

Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect food given to man. In **Shredded Wheat Biscuit** you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits.

Made in Canada.

THE LION ROCK OF CEYLON.

Wonderful Natural Fortress Remarkable For Its Curious History.

Among the many relics of ancient civilization now to be seen in Ceylon none is more interesting than Sigiri, a wonderful natural fortress remarkable not only for its singular appearance but also for its curious history. About 475 A.D. a parricide prince, Kasyapa by name, who had also attempted to murder his brother, fled from his home into the wilderness, where he founded a new capital city round a rocky mesa.

Four hundred feet above the level of the surrounding country on the three-acre top of the mesa, Kasyapa built his palace, a monastery, for he wanted to make retribution for his sins, and many other brick and stone buildings. He carved out cisterns, a bathing tank and a natural-garnet-studded throne from which he could survey the city and the wonderful expanse of luxuriant tropical country near by.

For many years he lived there in security, and then his vengeful brother came. Kasyapa foolishly descended from his rock to give battle, and his war elephant, turning aside to avoid a marsh, caused his followers to think that he wished to retreat; so retreat they did, and Kasyapa's brother had his revenge. After the prince's death the monk's maintained the citadel for a long time, but the walled city that surrounded the mesa gradually decayed, and so in time did the edifices on the summit. Six centuries ago they were abandoned.

To-day the mesa, on which the archaeologists are working, is stained red by the action of the rain on the bricks of the citadel, and when the sun strikes it at the right angle it looms up in a sort of bloody splendor, forming a fitting monument to its former villainous ruler.

Facing a terrace at the base of the rock is a guardhouse. On the front of the rock is carved the head of a lion, and on this same terrace are its claws, between which a staircase ascended, so that it is thus apparent why the mesa is called "lion rock," a translation of Sinha-girl—or, as it is contracted, Sigiri. The staircase was a remarkable work, for Kasyapa had to build it round walls that bulge forward at base and summit. It was a walled gallery of stone, spiralling round the rock to its summit, and was covered with cement and decorated frescoes, some of which are preserved even now in their original brilliant colors. As only a small part of the

gallery remains to-day, the ascent must be made on an iron stairway constructed by the Archaeological Commission—a climb that is sufficient to test the nerves, for where you go up over the side, nearly four hundred feet above ground and far out beyond the base of the cliff, the downward view is not cut off, as it was in Kasyapa's time.

THE LADIES OF HELL.

(As the Highland regiments are called by the Germans.)

There's a toss of the sporan,
A swing of the kilt,
And a skreech frae the pipers
In blood stirring lilt;
They step out together,
As the pibroch notes swell—
Oh, they're bonnie, braw fighters,
The Ladies of Hell.

They are far frae the heather
And far frae the moor;
As the rock of their hillsides
Their faces are dour.
Oh, "The Campbells are coming"
Frae corrie and fell—
What a thrill to their slogan
These Ladies of Hell.

As they charged at Culloden
Like fire o'er the brae,
Their brothers are charging
In Flanders to-day.
And one lesson in manners
The boches has learned well:
It's make way for the ladies—
The Ladies of Hell!
—C.B.Q., in the New York Sun.

**BABY'S OWN TABLETS
PRIZED BY MOTHERS**

Mrs. Henry Vanreader, Rodney, Ont., writes: "I have used Baby's Own Tablets for the past five years and prize them very much. They have proved of such value to me that I always keep them in the house." Once a mother has used Baby's Own Tablets she would use nothing else. They are thorough but mild in action and never fail to make the sickly baby well. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Hay Building.

Farmers in the vicinity of Sunny-side, Yakima County, Wash., did a distinctive thing when they erected a "palace of hay" in which to hold their annual county fair. Some 600 tons of alfalfa were used in building the structure, whose walls were twenty-five feet high. It not only housed all the exhibits but a restroom, information bureau and a grand stand in front of which a vaudeville program was given daily. The hay was loaned by the farmers and at the end of the fair was auctioned off at a very good price.

The last hundred pounds of finish on a beef steer is the most economical gain and makes a steer grade prime and get the top of the market. Buyers come from all parts of the country and pay highest prices for the good, well-finished animals at the Auction Sale of the Toronto Fat Stock Show.

THE KANGAROO

There Are Many Existing Species of This Animal, Chiefly in Australia

The noble art of self-defense as practiced by the kangaroo for exhibition purposes is a fake. It is true that the big Australian marsupial will go through the motions of boxing, when properly instructed, but its real weapons are its hind legs.

The "old man kangaroo," which is the largest of many existing species, can disable a man with one kick fairly delivered.

The marsupials represent an out-of-date fashion in mammals. Barring the opossums, of which there is one species in North America, they are found nowhere in the world except Australia, including the nearby island of Tasmania, and New Guinea. Ages ago there were many tribes of these animals, which carry their young in a stomach pouch, on the American continent, but naught now remains of them except fossil bones.

Australian marsupials are curiously differentiated. The so-called "wombats" resemble badgers. The "bandicoot" has long ears and hops like a kangaroo. The "Tasmanian devil," though small in size, is one of the fiercest and most untamable of living creatures. There are marsupial wolves, marsupial rats and marsupial bears. The "koala" lives in trees and suggests a cross between a Teddy bear and an opossum. There are even "flying" marsupials, which flit about in the forests from tree branch to tree branch like flying squirrels.

Power is powerless unless its possessor is conscious of his ability.

An envelope closed with the white of an egg cannot be opened by the steam of boiling water, as the steam only adds to its firmness.

THE ROAD OF DEATH.

Who shall say the road of Death
Falleth sheer or harroweth?
See how glad they march along,
All our manhood, full of song,
Chasing, as they pass away,
Fears and phantoms of our day,
Sure in victory or defeat
Their inheritance to meet.
He who made them let them see
Far above their agony,
To the light that never dies
Round the rest of Paradise.
Gladly do they march along,
Full of laughter and of song,
Finding none that sorroweth
Past the glorious road of Death.
—E. E. Speight.

MURINE Granulated Eyelids,
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes.
YOUR EYES No Smearing, Just Eye Comfort
At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago 4

What the forest fire thieves in one year would pay the premiums on \$1,000 life insurance for 300,000 Canadians at 25 years of age. It would almost double the pensions on 19,000 disabled soldiers.

Minard's Liniment Cures Dandruff.

How to Tell Age of a Fish.

Could you tell the age of a fish if asked to do so?

It has been found that the age of a fish may be read from its scales. These increase in size by annular growths, two rings being formed each year. The "otoliths," or ear stones, which lie in two sacs on either side of the base of the cranial cavity, afford another means of determination.

Like the scales, the otoliths increase by two rings annually. Each spring a white ring is formed and each autumn a black one. Thus the number of either white or black rings in an otolith gives the age of the fish in years. In the case of flatfish the latter method has been found more reliable, whereas in the case of the cod the scales give a better result. Although varying much in size and shape in different species, the otoliths show a remarkably constancy in the same species; hence they are of considerable value in the diagnosis of a species.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

To prevent tinware from getting rusty, rub well with lard and put in oven and heat thoroughly. It can then be used in water continually and it will remain bright and free from rust indefinitely.

Minard's Liniment Cures Burns, Etc.

Hardy plants that require it may be taken up, divided and replanted. The earlier this work is done the better.

**WOMAN COULD
HARDLY STAND**

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Fulton, N. Y. — "Why will women pay out their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vegetable Compound will make them well? For over a year I suffered so from female weakness I could hardly stand and was afraid to go on the street alone. Doctors said medicines were useless and only an operation would help me, but Lydia E. Pinkham's Vegetable Compound has proved it otherwise. I am now perfectly well and can do any kind of work." — Mrs. NELLIE PHELPS, care of R. A. Rider, R.F.D. No. 5, Fulton, N. Y.



We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound. If you have bad symptoms and do not understand the cause, write to the Lydia E. Pinkham-Medicine Co., Lynn, Mass., for helpful advice given free.

GILLETT'S LYE

HAS NO EQUAL

It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome. REFUSE SUBSTITUTES.

One's Ancesters.
Willie—Pop, who are ancestors?
Father—Well, I'm one of yours—and your grand-dad is another.
Willie—Oh, but why is it that folks brag about them?

MONEY ORDERS
The safe way to send money by mail is by Dominion Express Money Order.

The tops of young carrots and turnips are as good as beet tops to cook for greens.

Minard's Liniment for sale everywhere.

Can't Fail.
If you'd succeed
This adage mind:
First find your work;
Then work your find.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES
CURES RHEUMATISM
BRIGHT'S DISEASE
DIABETES BACKACHE
NER 23 THE PR

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

**CUTICURA HEALS
ITCHING BURNING**

Rash On This Little Baby Over Face and Head, Quite Disfigured.

"When my baby was four months old she had a rash all over her face and head, and was quite disfigured. Her skin was inflamed and sore, and itched and burned and the rash later developed into large red eruptions, making her cross and fretful. The baby could not get any sleep."

"My husband bought a box of Cuticura Ointment and a cake of Soap and I used two tins of Ointment with two cakes of Soap and she was healed." (Signed) Mrs. A. Down, 1040 Gertrude St., Verdun, Montreal, Que., March 2. Cuticura Soap and Ointment often prevent pimples or other eruptions. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 100% in Ten Days

In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach, liver or kidney disease or some other ailment when their real trouble was lack of iron in the blood—How to tell?

New York, N.Y.—In a recent discourse Dr. E. Sauer, a Boston physician who has studied widely both in this country and in great European medical institutions, said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good, you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin; another is burdened with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night; others are sleepy and tired all day; some, fussing and fretting, develop no bloodless, but all, lack physical power and endurance. In such cases it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your flagging vital powers for the moment, maybe at the expense of your life later on. No matter what any one tells you, if you are not strong and well you owe it to yourself to make the following test. See how long you can work or how far you can

walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous run-down people who were ailing all the time double, and even triple their strength and endurance and entirely get rid of their symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated iron for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE: The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they will forfeit \$100.00 to any charitable institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 100 percent or over in forty days' time, provided they have no stomach or other trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed by all good druggists.

If porcelain baking dishes become discolored on the inside, fill them with buttermilk and let stand for a day or so. The acid in the milk will remove the stains.

Minard's Liniment Relieves Neuralgia.

WANTED
IN A GOOD HOME, MODERN AND in a quiet neighborhood, a family of three adults would like a girl or young woman, Presbyterian, Methodist or Baptist preferred, to make her home with them and assume part of the domestic responsibilities. We should be glad to have you write fully concerning your experience, if any, and the terms you consider fair. In your first letter, which will be treated confidentially, we can then furnish you with further particulars. References exchanged. Box 55, Wilson Publishing Co., Limited, Toronto.

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 application to Wilson Publishing Company, 73 Adelaide St. Toronto.

FURS
BEAUTIFUL FURS BY MAIL. GET catalog showing latest styles Persian Lamb, Mink, etc. Wholesale prices, rare values. Satisfaction guaranteed. McComber's Limited, Manufacturers, 420 D St. Paul West, Montreal.

MISCELLANEOUS
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.

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. \$2.00 a bottle delivered. Horse Book 9 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins, heals Sores, Allays Pain. Will tell you more if you write. \$1 and \$2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P. O. F., 518 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.

WITH THE FINGERS!
SAYS CORNS LIFT OUT
WITHOUT PAIN

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

At little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain or soreness or the danger of infection.

This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.

POSTUM
has been adopted as the table beverage in many a home because of its pleasing flavor and healthful nature