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MUST WASTE SHELLS.

Accounts For Heavy Expenditure of Ammunition.

Lieut.-Col. Boissonet, of the French Army, explains in Temps some of the many reasons which make spendthrift artillery one of the necessary factors of victory.

The French "75" is a weapon of marvellous precision, but even with a new gun and the shells in perfect condition, after a great number of shots from a distance of 3,000 meters the shells will be found to have fallen within a radius of ninety-six meters and half the shells will have fallen in a strip of about twenty-four meters. The gunner, therefore, has to regulate his fire so that the object aimed at will be in the centre of this much thickly covered strip, a task which against trenches, even after aeroplane reconnaissance, requires a considerable expenditure of ammunition, and when it is remembered that the trench itself is not much more than a yard or so wide it will be realized that for every three or four shells which burst in the trench there are a vast number which explode before it or behind it.

The need for heavy shell expenditure against trenches is already great, but it will become more urgent still after the siege period is over, and real field fighting again becomes possible, when the artillery will have not the fixed target of the trench line but the thin moving ranks of skirmishers as its objective.

Against moving infantry, unless it is advancing in close formation, regulated fire is a matter of some difficulty. Infantry which finds itself between the first shell which has burst behind them and the short shell which has burst in front of them do not await the avalanche which is to follow, but rush rapidly forward beyond the first short shell, where they fling themselves to the ground under what cover they can find. The artillerymen know that they are somewhere in the neighborhood, and to begin again the tir de reglage would only be a loss of time, so that the only thing for the artillery to do is to shorten its range by 100 yards or so and sweep with shrapnel the whole of the zone where they imagine the enemy's infantry to be.

A battery of "75" guns fires no less than eighty shells a minute, and it is only with rapid, intense fire that the shrapnel fragments can sweep a whole countryside and break the enemy's attack. The same thing applies when the artillery is taking part in an offensive. They have to cover the whole zone of the enemy's front with a shower of shells, forcing the gunners to take shelter and pinning the infantry to the ground while their own troops are advancing to the attack.

WOMEN AT WORK.

"Kingsley's time. For men must work and women must weep," contains only a half truth. In the countries now at war the women are so busy doing most of the work that they have little time for weeping. Even in England, where the drain on the male population has been less severe than in France or Germany, many industries that formerly employed men are now necessarily finding places for women. For example, women are now employed for the first time in the accounting and other clerical departments of the railways and the banks. The number of women who drive motor cars has increased tremendously. The Association for Women's Employment is training women to be shop assistants in the grocery business. As the Shop Assistants' Union has sent fully a third of its members to the front, there are many vacancies of the kind to be filled. A firm at Rugby is engaging girls to make electric light bulbs, a craft hitherto followed exclusively by men. Instances might be multiplied of occupations in which, since the beginning of the war, the bars have been let down for women.

Yet even after all the men's places have been filled, there are many women, widowed by the war, to be provided for; the effort is now being made to start enterprises that shall give these unfortunate persons employment. Toy-making, which has been a most exclusively a German industry, is being encouraged in England as an occupation especially suited to women. The Woman's Emergency Corps has turned the Chapel of the Annunciation into a factory where young girls learn to make wooden toys; they soon become skillful enough to get three dollars a week. In Scotland, artificial flower-making has been promoted, and suitable workrooms and teachers have been provided. The theatrical world offers a good market for the products of that industry. Glasgow is employing hundreds of women as tram-car conductors.

Everywhere in the United Kingdom women are busy and active as they have never been before.

The candidate for a young man's hand makes a lot of campaign promises during courtship.

More people travel first class in second class in the United Kingdom.

Fashion Hints

A COMPLETE WRECK

From the After Effects of Pneumonia Followed by Diptheria

Frequently the after effects of illness are more serious than the original trouble. This was the case with Mrs. James B. Moir, Mutana, Sask. Mrs. Moir says: "Some years ago, while we were still living in Nova Scotia, I was taken down with a severe attack of pneumonia. I had sufficiently recovered to be around, but had not been able to go out when I was attacked with diphtheria. In my weakened state it took a terrible hold on me, and neither my friends nor neighbors thought I would recover. I did, however, pull through, but was a physical wreck. The muscles of my throat were paralyzed, so that even a cup of water would flow back through my nostrils unless they were held closed. My voice was almost inaudible, and my eyes so badly effected that I feared I was going to loose my eyesight. I could only walk with assistance, and it looked as though I would be a helpless cripple. Medicine was used but did not help me. Then a neighbor advised Dr. Williams' Pink Pills. I began taking them but had the utmost difficulty in swallowing them owing to the condition of my throat. However, after a couple of boxes had been used I found it easier to take them, which was a sign they were helping me, and I felt greatly cheered. I do not know how many boxes I took, but I continued their use until I was as well as ever, much to the surprise of all who knew me, as all thought I could not get better. Since then I have several times taken the Pills when run down, and have always been greatly benefitted by them."

For the after effects of fevers and all wasting diseases there is no medicine can equal Dr. Williams' Pink Pills. They enrich the blood, build up the nerves, restore the appetite and bring back complete health and strength. 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.

Story Against Himself.

The Duke of Connaught tells a good story against himself. Some years ago, when he was raised to the position of Lieutenant-Colonel of the 1st Rifle Brigade, the late Queen Victoria commanded that he should only be saluted as a regimental officer, and not as a member of the Royal Family. On one occasion, however, an Irish sentry, seeing the Duke and Duchess approaching, turned out the guard and gave the Royal salute. The Duke was much annoyed, and proceeded to give the sergeant in charge a piece of his mind. But the quick-witted Irishman was equal to the occasion. "The guard, sorr," he said, in his richest brogue, "is for Her Royal Highness, who, as a member of the Royal Family, is entitled to it." After that the Duke could say nothing.

YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—just Eye Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

Up to the Minute.

Cranque: "A wife is an expensive luxury." Blanque: "So is an automobile." Cranque: "Sure. But you can get a new model every year.

Minard's Liniment Lumberman's Friend

Bagpipes are commonly played in Italy.

The First of ALL "Home Remedies"

"VASELINE," in its many forms with their innumerable uses, is the foundation of the family medicine chest.

Vaseline
Trademark

It keeps the skin smooth and sound. Invaluable in the nursery for burns, cuts, insect bites, etc. Absolutely pure and safe.

AVOID SUBSTITUTES. Insist on "Vaseline" in original packages bearing the name, CHESEBROUGH MANUFACTURING CO., Consolidated. For sale at all Chemists and General Stores.

Illustrated booklet free on request

CHESEBROUGH MF'G CO.
(Consolidated)
1880 CHABOT AVE., MONTREAL

WIT AND WISDOM.

Good luck and bad habits are seldom even on speaking terms.

The man who does things can afford to let his wife do the talking.

A peck of trouble is one thing that is mighty seldom short weight.

To him who does everything in its proper time one day is worth three.

There is no greater misfortune than not to be able to bear misfortune.

Some people cast their bread upon the waters, expecting it to come back toasted.

"Is he rich?" "I don't think so, but he must be." "Why?" "I heard him say the other night that he lets his wife have all the money she wants."

Flatbush—"When I came out of church on Sunday I found my horse fast asleep in the shed." Bensonhurst—"Why, he couldn't hear the sermon from there, could he?"

Proving It—"I gave you a penny yesterday to be good, and to-day you are just as bad as can be." Willie—"Yes; I'm trying to show that you got your money's worth yesterday."

Mick—"Oi hear as how Murphy joined the army. How is he loikin' it?" Pat—"Loikin' it! Shure, he was niver so well off in all his loife. He's got two socks the same now."

Dunkley—"You can't find a man anywhere who enjoys a good joke better than I do." Friend—"That's so. I have heard you tell the same joke forty times, and laugh at it every time."

"Remember, Bangs, we are depending on your baby to cry lustily in the third act. Do you think he'll do his part?" Actor-Father—"He ought to. He's been rehearsing every night for months."

A church was to be renovated, and the carpenter was showing the vicar round. "There seems to be a lot of dry rot in these pews," said the vicar. "That's nothing," said the carpenter, "to what there is in the pulpit."

"What is the child howling for now?" asked its father from the depths of his easy-chair. "He wants his own way," snapped the mother. And with his mind on the latest war news the father replied, "Well, if it's his why don't you let him have it?"

MOTHERS OF LITTLE ONES

No mother of young children should be without a box of Baby's Own Tablets. The Tablets are mother's best friend and are as good as a doctor in the house. Concerning them Mrs. F. Wurger, Ingersoll, Ont. writes: "I have used Baby's Own Tablets for the past eight years and would not be without them. I can highly recommend them to all mothers of young children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MANY HEROIC DEEDS.

St. Catharines Major Tells of Bravery of Canadians at Langemarck.

Major Belson, 4th Battalion, wounded at Langemarck, writing home from hospital, states: "I saw many deeds performed by my own men which in an ordinary campaign would have won the Victoria Cross for them, such as binding up wounded comrades and carrying them to shelter under hot fire."

He corrects an account in "Eye Witness" statement that the Battalion wavered, and that Col. Birchall had to recall it. "Nobody wavered," writes Major Belson, "from start to finish," and after the first few hundred yards no officer or N.C.O. had any influence on the action except in his immediate vicinity. Col. Birchall died as he lived, a gallant English gentleman, after stating that he was proud to lead such men."

A letter from Pte. Donaldson, of the same regiment, to relatives, tells of the death of Pte. Crawford, which has not yet been listed in the casualties. Donaldson, Crawford and Pte. Hargreaves, of Merriton, were cutting through a hedge when all three were hit. Hargreave was shot through both hips while binding up Donaldson's wounds, and in this condition crawled to assist Crawford, whom he found beyond need of aid. Then Donaldson and Hargreave snailed along the ground, through a hail of bullets, 350 yards to shelter.

Good Training.

"Yes," said the manager, "we want a man for our information bureau, but he must be a man who can answer all sorts of questions and not lose his head."

"That's me exactly," said the applicant with enthusiasm. "I'm the father of eight children."

Never Went Away.

Neighbor's Little Girl: "When did you get back, Mrs. Brown? Did you have a good time?"

Neighbor: "Why, I haven't been away, my dear."

"Haven't you really? I'm sure I heard mother say you and Mr. Brown had been at loggerheads for a week."

First Long Step Towards Recovery

IS TO FIND IF YOUR SYMPTOMS ARE OF KIDNEY DISEASE.

Kent County Lady Did This—Then She Used Dodd's Kidney Pills and Was Cured.

Upper Bouctouche, Kent Co., N. B., May 31st (Special).—Miss Genevieve Bastarache, an estimable lady living near here, is telling her friends of the benefit she has received from Dodd's Kidney Pills.

"I am indeed happy to be able to state that I have been cured of Kidney Disease by Dodd's Kidney Pills," Miss Bastarache says in an interview.

"I was often so feeble I could not work. My sleep was broken and unrefreshing. I had headaches and cramps in the muscles.

"I suffered from Rheumatism and Backache and was always tired and nervous.

"I was in this miserable condition when I decided to try Dodd's Kidney Pills, and I had not taken two boxes till I felt better, and three boxes cured me."

Miss Bastarache made a long step towards recovery when she discovered that her symptoms were of Kidney Disease. She then had only to use the old reliable Kidney remedy, Dodd's Kidney Pills, to find a cure. Are your symptoms those of Kidney Disease?

Thoughts for the Day.

Liberty means responsibility. That is why most men dread it.

The situation that has not its duty, its ideal, was never yet occupied by any man.

However mean your life is meet it and live it; do not shun it and call it hard names.

If you are ever in doubt what to do it is a good rule to ask ourselves what we should wish on the morrow we had done.

Manners are the happy ways of doing things—each one a stroke of genius or of love—now repeated and hardened into usage.

Kind looks, kind words, kind acts and warm handshakes—these are a secondary means of grace when men are in trouble and fighting their unseen battles.

Die when I may, I want it said of me by those who knew me best that I always plucked a thistle and planted a flower when I thought a flower would grow.

Johnny's Strategy.

Little sister had not been well and had been especially trying to small Johnny all day. Finally his patience came to an end. "Mother," he asked, "don't you want little sister to be a good wife when she grows up?" "Of course," said the mother. "Well, you make me give everything to her 'cause she's littler'n me. But you're littler'n father, and when he comes home, you say—'Here's your slippers and magazine, dear'"—and before his mother could move Johnny tore his train of cars from the screaming baby. "If we don't begin to train her she'll be a terrible wife," he said as he slammed the door.

CLEAR-HEADED

Head Bookkeeper Must Be Reliable

The chief bookkeeper in a large business house in one of the Western cities speaks of the harm tea and coffee did for him:

"My wife and I drank our first cup of Postum a little over two years ago, and we have used it ever since, to the entire exclusion of tea and coffee. It happened in this way:

"I had an attack of pneumonia, which left me with dyspepsia or neuralgia of the stomach. My cup of cheer had always been tea or coffee, but I became convinced, after a time, that they aggravated my stomach trouble. I happened to mention the matter to my grocer one day and he suggested that I give Postum a trial.

"Next day it came and we liked it so much that we will never change back; for I am a well man to-day and have used no medicine.

"My work as chief bookkeeper in our Co.'s branch house here is of a very confining nature. During my tea and coffee drinking days I was subject to nervousness and the 'blues' in addition to my sick spells. These have left me since I began using Postum and I can conscientiously recommend it to those whose work confines them to long hours of severe mental exertion."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Postum comes in two forms:

Postum Cereal — the original form—must be well boiled: 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage **instantly.** 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.

—sold by Grocers.

YOUR SKIN NEEDS FOOD

Is your skin harsh and dry? Are there signs of approaching wrinkles? Are you getting worried about the possible loss of your youthful beauty? Cleopatra didn't worry about these things. You needn't if Usit is applied.

Cleopatra and the noted beauties of the East know perfectly well that the skin requires food just as does the rest of the body. They fed their skin with a preparation of Oriental oils, the secret of which has been so jealously guarded by succeeding generations that it has only recently come to light.

Men, too, find Usit a valuable friend. An occasional application to the face not only feeds the skin and keeps it in the healthiest condition, but it leaves the face much easier to shave. Experience once alone proves how much easier.

Usit is the trade mark name by which this preparation is known and sold by all druggists, wholesale and retail. **Usit Mfg. Co., Ltd., 476 Roncesvalles Ave., Toronto, Ont.**

RUNNING THE BLOCKADE.

Captain Kidd's booty was a trifle compared with that which awaits the sea-rover who shall regularly pierce the British blockade and reach German ports.

During the Civil War the most profitable game anybody played was that of blockade running. It was so difficult to get cotton out of the South that price in Liverpool rose to 20 times the normal figure. Hence a ship that carried guns and various munitions to the South and then took home a load of cotton killed two prize birds with one stone.

English shipowners carried on a great trade. The ship R. E. Lee, built by the British at a cost of $160,000, very soon bore away $2,000,000 in gold.

Another ship made eight trips from Bermuda to Wilmington, North Carolina, and earned a profit of 700 per cent on the cost of the vessel. A third boat made 22 such journeys and earned still more. It was a hazardous game, but the stakes were high, and many a bold seaman was willing to engage in it.

There were actually hundreds of instances of blockade running and an average of one capture for every four and a half trips was made by the Union navy.

Corns Cured Quick

Applied in 5 Seconds

Sore, blistering feet from corn-pinched toes can be cured by Putnam's Extractor in 24 hours. "Putnam's" soothes away that drawing pain, eases instantly, makes the feet feel good at once. Get a 25c. bottle of "Putnam's" to-day.

Promises are worse than eggs—you can't keep them after they are broken.

Minard's Liniment used by Physicians.

A Dunfermline Collie.

"Duke," a Scottish collie owned by Mr. H. C. Aitken, of Priory Lane, Dunfermline, had the shield and medal for dashing into the road at Dunfermline in August, 1911, and saving a child from being run over. This is quite an unusual form of canine heroism, and suggests that there is no limit to the possibilities of a dog in saving life. The child was, it seems, quite a stranger, yet "Duke" sprang into the road and snatched it from under the horse's feet. There is an instance on record of a collie dashing after a perambulator containing a baby which had "taken charge" down a very steep hill at Bristol and stopping it. Unfortunately no data has been preserved that would establish this interesting incident as an undoubted fact.

Where They Flourish.

I never saw a purple cow,
But goodness knows,
It's just because I never go
To poster shows.

Minard's Liniment Co., Limited.
Gents,—I have used your Minard's Liniment in my family and also in my stables for years and consider it the best medicine obtainable.
Yours truly,
ALFRED ROCHAY,
Proprietor Roxton Pond Hotel and Livery Stables.

"Father, I think it only fair to tell you that I need $50. I'd rather owe it to you than to some outsider."

Ask for Minard's and take no other.

Avoid Using Kerosene.

There is probably no one who has to build fires who has not at some time yielded to the temptation to hurry things up a bit by pouring kerosene into the stove, although everyone is probably aware of what a dangerous practice this is. Even though there is no flame in the stove, the kerosene may ignite the gas in hot ashes, with results disastrous to the fire-builder and his surroundings.

A simple way to meet the difficulty in getting your fire started is to keep a tin can with a little kerosene in it in some safe place. Stand some small pieces of kindling in the liquid, replacing the sticks by others as they are used. The wood will absorb the kerosene just as a lamp wick does, and will soon become thoroughly soaked.

Include some of the prepared sticks with your other kindling in laying your fire, and you will obtain all the advantages of the use of kerosene with none of the danger.

Death Nearly Claimed New Brunswick Lady

Was Restored to Her Anxious Family, When Hope Had Gone.

St. John, N.B., Dec. 15th.—At one time it was feared that Mrs. J. Grant, of 3 White St. would succumb to the deadly ravages of advanced kidney trouble. "My first attacks of backache and kidney trouble began years ago. For six years that dull gnawing pain has been present. When I exerted myself it was terribly intensified. If I caught cold the pain was unendurable. I used most everything, but nothing gave that certain grateful relief that came from Dr. Hamilton's Pills of Mandrake and Butternut. Instead of being bowed down with pain, to-day I am strong, enjoy splendid appetite, sleep soundly. Lost properties have been instilled into my blood—cheeks are rosy with color, and I thank that day that I heard of so grand a medicine as Dr. Hamilton's Pills."

Every woman should use these pills regularly because good health pays, and it's good vigorous health that comes to all who use Dr. Hamilton's Mandrake and Butternut Pills.

Art.

To say an old thing in an old way is a platitude. To say an old thing in a new way is wit. To say a new thing in an old way is a blunder. To say a new thing in a new way is art.

Keep Minard's Liniment in the Home

His Reply.

A Londoner was showing a country relative the sights of London recently, and was pointing out a magnificent old residence. "Years ago by a famous and rather unscrupulous lawyer of his time," "And," the Londoner was asked, "was he able to build a house like that by his practice?" "Yes," came the reply, "by his practice and his practices."

ZAM-BUK AND OUTDOOR LIFE.

Every tennis or ball player, every swimmer, every canoeist, every man or woman who loves outdoor life and exercise, should keep a box of Zam-Buk handy.

Zam-Buk is a purely herbal preparation, which, as soon as applied to cuts, bruises, burns, sprains, blisters, etc., sets up highly beneficial operations. First, its antiseptic properties render the wound free from all danger from blood poisoning. Next, its soothing properties relieve and ease the pain. Then its rich, herbal balms penetrate the tissue, and set up the wonderful process of healing. Barbed wire scratches, insect stings, skin diseases such as eczema, heat rashes, ringworm, babies' heat sores, chafed places, sore feet—are all quickly cured by Zam-Buk. It also eases and cures piles. All druggists and stores. Use Zam-Buk Soap also; 25c. per tablet.

SHOES
FOR EVERY SPORT AND RECREATION
Sold by all good Shoe Dealers
Worn by every member of the family

"Do you keep servants?" asked the inquisitive neighbor. "Not long," responded her truthful friend.

SEED POTATOES

EARLY IRISH COBBLER POTATOES, specially selected and Government inspected for seed. Only limited quantity. Price, One Dollar per bushel f.o.b. Bramptn. Also Connoisseur's Pride and New Dawn, two excellent new potatoes. Price, Two Dollars per bushel. Special rates for large quantity. Cash must accompany all orders. H. W. Dawson, Brampton.

SALESMEN WANTED

SALESMEN WANTED FOR HIGH GRADE specialties. Sells at sight. Write for particulars. Beaver Meadow Farm, Lockport St., Toronto.

FEMALE HELP WANTED.

LADIES TO DO PLAIN AND LIGHT sewing at home, whole or spare time, good pay; work sent any distance, charges paid. Send stamp for details. National Manufacturing Co., Montreal.

PRESERVING EGGS.

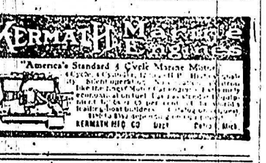
RECIPE TO PRESERVE EGGS fresh during twelve months, required for personal use, but may be sold at fifty cents extra for dozen. This means hundreds per cent profit in six months. Author, Detaxion Railroad, Dept. 29, Dundas St., Toronto, Ont.

NEWSPAPERS FOR SALE

PROFIT-MAKING NEWSPAPER AND JOB OFFICE for sale in good Ontario town, most useful and interesting of businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.



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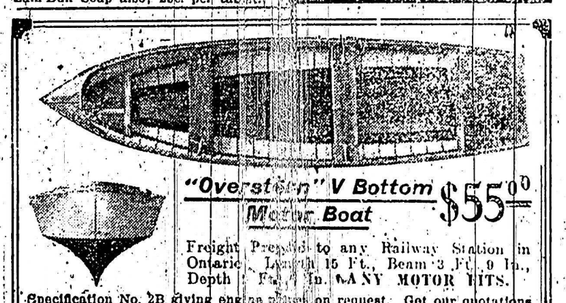

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Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 9 In., Depth 1 Ft. 9 In. MANY MOTOR KITS.

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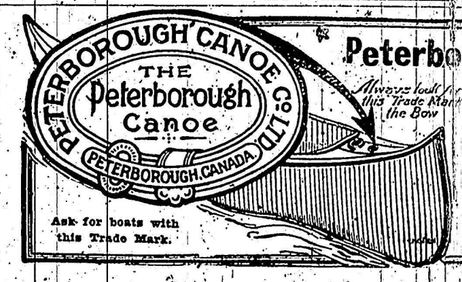

Ask for boats with this Trade Mark.

Peterborough Canoes

Always look for this Trade Mark in the Bow

This trade mark on a Peterborough Canoe is our assurance of the workmanship and the materials that can be put into a canoe or skiff. Designed for easy paddling, strength and beauty. Painted Basswood, Cedar Strip and Canvas Canoes of quality. Write for Catalogue. The Peterborough Canoe Co., Limited, Peterborough, Canada.