relief and effect a complete cure in cases of such severity. Mrs. A. M. Powell, Norval Station, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered five years with my heart and nerves, but the last two years I have suffered terribly. If I went to bed I would wake up as if I were smothering. I did not get one night's sleep out of seven. I got so very weak that the doctor was called in, and he said it was my heart, and that I must take great care of myself. I saw your advertisement in your almanac for Milburn's Heart and Nerve Pills, and said I would try them. I have taken only two boxes of them and I feel a new woman. I will recommend them to anyone afflicted with heart trouble."

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.

HUN AVIATOR SHOT DOWN BY AUSTRALIANS

London, May 5.—The official Australian correspondent at the front in France gives the following account of Australian machine-gunners claim to have participated in the shooting down of Baron von Richthofen:

"About 11 o'clock on the morning of April 21 troops along the Somme and Ancre had heard distant popping from two fleets of British and German airplanes which had been fighting high over the German lines, when a German plane was seen diving after a British plane.

"These two, detached from the fight came so low that they were temporarily hidden by hills from the sight of the Australian gunners and troops around them. Presently the sound of approaching engines was heard, and low over the crest of the hills by the river came the British plane, making directly towards a position where there were two Lewis guns.

"Behind his plane could be seen the wings of the German plane pursuing. The German was pressing the English plane desperately close and firing short bursts from a machine gun.

"When about a hundred yards away from the nearest Lewis gun the German plane which at first had been obscured by the British plane, was now sufficiently clear to enable the guns to fire on it without risk of hitting the British machine. Both guns fired a burst.

"The German plane the next instant wavered unsteadily to one side, banked up, and veered in a sharp circle to the left, then shot in a line

BRITISHERS HAVE MADE UNSURPASSED SACRIFICES

Lloyd-George Delivers Great Speech at Dinner of Printer's Society in London--- Praises the Superb Valor of the American Troops--The Prussians Would Fling Back Civilization Into the Dungeons of the Past

London, June 7.—Premier David Lloyd George, in replying to a toast to the success of the entente allied arms at the dinner of the Printer's society of London, tonight, said that Britishers have made unsurpassed sacrifices for a great purpose and a high ideal.

"One of the most encouraging things," the premier continued, "was the superb valor and the trained skill with which the Americans have taken their part in the struggle and defeated the foe. It is a most encouraging thing because there has been a great flow of those troops and we were depending on them.

"If for any cause the Allies fail to succeed it will be a sorry world to live in," Mr. Lloyd George said.

"It is impossible to exaggerate the importance of the significance of the issues with which we are confronted today," he declared.

"The fate of the world, the destinies of men and the lives of generations would be fashioned by the failure or triumph of our cause.

Cause Worth Paying the Price
"If the Prussians should succeed today, they would fling back civilization into the dark dungeons of the past. We are paying a big price, a sad price for victory, but the sum total of human wretchedness which has been paid will not equal in value that which we are defending.

"We are passing through an anxious day and the crisis is not yet past, but with stout hearts we shall win through and then, woe to the plague. In the interest of civilization, in the interest of the human race, it must be stamped out. You cannot allow it to come again to darken the lives of millions and desolate millions of homes."

In his reference to the Americans the premier said: "I have just returned from France where I met a French statesman who had been at

sheer down a steep long angle to the ground about 400 yards from the Lewis gunners.

"When the burst was fired, an officer told me he clearly saw fragments of wood or metal flicked from the machine.

the battle front soon after an engagement where the Americans fought. He was full of admiration not merely for their superb valor but the trained skill in which they attacked and defeated the foe. His report of the conduct of the American troops, a division which has been in action for the first time was one of the most encouraging things that I have heard. We know that whenever they appear in the battle line they will fight in a way worthy of the great traditions of their great country. This is in itself a source of support, sustenance and encouragement to all those who, with anxious hearts, are watching the conflict going on in France."

Hammer Blows Harden Good Metal

In conclusion, Premier Lloyd George said: "We have faced a great crisis. We have heard Von Ludendorff's threat of hammer blows. Hammer blows would crush poor metal, but they harden and consolidate good metal. There is good metal in the British hearts and it has stood the test of centuries. It will stand this, so will that gallant people across the channel who are fighting for the honor of their native land.

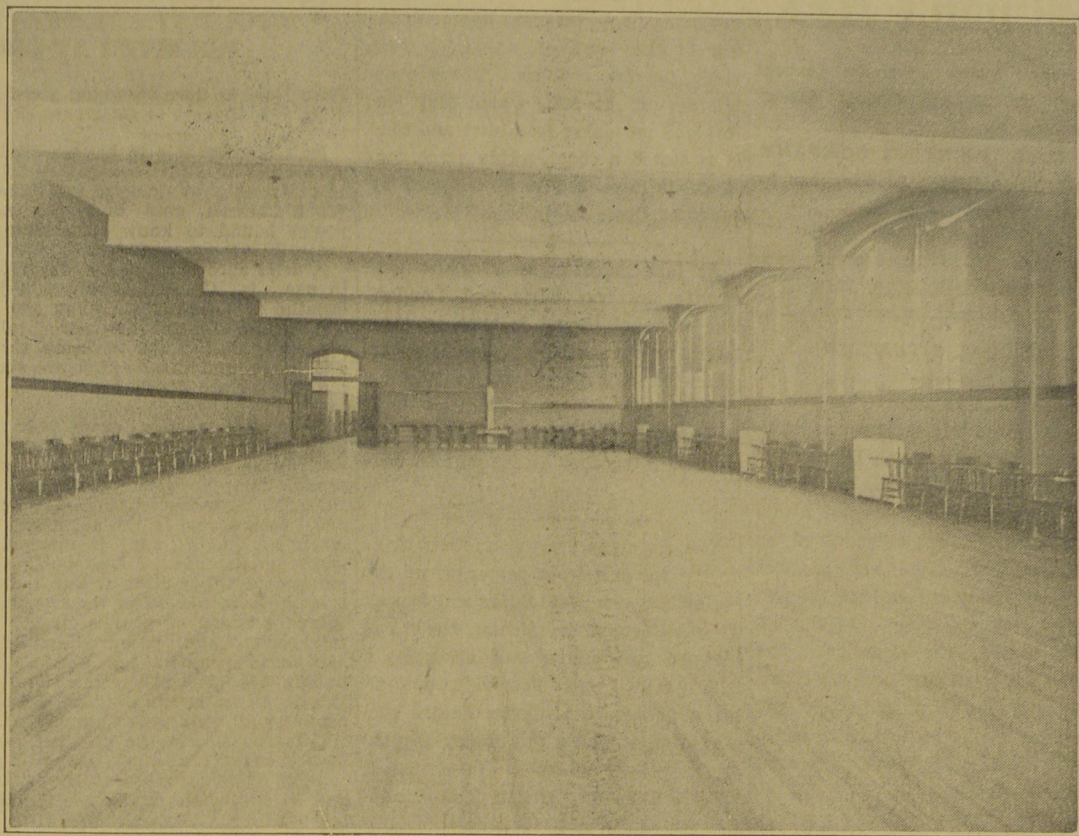
"I never saw sign of wavering in any French face. They are full of courage and determination and it is a united France more than ever.

"Unity and resolution are two qualities we need. We have sunk our political differences. We have bigger things to think about. These controversies will come again, but for the moment we have our purpose.

"Let us be one people, one in aim, one in courage and the resolve never to give in. Let Britain stand like a great breakwater against this torrent and, God willing we will break the force."

Wood's Peppermint Cure.
The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Leucorrhoea, Loss of Energy, Palpitation of the Heart, Fainting Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. Non-prominent mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Inventor, Canada.)

Some men don't know they are beaten until long after other people make the discovery.



INTERIOR OF P. N. S. GYMNASIUM

FOOD REGULATIONS WHICH APPLY TO EATING HOUSES

Their Object to Conserve Essential Food- stuffs and Eliminate Waste--Proprietors Of Eating Houses and Confectioners Must Take Out a Licence Before July 1st

The Canada Food Board is compelling every dealer in food stuffs to secure a license in order to carry on business. Most food dealers are already operating under license, but eating houses and confectioners are given till the first of July to secure licenses. A license permits a dealer to carry on his trade in the proper manner, but it prohibits waste, hoarding, and excessive profits. If a wholesaler sells to another wholesaler, or a retailer to another retailer they may split the commission between them, but there must be only one commission in the transaction by which the goods pass from wholesaler to retailer, or from retailer to consumer.

Dealers may hold in storage a stock of goods sufficient to meet ordinary trade requirements during the scarce season, but there can be no hoarding in addition to this amount, and no carrying over of goods from one season to another. These regulations are meant to stop speculation and the increase of prices thereby.

No licensed dealer is permitted to buy from or sell to an unlicensed dealer; that is, an eating house must buy its groceries, bread and produce from licensed dealers. If a wholesale grocer sells to a retailer who has not taken out a license he is liable to have his own license cancelled.

Bakers must conserve wheat flour, sugar, and fats. Doughnuts or crullers, French or puff pastry, Scotch short cakes, are prohibited. Almond macaroons and marshmallow, if made at all, are limited to a low amount of cane sugar. Bakers must not use more than eighty per cent of standard wheat flour in the making of sweet cakes, and the amount of sugar or shortening that can be used in the manufacture of any sweet dough products is also limited.

The regulations applying to eating houses are meant to conserve our essential food stuffs. A summary of the regulations are as follows:—

1. Pork, veal and beef must not be served on Wednesday or Friday at

any meal.

2. Fish, fowl, lamb or mutton may be served at any meal.

3. Beef and Veal can only be served at an evening meal.

4. Pork may be served at the morning meal on Sunday, Tuesday and Thursday, and at noon meal on Monday and Saturday.

5. Bread shall not be placed on the tables until the first course is served; at the mid-day meal not more than one ounce of what or product of wheat shall be served to an individual.

6. No more than two ounces of standard flour bread or rolls can be served to any individual, and substitutes shall be served whenever white bread is served.

7. Sugar for any purpose shall be served only when called for.

8. Waste of food is strictly prohibited.

BLOODLESS WOMEN

Feel Weak, Depressed and Worn
Out All the Time—Do Not Eat
Well or Sleep Well.

It is an unfortunate fact that nine women out of ten are victims of bloodlessness in one form or another. The girl in her teens, the wife and mother the matron of middle age, all know its miseries. To be anaemic means that you are breathless after any slight exertion—you feel depressed and worn out all day. You turn against food and cannot digest what little you do eat. At night you do not sleep well and in the morning you wake up tired and feeling unfit for the day's duties. Perhaps there are splitting headaches, or pains in the back or side. Often a feeling of dizziness and despondency. These are the signs of anaemia, or bloodlessness. There may be only one or two signs noticeable, but the more there are the greater are the ravages of the trouble. There is only one way to cure anaemia, and that is by increasing and enriching the blood supply, and there is only one medicine can do this speedily and effectively—Dr. Williams' Pink Pills. These pills purify the blood it is in this way that thousands of weak, ailing girls and women have been restored to the joy of energy and good health through their use. Give these pills a fair trial and you will enjoy that health and strength that is the birthright of every woman. Mrs. W. H. Neff, Hughes avenue, Toronto, says:—"For several years I suffered from a weak and watery condition of the blood. At times I would be so bad that when I walked up stairs I would have to sit on the top step and rest. Sometimes my face would swell to about twice its natural size, and at other times my feet would swell so that I could not put my shoes on. Frequently I would take fainting spells, and was wholly unfitted for any work. I was under a doctor's care most of the time and if I felt better for a time it was only to have the trouble worse than before. While in this condition I was visiting a friend who had great faith in Dr. Williams' Pink Pills, and she got me three boxes. By the time I had taken these I felt so much better that I got six more boxes, and before I had taken them all I was again enjoying the best of health; had increased in weight, my appetite improved, and I have not had a symptom of a relapse to the old pitiable condition."

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

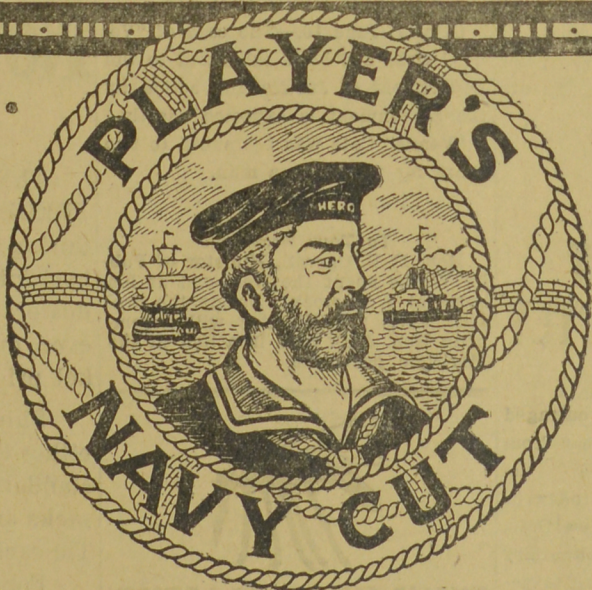
Many a man is compelled to be a nuisance in order to attract attention.

Better to spare the rod than to spoil the child by using the rod too much.

A woman seldom believes anything her husband says about her, but she believes anything he says about other women.

Brooklyn Eagle: Von Hindenburg is said to have been made ill by drinking the water of Flanders. It is a wise Hun general who can remember what wells he has poisoned.

15¢



PER
PACKAGE

PLAYER'S

NAVY CUT

CIGARETTES

BEAUTIFULLY COOL AND SWEET SMOKING