

## "Going up on High?"

Better try the low gear first. The human engine must have the right kind of fuel-food. Power to do things comes from food that is rich in muscle-building material, that is easily digested. **Shredded Wheat** is a high-power food, the kind that fits a man or woman for the day's work—just enough muscle-making material, just enough heat-making material to keep the body in top-notch condition. Shredded Wheat is ready-cooked, ready-to-eat. Two Biscuits with milk make a nourishing meal at a cost of a few cents. Made in Canada.

## TORTURE OF PRISONERS.

Terrible Cruelty Inflicted on Captives by Germans.

Hideous in the extreme, and only equal in awfulness to the frightful horrors of the Inquisition of the dark ages, is the story told in a semi-official communique of the tortures inflicted upon French and English prisoners in German prison camps, says a Paris correspondent.

Examples are given, as follows:

In reprisal camps of occupied districts of Russia this treatment has been applied with terrible refinements of cruelty. Thus, a mattress was at times placed between the stake and the head of the sufferer to render his position more exhausting. Sometimes the victim was tied bareheaded at midday with his face toward the sun, and with the points of barbed wire arranged so that they penetrated his chin.

At Landshut seventeen Frenchmen were enclosed in a cage four metres long by three metres wide, exposed to all weathers. As a result, several of them went mad.

Punishment of the pit. The victim was forced into a hole in the earth, of an average length of one metre and eighty centimetres deep. The floor was strewn with sharp stones and the walls covered with barbed wire.

In Courland the lashing was administered on the loins of prisoners. At Stargard on Sunday mornings the wives of officers and other persons were invited to witness the bastinado.

## Pursued.

Girl's Father (sharply)—What are you driving at?

Nervy Suitor—I don't see why you continue to misunderstand my meaning; I have tried to make it plain enough. I want to marry your daughter, that's all there is to it. Do you follow me?

But there was no need of this question, for as the young man turned to leave, he had tangible evidence that his prospective father-in-law was following him closely.

## TOKIO'S BEST GHOST STORY.

Wandering Spirit of an Unhappy Japanese Bride.

Japan, like other lands, boasts of haunted houses. They are tearing down a house in Tokio because no tenant can stay in it longer than a week, so full of parading ghosts is it after the midnight hour. This is the story told the East and West News by the neighbors to the latest tenant, a man named Kashio:

Some years ago a family lived there who had a daughter just married. From some cause or other, the father forced her to divorce in spite of the love between the couple. She was overcome with grief and asked her father to send her back to her husband, but he refused. He even forbade her leaving the house. She had nothing else to do but to saunter around the rooms of her home.

At last in sorrow and mortification she resorted to the final thing. Wearing her white wedding robe in memory of her happiest day in the six mat room, she plunged a dagger into her throat, which ended her life.

Now the house is being torn down and a new one is to be built in order to abolish the haunts of the spirits.

## She Does Her Bit In Patriotic Work

And Tells of Benefit Received From Dodd's Kidney Pills.

Mrs. H. A. Standish Strong, Hearty and Enthusiastic at Sixty-two, Advises Others to Use Dodd's Kidney Pills.

Ayers Cliff, Stanstead Co., Que., Feb'y 19th (Special).—One of the most enthusiastic patriotic workers in this district is Mrs. H. A. Standish. Though sixty-two years of age her splendid health enables her to keep house for three hearty men and still have time and strength to devote to the welfare of the boys in the trenches. And Mrs. Standish will tell you she owes that abundant health to Dodd's Kidney Pills.

"I must say that Dodd's Kidney Pills are very good for sick kidneys," Mrs. Standish states. "I have recommended them many times for rheumatism as they helped me very much for that disease. You can say for me that Dodd's Kidney Pills are beneficial for everyone who is troubled with bad kidneys."

The kidneys are the keystone of woman's health. Keep the kidneys right and the rest will be right. Dodd's Kidney Pills keep the kidneys right.

## Loyalty.

The first great work (a task performed by few) Is that yourself may to yourself be true.

**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**

## SOME IRISHISMS.

Unconscious Humor Is a Characteristic of the Irish Race.

"I met our ould acquaintance," said a man of County Clare to a friend, "and was sorry to see him almost shrunk to nothing. You're thin, and I'm thin; but, sure, he's thinner than both of us put together!"

The Irishman who said to his children: "Ye pays no more attention to me than if I was a dumb baste talking to yez!" was unconscious of saying anything funny as the Irish baronet who boasted that it was "hereditary in his family to have no children"; and the domestic who complained: "Enjoy slape, is it? How could I, now? The minit I lay down I'm aslape, and the minit I'm aslape I have to get up. Where's the time for enjoying it?"

Be we are not so sure of the man who, when asked by his employer: "Well, Patrick, which is the bigger fool—you or I?" answered: "Faith, I couldn't say, sorr; but it's not meself"; or of the groom who, to the question: "You say your present master treats you better than Mr. Smith did?" replied: "Yes, sorr—and oftener."

It was Sir Bryan L'Loghan who was responsible for the startling statement that "a verbal agreement is not worth the paper it is written on"; and the immortal Sir Boyle Roche who, in a debate on a proposed tax on leather, declared "the bare-footed peasantry of Ireland" could avoid the tax by "having their under-leathers made of wood"; and who, when discussing the relations between England and Ireland, said: "He is an enemy to both kingdoms who wishes to diminish the brotherly affection of the two sister kingdoms."

That the same unconscious humor

can survive even death is proved by the following, among other epitaphs: "Here lies the body of Lady O'Looney, Great-niece of Burke, Commonly called the Sublime. She was bland, passionate, and deeply religious; Also she painted in water-colors, and sent several pictures to the exhibition. She was first cousin of Lady Jones."

"Often, brethren," said an Irish clergyman, addressing the mourners at a funeral, "have I dandled the corpse on my knee"; while another reverend orator, pointing to the coffin, said solemnly: "Here, brethren, we have before us a living witness and a standing monument of the frailty of human hopes."

## TO STOP BAD COUGH

**SOOTH DRY, IRRITATED THROAT WITH PARMINT SYRUP. SAYS THIS OLD FASHIONED COUGH MEDICINE IS THE BEST.**

We are told that the old time remedies are best and invariably contain less harmful and better medicine than those which are in use today. This being so, undoubtedly the following old fashioned recipe which is quick acting, will be welcomed by many as there seems to be a regular epidemic of coughs at the present time. Secure from your druggist 1 ounce of **Parmint (double strength)**, take this home and add to it a quarter pint of hot water and 4 ounces of granulated sugar, stir until dissolved. Take 1 tablespoonful four times a day. No more racking your whole body with a cough. Clogged nostrils should open, air passages of your head should clear and your breathing become easy. **Parmint** syrup is pleasant to take, easy to prepare and costs little. Every person who has a stubborn cough, hard cold or catarrh in any form 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.

## Vegetable Sponge.

The wet flat lands of Ecuador produce a vine yielding a fruit which when dried, forms a sponge said to be superior to animal sponges.

## Minard's Liniment Cures Distemper.

### How?

"Truly, am I the first girl you ever kissed?"  
"You are, my darling, and it makes me happy to hear you say I am the first man who ever kissed you."  
"If I am the first how does it happen you do it so expertly?"  
"And if I am the first how do you know whether I do it expertly or not?"

Mansonville, June 27, '18. Minard's Liniment Co., Limited. Yarmouth, N. S.

Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefited by the use of your Liniment, I am,

Sincerely yours,  
GEO. H. HOLMES.

## Minerals in Mexico.

The mineral resources of Mexico include gold, silver, copper, coal, platinum, graphite, petroleum, asphalt, sodium and marble.

## Minard's Liniment Cures Garget in Cows.

### All-Pervasive.

The teacher's last question was meant to be a scientific poser.

"What is it that pervades all space," she said, "which no wall or door or other substance can shut out?"

No one had an answer ready but Freddy Sharpe.

"The smell of onions, miss," he said promptly.

## Minard's Liniment Cures Colds, Etc.



**T**ired aching feet feel refreshed after an application of Sloan's Liniment, do not rub, it penetrates and soothes.

Cleaner than mussy plasters or ointments, does not stain the skin.

Have a bottle handy for rheumatic pains, neuralgia, gout, lumbago, sprains, strains, toothache, bruises and muscle soreness.

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

**Sloan's Liniment**  
KILLS PAIN

**MAGIC BAKING POWDER**

Magic Baking Powder costs no more than the ordinary kinds. For economy, buy the one pound tins.

E.W. GILLET COMPANY LIMITED  
WINNIPEG TORONTO, ONT. MONTREAL

MADE IN CANADA

REFUSE SUBSTITUTES

## Encouraging.

He was one of those young men who never seem to know when to go home. She had tried yawning, but even that failed to get rid of him.

Presently a clock outside in the hall began to strike in low, deep tones the midnight hour.

"Oh, I say, Miss Goldilocks," said the late-stayer brightly, "is that an eight-day clock?"

Miss Goldilocks smiled coldly at him.

"Well," she said, stifling another yawn, "why don't you stay a little longer and find out?"

Hang lumps of suet in the trees for the birds to feed on while the ground is frozen and food scarce. Fasten the suet securely or the blue jays will take the whole lump. Sparrows and finches like ordinary bird seed. This must be scattered over feeding shelves.

## Minard's Liniment Cures Diphtheria.

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

**BOOK ON DOG DISEASES And How to Feed**  
Mailed free to any address by the Author  
**H. CLAY GLOVER CO., Inc.**  
118 West 31st Street, New York

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**AMERICAN PLAN EUROPEAN PLAN**  
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## ABSORBINE

Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse Book 2M Free. **ABSORBINE, JR.**, the antiseptic liniment for mankind, reduces Strained, Torn Ligaments, Swollen Glands, Veins or Muscles; Heals Cuts, Sores, Ulcers. Allays pain. Price \$1.00 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. D. F., 518 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.

**FOR ALL BLACK LEATHER**  
**EUREKA HARNESS OIL**  
is unexcelled for preserving and lengthening the life of black leather.  
This scientifically prepared oil makes harness a rich, inky black—shiny, soft, tough.  
**THE IMPERIAL OIL COMPANY, Limited**  
Branches Throughout Canada

## Sovereignty Recognized.

Agent—"Is the boss of the house in?" Proud Father—"Yes; he's asleep up-stairs in his cradle."

Canary islands now have a telephone system.

**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.—50c box.

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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, 78 West Adelaide Street, Toronto.

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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.

**RABBITS**  
WANTED. 2-3 LBS.  
Write A. BARBOUR,  
243 College St., Toronto



## THE NATION'S FUTURE Depends Upon Healthy Babies

Properly reared children grow up to be strong, healthy citizens

Many diseases to which children are susceptible, first indicate their presence in the bowels. The careful mother should watch her child's bowel movements and use

## Mrs. Winslow's Soothing Syrup

It is a corrective for diarrhoea, colic and other ailments to which children are subject especially during the teething period.

It is absolutely non-narcotic and contains neither opium, morphine nor any of their derivatives.

## Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Soothes the fretting child during the trying period of its development and thus gives rest and relief to both child and mother.

Buy a bottle today and keep it handy

Sold by all druggists in Canada and throughout the world

**SPEED**  
combined with good judgment counts in business now-a-days.

**Grape-Nuts**  
FOOD  
supplies balanced nourishment for sturdy muscles and active brains.

"There's a Reason"  
No change in price, quality, or size of package.