STRENUOUS WORK SOON TELLS ON YOU

Business Men and Breadwinners the Victims of Nervous Exhaustion.

When worry is added to overwork men soon become the victims of nervous exhaustion — neurasthenia — the doctor calls it. Some have no reserve strength in their systems to bear the strain; others overtax what strength they have. If you find that you are nervous and not sure of yourself, that you sleep badly, and wake up tired and aching, your nerves are out of order. Other signs are inability to take proper interest in your work; your appetite is fickle; your back feels weak, and you are greatly depressed in spirits. One or more of these signs mean that you should take prompt steps to stop mischief by nourishing the nerves with the food they thrive on, namely the rich red blood made by Dr. Williams' Pink Pills. These pills have cured thousands of cases of nervous disorders, including nervous prostration, neuralgia, St. Vitus dance and partial paralysis. Here is an example: Mr. P. H. Callan, a well known business man in Coleman, P.E.I., says: "I owe my present health, if not life itself, to Dr. Williams' Pink Pills. I had always been an active man, and when I began to run down in health paid little attention to it as I thought it only a temporary weakness. As time passed, however, I found myself growing worse, and consulted a doctor, who said that I was not only badly run down, but that my nervous system was badly shattered. I lost flesh, my appetite was poor, I slept badly and notwithstanding the doctor's treatment grew so weak that I had to leave my business and was confined to the house. Time went on and I was steadily growing weaker and my friends were all greatly alarmed for my condition. In this condition I was strongly recommended to try Dr. Williams' Pink Pills, and as the doctor's medicine was not helping me I decided to do so. By the time I had used three boxes I could tell that they were helping me. When I had taken eight boxes of the pills I felt able to attend to my business again, and people were surprised to see me out. I continued the use of the pills until I had taken twelve boxes, by which time I was feeling as well as ever I did, and was being congratulated by all my friends on my full restoration to health. I feel now that if I had used Dr. Williams' Pink Pills at the outset I would not only have saved much money spent in doctor's bills, but would have had renewed health sooner. I cannot speak too highly of this medicine, and would recommend it to every man who feels weak, nervous or run down."

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.

WHAT, NO BURGLARS!

How Criminals Have Won Distinction on the Battlefields.

It's an ill wind that brings good to no one. One unforeseen result of the long-drawn-out conflict has been a large drop in the population of our prisons. Only the other day Dartmoor, one of the most famous of our convict prisons, says an English writer, was converted to another use; and most gaols in all parts of Great Britain are experiencing an unusual dearth of guests.

This is not due to any wholesome reformation on the part of our burglars, pickpockets, and other criminals. One great cause is the fact that most able-bodied professional criminals are in the Army, where those opportunities for the exercise of their profession are restricted.

Police supervision has been so much simplified by National Registration and the Conscription Acts that even those criminals at large know how difficult a "get-away" would be. Also the Defence of the Realm Act has put a spoke in the wheel of those cosmopolitan thieves who in normal times find a happy hunting-ground in this country.

The Army has offered a career to many men who have drifted into a life of crime, and scores of them have "made good." One burglar won the V.C., and another man was awarded the Russian Cross of St. George.

CANADA IN FLANDERS

NOW READY Volume 2 NOW READY

This contemporary history of the Canadian Expeditionary Force issued by the Canadian Government, is official.

HODDER AND STOUGHTON LIMITED PUBLISHERS TORONTO

UNIFORM WITH VOLUME I NOW IN ITS 14TH EDITION

BY LORD BEAVERBROOK (SIR MAX AITKEN M.P.)

OBTAINABLE AT ALL BOOKSELLERS

CLOTH 3.5 NETT POSTAGE 7 CENTS

TWO SERVICEABLE DESIGNS

Almost like a coat is the blouse of this costume with its tiny vest-like front and large side pockets. The development of the costume is in plain jersey cloth with trimming of checked jersey in green and white. It is a splendid model foo the all-important sports costume. McCall Patterns No. 7806, Ladies' Blouse, in 5 sizes; 34 to 42 bust; and No. 7781, Ladies' Four-Gored Skirt, 39-inch length, in 5 sizes; 22 to 30 waist. Prices, 20 cents each.

Serviceability for playtime and style for Sunday-school are happily combined in the designing of this little suit. White linen with dark blue collar and pocket laps will be a cool and practical development, smacking of the navy, while in khaki it will have quite a military air. McCall Pattern No. 7720, Boy's Suit, in 4 sizes; 2 to 8 years. Price, 15 cents.

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

THANKFUL MOTHERS

Mothers who have once used Baby's Own Tablets for their little ones are always strong in their praise of this medicine. Among them is Mrs. Marcelle Boudreau, Mizonette, N.B., who writes: "Baby's Own Tablets are the best medicine I know of for little ones. I am very thankful for what they have done for my children." The Tablets regulate the bowels and stomach; cure constipation and indigestion; break up colds and simple fevers; in fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FLOWERS NOW OR FRUIT LATER

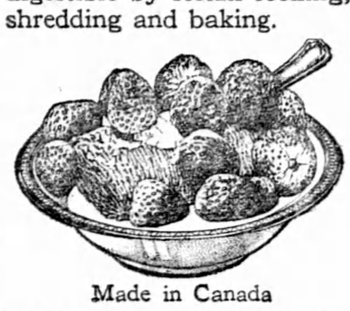
Every Fruit Blossom Should Be Left on the Trees to Develop.

In spite of careful husbanding of all our agricultural resources, some of them may go to waste through deplorable thoughtlessness. The selling of fruit blossoms on street corners may bring joy to winter-weary city dwellers; but it will also interfere with fruit production later on when we most need apples, pears and peaches for their food value.

The blossom season lasts but a few weeks each spring, and the flowers are exceedingly short-lived, so that they make but an evanescent decoration at best. There are plenty of other flowers, a host of joyous little folk of the spring woods, which are equal in charm to any florist's offering, and which may be plucked without harmful results. Provided that their roots are left in the ground they will come up another year with greater vim than ever. And for larger sprays and bank effects the dogwood and the lilac will grow all the better after selective cutting of their blooms. Having such a wealth to choose from, there is no excuse for marring the harvest by picking fruit blossoms now.

After all they can best be enjoyed by visiting the orchard itself and bringing back a memory of its perfection of color and perfume which will long outlive a few expatriated sprays of wilted blossoms.

Brighten The Corner where you are by eating a food that does not clog the liver or develop poisons in the colon. Cut out heavy meats and starchy potatoes and eat **Shredded Wheat Biscuit** with berries or other fruits. Try this diet for a few days and see how much better you feel. The whole wheat grain made digestible by steam-cooking, shredding and baking.



Made in Canada

MY ONLY REGRET.

To the Youth of My Native Land.

By Chas. M. Bice, Denver, Colo.

Age brings with it contentment and gladness, if the life has been well spent in doing good to others. That is what we are here for, and there can be no consciousness so high and exalted as that which prompts to self sacrifice in behalf of a superb principle, or to help our fellowmen, which is the same thing.

To-day democracy trembles in the balance, having been ruthlessly assailed by a half-civilized autocrat, bent on its extinction and the triumph of despotism in its place.

My only regret is that age prevents the immolation of all my physical powers upon the altar of my country in this supreme crisis.

The country needs you and me in this hour of her extreme peril. Would to God that the body was as young and vigorous as the mind to take up the burden of overthrowing insolent despotism.

. . . .

I fear that many, far too many, do not realize the danger that menaces our liberties and threaten all that we hold dear and sacred in this world, otherwise there would be a more hearty response to the call for help than has yet been made.

Young men of Canada, what capital for a life career have you, and what is your aim? You have youth, health, ambition, and these are fine possessions, if not essentials. You get them from your Maker, and good home environments. They are borrowed capital which you can pay back only by devoting yourself to high ideals and giving the very best that is in you. You lack experience? You will get that as you live and work along. Sometimes, you will get it in tears, failures, disappointments and scars, but it will be the greatest part of your equipment if you take right advantage of it, as it comes to you, and you can borrow even this part of your life capital by studying and adopting the experience of others.

. . . .

In asking your aim, we do not seek to know whether you are eager to become a banker, a merchant, a statesman or a tradesman, as these avocations appertain only to personal fortunes and caprices. The little man with a restricted career, so to speak, small wheel on which you as a unit, among billions of other units, will go "round and round," and be at once useless and forgotten when you fall off; but there is a higher, better and more legitimate aim, by striving for which you pay off the borrowed capital of your early manhood, and you help to work out the Creator's purpose and reach true greatness.

When youth is all gone, when the fires that move men to vocational success are banked by time and the monotonies of life, when deep wrinkles and white hairs notify the world that one is passing, the greatest of all happiness is the ability to honestly pray: "Father, I thank Thee, that after all my years in the harness I have still some little capacity and opportunity to serve my fellowmen."

. . . .

The greatest of all aims is service. It is not thyself first, but thy brothers. It is not your career but the world's. Not for yourself alone should your youth, your energy, your ambition, be made to count, but for man everywhere, Service!

The great men of money, like Rockefeller and Carnegie, are anxious at the last moment to make their money serve mankind. The greater men, like Edison and Pasteur, labor night and day with thought that their helpfulness may mean world progress. The writers of things that live, the scientists and inventors, from whose restless brains spring great truths and designs that mean human comfort and happiness, work that humanity may move upward, Service.

. . . .

Young man, never before in the world was the opportunity so great, so clear for the investment of your capital—youth, energy, high purpose—in human service. On one side is civilization: upon the other, barbarism with reversion to the beast. This is the issue. Shall public service be the living and working for liberty, equality and progress? Or, shall public service in the work of slaves that would fasten on humanity a reversion under which "might is right," liberty a silly dream, and equality doled out by the bloody sword of autocrats?

The only true Service is work for the Fatherhood of God and the Brotherhood of man!

. . . .

The young Canadian who shoulders a rifle to-day, or takes his place behind a ship's gun, has writ before him high in the skies, Service for Humanity! It is his mission.

It is his chance for living worth while, for happiness and true nobility. It is doubtful if he will ever again find open to him such an investment, wherein the capital required is not money, nor power, nor pull, but solely genuine manhood.

Youth of free Canada! free born in martyr's blood and mother's sacrifice, shrivel not up in your personal affairs, but rally round the flag of your country.

Strike, that humanity shall, under God, have a new birth of freedom, and that government of the people shall not perish from the earth!

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers —It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.

For little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.

FARMS FOR SOLDIERS.

New Zealand Plan for Returned Soldiers Working Well.

Mr. W. F. Massey, the New Zealand Premier, reports that so far 250 returned soldiers had been settled on the land in New Zealand under the Government scheme to provide 5,000 of her fighting men with a new start in life.

"The men we are settling in this way," he said, "fall into six classes. First, the man who wants to breed sheep and requires a large area of country—perhaps up to 5,000 acres. Then comes the dairy farmer with, say, 200 acres for 50 cows, which we will even buy for him if necessary; the grower of wheat or another crop, 100 acres; the fruit grower, 20 acres; the poultry farmer, with ten acres, near a city; and, last, the incapacitated man, who wants an acre or two in the suburbs on which he can earn something to augment his pension.

"Of course we have not Crown land for all these people, and in some cases we have purchased land for them up to £30 an acre. They pay 5 per cent. interest for the money we advance, and in ten years' time they are given a 'free title' to the land, which they may then dispose of as they wish. The only condition we make is that the men must have been born in New Zealand and have served in either the British army or the navy. The scheme is not confined to men who have been fighting with the New Zealand forces."

I Wonder.

Do fishes use the liquid tones
The world so highly praises?
Could they speak dryly? And do bees
Converse in honeyed phrases?

WHAT!

NO SLEEP LAST NIGHT?

If tea or coffee was the cause change to POSTUM and sleep!

"There's a Reason"

THE NEW-BORN SOLDIER.

With Apologies to the Author of "Our Baby."

Where did you come from, soldier dear?
Out of a business house into here.

Where did you get your aim so true?
From a school of musketry I came through.

Where did you get your athlete's chest?
Ask the drill-sergeant; he knows best.

How do you carry that hefty pack?
Expanding my chest, I broadened my back.

Why did you join the infantry?
I'm little more than a kid, you see.

And how did you get your cheerful air?
I'm British. No more to be said, is there?

Proved Once More In Southampton, Ont.

That Dodd's Kidney Pills Cure Rheumatism.

Harold D. Bertram Had Inflammatory Rheumatism and One Box of Dodd's Kidney Pills Cleared It Out of His System.

Southampton, Ont., May 14th (Special)—That rheumatism is caused by disordered kidneys and that Dodd's Kidney Pills will cure it is again proved by the case of Harold D. Bertram, a young man well and favorably known here. He had inflammatory rheumatism for two months. Dodd's Kidney Pills cured him.

"The doctor said my trouble started with the grippe," Mr. Bertram states. "My hands and feet were badly swollen and the doctor did not seem to be doing me any good. My grandmother, Mrs. G. Grasser, advised me to take Dodd's Kidney Pills. I took one box of them and I haven't been bothered since. I am clear of the rheumatism."

That Mr. Bertram's trouble came from his kidneys is shown by his other symptoms. He had stiffness in the joints, was tired and nervous, and there were flashes of light before his eyes. He had a dragging sensation across the loins, was always thirsty and felt heavy and sleepy after meals.

Rheumatism is caused by uric acid in the blood. Cured kidneys strain the uric acid out of the blood. Dodd's Kidney Pills cure the kidneys.

Freddy Is Right.

The teacher's last question was meant to be a scientific power.

"What is that which pervades all space?" she said, "which no wall or door or other substance can shut out?"

No one had an answer ready but Freddy Sharpe.

"The smell of onions, miss," he said promptly.

Minard's Liniment Lumberman's Friend.

He Always Had.

The "sporting" son of wealthy parents was offered a job by an old friend of his father.

"How much will you pay me?" he asked.

"All you are worth," said the friend.

To which he replied with business-like brevity:

"No, thank you. I can do better than that."

I cured a horse of the Mange with MINARD'S LINIMENT.
CHRISTOPHER SAUNDERS.
Dalhousie.

I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT.
St. Peter's, C. B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT.
Bathurst, N. B. THOS. W. PAYNE.

Busy Idleness.

Doing things that are not worth while is a pernicious form of idleness.

Keep Minard's Liniment in the house.

Knew His Business.

Mrs. Smith hired a Chinese servant, and tried to teach him how to receive calling cards. She let herself out the front door, and when the new servant answered her ring she gave him her card.

The next day two ladies came to visit Mrs. Smith. When they presented their cards, the alert Chinaman hastily compared them with Mrs. Smith's card, and remarked as he closed the door:

"Tickets no good; you can't come in."

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

MAGIC BAKING POWDER

His Furrow.

Mr. W. Beach Thomas, in the London Daily Mail, writes: "I watched a single French farmer, who even at this hour was leading out his grey horse to plough a fallow well in front of our heavy guns and in sight of the enemy. The headland of his furrow was a barbed-wire barrier."

Sore Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free ask Druggists or Murine Eye Remedy Co., Chicago

Newspaper Legs.

In Belgium old newspapers are being worked up into a papier mache composition, from which artificial limbs are moulded.

Ask for Minard's and take no other.

Those Foolish Questions.

Old Lady—Conductor, why did the train stop before we came to the station?

Conductor—Ran over a pig, ma'am.

Old Lady—What! Was it on the track?

Conductor—no—oh, no; we chased it up the embankment.

MONEY ORDERS

THE safe way to send money by mail is by Dominion Express Money Order.

Chinese Flower.

A certain flower growing in China is white at night or in the shade, but displays a red color in the sunlight.

Minard's Liniment used by Physicians.

The tanning of ostrich skins is one of the new South African industries.

With the aid of motor trucks the picturesque circus caravan is to be revived. A circus has announced that this summer it will tour the country in motor cars.

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.

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

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

QUEEN'S UNIVERSITY KINGSTON ONTARIO

ARTS

MEDICINE EDUCATION APPLIED SCIENCE

Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY

Arts Course by correspondence. Degree with one year's attendance.

Summer School July and August — Navigation School December to April

15 GEO. Y. CHOWN, Registrar

SELDOM SEE a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.

ABSORBINE TRADE MARK REG. U.S. PAT. OFF.

will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. $2 per bottle delivered. Describe your case for special instructions and Book 8 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; allays Pain and Inflammation. Price $1 and $2 a bottle at druggists or delivered

W. F. YOUNG, P. D. F., 518 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.