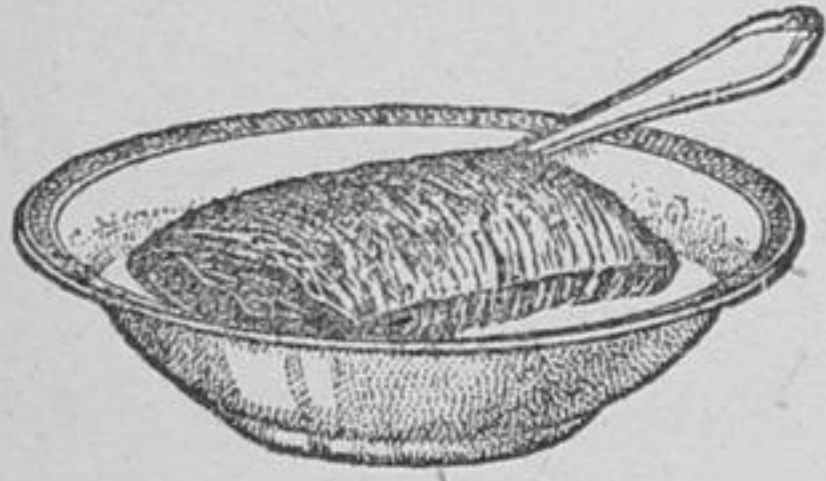


Believe in Preparedness? Are you ready for Mr. Germ? Catching cold is a crime. Fortify yourself against cold germs and other germs by eating **Shredded Wheat Biscuit**, the food that supplies the necessary warmth and strength to resist disease. A better balanced ration than meat or eggs at a much lower cost. For breakfast with milk or cream.



Made in Canada

MACHINERY OF MOTION.

How the British Make Roads For the Forward Movement.

It is interesting to stand behind a battery of British howitzers and watch the guns in action. The men show the high morale which is in evidence throughout the British Army.

They whistle and sing and bandy grim jests as they work. As the firing button is pressed the crew jumps back for a moment from the gun carriage, but have leaped again to their allotted posts before the easy acting recoil has returned the mammoth weapon to its original position. It is easy to distinguish the scream of a departing projectile from one which is being sent in return by the Germans, and the onlooker can watch without difficulty the black base of a British shell as it travels in a long loop.

The forward movement of the British on so wide a front has brought into play all the machinery of motion in warfare. Roads seem to spring up overnight in most unexpected places. Railways have audaciously flung themselves forward regardless of mud and shell holes, and with a completeness which even includes most pretentious sign posts bearing the names of French villages which exist now only as geographical remnants. It is also a revelation of the intensely practical side of modern war to see a six-inch water main stretching itself into territory but recently occupied by the Germans.

Road-building has called into play all the ingenuity of pioneer battalions, composed not only of experienced British workmen, but of real pioneers from the prairies and mountains of Canada and the far lands of Australasia and South Africa. Road material is scarce in the stricken wilderness of No Man's Land, but the refuse of battle often serves the purpose during the first hours of a new forward move. Broken rifles, bits of clothing, fragments of shells and occasionally a few shells themselves that fail to explode are used in the foundation of the new paths. The remains of a recently evacuated village bring great joy to the pioneers, for that means a temporary supply at least of much desired broken brick and stone.

Most of us believe that clouds have a silver lining, but few of us make any effort either to turn the clouds round or to get behind them.

Grape-Nuts

contains the rich supplies of phosphate of potash grown in wheat and barley. Its mission is therefore clear and plain—it supplies what ordinary food lacks. And it does its work in a sturdy, straightforward, dependable way, as tens of thousands of its users can testify.

"There's a Reason"

In a Nutshell.

Here is the best high cost of living editorial that has come to our attention, even though it is but a dozen lines in length, says the Rockville (Conn.) Leader: "Yes, these are hard times. We throw away ashes and buy soap. We grow weeds and buy vegetables and brooms. We raise dogs and buy hogs. We catch fish with a four dollar pole and at last we send our boys out with a forty dollar gun and a nineteen dollar dog to hunt ten cent game."

To Clean Gloves.

A saucer, of milk, a piece of white soap and a piece of white cotton as large as a handkerchief will clean kid gloves and leave them in a soft spotless condition. Put the soiled, gloves on your hands, dampen a corner of the clean cloth, put over first forefinger of the right hand, rub once or twice on the soap, and then gently stroke the glove from the fingers to a clean place on the cotton frequently. Do not rub the kid both ways but always from the fingers up.

SPRING IMPURITIES IN THE BLOOD

A Tonic Medicine is a Necessity at This Season.

Dr. Williams' Pink Pills for Pale People are an all year round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to make new, rich, red blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia, erysipelas and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but it does not cure anything. On the other hand Dr. Williams' Pink Pills actually make new blood which reaches every nerve and organ in the body, bringing new strength, new health and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Cars containing apparatus for disinfecting the clothing and baggage of passengers who have been exposed to contagious diseases have been put into service by an Italian railroad.

Minard's Liniment Cures Dandruff.

Tommy, Etymologist.

Popular etymology, says the Manchester Guardian, is always more interesting than the learned explanations of philologists. For example, take the barrack-room derivation of the word "canteen." It is of no use trying to convince Tommy Atkins that it comes from the Italian cantina, a small cellar. He has his own derivation, which he finds quite satisfactory. "Canteen" is simply "tin can" said backward. To justify his theory he merely invites you to look round. Certainly, tin enters largely into the utensils and furnishings of the average canteen. The drinking vessels are tin and, in many cases, the tables are also covered with block tin. No wonder Tommy holds that the word has some connection with the metal that is so much in evidence.

Fooled 'Em.

"It is remarkable," said Mr. Gruntler, "how mean some people are. I had with me on a fishing trip two friends who evidently were familiar with my reputation as an angler. Before starting, one of them made the following suggestion: 'We will agree that the first one who catches a fish must treat the crowd.' I assented to this, and we started. Now, don't you know, those two fellows both had a bite, and were too mean to pull them up."

"I suppose you lost, then?" remarked the friend.

"Oh, no," replied Mr. Gruntler. "I didn't have any bait on my hook."

Minard's Liniment for sale everywhere.

SAWYERS, BOX MAKERS & LABORERS WANTED

FIRSTBROOK BROS., Limited
283 King Street East, Toronto

CAPTAIN GYP.

White Terrier Who Was a Patient In a French Hospital.

A British soldier stationed at one of the hospitals in France tells of a pleasing incident in which a dog played the main part.

We have had an unusual patient, he writes. A little white terrier came trotting in with rather a nasty gash in his side. He went straight into the receiving room and virtually asked to have his wound dressed. An officer dressed it and sent him off. He returned twice at different times during the day to have the dressing changed. He turned up the next morning, and, for a joke, a sergeant made out a proper sick report and sent it along with the sick reports of the chaps who had reported for treatment that morning.

In due course the medical officer came to this report and called out, "Trooper Gyp, Eighth D.L.I."—the heading that the sergeant had put on the report. The initials in this instance stood for "Doggy's Light Infantry."

Of course there was no answer. The medical officer glanced at the sick chaps waiting for attention, and again called out, "Which of you is Trooper Gyp?"

Just then the sergeant entered and explained matters. The medical officer took the joke in good part, dressed the dog's wounds and entered him in proper fashion: "Shell wound in side; admitted into hospital."

Gyp has now taken up his quarters in the park store, and nothing can persuade him to move. He goes out for a stroll every morning but always returns. He has, however, been promoted, and is now Capt. Gyp, Eighth D.L.I.

Illusions are the grand ideas we have about ourselves; delusions are the silly ideas other people have about us.

A book for entering notes on the farm work is as easily carried in the pocket as a plug of tobacco. And keeping the time expended on the different crops may well result in determining their relative popularity with the businesslike farmer.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.

Bay of Islands. J. M. CAMPBELL
I was cured of Facial Neuralgia by MINARD'S LINIMENT.

Springhill, N. S. WM. DANIELS.
I was cured of Chronic Rheumatism by MINARD'S LINIMENT.

Albert Co., N. B. GEO. TINGLEY

The skin of the whale in places has been found, it is said, to be as much as two feet in thickness.

After the Movies

Two Eyes for a Lifetime
Murline is for Tired Eyes—Red Eyes—Sore Eyes—Granulated Eyelids—Hoits—Refreshes—Restores—Murline 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 Murline Eye Remedy Co., Chicago, for Free Book.

Rubber models of essential parts of cows have been invented in England to give girls who are learning to be milkmaids practical instruction.

Minard's Liniment Relieves Neuralgia.

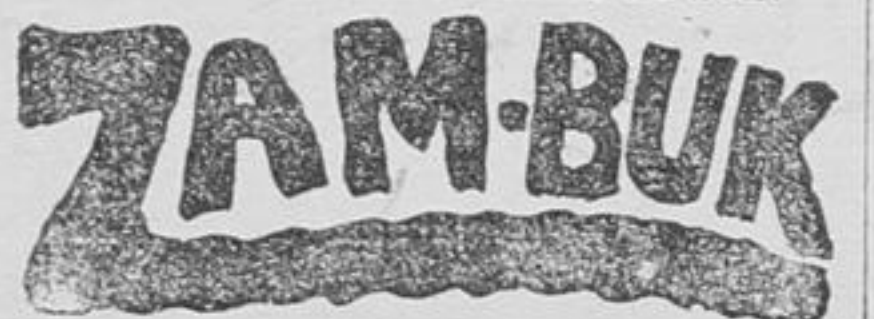
Whatever other crop may be neglected do not let the corn area be lessened. No crop will produce as much feed, in proportion to labor expended, as will corn.

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:—



ED. 7. ISSUE 15—17.

Beautiful Spring.

If one takes the word of the astronomers or almanac compilers for it, the Spring began on March 20, at 11:30 p.m. On that date, and at that hour, persons having poems entitled "Beautiful Spring" may, if they desire, mail them to the newspapers without violation of any literary canon. But, as a matter of fact, there is but one dependable and invariable rule with relation to the change in seasons that is now impending in many lands. Pioneers, early settlers, old-timers, life-long observers, people of wide experience, and so on, have now very generally come to the conclusion that, throughout a wide area of Canada, at least, Spring does not arrive until the early Summer is well advanced, and that, even then, its coming may be delayed.

Montreal Man Tells Wonderful Story

Bad Case of Bright's Disease Cured by Dodd's Kidney Pills.

George Sullivan, Who Suffered From The Dread Disease for Two Years Gives Credit for His Recovery to Dodd's Kidney Pills.

Montreal, Que., Apr. 9th, (Special.)—Completely cured of that most dreaded of all diseases, Bright's Disease of the kidneys, Mr. George Sullivan, 284 de St. Valiers St., this city, is spreading the good news that he found his cure in Dodd's Kidney Pills. "I suffered from Bright's Disease for two years," Mr. Sullivan states in an interview. "I was unable to work for weeks at a time. I spent hundreds of dollars on doctors without receiving any real benefit and received outdoor treatment at the Montreal General Hospital.

"I was feeling very badly discouraged when a friend advised me to try Dodd's Kidney Pills. After using three boxes I was much better. I kept on till I had used nine boxes, when I was completely cured.

"Naturally I consider Dodd's Kidney Pills a wonderful remedy." Dodd's Kidney Pills are no cure-all. They cure kidney diseases of all kinds from backache to Bright's Disease. The proof of this is their growing popularity in Canada for over a quarter of a century. If you haven't used them ask your neighbor about them.

The history of Abyssinia dates very far back. Before Christ the country formed part of the ancient country of Ethiopia. The Queen of Sheba was an Abyssinian queen, and the kings of Abyssinia claim descent from her.

MONEY ORDERS.

SEND A Dominion Express Money Order. Five dollars costs three cents.

BOYS WANTED

To sell JACK CANUCK—the greatest weekly paper in Canada. Make big money in spare time. Write at once.

IMPERIAL NEWS CO., Ltd.,
87 Queen St. East, Toronto.



MICA HELPS THE HAUL

- Dry hubs strain
1. The horses
 2. The harness
 3. The wagon

MICA AXLE GREASE

helps all three factors in the haul. It smooths the axle surface. MICA is the important part of axle grease.

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA



INFLUENZA

And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using SPOHN'S DISTEMPER COMPOUND; 3 to 6 doses often cure. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. Any druggist will supply you.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

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.

E.W. GILLET CO. LTD.
TORONTO, ONT.
WINNIPEG MONTREAL

The Height of Boastfulness. "Isn't Blower inclined to be just a little boastful?" "Boastful? Well, I guess yes. After a beggar has touched Blower for a nickel, he will tell you that he has just been giving a little dinner to an acquaintance of his."

Minard's Liniment Cures Burns, 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 Adelaide St., 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.

AGENTS WANTED
SAFE—QUICK—CLEAN. THAT'S why my Ideal Lamp Filler sells everywhere lamps are used. Fills all flat-wicked lamps without removing chimney or burner. Send to-day and try one, 25c. postpaid. Refunded if unsatisfactory. Men and women can profitably handle our goods. Write for information. Frazer Factories, 309 Main St., Foster, Que.

HELP WANTED
WANTED—BLACKSMITH FLOOR-man. Good wages and steady work to a good man. Apply Hendrie & Co., Limited, Hamilton.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

"Clean All" BOILER COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
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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



Sore shoulders, lame back, stiff neck, all pains and aches yield to Sloan's Liniment. Do not rub it. Simply apply to the sore spot, it quickly penetrates and relieves. Cleaner than mussy plasters or ointments, it does not stain the skin. Keep a bottle handy for rheumatism, sprains, bruises, toothache, neuralgia, gout, lumbago and sore stiff muscles. At all druggists, 25c. 50c. and \$1.00.

Sloan's Liniment KILLS PAIN