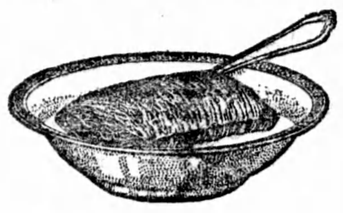
The Business of Being a Boy is a strenuous employment. Sturdy boys and girls are not built out of books alone. The best food for growing youngsters is **Shredded Wheat,** the whole wheat food that builds healthy tissue, good bone and develops sound teeth and healthy gums. For breakfast or any meal, with milk or cream. Delicious with preserved fruits.



Made in Canada.

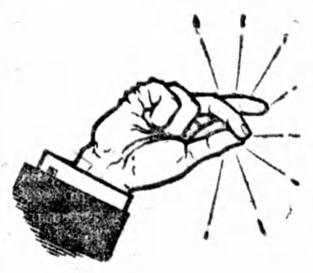
For Bright Spring Days

A sports frock in all its glory is here illustrated. It may be called a versatile design, for it is as suitable for the afternoon frock of plain and figured pongee or foulard as for the morning frock of plain and figured poplin. McCall Pattern No. 7643, Ladies' Blouse Dress. Pattern in 6 sizes; 34 to 44 bust. Price, 20 cents.

These patterns may be obtained from your local McCall dealer or from the McCall Company, 70 Bond Street, Toronto, Ontario. "Dept W".

A Madagascar Industry.

One of the oldest native Madagascar industries is the curing and manufacturing of silk into what is called "lambamena"; "lamba" in Malagasy means dress shroud, or clothing, and "mena" means red. "Lambamena" is made from a heavy grey native silk principally in the Betsileo country, in the southern part of the Central Plateau. This material was originally used for wrapping the bodies of prominent natives for burial. The more celebrated or wealthy the deceased or his relatives here, the more lambamena was used, but this custom is being gradually discontinued.



You Can Snap Your Fingers

at the ill effects of caffeine when you change from tea and coffee to

POSTUM

"There's a Reason"

CANADA AS A PAPER MAKER.

Capacity to Produce Pulp Wood in Enormous Quantities.

Indications point to Canada as one of the most important pulp and paper producers of the world for many years. There is no reason, except apathy respecting fire-protection in the pulp producing regions, why Canada should not produce perpetually a large part of the world's paper. The large spruce forests in the east and north including the sub-arctic forest which has value chiefly for pulp, show Canada's capacity to grow suitable wood in enormous quantities, sufficient with any kind of protection and management, to supply the demand of all time. Pulp forests are, however, particularly susceptible to fire, and need careful protection.

It is gratifying to see that some of the most progressive pulp companies are successfully protecting their lands from fire. On account of the comparatively rapid growth of pulp timber to a commercial size it appears that pulp companies will be the first who can prove that scientific forest management is good business for a private concern.

The increasing production of pulp and paper in British Columbia continues, and it is announced that the plant of the Empire Pulp and Paper Mills, at Swanson Bay, 100 miles south of Prince Rupert, will be turning out chemical pulp in commercial quantities, the daily output when the plant is in full running order being between thirty-five and forty tons.

WOMEN WHO SUFFER

Can Obtain New Health Through the Use of Dr. Williams' Pink Pills.

Every woman at some time needs a tonic. At special times unusual demands are made upon her strength. Where these are added to the worry and work which falls to her lot, weakness and ill health will follow unless the blood is fortified to meet the strain.

Weak women find in Dr. Williams' Pink Pills the tonic exactly suited to their needs. Most of the ills from which they suffer are due to bloodlessness—a condition which the Pills readily cure. These pills save the girl who enters into womanhood in a bloodless condition from years of misery, and afford prompt and permanent relief to the woman who is bloodless, and therefore weak. Mrs. Wm. H. Wagner, Rosenthal, Ont., writes:—"After the birth of my second child I suffered from troubles which most mothers will understand, without going into details. The doctor who was attending me said an operation would be necessary, but as I dreaded this and as Dr. Williams' Pink Pills had been of great help to my sister I decided to try this medicine, and I can truly say that after using the pills for some time they made a complete cure and made life more enjoyable than it had been for a long time. I think every woman suffering from the ailments of our sex should give Dr. Williams' Pink Pills a fair trial as I know from my own case the great benefit that follows their use."

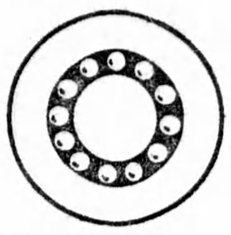
You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

GERMANY MUST BE HUMBLED.

American Visitor in England States Attitude of British People.

The fact is that, whatever the British people thought at the beginning of the war, they are realizing more and more, every day, that there is something between them and Germany which cannot be compromised. The war began over Belgium, to be sure. There was never any jingo spirit in the people, no matter what the press was saying. But very gradually the real reasons of the conflict began to become common knowledge. Intelligent people may decide that there can be no solution in the field, or that it would be better to leave Germany and Austria intact. But the great mass of people believe that Germany has done unspeakable wrong. And they think that what they are doing is an unspeakable right. They never speak of it, at any rate. But they think of it, night and day. Life goes on almost as usual, getting harder and harder, of course. But they are not flinching.

The terms of peace are definite enough for the average Briton. He knows what he is fighting for and he is not concerned with territorial questions. He expects the Allies to pool their demands at the end and to adjust them. But one demand they will not adjust, because it is the same for all. That is that Germany shall not rule over central Europe. To them and to their people the war is the simplest, as it is the grandest thing in the world. They do not see that Germany, actual or potential ruler over everything from Berlin to Bagdad, will necessarily be satisfied with what she has. Nor do they see why they should allow the Serbs and the Croatians in Hungary and the Rumanians and the Slovenes and the Lithuanians and the other subject races of Hungary to become the subject nations of the new German Empire. They really believe that they are fighting for the liberty of Europe. The things which were only words in 1914 are terrible actualities now.



MICA AXLE GREASE

Makes your wagon run as if it had ball bearings. It is the Mica that does it. Mica makes a smoother bearing surface and a longer wearing grease. Dealers everywhere.

THE IMPERIAL OIL COMPANY Limited

BRANCHES THROUGHOUT CANADA

A SUCCESSFUL SOCIETY

Canadian Order Of Foresters Has A Splendid Financial Basis.

The Canadian Order of Foresters which has for years occupied a prominent position as one of the leading Fraternal Insurance Societies operating in Canada. Was instituted in 1879 by 488 members who seceded from the American Order of Foresters. To-day it has a membership of over 90,000, which it the largest purely Canadian membership of any of the fraternal insurance societies doing business in the Dominion.

The Society has had a most successful record and has accumulated funds, which, at the present time, amount to between five and a half and six million dollars. Last year was apparently one of the most successful years in the history of the institution. The amount added to the insurance funds for 1916 was between four and five hundred thousand dollars. Notwithstanding this success the management decided to ascertain what the actuarial standing of the Society was, and secured the services of one of the most competent actuaries on the Continent. Acting on the advice of the actuary, the Society decided to re-adjust its rates and place itself upon a basis which will give it at least 100% actuarial solvency.

By taking this course, while its funds were still piling up, it has been able to treat its members much more favorably than any of the societies which have re-adjusted their businesses during recent years.

The management is to be congratulated upon a course of action which will place the Society upon a splendid financial basis, and insure the future of the Order for all time.

Speaking of Appetites.

A huge eating competition had been held by some brawny sons of toil in a country town in Yorkshire, and one of the competitors had succeeded in disposing of a leg of mutton, a plentiful supply of vegetables and a plum pudding, the whole washed down with copious draughts of ale.

He was unanimously declared the winner and was being triumphantly escorted home when he turned to his admirers, and said:

"Ah say, lads, don't thee say nowt of this to my ole woman, or she won't gie me no dinner!"

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c. Write for book of the Eye Free. Murine Eye Remedy Company, Chicago. Adv.

First in Something.

According to their own account, the children were first in something at school: One was first in reading, another in arithmetic, another in sports. Bertie alone remained silent.

"Well, Bertie, how about you?" his uncle asked. "Aren't you first in anything?"

"Yes," said honest Bertie, "I'm first out of the building when the bell rings."

Minard's Liniment Cures Colds, Etc.

Stranger Than Fiction.

A shipping paper publishes a true story so remarkable that few writers of sea romances would dare to offer it as fiction. In January, 1904, a tidal wave left the British bark Avenger high and dry on a small island in the Gulf of Mexico. Last July another tidal wave swept the vessel back into deep water. Now, after a vacation of twelve years ashore, she is once more in the merchant service. The war has raised ocean freight charges to such a figure that the cost of repairing her was a small matter in comparison with what she can earn.

BISURATED MAGNESIA

For Dyspepsia, Indigestion,

Heartburn, Belching, Sour Stomach, Gas in Stomach, etc., take a teaspoonful of Bisurated Magnesia in a half glass of hot water after eating. Is safe, pleasant, and harmless to use and gives instant relief from all forms of stomach disorder. Sold by druggists everywhere.

To Relieve Catarrah Deafness and Head Noises

If you have Catarrhal Deafness or head noises go to your druggist and get 1 ounce of Parmint (double strength), and add to it a pint of hot water and 4 ounces of granulated sugar. Take 1 tablespoonful four times a day

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Any one who has Catarrhal Deafness or head noises should give this prescription a trial.

Any druggist can supply you, or a bottle will be sent on receipt of 75c. postal note or money order. Address International Laboratories, 74 St. Antoine St., Montreal, Canada.

THE COOK-HOUSE CORPORAL.

Onerous Duties of the Officer Who Has Charge of Army Meals.

Out of sight of the rest of the camp, reeking with perspiration, hurrying from one man to another, urging them to fresh efforts, he is always at work.

Twenty-four men, hidden in clouds of steam, half deafened by a roaring, hissing, rattling racket, are doing their best. There is a mixture of odors. Onions fight for precedence with stewed apples, boiled cabbage with rice and pastry. The floor runs with water from the steam, grease from the cooking, and mud from the workers' boots. Hither and thither run these men, shouting, swearing, and then bursting into song.

The corporal has the responsibility of the cooking, and smiles through it all, admonishing this man, issuing an order to that one. He possesses the delightful knack of being obeyed without commanding. Yet this quiet little man becomes ruffled after the work is finished—that is, after the meals are served. Ignoring his own food, he waits for the complaints to come in. Here are a few:

Hut X1.—Porridge not cooked, tea like washing-up water.

Hut X2.—Porridge over-cooked, meat like leather, tea too sweet.

Hut X3.—Tea not sweet enough, meat too fat, not enough butter.

So it goes on for half an hour, until, in sheer desperation, the unfortunate corporal seizes some food and rushes off to his noisy hut to try to get a "little rest" before he is needed to prepare the next meal.

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excellent medicine for little ones. They sweeten the stomach; regulate the bowels, break up colds and simple fevers, cure constipation and make teething easy. Concerning them Mrs. E. Quinn, Parsme, Que., writes:—"Baby was troubled with constipation and nothing helped him till I began using Baby's Own Tablets. They are an excellent medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

His Accident Policy.

"You stepped right in front of that automobile. If the driver hadn't turned sharply you might have been killed."

"True. Very true."

"Were you trying to commit suicide?"

"No. I took out an accident insurance policy yesterday, and I was just experimenting to see what sort of protection it would give me. By jinks, it worked like a charm!"

Some folks are satisfied to be just acquaintance and sometimes that arrangement is perfectly satisfactory to both parties.

Rheumatism attacks the "outside" man. Pains and aches stiffen his joints and muscles and reduces his efficiency.

At the first twinge get Sloan's Liniment, easy to apply, it *penetrates without rubbing* and soothes the soreness.

After that long drive or tedious wait in the cold rain apply Sloan's Liniment to those stiff fingers, aching wrists and arms.

For gout, neuralgia, toothache, bruises, sprains, cold feet, it is promptly effective.

At all druggists, 25c. 50c. and $1.00.

Sloan's Liniment KILLS PAIN

RATS LEAVING SHIP.

Austrian Imperial Family Storing Treasures in Neutral Countries.

A Swiss correspondent of the Agenzia Libera, of Rome, reports that a great sensation has been created at Vienna by revelations published in Austrian papers, to the effect that treasures and money to the extent of many millions of kronen, belonging to the Austrian Imperial family, have been deposited in banks in neutral countries. The despatch declares that the news has been fully confirmed. It appears that money, valuables and securities, worth more than 150 million kronen (over $30,000,000), belonging to the Emperor and certain Archdukes, have been sent into Switzerland and Holland. The "Corriere d'Italia" learns from Berlin that the news has caused a very bad impression even in Germany.

They Made Him A Different Man

What B. Draper Says of Dodd's Kidney Pills

His Troubles Were Numerous and of Long Standing, But Four Boxes of Dodd's Kidney Pills Drove Them All Away.

Sedley, Sask., Feb'y 12th (Special.)—"Dodd's Kidney Pills made me a different man." The speaker was Mr. Benjamin Draper, well known and highly respected here. He is a fine healthy representative of the prairie provinces and he says he owes his health to Dodd's Kidney Pills.

"I was in bad shape all round when I started to use Dodd's Kidney Pills," Mr. Draper continued. "My trouble came from hard work when I was young. My joints got stiff, my muscles cramped and I suffered terribly from a sore back. I was depressed and low spirited, I was always thirsty and I had flashes of light before my eyes.

"I had rheumatism and heart flutterings, my appetite was fitful, my memory was failing and I was troubled with shortness of breath. Four boxes of Dodd's Kidney Pills made me a new man."

Dodd's Kidney Pills cured all Mr. Draper's troubles because they all came from sick kidneys. If you have any of his symptoms Dodd's Kidney Pills will help you.

LAND OF MANY REPTILES.

Australia Has 100 Species of Snakes, But Only Five Deadly.

Australia has 100 species of snakes, three-fourths of them venomous, says the National Geographic Magazine. The big pythons and rocksnakes are harmless, but as one travels from the tropics southward the dangerous varieties increase in numbers, and in Tasmania all are venomous, though only fire are really deadly, and, fortunately, these are rarely seen.

The continent is also abundantly supplied with lizards. Three hundred and ninety species are recorded, and they may be seen not only in woods and prairies and deserts, in the water, among rocks, and in trees, but also in the less frequented city streets.

The Government of India will extend its wireless system until every army post has a station in the charge of a trained officer.

Fairville, Sept. 30, 1902.

Minard's Liniment Co., Limited.

Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.

Yours truly,
CHAS. F. TILTON.

Who's Afraid?

Messages had come to the office of a great illustrated paper that Zeppelins were approaching London.

The editor at once summoned his staff of photographers.

"Now, boys, we've got to have a picture of this Zepp. We were badly beaten on the last. The moment it approaches I want every man to rush to the roof with his camera and stay there, whatever happens, until he gets a picture. Let me know directly you get it. You'll find me under the head of coal-bags in the right-hand corner of the lower cellar!"

Minard's Liniment Cures Diphtheria.

Our Puzzling Language.

"Now," said a teacher to his class during a lesson in English, "can anyone give me a word, ending with 'ous,' meaning full of, as "dangerous,' full of danger, and 'hazardous', full of hazard?" There was silence in the class for a moment. Then a boy sitting in the front row put up his hand. "Well," said the teacher, "what is your word?" "Please, sir," came the reply, "pious,' full of pie!"

The finest harbor in the world is said to be that of Rio de Janeiro, Brazil.

Minard's Liniment Cures Garget in Cows.

FENCING THE HIGHWAYS.

A Conspicuous Evidence Of How Canada Is Being Rapidly Settled.

In a journey to-day across the Dominion, one is impressed by the miles of farm fencing, particularly in the far west. It seems but a day when the vast stretches of our Western territories from Manitoba to the Coast were one wide field. To-day, for hundreds of miles, in any direction you travel, railroad and other property is substantially fenced; it shows to what extent these vast areas have come under cultivation either for crops or stock. No better evidence of substantial growth could be had. It is also a tribute to the quality of fencing to be had of Canadian manufacturers.

Why Steel Ships Float.

Steel ships differ from those of wood in that their hulls are made of steel plates riveted together, instead of the old method of using wooden planking. They are enabled to float because, being hollow, they have what is called buoyancy. A steel ship displaces a volume of water equal in weight to its own. The principle of buoyancy may be tested by floating an iron pail in a bathtubful of water.

Minard's Liniment Cures Distemper.

The Difference.

"Well," George," said the president of the company to old George, "how goes it?"

"Fair to middlin', sir," George answered. And he continued to currycomb a bay horse.

"Me an' this here hoss," George said, suddenly, "has worked for your firm sixteen years."

"Well, well," said the president, thinking a little guiltily of George's salary. "And I suppose you are both pretty highly valued, George, eh?"

"H'm," said George, "the both of us was took sick last week, and they got a doctor for the hoss, but they just docked my pay."

HAVE YOU ECZEMA?

Would you like to end that terrible itching, that burning pain; to heal those horrid sores?

You have tried all sorts of fatty ointments, lotions and powders. Put them aside now and give Nature a chance as represented by Zam-Buk.

Zam-Buk is made from herbal essences; is a natural healer. Is not something you have to send to the end of the world for, and pay a heavy price! Every druggist will sell you Zam-Buk and for 50c. only. Just give it a fair trial and incidently give yourself ease by the quickest route. See name on box:—

ZAM-BUK

HELP WANTED.

LADIES WANTED TO DO PLAIN and light sewing at home. Whole or spare time. Good pay. Work sent any distance. Charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

NEWSPAPERS FOR SALE

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC. internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

BOOK ON DOG DISEASES And How to Feed

Mailed free to any address by the Author

H. CLAY GLOVER CO., Inc. 118 West 31st Street, New York

America's Pioneer Dog Remedies

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION