

TOOK SEVERE COLD ON HIS LUNGS Coughed Phlegm and Blood.

On the first appearance of a cough or cold, do not neglect it, but get rid of it at once before it has a chance to grow worse, and gets settled on the lungs, causing bronchitis, pneumonia and other serious lung troubles.

Dr. Wood's Norway Pine Syrup will cure the cough or cold on its first inception and perhaps save you years of suffering.

Mr. G. F. Stratyckuk, Canora, Sask., writes: "Last winter I took a most severe cold on my lungs and was coughing up phlegm and blood most of the time. I had the cough for over two months, and took a great deal of different medicines, but found no relief from them. At last a friend advised me to take Dr. Wood's Norway Pine Syrup, which I did, and it gave me great relief in a very short time, and today I am enjoying good health again."

The marvellous results that Dr. Wood's Norway Pine Syrup has achieved in its cures of coughs, and colds has caused many so-called "pine" preparations to be put on the market, which do not contain any pine whatever. See that you get the genuine when you ask for it.

Put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

POINTED PARAGRAPHS.

Strange, how much new furniture costs, and how cheap second-hand stuff is!

When a woman is unable to convince a man, she calls him a crank.

What puzzles us is how the Cossacks and other Russians know what government to mutiny against.

A young woman might as well retire to a convent as to have a young sister growing up who is better looking than herself.

MANY PROBLEMS IN RE- GARD TO RECONSTRUCTION

**Employment Must be Found for All Soldiers and Civilians—
The Spirit of Unrest Which is Spreading Over the World
Must be Counteracted—Public Works to be Carried On—
Shipbuilding Development.**

Someone has said that the chief solution of the many problems confronting the Government and people of Canada in the task of re-construction lies in the providing of plenty of work (at adequate wages) for all—both soldier and civilian. Certainly all are agreed that a sufficient supply of remunerative work is the greatest need of the Country at the present time both for individuals, and the Nation at large. For the individual, the need is obvious; for the Country, work and plenty of it, is the best counter-influence with which to combat the spirit of unrest and discontent which is spreading all over the world like an epidemic, with the rapidity and insidiousness of the famous "Spanish Flu."

To the men returning in thousands every day from the battle fields of France, we owe a debt which we can never pay in full, but the best method of discharging this debt is not by street parades, flag waving and band playing (though these are right and proper expressions of public sentiments) but by doing out utmost, collectively and individually to show practical appreciation of the services of our men

and desire, i. e., A GOOD JOB.

Realizing this to be the truth, the Govt. has worked out elaborate plans for the stimulation of industry and the distribution of labor. For this latter purpose there are being established 64 Government Employment Offices, forming a continuous chain across the Continent, one being located in every centre of 10,000 or more.

Foremost among the Government's plans for providing work is the early resumption of the big Public Works which were of necessity suspended during the war. Immediate steps are being taken in this direction by the Federal Government, which is urging upon the Provincial Governments and Municipalities the necessity for like action on their parts. Needless to say on all Public Works, preference will be given to returned soldiers;—this also applies to many private industrial concerns.

Another source of employment in the near future will be the Railways. The newly acquired Canadian National Railway, as well as the C. P. R. and Grand Trunk have large construction programs worked out for the present

SNUFFS OUT A COLD IN A FEW MOMENTS

**Clears the Nostrils, Stops Sneezing
Heals the Throat Quickly.**

Catarrhazone Works Wonders

Lots of people used to let their colds "work off"—they suffered a whole lot, sneezed around the house, till the whole family finally caught the infection.

Nowadays colds are cured by Catarrhazone before they really get a good start. This healing vapor, full of pure essences, gives instant relief. It fills the breathing organs with a healing, soothing vapor that relieves irritation at once. Ordinary colds are cured in ten minutes. Absolutely sure for Catarrh, and in throat trouble it works like a charm. Catarrhazone is a permanent cure for bronchitis and throat trouble. Not an experiment—but a cure that's guaranteed. Get "Catarrhazone" today, and beware of substitutes. The dollar outfit is guaranteed, and small size 50c; trial size 25c, at all dealers.

year, in addition to which much necessary repair work on all lines has accumulated during the war, due to lack of help and other causes, which will now receive immediate attention. It is estimated that for this item alone many millions of dollars will be expended, with a corresponding demand for labor of all kinds. One Railway alone announces it expects to require about 120,000 men during the coming summer. This Railway work only awaits the coming of the Spring to commence operations, and, once started, will stimulate many other trades, such as steel plants, boiler plants, casting and bearing factories and other places where much skilled and other help is required.

Shipbuilding, both in Govt. and privately owned plants has also plans for great development, and this industry, like the railways, will absorb a great number of men of the artisan, skilled mechanic and laboring classes as soon as weather conditions will permit the commencing of operations. This, in view of the unusually mild winter experienced in all parts of the Dominion, may be expected in the very near future.

In addition to her domestic activities, Canada is rapidly developing an extensive export trade, both within and without the Empire. During the war for the first time in history, her Exports exceeded her Imports and every effort is being made to keep up this satisfactory state of affairs. It is expected that much of the materials required for reconstruction in Europe having been crippled or temporarily abolished by the enemy. Another point in this connection is that the wonderful wartime efforts of Canada along these lines has shown the world that she can not only equal, but in some things excel the older and more experienced countries, so that from the standpoint of quality, Canada holds first place. With unlimited resources, animal, mineral and vegetable, with the farming country in the world, and thousands of trained workers, all the Dominion of Canada needs is a good market for her various products, and this once established, the industrial future of her citizens is assured. Already a beginning has been made; an order has been received from the British Government for \$14,000,000 worth of timber, and large orders for steel, agricultural implements, etc., are expected. This all means work for many men, for many months, which is what the Canadian Public is after.

ST. PATRICK'S DAY AT FORT BEAUSEJOUR

(Continued from page three.)
cabbage, roots, etc.
To a leg of mutton, 7 lbs roast, etc.
To a ham, 11 lbs.; a turkey, cabbage, etc.
To another ham, 10 lbs.; four fowls, cabbage, etc.
To two sirloins of beef, 5 1/2 lbs. salads, etc.
To hind quarter of veal, 10 1/2 lbs.; 1/2 of veal in pie, 10 1/2 lbs.
To mutton in a pie, 4 10 1/2, 9s. 6d.; a turkey and sauce, 11s., 6d.
To two apple pies, 10s. two puddings, 6s.; 6d.
Cheese, 3s.; soft bread and beer, 12s.
To bowls of lemon punch.
To dozen fried and white wines.
To wine to the servant per order.
To wine to fivers and drummers, per order.

This festival was joyously celebrated and with the greatest mirth and good humor, the officers, etc., having retired to the fort before nine o'clock in the evening.

WHY BELGIANS STILL NEED HELP

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which they left it, and never was there such desolation anywhere. One cannot get away from signs of destruction, no matter where one goes, along the country roads or in the city streets.

Not only has property been destroyed and every means of livelihood taken away from the people, but the peasants, especially in the country districts, have been left destitute both of home and food. We travelled twelve miles yesterday through open country and as but one small instance of the vast plundering of the Germans, let me state that in all twelve miles not one solitary live animal did we see, and practically every tree had been felled, so you can imagine the dreary aspect of the scenery.

All the peasant women and children we met on our way, said a news correspondent, while they greeted us with

cheers and received us into their homes with open arms, those that had homes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and had lived largely on soup and coffee.

The cry of the Belgians today is for food and clothing and those who would help, no matter how little, should send their contributions to their committee, or direct to the Central Committee, Belgian Relief Fund, 59 St. Peter street, Montreal.

This unseasonable weather is vastly preferable to unreasonable weather.

Wise is the girl who fears a man more than she does a mouse.

Every woman is a born coquette, but the clever ones manage to conceal it at the proper time.

A Cincinnati woman says that thousands have died from kissing. She can't deny, though, that it's great if you live through it!

SPECIAL SALE

Starting Saturday, February 15 and Ending
Saturday, February 22.

MACKINAWs, both lined and unlined; all sizes different styles.

MEN'S FUR COATS in Raccoon, Wombat, Dog and China Beaver.

MEN'S FUR LINED COATS.

LADIES' FUR COATS in Muskrat, Marmot, Muscova Pony, Dog, etc.

LADIES' NECK FURS in Red Fox, Natural and Black Wolf, etc.

Special price on all above goods.

J. Clark & Son Ltd.

Specials Just Landed

Ladies' Low Heel Rubbers
83 cts a pair.

The Shoe House of Bargains - Regent St.

Shepherd & Haining

Shoe Repairing of all kinds

YOU NEED GOOD BREAD

But You Do Not Have to Knead It With Your
Hands If You Use a

Universal Bread Maker

It reduces the drudgery of bread-making to three minutes' work. No skill or experience is necessary. Anyone can make good bread by the Universal method with any kind of flour. 4 and 8 Loaf sizes.

LAWLOR & CAIN

During January and February this Store will not be open on
Saturday Evenings.

CEREALS

ROLLED OATS	KELLOGG'S TOASTED
GRANULATED CORNMEAL	CORNFLAKES
W. G. BUCKWHEAT FLOUR	QUAKER CORNMEAL
GRAHAM FLOUR	GRAPE NUTS
SHREDDED WHEAT	SPLIT PEAS

At Lowest Market Rates.

G. W. HODGE

WRIGLEY'S

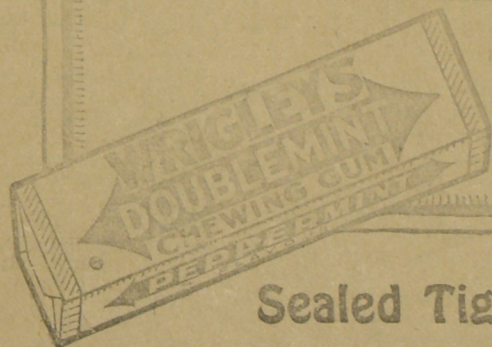
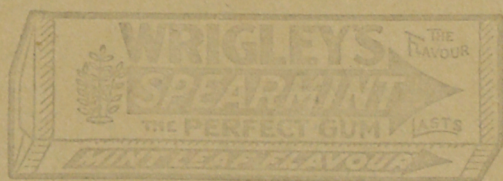
In the
sealed
package



All of its goodness
sealed in—
Protected, preserved.
The flavour lasts!



ASK for, and be SURE
to get WRIGLEY'S. It's
in a sealed package, but
look for the name—the
Greatest Name in Gooey-Land



Made
in
Canada

Sealed Tight—Kept Right!