

# "TITE WAD"

"STICKS LIKE A BULL-DOG"

The Original Rubber Putty—It repairs Hot Water Bottles; Punctures; Bicycle, Auto Tires; Rubber Boots. Guaranteed to satisfy. 25 and 50 cents Postpaid. Mail your order to-day. E. Schofield, 620 Dominion Bank Bldg., Toronto.

## Of Serge and Satin



This smart little model shows serge and satin charmingly combined. McCall Pattern No. 7726, Misses' Dress. In 3 sizes, 16 to 20 years. Price, 20 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

### SWISS WATCHMAKERS CLOSE.

**Demands of Labor and Export Conditions Force Action.**

Many watch manufacturers have closed the doors of their shops, says a Berne despatch. Organized labor demanded higher wages, giving the higher cost of living as a reason. The manufacturers are unable to pay higher wages, for export facilities are diminishing rapidly and it is almost impossible to obtain certain raw materials. The men employed as watchmakers probably will find remunerative work in munition shops, but it is feared that the Swiss watch industry will be ruined by war conditions and never recover from the blow.

Cultivating corn shallow and level saves moisture and adds a few more bushels to the yield. Ridging and deep stirring of soil are not recommended. Ridging exposes a greater surface from which soil moisture can escape and may cause severe root pruning.

## Put Into Practice

Conservation means the use of foods requiring less sugar, less fuel, and the minimum of wheat.

## Grape-Nuts

requires No SUGAR, No FUEL, less milk or cream than other cereals, and is part BARLEY. It's a concentrated, nourishing, economical and delicious food. TRY IT!

### A Prayer.

Somewhere across the infested sea, Serving the cause of liberty,  
Dear Lord, is my brave son.  
I know not how he fares to-night,  
But keep him ever in Thy sight,  
For I have but the one.

Thou gavest two to bless my life,  
But one fell early in the strife—  
My first-begotten son.  
He with his comrades marched away,  
And then a message came one day—  
Dear Lord, I have but one.

Then, while so sorrowed and bereft,  
Though only he to me was left,  
I could not say him nay,  
Who urged that duty bade him go—  
His country called, he said, and so  
How could I bid him stay?

But oh, dear Lord, 'tis hard to bear,  
With not another child to share  
The hearth when day is done!  
I can but kneel to Thee and pray:  
Be with him through the hellish fray  
And keep Thou safe my son!

I know the cause is good and true,  
I know that suffering must ensue  
Before the fight is won.  
But bear with me, O Lord, this night;  
Be Thou my solace in my plight  
And guard my only son.

It is false economy to use cheap, inferior tea, for it yields so poorly in the teapot. Use only the genuine Salada to secure the maximum number of cups to the pound and, in addition, you will enjoy the unique flavor.

### French Children Draw Food Posters.

School children in the Paris schools have been invited to submit designs for food restriction posters, says a recent Paris despatch. Among those accepted is one by a little girl representing a group of children gazing at a shop window filled with confectionery and cakes. "We can do without them" is the legend below.

### Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely.

C. H. COSSABOOM.

Rossway, Digby Co., N.S.

### Weather Forecaster for Army.

The British Army is to have an official weather forecaster, says a London despatch. Battles may be won or lost owing to the unforeseen atmospheric conditions, and experts will be appointed to make daily reports of probable changes in the weather.

### Minard's Liniment Cures Colds, Etc.

#### 100% Use of Vegetables.

The more general use of vegetables as substitutes cannot be too often reiterated. Their worth is not half appreciated and with the war gardens flourishing apace there is a tendency to be wasteful when such an abundance of garden truck is available.

As a matter of fact, their uses are not exhausted when they have been served as fresh greens, made into salads or boiled according to custom. Much of the sugar and mineral content, so valuable and pleasant to the taste, is generally lost in cooking because women do not study ways and means to conserve it. None of the elements should be wasted. For instance, carrots, corn, peas, beets, are rich in sugar and the water in which they are cooked should be saved for soup. Spinach should always be cooked in its own juice and every spoonful saved. Onion water may be used for gravies and soups.

Delicious soup is made by simmering potatoes "diced" with skins left on, peas, onions and seasonings. A thick puree which is combined with a thin cream sauce is made of this composition.

Peapods and the cobs from which uncooked corn has been cut may be used to advantage in making soup.

### Food Saving in Hawaiian Islands.

The Red Cross is \$1,000 richer as a result of the first reported violation of Food Administration rules and regulations in the Hawaiian Islands. Ah Leong, a Chinese merchant in Honolulu, has been allowed to suspend business for one week, and donate to the Red Cross \$1,000 in lieu of further action on a charge of violating the "fifty-fifty" rule in selling flour. On the first offense several weeks ago the Chinese pleaded ignorance of the law and was allowed to continue business. About three weeks later he made another sale of flour without the required amounts of substitutes. J. F. Childs, Federal Food Administrator for Hawaii, reports that action in this case has had a very salutary effect upon other Oriental merchants, and that practically all of them are now lined up solid with the Food Administration.

### 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.

### Tractors Still Available.

The first thousand Fordson tractors purchasable from Henry Ford and Son by the Canada Food Board have been sold to Canadian farmers. Farmers who wish to secure such tractors in future should place their orders with the Department of Agriculture in their own Province, and until further notice such orders will be handled in the same way as the first thousand.

### MONEY ORDERS.

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

### Volunteer Rationing in Canada.

Each Province in the Dominion has been asked to form a scheme of rationing for its own people. Thus the Canada Food Board hopes to provide for each Province's own particular conditions.

### Minard's Liniment Cures Diphtheria.

Since soap is soaring, even if you have never done it before be sure now, to put all bits of laundry soap into a wire shaker and all bits of toilet soap tie into a small square of cheese cloth. This enables you to use every atom of soap.

### Minard's Liniment Cures Garget in Cows

The acreage in the principal field crops of the United States is officially given at 345,647,000 against 359,625,000 last year.

## HIRST'S PAIN EXTERMINATOR

The Good Old Family Friend

For over 40 years Hirst's Pain Exterminator has been taking the pain out of rheumatism, lumbago, lame back, neuralgia, sprains, toothache and similar complaints. Buy a bottle, read the directions on the circular in the package. At dealers, or write us.

HIRST REMEDY COMPANY,  
Hamilton, Canada

HIRST'S Family Salve, (50c).  
HIRST'S Pectoral Syrup of Horehound and Elecampane, (35c)

**35¢**  
BOTTLE

### A Field in Flanders.

[Extract from a letter from the front: "I saw a few wind-flowers the other day, and a vast meadow full of kingcups, and that was enough to make me happy for weeks."]

There is a field in Flanders  
Where yellow king-cups stand;  
Like fair princesses clad in gold  
Their joyous court they proudly hold  
In the gay meadow-land.

There is a wood in Flanders,  
A little shimmering wood,  
Where wind-flowers sway among the grass  
And smile upon you as you pass,  
As country maidens should.

There is a bank in Flanders  
Where celandines a-blow  
Lift up their shining heads and peer  
To see their lovely image clear  
In a bright pool below.

And you who go in English fields,  
Oh think not that our days  
Are wholly dark or wholly ill,  
For there are flowers in Flanders still  
And still a God to praise.

—R. F.

MAKES THE WHITEST, LIGHTEST

## MAGIC BAKING POWDER

CONTAINS NO ALUM

MADE IN CANADA

**E. W. GILLETT CO. LTD.**  
TORONTO, CANADA MONTREAL  
WINNIPEG

### Motion Picture Fishing Voyage.

The Canada Food Board is circularizing a film taken on board a Pacific trawler from Prince Rupert, showing how Pacific flat-fish are caught and handled, under the auspices of the Board, for distribution in the Western Provinces, as a reasonably priced substitute for meat.

### Minard's Liniment Cures Distemper.

#### FOR SALE

ONE EIGHTY HORSE-POWER Boiler, with 300 ft. of 2 1/2 in. pipe; stiff-leg Derrick; second hand Sawyer-Massey Tractor Engine. Grey Iron Castings made to order. The Dominion Foundry, Tweed, Ont.

WEEKLY NEWSPAPER FOR SALE in New Ontario. Owner going to France. Will sell \$2,000. Worth double that amount. Apply J. H. c/o Wilson Publishing Co., Limited, Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 69, Wilson Publishing Co., Ltd., Toronto.

#### 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.

# CUTICURA

Heals Pimples With One Cake Soap and One Box Ointment.

Face never free from them for two or three years. Were sore and often became large and hard. Left dark, red blotches that disfigured face. Nothing did much good till tried Cuticura. Helped from first application and now face is healed.

From signed statement of Miss Lorena Kennedy, R. R. 1, Williams-town, Ont., March 7, 1917.

Use Cuticura Soap for toilet purposes, assisted by touches of Cuticura Ointment to soothe and heal any tendency to irritation of the skin and scalp. By using these fragrant, super-creamy emollients for all toilet purposes you may prevent many skin and scalp troubles becoming serious.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U.S.A." Sold everywhere.

## HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

## THIS IS T & B WEEK

Fill up your pipe with T & B—rich, mellowed, sun-ripened Virginia.

This genuine Southern-grown leaf has a flavor and aroma all its own.

Full bodied, yet soothing, Mother Nature's best.

No pipe smoker should go through "T & B. Week" without a package.

No word is necessary to old T & B smokers. They smoke it always.

But you—if you have never tried it, smoke T & B this week and realize the satisfaction of using a genuine Virginia tobacco.

Fill up your pipe with "T & B."

## SMOKE T & B TACKETTS

CUT on PLUG