

## HEART PALPITATED COULD COUNT EVERY BEAT.

When the heart begins to palpitate it will beat fast for several seconds, then slow, then start to flutter, and a feeling of utter depression will come over your whole system, accompanied by weak, fainting and dizzy spells.

When the heart gets into this condition, you become weak, worn and miserable, and are unable to attend to either social, business or household duties.

Milburn's Heart and Nerve Pills will give prompt and permanent relief to all sufferers from any heart weakness or nerve derangements.

Mrs. Walter Greaves, Apsley, Ont., writes:—"I had been run down, and doctors told me I was anaemic, but did not help me with their medicines. I could not sleep nights, my heart palpitated so, and I could count every beat."

I used to have such dizzy spells I would have to go to bed. I was not able to do any work for eight months. A cousin of mine had taken Milburn's Heart and Nerve Pills and told me what they had done for her. I took eight boxes of them, and now I am able to help every day with the work I am so thankful to tell others what they have done for me, so that they may try this great and wonderful remedy. I hope this may prove good to some one who is suffering the way I did."

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.

## SEND-OFF FOR THE CANADIANS

London, Jan. 11.—A civil send-off was given at Southampton to five thousand Canadian troops leaving for Halifax on the liner Olympic. Thousands assembled at the pier and a scene of great enthusiasm and much cheering both from the ship and the pier occurred. The mayor made a megaphone speech praising the troops for their courage and rejoicing in the wonderful victories.

The war has devastated 1,500,000 acres of forest land in France. This means that ten per cent of the nation's lumber resources have been destroyed.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears  
the  
Signature of *Chas. H. Fletcher*

WANTED—Books and magazines for distribution to returned soldiers en route home, in the Military Hospitals or going overseas. Telephone Mr. A. Murray, care of A. Murray & Co. Tel. No. 159, or leave at store for Military Y. M. C. A.

## THE ARMY SHOE MAY NOW BECOME FASHIONABLE

Is Being Turned Out by Many Manufacturers in the United States—Made from the "Munson" Last and Said to be Very Comfortable—Endorsed by Army Surgeon as a Great Benefit—Has Revolutionized Footwear.

(New York Sun.)

One of the unheralded revolutions of America's war experience which will affect the returning soldiers in peace time as well as in active service, and which is certain to have a permanent influence on millions who did not take an active part in the war, is that much-maligned, homely, stubby shaped and supposedly inartistic looking work-a-day necessity—the army shoe.

For generations Americans have prided themselves upon snug, "shapely" boots and shoes, while the styles have persistently reverted, season after season, to the "pointed toe," which misshapes bones, causes a multiplicity of foot troubles and has an attendant ill effect on the entire system. For a nation of active workers and walkers fond of the out-of-doors and addicted to pedestrianism, we have been singularly blind to the needs of common sense in the shaping and making of our footwear.

It was not until the "five million army" was actually planned that the army authorities realized that if the Hun was to be chased successfully it would be necessary for his pursuers to be shod like athletes.

The result was the perfected army shoe of today, known as the "Munson last," which epitomizes the most modern principle of orthopaedic science, gives toes and muscles full play and perfect "hold," develops the structural strength of the arches and ankle bones and in short supports and strengthens the feet in nature's way, so that there is neither cramping nor weakening of power.

Shoes of this same type are now being made by many manufacturers and may be obtained by the public of the various dealers.

The adoption and use of the latest model of the army shoe by millions of young men in the training camps

and in the older branches of the service has revolutionized the footwear of America—and the feet of America's younger generation.

Professional testimony of this remarkable fact barely realized by the people of the nation whom it will so largely benefit, is given by an army surgeon, Capt. B. R. McClellan, of the U. S. Medical Corps, who is chief of the surgical department of the U. S. Debarkation Hospital No. 3, Sixth avenue, where he examines thousands of young men returning from active service and sees irrefutable evidence of the great change.

"The improvement in the feet of the army men is nothing short of marvelous," says Capt. McClellan, who before the war was known as one of the leading surgeons of the middle west, practising in Zenia, Ohio, "and even in as short a period of training as six months I have seen a change in the

## MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

### Best Liniment Made

MR. A. E. LAUNDY, EDMONTON, writes:—"I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment Co., Limited  
Yarmouth, N.S.

## HOW SALLOW SKIN

CAN BE CHANGED TO  
ROSY COMPLEXION

Every woman with pale cheeks and poor complexion needs medicine—needs a potent tonic to regulate her system.

To touch up the stomach—to insure good digestion—to give new life and vitality to the whole system—where is there a remedy like Dr. Hamilton's Pills?

Dr. Hamilton's Pills enable you to eat what you like—they correct constipation—make nourishing blood—instill force and vim into a run-down system.

If nervous and can't sleep your remedy is Dr. Hamilton's Pills—they search out the cause of your condition and you rise in the morning refreshed, strong, vigorous, ready for the day's work.

Dr. Hamilton asks every weak and debilitated person to use his medicine and Butternut Pills. They make old folks feel young, and weak folks feel strong. Their effects upon insomnia and languor is marvellous. Hundreds declare they soothe and quiet the nerves so that a good night's rest always follows their use.

To look well, to feel well, to keep well, to use Dr. Hamilton's Pills. They are mild, cleansing, strengthening—good for the young or old. Sold by all dealers in 25c boxes.

## WILL PRINCE OF WALES MARRY AN AMERICAN?

A special letter to the New York says:

London, Jan. 2.—The matrimonial future of the Prince of Wales is the subject of discussion in two of the morning newspapers. The Daily Express devotes two columns to it, pointing out that the war has narrowed the choice for royal marriages. There is no possibility now of a German princess becoming queen of England, and a vast tragedy has obliterated the Russian royal family. As regards marriageable princesses in other European countries, the Express says of Yolanda of Italy is ineligible because she is a Roman Catholic, Princess Helena of Greece is no longer talked of as the future queen, and although one of the Rumanian princesses might be chosen the prospect would arouse little enthusiasm.

"The fact is," says the Express, "that there is a keen desire the prince shall be allowed to choose for himself a British wife—if not an American. His marriage with a British bride would be exceedingly popular. If he should choose an American bride, the enthusiasm on both sides of the Atlantic would be unbounded and dramatic possibilities would be opened up. The example would be infectious and "There is nothing whatever to preclude what would be end."

The Express asserts that the idea of royal caste marrying within itself is no part of English law and forms no written part of any continental constitution.

"There is nothing whatever to prevent King George giving his consent to the marriage of the prince of Wales to anybody who is not a Roman Catholic," it adds.

The other paper mentioning the subject is the Chronicle, which sees special interest in the forthcoming visit of the King and Queen of Rumania to London in view of the fact that their beautiful eldest daughter, Princess Elizabeth, has been frequently mentioned as an eligible bride for the Prince of Wales. It points out that the queen of Rumania is an English princess and a cousin of King George that she retained her love for England and English ways, and it applauds the courageous stand she took when the Germans overran Rumania.

## BULGARIA'S WAR LOSSES

Sofia, Jan. 11.—Bulgaria's losses in the war were: Killed and missing, 101,224; wounded, 1,152,399, and prisoners, 10,825. These figures do not include the losses during the retreat from Macedonia, when many died of influenza, exhaustion and famine, and 80,000 were taken prisoner.

There is a serious development of spotted typhus fever in Bulgaria, more than 400 cases having been found in Sofia. The outbreak, the authorities say, is due largely to the country's almost complete lack of soap, disinfecting material and underclothing.

Except for the war and influenza, the year 1918 wasn't such a bad year after all. Most of us are rather glad we lived through it.

young soldiers which will benefit them for the rest of their lives. Young men who formerly prided themselves on the 'style' of their footgear now say 'never again' and abjure the pointed toe forever."

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E. O. MacDonald  
Music Store 560 Queen Street

## SATURDAY'S SPECIAL

A DELAYED SHIPMENT OF

Wearever Aluminum Ware

Just received. We are going to offer for Saturday only a regular 75 cent Stew Pan for 49 cents.

And this advertisement must accompany each sale for this special buy.

Wearever Tea Kettles, Double Boilers, Windsor Kettles, Vegetable Pots, Sauce Pans, Muffin and Cake Tins. The ware that lasts a generation.

## LAWLOR & CAIN

Our Store closes each Saturday at 6 o'clock during Jan. and Feb.

## Shoe Pack Time

WINTER IS HERE THAT SUGGESTS

## SHOE PACKS

You want the best, of course. Then ask  
your dealer for

Palmer's

"Moose Head Brand"

LOOK FOR OUR TRADE MARK

Be sure the Shoe packs are made by the

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