Believe in Preparedness? Are you ready for Mr. Germ? Catching cold is a crime. Fortify yourself against cold germs and other germs by eating **Shredded Wheat Biscuit,** the food that supplies the necessary warmth and strength to resist disease. A better balanced ration than meat or eggs at a much lower cost. For breakfast with milk or cream.

Made in Canada

MACHINERY OF MOTION.

How the British Make Roads For the Forward Movement.

It is interesting to stand behind a battery of British howitzers and watch the guns in action. The men show the high morale which is in evidence throughout the British Army.

They whistle and sing and bandy grim jests as they work. As the firing button is pressed the crew jumps back for a moment from the gun carriage, but have leaped again to their allotted posts before the easy acting recoil has returned the mammoth weapon to its original position. It is easy to distinguish the scream of a departing projectile from one which is being sent in return by the Germans, and the onlooker can watch without difficulty the black base of a British shell as it travels in a long loop.

The forward movement of the British on so wide a front has brought into play all the machinery of motion in warfare. Roads seem to spring up overnight in most unexpected places. Railways have audaciously flung themselves forward regardless of mud and shell holes, and with a completeness which even includes most pretentious sign posts bearing the names of French villages which exist now only as geographical remnants. It is also a revelation of the intensely practical side of modern war to see a six-inch water main stretching itself into territory but recently occupied by the Germans.

Road-building has called into play all the ingenuity of pioneer battalions, composed not only of experienced British workmen, but of real pioneers from the prairies and mountains of Canada and the far lands of Australasia and South Africa. Road material is scarce in the stricken wilderness of No Man's Land, but the refuse of battle often serves the purpose during the first hours of a new forward move. Broken rifles, bits of clothing, fragments of shells and occasionally a few shells themselves that fail to explode are used in the foundation of the new paths. The remains of a recently evacuated village bring great joy to the pioneers, for that means a temporary supply at least of much desired broken brick and stone.

Fooled 'Em.

"It is remarkable," said Mr. Gruntler, "how mean some people are. I had with me on a fishing trip two friends who evidently were familiar with my reputation as an angler. Before starting, one of them made the following suggestion: 'We will agree that the first one who catches a fish must treat the crowd.' I assented to this, and we started. Now, don't you know, those two felows both had a bite, and were too mean to pull them up."

"I suppose you lost, then?" remarked the friend.

"Oh, no," replied Mr. Gruntler. "I didn't have any bait on my hook."

Grape-Nuts

contains the rich supplies of phosphate of potash grown in wheat and barley.

Its mission is therefore clear and plain—it supplies what ordinary food lacks.

And it does its work in a sturdy, straightforward, dependable way, as tens of thousands of its users can testify.

"There's a Reason"

Mrs. H. J. Tennant

Assistant director of the Woman's Department of National Service in Britain. Mrs. Tennant is the second wife of the Right Hon. Harold John Tennant, Under-Secretary for War in the Asquith Cabinet. Later, in the Coalition Government, he was Secretary for Scotland. Mrs. Tennant, who was known before her marriage (in 1896) as Miss May Edith Abraham, is a daughter of Mr. George Whitley Abraham, of Rathgar, Co. Dublin. She was formerly a Government Superintendent Inspector of Factories, and did a great deal to bring about improvements in the conditions of women's work, and to cause the laws protecting them to be observed. Mr. and Mrs. H. J. Tennant have four sons and one daughter. The eldest son, Henry, is a lieutenant in the Dragoons.

SPRING IMPURITIES IN THE BLOOD

A Tonic Medicine is a Necessity at This Season.

Dr. Williams' Pink Pills for Pale People are an all year round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to make new, rich, red blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia, erysipelas and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but it does not cure anything. On the other hand Dr. Williams' Pink Pills actually make new blood which reaches every nerve and organ in the body, bringing new strength, new health and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

BELGIANS AS DROWNING MAN.

Heads Are Only Kept Above Water by the Help Sent to Them.

"I don't know any better way in which to picture the state of the Belgian nation to-day than to compare them to a drowning man, who is almost on the point of exhaustion, and who is only saved from drowning by a friend holding his head above water."

Such was the statement made recently by a member of the Central Belgian Relief Committee at Montreal.

"The Belgian nation," he said, "are absolutely at that point where they can see the golden sun of deliverance rising on the horizon, but will inevitably perish before the deliverance comes unless stronger and more fortunate people hold their heads above the ocean of want which is threatening to engulf them.

"From day to day a very large proportion of the population exist only on the scanty allowances which the Belgian Relief Commission is able to hand out to them through the organization they have covering that unhappy land.

"So great is the need that the commission has to collect the children in the schools every day and feed themselves, so that parents shall not give favorite children more than the common allowance, and so cause others to run short. Fancy the appalling conditions which bring about such a state of things as this!

"We in this country do not know what a real food shortage means. We live in peace and plenty. Surely that very fact imposes a duty on us to help our less fortunate brethren—the women and children of a nation that has been stricken to the earth, but is still unconquered in the noble task it so unhesitatingly assumed to holding back the tide of barbarism which threatened to flood the world.

"The members of the Central Belgian Relief Committee earnestly solicit subscriptions to purchase and despatch further supplies to the Relief Commission. Such subscriptions may be sent to the head office, 59 St. Peter Street, Montreal, or to any branch committee throughout Canada."

SATISFIED MOTHERS

No other medicine gives as great satisfaction to mothers as does Baby's Own Tablets. These Tablets are equally good for the newborn babe or the growing child. They are absolutely free from injurious drugs and cannot possibly do harm—always good. Concerning them Mrs. Jos. Morneau, St. Pamphile, Que., writes: "I have used Baby's Own Tablets and am well satisfied with them and would use no other medicine for my 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.

SUBMARINE WARFARE.

Methods Employed by British and French in Fighting U-Boats.

There are two general methods in vogue for "eliminating" submarines, says an English writer.

The French are given to "spearing" from aeroplanes. As nearly as may be learned, the operators fly at considerable height until they catch sight of a possible victim. Then they dive within range and endeavor to land a bomb where it will do the most good.

The British commonly employ a less spectacular method. They trawl as they would for food-fish. If they net a submersible, they telegraph down by the Morse code to it to come up or be blown up.

It is rather instructive to note how each nation employs the implements with which it is especially familiar. The French are beyond all other nations masters of the air; the British, of the seas.

The British naturally must have the most to show for their efforts because of their habit of taking submersibles "alive," but there are no statistics to prove which method of operation is actually the more productive.

In fair fight, a trawler has all the best of it, and the Germans have come to realize this. The boats are heavily timbered and they can well stand the kind of attack which a subsea-boat can deliver with its light guns, although one shell from the trawler means the destruction of the U-boat if it lands fair. That is why you always hear of U-boats, though they may summon a trawler by gun-fire to the aid of a doomed vessel's crew, always submerging before the rescuer arrives. And that is why we believe the arming of all merchantmen will defeat Germany's last move.

TANKS OF 1860.

These Were Much Smaller Than the Present Ones.

French "tanks" existed as far back as 1860, or rather they were invented then by a Frenchman named Balbi, and submitted for the approval of Napoleon III. Balbi called them "moving fortresses," and, in the absence of explosion motors, used steam as a driving power.

They were much smaller affairs than the present "tanks," mounting only two guns, but fitted so that quite a number of men could ride in them and use their rifles. They were ironclad and sufficiently armed to resist any artillery of those days.

They were provided with lances and shears worked by steam, and which when put into movement revolved rapidly and continuously around the base of the fortress in a manner to cut anything to pieces that got in its way.

A special system of flexible axles was employed, enabling the contrivance to go over any kind of ground and to manoeuvre in any direction.

Notwithstanding that the few machines made of this pattern gave every promise of success in a series of exhaustive trials, they were never adopted by the army, and those that were constructed now figure, dilapidated and neglected, among the relics of the artillery museum.

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

SAWYERS, BOX MAKERS & LABORERS WANTED

FIRSTBROOK BROS., Limited
283 King Street East, Toronto

CAPTAIN GYP.

White Terrier Who Was a Patient In a French Hospital.

A British soldier stationed at one of the hospitals in France tells of a pleasing incident in which a dog played the main part.

We have had an unusual patient, he writes. A little write terrier came trotting in with rather a nasty gash in his side. He went straight into the receiving room and virtually asked to have his wound dressed. An officer dressed it and sent him off. He returned twice at different times during the day to have the dressing changed. He turned up the next morning, and, for a joke, a sergeant made out a proper sick report and sent it along with the sick reports of the chaps who had reported for treatment that morning.

In due course the medical officer came to this report and called out, "Trooper Gyp, Eighth D.L.I."—the heading that the sergeant had put on the report. The initials in this instance stood for "Doggy's Light Infantry."

Of course there was no answer. The medical officer glanced at the sick chaps waiting for attention, and again called out, "Which of you is Trooper Gyp?"

Just then the sergeant entered and explained matters. The medical officer took the joke in good part, dressed the dog's wounds and entered him in proper fashion: "Shell wound in side; admitted into hospital."

Gyp has now taken up his quarters in the park store, and nothing can persuade him to move. He goes out for a stroll every morning but always returns. He has, however, been promoted, and is now Capt. Gyp, Eighth D.L.I.

A Wooden Cross.

Somewhere, in No Man's Land, a wooden cross,
Swept by the rain and beaten by the sun!
Pathetic? yes, and yet how small a loss;
Among the many thousand crosses —one!

How small a loss, you say; but nay! but nay!
To a fair maid who cannot see for tears
The flush of spring upon the hawthorn spray,
It means the tragic darkening of the years.

Clinton Scollard.

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

The history of Abyssinia dates very far back. Before Christ the country formed part of the ancient country of Ethiopia. The Queen of Sheba was an Abyssinian queen, and the kings of Abyssinia claim descent from her.

After the Movies

Two Eyes for a Lifetime

Murine is for Tired Eyes. Red Eyes—Sore Eyes—Granulated Eyelids. Rests—Refreshes—Restores. Murine is a Favorite Treatment for eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity.

Care for Them. You Cannot Buy New Eyes.

Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book

Rubber models of essential parts of cows have been invented in England to give girls who are learning to be milkmaids practical instruction.

Minard's Liniment Relieves Neuralgia.

Whatever other crop may be neglected do not let the corn area be lessened. No crop will produce as much feed, in proportion to labor expended, as will corn.

MONEY ORDERS.

SEND a Dominion Express Money Order. Five dollars costs three cents.

Women of Britain.

To smile in the hour of sorrow,
To hope when the sky is grey,
To trust in God for the morrow
When the men have marched away:
To shed their tears in secret,
To sing though the shadows fall,
Mothers and wives of Britain,
Is the greatest battle of all.

Minard's Liniment for sale everywhere.

The Future of Serbia.

Not the least of the problems that Serbia must face is the threatened lack of professional men when the enemy is driven out of her country and the task of peace can command attention once more. Obviously, with all her men at war and so many of them eliminated forever from taking part in the reconstruction, Serbia's hopes centre in the rising generation, and it is with this in mind that Britain has undertaken the education of over 300 youths. Despite the fact that the Serbian Relief Fund is relieved of part of the expense, the clothing and feeding and incidental expenses are costing a large sum of money, which in itself is but a fragment of the drain on the funds of the relief work being carried out in Corsica and Corfu. The Canadian Serbian Committee has every assurance that the funds are being administered with the utmost economy and efficiency by the British Committee.

Montreal Man Tells Wonderful Story

Bad Case of Bright's Disease Cured by Dodd's Kidney Pills.

George Sullivan, Who Suffered From The Dread Disease for Two Years Gives Credit for His Recovery to Dodd's Kidney Pills.

Montreal, Que., Apr. 9th, (Special.)—Completely cured of that most dreaded of all diseases, Bright's Disease of the kidneys, Mr. George Sullivan, 284 de St. Valiers St., this city, is spreading the good news that he found his cure in Dodd's Kidney Pills.

"I suffered from Bright's Disease for two years," Mr. Sullivan states in an interview. "I was unable to work for weeks at a time. I spent hundreds of dollars on doctors without receiving any real benefit and received outdoor treatment at the Montreal General Hospital.

"I was feeling very badly discouraged when a friend advised me to try Dodd's Kidney Pills. After using three boxes I was much better. I kept on till I had used nine boxes, when I was completely cured.

"Naturally I consider Dodd's Kidney Pills a wonderful remedy."

Dodd's Kidney Pills are no cure-all. They cure kidney diseases of all kinds from backache to Bright's Disease. The proof of this is their growing popularity in Canada for over a quarter of a century. If you haven't used them ask your neighbor about them.

A book for entering notes on the farm work is as easily carried in the pocket as a plug of tobacco. And keeping the time expended on the different crops may well result in determining their relative popularity with the businesslike farmer.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.
Bay of Islands. J. M. CAMPBELL
I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Springhill, N. S. WM. DANIELS.
I was cured of Chronic Rheumatism by MINARD'S LINIMENT.
Albert Co., N. B. GEO. TINGLEY

Cars containing apparatus for disinfecting the clothing and baggage of passengers who have been exposed to contagious diseases have been put into service by an Italian railroad.

Minard's Liniment Cures Dandruff.

The skin of the whale in places has been found, it is said, to be as much as two feet in thickness.

MICA HELPS THE HAUL

Dry hubs strain
1. The horses
2. The harness
3. The wagon

MICA AXLE GREASE

helps all three factors in the haul.
It smooths the axle surface.
MICA is the important part of axle grease.

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.

MADE IN CANADA

E.W.GILLETT CO. LTD
TORONTO, ONT.
WINNIPEG MONTREAL

The Height of Boastfulness.

"Isn't Blower inclined to be just a little boastful?"

"Boastful? Well, I guess yes. After a beggar has touched Blower for a nickel, he will tell you that he has just been giving a little dinner to an acquaintance of his."

Minard's Liniment Cures Burns, Etc.

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 Adelaide St., Toronto.

MISCELLANEOUS

BICYCLES, NEW AND SECOND Hand. $12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

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.

AGENTS WANTED

SAFE—QUICK—CLEAN—THAT'S why my Ideal Lamp Filler sells everywhere lamps are used. Fills all flat-wicked lamps without removing chimney or burner. Send 10c. today and try one. 25c. postpaid. Refunded if unsatisfactory. Men and women, all profitably handle our goods. Write for information. Freer Factories, 300 Main St., Foster, Que.

HELP WANTED

WANTED—BLACKSMITH FOREMAN. Good wages and steady work to a good man. Apply Hay & Co., Limited, Hamilton.

BOYS WANTED

To sell JACK CANUCK—the greatest weekly paper in Canada. Make big money in spare time. Write at once.

IMPERIAL NEWS CO., Ltd., 87 Queen St. East, Toronto.

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

"Clean All" BOILER COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
Canadian Steam Boiler Equipment Co., Limited
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America's Pioneer Dog Remedies

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

Sore shoulders, lame back, stiff neck, all pains and aches yield to Sloan's Liniment.

Do not rub it. Simply apply to the sore spot, it quickly penetrates and relieves. Cleaner than mussy plasters or ointments, it does not stain the skin.

Keep a bottle handy for rheumatism, sprains, bruises, toothache, neuralgia, gout, lumbago and sore stiff muscles.

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

Sloan's Liniment KILLS PAIN

SPOHN'S DISTEMPER COMPOUND

INFLUENZA CATARRHAL FEVER, PINK EYE, SHIPPING FEVER, EPIZOOTIC

And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using SPOHN'S DISTEMPER COMPOUND; 3 to 6 doses often cure. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. Any druggist will supply you.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.