

Absolutely no alcohol or other ingredients are added. ASK YOUR DOCTOR ALL DRUGGISTS BIG BOTTLE

Report on Red Cross Work is **Very Interesting**

to provision of 21,339 beds.



Through the channels of the public press, which has splendidly supported the society both in the publication of news and in the organization of meet ings, etc., the people of this country will be brought face to face with conditions as they really exist at the Great Britain and France. They will be able to see for themselves what is needed and now that so many of our own men are at the front the appeal will come home with greater force than ever before.

In connection with comforts and supplies, etc., that are sent to the soldiers in England or overseas by parties in Canada, the following information from Colonel Hodgetts, Canadian commissioner of the Red Cross in London, is of interest, Colnel Hodgetts says:

"It must be stated for the informa tion of the senders in Canada, that this office assumes no responsibilities for their safe delivery to the parties for whom they are intended. Our re of the goods into the hands of the railway authorities. Further, our Canadian friends must understand that all railways of the War Office and the delivery the delivery of goods often is de layed and the railway authorities themselves will not guarantee the delivery of goods.

getts, "we notify by letter the party to whom goods are shipped and w have had instances of goods being sh pped to Salisbury and upon hearing they have not been received have found that they have been delivered by the railway to Amesbury or some

ian on February 12th, which clearly proves that no goods are kept on hand either in Toronto or Halifax

Nervous Prostration and Heart Troubles.

Nervous Prostration, or Neurasthenia,

Nervous Prostration, or Neurasthemia, is one of the worst forms of nerve trouble and brings about a general weakness of the whole nervous system. The symptoms presenting themselves are headache, a feeling of depression, disturbed and restless, unfreshing sleep, often troubled with dreams, fright when in crowded places, dread of being alone, horror of society, fright at travelling, muscular weakness, sense of fatigue upon effort, etc.

effort, etc. When the nerves become affected in this way the heart generally becomes affected too.

All are curable if taken in time. Milburn's Heart and Nerve Pills are just what you require at this time. They strengthen the nerves and build up the

strengthen the nerves and build up the whole system. Mrs. John Hewson, Caledonia, Ont., writes: "I feel it my duty to let you know the great benefit your Milburn's Heart and Nerve Pills did for me. I suffered for four years with heart trouble and nervous prostration. I was so bad I could not go up stairs without sitting down at the top before I could go to my room. I could not sleep nor could I lie on my left side, for it would seem as if my heart would stop. I thought my time had come. I was doctoring with the doctor, but didn't get any benefit. I took eight boxes of Milburn's Heart and Nerve Pills and am enjoying good health." Price, 50 cents per box, 3 boxes for

Price, 50 cents per box, 3 boxes for \$1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



We have just received another car of our Blue Banner Flour.

This is a Pure Manatoba and for Bread making is the equal of any in this City.

Our price is 50 cents below Five Roses and Purity.

i's I	Blue Banner Flour	\$8.40	bbl.
ad	Quaker Flour	8.40	66
I.	Victor (Splendid Pastry Flour) 8.25	66
as ay th	Quaker Flour (1-2 bbl bags)	4.10	
it.	Quaker Flour (1-8 bbl bags)	1.10	
for	Victor Flour (1-8 bbl bags)	1.05	

