

The Business of Being a Boy is a strenuous employment. Sturdy boys and girls are not built out of books alone. The best food for growing youngsters is **Shredded Wheat**, the whole wheat food that builds healthy tissue, good bone and develops sound teeth and healthy gums. For breakfast or any meal, with milk or cream. Delicious with preserved fruits.



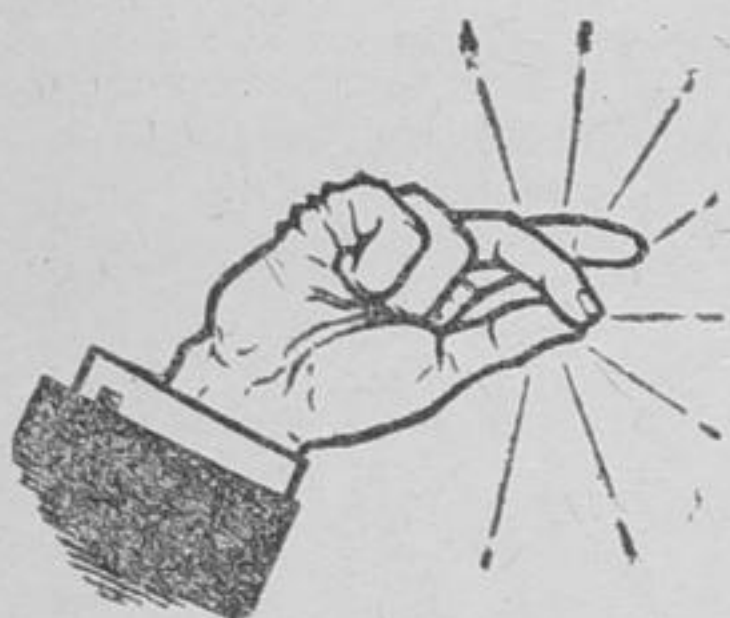
Made in Canada.

For Bright Spring Days



A sports frock in all its glory is here illustrated. It may be called a versatile design, for it is as suitable for the afternoon frock of plain and figured pongee or foulard as for the morning frock of plain and figured poplin. McCall Pattern No. 7643, Ladies' Blouse Dress. Pattern in 6 sizes; 34 to 44 bust. Price, 20 cents. These patterns may be obtained from your local McCall dealer or from the McCall Company, 70 Bond Street, Toronto, Ontario, "Dept W".

Some folks are satisfied to be just acquaintance and sometimes that arrangement is perfectly satisfactory to both parties.



You Can Snap Your Fingers

at the ill effects of caffeine when you change from tea and coffee to

POSTUM
"There's a Reason"

Y.M.C.A. HUTS AT THE FRONT.

Wholesome Recreation Provided for the British Soldier.

The following is an extract from the London Times:

After a spell in the trenches our men are moved back to get some rest. . . . From a military point of view alone it is just as vital to revive the spirits of the soldiers as to renew munitions. . . . Folk at home should see the men as they come out of the trenches. Photographs and cinemas lead people to think that "Tommy" or "Jock" is always smiling. They must get rid of that idea. I have seen many, very many, trudging back from the line dazed and done. They look like men who will never smile again. They look like men who have done with life. That is the story of their eyes. It is uncanny, it is piteous. Their lips tell another story. Grimly set, they express a purpose alive in Death, as it were. "Stick to it," they say.

Erect a hut. The effect is magical. Shelter, warmth, light, refreshment, and, above all, amusement, act like a talisman. It is the relief from pain. Strained nerves pass from the abnormal to the normal.

WOMEN WHO SUFFER

Can Obtain New Health Through the Use of Dr. Williams' Pink Pills.

Every woman at some time needs a tonic. At special times unusual demands are made upon her strength. Where these are added to the worry and work which falls to her lot, weakness and ill health will follow unless the blood is fortified to meet the strain.

Weak women find in Dr. Williams' Pink Pills the tonic exactly suited to their needs. Most of the ills from which they suffer are due to bloodlessness—a condition which the Pills readily cure. These pills save the girl who enters into womanhood in a bloodless condition from years of misery, and afford prompt and permanent relief to the woman who is bloodless, and therefore weak. Mrs. Wm. H. Wagner, Rosenthal, Ont., writes:—"After the birth of my second child I suffered from troubles which most mothers will understand, without going into details. The doctor who was attending me said an operation would be necessary, but as I dreaded this and as Dr. Williams' Pink Pills had been of great help to my sister I decided to try this medicine, and I can truly say that after using the pills for some time they made a complete cure and made life more enjoyable than it had been for a long time. I think every woman suffering from the ailments of our sex should give Dr. Williams' Pink Pills a fair trial as I know from my own case the great benefit that follows their use."

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.

CANADA AS A PAPER MAKER.

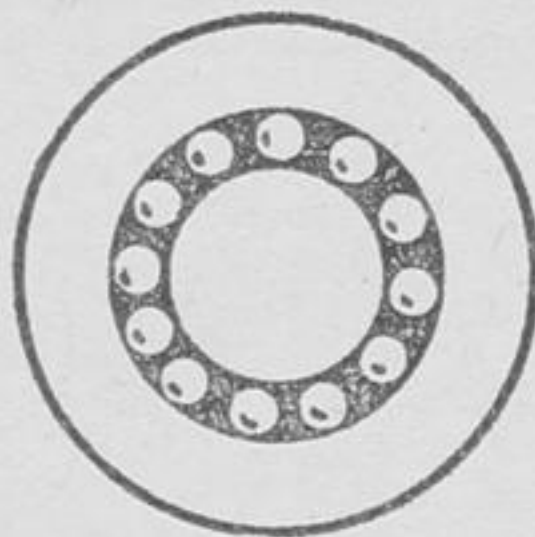
Capacity to Produce Pulp Wood in Enormous Quantities.

Indications point to Canada as one of the most important pulp and paper producers of the world for many years. There is no reason, except apathy respecting fire-protection in the pulp producing regions, why Canada should not produce perpetually a large part of the world's paper. The large spruce forests in the east and north including the sub-arctic forest which has value chiefly for pulp, show Canada's capacity to grow suitable wood in enormous quantities, sufficient with any kind of protection and management, to supply the demand of all time. Pulp forests are, however, particularly susceptible to fire, and need careful protection.

It is gratifying to see that some of the most progressive pulp companies are successfully protecting their lands from fire. On account of the comparatively rapid growth of pulp timber to a commercial size it appears that pulp companies will be the first who can prove that scientific forest management is good business for a private concern.

The increasing production of pulp and paper in British Columbia continues, and it is announced that the plant of the Empire Pulp and Paper Mills, at Swanson Bay, 100 miles south of Prince Rupert, will be turning out chemical pulp in commercial quantities, the daily output when the plant is in full running order being between thirty-five and forty tons.

Is there to be no reparation for the wrongs? Is peace to come on this basis—that the greatest crime in the world's history is to go absolutely unpunished?



MICA AXLE GREASE

Makes your wagon run as if it had ball bearings. It is the Mica that does it. Mica makes a smoother bearing surface and a longer wearing grease. Dealers everywhere.

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA

A Madagascar Industry.

One of the oldest native Madagascar industries is the curing and manufacturing of silk into what is called "lambamena"; "lamba" in Malagasy means dress shroud, or clothing, and "mena" means red. "Lambamena" is made from a heavy grey native silk principally in the Betsileo country, in the southern part of the Central Plateau. This material was originally used for wrapping the bodies of prominent natives for burial. The more celebrated or wealthy the deceased or his relatives here, the more lambamena was used, but this custom is being gradually discontinued.

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practices for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 2c and 50c. Write for book of the Eye. Fred. Murine Eye Remedy Company, Chicago. Adr.

First in Something.

According to their own account, the children were first in something at school: One was first in reading, another in arithmetic, another in sports. Bertie alone remained silent.

"Well, Bertie, how about you?" his uncle asked. "Aren't you first in anything?"

"Yes," said honest Bertie, "I'm first out of the building when the bell rings."

Minard's Liniment Cures Diphtheria.

Abusive.

One day after the brakeman had been explaining the scenery, one of the passengers whispered to the conductor. "Conductor, can you tell me how that brakeman lost his finger? He seems to be a nice fellow."

"That's just it, ma'am. He is so obliging that he just wore his finger off pointing out the scenery along the line."

Fairville, Sept. 30, 1902.

Minard's Liniment Co., Limited.
Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.
Yours truly,
CHAS. F. TILTON.

Our Puzzling Language.

"Now," said a teacher to his class during a lesson in English, "can anyone give me a word, ending with 'ous,' meaning full of, as 'dangerous,' full of danger, and 'hazardous,' full of hazard?" There was silence in the class for a moment. Then a boy sitting in the front row put up his hand. "Well," said the teacher, "what is your word?" "Please, sir," came the reply, "pious,' full of pie!"

To Relieve Catarrhal Deafness and Head Noises

If you have Catarrhal Deafness or head noises go to your druggist and get 1 ounce of Earsmit (double strength), and add to it a pint of hot water and 4 ounces of granulated sugar. Take 1 tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Any one who has Catarrhal Deafness or head noises should give this prescription a trial. Any druggist can supply you, or a bottle will be sent on receipt of 75c. postal note or money order. Address International Laboratories, 74 St. Antoine St., Montreal, Canada.

RATS LEAVING SHIP.

Austrian Imperial Family Storing Treasures in Neutral Countries.

A Swiss correspondent of the Agenzia Libera, of Rome, reports that a great sensation has been created at Vienna by revelations published in Austrian papers, to the effect that treasures and money to the extent of many millions of kronen, belonging to the Austrian Imperial family, have been deposited in banks in neutral countries. The despatch declares that the news has been fully confirmed. It appears that money, valuables and securities, worth more than 150 million kronen (over \$30,000,000), belonging to the Emperor and certain Archdukes, have been sent into Switzerland and Holland. The "Corriere d'Italia" learns from Berlin that the news has caused a very bad impression even in Germany.

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excellent medicine for little ones. They sweeten the stomach; regulate the bowels, break up colds and simple fevers, cure constipation and make teething easy. Concerning them Mrs. E. Quinn, Parame, Que., writes:—"Baby was troubled with constipation and nothing helped him till I began using Baby's Own Tablets. They are an excellent medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

First Undergraduate—Have you telegraphed to the old man for money? Second Undergraduate—Yes. "Got an answer?" "Yes. I telegraphed the governor: Where is that money I wrote for? and his answer reads: In my pocket."

Minard's Liniment Cures Colds, Etc.

Speaking of Appetites.

A huge eating competition had been held by some brawny sons of toil in a country town in Yorkshire, and one of the competitors had succeeded in disposing of a leg of mutton, a plentiful supply of vegetables and a plum pudding, the whole washed down with copious draughts of ale.

He was unanimously declared the winner and was being triumphantly escorted home when he turned to his admirers, and said:

"Ah say, lads, don't thee say nowt of this to my ole woman, or she won't gie me no dinner!"

His Accident Policy.

"You stepped right in front of that automobile. If the driver hadn't turned sharply you might have been killed."

"True. Very true."
"Were you trying to commit suicide?"

"No. I took out an accident insurance policy yesterday, and I was just experimenting to see what sort of protection it would give me. By jinks, it worked like a charm!"

The finest harbor in the world is said to be that of Rio de Janeiro, Brazil.

Minard's Liniment Cures Garget in Cows.

The Government of India will extend its wireless system until every army post has a station in the charge of a trained officer.



Rheumatism attacks the "outside" man. Pains and aches stiffen his joints and muscles and reduces his efficiency. At the first twinge get Sloan's Liniment, easy to apply, it penetrates without rubbing and soothes the soreness.

After that long drive or tedious wait in the cold rain apply Sloan's Liniment to those stiff fingers, aching wrists and arms.

For gout, neuralgia, toothache, bruises, sprains, cold feet, it is promptly effective.

At all druggists, 25c. 50c. and \$1.00.



FENCING THE HIGHWAYS.

A Conspicuous Evidence Of How Canada Is Being Rapidly Settled.

In a journey to-day across the Dominion, one is impressed by the miles of farm fencing, particularly in the far west. It seems but a day when the vast stretches of our Western territories from Manitoba to the Coast were one wide field. To-day, for hundreds of miles, in any direction you travel, railroad and other property is substantially fenced; it shows to what extent these vast areas have come under cultivation either for crops or stock. No better evidence of substantial growth could be had. It is also a tribute to the quality of fencing to be had of Canadian manufacturers.

Minard's Liniment Cures Distemper.

The Difference.

"Well," George," said the president of the company to old George, "how goes it?"

"Fair to middlin', sir," George answered. And he continued to curri-comb a bay horse.

"Me an' this here hoss," George said, suddenly, "has worked for your firm sixteen years."

"Well, well," said the president, thinking a little guiltily of George's salary. "And I suppose you are both pretty highly valued, George, eh?"

"H'm," said George, "the both of us was took sick last week, and they got a doctor for the hoss, but they just docked my pay."

HAVE YOU ECZEMA?

Would you like to end that terrible itching, that burning pain; to heal those horrid sores?

You have tried all sorts of fatty ointments, lotions and powders. Put them aside now and give Nature a chance as represented by Zam-Buk.

Zam-Buk is made from herbal essences; is a natural healer. Is not something you have to send to the end of the world for, and pay a heavy price! Every druggist will sell you Zam-Buk and for 50c. only. Just give it a fair trial and incidentally give yourself ease by the quickest route. See name on box:—



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 Co., Montreal.

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.

BOOK ON DOG DISEASES And How to Feed
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The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

ATLANTIC CITY
THE NEW HOTEL TRAYMORE
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.