Man's Staff of Life is the whole wheat grain—not the white, starchy centre of the wheat—make no mistake about that—but be sure you get the whole wheat grain in a digestible form.

Shredded Wheat Biscuit contains all the tissue-building, energy-creating material in the whole wheat, steam-cooked, shredded and baked. A perfect food for the nourishment of the human body. A better balanced ration than meat, or eggs, or starchy vegetables, supplying the greatest amount of body-building nutriment at lowest cost. For breakfast with milk or cream, or for any meal with fruits. Made in Canada.

New Spring Modes

The designers have returned to kimono sleeves and the body-and-sleeve-in-one effects. Many of the new blouses and dresses are made in these styles; and a good many show the short sleeves, which have a fair promise of being taken up for spring and summer, though not to the exclusion of long sleeves. The most favored type of long sleeve at present is fitted closely from the elbow to the wrist. At the elbow, or above it, there is fulness, the sleeve being shaped in a point extending away from the elbow.

The Puff in Skirts

A feature of the new skirts which appears to be very acceptable is the puff at the lower edge produced by a gathering of the edge to a foundation. Evening dresses are especially graceful in this style, whether made of taffeta, satin, charmeuse or the other soft silks. This is a very delightful

7674

Youthful Evening Frock with Puffed Skirt

effect for young girls and is used very frequently for their party frocks. The illustration shows how full of charm are misses' dresses in this style, and that a great deal of this charm lies in its simplicity. The model is developed in soft rose charmeuse, with chiffon of the same shade embroidered with gold threads forming the simple little bodice. Orchid and sea-foam green are among the other evening colors which make exquisitely pretty frocks for the younger set.

Fans, slippers and stockings to match the dress are some of the details which one should be mindful of in planning party frocks to be in perfect harmony.

These patterns may be obtained from your local McCall dealer or from The McCall Company, 70 Bond St., Toronto. Dept. W.

HEALTH
POSTUM
There's a Reason
FIRST

Scientific facts prove the drug, caffeine, in tea and coffee is harmful to many, while the pure food-drink—

POSTUM

is not only free from drugs, but is economical, delicious and nourishing.

Made of wheat and a bit of wholesome molasses, Postum is highly recommended by physicians for those with whom tea or coffee disagrees.

Postum is especially suitable for children.

"There's a Reason"

Sold by Grocers.

NEAR BANKRUPTCY.

Germany Bled White in Food and Finance—Finish Near.

The biggest question in the world to-day is: How long can Germany stand it? writes Oscar King Davis, an American correspondent, who recently left Berlin. Is she starving? Is she going bankrupt? Is she running out of raw materials? Is she exhausting her man power? The question has other variants, but they all mean the same thing, How long can Germany hold out against the pressure of the allied blockade, against the economic warfare waged by Great Britain, as well as against the military warfare waged by all the Entente powers?

The answer to this question carries with it for most of the world the answer to the question of how long the war is going to continue. For it is only in Germany and the countries allied to her that one finds any substantial confidence that Germany may yet prove to be the victor in the struggle. Outside of Germany one does not find the same readiness to believe in the possibility of economic or military exhaustion for the Entente allies that is constantly expressed with vigor and enthusiasm, if not with conviction, in Berlin and other German centres.

The conclusion reached by Mr. Davis from his personal observations in Germany is that, bled white and near bankruptcy, the nation can go barely a year at the best. The armies are well fed and the rich do not suffer, but the children of the poor go hungry.

A GOOD MEDICINE FOR THE SPRING

Do Not Use Harsh Purgatives—A Tonic is All You Need.

Not exactly sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches, and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the only medicine that can do this speedily, safely and surely. Every dose of this medicine makes new blood which clears the skin, strengthens the appetite and makes tired, depressed men, women and children bright, active and strong. Mrs. Maude Bagg, Lemberg, Sask., says: "I can unhesitatingly recommend Dr. Williams' Pink Pills as a blood builder and tonic. I was very much run down when I began using the Pills, and a few boxes fully restored my health."

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

PORCELAIN MONEY.

Metal Coinage is By No Means the Only Kind in Use.

Most people have come to regard coins as being necessarily made from metal of some sort. This, however, is by no means invariably the case.

Porcelain money is in use to-day in Burma and Siam, and feather money, manufactured from the short red feathers from beneath the wings of a species of parrot, is the ordinary currency of the Santa Cruz islanders.

The Loyalty Islands, which lie in the Pacific to the east of Australia are famous for their fur money. The fur, which is taken from behind the ears of the so-called "flying-fox," in reality a large fruit-eating bat, is woven into cords of various lengths, and these constitute the ordinary currency of the islanders.

Iron money was put into circulation in Germany on October last. In Mexico cardboard money is in use, owing to the disappearance of metal currency due to the unsettled state of the country. Cardboard pennies and halfpennies to the value of $350,000 were also issued at Toulouse, in France, in September, 1916.

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."

Tells Just What They Did For Her

Well Known Lady Makes a Statement Regarding Dodd's Kidney Pills.

She Had Numerous Troubles, All of Which Came From Diseased Kidneys and Found a Cure in Dodd's Kidney Pills.

Ayre's Cliff, Que., Apr. 16th.—(Special).—Mrs. W. Coules Macdona, of The Farm, a member of one of the oldest families living in this neighborhood has consented to give the public the benefit of her experience with Dodd's Kidney Pills.

"My trouble started from overwork," Mrs. Macdona states, "and I suffered for two years. I was treated by a doctor, but the results were not satisfactory. My joints were stiff, I had cramps in my muscles, my sleep was broken and unrefreshing and I was heavy and sleepy after meals. I had bad headaches, my appetite was fitful and I was always tired and nervous. I was depressed and low-spirited, I had a bitter taste in my mouth, in the mornings and I was often dizzy.

"I perspired with the least exertion and I often had sharp pressure or pain on the top of the head. Then rheumatism was added to my troubles. I have taken just two boxes of Dodd's Kidney Pills and they have done me good, not only in one way, but in many. Even my rheumatism is much better."

Mrs. Macdona's symptoms all showed that her kidneys were wrong. If you have similar symptoms try Dodd's Kidney Pills.

LEANING TOWERS OF BOLOGNA.

Intended For Fortified Homes By Builder in Past Ages.

Italy is a land of many leaning towers, among which the Tower of Pisa and the fallen campanile at Venice are the best known. The strangest of the leaning towers, however, are the Torre Asinelli and the Torre Garisenda in Bologna, which were erected in 1109 and 1110 A.D. The builders intended them for fortified homes, of which Bologna at one time possessed as many as two hundred. The gloomy, smooth-walled brick towers standing side by side make a strange impression upon the person who looks up at them from the ground. Dante, in his Inferno, compared the giant Antaeus, who was bending toward him, to the Torre Garisenda "when a cloud passes over it."

The Torre Asinelli is three hundred and twenty feet high and contains a rough staircase of four hundred and forty-seven steps. From the summit, which is four feet out of plumb with the base, you have a fine view of the city. The slant is unintentional, and was probably caused by the sinking of the foundations. Torre Garisenda is one hundred and sixty-three feet high,—sixteen feet lower than the Leaning Tower of Pisa,—and it is ten feet out of plumb—only three feet less than the Tower of Pisa.

When Ottone Garisenda began to build in 1110 A.D., he apparently wanted his house to surpass his neighbor Asinelli's in oddity; and so he intentionally made his tower out of the perpendicular. He found it impossible, however, to complete the tower at that angle, and had to cease work on it before it attained the height of its companion.

That Explain It.

"Where did you get those scratches on your face?" asked the thin man.

"Car turned turtle," replied the fat man gruffly.

"Loose tire?"

"No, tight chauffeur!"

Minard's Liniment Relieves Neuralgia.

"Father," said a little boy one day, "where is atoms?" "Atoms, my son! You mean Athens, surely?" "No, father—atoms, the place where things are blown to."

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.

To save labor in building roads a cart has been invented that spreads stone evenly as it is dumped.

Minard's Liniment Cures Dandruff.

Christianity is not world-renouncing in the ordinary sense, since it teaches that God made the world and made it very good.

ZAM-BUK

Purely Herbal—No poisonous coloring
Antiseptic—Stops blood-poison
Soothing—Ends pain and smarting, etc.
Pure—Best for baby's rashes.
Heals all sores.

50c. box. All Druggists and Stores

SAVING THE SUFFERERS.

Celluloid Found Extremely Useful in Alleviating Pain.

Celluloid and shrapnel are two substances that occupy the attention of our Red Cross hospitals to-day, for the former has been found of valuable assistance in the dressing of wounds caused by the latter.

Acute pain is almost always Tommy's portion while his wound is being dressed. The removal of a lint bandage from an open, sensitive wound is particularly painful, and experts are striving to lessen suffering in this respect. They have now found that celluloid placed over an open wound not only proves of great comfort to the patient, but is also particularly helpful for dressing purposes generally.

Quite a simple device it is, too. A sheet of perforated celluloid, softened in acid and of convenient shape and size, is placed over the open wound, while lint bandages take their place above it. When the dressing is required to be changed the bandages are first removed and the celluloid comes away quite easily, without adhering to the wound.

Not one of the least dangers connected with wounds is gangrene, or septic poisoning. Here again celluloid proves helpful. A saline-lint dressing is placed over the perforated celluloid for purifying purposes. The salt liquid flows freely through the perforated holes, while, on the other hand, the wound is enabled to discharge any septic matter quite freely. The patient is put to very little discomfort, for the celluloid, through constant soaking, is rendered both soft and pliable.

UNLUCKY QUILL PEN.

Used by Francis Joseph of Austria and His Brother Maximilian.

Among the many stories of omens that centre round the Hapsburg family is that of an unlucky quill pen.

It was used by Francis Joseph when signing his first proclamation as Emperor of Austria. No sooner had he signed the document than the pen fell from his hand, spluttering ink all over the floor.

"I hope this may not prove an unfortunate omen for your Majesty," said the Court Chamberlain as he picked it up. Maximilian, the brother of Francis Joseph, who was also present, asked for the pen as a memento of an historic occasion, and it was given to him straightaway.

Several years later, with the very same pen, he signed the proclamation appointing himself Emperor of Mexico—a proclamation which, as is well known, led to his death very shortly afterwards. He was executed by the Mexicans, and his wife went mad with grief.

It is not on record into whose possession the pen has now passed.

BABY'S OWN TABLETS AN EXCELLENT REMEDY

When the baby is ill—when he is constipated, has indigestion; colds, simple fevers or any other of the many minor ills of little ones—the mother will find Baby's Own Tablets an excellent remedy. They regulate the stomach and bowels thus banishing the cause of most of the ills of childhood. Concerning them Mrs. Paul Dinette, Cheneville, Que., writes: —"I can recommend Baby's Own Tablets to all mothers as I have used them for my little one for constipation and diarrhoea and have found them an excellent remedy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The game of golf goes back at least five centuries. One of the pictures in a Dutch illuminated Book of Tours, now in the British Museum, is a painting of three men putting at a hole in the turf as in modern golf. Although the Dutchmen did play and paint golf, they did not write about it, so there are no records describing the game.

I consider MINARD'S LINIMENT the BEST Liniment in use.

I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT, and it was as well as ever next day.

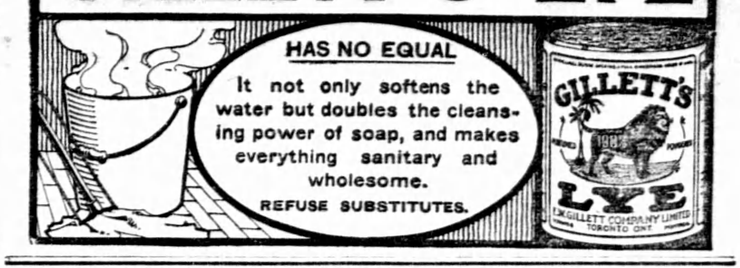
Yours very truly,
T. G. McMULLEN.

Many potato diseases are carried over from one year to the next in the seed. It is, therefore, important that seed be used which is as nearly free from disease as possible. When there is any evidence of common scab or russet scab, blackleg, etc., the seed should be disinfected before it is planted.

Minard's Liniment Cures Burns, Etc.

If a regiment of 1,000 men, with equipment of 60,000 pounds marches 10 miles, it does as much work as laborers raising a weight of 260,000 tons a distance of one foot.

GILLETT'S LYE



Rural Delights.

Brown, the typical Londoner, was spending his week's holiday at a farm. As he was retiring for the first night the farmer's wife stopped him

"Now, what time d'you get up, sir? I suppose, being a Londoner, you ain't very fond of early rising?"

"Early rising? No fear! None of that for me! I never get up very early in town. I like bed."

"Very good, sir! In that case, we won't have breakfast till half-past four to-morrow morning!"

PAIN ? NOT A BIT !
LIFT YOUR CORNS OR CALLUSES OFF

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.

Over a river in Mexico there is a 150-foot bridge that is composed entirely of mahogany, worth at the present price of the wood almost $2,000,000.

MONEY ORDERS

PAY your out of town accounts by Dominion Express Money Orders. Five dollars costs three cents.

It is more blessed to give than to receive, but the majority of us know it merely from hearsay.

Minard's Liniment for sale everywhere.

"There, there!" said Mrs. Blue-Myrrh, picking up her little boy who had hurt his toe, "don't cry. Be a man, like mamma!"

For Stiff Neck

Apply Sloan's Liniment *without rubbing* to the sore leaders and the pain will soon be relieved.

For rheumatic aches, neuralgia, gout, lumbago, bruises, strains, sprains and muscle stiffness, have a bottle handy.

Quickly penetrates and soothes, cleaner than mussy plasters or ointments, does not stain the skin.

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

Sloan's Liniment
KILLS PAIN

All Fighters.

Two holiday-making Newcastle lads discovered a wasp's nest the contents of which they immeriately proceeded of which they immediately proceeded to investigate. Soon they were kept very busy with the enemy, who charged them right and left. The lads withdrew for a short time for consultation.

"A'll tell ye," Jack said to his mate, "taak aboot fightin' for yor hame, thor's not a conshehenshus objector amang them!"

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. Feltman Medical Co., Limited, Collingwood, Ont.

"Clean All" BOILER COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
Canadian Steam Boiler Equipment Co. Limited
Tel. Gerrard 3660
20 McGee St. - Toronto

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

When buying your Piano insist on having an
"OTTO HIGEL" PIANO ACTION

DON'T CUT OUT
A Shoe Boil, Capped Hock or Bursitis
FOR
ABSORBINE
TRADE MARK REG. U.S. PAT. OFF.

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. $2 a bottle delivered. Book 6 M free.

ABSORBINE, JR., for mankind, the antiseptic liniment for Boils, Bruises, Sores, Swellings, Varicose Veins, Allays Pain and Inflammation. Price $1 and $2 a bottle at druggists or delivered. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

MAKES HARNESS PLIABLE
EUREKA HARNESS OIL
softens harness, makes it tougher, stronger
Penetrates into the leather, closing the pores to water—leather's greatest enemy.
THE IMPERIAL OIL COMPANY, Limited
Branches Throughout Canada

EAGLE MOTOR STYLE

Write to-day for our big FREE CATALOGUE
showing our full line of Bicycles for Men and Women, Boys and Girls—Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and Parts for Bicycles. You can buy your supplies from us at wholesale prices.
T. W. BOYD & SON,
27 Notre Dame Street West, Montreal.

SPOHN'S DISTEMPER COMPOUND TRADE MARK

FOR DISTEMPER
PINK EYE, EPIZOOTIC, SHIPPING FEVER, and CATARRHAL FEVER.

Sure and positive preventive, no matter how horses at any age are afflicted or "exposed." Liquid, given on the tongue; acts on the blood and glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in poultry. Largest selling live stock remedy. Cures La Grippe among human beings, and is a fine Kidney remedy. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures."

SPOHN MEDICAL COMPANY,
Chemists and Bacteriologists, Goshen, Ind., U. S. A.