The Weekly Designs

A practical design for the man's shirt is this. McCa,ll Pattern 7909, Men's Flannel Shirt. In 5 sizes, 15 to 19 inches neck size. Price, 20 cents.

This is a very good design for the simple every-day dress. The choice of collars is particularly nice. McCall Pattern No. 7586, Misses' Box-pleated Dress. In 4 sizes, 14 to 20 years. Price, 20 cents.

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

A DISLIKE FOR FOOD

Victims of Indigestion Often Dislike the Sight and Smell of Food.

Every healthy man and woman should have a natural desire for food at meal times. This means that the digestion is in working order and that the blood is in good condition. But if you feel a dislike for food—if the sight and smell of wholesome food repels you—then you may be sure that all is not well. If after a night's rest you have no appetite for breakfast, your digestion requires attention. If your food is distasteful, or if you feel that it is a trouble to eat, your stomach is rebelling. You do not digest properly the food you are taking and therefore not hungry.

All these symptoms of a disordered digestion mean that the blood is not absorbing proper nourishment from food, for the work of the blood is to collect proper nourishment from food and impart it to the system. The stomach tries to refuse food the nutriment from which the blood cannot absorb, and this causes the lack of appetite. If you force yourself to eat the undigested food becomes a clog to the system. Nature is warning you. Dr. Williams' Pink Pills alone give the blood the richness and purity that it requires to perform its natural function. That is why Dr. Williams' Pink Pills cure the most obstinate cases of indigestion—why they will cure any trouble due to poor blood. Miss Lizzie Ashton, Thamesville, Ont., says:—"I suffered for years with stomach trouble. At times the distress was so great that vomiting would follow, and there was always severe pain after eating. I tried several remedies but they did not help me. On the contrary the trouble was growing worse, and got so bad at last that I could not keep anything on my stomach. Finally I began using Dr. Williams' Pink Pills, and gradually the trouble began to leave me, and I regained in all respects my customary good health, and enjoyment of food. I make this statement voluntarily so that others may know of the wonderful results that follow the use of this medicine."

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.

A Game to Make You Think Hard.

Who was a F-amouse N-urse? F-lorence N-ightingale. Who was an A-ble L-iberator? A-braham L-incoln.

This is an especially nice game because it makes you think hard. It can either be played at a party by writing the list of nouns and adjectives, such as Able Liberator and Famous Nurse, on as many sheets of papers as there are people playing the game, and having them write down the answers—the one who gets the most right might be given a prize. Or it may be played at the luncheon table or anywhere else without paper and pencil. It can be made into an Author game by using only names like C-harles D-ickens, C-haracter D-epicter. Try it once and you will see what fun it is.

How Kidney Trouble Struck Uxbridge Man

Mr. R. J. Thompson Was Seized With Convulsions.

His Life Was Despaired of, But After Using Dodd's Kidney Pills He Feels Himself Again.

Uxbridge, Ont., Jan. 21st (Special.)—Mr. R. J. Thompson, who lives on R.R. No 2, near here, is loud in his praises of Dodd's Kidney Pills.

"I am delighted with Dodd's Kidney Pills," he says. "The doctors said I could not live, and if I did I would never be able to do anything again, as I had chronic Bright's Disease. But, thank God, I am doing my own work again.

"My trouble came on very suddenly. I had just finished my dinner, and was taking a man home when I was taken with a convulsion fit. I had fourteen that afternoon, and the third day I had nine more.

"I have taken only eleven boxes of Dodd's Kidney Pills, and I feel like myself again."

Mr. Thompson is only one of many in this neighborhood who look on Dodd's Kidney Pills as the standard remedy for kidney ills. They are purely a kidney remedy, and are used for all kidney troubles from backache to Bright's disease.

MEN OF CANADA, DO YOUR PART.

Will men of Canada ever yield,
The heights of glory which they have won
On many a gory battlefield,
Till annihilation of the Hun—
Bids Germany's rape and murder cease,
And lightens the way to lasting peace?

Shall the sacrifices nobly made,
For the cause of Liberty be vain—
Shall the debt in death already paid,
Shall all of the tears and all the pain—
Be classed as naught, because there are those,
Too weak or maudlin to strike their foes?

The fate of this war concerns us all,
Whatever may be our land or creed—
The throne of the beastly Hun must fall,
The sorrowing nations must be freed—
So draft the slacker and make him do
The duty he owes to God and you.

Both God and man love the volunteer,
Who walks up straight to the gates of hell.
But the skulking knave, o'ercome by fear,
Must be made to do his part as well—
What price, for a nation would you give?
If the brave all die, while the cowards live?

We have them here, and you have them there,
Who prate of peace, while the war flags fly
Too weak in the heart to do their share,
Unfit to live yet afraid to die—
Station or riches should be no bar,
They share in peace, make them share in war.

The land of the Maple will not fail,
Her wavering sons will cancel fear—
From forest and field, and hill and dale,
When the bugle calls, they'll answer here!
And "over the top" they'll cheering go,
Till Hell and Oblivion hide the foe.

Though three of the allied flags are furled,
There are others that ever will wave—
Till the Hohenzollern hounds are hurled,
To their homes in the murderer's grave—
The Cross of St. George, the Lilies and Stars,
Will fly till the Allies shall win these wars.

Oh! men of red blood! the path is plain,
And your country is calling to you—
Let not humanity plead in vain,
To your God and your colors be true,
Stand up the draft or volunteer,
And do it right now, right now and here.

—E. D. McCready, Oklahoma, U.S.A.

NORWAY HIT HARD BY WAR.

Cost of Principal Foods Soars High Above Allied Increases.

The cost of the principal foods has increased more proportionately in Norway since the war began than in the United Kingdom, France or the United States, says the Board of Trade and Labor Gazette. The comparison shows the increase to have been 114 per cent. in Norway, 105 per cent. in the United Kingdom, 83 in France, and 46 in the United States.

Some of the detailed increases per cent. in the United Kingdom are: Beef, 79 to 135 per cent.; sugar, 188; milk, 96; tea, 107; eggs, fresh, 239; butter, 99; fish, 191. It is estimated that of all the items ordinarily entering into the family expenditure of workingmen, including food, rent, clothing, fuel and light, the advance on pre-war times is about 85 per cent.

King Honors C.P.R. Official

SIR Arthur H. Harris, who has been made a Knight Commander of the British Empire for his services in Canada as Director of Overseas Transport, is a son of the late Henry Vinton Harris of Devonport, Devonshire, England.

Educated at the Devonport and Stoke Grammar School he came to this country in the seventies, entering the services of the Grand Trunk Railway, and rising to the position of General Freight Agent Through Traffic.

In 1902 he joined the Canadian Pacific Railway since which date to August, 1914, he was actively engaged in initiating traffic for the Company's rail and ocean services.

On the outbreak of the war, the President of the Canadian Pacific offered Mr. Harris' services to the Imperial and Canadian Governments for the purpose of organizing and directing an Overseas Transport Department, the successful administration of which is now recognized by His Majesty.

SIR ARTHUR H. HARRIS, Director of Overseas Transport.

He is a member of St. James' Club, Montreal; Rideau Club, Ottawa; and the Montreal Royal Golf Club.

In 1888 he married a daughter of the late William B. Lambe, B.C.L., of Montreal, granddaughter of the late Hon. Wm. Morris, at one time Receiver-General of Canada, and niece of the late Hon. Alexander Morris, First Governor of Manitoba and the North West Territories.

WHEN BABY IS ILL

Mothers when your baby is ill; when his little stomach and bowels are out of order; when he is troubled with constipation, colic, colds or his teething is painful give him Baby's Own Tablets—the perfect medicine for little ones. Concerning them Mrs. Alphonse Pelletier, St. Damase, Que., says:—"Baby's Own Tablets are a grand remedy for little ones. I used them for my baby with wonderful results." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

FEEDING A ZOO IN WARTIME.

Birds, Mammals and Reptiles Must Have Their Favorite Dainties.

The New York Zoological Park comprises 360 acres of land and water, and in it are to be found 5,000 specimens of birds, mammals and reptiles on exhibition in comfortable buildings, yards, dens and cages.

With few exceptions this large family is fed once a day. To provide food for such a hungry army, with such duffering tastes, is a problem. Especially is this true under present conditions, for the war has brought a change in the diet of some of the animals in the zoo. Their daily bill of fare may be said to extend from A to Z, as the list of supplies distributed by the cook begins with apples and end with zwieback.

A detailed list of the foods consumed in a year by these boarders would be a long one, but mention may be made of some of the products used. Fifty bushels of apples, 580 bunches of bananas, 80 pineapples, 30 pounds of raisins, 20 boxes of oranges, 280 pounds of grapes, 40 dozen peaches, 110 dozen pears, are the delicacies relished by rodents, monkeys and birds, 30 watermelons being enjoyed by the tortoises. The best hay obtainable forms the staff of life for the hoofed animals, being consumed in large quantities.

The pelicans, herons, sea lions and some of the fur-bearing animals consume large quantities of fish, an aggregate of 48,000 pounds, large and small, and of various kinds, being required.

The carnivorous animals are in the main fed on horseflesh, beef being at present too high priced for general use. There are delicate appetites which must be satisfied among the boarders. The small birds require 100 pounds of dried flies and 10 pounds of mosquitoes. Certain other birds, and the lizards, thrive on 240,000 meal worms, 4,000 pounds of middlings, 1,000 pounds of rapeseed and 100 pounds of poppy seed. Zwieback, ground and mixed with other things, is fed to humming birds, 7,000 pounds of this product being used.

The kitchen connected with the zoo is equipped with ranges, hot water supply, kettles, pots, pans, tables, meat blocks, double boilers and ice box; in fact any hotel chef would feel at home with such an extensive and useful outfit. A slaughter-house is located in the park, and also a hospital—the finest of its kind—provided with wards for animals which must be quarantined, an operating room, accommodations for nurses on night duty, a research room and a morgue. Numerous pictures illustrate every phase of the life of this interesting community.

Demoralizing.

Sergeant (one of the old school): It's the war that's ruining the army, sir—us having to enlist all these 'ere civilians!"

During October the value of British overseas trade was the largest recorded since the beginning of the war.

Minard's Liniment Cures Colds, Etc.

STONES FOR ALL GRAVES

British Govt. to Put Individual Monuments in Soldier Cemeteries.

The Imperial Graves Commission, the president of which is the Prince of Wales, which has taken charge of the graves of all soldiers in France, while not sanctioning individuals themselves placing headstones over the graves of the fallen, has decided it will itself place individual headstones over each grave. This decision was taken in order to assure uniformity in effect. The graves of officers and men will receive precisely equal treatment. All expenses will be borne by the Imperial Government.

Money Orders.

Send a Dominion Express Money Order. They are payable everywhere.

The Present Season.

Teacher (to a class in school)—How many seasons are there?

Class—Four.

Teacher—Now, can anyone tell me what season this is?

After a pause a little girl held up her hand.

"Well, Nellie," said the teacher.

"Please, sir, the knitting season."

Minard's Liniment Cures Diphtheria.

Storing Preserves.

I save all my pasteborad boxes. The ones which contained cereals, etc., I packed the canned goods in and those such as shoes come in, I found just right for jellies. These boxes shut out the light and protect from freezing if they are put in a cold place. If the names of the contents are written on the outside of the boxes in large letters it will save time and annoyance.

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.
Dartmouth.

Supplies of Gasoline.

In 1915, Canada consumed over 43,000,000 gallons of gasoline. Of this amount about 5 per cent. was produced from Canadian crude, while the remainder was either imported direct or produced from imported crude. This fact shows the dependence of Canada upon supplies of gasoline and petroleum from United States and strengthens the argument used in a previous issue wherein it was stated that 20 per cent. of the gasoline used in Canada was produced from Canadian crude oil.

Delicious winter shortcake is made with canned strawberries.

GIRLS! WHITEN SKIN WITH LEMON JUICE

Make a beauty lotion for a few cents to remove tan, freckles, sallowness.

Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bottle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, creamy lotion daily into the face, neck, arms and hands and just see how freckles, tan, sallowness, redness, and roughness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful results will surprise you.

Bill's Last Chance.

The following story comes to me from a reader who is employed on munitions.

There had, it appears, been an explosion at a neighboring factory, and the manager, who was snatching a brief holiday at the time, hurried home to investigate.

"How in the world did it happen?" he asked the foreman as he viewed the wreck. "Who was to blame?"

"Well, you see sir," was the reply, "it was like this. Bill went into the mixing-room, probably thinking of something else, and struck a match in mistake. He—"

"Struck a match!" exclaimed the manager in amazement. "I should have thought it would have the last thing on earth he'd do."

"It was, sir," was the rejoinder.

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, 60c per bottle. Murine Eye Salve, in Tubes 25c. Eye Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago.

Cool Boiled Eggs.

Hard-boiled eggs that are to be served cold in salad should, directly after cooking, be placed in cold water. This will prevent the outside of the yolk from turning dark.

Minard's Liniment Cures Distemper.

To keep bread fresh soak a small new sponge in cold water, place it in a saucer, and stand the saucer in the breadpan. The bread will remain moist for several days.

IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, distended feeling, it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed in many hospitals and advised by many eminent physicians of taking a teaspoonful of pure bisurated magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisurated magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. Try this simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travelers who are frequently obliged to take hasty meals poorly prepared, should always take two or three five-grain tablets of Bisurated Magnesia after meals to prevent fermentation and neutralize the acid in their stomach.

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

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.

Doctors Recommend Bon-Opto for the Eyes

Physicians and eye specialists prescribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guaranty by all druggists.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acid resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

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 liquid for mankind, reduces Painful Swellings, Sprains, Glands, Weins, Bruises, 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.

GILLETT'S LYE. EATS DIRT. MADE IN CANADA.

To clean children's white kid-topped shoes use sweet milk and pearl soap. Rub in well and set in the air to dry. This will leave the kid nice and soft as well as clean.

Minard's Liniment Cures Garget in Cows

When washing blouses or handkerchiefs put a small lump of orris root in the rinsing water. This will give a perfume of violets which is as lasting as a sachet placed among the clothes.

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 Company, Montreal.

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.

Railroad Men

These men know from experience that Sloan's Liniment will take the stiffness out of joints and the soreness out of muscles—And it's so convenient! No rubbing required. It quickly penetrates and brings relief. Easy to apply and cleaner than mussy plasters or ointments.

Always have a bottle in the house for rheumatic aches, lame back, sprains and strains.

Generous sized bottles at all drug

Sloan's Liniment KILLS PAIN

CUTICURA HEALS PAINFUL ECZEMA

Itched and Burned. Wanted to Scratch All the Time. Scarcely Any Sleep.

"When I was fifteen years old, eczema came in a rash, first on my head, then on my ears, and afterwards on my body. It was very painful and was itching and burning so I wanted to scratch all the time. I scarcely had any sleep.

"After I used four cakes of Cuticura Soap and six boxes of Ointment I was healed." (Signed) Mrs. R. H. Carlton, Country Steep Creek, Sask., Feb. 6, '17.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

MOTHERHOOD WOMAN'S JOY

Suggestions to Childless Women.

Among the virtues of Lydia E. Pinkham's Vegetable Compound is the ability to correct sterility in the cases of many women. This fact is well established as evidenced by the following letter and hundreds of others we have published in these colums.

Poplar Bluff, Mo.—"I want other women to know what a blessing Lydia E. Pinkham's Vegetable Compound has been to me. We had always wanted a baby in our home but I was in poor health and not able to do my work. My mother and husband both urged me to try Lydia E. Pinkham's Vegetable Compound. I did so, my health improved and I am now the mother of a fine baby girl and do all my own house work."—Mrs. ALLIA B. TIMMONS, 216 Almond St., Poplar Bluff, Mo.

In many other homes, once childless, there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential and helpful.