# ©be St. Ratorente Xetios AND [JNDAS CCUNIY ADVERTISER 




FIn Doimgs of the Duntis.


## TTEE AFTER EFFCCTS OF LAGRIPE

## She Oflen Had to Lay Off For a Day



| Cleaning Wringer. | $\begin{array}{c}\text { Oilcloth on Shelves. } \\ \begin{array}{c}\text { When rubber rolls on your wringer }\end{array} \\ \text { To lighten the work in the pantry, }\end{array}$ |
| :---: | :---: |
| $\begin{array}{c}\text { The }\end{array}$ |  | become dirty so that they streak lto

clothes try cleaning them with a clot
moistened with kerosene. Ru


Doctors Recommend Bon-0pto for the Eye
 Soap and Ointment,


 uticura Soap, with touches of Oint-- $-7=$
Dangerous Gas and Acids That
Hurt The Stomach---Sour The Food
Cause Dyspepsia, Indigestion

Machinery For Sale

1 Wheelock engine, $18 \times 42$.

## 1 ELECTRIC GENERATOR, 30 K.W., $110-120$ Volts D.C

PULLEYS, Large size.
1 BLOWER OR FAN, Buffalo Make
REAL ESTATES CORPORATION, LTD.


T. L. Mcintosh \& Co., South Mountain, Ont.

## Plan to Go

Annual Convention

Dominion Alliance

## Feb. 26-28, 1918

Cheap Railway Fare


| G. T. R. TIME TAEILE PERSIA'S NATIONAL DRIN |  |
| :---: | :---: |
| No. 18 , dails, | That Thirsty Country. The great beverage in Persia is sherbet, which is plentifuly supplied and of which there are many varieties |
| " mail \& ex. 3.41 p .m |  |
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| except Sund |  |
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| 6 train going |  |
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Farm for Sale
$\qquad$Yrat drilv mail; telephone; conen
innt to cheoese factory and Public and
Hizh Schools. Soil, clayHieh Schools. Soil, clay loam, very
fertile and ingod state of cultivtion,
land all cleated. Large curchari on
hearing MelntoshAnoug the many strange growth
apparentiy freaks of nature, which ar
be found in New Zealand the vegeto be found in New Zealand the vege
table caterpillar readily ranks amonfine, small dairy fure, twor neverfailing
weils. For further particulars apply
to owner. (Priveipals ooly,)
Pte. Edward Strader
R. R. No.

Cook's Cotton Root Compound,



## Experience vs. Experiment

Learning Office Work is Like Learning any Other Kind of Work or Trade or Profession

## Wood for Sale

Th
T. A. Thompson Estate expect to have consider erable Hard Beech and Maple Cordwood, 3 ft . long, body wood. Any person short of Fuel would do well to secure a cord or two.

Leave order at Store and it will be delivered promptly from car.


## here you arr

The Daily and Weekly News pers You have Been Looking for

THE DAILY
Mạ! and Empire

AND THE
Sh Lawernee News

## The Two For $\$ 5.00$

You will get all the Geueraland Local. News in these Two Papers, and at a Very Reasonable Price, Especially in Wartime when Every thing is Skyrocketing

The War News and Par-- liamentary Doings
in which yout are Specially Interested, a Leading Daily Feature of The Mail and Em pire.

# Subseribe Now at This Office 

And Tell Your Friends About It


ISPTER VIII | Under Cover |
| :--- | come acrost the Channel



 | But the |
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| Except |

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 Above the parape.t.We, been in rane fer
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 Can anyone who FERENCE-: Can anyone who has not seen them
imagine what it it ilie to be a prison-
er in this present war? Someone,

 One imakines all sorts of monstrous
nhings aboon an unsen enemy. The
The strain of constantly watching and see
ing nothing bearme almost unbearable
int
 patience in their voiecs. There is all
the diference in the ovrde between
hem and the soldiers returned from them and the soldiers returned from
the Front The alter even when se-
verely wounded, have a prou
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ments still clung to them. They
mare ments sth clung to them. .reat, are
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brougt glady and triumhanty
home where they know well what heme.con awaits them. .the lot of the
welcom
allied prisisereners? is the sight of them,
 Th They know what it is to do valiant.
1y whout praise, to suffer
without sympathy, to ache with home sickness, surrounded by the enemy.
They are the unseen heroes and cannot guess at half herees paind,
There are at present more than million and a half Allied prisoners o
war in German hands. The Prisoner of of War Society, of which Principal
of Irecall such ticidents, with joy as I I is president, is appealing through the occurrences to keep us sane and hu
man There were not many of them hitese unfortuate heroes. Congrega
tions who have not yet contributed
may sent



From Industrial Agent to Flight Commander
 cting Flight Commander G. W. Curtis and his machi
"crash" at a training camp in England.


The term "made in Canada" applies
dates. They have not advanced
maple sugar, if it does to anything, much in price as other foods and
nd there should be a splendid field can well take advantage of this

## Allies are calling upon this continent pressed in scientific forms term is fifte for a considerabie portion of our hundred and seventy-five calories

able, the last crop having been lost
owing to the fact that enormous cart
goes of raw sugar were sunk by
enemy submarines.
The sugar that we take from Cuba
is lessening the amount that the little
island can supply to the Allies. There-
-
tural sugar which is avpailable. In In
England the allowance of sugar. per head of population has been reduced
to 2 pounds per month. In Italy
it is only 1 pound per month.

## suming between 7 and 8 pounds per

If the maple sugar resources were
fully organized Eastern Canada alone fully organized Eastern Cande sugar to
could produce enough maple the total sugar requirements
supply the to of the Dominion.
This is too much to expect at this
tage and yet much can be done to There are production this spring. vailable and as the sap runs before
farmer's busy season commences he should be able to go in for tapping
on an extensive scale. It will be good business. In the past the de-
mand has far exceeded the supply and this year it will be even greater
owing to the scarcity of beet and any farmers have gone out of
maple sugar-making in recent years wing to the low scale of prices aris
ng from the competition of adulte Maple Sugar prowucts. The protects the While the scarcity of cane and beet
sugar makes it less profitable for ugar with maple extracts.
With an abundant supply available eason why men and women, too
should not go into the bush this ural riches. It is a responsibility nd buckets should be routed out and
cleaned now. In parts of Ontario lapping begins early in March so that
there is no time to be lost. Maple sugar and maple syrup will
yet be universally found in the homes or thada, as the finest of substitutes
omed. Let Europe have are accus-
ore sugar while we have our own delicious Dates as a War Food.


## 8

## Soilsand Crops

Th This Doparmment tor the use of or tarm readers who want the avyicio somen Crowing Carrots, Beets, and Spiniach. When and






fertile, deep and warm.
The carrot has a long growing sea-
son. The early ones may be sown
now and others successively through
the months of May June and the first
thalf of July in such quantites as will
give a summer supply from the first
palatings, and from the later ones
phat is desired for winter. later with fine
Cover the seeds thinly
coil, and to make sure of a good con-
tact between it and the seeds tread
along the row to make it firm, es-
pecially when planting the late ones,
phen the soil may be somewhat dry.
Kee watered enough to maintan an
even moisture, which will hasten ger-
mination and insure a more even crop.
The carrot should be grown quickly
to insure freedom from toughness of

The beet should have a soil ma of fibrous loam, well drained and well enriched with good rotted manure. It
is one of the crops which should have quick and uninterrupted growth
insure tenderness, and this can be had in such a soil.
An ordinary garden soil which may have a clay bbse may be made better
for beets by being dug deeply, ped fine, worked into condition with
the rake, and have a heavy dressing
of rotted manure dug into the trench. ff feasible to do oso, heavy soils may
be lightened by the addition of sharp
and anplied when the

## Free Girls

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## Fanny <br> (2)Corsedersesen)



ONTARIO FERTILIZERS, LIMITED

## THIS WATCH FREE to any boy


 HOMER-WARREN CO.

GOOD HEALTH QUESTION BOX
 when ver


Among them are clerks, bookkeep
ers, house-servants and others whe
have little active, muscular work. Women who wear tight garters on
lift heavy burdens often get varicose
veins, also sufferers from obstructed irculation in any internal organs.

 It hisemior deresere of this die

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 couch by day, with the foot el
ated at least six inches.
Should actual inflammation occur, Should actual inflammation occur,
rest in bed is imperative with eleva rest in bed is imperd the constant use
tion of the foot and
of antiseptic lotions. Should suppuration The disease is a surgical one and
very important that it should b eated by one who
inderlying principles. QUESTIONS AND ANSWERS.
W. K. Jr.-Is there any cupe or
ief you know of for asthma af that you know of for asthma?
Answer-There are many ways relieving this annoying trouble
though the only way that I know o cure it is to change one's residence
0 an elevation of at least 2,000 feet o potash of cuper, are oftee in uised with
polta
lief when one has an attack asthma. Also, relief may be attain ing stramonium leaves. Even in
haling simple steam will-sometime bring relief and break the spasm
But the most effectual relief is found

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