

CONSTANT PAIN AFTER EATING

The Tortures of Dyspepsia
Corrected by "Fruit-a-lives"

ST. MARTIN'S, N.B.
"For two years, I suffered tortures from *Severe Dyspepsia*. I had constant pains after eating; pains down the sides and back; and horrible bitter stuff often came up in my mouth.

I tried doctors, but they did not help me. But as soon as I started taking 'Fruit-a-lives', I began to improve and this medicine, made of fruit juices, relieved me when everything else failed."

MRS. HUDSON MARSHBANK.
50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

PROGRESS THE WATCHWORD

Sir Edmund Walker, President of the Canadian Bank of Commerce, in his annual address to the stockholders of that great financial institution, said:

"Progress appears to be the watchword in New Brunswick. The Department of Agriculture has the wholehearted support of the Government, and is giving the farmers of the province inspiring leadership. This is evidenced by a general increase in production, the amount of land cultivated in 1918 being 125,000 acres more than in 1917. Of this increase 33,000 acres were planted in oats, 34,000 acres (or 200 per cent increase) in wheat, and 13,000 acres in turnips and

BELGIANS RETURN HOME TO DEVASTATED COUNTRY

Naked Rafters of Ruined Homes Stand Against the Skyline—
Trains Creep Like Snails Over the Broken Land—Great
Damage Done by the Ruthless Huns—Wrecked Homes are
Much in Evidence.

Brussels, Belgium, Feb. 25 (delayed)—the tide of battle that flowed backward and forward over the region of the Somme and Ancre has ebbed and left a desolate, dreary waste; the water of the brooks trickles over the dead branches and claying heaps of bricks or loses itself in stagnant pools. Naked rafters of ancient homes stand like bars against the sky and loose tiles fall in fragments before gusts of wind. Where for four long years there was the thunder of guns there is today the silence of dead things.

The train from Paris to Brussels potatoes. The potato crop is estimated at 8,650,000 bushels, somewhat below the average, but 50 per cent. more than in 1917. The yield of hay was good and that of oats and wheat excellent, but of only fair quality owing to the bad weather which prevailed during harvesting. Reference was made in our report last year to the effort being made under government auspices to improve the quality and number of live stock. This policy has been continued, with specially good success in the case of sheep."

creeps over this broken land like a snail. Two wheezy locomotives and twenty-five coaches wind over the one track road. A little more than three months ago this roadbed was a path of death. Explosives rent its walls, shells twisted its semaphores, wanton hands severed its wires and leveled its telegraph poles and here and there the winding trenches of the two embattled armies cut its roadbed. Often part of its right of way was the "no man's" land, where men died, and its ditches became graves where they were buried.

Officer Points to "Hell Holes"
A Canadian infantry officer on the train on which I rode was watching the dugouts and winding trenches near the roadbed with an alert eye. "I used to be out in that hell hole," he said when we got near Chipilly. "There is the place near the track where we used to have an outpost. Many were the nights our boys lay out there and watched Fritzle shooting up flares. We hollowed out the embankment under this very railroad and put machine guns on the ties. Not fifty yards away Fritz did the same thing. In the dark of the night our fellows sat there between the ties

HEART FLUTTERING EASILY CORRECTED

GOOD ADVICE TO FOLKS
BOTHERED WITH PALPITATION, WEAKNESS, ETC.

If your heart flutters, be careful. An attack is liable to come on at any time. Excitement, over-exertion or emotion may cause it.

If blood rushes to the head, if palpitation and short breath are noticeable, there's cause for alarm. If you want a good honest remedy try Ferrozone. We recommend Ferrozone because we know it's just right for heart trouble. It cured A. F. Beattie, who lives at Allen Hotel, Bay City, Mich. See if your symptoms resemble these:

Nervousness, Palpitation,
Trembling, Dizziness,
Sinking Feeling, Heart Pant,
Short Breath, Weakness.

Mr. Beattie says: "I was weak and miserable. "I was subject to heart palpitation and dizziness.

"As I grew worse I began to have trembling and sinking sensations. "Ferrozone strengthened my heart, gave vigor to my nerves, soon made me well. It's a great builder."

By strengthening the muscles of the heart, giving proper circulation and causing a general rebuilding of the whole system, Ferrozone is bound to do grand work in heart trouble; try it, 50c. per box, or six for \$2.50, at all dealers, or direct by mail from The Catarrhzone Co., Kingston, Ont.

and played that gun to make a raid impossible. Fritzle did the same thing. That's the place I am looking for."

But the roadbed has been levelled and the shell holes filled up. Here and there working parties, mostly Annamites, are clearing the bed of debris preparatory to constructing a double track. The Canadian did not find his machine gun nest, but he had the satisfaction of seeing the trenches that wind in and out interminably over the hillsides; mounds with little wooden crosses, artillery positions with their camouflage slowly going to pieces under the stress of winter weather; torn and twisted rails that had been carted to one side; blasted bridges and tall, torn tree trunks that three years of constant shelling had not been able to uproot and that stretch skyward today like the bony fingers of a gigantic skeleton from the stricken earth.

The deep rooted inclination of man to return to his home, despite fire and flood, is demonstrated anew in this desolate region. At isolated places on the famous canal of La Basse derrick have already been erected to clear the locks of debris and raise the fallen bridges. Here and there ancient brick houses that have been stripped of their roofs presented the aspect of having been patched up from the debris of a neighbors cottage and a smoking tile chimney was mute evidence to the presence of humans within.

Scene Like Another Pompei

A great house in a garden on the canal had one side piled high with sandbags. Its ornate garden wall lay scattered over the roadside, smashed to bits by shells, yet a woman was sweeping clear the path that led from her door to the garden. As the eye passed over the wide Flanders plain it took in village after village lying desolate and bare like another Pompei, but as the train approached it became evident that here and there a house had been patched up and that human kind was coming back to its age-old home.

This is borne out by statistics from this region. Lille, a city of 225,000 inhabitants before the war, had sunk to 125,000 by the time the armistice was signed yet already it numbers 145,000. The great industrial district of which Lille is the center had 675,000 people in 1915. This number dropped to 500,000 in 1918. Today there are 620,000 back in that area. Reports from the district are that each village shows a gain despite the terrific destruction by the Germans.

Railway communication near Lille had suffered little until the Germans began their retreat. On Oct. 12 the roads were still intact. On Oct. 13 the Germans began blowing up the rails by placing explosives under the joints and mining the bridges thus laying waste the entire system of the Nord railway.

Within a few days there had been destroyed in the Lille district alone 466 bridges, 409 miles of track and 175 miles of switchyard track. Semaphores, signal discs, water tanks and signal cabins were totally ruined by the Germans, who were determined that these should never again serve France. Yet today trains are passing over the old lines, while on the sidings stand thousands of freight cars and numerous locomotives that still bear the black eagle of imperial Germany—means of transportation that have been yielded up by the foe to the nation that it wronged.

Cook's Cotton...
THE COOK MEDICINE CO.
TORONTO, ONT. (Formerly Windsor)

CARE OF THE HANDS.

Washing the hands in a bowl of warm milk every night is a good bleach for redness. Another bleach which can be made at home is an oz. of lemon juice, an ounce of honey and an ounce of some kind of perfume.

If you wish to make your fingers longer and more tapering, soften the fingers with warm water or olive oil and then massage them with a long, slow stroke from the wrist to the ends of the fingers. Then take each finger separately between the thumb and forefinger of the other hand, pinch the finger tips gently at the sides, at the same time drawing the fingers out from the hand.

Wood's Phospholine.
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Tones and invigorates the whole nervous system, makes new Blood in old Veins, Cures Nervous Debility, Mental and Brain Worry, Laziness, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 21 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail it plain place on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

Soaking in kerosene will remove fruit stain from wash goods.

In order not to hurt the eyes, peel onions under running water or over a fire.

Dr. Mary Walker, an eccentric character who always insisted on appearing in public clad in man's attire, died recently at her home in Oswego, N. Y., at the age of 87 years.

4 Labor Saving Articles for the Home 4

"WITCH" Soot Destroyer, cleans the smoke pipes without taking them down.

"PORCELLA" prepared expressly for cleaning Baths, Basins, Sinks and other enamelled ware.

"SANI-FLUSH" the only satisfactory article on the market for cleaning Closet Bowls.

"DESOLVO," by using in time, will prevent the clogging of waste pipes and remove obstructions and save plumbing bills.

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ROYAL CANADIAN and SUNLIGHT WRINGERS. Also BENCH WRINGERS.

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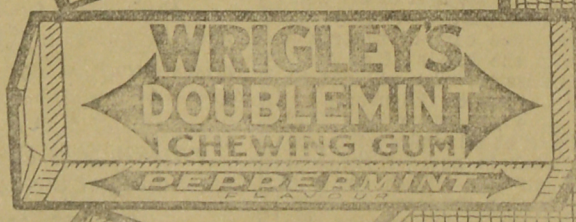
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