

Brighten The Corner where you are by eating a food that does not clog the liver or develop poisons in the colon. Cut out heavy meats and starchy potatoes and eat **Shredded Wheat Biscuit** with berries or other fruits. Try this diet for a few days and see how much better you feel. The whole wheat grain made digestible by steam-cooking, shredding and baking.



Made in Canada

From Erin's Green Isle

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

Mrs. Pettit was elected to the position of school attendance officer for Wexford.

For the first time in years there was no procession in Tipperary on St. Patrick's Day.

The Coleraine Guardians have granted war bonuses to a number of their officers.

The price of salt has been increased to the consumer, owing to the scarcity of potatoes.

The Master Bakers' Association of Dublin has decided to increase the price of the 2-lb. loaf to 5½d.

Fire in the Tuam Corn Mills did damage to machinery and grain to the estimated extent of £1,000.

A successful flag day was held in Wexford on behalf of the Irish regiments and the Irish prisoners of war.

A street collection for the preservation of the Irish language was made in Dublin on a recent Saturday.

James Chambers, K.C., M.P. for Belfast, has been appointed Solicitor-General for Ireland.

Mr. Duke says there is nothing in the rumor that a German submarine is at Sunday's Well, Cork.

The Clougher Guardians have decided to reduce the rations of the officials of the county workhouse.

The Misses McNeil, of Edenbank, Glasgow, have sent a donation of £50 towards the Londonderry Sailors' Rest.

The appointment of James Chambers, M.P., as Solicitor-General, will necessitate a bye-election in South Belfast.

The farmers of Antrim, Monaghan and Armagh are putting every possible rod of their ground under tillage this year.

Many of the farmers throughout Ireland are being prosecuted for demanding outrageous prices for potatoes.

The challenge shield presented by the Scout-Commissioner for Eastern Ulster was won by St. Augustine's parish troops.

Dungannon District Council has suggested that seed potatoes and oats be granted to laborers who are cultivating plots.

J. J. Ryan, teller of the National Bank at Limerick, has been promoted as sub-manager of the Dundalk branch.

Fred A. Sims, of Mount Errol, Donnybrook, silk merchant, who died recently, left an estate valued at £31,000.

Mrs. Aiken has been appointed clerk of the Irvinestown Union in the room of her husband, who has resigned.

The Chief Secretary for Ireland has arrived in Dublin, and has taken up his residence at the Lodge in Phoenix Park.

A scheme for the lighting of the town of Monasterevan by electricity was approved at a public meeting of the citizens.

P. J. O'Neill, chairman Dublin County Council, has been appointed Director-General of National Service for Ireland.

The Lord Chancellor has appointed Jeremiah Bourke, of Lantoka, Dublin, to the Commission of the Peace for Dublin County.

Capt. W. A. Morris, M.C., Royal Inniskilling Fusiliers, died at Belfast on March 19th from illness contracted on active service.

The East Down Division of the County Down Herb Growers' Association has appointed Lady Clanwilliam as its president.

The Poor Law Guardians of Clonmel protested against the police interfering with men collecting on the streets for the Irish Language Fund.

The Coleraine Rural Council has approved of the transfer of twenty laborers' cottages to the charge of the Portstewart and Portrush Urban Councils.

THANKFUL MOTHERS

Mothers who have once used Baby's Own Tablets for their little ones are always strong in their praise of this medicine. Among them is Mrs. Marcelle Boudreau, Mizonette, N.B., who writes: "Baby's Own Tablets are the best medicine I know of for little ones. I am very thankful for what they have done for my children." The Tablets regulate the bowels and stomach; cure constipation and indigestion; break up colds and simple fevers; in fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CUTE HUNS BUY HEATHER.

Extraordinary Variety of Material Used in Modern Warfare.

Wherever opportunity has offered, Germany has been importing vast quantities of heather from Scandinavia, and the English people, who heard of this from Danish agents, were at first a good deal puzzled.

Now the mystery is explained. The heather is laid in thick layers in front of their trenches, and when a cloud of poison-gas begins to drift across is at once fired. The heat of the fierce blaze naturally creates an upward current, and the gas is thus carried up and dissipated harmlessly.

The variety of material used in modern warfare is simply extraordinary. \$6.50 a hundredweight was paid last summer by the French for dried walnut leaves. It is said that these are used for staining the faces and hands of sharpshooters so as to darken their complexions.

We know that white mice used to be kept in submarines to give timely notice of the escape of injurious gases. It appears that there is now a demand for snails for the French aircraft service. These apparently useless creatures have, it seems, a most amazing sense of balance. They know instantly when one side or the other of an aeroplane is higher or lower than the opposite side, and immediately begin climbing up the incline so caused.

A pilot, therefore, has only to place a few snails on the fuselage of his machine, in front of him, and can then get an indication of his balance with a minimum of trouble. It should be added that, when in cloud, it is next to impossible to judge of the tilt of a plane without some special tell-tale.

Finish For Spruce.

A finish used on spruce by Japanese craftsmen is produced by the application of dilute sulphuric acid, after which the surface is charred slightly. The acid is permitted to dry and the wood is then held over a hot stove, until the surface is well blackened. The charcoal surface is brushed off thoroughly, and the surface oiled with linseed oil and beeswax. The harder grain appears black and the rest has a rich brown tone.

Chinese Flower.

A certain flower growing in China is white at night or in the shade, but displays a red color in the sunlight.

Proved Once More In Southampton, Ont.

That Dodd's Kidney Pills Cure Rheumatism.

Harold D. Bertram Had Inflammatory Rheumatism and One Box of Dodd's Kidney Pills Cleared It Out of His System.

Southampton, Ont., May 14th (Special)—That rheumatism is caused by disordered kidneys and that Dodd's Kidney Pills will cure it is again proved by the case of Harold D. Bertram, a young man well and favorably known here. He had inflammatory rheumatism for two months. Dodd's Kidney Pills cured him.

"The doctor said my trouble started with the grippe," Mr. Bertram states. "My hands and feet were badly swollen and the doctor did not seem to be doing me any good. My grandmother, Mrs. G. Grasser, advised me to take Dodd's Kidney Pills. I took one box of them and I haven't been bothered since. I am clear of the rheumatism."

That Mr. Bertram's trouble came from his kidneys is shown by his other symptoms. He had stiffness in the joints, was tired and nervous, and there were flashes of light before his eyes. He had a dragging sensation across the loins, was always thirsty and felt heavy and sleepy after meals.

Rheumatism is caused by uric acid in the blood. Cured kidneys strain the uric acid out of the blood. Dodd's Kidney Pills cure the kidneys.

TOO YOUNG FOR HIS OFFICE.

Duties of Earl Marshal of England Are Onerous.

The little Duke of Norfolk, new hereditary Earl Marshal of England, does not come of age till 1929 so he would obviously be unable to carry out the duties of his office in the event of a great State function, such as, say, the marriage of the Prince of Wales. Those duties are anything but nominal. At the last coronation, for example, the late Duke dealt with about two million letters, in addition to stage-managing the entire ceremonial.

If, as expected, Lord Edmund Talbot is appointed Deputy Earl Marshal until the coming of age of the young Duke, general satisfaction will be given. Lord Edmund is unlike the late Duke in appearance, but the younger brother has much of the late Duke's personal charm of manner, and is richly gifted with tact and wisdom.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers—It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezezone, says a Cincinnati authority.

For little cost one can get a small bottle of freezezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezezone tell him to surely get a small bottle for you from his wholesale drug house.

I Wonder. Do fishes use the liquid tones The world so highly praises? Could they speak dryly? And do bees Converse in honeyed phrases?

CANADA IN FLANDERS

Now Ready Volume 2 Now Ready

This contemporary history of the Canadian Expeditionary Force issued by the Canadian Government, is official.



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THE NEW-BORN SOLDIER.

With Apologies to the Author of "Our Baby."

Where did you come from, soldier dear? Out of a business house into here.

Where did you get your aim so true? From a school of musketry I came through.

Where did you get your athlete's chest? Ask the drill-sergeant; he knows best.

How do you carry that hefty pack? Expanding my chest, I broadened my back.

Why did you join the infantry? I'm little more than a kid, you see.

And how did you get your cheerful air? I'm British. No more to be said, is there?

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 Freckle Druggists or Murine Eye Remedy Co., Chicago

Those Foolish Questions. Old Lady—Conductor, why did the train stop before we came to the station? Conductor—Ran over a pig, ma'am. Old Lady—What! Was it on the track? Conductor—no—oh, no; we chased it up the embankment.

Ask for Minard's and take no other.

Pawnbrokers' Terms.

The incontrovertible absolute fact of the matter is that England and France are protecting us to-day against an enemy whose will to injure us is undoubted; who would be as remorseless here as in Noyon, where every dollar, every ounce of food and all the young women were carried off; and who could in all human probability give our stately metropolis the option of paying a ransom of five billion dollars or having ten billion dollars' worth of property destroyed, says the Rochester Post-Express. Aside, therefore, from all humanitarian considerations, do we not as a matter of justice—a matter of business, if you will—owe France, and England also, something more than a loan on pawnbrokers' terms?

Minard's Liniment Lumberman's Friend.

Newspaper Legs. In Belgium old newspapers are being worked up into a papier mache composition, from which artificial limbs are moulded.

MONEY ORDERS

THE safe way to send money by mail is by Dominion Express Money Order.

He Always Had.

The "sporting" son of wealthy parents was offered a job by an old friend of his father. "How much will you pay me?" he asked. "All you are worth," said the friend. To which he replied with business-like brevity: "No, thank you. I can do better than that."

I cured a horse of the Mange with MINARD'S LINIMENT.

CHRISTOPHER SAUNDERS, Dalhousie.

I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT.

St. Peter's, C. B. EDW. LINLIEF.

I cured a horse of a bad swelling by MINARD'S LINIMENT.

Bathurst, N. B. THOS. W. PAYNE.

Knew His Business.

Mrs. Smith hired a Chinese servant, and tried to teach him how to receive calling cards. She let herself out the front door, and when the new servant answered her ring she gave him her card.

The next day two ladies came to visit Mrs. Smith. When they presented their cards, the alert Chinaman hastily compared them with Mrs. Smith's card, and remarked as he closed the door: "Tickets no good; you can't come in."

Have all garden paths with some plants of fragrance growing alongside. In some gardens of larger size special fragrant pathways are built where they appear to pass through thickets redolent with pleasant odors. But every path may have enough fragrance to keep the mind unconsciously in the garden spirit.

Keep Minard's Liniment in the house.



His Furrow. Mr. W. Beach Thomas, in the London Daily Mail, writes: "I watched a single French farmer, who even at this hour was leading out his grey horse to plough a fallow well in front of our heavy guns and in sight of the enemy. The headland of his furrow was a barbed-wire barrier."

Minard's Liniment used by Physicians.

Freddy Is Right. The teacher's last question was meant to be a scientific question. "What is that which 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.

Teacher—What is the feminine of Bull? Pupil—The feminine of Bull is Mrs. Bull.

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Purely Herbal—No poisonous coloring
Antiseptic—Stops blood-poison
Soothing—Ends pain and smarting, etc.
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Heals all sores.

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MISCELLANEOUS

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WHAT! NO SLEEP LAST NIGHT?

If tea or coffee was the cause change to POSTUM and sleep!

"There's a Reason"