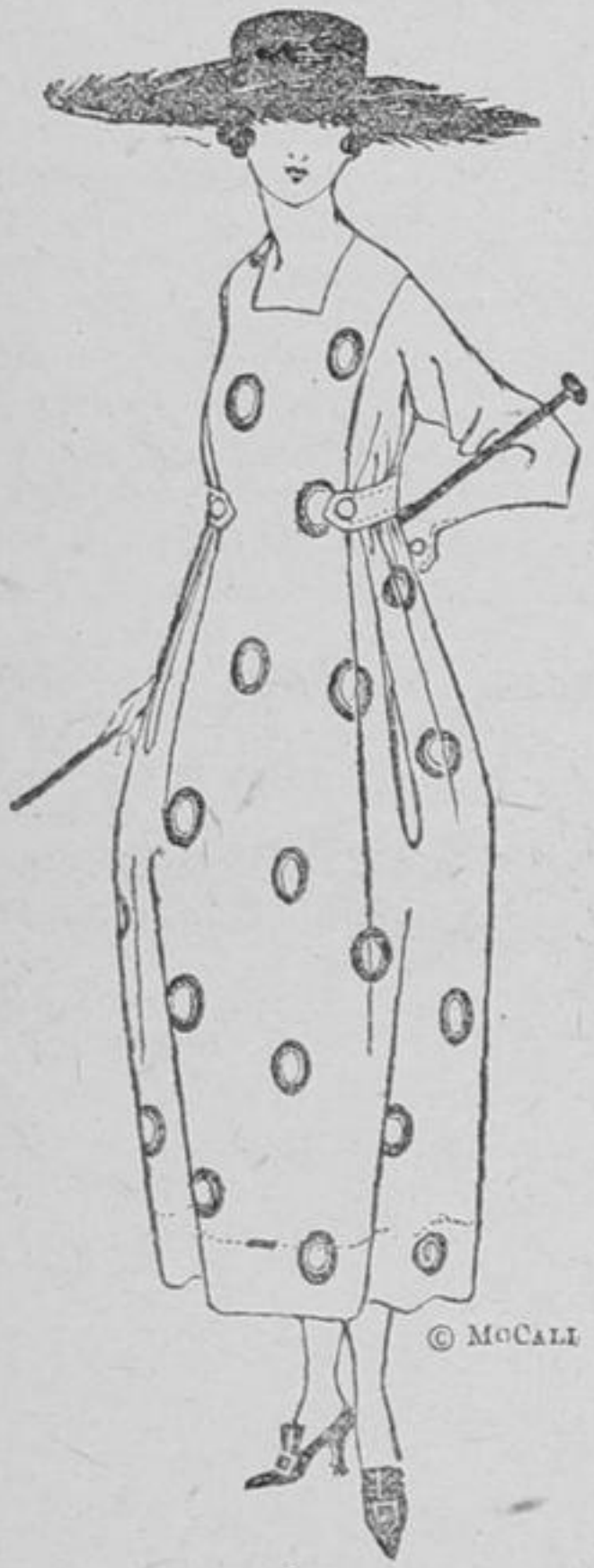


**You Can Do Your Bit** in the trenches, in the home, in the office, in the factory, in the store, when the body is nourished with foods that build healthy muscle without overtaxing the digestive organs. **Shredded Wheat Biscuit** contains the greatest amount of body-building nutriment at lowest cost. It strengthens the muscles of the stomach and intestines by making them do their normal work in a natural way. A better-balanced ration than meat or eggs, more easily digested and costs much less. Ready-cooked and ready-to-eat. For breakfast with milk or cream, or for any meal with fruits. Made in Canada.

### Styles for Spring

There will be two fashionable silhouettes this spring. The slim silhouette, with its straight, clinging lines will continue to be first in favor, as it has been all through the winter, but the new barrel skirt will give women a chance to indulge in the bouffant effect, which will, doubtless, be welcomed by those who have complained of being tired of the eternal straight line.

True to its name, the new silhouette is in the outline of a barrel, bulging at the hips and drawn in at the



© McCALL

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Dress of Pongee Showing the New Silhouette

waist and ankles. There are many ways of accomplishing this puffiness over the hips. One is by the clever



### Steady Those Nerves!

If it's caffeine—the drug in tea and coffee—that's causing shaky nerves, the remedy is perfectly plain—

Quit both tea and coffee, and for a pleasant, healthful table beverage, use—

## POSTUM

Postum is a delicious cereal drink, pure and nourishing and absolutely free from any harmful ingredient.

There's a big army of Postum users who are enjoying better health and comfort since joining the ranks.

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

draping of the material at the waistline somewhat after the fashion of the "peg-top" skirts that were used some years ago. This type of the barrel skirt is shown in the sketch, which illustrates a dress of figured pongee with sleeves and belt of plain pongee in natural color. The skirt narrows down to two yards at the hem; for the narrow skirt, especially in this form, is to come in with the spring, fashion authorities says. This silhouette has also been named the "bowling-pin;" and looking at the whole silhouette from shoulder to ankles, and not merely from the waist downward, the name is indeed most appropriate.

Perhaps the most generally favored of all fabrics this spring will be satin. It is to be used for one piece dresses, for suits, and for separate coats. This material will also be in demand for evening gowns and afternoon dresses, and for these its popularity will be shared by charmeuse, which is very closely related to satin. The suits and dresses of satin will be decorated with braiding and embroidery, and much of the embroidery will carry out the Oriental colorings which are distinctly in vogue this season.

These patterns may be obtained from your local McCall dealer or from The McCall Co., 70 Bond Street, Toronto, Ont. Dept. W

## Had Fourteen Fits In One Afternoon

But Is Made Well and Strong By Dodd's Kidney Pills.

Mr. R. J. Thompson, of Uxbridge, Tells the Story of His Terrible Trouble and Almost Miraculous Cure.

Uxbridge, Ont., Apr. 2nd. (Special.)

—Mr. R. J. Thompson, living near here, had fourteen convulsions in one afternoon. The doctors did not think he could live. To-day he is well and strong. He says Dodd's Kidney Pills did it. But let him tell his own story: "I am delighted with Dodd's Kidney Pills," Mr. Thompson states. "I have only taken eleven boxes and I feel like myself again."

"I was taken ill very suddenly. I ate my dinner and went to take a man home. I just got about three-quarters of a mile when I was taken with a convulsion fit. I had fourteen that afternoon and the third day I had nine more."

"The doctors said I could not live and if I did I would never be able to do anything again, as I had chronic Bright's Disease. But thank God I am doing my own work once again, by the use of Dodd's Kidney Pills."

Bright's Disease is the most advanced stage of kidney disease. It can be avoided if the earlier stages of kidney trouble are remedied by the use of Dodd's Kidney Pills.

### BRITAIN'S NEW INDUSTRIES.

Leather Goods, Toys, Chinaware, Now Made in United Kingdom.

Leipzig, Germany, has lost its famous fair. Bustling British traders have grabbed it holus bolus and established it in London town, says a Canadian in England. Germany had almost a monopoly of the leather trade before the war. But you should see the splendid display of leather goods, purses, handbags, picture frames, writing pads, toilet and jewel-cases they are turning out in English factories these days dressed and in suede effects—not a shoddy article in the show. The daintiest Viennese pigskin jewelcase could not vie with those which British workers are now making.

Tin soldiers—whole divisions of them—presently caught the visitor's eye as he wandered among the streets of booths which filled a huge section of the building. Grenadiers, artillerymen, infantry, army service, engineers, and army medical corps painted in the bright colors of their own regimental full dress stood among cannon and howitzers, past which squadrons of Lifeguardsmen and Hussars charged with supreme disregard for machine guns.

Toys to delight the heart of the most fastidious child abounded in this section. One dealer exhibited a rocking-horse whose front legs worked like a pendulum, causing the animal to progress in stately manner about a nursery as each see-saw of the back rockers lifted the forelegs free. What rafts of wooden animals, what array of dolls, whose china heads, hands or feet are no longer German as of yore. Toy telegraph keys, and one with an electric buzzer for teaching ambitious youngsters wireless, were among the features.

Numerous manufactures in which, owing to indifference, the Hun had almost acquired control of the world's markets, were here exhibited. And the British article is almost invariably a far better looking and more durable affair than the cheap German goods. Germans are a cheap nation anyway and they like shoddy goods. British

## SAWYERS, BOX MAKERS & LABORERS WANTED

FIRSTBROOK BROS., Limited  
283 King Street East, Toronto

brushes, hair brushes, clothes brushes, and even fine paint brushes for artists were among the displays.

In china, England has always been supreme in both the very best and the very cheapest. In the medium and largely dealt in grades, Germany was a strong competitor, but from this line Germany will henceforth be debarred. England's potteries are determined to even here out do her.

Quite likely the white buttons on your shirt or your aprons are made of compressed milk, treated with acids. Germany had control of this mammoth industry before 1914. The Huns called the material "Galilith." England's chemists have discovered a good commercial process of making this material. It has illimitable uses. Brush backs, chessmen, buttons of the hundred million, checkers, poker chips are made from it, and numerous good ivory imitations. Even the colored ivory-appearing ornamentation and the pretty green jade-looking edging on jewel and ladies' small dressing cases are generally nothing less than this substance.

Lead pencils are another line of manufacture once in the hands of the Huns to a very large extent. Remember the Faber pencils? English makers are fashioning as good a pencil as ever the Hun turned out. England is consuming all the present output, while China takes the culls. One dealer told me he was full up with orders for the next four months.

Such are some of the many things to be seen at the third annual fair of British industries, held under the auspices of the Board of Trade.

Oats should be treated for smut before planting.

### MONEY ORDERS

IT is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

A frugal Scot, wishing to light up, asked a number of fellow-passengers for a match. None of them having one, Sandy said resignedly: "Aweel, I'll have to use yin o' ma ain."

Minard's Liniment for sale everywhere.

In the journey of life it is not always the magnificent distances that count. The most wonderful road ever travelled lay straight and steep between a manger and a near-by hill.

To whom it may concern: This is to certify that I have used MINARD'S LINIMENT myself as well as prescribed it in my practice where a liniment was required and have never failed to get the desired effect.  
C. A. KING, M.D.

The Russian Minister of Agriculture has been given power to create on Crown lands reserve areas for the preservation and breeding of fur-bearing animals and of birds.

Minard's Liniment Relieves Neuralgia.

### Good Salesman.

"You waste your time painting pictures."

"You are wrong—I sell my pictures."

"Which fact convinces me you can sell anything. Why not take up insurance, or motors, or something with big money in it?"

**THE COLONEL SAYS:**

"Zam-Buk is a valuable addition to every soldier's kit." This remark was made by Lieut.-Col. A. C. B. Hamilton-Gray, R.C.I.F., Wellington Barracks, Halifax, N.S. He says further:

"I can speak from personal experience, as I have used Zam-Buk myself for cuts, burns and rheumatism, and believe there is nothing to equal it."

Zam-Buk, the great herbal balm, is a boon to the men in the trenches—it ends pain and heals so quickly, and instant application of Zam-Buk prevents all possibility of festering or blood-poisoning.

Don't forget to put some Zam-Buk in your next parcel to the front. All druggists, or Zam-Buk Co., Toronto; 50c. box, 3 for \$1.25.

**ZAM-BUK**

### CARE OF HOUSE PLANTS.

Keep house plants as close to the glass as possible, so they will have all available light, and turn them around frequently to prevent their growing to one side.

Do not let plants suffer for water or moisture, the sun dries out the soil in the pots quickly at this season. Overhead watering or syringing will be beneficial.

On pleasant days admit fresh air freely, avoiding cold draughts striking the plants.

If insects appear they must be kept down by spraying with insecticides.

Liquid manure can be used to advantage now that the plants are beginning to grow, particularly for plants likely to get pot bound.

Water seedlings carefully that have been started in the house. Do not keep them too warm, and give sufficient air to make them stocky. Thin the plants out so they will not become drawn; that is tall and spindly, and transplant as soon as they are of sufficient size into shallow boxes of soil, giving each plant sufficient room to develop.

## This Simple Rule Soon Strengthens A Delicate Stomach

It really is unnecessary to dose yourself with pepsiin 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.

### Taking No Chances.

Mrs. Nurox (to friend)—Yes, the clerk at the store suggested my getting a pair of opy glasses for Jake, but I said that I didn't want my man always goin' out between the acts to fill 'em.

## 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 Freecask Druggists or Murine Eye Remedy Co., Chicago

### Cook's Tour.

Butler—Madame, the new cook has come and she wants to know where she will keep her motor.

Minard's Liniment Cures Dandruff.

**"Clean All" BOILER COMPOUND**  
For All Boiler Feed Waters  
Cyclone Shaking and Dumping Grate Bars for all requirements  
Canadian Steam Boiler Equipment Co., Limited  
Tel. Garrard 3660  
20 McCoo St. Toronto

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**BABCOCK & SONS**  
Formerly Patent Office Examiner. Estab. 1877  
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Branches: Ottawa and Washington

**Scientifically Made**  
**EUREKA HARNESS OIL** is a scientific preparation.  
It is a pure mineral oil, therefore cannot turn rancid.  
It contains no acids, and so does not destroy stitching.  
Eureka tones up all black leather—makes it bright, shiny, pliable—new looking.  
THE IMPERIAL OIL COMPANY, Limited  
Branches Throughout Canada

**SPHOHN'S DISTEMPER COMPOUND**  
Puts a Stop to all Distemper  
**CURES THE SICK**  
And prevents others having the disease no matter how exposed. All good druggists and turf goods houses.  
SPHOHN MEDICAL CO.,  
Chemists and Bacteriologists, Goshen, Ind., U. S. A.

# MAGIC BAKING POWDER



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

The most enviable of all titles is "An Honest Man."

Switzerland leads the world in expenditures for poor relief in proportion to population.

Minard's Liniment Cures Burns, Etc.

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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, 73 West Adelaide Street, Toronto.

### MISCELLANEOUS

**BICYCLES, NEW AND SECOND** Hand. \$12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

**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.

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

**BOOK ON DOG DISEASES And How to Feed**  
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**ABSORBINE**  
Reduces Strained, Puffy Ankles, Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE  
Does not blister or remove the hair and horse can be worked. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins. Concentrated—only a few drops required at an application. Price \$1 per bottle at dealers or direct.  
W. F. YOUNG, P. O. F., 518 Lyman's Bldg., Montreal, Can.  
Absorbine and Absorbine, Jr., are made in Canada.

**Sloan's Liniment**  
KILLS PAIN

**Have a Bottle Handy!**  
Sloan's Liniment is assigned its place among the trusted family remedies in thousands of medicine closets. Confidence in it is based on the uniform effectiveness with which it banishes the pains of rheumatism, neuralgia, gout, lumbago, sore stiff muscles, bruises, sprains and strains. Cleaner and easier to use than mussy plasters or ointments. It penetrates and relieves quickly without rubbing.  
At all druggists, 25c, 50c. and \$1.00.

## Sloan's Liniment

**KILLS PAIN**