

Beware of the Cold Storage Egg! In his work on food and dietetics Doctor Robert Hutchison says, "the absence of carbohydrates prevents eggs from being in any sense a complete food." This refers to the fresh egg—the egg with a clean bill of health. What would Doctor Hutchison say of the modern cold storage egg? At present prices two eggs cost ten cents—and the egg is not a complete food! Something must be eaten with it to supply the needed carbohydrates. **Two Shredded Wheat Biscuits, with cream or milk, make a complete, perfect meal at a cost of four or five cents. Made in Canada.**

Done Again.

"Hi! hi! hi! Walk up, ladies and gents. No waiting. Come and see the latest. A real live horse that's got its tail where its head ought to be. Only five cents to see it! Children half-price!" thus shouted the old showman.

The crowd paid the money and passed in. There stood an ordinary horse, backed against a food-trough. "It's tail is in its right place," said the people.

"No, it ain't," said the showman, as he edged towards the door. "It's got its tail in its food-trough, and that's where its head ought to be!"

Very Late.

A young woman came in quite hurriedly after the musicale had begun. "Have I missed much?" she asked. "What are they playing now?" "The Ninth Symphony." "Oh, goodness! Am I really as late as that?"

Blouses and Skirts

Basque blouses, though they are being favored more and more day by day, have not succeeded in ousting the blouse that is worn inside the skirt. The model with a frill of fine lace in front or of the soft material of the blouse still holds its own. Some very attractive new blouses are of tan or sand-colored Georgette decorated with shadow embroidery in fine wool. Motifs worked in old blue, old rose and tan enhance the artistic beauty of these waists. Bright yellow and deep rose are among the newest colors that have been seen in separate blouses. Some have collars of the same material, while others are trimmed with a white collar.

No matter what rumors may be circulated to the contrary from time to time, the separate waist and skirt are always with us. Separate skirts are



7529-7531

Jabot Blouse and Pocketed Skirt

offered in plain and pleated models, some with pockets and yokes and some without. A yoke which extends in points over the hips is exceptionally smart. Over the points are placed little pockets with flaps that are buttoned down.

Scotch plaids and checked materials in two colors are used for the serviceable tailored skirts, as well as the other popular woolen fabrics of the season.

These patterns may be obtained from your local McCall dealer or from the McCall Company, 70 Bond street, Toronto, Ontario, "Dept. W."

COMBING OUT ELIGIBLES.

Unskilled Munition Workers Called to Colors.

It was officially announced that the Admiralty, the Ministry of Munitions, and the Army Council have agreed to release for military service, at an early date, all semi-skilled and unskilled men of military age in munition factories who can be spared without prejudicially affecting the output of munitions, says London Mail.

For the time being the military authorities propose to call to the colors such of these men up to 31 years of age as may be fit for general service. To avoid dislocation they will be called up in consultation and agreement with representatives of the Government Departments concerned.

These proposals do not involve the calling up of skilled men, and in order further to secure the retention of skilled men on work of national importance the Army Council will issue trade cards through a number of trade unions to their members who were registered as journeymen and apprenticed before August 15, 1915.

This big comb-out follows upon the Order under the Defence of the Realm Act giving power to call on any exempted man to undergo a Medical Board examination. It is to be followed by a comb-out of Government Departments, beginning with the Board of Trade and the Foreign Office.

The application of the combing-out order to all controlled factories will release tens of thousands of men for the army, it is said.

In The Years To Come.

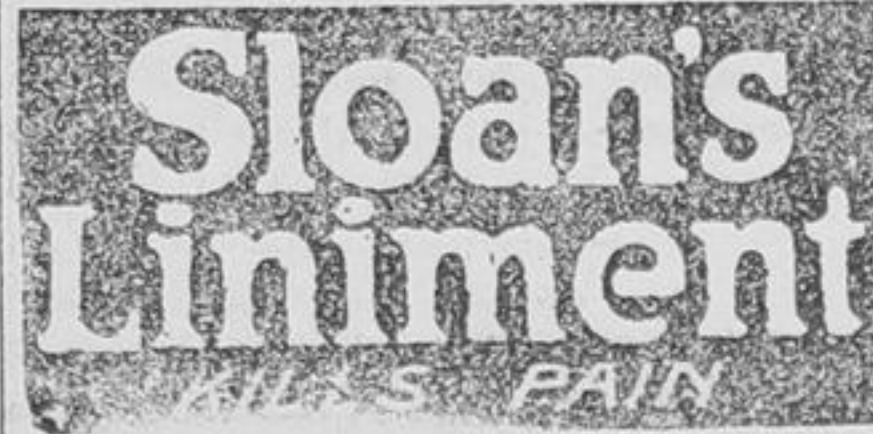
"Father, what did you do in the Great War?" "I nursed you while your mother was selling flags."



Don't Rub It On Bruises or Sore Muscles

Sloan's Liniment quickly penetrates and soothes without rubbing. Cleaner than musky plasters or ointments, does not stain the skin.

Have a bottle handy for emergency, rheumatic aches and pains, neuralgia, lumbago, gout, strains, sprains and lame back, yield to Sloan's Liniment. At all druggists, 25c. 50c. and \$1.00.



Very Fine.

A country gentleman in Ireland, having a small sporting estate to sell, advertised it, and soon afterward a gentleman called to see about it.

"Well, sir," said he, "I have been over that estate you advertised, and find it all right except that fine trout stream you mentioned."

"It runs through the wood in the lower part of the meadow," said the land owner.

"What! That little brook? Why, it doesn't hold much more than a spoonful. I am sure if you were to empty a pail of water into it it would overflow. You don't call that a fine stream, do you?"

"Faith," said the owner, blandly, "if it were much finer you couldn't see it all all!"

Minard's Liniment Cures Diphtheria.

And There He stops.

"Bluffem poses as a hustler, doesn't he?"

"Well, yes; he's always energetic in reaching a conclusion that something ought to be done."

Minard's Liniment Co., Limited.

Gentlemen,—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT.

The above facts can be verified by writing to him, to the Parish Priest or any of his neighbors.

A. COTE, Merchant.

St. Isidore, Que., 12 May, '98.

Profiting by Experience.

A well-known naval dignitary has a beautiful daughter. A young ensign, with no resources but his salary, fell in love with her, and asked the old gentleman for her hand.

The father at once taxed him with the fact that he had only his salary—hardly enough to keep him in white gloves and to burnish his brass buttons.

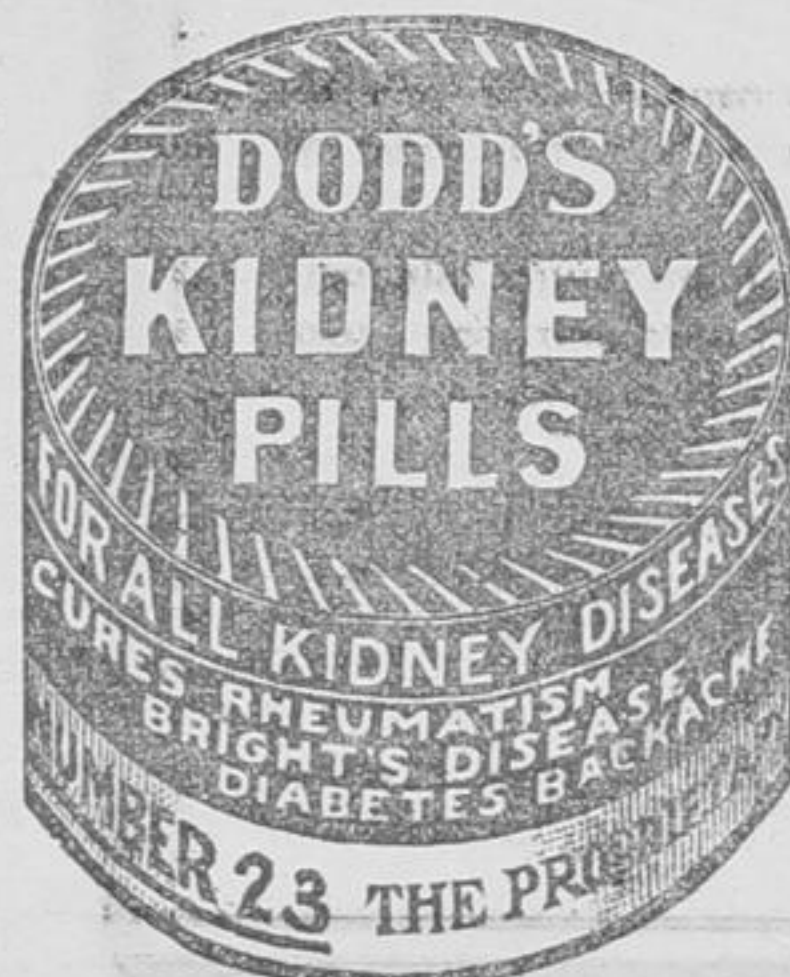
"Well, admiral, what you say is true. But when you married you were only a midshipman, with even a smaller salary than mine. How did you get along?" asked the ensign, who believed he had made the most diplomatic of defences.

But not so. The crafty old sea-dog thundered forth:

"I lived on my father-in-law for the first ten years, but I'll be hanged if you are going to do it!"

When a child dies in Greenland the natives bury a living dog with it, the idea being that the dog should be used by the child as a guide to the other world.

But the softer the road the harder the travelling.



"IDIOTIC DISTINCTIONS."

War Great Leveller of Class and Democracy Promoter.

In the proclamation issued by the German Government the other day, half appealing and half commanding the German women of every rank to enter the public service as actual workers, there was one curious and significant phrase, says the New York Times. As translated, it characterized as "idiotic class distinctions" those lines which, more rigidly in Germany than in any other European country, except perhaps in Austria, have divided the population into little less than separate species.

If these distinctions have come to seem "idiotic" to the rulers of Germany, then it would be impossible to exaggerate the influence toward democracy which the war has exerted, for certainly, before the war, the dividing line between class and class were held to be natural, immovable and commendable—in short, necessary for the existence of society as in Germany it ought to be.

There a man or woman was "born" or was not, and that ended the matter for him or her, and it also decided the things he or she could and could not do. All that is ended if class distinctions really were called idiotic in an official proclamation of high provenience.

The change would be so enormous, however, that one is almost forced to doubt the accuracy of the translation.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are extremely hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes colds and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They regulate the stomach and bowels and prevent or cure colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The Quarrelsome Man.

"I think it's a mistake, old man, to quarrel with everybody in town."

"What do I care?"

"You may care if you ever want a jury trial for anything."

Minard's Liniment Cures Distemper.

Base Ingratitude.

Little Mary was experiencing all the poignant suffering which manifest ingratitude always brings in its train. Her little brother, only now convalescent from an attack of measles, was sitting up in bed munching a sponge-cake.

"Won't you give your little sister a piece?" she asked coaxingly.

"No; I won't!" said Arthur, with uncompromising decision. And he ate on steadily till the last mouthful was disposed of. Then Mary could stand it no longer.

"Mother," she cried, "Arthur's a wicked, greedy boy! He won't give me the tiniest piece of his cake, and yet it was me that gave him the measles!"

PILES

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.



SOIL PROFIT BOOKS

tell how you can increase your farm profits and build up your farm through more profitable farming methods, including the use of fertilizers. Crops, soils, seeds, lime, cultural methods, harvesting, marketing, drainage, cover crops, farm manures, rotations, etc., are among subjects discussed.

You Cannot Afford to Ignore Fertility Subjects

Present high prices for farm products make larger yields doubly profitable. Our soil books are free. You should have a set to study before planting season opens. Inform yourself by writing for them.

Soil Improvement Committee

of the National Fertilizer Association. Chicago - Illinois. Dept. 113



An Old Quotation.

Mabel—Did that painter who stained your front door to look like mahogany do a good job?

Edith—He shall never darken my door again.

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**

Predictions and Facts.

The British Empire, according to the German Minister of Finance, will go down like Belshazzar's empire. He also said that food is cheaper in Germany than in England or France. If his predictions are no more accurate than his statements of fact, British need not worry.—New York Evening Post.

Minard's Liniment Cures Colds, Etc.

When it comes to solid comfort there is very little to choose between an easy conscience and an easy pair of boots.

MECHANICS WANTED.

BENCHMEN ON CABINETS, ALSO handy men on shell boxes, hand and spindle carver. Gold Medal Furniture Co. Uxbridge.

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 West Adelaide Street, Toronto.

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.

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H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

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It will pay you to ship all your fur to a reliable house, where you can get full market value. Ask for our price list and shipping instructions.
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THE LARGEST FIREPROOF RESORT HOTEL IN THE WORLD
The Spirit of America at play: Magnitude and Cheerfulness
AMERICAN PLAN EUROPEAN PLAN
D. S. White, Pres. J. W. Mott, Mgr.

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
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 \$1.00 free. **ABSORBINE, JR.**, the scrub soap 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. Made in the U. S. A. by **W. F. YOUNG, P. D. F., 518 Lyman's Bldg., Montreal, Can.**
Absorbine and Absorbine, Jr., are made in Canada.

Guard Your Baby's Health

Cheerful, Chubby Children Make the Home Happy

Weak, puny babies are a constant care to tired mothers and are subject to many diseases that do not affect healthy children.

Keep your children in good health. See that their bowels move regularly—especially during the teething period. This is a distressing time in the life of every child and the utmost precaution should be taken to keep them well and strong.

By the consistent use of

Mrs. Winslow's Soothing Syrup

it is possible to avoid many childish ills now so prevalent.

It is a corrective for diarrhoea, colic and other infantile ailments. It soothes the fretting baby and permits the child to sleep well and grow healthy. It brings comfort and relief to both child and mother.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Is absolutely non-narcotic. It contains no opium, morphine nor any of their derivatives. It is soothing, pleasant and harmless. For generations mothers in all parts of the world have used it and millions of babies have been benefited by it.

Buy a bottle today and have it handy

Relieve and Protect Your Children

Sold by all druggists in Canada and throughout the world