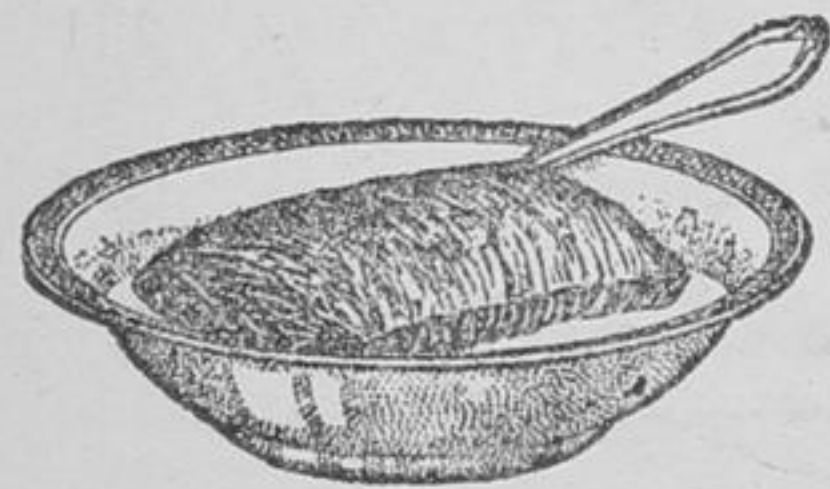


**Watch Your Sneeze!**  
It may be the forerunner of bronchitis or a bad cold. It is nature's warning that your body is in a receptive condition for germs. The way to fortify yourself against cold is to increase warmth and vitality by eating **Shredded Wheat**, a food that builds healthy muscle and red blood. For breakfast with milk or cream, or any meal with fresh fruits.



Made in Canada.

## Fashion Fads

Tussur and pongee have few rivals among the materials for suits and dresses. With splashes of bright colors in huge dots or squares against a white or natural background, they make the most fascinating sports suits. The striped and dotted de-



© McCALL

7602

Crepe de Chine Negligee with Angel Sleeves

signs are very striking and introduce an entirely new note. Some of the designs are distinctly Oriental in effect. Silk and wool jersey are other important fabrics which in spite of

## A Pleasant Healthful Habit

A daily ration of **Grape-Nuts** and cream is a splendid food for those who want vigor and energy.

## Grape-Nuts

is a concentrated health-food made from choice whole wheat and malted barley. It retains the vital mineral elements of the grain so essential to thorough nourishment of body and brain, but lacking in many other cereal foods.

Every table should have its daily ration of **Grape-Nuts**.

**"There's a Reason"**

No change in price, quality, or size of package.

having been used over and over again are still counted among fashionable materials.

Green seems to be good for early spring wear and ranges from the pale chartreuse to the deep forest tone.

One of the fortune tellers of fashion predicts that queer and intricate cuffs, large collars, straight up and down lines, and a lifted waist will be features of spring styles.

### For the Boudoir

A negligee with angel sleeves is one of the latest offerings for the woman who loves to be daintily and becomingly attired in her boudoir. A sketch is shown here. The negligee is of crepe de Chine, with fine lace edging around the collar and pockets, and sleeves of deep lace flouncing. The pockets and sleeves are weighted with silk tassels.

Boudoir caps of net, chiffon and lace trimmed with ribbon are still seen in great numbers. A very pretty cap of blue chiffon with a pleated net ruffle and long streamers of blue ribbon is a recent importation from Paris. A large pearl ornament was placed in front. Another cap of cream net was trimmed with narrow blue ribbon in lattice effect around the edge. Tiny pink rosebuds held down the lattice where the ribbon crossed itself. A ribbon bow on the crown and a soft ruffle to frame the face completed this dainty trifle. Such caps are easily made from scraps which you may have left over in the house.

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

## From Up Among The Yukon Snows

Comes Advice to Sufferers to Use **Dodd's Kidney Pills**.

Glacier Creek Lady Says They Have Been Her Stand-by for Sixteen Years and She Has Never Known Them to Fail.

Glacier Creek, via Dawson, Yukon, Can., Feb'y 5th (Special).—"North of fifty-three where doctors are long distances apart and those remedies that are a very present help in time of need are the reliance of the settlers, Dodd's Kidney Pills have established an enviable reputation. Hear what Mrs. A. Armstrong, a well-known resident of this place, has to say of them:

"Dodd's Kidney Pills have been my stand-by for sixteen years," Mrs. Armstrong states. "Both myself and my family have the greatest faith in their medicinal qualities. When any of my friends complain of even a headache I treat them with Dodd's Kidney Pills and they never fail to do good.

"It always gives me pleasure to say a good word for Dodd's Kidney Pills."

Dodd's Kidney Pills cure all kidney ills from backache to rheumatism, Bright's disease and heart disease. These troubles come from sick kidneys. That's why Dodd's Kidney Pills cure them.

### MERCHANT NAVY'S UTILITY.

The Country With Largest Merchant Marine Will Lead Post-War Trade.

That British exports in 1916 should have been of record volume, about \$2,500,000,000, speaks with clarion note of the war-time service of the British merchant marine. The British Admiralty had under requisition a month or two ago about 60 per cent. of the merchant tonnage. The Government has compulsorily purchased many vessels. Government orders require 80 per cent. of space on British freighters in ordinary service, to be reserved on home-bound trips for Government material—foodstuffs and munitions. British freighters are forbidden to carry neutral freight between neutral ports without special permit. German submarines and raiders have destroyed two million tons gross of British shipping. In fact, the British merchant marine has had to undergo a most extraordinary combination of losses from enemy activities, of requisition for military service, and of cargo restrictions in the national interest. That it should have also carried record British exports demonstrates a capacity and endurance little short of marvellous.

Serving British and Allied interests magnificently in war-time, the British merchant marine will be Britain's main dependence after the war to recuperate its economic strength. German shipping interests are calculating on extraordinary building, to restore Germany's lost trade. The rivalry in warship construction being ended by Britain's unchallengeable supremacy, Germany will undertake rivalry in merchant ship construction. But the British shipping firms have to face, not only the burst of German energy, but formidably strengthened neutral

## ZAM-BUK CURED IN 2 MONTHS

After 2 Years' Useless Treatment.

The healing power of Zam-Buk is so much greater than that of other ointments, that it has cured in many cases when all other ointments have failed. One such instance is that of Mr. Earle E. Gardiner, of Marquis, Sask., who writes: "For two years I suffered with a bad attack of salt-rheum on my feet. During those two years I tried every known remedy, but could find nothing that would cure the disease. Then I heard of Zam-Buk, and commenced using it. After the first few applications I noticed an improvement, and this encouraged me to continue. Although I had suffered for two years, after only two months' treatment with Zam-Buk I am completely cured."

Zam-Buk is equally good for eczema, ulcers, abscesses, blood-poisoning, piles, cold sores, chapped hands, chilblains, eruptions, etc. At all drug stores, 50c. box, or from Zam-Buk Co., Toronto.

lines. The shipping firms of Denmark, Norway, Sweden, Holland and the United States, notwithstanding losses, have grown fat and powerful on war rates, without heavy taxes or requisitions. Britain's trade supremacy depends on whether it can keep pace in the construction era with its competitors in the aggregate. The intimidation from British naval authorities that as soon as the immense energy devoted to warship construction can be turned to building merchant vessels, remarkable output is assured, may well be believed. During the war a million tons of new warships, from giant super-Dreadnoughts mounting 17-inch guns, to destroyers and submarines, has been launched. This energy, applied to the turning out of standardized merchant vessels, would speedily distance German and neutral competition.

In the grand race for markets, for commercial recuperation, the country with the dominant merchant marine, able to seize the carrying trade of most of the world, will triumph. It is of utmost consequence that Britain specialize in heading off German ambition in this direction.

### He Stopped 'Em.

The following story comes from the front. At one part of the lines, where No Man's Land was merely fifty yards or so in width, the Germans one night happened to be in a very talkative mood, and the wind blowing towards our lines their jargon exceedingly irritated one of our men. The latter, a fine old soldier, absolutely without fear, bore it for a time, but finally informed the sergeant that he was going out for a walk. The sergeant gave a knowing smile as he saw the man disappear over the parapet with a bomb. He landed the missile right in the midst of a batch of Germans, and after the firing had died down reappeared on his hands and knees. "That's stopped their bloomin' talking!" was his only comment. It had.

Minard's Liniment Cures Diphtheria.

### Delicately Eliminated.

"How did you get Mrs. Bounce out of your bridge club? Did you ask her to resign?"

"No, we didn't like to do that, but we all resigned except Mrs. Bounce, and then we all got together and formed a new club."

The Nova Scotia Lumber King says:

"I consider MINARD'S LINIMENT the best LINIMENT in use. I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT and it was as well as ever next day.

Yours very truly,  
T. G. McMULLEN.

The most expensive way to buy anything worth while in this world is to get it for nothing.

Minard's Liniment Cures Distemper.

### Absolutely.

"People should marry their opposites."  
"Most people are convinced that they did."

In Assam an oath is taken standing within a rope circle, to imply a wish to perish as the rope does if the witness does not tell the truth.

## BISURATED MAGNESIA

For Dyspepsia, Indigestion,

Heartburn, Belching, Sour Stomach, Gas in Stomach, etc. take a teaspoonful of Bisurated Magnesia in a half glass of hot water after eating. Is safe, pleasant, and harmless to use and gives instant relief from all forms of stomach disorder. Sold by druggists everywhere.

## MIRACLES OF DEVOTION.

Amazing Sacrifices Made by the Women of France.

French women, particularly the poor, were represented by Ernest Lavisse in his report to the French Academy on the distribution of virtue prizes as having during the war honored France by the virtue they have shown. "Women—nearly all poor—school mistresses, working women, domestics, have worked miracles of filial piety, devotion and charity," said he. "Servants, faithful to their employers, fallen into distress, serve them without wages, and even in cases aid them by sacrificing slowly accumulated economies to pay their debts. One of them is raising seven children of her dead employer. Another 80-year-old servant is raising five orphans. A widow, mother of three children, has taken charge of six orphans. One mother of thirteen children has extended her maternal care to fifteen orphans."

### Urgent Business.

"Your honor, I admit that I was exceeding the speed limit, but I was afraid of being late at court."

"What was your business at court?"  
"I had to answer to a charge of exceeding the speed limit."

**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**

### Telegraph Message.

Assistant (to old lady, who has handed in a badly spelled telegram)—What's this word, please?

Old Lady—Never mind that, miss; it's none of your business. They'll know at the other end.

Minard's Liniment Cures Garget in Cows.

Fortune smiles on some men merely because they paid no attention to her frowns.



## 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

Has been Canada's favorite yeast for more than forty years.  
Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.  
**EW. GILLET CO. LTD.**  
TORONTO, ONT.  
WINNIPEG MONTREAL

### At the Opera.

Rich Lumberman (at the opera)—By jinks, Mame, that's music such as I calls music.

City Niece—I hardly thought you would appreciate it, uncle.

Lumberman—Why, by jinks, Mame, it sounds jest like my three sawmills on Beaver Creek all runnin' at once.

Minard's Liniment Cures Colds, Etc.

### 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.

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## ABSORBINE

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ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. \$1.00 a bottle at druggists or postpaid. Will tell you more if you write. Made in the U. S. A. by W. F. YOUNG, P. O. B. 715 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.

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The Spirit of America at play:  
Magnitude and Cheerfulness  
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