

**The Workers of the World** with hand or brain, in doors or out doors, under all conditions and in all climes, will find in **Shredded Wheat** the food that supplies all the material for building healthy tissue and good brain—a food that nourishes every organ of the body and keeps the bowels healthy and active—the one universal cereal food that appears on the breakfast table of most Canadian homes every day in the year. It is ready-cooked and ready-to-eat. For breakfast with milk or cream, for any meal with fruits. Made in Canada.

**BRITISH COLUMBIA MINERALS**

**Development of Mineral-bearing Lands in North Thompson Valley.**

The following interesting letter has been received by the Canadian Northern Railway Company at Toronto, from Chu Chua, British Columbia, regarding the development of the mineral-bearing areas tributary to its main line through the North Thompson Valley:—

"There are about twenty claims staked near here; the first car of gold ore taken from the surface of the Wind Pass Claim had a gross value of \$1,648.00, and there is another car load ready for shipment.

"As soon as the Spring opens up so that we can build wagon roads, there will be large shipments during the coming summer. At present the ore is being taken down the mountain side by hand sleds. There is about \$50,000 worth of ore in sight on these claims without very much development work.

"At the head waters of Boulder and Canyon Creeks, there are large bodies of copper ore that carry gold and silver values, and large deposits of magnetite iron ore that carry some gold values.

"At Blackpool there is ore being shipped that carries both lead and silver.

"From the Fog Horn Group at the head of Boulder Creek there were shipped 50 tons of Galena ore with a gross value of \$4,000.00. A further shipment of this ore will be made this winter.

"In addition to this part of the North Thompson Valley being a fine farming and ranching country, it is destined to be one of the richest mineral-producing districts in B. C. All it needs is capital for development."

**A LAND OF TRAGEDIES.**

**Switzerland is Overflowing With the Human Wreckage of The War.**

"Switzerland is a land of tragedies," writes Miss Madeline Doty, in the Nation. "They hit the eye wherever one walks. The country is inhabited by trembling old people in deep mourning. Their sons are all dead. They have come here to forget. These sorrowing aged ones bring tiny grandchildren. The land is swarming with curly-haired, dancing-eyed, pink and white perfections in babyhood. They are the prize children the belligerent nations are trying to save.

"Besides this mixture of old and young, there is the awful human wreckage of war. Soldiers who have gone crazy and walk with shuffling feet and hanging mouth, tubercular warriors, gasping and white, and men who are only stumps riding about in wheeled chairs.

"All that is best and worst in mankind is here in evidence."

**How To Relieve Catarrhal Deafness or Head Noises**

If you have catarrh, catarrhal deafness or head noises caused by catarrh, or if phlegm drops in your throat and has caused catarrh of the stomach or bowels you will be glad to know that these distressing symptoms may be entirely overcome in many instances by the following treatment which you can easily prepare in your own home at little cost. Secure from your druggist 1 ounce of Parmlin (Double Strength). This will not cost you more than 75c. Take this home and add to it pint of hot water and 4 ounces of granulated sugar; stir until dissolved. Take one tablespoonful four times a day. An improvement is sometimes noted after the first day's treatment. Breathing should become easy, while the distressing head noises, headaches, dullness, cloudy thinking, etc., should gradually disappear under the tonic action of the treatment. Loss of smell, taste, defective hearing and mucus dropping in the back of the throat are other symptoms which suggest the presence of catarrh and which may often be overcome by this efficacious treatment. If nearly ninety per cent. of all ear troubles are caused by catarrh, there must be many people whose hearing may be restored by this simple home treatment.

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.

Italy prohibits export of cheese.

**CANADA AND BEEF PROBLEM.**

**Farmers of Western Provinces Increase Number of Live Stock.**

With the price of beef and other meats soaring to hitherto unheard-of heights, and every newspaper carrying stories about the future prices of boots and shoes and other articles made of leather, there may be a modicum of comfort to be taken from the fact that the farmers and ranchers of Western Canada are now turning their attention to cattle and stock raising to an extent that would not be believed possible a few years ago.

According to the figures given in the Census and Statistics Bulletin issued by the Department of Trade and Commerce at Ottawa, all three of the western provinces show large increases in the number of livestock raised in 1916, as compared with 1913 the year previous to the war. The figures for hogs show a decrease, due to the several large war orders received by some of the western packing firms from the allies. One firm alone is said to have received an order for ham and bacon that called for 350,000 head of hogs.

The increase in the number of sheep is one of the outstanding features of the government report. The increase, approximately 30 percent, is very gratifying. Many of the smaller flocks of sheep as they have found out that the climate was very suitable to them, provided a certain amount of shelter was supplied during the short periods when the weather might otherwise be too severe.

The report estimates that there are at present 2,048,354 cattle in the three western provinces, 565,709 being milch cows and the balance beef and other cattle. This shows an increase of nearly 15 percent over 1913, and also the very large number of beef cattle that have been marketed during the past couple of years must be taken into consideration. Many large war orders were filled in Western Canada.

The Dominion and Provincial Governments and the Canadian Pacific Railway, through its Agricultural and Animal Industry Branch, have all aided the farmers in every possible way, and have published broadcast literature showing the best results that have been obtained on the various experimental and demonstration farms. The Canadian Pacific has several of these farms throughout the West, with an expert in charge of each, and at every cattle sale these farms are represented by animals of a very high class, both for breeding, milch and beef animals. The experts in charge of these farms will at all times aid in any way they can the farmer who seeks advice with reference to the best stock to go in for and also the proper way to secure the greatest results.

While there is no prospect of an immediate reduction in the price of meat as a result of the increased interest displayed by the farmers of the west, the prairies of the Canadian West have unlimited room for the raising of all kinds of livestock, and with the farmers taking a greater interest in livestock than ever before, Canada is destined to play a large part in solving the meat problem which the world now faces, and which is likely to become still more acute at the close of the war when European countries will be buying animals to replenish their herds.

**FRETFUL BABIES**

Mrs. John M. Weaver, Blissfield, N. B., writes:—"I can speak very highly of Baby's Own Tablets. I have used them for my children and find they are the best medicine a mother can give her little ones. I would strongly recommend them to all mothers who have fretful babies." The Tablets regulate the bowels and stomach; break up colds and simple fevers; expel worms; cure vomiting and indigestion and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**Cost of Bad Roads.**

A company in Stanislaus county, California, that buys skimmed milk from the farmer has demonstrated to the rural residents in an emphatic manner the value of good roads to them. This company sends trucks directly to the farms to collect the skimmed milk, but it pays higher prices to farmers living on good roads than on bad roads. On poor roads the company pays 17 1/2 cents per 100 pounds, but on the good roads it pays 20 cents. Of course, the farmer always has been paying this tax on every hundred pounds he hauled over bad roads and he has been relieved of it on every hundred pounds he had hauled over good roads, but that fact has not been brought to his notice as in the case cited. When he measures his distance from town in minutes instead of miles he will realize the profit of good roads.—American Lumberman.

"What is the distinction between verse and poetry?" "Well, if you can understand it it's verse, and if you can't understand it it's poetry."

**He Feels He Owes His Life To Them**

**Telegraphed 200 Miles for Dodd's Kidney Pills.**

**Sandy Goulette, Now Strong and Healthy, Tells How He Found Health After the Doctors Had Given Him Up.**

Old Fort Bay, Labrador, Que.—Feb'y 26th (Special).—"Do I believe in Dodd's Kidney Pills? Well, I telegraphed two hundred miles to get two boxes of them." The speaker was Sandy Goulette, an old settler here. Nor did Mr. Goulette require to be pressed to tell the rest of his story.

"I was swollen out of shape from head to foot. I was so short of breath I could hardly speak. The doctor could do nothing for me. The minister gave me the holy sacrament and a good priest came and told me I could not live much longer.

"Then I telegraphed for Dodd's Kidney Pills. I took three pills the night they came and I got relief before morning. Dodd's Kidney Pills cured me. I am able to do my day's work now as well as I was ten years ago."

Mr. Goulette offers to answer any letters written to him regarding his case. He feels that he owes his health, if not his life, to Dodd's Kidney Pills.

**Advance in War Surgery.**

In surgery and sanitation the war has brought out many improvements. There have been no great epidemics such as have marked other wars, and England is greatly pleased with the work of the Royal Army Medical Corps, which has solved great medical problems during the war. The Somme advance with its death grapple of mighty armies lasting months was a great test for the medical service, with many and serious wounds to treat and the danger of infection.

**Canada and the Monroe Doctrine.**

If the British navy were beaten, Germany next spring could land a large army on the east coast of Canada and there would be nothing to prevent it crossing the four thousand miles of the continent, leaving a trail such as was left in Belgium, in Poland, in Serbia and in Rumania.

**Mansonville, June 27, '13. 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.

**Spare the Birds.**

Birds have sometimes eaten half their weight in insects in a day. Unmolested they would save the country millions of dollars annually. The natural savage seems to be in every man and is shown by the desire to shoot and kill every living thing seen. Thoughtless parents give boys air guns and regular powder and ball rifles, and accidents and deaths frequently result; scores of useful birds and animals are wantonly slaughtered. Who will join the Let Live Association? No initiation fees, no dues. Only agree to let every useful thing live, as far as possible, to encourage others to do the same to lend a hand cheerfully to man or beast when help is needed. Wonderful how body and soul expand as soon as one becomes a member of this organization. Members are not restricted by location, race, creed, color or financial standing.

**Minard's Liniment Cures Diphtheria.**

**More Military Precision.**

A colonel in the French army, who had a great eye for neatness but not much of an ear for music, took occasion one day to compliment his bandmaster on the appearance of his men. "Their uniforms are neat," said the colonel, "and their instruments are nicely polished and kept in order, but there is one improvement that I must insist upon.

"What is it, colonel?" "You must train your men, when they perform, to lift their fingers all at exactly the same time and at regular intervals on their instruments, so—one, two, one, two!"

**Minard's Liniment Cures Colds, Etc.**

"The trouble with you, sir, is—if you will pardon me for saying so—that you think nobody is good enough for your daughter." "Yes, sir, and that is where we differ so radically. You appear to think anybody is."

**AUSTRALIANS ON SKATES.**

**Canadians Try to Teach Anzac Pals How to Skate.**

The unusually cold weather in England in February and the consequent revival of skating has proved a great novelty to the soldiers from Australia and New Zealand, many of whom tried to skate on the various safe stretches outside London. One man with one leg and two rubber-shod crutches made quite good progress at Richmond, with occasional lapses from the perpendicular. At Walton-on-Thames, where the New Zealand Hospital is, the men were enjoying the sport greatly.

There were some Canadians who were experts in skating, and at Regent's Park one wounded man from Montreal gave a good exhibition of figure-skating. Afterwards he tried to teach a Queenslander. Both were in full hospital kit, and their "blues" and scarlet ties made an effective note of color. At last the Queenslander retired baffled, contented to watch the experts, among whom was Princess Patricia of Canaught.

Many New Zealand and Australian soldiers have had their first experience of ice in large areas. On Sunday there were many Australians who wandered along the bank of the Serpentine gazing with interest at the frost-bound waters. To the man from Queensland or Western Australia this is particularly a new experience, and very few, if any, New Zealanders hailing from north of Christchurch have seen such large areas of water frozen over.

**This Simple Rule Soon Strengthens A Delicate Stomach**

It really is unnecessary to dose yourself with peptic pills or artificial digestives or to live on a miserable nursery diet. If you will observe one easy rule you can eat the hearty, nourishing foods that your appetite craves and your body needs. That rule is to take a teaspoonful of Bisurated Magnesia in a half glass of hot water with each meal. Bisurated Magnesia is non-laxative and harmless and possesses medicinal qualities that promptly overcome impaired digestion, fermentation, acidity, catarrhal conditions of the stomach, gas, distress after eating and other stomach disorders. As magnesia is prepared in various ways be certain to insist on obtaining it in the Bisurated form, especially recommended for stomach purposes. Sold by all druggists.

**For Wireless in Airship.**

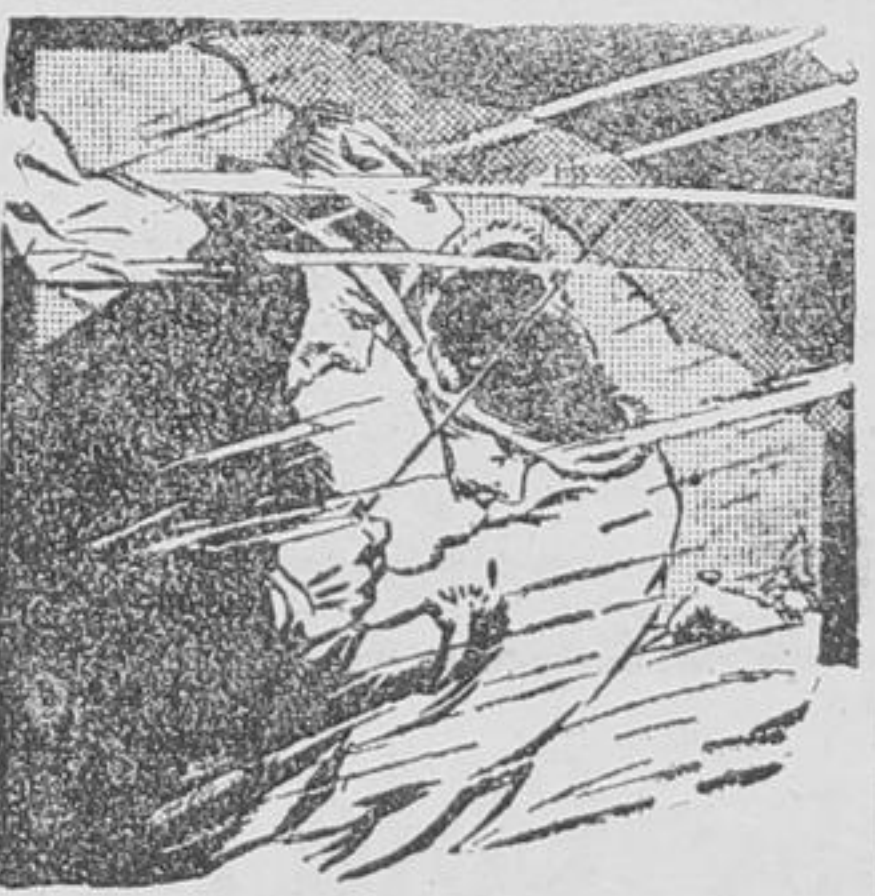
Part of a new wireless equipment designed for aeroplanes is contained in a helmet that is intended to bar other sounds from an aviator's ears.

**After the Movies**

Two Eyes for a Lifetime Murine is for Tired Eyes—Red Eyes—Sore Eyes—Gravitated Eyelids—Rheumatism—Inflammation—Blepharitis—Mucin is a Favorite Treatment for eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity. Care for Them. You Cannot Buy New Eyes! Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book.

A surgical instrument has been invented to measure the turbidity of spinal fluids to aid in diagnosing mental diseases.

**Minard's Liniment Cures Garget in Cows.**



Cold weather aches follow exposure. Soothe and relieve them with Sloan's Liniment, easy to apply, it quickly penetrates without rubbing. Cleaner than mussy plasters or ointments, does not stain the skin.

For rheumatic pains, neuralgia, gout, lumbago, sprains, strains, bruises and stiff sore muscles, have Sloan's Liniment handy.

At all druggists, 25c, 50c. and \$1.00.  
**Sloan's Liniment**  
KILLS PAIN



**FOR DISTEMPER**

Sure and positive preventive, no matter how horses at any age are afflicted or "exposed." Liquid, given on the tongue, acts on the blood and glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in poultry. Largest selling live stock remedy. Cures La Grippe among human beings, and is a fine Kidney remedy. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures."

SPOHN MEDICAL COMPANY, Chemists and Bacteriologists, Goshen, Ind., U. S. A.

**ROYAL YEAST CAKES**  
MAKES THE WHITEST, LIGHTEST  
The best yeast in the world.  
Makes perfect bread.  
MADE IN CANADA  
**E.W. GILLETT COMPANY LIMITED**  
TORONTO, ONT.  
WINNIPEG MONTREAL

**Ireland's Peat Deposits.**  
Peat covers about one-seventh of the area of Ireland and the deposits are estimated to contain 40,000,000,000 tons of fuel.

**Minard's Liniment Cures Distemper.**

**FOR SALE.**  
FOR SALE CHEAP—GOOD BOARDING HOUSE in Owen Sound. In good repair, good location. Near Depot and Factories. Apply R. McGrath, Executor, Transcona, Man.

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**PROFIT-MAKING NEWS AND JOB** Offers 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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**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.

**MONEY MAKING STRAIN**  
Money in the commercial poultry business? Yes! If you have a laying strain, We admit ours to be the greatest Poultry success in Canada. Circular of facts Free. Hatching Eggs 100 percent fertility guaranteed. Stock for Sale.  
**BIRCHCLIFFE POULTRY FARM** Box F BIRCH CLIFF, ONT.

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Mailed free to any address by the Author  
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A fraternal and insurance society that protects its members in accordance with the Ontario Government Standard. Sick and funeral benefits optional.  
Authorized to obtain members and charter lodges in every Province in Canada.  
Purely Canadian, safe, sound and economical.  
If there is no local lodge of Chosen Friends in your district, apply direct to any of the following officers:  
Dr. J. W. Edwards, M.P. W. F. Montague, Grand Recorder.  
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**MICA AXLE GREASE**  
forms a smooth, slippery surface on the axle spindle. The ground Mica fills the pores of the steel and makes easier turning. Dealers everywhere.  
THE IMPERIAL OIL COMPANY Limited  
BRANCHES THROUGHOUT CANADA

**PINK EYE, EPIZOOTIC, SHIPPING FEVER, AND CATARRHAL FEVER.**  
Sure and positive preventive, no matter how horses at any age are afflicted or "exposed." Liquid, given on the tongue, acts on the blood and glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in poultry. Largest selling live stock remedy. Cures La Grippe among human beings, and is a fine Kidney remedy. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures."