

Nuxated Iron Makes Strong Vigorous, Iron Men and Beautiful Healthy Rosy Cheeked Women

Dr. Howard James, formerly, Resident Physician of a New York City Hospital and Assistant Physician The Manhattan State Hospital of New York, says:

"Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much of what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. A patient of mine remarked to me (after having been on a six weeks' course of Nuxated Iron), 'Say, Doctor, that there stuff is like magic.'"



See! That there stuff (Nuxated Iron) acts like magic. It certainly puts the ginger of youth into a man.

"If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of nuxated iron—three times per day after meals for two weeks. Then test your strength again and see how much you have gained. From my own experience with Nuxated Iron I feel it is such a valuable remedy that it

should be kept in every hospital and prescribed by every physician in this country."

Nuxated Iron recommended above by Dr. James, is for sale by Geo. E. Hughes, Apothecaries Hall, E. A. Foster Central Drugstore and H. J. Mabon (Montague) and all good druggists on an absolute guarantee of success and satisfaction or your money refunded.

PROCEEDINGS IN THE HOUSE OF COMMONS

Senate Reform Discussed Canada's Recruiting Record Since Beginning of War.

(From Our Own Correspondent.)

OTTAWA.—Senate reconstitution engrossed the attention of Parliament during the afternoon session. W. M. German left the beaten path of Senate Reform and proposed a novel method of making the second chamber, "Representative, Independent and Permanent." He would retain the same number of Senators and the same Provincial Representation in the Senate but would at once divide Canada into Senate Electoral Divisions, allotting each of the present Senators to the district most convenient to his place of residence. The present Senators would retain office for life but on a vacancy occurring he would have it filled by a popular election in the particular senatorial district in which the vacancy occurred. New Senators would be elected for seven years but the dissolution of Parliament would not affect the length of term of Senators. Mr. German who has been a Liberal member of Parliament for twenty years created considerable amusement in confessing the sins of his party in connection with Senate Reform. Although pledged to Senate Reform and fifteen years in office the only reform accomplished was by divine "Providence." He was the only member favoring an elective Senate.

those who have returned from abroad; 11,917 who have returned to Canada, and have been dropped from the Military Forces as medically unfit and 1,478 discharged overseas. The total of 29,657 discharged in Canada is based upon a report from all the Military districts except numbers four and six and upon an estimate for Nova Scotia for districts four and six.

On a return given in response to a motion by Dr. Steele of South Perth, is included an analysis of recruiting returns showing the percentages of rejections in several Military Districts. This indicates that in 1916, 245,051 recruits offered themselves for overseas service and 198,342 were accepted. The percentage accepted throughout Canada was 76 and that of rejections 24. The returns show that in Military District No. 1, 15,886 men out of 20,544 applicants, or 77 percent were accepted, in the Toronto District 55,806 out of 73,664 or 76 percent in the Kingston-Ottawa District 19,798 out of 29,964 or 78 percent in the Montreal District No. 4, 11,281 out of 18,050 or 63 percent in the Quebec District No. 5, 3,292 out of 4,246 or 77 percent.

Minard's Liniment Co., Limited.

Dear Sirs.—Your MINARD'S LINIMENT is our remedy for sore throat, colds and all ordinary ailments.

It never fails to relieve and cure promptly.

CHAS. WHOOTEN, Port Mulgrave.

PLANT LINE WHARF TO BE SOLD

HALIFAX.—A. W. Perry of Boston, president of the Canada Atlantic and Plant Steamship Company, is at the Halifax hotel, Monday morning at ten o'clock a meeting of the directors of the company was held and besides Mr. Perry, there were present Lieutenant-Governor Grant, Walter Mitchell and Hector McInnes, M. P. P.

The meeting was solely in connection with the sale of the wharf property in Halifax, several offers having been made. These were considered, but no final disposition of the property arrived at and it may be a year or more before it passes out of the hands of the company.

To a Mail reporter after the meeting, Mr. Perry said he had nothing for publication at the present time further than that the company had decided to go out of business. To try and conduct a line of steamers between Halifax and Boston on a paying basis at the now prohibitive prices of coal and other necessities attached to the proper conducting of a freight and passenger business, not to say anything of wages demanded by the labor, would be a waste of time and energy.

The present office staff at the Plant Wharf is to be retained under F. H. Chipman, as it is the agency for the steamer Dufferin which plys to eastern shore ports, and the St. Pierre, the regular French mail steamer to Montreal.

The company has set a price for their wharf property, which is one of the most valuable on the Halifax waterfront.

STOCK QUOTATIONS

HALIFAX, N. S., May 8.—(Quotations furnished by F. B. McCurdy & Co., stock and bond brokers, members Montreal Stock Exchange, McCurdy Building, Halifax, N. S.)

Table with columns: Stock Name, Yesterday, Today. Includes Atchison, A. F., Am Loco, Am S & R, Anaconda, Can Pac, Cen, Cruc, M. P. C., Mex Nor Power, Prs., Reading, S. P., S. T. U., U. S. Steel, U. T.

THE THREE GRACES AND PRINCE

Sir.—A public meeting is to be held in Cape Traverse in the near future for the purpose of discussing the advisability or inadvisability of closing down the station and taking up that portion of the Cape Traverse branch from Port Borden Junction to Cape Traverse. Indeed, it is freely circulated by some of the promoters of this meeting, that the rails of this portion of the branch are to be shipped to France.

It is understood that Captain Reid and our local representatives Mr. Bell and Mr. Lea are to be present at this meeting and if possible to decoy Mr. Lofurgue and other Tory aspirants for political honours.

Now, sir, this letter is written in the interests of fair play and is intended to warn the non-partisan and free thinking electors that the pro-

Do You Feel That You Can't Stand the Strain Any Longer? Then It's Time To Start Taking

Penslar Dynamic Tonic

If your daily work is telling on you, if your system and nerves are in a run-down condition, you can take Penslar Dynamic Tonic with perfect assurance of securing new nerve force and fresh vitality—This reliable preparation has the exact formula on the label and is being used and recommended by our most discriminating patrons. We want you to get the benefit of its effectiveness. You owe it to yourself to try this splendid tonic and we suggest that you start now. We have two sizes 75c and \$1.50

E. A. FOSTER Central Drugstore



Dependable Time-Keeping

is what you are always sure of if you wear one of our Eigin Hamilton or standard on all important railroads and wherever accurate time-keeping is required.

A big shipment just arrived—call in and see some good values.

W. N. Tanton Jeweler Sunnyside

ADDRESS AND PRESENTATION

JOFFRE AWAITS TURN IN CLUB BARBER SHOP

CHICAGO.—A barber at the Chicago Club is telling a story to illustrate the demeracy of Marshal Joffre, the hero of the Marne. Two men were awaiting their turn to be shaved when the door to the shop swung open and the smiling face beneath the Marshal's cap appeared. The barbers and the men who were waiting begged the Frenchman to climb immediately to a chair.

"But," said the barber, "do you think he'd move in out of his turn? Not he. He just sat down and insisted on waiting until he was next."

And Mrs. M. Roman, the manufacturer, is pointing triumphantly to the hand that "Papa Joffre" squeezed as he left the shop.

On Wednesday evening, May 2nd, the Brother Odd Fellows of O'Leary met in their Lodge Room to bid goodbye to Brother E. A. Dorsay, the genial Bank Manager at O'Leary for the past three years.

During Mr. Dorsay's stay here he has in many ways endeared himself to the people of the community. As a business man, the growth of the Bank's business in this place is evidence of his untiring efforts to please and serve the public.

As a citizen he took an active part in all matters pertaining to the advancement of O'Leary, and his assistance in the building of the projected new hall, of which he was an active worker, will be greatly missed.

The following address was read by Brother A. J. Matheson accompanied by a beautiful club bag, the gift of the brothers.

ADDRESS.

Dear Brother:—Your brothers of Verdun Lodge hereby express their sincere regret, that you are soon to depart from O'Leary. We feel that the Lodge and the district will suffer a distinct loss by your departure.

You have proved a loyal brother, regular in attendance, prompt and diligent in the performance of every duty.

We desire further to express our admiration for your courtesy in social and business life; and your ability in the transaction of business.

While we sincerely regret our loss in your departure at the same time we heartily congratulate you on your well earned promotion, and we hope and pray that you may be happy and blessed in your new sphere of labor. As a token of our friendship and love we ask you to accept the accompanying gift.

Signed on behalf of Verdun Lodge, A. J. MATHESON, Noble Grand, A. S. PALMER, Secretary.

Brother Dorsay replied in feeling terms of his stay in O'Leary and while his business might lead him to different cities, his heart would always remain true to his brother Odd Fellows of O'Leary.

Drs. McEwen and Rev. Robert Murray spoke in highly eulogistic terms of Brother Dorsay. The members responding with "For he's a jolly good fellow." O'Leary, May 5th.



—FRENCH SOLDIERS IN THE TOWN OF ROYE.

Roye is in ruins, and was pillaged by the departing enemy, so that nothing of any value is left. Some of the inhabitants are here seen in front of a ruined house talking with a group of "pelles"—French official photograph.

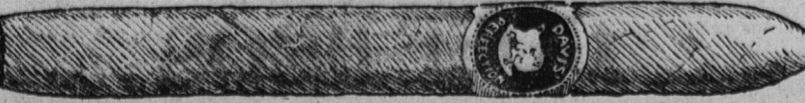


Davis' Perfection "Perfection" 3-for-25c.

A most reasonable price for an unusually good cigar: smooth, mellow, matured; with plenty of character yet mild.

Why not try one next time?

Davis' Perfection "Straights"



Paralysis and Locomotor Ataxia

The most dreaded results of neglected nervous diseases—Study this chart and the symptoms stated here to learn if you are in danger—DR. CHASE'S NERVE FOOD will cure you.

To understand paralysis and locomotor ataxia, which is paralysis of the limbs, and their causes, it is well to remember that every movement of the body or its members is due to the contraction of muscle, which can only take place under the influence of nerve force. As this all-important nerve force is created in the nerve centres of the brain and spinal cord, and conducted along wire-like nerve fibres to the various parts of the body, any derangement of the brain, spinal cord or nerve fibres may result in paralysis or loss of the power of movement.

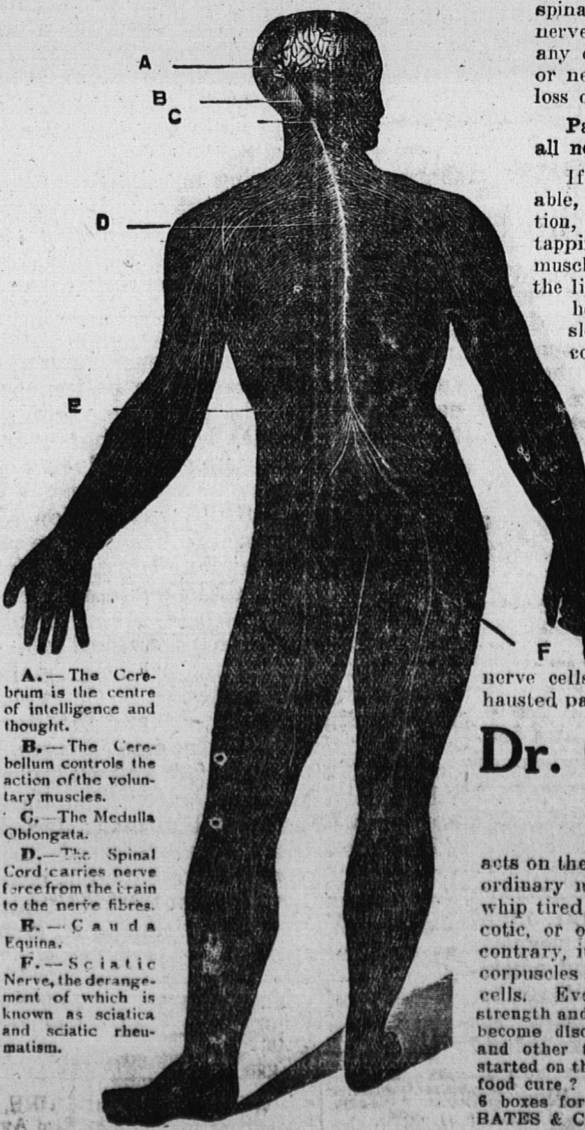
Paralysis, then, is the natural result of all neglected nervous diseases.

If you find yourself nervous and irritable, over-sensitive to light, sound and motion, addicted to continual movement or tapping of the fingers, twitching of the muscles, sudden startings and jerkings of the limbs during sleep; if you have nervous headaches or dyspepsia, are unable to sleep or rest, feel downhearted and discouraged, and unfit to fight the battles of life; if your nerves are weak and exhausted, your blood thin and watery, you have every reason to fear paralysis of at least some part of the body, and consequent suffering and helplessness.

Paralysis can always be prevented, and partial paralysis actually cured, by the timely use of Dr. Chase's Nerve Food. The time to begin treatment is when any of the above-mentioned symptoms become apparent. These are indications of a degeneration of the nerve cells, and when nerve force becomes exhausted paralysis is bound to follow.

Dr. Chase's Nerve Food

acts on the system in an entirely different way to ordinary medicines. It is neither a stimulant to whip tired nerves to renewed activity, nor a narcotic, or opiate, to deaden the nerves. On the contrary, it is a food cure, which forms new, red corpuscles in the blood and creates new nerve cells. Every day it is bringing back health, strength and vitality to scores and hundreds who have become discouraged through the failure of doctors and other treatments to cure them. Why not get started on the way to health at once by using this great food cure? Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50. At all dealers, or EDMANSON, BATES & CO., LIMITED, Toronto.



A.—The Cerebrum is the centre of intelligence and thought. B.—The Cerebellum controls the action of the voluntary muscles. C.—The Medulla Oblongata. D.—The Spinal Cord carries nerve force from the brain to the nerve fibres. E.—Cauda Equina. F.—Sciatic Nerve, the derangement of which is known as sciatica and sciatic rheumatism.

Do not be talked into accepting a substitute. Imitations disappoint.