

## Hard to Drop Meat?

All depends on what you eat as a substitute. It is a good time to study "food value." You may be eating the wrong foods, the foods that cost most and give the least nutriment. **Shredded Wheat Biscuit** contains more real, body-building nutriment, pound for pound, than meat, eggs or potatoes and costs much less. Two of these Biscuits with milk and a little fruit make a nourishing meal at a cost of a few cents. Make Shredded Wheat your "meat." A satisfying breakfast on which to start the day's work. It is ready-cooked and ready-to-eat. Made in Canada.

## RAILWAY FIRE PROTECTION.

Satisfactory Results Have Been Secured Under Competent Direction

The railway fire protection work, in the establishment and administration of which the Commission of Conservation has co-operated with the Dominion Railway Commission, has produced remarkably satisfactory results. Under the provisions of the Railway Act, and the regulations of the Board, the railways subject to its jurisdiction have assumed full responsibility for the extinguishing of fires presumably due to railway causes. Admirable co-operation has existed between the railway organizations and the several Dominion and provincial fire-protective agencies, with results thoroughly satisfactory to all concerned. Railway fires have been reduced to a position of very minor importance, and the railways have also rendered signal service in the extinguishing of many fires for the origin of which they were in no wise responsible.

During 1916, 558 fires were reported as originating in forest sections, within 330 feet of lines subject to the Railway Commission's jurisdiction, being 128 fires less than in 1915. Of these, 69 per cent. were definitely attributed to railway causes, 18 per cent. to known causes other than railways, and 13 per cent. to unknown causes. Of the 388 fires chargeable to railway causes, 101 fires or 26 per cent. were incipient fires which did no damage. 287 fires or 74 per cent. are larger fires which burned over 11,290 acres valued at \$35,566. The total damage from all fires is estimated at \$39,482. Of this the railways are charged with 90 per cent., known causes other than railway fires 8 per cent., and unknown fires 2 per cent. Thus, on all lines subject to the jurisdiction of the Board throughout Canada, the forest fires definitely attributable to railway agencies did damage amounting to only \$35,566—a remarkably good showing, considering the unfavorable weather conditions.

Of all fires reported, the causes were as follows: Locomotives, 61 per cent.; railway employees, 8 per cent.; campers and travelers, 7 per cent.; settlers, 8 per cent.; other known causes, 3 per cent.; unknown cause, 13 per cent.

## ECONOMY WITH GOOD LIVING

is excellently attained by adding to the daily menu a ration of

## Grape-Nuts

Goodness—Energy—Ease of Digestion—Excellent Flavor—are all found in this truly remarkable wheat and barley food.



The use of tank cars for fire-fighting purposes is now in effect on the Canadian Pacific, Grand Trunk, Temiskaming and Northern Ontario, and Canadian Government railways. Such equipment has proved its effectiveness and wider use is to be hoped for.

## THE SUPREME SACRIFICE

London Boy Whose Unselfish Act Led to His Death.

How a soldier sacrificed his life for another man—and subsequently his life—was related by the Bishop of Chelmsford recently.

The bishop's story concerned a Bethnal Green lad, brought up in an indifferent home, who after being fourteen or fifteen months at the front, wrote to his parents, who were very fond of him, saying that he was expecting leave.

About the time he should have arrived home another letter came from the lad, saying:—"Mother, I found a man just close by me who was sad. I said to him, 'What's the matter, Bill?' He said he had just heard that his little girl was ill, and he could not get leave to go home and see her.

"Mother, I know it will be a great disappointment to you, but I went to my officer and asked him whether Bill could not have leave instead of me. So I am staying behind."

A few days later the mother received a telegram saying that her lad had been killed while staying behind. That, said the bishop, was a magnificent and noble sacrifice.

## ST. VITUS DANCE

Even the Most Severe Cases Can be Cured by Dr. Williams' Pink Pills.

Is your child fidgety, restless or irritable? Are the hands shaky or the arms jerky? Does the face twitch? Do the legs tremble or drag? These are signs of St. Vitus Dance, a nervous disease which is confined chiefly to young children, but which often affects highly-strung women, and sometimes men. St. Vitus Dance is caused by disordered nerves, due to poor blood, and is always cured by the use of Dr. Williams' Pink Pills, which fill the veins with new, rich, red blood, strengthening the nerves, and thus drawing out the disease. Here is proof:—Mrs. John A. Cumming, Lower Caledonia, N.S., says:—"When my daughter Myrtle was about nine years of age she became afflicted with St. Vitus Dance. The trouble ultimately became so bad that she could not hold anything in her hands, and had to be fed like a child. She could not even walk across the floor without help. She was treated for some time by a physician, but did not show any improvement. One day a neighbor said she had read of a case of St. Vitus Dance cured by Dr. Williams' Pink Pills, and we decided to give this medicine a trial. By the time the third box was used there was some improvement in her condition, and we continued giving her the pills for about a month longer when she was entirely cured, and has not since had the least return of the trouble.

Dr. Williams' Pink Pills can be obtained from any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## CHEATING THE U-BOATS.

New Idea Which May Overcome the Submarine Menace.

America, according to all accounts, is showing the Allies the true way out of the U-boat peril. It is not a method which gives sudden and immediate relief, but it is likely to be of vast utility if the war lasts twelve months longer and more. It is one of those far-sighted plans which take Time by the forelock—plans which have served the Hun in good stead in the past, and will serve well in the future.

It is an application of the old saying about not having all your eggs in one basket. This is the age of huge ships, and in peace times big ships are cheaper in every way than small ones. But a well-aimed torpedo sinks a fifteen-thousand-tonner as easily as it sinks a trawler, and a tremendous cargo is got rid of at one blow.

Now the idea is to have fifteen ships of one thousand tons, instead of one of fifteen thousand. Even a U-boat can't be in fifteen places at one and the same time, and if five of these boats are sunk, ten get through with their invaluable loads of corn and leather and timber and sugar.

These small boats, being standardized and built on speedy lines, will go far to counter the menace in the near future, for just as Britons proved that munition-making can be speeded up beyond a point even unimaginable before the war, so can ship-building, if the problem is only tackled with that determination which is a British characteristic.

There are fifteen military camps in Canada, comprising 330,000 acres.

## BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que., writes:—"Baby's Own Tablets have been of great value to me and I would strongly recommend them to other mothers." Thousands of other mothers say the same thing. They have become convinced through actual use of the Tablets that nothing can equal them in regulating the bowels and stomach; driving out constipation and indigestion; breaking up colds and simple fevers; expelling worms and curing colic. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## THE FIGHTING GOUGHS

Army Leaders Adding Lustre To Names Already Famous.

Fighting runs in families, like red hair, and the records of the British Army are full of names which recur again and again, each generation adding fresh lustre to some name which is bright on the pages of history.

Lieutenant-General Sir Hubert de la Poer Gough owns such a name. There was a Gough in the Peninsula with Wellington, and when the gallant Sikhs—now our best friends and brothers-in-arms—were our enemies, it was a Gough who overthrew them. That was the present general's grandfather, the first Lord Gough.

But, in addition to this, his own father won the V.C. in the Indian Mutiny, and was with the gallant Roberts in Afghanistan. No wonder, then, that fighting is in his blood, and that he shares with Allenby the reputation of being the most dashing cavalry leader in the British Army! He played a great part in the Battle of the Somme, and he has come again into the limelight of war in the great Battle of Arras.

There is no greater mistake than to suppose that the Huns have all the generals. They have a talent for making all their geese into swans, of calling barbarism "kultur," and "frightfulness" military necessity. But even the terrible Hindenburg may prove—in Bismarck's famous phrase—to be "a lath painted to look like iron," and the much-advertised "Hindenburg Line" no more real than the Equator.

Railroad extensions in China are proposed involving an expenditure of an amount estimating at \$60,000,000. The projects are entirely commercial and private. One thousand five hundred miles are to be constructed through the richest sections of China, and possibly an equal amount later.

## After the Movies

Two Eyes for a Lifetime  
Murdine is for Tired Eyes  
Red Eyes—Sore Eyes—  
Granulated Eyelids. Rests  
—Hemorrhoids—Red to red.  
Murdine 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  
Murdine Eye Remedy Co., Chicago, for Free Book.

## What He Wanted.

The wounded soldier walked slowly along the street, his arm hanging in a sling.

Everybody stopped to look after him, and more than one woman gave him a friendly smile as he passed.

But it was left to a small boy to speak to him. The youngster suddenly spotted the hero, dashed across the road, and planted himself right in his path.

The soldier stopped to hear what the boy would say. At last it came:—"Please, sir, have you got any iron crosses?"

## THE LIFTUP



## BIAS FILLED CORSETS

The Support You Need and Just Where You Need It.

All the latest styles of corsets to suit any figure. If your dealer cannot supply you, write us direct for catalogue and measuring form.

Representatives Wanted  
BIAS CORSETS LIMITED  
37 BRITAIN ST. TORONTO.

## WEAPONS OF WARFARE.

War Material Furnished By The Fishes of the Sea.

Even the fishes of the sea are called on to supply war material.

In Polynesia spears are pointed and elaborately edged with the teeth of sharks. Such a weapon makes a frightful wound, tearing the flesh to tatters.

Another instrument of frightfulness in the South Sea archipelagoes is a dagger similarly equipped with shark's teeth.

Warriors of the Marshall Islands, sometimes wear battle helmets made of the skin of the porcupine fish, which is very thick and spiky. It is cured in such fashion as to preserve the shape of the fish, and, while affording protection against a blow from a club, lends an extra touch of ferocity to the fighting man's aspect.

## He Knows Just Why He Admires Them

Dodd's Kidney Pills Cured Mrs. Mercredi.

She Had Been Ill Two Years and Could Find No Cure. That's Why Her Husband Is Enthusiastic Over Dodd's Kidney Pills.

Fort Smith, Alberta, May 21st (Special)—Among all the thousands of Canadians who praise Dodd's Kidney Pills for the good they have done there is no more fervent admirer of the great kidney remedy than Isidore Mercredi, of this place.

"Yes, it always gives me pleasure to say a good word for Dodd's Kidney Pills," Mr. Mercredi says. "My wife was sick for two years. We could not find anything to restore her to health. Then we found a pamphlet telling of several persons who had been cured by Dodd's Kidney Pills.

"My wife used just two boxes of them and she is perfectly well, to the great surprise of all our neighbors. They can tell you the same thing. I cannot recommend Dodd's Kidney Pills enough."

Dodd's Kidney Pills are the greatest of all remedies for weak, suffering women. They cure the kidneys. The kidneys are the root of nine-tenths of women's ills. Moreover, cured kidneys mean pure clear blood all over the body. That means good health everywhere.

## Tactful Father.

"Father," said Clementina, "do you enjoy hearing me sing?"

"Well," was the answer, "I don't know but it's rather soothing in a way. It makes me forget my other troubles."

Ask for Minard's and take no other.

## Deadly Enemies.

While the spring drive against flies is being directed, why not include their allies, the mosquitoes? It is known that they are in sympathy with the murderous attacks of the flies, so why not destroy their bases before they have opportunity to mobilize? Otherwise we are in constant danger of a night attack in which there are sure to be many casualties.

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me. PROSPER FERGUSON.

## Weeds.

With the call for more production there may be a tendency to increase the acreage of high producing crops such as the root and hoe crops on the farm. In preparing for these crops this year it will be well to thoroughly bear in mind that no amount of cultivation after the crop is in can make up for a lack of cultivation before the crop is planted. If the ground is properly prepared for the seeding and planting, the battle is largely won. By thoroughly tillage of the soil before planting, thousands of tiny weeds will be killed which would otherwise cause trouble in the growing crop. By preventing the weeds from growing the crops are given a better opportunity to develop and produce the food which is required by Canadians in Canada and the Allies in Europe.

The condition of the war sufferers is pitiful, but it will be a still more pitiful figure for history to record if those who can fail to give that others might live.

Keep Minard's Liniment in the house.

## ROYAL

MADE IN CANADA



MAKES PERFECT BREAD

## YEAST

## Kind Neighbors.

"Good morning! I came to tune your piano."

"Piano? But I didn't send for you." "No, ma'am, but the neighbors said I ought to call."

## Minard's Liniment used by Physicians.

"What dirty hands you have, Johnny," said his teacher. "What would you say if I came to school that way?" "I wouldn't say nothin'," replied Johnny, "I'd be too polite."

## MONEY ORDERS

Remit by Dominion Express Money Order. If lost or stolen, you get your money back.

One of the largest retaining walls in the world has been built at Rangoon, Burma, to prevent a river shifting its channel.

## Minard's Liniment Lumberman's Friend.

Unpreparedness for peace will be nothing short of criminal madness.

## 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, 411 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.

## AUTOMOBILES FOR SALE

1910 CADILLAC IN GOOD RUNNING condition. Has spare tire. Price \$250.

HUDSON, 1916 MODEL, 6 CYLINDER, 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price \$1,300.

HUDSON, 1915 MODEL, 6 CYLINDER, 7 Passenger Touring Car. with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Oversize tires. Price \$1,200.

HUDSON, MODEL 37. 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new car. Price \$650.

PAIGE SEDAN. A VERY FINE looking closed car seating five. Electric lights and starter, also inside dome light. Nearly all the windows open, which gives ample ventilation for summer driving. Price \$700.

HUDSON, MODEL 33. 5 PASSENGER, 4 cylinder Touring Car. In good running order, at a special price, \$350.

HUDSON 1913 MODEL "54." A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price \$750.

STUDEBAKER, SEVEN PASSENGER, 4 cylinder Touring Car. In good running order. Tires in good shape. This car was painted this year and looks very nice. Price \$350.

JACKSON, 5 PASSENGER, 4 CYLINDER Touring Car. Has electric lights and starter, good tires, and is a bargain at the price, \$300.

RUSSELL, 3 PASSENGER CABRIOLET. A very handsome closed car, suitable for a doctor. Price \$1,000.

We only sell used cars after the purchaser has had a demonstration and satisfied himself of the running qualities of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstration.

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Cyclone Shaking and Dumping Grate Bars for all requirements  
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"OTTO HIGEL" PIANO ACTION