ed, Montreal

me have saidly-the body's igestion disap-

to the penetrat-

A Million Mothers behind the purest, cleanest, most nutritious of all cereal foods-Shredded Wheat. They have tested it and found it best for youngsters, best for on, to play on, to think on. Contains the life of the wheat in a digestible form—puts gimp and ginger into the jaded body. Delicious for breakfast with milk or cream or for any meal. Made in Canada.



ARE DOING.

the Great West Told Few Pointed Paragraphs.

The trade between St. John and

Cuba for 1915 showed a total of Napoleon Curry of Skinner's Pond, TONIC TREATMENT near Tignish, was found frozen to death just outside the latter town. St. John, N.B., is likely to erect a new \$2,000,000 grain elevator at the

mouth of Courtenay Bay. A cargo of 400,000 frozen herring The Modern Method is Most Suc- bullocks and others to Smyrna and from Newfoundland reached Halifax fast week. Four recaptured German prisoners

were taken back to St. John, N.B., and from there sent to Amherst. the other day voted \$833.33 per month, are being discarded. The trouble worms; many of our men could only toward the Canadian Patriotic Fund. The county has 1,000 men in khaki. cently by Sydney municipal council, ing indigestion and other stomach insect is a perfect nuisance in flour

the county of Lunenburg, died repetite, the disappearance of pain, the webbing of the elevators in the mills at 5.9 per cent. of the entire British who will vouch for me. I am able to Mrs. Grimes—"Hide it away from A pair of matched silver gray for labeled silver gray for the disappearance of pain, the webbing of the cleaning of the cleani Edward Island, to a New York buyer distinctly. Dr. Williams' Pink Pills perature of the mill and so favorable sideration the fresh supply of ships They simply cure the Kidneys.

their annual meeting in Charlottetown in building up the digestive organs, two months, and in the warmer parts of neutral and the seizure of enemy recently. A committee was appointed and is therefore the very best remedy of America even more rapidly. Six merchant vessels. to interview the government on the for chronic cases of stomach trouble. generations at least may be produced In war-vessels, also, he admits the securing of a report on the contribu- Thousands of cases like the following a year.

official dropped dead in the vestry sides. I was in this condition for of Providence Methodist Church, Yar. several years, and although I had mouth, while talking with the sexton, got medicine from several doctors it

This makes a total of more than for \$2.50 from The Dr. Williams Medi own ample proportions. 3,000 enlistments from this district cine Co., Brockville, Ont.

## A GOOD CHANGE.

A Change of Food Works Wonders. was brought around to health again items are as follows: injurious because it contains caffeine. Antwerp and Zeebrugge. the drug found in coffee) and some articles of food that did not agree

She says: I left off coffee and began using pierce the Dardanelles. duced in flesh and so nervous that follows: the least thing would overcome me.

"Then I changed my food and began using Grape-Nuts in addition to Post- armies um. I lived on these two principally 3. Failure to even wound Great for about a month. Day by day Britain. um and Grape-Nuts.

"Husband was troubled, for a long 7. Failed to save her colonies. time, with occasional cramps, and slept badly. Finally I prevailed upon him to leave off coffee and take Postum. After he tried Postum for a few days he found that he could sleep and that his cramps disappeared. He never went back to coffee." Name she gushed. "Isn't that dear?" given by Canadian Postum Co., Wind. "Very," said her husband, as sor, Ont.

Postum comes in two forms: must be well boiled. 15c and 25c cents.

packages. lestant Postum-a soluble powderdissolves quickly in a cup of hot "William," said the teacher during water, and, with cream and sugar, the lesson in physiclogy, "what is the mabes a delicious beverage instantly. use of the external car?"

Boe and 50e tins. Both kinds are equally delicious "I think," he said, "it is mostly used Tommy-How to whisper without and cost about the same per cup. "Three's a Reason" for Postum. · -sold by Grocers.

garding World Power.

Bombast of a German Author Re-

"THE EARTH IS OURS."

A Swiss publishing firm is pre-

doctrine of German expansion: Whatever we set out to do, we

might on our side. We need never worry about any- Those which interfere with his food thing we may do, since history wll supplies. show us that there is nothing we can do, however bad, that has not already been perpetrated in the course of the

growth of the world. We need never fear that other na-

launching out. The earth is ours Africa. for the taking. With Germany to Just as some fleas attack one spemuch of Africa as we wish, without that is not enough, we have only to a bed to catch a flea." stretch out our hands and take more. There is no need to waste compassion upon those who would go Such little countries as Hollan

nothing better than to belong to the great German Empire. The Women's Volunteer Reserves This was the kind of teaching that are drilling actively at Fredericton, drove Germany into the present great

gium, and Switzerland could a

cessful in Treating Indigestion

The Restigouche municipal council in indigestion and stomach troubles our biscuits were bad and full of with the old-fashioned method was eat them in the dark." tion of 100,000 bushels of oats for the prove how successful this treatment Now that the war is spreading in gape rapidly.

London Newspaper Lists Teuton

Achievements in War. Wrong food and drink cause a lot summarized by the "Westminster" The results of the war, so far, are of trouble in this world. To change Gazette" under the headings, "What | is first aid when a person is ill, par- the Germans Have Succeeded in we have during February and March ticularly from stomach and nervous Achieving" and "What the Germans troubles. As an illustration: A lady Have Failed to Achieve." The first

Russian armies. kept getting worse until I was ill most of a through route to Constantinople.

g. Failed to crush the Russian

German submarine war dies down.

Presence of Mind.

"Just look at that diamond tiara, glanced at the tag. And then he called her attention to

It Is In Many Cases.

William considered for a moment, you learnt in school to-day? to catch dirt." moving the lips.

Minard's Liniment Cures Colds, Etc.

ENEMIES OF FIGHTING MEN

Insects Which Make the Soldiers Life Miserable.

Insects which prove such a nuisance paring French and English editions to the fighter in time of war are simof Taunenberg's "Gross Deutsch- ply those which affect man in time land," which is claimed to have done of peace, but owing to the different grown-ups—a food to work for Pangermanism what Bernhardi's circumstances which arise in wartime, works accomplished in the German their effects are more violent and more persistent. Roughly speaking, The book expounds the following we can divide these pests into two categories:

Those which pierce the skin of men need never trouble about the right or or of animals on which the soldier is wrong of the matter, since we have to a great extent dependent-for instance, the horse; and

It is only a few years ago that the spread of the bubonic plague was associated first with rats and then with rat fleas. The commonest rat fleas in all tropical and subtropical countions will interfere with us. Our ad- tries infest man, and if they should versaries are too divided to do us have fed upon a plague-infected rat any harm. As for England, every- and subsequently bite man, their bites thing with her is a matter of arrange- communicate bubonic plague. Plague ment, and, provided we buy her off, -the old English "Black Death"-is a real peril in the armies now oper-We have everything to gain by ating in Asia and in certain parts of

lead the way, the world will indeed cies of mammal or bird and avoid "increase and multiply." All Lower closely allied species, so the human German Critic Also Says Pressure of When the Grave Asia can be ours; ours, again, as flea has its favorites and its aver-WHAT THE WESTERN PEOPLE mentioning South America. And if which says, "An Englishman will burn

Perhaps the most important of bit- Persius remarks that the significance ing insects is the mosquito, certain of sea power, though unperceived by Sandy Goulette Took Dodd's Kidney species of which convey malaria-a the superficial observer, in reality disease which has probably played a played many a significant role durbigger part in the history of the world ing the past year. In the North Sea than that conveyed by any other in- the pressure exercised by the British

Finally, we come to a series of in- economic life. sects whic affect the food of soldiers | Captain Persius claims that Gerand sailors. One is the flour-moth, man U boats during the first half of a considerable portion of it, but ren- and German and Austrian U boats Bright's Disease when the grave ders it so unpalatable that Sergeant accomplished the same ends in the yawned before him, Sandy Goulette, pedition to Egypt, in 1801, some vessels were dispatched to Macri Bay for successes. After expressing the opin- "I was swollen out of shape from Aleppo for bread, which was furnished us by the Turks-a kind of hard, dry The old-fashioned method of treat- we were then put on full rations, and

that when the treatment was stopped The biscuits became infected during A grant to aid the Poultry Asso the trouble returned in an aggravat- the cooling which takes place between ciations in the country was made re- ed form. The modern method of cur- the baking and packing. The adult District 20, Cape Breton, reported troubles is to tone up the stomach to mills. So persistent and numerous are purporting to be derived from good cured me. that 50 sheep had recently been killed do nature's work. Every step toward these moths at times that they clog authority regarding the losses caused "If anyone doubts this statement Mrs. Smarte—"There's no need for recovery is a step gained, not to be the rollers with their cocoons and to allied shipping by submarines and they can write me and I will give them you to do that. Why not do as I do? A mare called "Maud S." oldest in lost again. The recovery of the apskins were sold at St. John, N.B., road to health that those who have suky skeins, and then the elevators recently by Edward Manson, of Prince tried the tonic treatment remember stop working. So uniform is the tem
We must, however, take into con
Dodd's Kidney Cills are no cure-all. find it and eat up every morsel of it."

At the annual meeting of Fort Ont., says:—"I have found such great also be said about an allied species of the same of the sam Massey Presbyterian Church it was said that 68 members of the congre- benefit from Dr. Williams' Pink Pills of insect which infests at times 50 per HOW YOU MAY THROW gation were serving with the colors. that I would be ungrateful if I did not cent. of the figs of the East. It is a The season of 1915 will be notable publicaly say a good word in their moth which is spread all over the for the fact that Nova Scotia pro- favor. I was badly run down and my world, and is catholic in its taste, since fluced the largest hay crop in her stomach was in a very bad condition. it flourishes on rice, bran, dried ap- them. All food distressed me, and left me ples, maize, and a great many more or ates, then these glasses may be ruining At Bayfield, N.B., Percy Mitton had disinclined to eat. I suffered from less nutritious foods. It lays its eggs bour eyes instead or neighing them. his barns, with valuable implements, nausea and dizziness and frequent in the figs while they are being dried may prove for themselves that they can dispense with glasses if they will get a mare and colt and a hen-bouse with sick headache, and this was further in the sun. From the egg a small dispense with glasses if they will get the following prescription filled at once:

## In An Elevator.

Faling 25 feet through the hatch- did not help me. Then I heard of Dr. Mrs. Brown is very stout, but she present time, 21 per cent. of all You can get these Pills through any "Are you going up, ma'am?" he strengthen your eyes that glasses will not be necessary. Thousands who are

have volunteered for active service, paid, at 50 cents a box or six boxes slender figure and thought of her had cared for their over in the over in with a kindly smile. "But goodness every few years they must be changed

GERMAN RECORD TABULATED me, a little fellow like you can't pull to fit the ever-increasing weakened con- hold, sir. me in that thing!"

### STORMY WEATHER HARD ON BABY plete Bon-Opto Home Treatment outfit-

is extremely hard on children. Conby leaving off coffee (Tea is just as 1. Conquest of Belgium, including mether to keep them in the house, stomach is troubling me, my heart 2. Occupation of the northern proved, badly ventilated rooms and catch shape—and I don't feel well." inces of France, including Lille. | colds which racks their whole system. 3. Occupation of Russian Poland To guard against this a box of Baby's Minard's Limiment Cares Dipatheria. and the effective holding up of the Own Tablets should be kept in the "For a number of years I suffered 4. Destruction of Serbia and the esthe baby to keep his stomach and Iva Line-My dog is a regular with stomach and bowel trouble which tablishment, with the help of Bulgaria bowels working regularly. This will blacksmith. of the time. About four years ago 5. Check to the British attempt to not fail to break up colds and keep the Ivan Other-How's that?

health of the baby in good condition Iva Line-Why, I kicked him the her the key to the bread box!" Postum. My stomach and bowels im- The enumeration of what the Ger. till the brighter days come along. The other day and he made a bolt for the proved right along, but I was so re- mans have failed to achieve is as Tablets are so'd by medicine dealers door. or by mail at 25 cents a box from 1. Failed to crush the French The Dr. Williams Medicine Co., Brock- Nothing pleases some people more ville, Ont. Not Going.

"Johnny, hurry up and get ready to I gained in flesh and strength until 4. Paris and Calais remain untaken, go to school, or you'll be too- late." the nervous trouble had disappeared. 5. Petregrad and Moscow are intact. "I ain't goin', mother." "Not going! I feel that I owe my health to Post- 6. England's sea power unshaken: Why not?" "I've struck." "Struck! What do you mean by that?" "Why. didn't pa read in the paper last night 8. Failed to stem the sure attrition about persons strikin', and said it of German strength in men and matwas right for the oppressed to strike?" "And I hope you don't call yourself oppressed, do you?" "Of course I am. If a fellow doesn't want to go to school, and his mother makes him go, isn't he oppressed?" "So he you have struck, have you? Well, I'll see if I can strike too." And just as soon as Johnny saw his mother Postum Cereal—the original form— some solid tin coffee pots at 48 reaching for the strap his first strike came to an end, for he darted out of the house, and was down at the school-house in a twinkling.

> Ever Tried It? Auntie-Well, Tommy, what have

mard's Liniment Cures Garget in Cows ED. 6.

AFTER A DAY OUT DOORS

## You can prevent chapped hands and lips by using laseline Camphorated Cream

It allays all irritations of the

Sold in clean, handy tin tubes at chemists, department and general stores everywhere. Lefuse substitutes.

ADMITS U-BOAT FAILURE.

CHESEBROUGH MFG. CO.

1880 Chabot Ave. Montreal

British Fleet is Felt.

In a review of the naval situation in the Berliner Tageblatt, Captain Fleet made itself felt in German Now He Can De His Days Work As

marines were able to boast of some Kidney Pills. little resemblance to the views utter- much longer. ed a year ago. Then, alas, hopes- "I was sick all winter and in the

are a blood-builder, tonic medicine, to the life of the insect that they com- as the result of sedulous British in-The Central Farmers' Institute held every constituent of which is helpful plete their life-cycle in England in dustry as well as of the purchase

allies have been able to fill up the

The statement is made that thousands

wear eyeglasses who do not really need ous step?" "Reason? No reason If you are one of these unfortun- whatever. I'm in love." Go to any active drug store and get a miners employed in Cape Breton dealer in medicine or by mail, post asked politely. Mrs. Brown eyed his blind, or nearly so, or who wear glasses had cared for their eyes in time. Save did you drop that steaming towel on Minard's Liniment Co., Limited. "Yes, I am, my boy," she answered become one of these victims of neglect. Eyeglasses are only like crutches and become one of these victims of neglect, my face? many others, get clear, healthy, strong magnetic eyes through the prescription here given. If your own druggist cannot fill this prescription, send \$1 to the Valmas Drug Co., Toronto, for a com- balls, Mr. Fox?

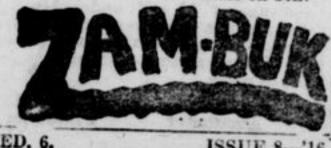
### tablets and all. Evidently.

"How goes it, neighbor?" ditions make it necessary for the "Oh, I've a pain in my head, my They are often confined to over-heat- is weak and my nerves are in bad

than to hear disagreeable things tragedy is for her mother to insist about people they do not like.

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 es-

sences; 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 incidently give yourself ease by the people, my boy." quickest route. See name on box: - "Why?"



RATS INFEST PETROGRAD. Great Horde of Vicious Rodents Sur-

prises Residents of City. rats, often of large size and great

They go to water usually in the ranks. Watchmen who see them get to your complexion that fine appearance out of their way, as they attack of freshness and youth. isolated men when in numbers. There bottles, and until the Drug Stores in are traditions that persons who have Canada are completely stocked we are tried to interfere with these armies of rats have been overcome and killed and eaten.

The last migration was by day and the route led across the Nevsky prospect. Thousands were cut to pieces by the electric street cars, and bands of boys and men killed many others. This daylight migration was no doubt caused by the emptying of the grain bins at the grain market. Supplies have been distributed recently directly from the railway cars to the dealers and larger bakers.

## Yawned for Him

Pills for Bright's Disease.

Well As He Could Ten Years Ago-Offers Proof Of His Statement.

whose larva burrows through the sol- the year jeopardized British com- Old Fort Bay, Labradore, Que .dier's biscuit and not only consumes mercial shipping in the North Sea, Feb. 14th, (Special.)-Cured of Daniel Nicol, of the 92 Gordon High- Mediterranean during the last few an old settler here, wants all the world landers, tells us that, "during the ex- months. In the Baltic, British sub- to know that he owes his life to Dodd's

ion that the entire elimination of the head to foot. I was so short of breath submarine danger requires a decisive I could hardly speak," Mr. Goulette blow by a hostile fleet, he says:-- states. "The doctor could do nothing husk. We were glad to get this, as U boats in the trade war one hears holy sacrament and a good old priest frequently nowadays views that bear came and told me that I could not live

> were extravagant, owing to a dis- spring. I telegraphed two hundred regard of facts which the informed miles for two boxes of Dodd's Kidney expert indeed observed, but which Pills. I took three pills the night they remained concealed for the laymen. | came and I got relief before morning. Captain Persius then gives figures I took Dodd's Kidney Pills and they you get rid of your stale bread?

No Reason What ver. One man said to another-"But, on your income, are you justified in marrying?" "Not at all," the other admitted. "The girl has no money, I understand?" "Not any." "And they tell me she's got rather extrava-

gant ideas?" "That's the truth."

have you for taking this very seri-

SPEND THE WINTER IN in one Bon-Opto tablet. With this harm- most modern railway terminal in the four-year-old daughter, "did you peel less liquid solution bathe the eyes two world. Overland Limited (Extra Fare) your apple before eating it, as I told way of a steamer while engaged as Williams' Pink Pills and began taking is also most considerate about other from the start. Many who have been 10:00 P.M., San Francisco Limited reply. "And what did you do with the a longshoreman and receiving only a slight scalp wound was the miracuslight scalp wound was the miracu- helped me, and now I am as well as a large hotel to call on a friend. The conjunctivitis and other eye disorders, an attractive trip. Booklets giving full swered the child, "I ate that afterlous escape from serious injury of Eredericton ever; can eat all kinds of food with clerk sent her to the lift. There a of this prescription. Get this prescription. It is estimated that up to the relish, and have not an ache or pain." small boy opened the door for her. tion filled and use it; you may so Western Ry., 46 Youge St., Toronto, Out,

Natural Enough.

Had no Experience.

The New Lodger-I don't know, Mrs. Stubbins. I never attended any. Granulated Eyelids, DON'C Eyes inflamed by expo-Tyes quickly relieved by Murino Lyckemedy. No Smarting, just Eve Comfort. At Your Druggist's 50c per Bottle. Murine Eyo spicuous bravery under fire. "Well,

.... Absolutely Honest.

"Is your maid trustworthy?" "Trustworthy? Why, I even give

Just as Grandmother Did.

A young thing's idea of a great on frying onions in the house when the young thing's fellow is going to call that evening.

> Misunderstood. Young Man (dining with his girl)

Waitress, may we have a spoon Waitress-Why, yes, sir; go ahead, if you don't mind people around.

Some People are Heartless "Why did you give your neighbor's boy a violin? The boy hasn't the slightest idea of how to play on one."

"I know he hasn't, but I don't like

Why to Avoid Accepting Favors. "Be careful of asking favors of

"Because once a man does a favor for you you are in his debt for life." A good man who goes wrong is

found out.

reality a bad man who has just been

## Wrinkles are

A migration of rats, estimated at 50,000, surprised the residents of Petrograd. The Customs House district and the grain markets of Petrograd are infested with innumerable rats, often of large size and great proper attention and treatment. proper attention and treatment.
"USIZ" is a skin food and wrinkle

pressions, prevents dryness of skin caused by excessive winds, and restores

filling mail orders. Accept no sub Send 50 cents to-day for trial bottle, sufficient for six weeks' use. We pay postage to any address in Canada. Usit Manufacturing Co., Limited.

Dept. A, 476 Roncesvalles Ave., Toronto -A POPULAR CONTEST-Would you like to enter a contest devoted to a system of correspond-ence which would add very materially to your present income. Write for full particulars to Bull and Company, Manufacturers, Dept. D., 240 Confederation Life Bldg., Toronto, Ont.



Rewarding Him.

tures each course. 16 years' success. Start at once. Write for Free Booklet To-day-Now. U.S. SCHOOL OF MUSIC, "They met in the street. "Do you remember me?" "Can't say that I do." "Well, just ten years ago to-night Female Help asked you for a match at this corner. You gave it to me. I went Wanted ... burned the house down, and got \$1,000 insurance. I am glad of an opportunity to reward you-"

"With-?" "-with another match."

Worth Trying.

Mrs. Grimes-"How in the world

Dr. Jackson's Roman Meal Pancakes a Digestible Delicacy.

AWAY YOUR GLASSES "Then, my dear fellow, what reason by fed to a babe. Roman Meal also refunded. At your grocers', 10 and 25

Jeanie Ate Both.

"Jeanie," said a mother to her

Fairville, Sept. 30, 1902. Dear Sirs,-We wish to inform you Barber-Because it was too hot to that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you Mrs. Stubbins-Do you like codfish I would not be without it if the price was one dollar a bottle, I mean it.

CHAS. F. TILTON

Yours truly,

How Pat Felt. After the battle of Mons an officer just Eye Comfort. At congratulated an Irishman on his con-Salvein Tubes 25c. For Book of the Eye Free ask Pat," he said, "how did you feel dur-

'Home, Sweet Home.'"

pain are certain and disease is invited.

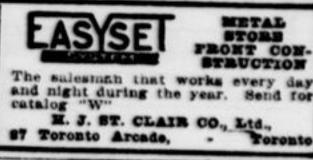
## a Confession FARMS - ALL SIZES - STOCK. Grain, Dairy or Fruit. When you want to buy, write H. W. Dawson. Brampton. Ont.

S KUNK, raccoons, muskrats, all kinds

MEWSPAPERS POR SALE Offices for sale in good Ontarie towns. The most useful and interesting of all businesses. Full information of application to Wilson Publishing Company, 73 West Adelaide St., Toronto.

MISCELLANEOUS. CANCER, TUMORS, LUMPS, ETC internal and external cured withcut pain by our home treatment. Write us before too late. Dr. Bellman Medios Co., Limited, Collingwood, Ont.







in large hosiery, underwear and sweater factories. Vacancies in all departments, with openings for experienced or inexperienced help. Highest wages and moderate priced board. Apply, im-

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Penmans Limited, Paris, Onf.

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outs new life in your harness. Keeps it from drying up and cracking. Makes it soft, pliable and strong. Contains no animal or vegetable fats to become rancid. It makes harness last longer.

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BERMUDA The Ideal Winter Resort Beautiful Drives, Saddle Riding.

Golf. Tennis, Yachting, Fishing

## and Sea Hathing. Present Garrison of the Ottawa (38th) Regi--TILE-

is open from DECEMBER to MAY Situated on the Harbor of Hamilton. Accommodates 400. Rates : \$25 per week and upward. HOWE & TWORDGER HAMILTON, BERMUDA

Bermuda is reached by the steam-

ers of the Quebec S. S. Co.

32 Broadway, New York.

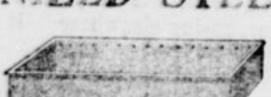
Draggists or Murine Eye Remedy Co., Chicago ing the engagement?" "Feel, your = honor!" answered Pat, "I felt as if iv- General Bossboom, the Dutch minvery hair on me head was a band of ister of war, has resigned. No man music, and they were all playin' with that name should ever resign

--- GOOD DIGESTION -

Mother Seigel's Syrup corrects and stimulates When your digestion is faulty, weakness and the digestive organs, and banishes the many allments which arise from indigestion. MOTHER FOR STOMACH

GALVANIZED STEEL PANS

much as the emailer, A. J. WHITE & Co. LIMITED, Craig Street West Montreal



GALVANIZED PANS for sap boiling are clean and Saultary. Made up of heavy steel in any size desired. We also supply wagon tanks and special barrels for bauling sap.

formation and prices on Wayne Galvanized Tanks for every Wayne Oil Tank and Pump Company, Limited

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