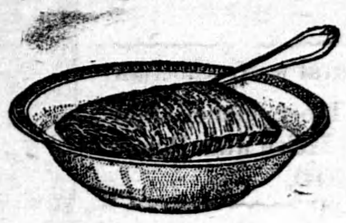
Don't say "Breakfast Food"—say "Shredded Wheat"—for while you no doubt mean **Shredded Wheat**, you may get one of those mushy porridges that are a poor substitute for the crisp, delicious shreds of baked whole wheat—that supply all the nutriment for a half day's work. Two Biscuits with milk or cream make a nourishing meal at a cost of a few cents.



Made in Canada.

A LION HUNT.

How a Hunter Captured Four Beasts For a Zoological Garden.

To the "tenderfoot" a mountain lion scarcely seems to be a beast that one can afford to be familiar with, but among hunters who know his traits there are some at least who hold him in scorn. One such is Mr. M. H. Bakker who describes in Outdoor Life how he captured four of the big cats for an Eastern "zoo."

I had heard, he says, that there were some lions near Troy, Montana; and so Charlie Wood and I bought food enough to last us four or five days, and started out to look for tracks. Finally we found a track two or three days old and set our dogs on it. Before long they were out of hearing, but we followed their trail for about a mile and came to where three other lion tracks joined the one they were on. We travelled as fast as we could through the snow, and every time we reached a divide we listened for the dogs, but could hear nothing. We knew that they would never quit until they had every lion up a tree, and that they would hold them there until we came even it took us two or three days.

At two o'clock the next afternoon we stopped at the top of a mountain to listen, and we could hear the dogs giving tongue about halfway down the other side. In an hour we were down to where the dogs were and found that they had two half-grown lions in large fir trees. They had held them there all night. After we had fed the dogs Charlie cut me a pole about sixteen feet long, and I went up the tree where the first lion was and put a wire loop round his neck and chained him to a big pine tree, just as you would tie a dog. Then we went to the tree where the dogs had the other lion; but just as I was near enough to put the wire noose round his neck, he got uneasy, and down the tree he came. Away he went with the dogs at his heels. After running about seven hundred rods the dogs treed him, and I tried the same tactics again. This time he was not so spry, and I put the wire round his neck. We tied him also to a tree.

That night we stayed at a ranch house, and at daylight the next morning went back to where we had tied the last lion. We found that he had broken the chain near the collar and escaped. When we turned the dogs loose on his track they led up the mountain to a deer carcass, where we found the tracks of two other lions. Pretty soon the dogs barked "treed," and we captured another lion, which we took down and tied in the barn at the ranch, because the day had turned snowy.

The next day we returned to the place where the lions had killed the deer and found two sets of tracks in the snow—one leading up the mountain and the other down. The dogs took the upper track, and in less than fifteen minutes they had the lion up a tree. We captured him in the same manner as before. He wasn't a very big one, and so I just put him in my pack sack and carried him down the hill to the place where we had seen the other track. The dogs were only a few minutes treeing this lion, which was the one that escaped with our collar. This time he climbed as high as he could, but I followed and caught him with the wire. We hired a wagon and team and took the four lions to Troy, where we boxed them for shipment to an Eastern "zoo."

TWO GREAT WORLD GRAINS

are combined in the perfected ready-cooked cereal —

Grape-Nuts

This appetizing blend of Wheat and Barley is over 98% Food.

ECONOMICAL
HEALTHFUL
DELIGHTFUL

WHENCE CAME THE PUSSY CAT?

Your Tame House Animal Is Really a Wildcat From Egypt.

Thousands of years before the beginning of the Christian era Egypt was a land of storehouses overflowing with the rich produce of the fertile Nile Valley. Rats and mice found nowhere such food supplies and hospitable hiding places as in these granaries.

It is surmised that the first attempt at domesticating the cat was made when specimens of the feline tribe (which abounded in the region) were caught and locked up in the grain houses to kill the rodent vermin.

The idea proved such a success that the priests (who were the real rulers of Egypt) declared the cat a sacred animal. Temples were built in honor of the cat goddess, Pasht, and pussies were mummified with as much ceremony as men and women.

The Phoenicians, those hardy voyagers, found cats useful to catch rats and mice on shipboard. They carried them from Egypt to all parts of the then known world and thus the animal became cosmopolitan.

RHEUMATISM CURED

In the days of our fathers and grandfathers rheumatism was thought to be the unavoidable penalty of middle life and old age. Almost every elderly person had rheumatism, as well as many young people. Medical science did not understand the trouble—did not know that it was rooted in the blood. It was thought that rheumatism was the mere effect of exposure to cold and damp, and it was treated with liniments and hot applications, which sometimes gave temporary relief, but did not cure the trouble. In those days there were thousands of rheumatic cripples. Now, medical science understands that rheumatism is a disease of the blood, and that with good, rich, red blood any man or woman of any age can defy rheumatism. It can be cured by killing the poison in the blood which causes it. There are many elderly people who have never felt a twinge of rheumatism, and many who have conquered it by simply keeping their blood rich and pure. The blood making, blood enriching qualities of Dr. Williams Pink Pills is becoming every year more widely known, and it is the more general use of these pills that has robbed rheumatism of its terrors. At the first sign of poor blood, which is shown by loss of appetite, palpitations, dull skin and dim eyes, protect yourself against the further ravages of disease by taking Dr. Williams' Pink Pills. They have cured thousands of people—if you give them a fair trial they will not disappoint you.

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

QUEER LAWSUITS.

Strange Matters Which Come Before the Courts.

A wounded Italian officer recently brought suit to obtain a decision as to the rightful ownership of a bullet extracted from his body. Both doctor and nurse claimed it, but the officer contended that it was legally his.

The judge gave his decision in favor of the officer. He found that the projectile, once discharged from the gun, ceased both to belong to the man who fired it and to the country that intrusted it to him. The officer discovered it in his body. The surgeon, assisted by the nurse, merely brought the projectile to light. Hence the officer was entitled to keep it.

When a French abbe left one village to take up work in another the mayor and the citizens of the town that he was leaving lighted a bonfire in the road to speed the departing official, and in other ways showed that they were overjoyed to see the last of him. The abbe thought himself insulted and brought an action for damages; but as he was unable to show any, the case was dismissed.

A very stout man who bought a third-class ticket on an English railway found that he could not enter the narrow doorway of a third-class compartment. Accordingly, he went into a first-class compartment, the doors of which were wider, and refused to pay the excess fare. The railway company sued him for the balance, and the man had to pay both that and the costs, for the court decided that this could not have been his first offence, and that, knowing that he could not squeeze through the door of a third-class compartment, he ought to have purchased a first-class ticket.

After telling a barber to trim his beard, an American fell asleep in the chair. He woke up clean-shaved. His beard, two feet in length, of which he was very proud, was gone. He sued the barber for a thousand dollars, and received one hundred.

"IT WAS THE MUD THAT DID IT"

VIVID PICTURE OF RECENT FIGHTING IN FLANDERS.

Opinions Expressed By Our Gallant Soldiers After Struggle in Morass.

Mr. Philip Gibbs sends this graphic picture of the recent fighting in Flanders to the London Daily Chronicle:

"To-day (Sunday) there was a fine spell, though yesterday, after Friday's battle, it was still raining, and looked as if it might rain until next April or March. So our soldiers cursed the weather, cursed it with deep lurid oaths, cursed it wet and cursed it cold, by day and night, by duck-boards and mule tracks, by shell-holes and swamps, by Ravenbeke and Broenbeke and Lekkerboter Beke.

"For it was the weather which robbed them of a great victory on Friday, and made them suffer the worst miseries of winter warfare, and held them in the mud when they had set their hearts upon the heights. It was the mud which beat them. Man after man has said that to me on the day of battle and yesterday.

The Mud and the Chance.

"'Fritz couldn't have stopped us,' said an Australian boy, warming his hands and body by a brazier after a night in the cold slime, which was still plastered about him. 'It was the mud which gave him a life chance.'

"'It was the mud that did us in,' said an English officer, sitting up on a stretcher and speaking wearily. 'We got bogged, and couldn't keep up with the barrage. That gave the German machine-gunners time to get to work on us. It was their luck.'

"A young Scot, shivering so that his teeth chattered, spoke hoarsely, and there was no warmth in him except the fire in his eyes: 'We had a fearful time,' he said, 'but it was the state of mud that kept us back, and the Germans took advantage of it.' 'Whenever we got near to Fritz he surrendered or ran,' said a young sergeant of an English battalion. 'We should have had him beat with solid ground beneath us, but we all got stuck in the bog, and he came out of his blockhouses and machine-gunned us as we tried to get across the shell-holes, all filled like young ponds, and sniped us when we could not drag one leg after another.'

For Three Years.

"No proof is needed of the valor of our men. It is idle to speak of it, because for three years they have shown the height of human courage in most damnable and deadly places. But I have known nothing finer in this war than the quality of the talk I have heard among the men who fought all Friday, after a night of exposure in wild rain, and lay out all that night in water pools under gunfire and came back again yesterday, wounded, spent, bloody and muddy, cramped and stiff, cold to the marrow-bones and tired after the agony of their long trail back across the barren fields. They did not despair because they had not gained all they had hoped to gain.

"'We'll get it all right next time,' said man after man among them. They all stated the reasons for their bad luck. 'If you step off a duck-board you go squelch up to your knees, and handling them big shells is no joke. All that means delay in getting up ammunition.' This was from a young soldier who had been flung fifty yards and senseless away from a group of comrades who were all killed by a big shell-burst. His senses had come back, and a quiet, shrewd judgment of all he had seen, and his old faith that our men can win through every time if they have equal chances with the enemy.

Our Dauntless Men.

"To command soldiers like that should be the supreme joy of their officers, and, indeed, there is not one of our officers who does not think so, and is not proud of them with a pride that is full of comradeship for his good company. Napoleon's Old Guard was not of better stuff than these boys from English farms and factories, Scottish homesteads, Australian and New Zealand sheep-farm runs."

CACTUS CANDY.

A Plan to Manufacture Sweets From Spineless Cactus.

Louisiana sugar cane planters have evolved a plan for manufacturing candy from the spineless cactus. In the process, the peel of the plant is removed, dipped into hot molasses and coated with granulated or powdered sugar. The result is a confection of rich and delicious flavor.

So successful have been the experiments with the new sweet that cane planters are now growing cactus which formerly was utilized, when used at all, for cattle fodder. Planters can in this way furnish plenty of raw material for the new product.

Another important result in the making of what some enterprising advertiser may call "kaktus-kandy" is that sugar mills which have been idle for nine months in the year can now use part of their equipment in the candy manufacturing industry.

Plowing in the fall for next spring's

Minard's Liniment Cures Garget in Cows

Applied Mathematics

I sometimes wonder what's the use
Of squaring the hypotenuse,
Or why, unless it be to tease,
Things must be called isosceles.
Of course I knew that mathematics
Are mental stunts and acrobatics,
To give the brain a drill gymnastic
And make gray matter more elastic—
It that why Euclid has employed
Trapezium and trapezoid,
I wonder?—yet it seems to me
That all the plain geometry
One needs, is just the simple feat,
Whate'er your line, make both ends meet!

A GRAND MEDICINE FOR LITTLE ONES

Baby's Own Tablets are a grand medicine for little ones. They are a mild but thorough laxative; are absolutely safe; easy to give and never fail to cure any of the minor ills of little ones. Concerning them Mrs. Jas. S. Hastey, Gleason Road, N.B., writes:—"I have used Baby's Own Tablets and have found them perfectly satisfactory for my little one." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

A Rude Princess.

An anecdote from the anonymous book Russian Court Memories concerns the ex-czar's daughters, the Grand Duchesses Olga and Tatiana. One windy day when the two little girls were driving through the streets of Petrograd a crowd of people recognized the imperial equipage, and the grand duchesses, holding on their hats with both hands, bowed right and left, as they had been taught to do, in answer to the salutes they received.

At first the Grand Duchess Tatiana was amused, and she bowed and laughed and looked delighted; but after a while she grew tired and looked cross, bobbing her head like a Chinese mandarin, until at last she gave it up, dropped her hands and put out her tongue at the bowing crowd.

This childish outbreak was received with a roar of laughter and the exclamation, "Just like our own children!"

Minard's Liniment Co., Limited.

Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of Inflammation.

Yours,
W. A. HUTCHINSON.

John Was Wise.

The small boy sometimes sees straight and sees far. He reads the signs of the times unabashed. John cuts quite a good figure at the examination, but fails to get the highest marks awarded in his mixed class. His father is duly astonished, duly incensed. John beaten by a girl. "John, I am surprised to find that you have allowed yourself to be defeated by a mere girl." "Yes, father," says John unblushingly, "I have, but I can tell you something. Girls are not so very mere after all."

To Revive Corks.

After corks have been used a while they sometimes become so compressed that the contents of the bottle leak out. This may be remedied by putting the corks in boiling water and leaving them until the water cools.

Minard's Liniment Cures Diphtheria.

He Wabbled.

"Come out to our place to dinner to-night," said the banker.

"I'll be glad to," said his friend.

"Our girl," said the banker, "is studying music—"

"Oh, that reminds me. I've a very important engagement for to-night. Sorry, old man, but I can't come."

"Can't you? Too bad! Our oldest girl, as I was saying, is studying music in Chicago, and we're awfully lonesome evenings."

"Oh, I'll cut that engagement and come anyway."

LEMONS MAKE SKIN WHITE, SOFT, CLEAR

Make this beauty lotion for a few cents and see for yourself.

What girl or woman hasn't heard of lemon juice to remove complexion blemishes; to whiten the skin and to bring out the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should be mixed with orchard white this way. Strain through a fine cloth the juice of two fresh lemons into a bottle containing about three ounces of orchard white, then shake well and you have a whole quarter pint of skin and complexion lotion at about the cost one usually pays for a small jar of ordinary cold cream. Be sure to strain the lemon juice so no pulp gets into the bottle, then this lotion will remain pure and fresh for months. When applied daily to the face, neck, arms and hands it should help to bleach, clear, smoothen and beautify the skin.

Any druggist will supply three ounces of orchard white at very little cost and the grocer has the lemons.

MAGIC BAKING POWDER

CONTAINS NO ALUM.

The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.

E.W. GILLETT COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

A Riddle.

What is it that has over 4,000 muscles and can uproot trees, gather grass, lift a cannon or a nut, kill a man or brush off a fly, eat a whole sheep, but prefers a peanut?

An elephant's trunk.

MONEY ORDERS

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

To Stop Hiccoughs.

To stop hiccoughs give the patient a teaspoonful of sugar and vinegar. If this does not afford instant relief repeat the dose.

MURINE FOR YOUR EYES **Granulated Eyelids,** Sore Eyes, Eyes Inflamed by *Sun, Dust* and *Wind* quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. **No Smarting, Just Eye Comfort**

Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. **Murine Eye Salve,** in Tubes 25c. *For Book of the Eye*—**Free.** Ask **Murine Eye Remedy Co., Chicago.**

Glass paving blocks used in an experimental way in a French city street lasted less than two years.

Minard's Liniment Cures Colds, &c.

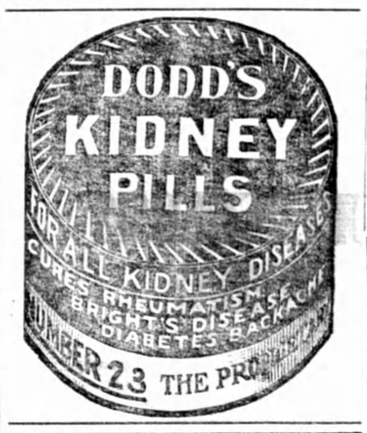
Protect young trees against mice by tying building paper around the trunks.

WITH THE FINGERS!
SAYS CORNS LIFT OUT
WITHOUT ANY PAIN

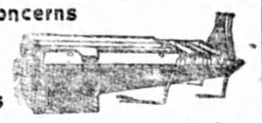
Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply on the corn a few drops of freezone, says a Cincinnati authority.

At 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 or soreness or the danger of infection.

This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.



This Concerns Maple Syrup Makers



Better be on the safe side and place your order now instead of risking disappointment during the March rush. Write for free booklet giving particulars and prices of our "Champion" Evaporator and all up-to-date supplies for which we are headquarters.

THE GRIMM MNFG. CO., LIMITED
58 Wellington St., Montreal, Que.

Rheumatic Aches

Drive them out with Sloan's Liniment, the quick-acting, soothing liniment that penetrates without rubbing and relieves the pain. So much cleaner than mussy plasters or ointments; it does not stain the skin or clog the pores. Always have a bottle in the house for the aches and pains of rheumatism, gout, lumbago, strains, sprains, stiff joints and all muscle soreness.

Generous size bottles at all druggists, 25c., 50c. $1.00.

Sloan's Liniment
KILLS PAIN

For a Holiday.

One of the best stories concerning British weather is related by the Bishop of Lydda. "Once, before I was bishop, I was on the top of an omnibus where were seated some Parsees," related his Lordship. "A man said to me, 'What are they?' I replied, 'Indians—Parsees, you know. Men who worship the sun.' And the man replied, 'Oh, I see, and they have come over here for a holiday.'"

Minard's Liniment Cures Distemper.

The silage may be extended over a longer feeding period by mixing a liberal amount of chaff, cut straw or cut hay with it.

PRODUCE

NEW LAID EGGS, POULTRY, PEAS, beans, honey, onions wanted. Highest prices given. J. D. Arsenault, 1195 St. Catharine East Montreal.

MISCELLANEOUS

"HEAVEN AND HELL"—Swedenborg's great work on a real world beyond and the life after death; 400 pages; only 25 cents postpaid. W. H. Law, 486D Euclid Avenue, 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.

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

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and $1.00 Bottles. 3

SKIN TROUBLES THAT TORTURE

and Disfigure Quickly Healed by CUTICURA SOAP and OINTMENT

Such as eczemas, rashes, pimples, dandruff, sore hands and most baby skin troubles.

Sample Each Free by Mail

With 32-p. Skin Book. Address postcard: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

AN OPERATION AVERTED

Philadelphia, Pa.—"One year ago I was very sick and I suffered with pains in my side and back until I nearly went crazy. I went to different doctors and they all said I had female trouble and would not get any relief until I would be operated on. I had suffered for four years before this time, but I kept getting worse the more medicine I took. Every month since I was a young girl I had suffered with cramps in my sides at periods and was never regular. I saw your advertisement in the newspaper and the picture of a woman who had been saved from an operation and this picture was impressed on my mind. The doctor had given me only two more days to make up my mind so I sent my husband to the drug store at once for a bottle of Lydia E. Pinkham's Vegetable Compound, and believe me, I soon noticed a change and when I had finished the third bottle I was cured and never felt better. I grant you the privilege to publish my letter and am only too glad to let other women know of my cure."—Mrs. Thos. McGonigal, 3432 Hartville Street, Phila., Pa.