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School-Days are Joy-Days

to the boy or girl whose body is properly nourished with foods that are rich in muscle-making, brain-building elements that are easily digested. Youngsters fed on Shredded Wheat Biscuit are full of the bounce and buoyancy that belong to youth. The ideal food for growing children because it contains all the material needed for building muscle, bone and brain, prepared in a digestible form. One or two biscuits for breakfast with milk give a boy or girl a good start for the day. Ready-cooked and ready-to-serve.

Made in Canada

DEAF MAN IN WAR.

He Faces Silent Death Rescuing the Wounded.

Some day the stretcher bearers who are working steadily throughout the big advance ought to have a monument all to themselves. They have already earned it by their magnificent courage under terrific fire. One of them is a deaf man, a member of a Manchester "Pals" regiment which fought at Mametz and elsewhere in a London hospital, his life saved by the courage of the men who dashed through a curtain of fire to his rescue when he fell helplessly wounded.

He says that all the time the stretcher bearers were doing these things which deserved the Distinguished Conduct Medal, and he told of at least one man who he thinks has won it. This is a man so deaf that he was unfit for work in the trenches. He was a cheerful sort and the men liked the queer things that happened when he failed to hear an order.

Every one but the deaf man stood to attention. He took no notice. "Stand to!" shouted the colonel. The deaf man turned pathetic eyes on him. "Is it true, sir," he asked anxiously, "that the Government has stopped the rum ration?" During the big battle he was ordered to the clearing station just behind the lines, but he spent the whole day under the murderous fire of the machine guns and the artillery between the first line trenches and a shorter trench far advanced in the most exposed part of the ground, picking up the wounded, twisting them on to his broad back, and staggering back with them under fire until he reached a place of comparative safety.

Then he went back into the thick of it again. He was the one man in that tolling, devoted company who did not hear the awful clamor of the shells, but calmly faced a silent death. The "Pals" whom he has so often amused are now hoping that he will get the medal he deserves.

The under dog gets a lot of sympathy—and that's about all.



THE NATION'S FUTURE Depends Upon Healthy Babies

Properly reared children grow up to be strong, healthy citizens

Many diseases to which children are susceptible, first indicate their presence in the bowels. The careful mother should watch her child's bowel movements and use

Mrs. Winslow's Soothing Syrup

It is a corrective for diarrhea, colic and other ailments to which children are subject especially during the teething period.

It is absolutely non-narcotic and contains neither opium, morphine nor any of their derivatives.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Soothes the fretting child during the trying period of its development and thus gives rest and relief to both child and mother.

Buy a bottle today and keep it handy

Sold by all druggists in Canada and throughout the world.

MAKING THE FIRST FLIGHT

HOW IT FEELS TO BE 3,000 FEET IN THE AIR.

Speed Not Noticed and Sensations of Giddiness Are Not Experienced.

To be equally proficient with the birds in the air in the art of flying has been the ambition of man for many centuries, but not until the last century has his ambition been realized. Very few would have attempted to try twenty years ago. Now, however, private enterprise has opened schools whereby anyone fortunate to be able to pay the cost of tuition may learn to fly, provided, of course, that he has sufficiently healthy nerves.

Suppose, however, that circumstances provide an opportunity that enables you to taste of the delights of flying. A bright day, a little breeze and an obliging pilot, who first equips you with a combination suit of overalls that button closely around the neck, a helmet that covers the head, neck and ears, and a pair of goggles to prevent the air pressure from forcing your eyes shut.

Ready For Start. The mechanic in charge of the machine has by this time looked over the machine, made sure that everything is all right, and is busy cranking the engine by turning the huge propeller. The engine started, speech is useless. Your pilot will sit in the rear seat just behind the planes, so that he may have a perfect view; and his passenger will be seated just in front, between the planes. If you like your flight in a student's machine you will have ample opportunity to watch the operating of the controls as both seats are fitted with a complete system of operating, which is so constructed that both operate under the one hand.

Or satisfied that his engine is operating properly the pilot will show you how to strap yourself into the machine. You secure yourself by a strap which is fastened inside the seat and buckles closely to your waist. When ready, you nod to the pilot who motions to the mechanic, the blocks which are placed beneath the two front wheels, for the purpose of holding the aeroplane in place, are removed, and your pilot turns the engine on full. Immediately you are in motion, and before fifty yards have been covered you begin to soar. It takes several seconds to gather your wits out of the confusion of starting, and by that time you will have attained a height of 2,000 feet perhaps.

Up in the Air. At first you will be satisfied to sit still and observe the sky, not venturing to look down, and enjoying to the full what might be described as the very poetry of motion, so delightful is it. But on looking down you are disappointed to find that your head does not swim and that you are not tempted to jump out of the machine; on the contrary, the first thing that strikes you is the wondrous beauty of the panorama lying beneath. The country roads mark the earth into what appear to be perfect squares, continuing thus until lost in a town or village. It is impossible to describe the sensation caused by the view of a wonderful color scheme composed of earth, lake and sky, all compressed in one vast scene. Combine with this a sensation of travelling at the rate of 65 to 75 miles an hour in a machine so delicately poised that there is absolutely no sense of rapid motion realized, no bumps, hardly a roll.

At 3,000 Feet. During your trip your pilot will have been navigating in such a way that just before he decides to come down he will have attained a height of between 2,500 and 3,000 feet. The difference is hardly perceptible at first.

A little experience with aviators would lead you to believe that they go up for the pleasure of coming down. But, when he is ready to descend, he will turn off the power from the engine and warn you by gestures that he is about to descend. Perhaps he will do this in a series of "volplanes"; if so, there will be very little "thrill" experienced by the passenger. If, however, he descends in a series of spirals the thrills will be marked by the number of spirals.

Dipping Down. When making the top part of the circle, the plane is tipped at an abrupt angle, and the nose suddenly raised, causing a sensation of being forced into your seat. The sidelong angle becomes more acute until suddenly without warning the nose of the machine drops down until you are almost in a perpendicular position, at the same time you shoot earthward a distance of about 200 feet and realize that you are, for the time, under the full influence of gravitation. You would probably be very much frightened if your pilot did not warn you, but this is your initiation, and by sitting close into the machine instead of allowing your body to become tense, you give with the machine, the following spirals will be enjoyed. After diving 200 feet your pilot brings his machine back to horizontal position, circles again, and so on, until he has reached within five or six hundred feet from the ground, when he brings his machine into position for making a landing. When you finally approach solid ground, you realize for the first time the terrific speed at which you have been travelling, a fact that makes no impression upon you while flying high.

The landing is made uneventfully, the rear end of the machine being the first part to touch the ground. There is a total absence of shock. You simply wait until she slows down before getting out.

After such an experience your feelings of admiration for a man who can

think and act under such circumstances are mingled with an ambition to develop the ability to fly yourself. The trip lasted only fifteen minutes and comprised more real pleasure than could be had in a lifetime in any other way.

RELIEF FROM INDIGESTION

The Most Common Cause of This Trouble is Poor Blood.

All conditions of depressed vitality tend to disturb the process of digestion. There is not a disturbed condition of life that may not affect digestion. But few causes of the trouble are so common as thin, weak blood. It affects directly and at once the process of nutrition. Not only is the action of the gastric and intestinal glands diminished but the muscular action of the stomach is weakened. Nothing will more promptly restore digestive efficiency than good, red blood. Without it the normal activity of the stomach is impossible.

Thin, pale people who complain of indigestion must improve the condition of their blood to find relief. The most active blood builder in such cases is Dr. Williams' Pink Pills. They make the rich, red blood which quickly restores the digestive organs to their proper activity, and the dyspeptic who has hated the sight and smell of food now looks forward to meal time with pleasure. As proving the value of Dr. Williams' Pink Pills in curing indigestion Miss Edith M. Smith, R. R. No. 4, Perth, Ont., says: "I can honestly say I owe my present good health to Dr. Williams' Pink Pills. My stomach was terribly weak and I suffered from indigestion and sick headache, and was always very nervous. I was troubled this way for nearly three years, and in that time took a great deal of doctors' medicine, which, however, did not help me. I could not eat anything without experiencing the most agonizing pain. My sick headache was most violent and I could not rest night or day. I was asked one day by a friend to try Dr. Williams' Pink Pills, and consented to do so. After taking them some time I found they were helping me, and I continued to take them steadily for several months, until I found that I was completely cured. While taking the pills I gained both in strength and weight, and I feel it impossible to praise Dr. Williams' Pink Pills too highly."

You can procure these pills through any dealer in medicine or by mail, post paid, at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

"BILL SADLER'S LEG BOX."

How Donald A. Smith Satisfied the Fisherman.

How to get a man into a bunk that was a foot too short for him, and how to keep him from being discontented with his bed, was the Procrustean problem solved by Lord Strathcona when, as Donald A. Smith, he was a weight factor of Hudson's Bay Company. A solution that he arrived at is described by Mr. Beckles Wilson in his "Life of Lord Strathcona and Mount Royal."

The company had a number of boarded huts for the fishermen in their employ, of such narrow dimensions as to afford sleeping accommodations only for persons of normal length. On one occasion a very honest and active man presented himself to Chief Factor Smith for a bunk in one of these huts. The difficulty was that he was six feet six inches in length—nearly a foot longer than the bunk. On an inspection of his quarters he rejected Mr. Smith's offer summarily, declaring that he was not going to be cramped for any agent or planter living, and neither was he content to be squeezed in two.

"Will a bed seven feet long suit you?" asked the chief factor. The fisherman said it would. Thereupon Mr. Smith sent for the company's carpenter; a hole was cut in the wall of the building, to which a box lined with deerskin was applied outside and rendered stable by props. The man afterwards told Mr. Smith it was the first thoroughly comfortable bed he had occupied in years. The receptacle was afterwards exhibited at the store at Rigolet and enjoyed much local fame as "Bill Sadler's leg box."



"Another Article Against Tea and Coffee"

In spite of broad publicity, many people do not realize the harm that the drug, caffeine, in tea and coffee does to many users, until they try a 10 days' change to

POSTUM

Postum satisfies the desire for a hot table drink, and its users generally sleep better, feel better, smile oftener and enjoy life more.

A fair trial—of both tea and coffee and on Postum—shows

"There's a Reason"

Canadian Foodstuffs Co., Ltd., Windsor, Ont.

REPAIRS

Promptly Made to
Storage Batteries
Generators
Magnets
Starters.

CANADIAN STORAGE BATTERY CO. LIMITED
117 Simcoe St., Toronto.
Willard Agents.

A PLAGUE OF LOCUSTS.

Jerusalem Was Visited By Them For Several Days.

In an article in the National Geographic Magazine, Mr. John D. Whitling describes the ravages of the locusts that descended on Jerusalem in 1915 and wrought destruction to gardens, farms and vineyards throughout Palestine. He says:

In Jerusalem they were first seen one day early in March, at noon. The sunshine was suddenly darkened, and then came a veritable shower of their excreta, which fell thick and fast, and resembled those of mice. At times the insects were hundreds of feet in the air; again they came down quite low, and some of them alighted. The clouds of them were so dense as to appear quite black, with the edges lighter, until they faded away into the blue sky.

When they first reached Jerusalem countless numbers poured into the broad-walled road that leads into the city from the west. For three or four days an unending stream filled the road from side to side, like troops marching on parade, and in spite of the traffic at that point, their ranks, although thinned, entered the ancient gateway and the New Breach. The most round "David's Tower" was so filled that the dry earth seemed to be a living mass. Up the city walls and the castle they climbed to the very top.

They were disastrous to the crops in the country, and obnoxious in the houses, for they squeezed through the cracks of doors and windows, and even scaled the walls to the roofs, and then got into the houses by throwing themselves into the open courts. Women frantically swept the walls and roofs of their homes, but to no avail.

For several days Jerusalem was thus visited, but the insects evidently sought greener and less populated districts; so, after the first few days, we saw nothing more of them. At Bethlehem heavy showers of rain brought them to the earth, and the poorer people gathered quantities of them. A few ate them roasted; but the main reason for collecting them was to get the small bounty offered by the local government of Bethlehem. Tons of them were buried alive, until several ancient abandoned cisterns were filled.

The native vineyards and orchards were stripped bare to the bark of the trees and vines. Of all things fig leaves best suited their taste; and once a tree fell a prey to them, the ground about would be literally layers deep.

When the daintier morsels were gone, the locusts ate the bark of the topmost branches. Then they would gnaw off small limbs, perhaps to get to the pith within. They stripped all the fruit trees and many shade trees of all their foliage.

Minard's Liniment Cures Burns, Etc.

Cause for Wrath. Jones (to his grocer)—You seem angry, Mr. Brown. Brown—I am. The inspector of weights and measures has just been in. Jones—Ha, ha. He caught you giving 15 ounces to the pound, did he? Brown—Worse than that. He said I'd been giving 17.

Sore Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind
Eyes Red, Swollen, Itchy, Smarting, No Smearing, Just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free. Druggists or Write to The Remedy Co., Chicago

The Observing Child. A woman said to a little boy with his hair bobbed in his neck; "Franklyn, when are you going to have your hair cut like papa's?" "I don't want my hair cut like papa's," he replied, "with a hole in the top."

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.

Still Healthy. "Do you see that strong, healthy-looking man over there?" "I was just admiring his physique," "The doctors gave him up years ago."

"You surprise me." "Yes; they found out they couldn't get anything out of him."

118 SUICIDES IN WEEK.

Despair of Hunger in Germany is Evident. News from Munich states that during a recent week, owing to the mildness of starvation, 118 suicides, the majority of whom were women, happened in Germany.

One mother, accompanied by three young children, shot herself before the gates of the Royal Palace of Munich and in the presence of the sentries. A placard found pinned to her breast stated: "Your Majesty, feed my children, I cannot."

The Lokalzeiger is indignant because thirty-two children were abandoned in Berlin one Sunday. Thefts of food are becoming frequent.

Minard's Liniment Relieves Neuralgia.

TRAPPERS!

OF
RAWFURS
JOHN HALLAM

FREE
202 Hallam Building, Toronto.

CANADIAN ORDER

OF
CHOSEN FRIENDS

A fraternal and insurance society that protects its members in accordance with the Ontario Government Standard. Sick and funeral benefits paid.

Authorized to obtain members and charter lodges in every Province in Canada.

Twelve Canadian, safe, sound and economical.

If there is no local lodge of Chosen Friends several lodges apply direct to any of the following officers:

Dr. J. W. Edwards, M.P., W. F. Montague, Grand Recorder, Grand Councilor.
W. F. Campbell, J. H. Bell, M.D., Grand Treasurer, Grand Medical Ex.
HAMILTON - ONTARIO

WANTED!

Help for Woollen Mill.

Corders, Weavers, Fullers and Napper Tenders.

Good wages paid in all Departments, and steady work assured. We have several openings for experienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning the trade. Special inducements to family workers.

Write stating full experience, if any, age, etc., to

The Slingsby Manufacturing Co., LIMITED,
BRANTFORD, ONTARIO.

BANDSMEN WANTED

FOR
Kitchener's Own

Apply to Staff Sergt. Dawson, Bandmaster K. O. (late Bandmaster Gov. Gen's Bodyguard, Toronto) 197 Peel Street, Montreal.

BATTALION HAS FAMOUS CHEF.

Allan Line Chief Cook to Feed Soldiers on Delicacies.

The 245th Battalion, which has just started recruiting in Montreal, does so under the most favorable auspices conceivable, for through the agency of Capt. Andrew Allan, one of its officers, there has been engaged as chef the famous superintendent of the Allan Line cooks, M. de Gorog, who will devise the menu for the soldiers.

"We are going to see that the men of the 245th get every possible benefit in the way of feeding that knowledge and skill can supply," said Capt. Allan. "As a rule the men do not get much variety in their diet, with a round of food that comes with monotonous regularity and is often not near the standard that the men who have enlisted were previously used to."

"In order to overcome this we have decided to try a new experiment with the 245th Battalion, and to that end I have enlisted the services of M. de Gorog, who is known as one of the most famous chefs in the world."

M. de Gorog was delighted at the opportunity of turning his culinary skill to the aid of Canada's soldiers, and at once volunteered his services. M. de Gorog has held many important gastronomic posts in Europe. He was for some time in an important position with the King's household, and was decorated by King George. He conducted a restaurant in London Reform Club before he was brought here by the Allan Line to take charge of their catering for this end.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASES
BRONCHITIS, RHEUMATISM, GRAVEL, BRUISES, DIARRHOEA, COLIC, DIABETES, ETC.

EST. 1842

23 THE PRINCE

A GREAT CONVENIENCE.

What the Canadian Pacific Railway Is Doing For Its Employees.

For the convenience of the employees, of whom there are nearly 2,000 in the Windsor Station buildings, Montreal, the Canadian Pacific Railway has recently set up a cafeteria luncheon at 15 cents in a large apartment which will accommodate 251 persons at a sitting. Judging by the attendances, it is bound to be one of the most popular features the company has put its hand to. There are hundreds of girls, especially, who have no time to go home, or who, if they do go home, are greatly pressed for time. With this service at their disposal they will save car fare; they will get a thoroughly satisfying luncheon; and they can have the comfort of the lounge room in connection on wet or cold days—a lounge room which contains a piano, magazines and papers and in which the employees can rest for the balance of their lunch hour. The arrangement is four to a table; all the appointments are harmonious; there is an air of quiet dignity about the place. Mr. W. A. Cooper, manager of the sleeping and dining car department, said that this was in accordance with the well-known policy of the Canadian Pacific for taking care of its employees. The people in the offices constituted quite a little city in themselves. Many could not go home with convenience. This lunch room would meet the wants of many. Of course, there would still be the 30-cent luncheon upstairs, and the regular dining room in which you could have what you wanted and pay for the same as much as you liked; but this was strictly for the employees, male and female, who would prefer to have their luncheon inside the building to going to restaurants—those of them who were in the habit of going to restaurants.

SEED POTATOES

SEED POTATOES, IRISH CROPS, etc. Delivered, Carman Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

HELP WANTED.

CABINET MAKERS AND MACHINISTS wanted. Apply to The Hill Furniture Co., Southampton, Ont.

CRUISEES WANTED.

NO. 50, No. 60, No. 70. STATE QUANTITIES you have for sale, also Maker's name and best cash price. Apply United Brass & Lead, Ltd., 284 St. Helens Ave., Toronto, Ont.

NEWSPAPERS FOR SALE

PROPERTY-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Canadian Publishing Corporation, 73 West Adelaide Street, Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Edith M. Smith, Co., Limited, Collingwood, Ont.

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

Antwerp, the city of churches and chimneys, is crowned with history, and its name will figure prominently when the page of the future comes to be written. The romantic Belgian city, that ever resounds with the sound of church bells, will doubtless have heard lately the sinister chiming of a bell that has not been rung within the history of living man. The bell hangs in a convent supported by nuns of a curious order. These nuns have all been great ladies who have renounced the world and all its ways, and consecrated their wealth to the church. Having taken the vow of poverty they walk through life barefooted, and hold no communication whatever with the busy populace outside their walls. For their daily bread they depend solely on the charity of the townspeople, who religiously leave food on their doorway every day. The bell hanging in their convent is never tolled, it being kept as a last desperate resort to inform the city that the nuns can live no longer unless they have food.

ABSORBINE

Reduces Bursal Enlargements, Thickened, Swollen Tissues, Cuts, Filled Tendons, Sprains from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. \$2.00 a bottle or 4 bottles for \$7.00. Book I M free. ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. \$1.50 a bottle of drugists or postpaid. Write to W. F. Young, P. O. 5, 515 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and dynamo 30 K. W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

S. Frank Wilson & Sons
73 Adelaide Street West, Toronto.

SNIPERS KILL TWO BROTHERS

They Die in Each Other's Arms on the British Front.

The death of two brothers in each other's arms at the front is related in a private letter. They were Corporal Tom and Private Henry Hardwidge, of Fernalde, Rhonda Valley, both members of a Welsh regiment. An officer writes: "The eldest, Tom, was hit by a sniper's bullet and lay in the open under a scorching sun, when Henry, at the risk of his life, hastened to him with a pail of drinking water. Just as he reached him and as he was offering the water, a sniper shot him. He clasped his brother as the latter rose to take the water and they both died in each other's arms." A third brother remains in action in France.

Sloan's Liniment

KILLS PAIN

Once upon a time, only a few months after this terrible world war had begun, Private Bailey, a soldier in the ranks, had stood for days in the trenches "somewhere in France." The cold rains soaked him to the skin; the mud was deep. He had had no rest. Weary and aching with rheumatic pains, he recalled the faith his mother had in Sloan's Liniment. He asked for it in his next letter home. A large bottle was immediately sent him and a few applications killed the pain, once more he was able to stand the severe exposure. He shared this wonderful muscle-soother with his comrades, and they all agreed it was the greatest "reinforcement" that had ever come to their rescue. At your druggist, 25c, 50c and \$1.00 a bottle.

Ramsay's Ready Mixed Paint

EST. 1842

Outdoors or in—this is the paint that gives satisfaction

Stand the test of Canada's trying weather as no other paint you have ever used. For barns and other buildings, for your implements and wagons, and for your home, both outside and there is a Ramsay Ready Mixed Paint. The man who does his own painting the convenience and economy of Ramsay's Paint is self evident.

The man who hires painters to do his work for him will do well to specify Ramsay's paint—they wear so well and protect wood and metal so thoroughly from deterioration. The local Ramsay dealer will give you splendid service and suggestions. Or write direct to the factory.

A. RAMSAY & SON CO. (Established 1842) MONTREAL, Que. BRANCHES AT TORONTO AND VANCOUVER. FOR SALE BY ALL DEALERS.