ROM IRE-

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ham's arrival Muriel felt as if she had grain in a digestible form. one will regret investing in a dress of known him all her life. Cousin Graham was famous among scientific men,

Shredded Wheat Biscuit
many advantages, among them that of but it was as easy to talk with him as contains all the tissue-build- being a material which can be laundsure that he would understand what in the contains all the tissue-build ered very successfully. When so many of the present materials must be Aunt Rhoda never could: all her long- in the whole wheat, steam- dry-cleaned, a dress which can ing to do something worth while and cooked, shredded and baked. laundered and look just as fresh as

YOUNG FOLKS

She said as much to Cousin Graham body. A better balanced after dinner one evening, when Aunt Rhoda had "run in" to a neighbor's. Aunt Rhoda, although she had lived in the city for fifteen years, lived "just as if she were in the country," Muriel of body-building nutriment surface is one of the most striking of "My trouble started from overwhere else she "ran in."

a little over her words, "how Aunt Rhoda stands it, living the way she

Cousin Graham looked up with quick

"You mean here in the city-when she has a country heart? You're a shrewd young woman, upon my word! How did you ever guess it? And isn't it bully-the pluck of her?"

ham had, for common use, a very informal vocabulary. Muriel had ob- season. While we know that sports not the least effective way of using rheumatism was added to my troubles. Invested nearly \$2,500,000 in a candie-making factory near Budapest. The

"Why-" He broke off abruptly. "Ever them that creates a craving for the go to market with her?" he asked.

"Yes, sometimes," Muriel answered. frocks. "I did, once. I've never forgotten it. I've been over the world, but the most valuable trip I ever took was that one to market with Aunt Rhode."

"What do you mean?" Muriel asked in perplexity. "What happened?" "Everything. Folklore, history, evolution, miracle."

Cousin Graham smiled rather teasingly, but when he saw the utter bewilderment in Muriel's face his voice changed.

"I mean it, little girl. To most people, market workers are persons of another world. Aunt Rhoda made their world hers. She had a long talk with an Italian fruit dealer; she knew every one of his children. She told me bits of their history afterwards and laughed over the way they were picking up Canadian slang. There was an old country-woman outsides' e knew from what parts of her little place different flowers came. She had a bit of a treat for an old man and a special word for a boy at one of the stands. He had been in the juvenile court a couple of years before; heaven only knows how Aunt Rhoda got hold of him! There was more real living -more faith and hope and love and courage-in Aunt Rhoda's marketing than most of us get into a year!"

The room was very still. Cousin Graham smiled-a warm, friendly

"Be sure you get your values right, little cousin," he said.

A GLORY THAT CANNOT DIE.

Proud Traditions of British Navy Maintained by Our Sailors.

The glory of the British navy cannot die while there are men like those of the British transport Tyndareus to sustain it. Their ship had struck a mine off southernmost Africa. It began to settle by the head. Immediately "Assembly" was sounded the men put on their lifebelts and stood at attention till the roll was called Then the order "Stand easy" was given, and they began to sing as fervently as though marching homeward on leave through a lane of France or

Flanders. They were perfectly sure that most of them would find a grave in the sea that has engulfed so many of their fellows. They had no hope of rescue. They stood exactly as the men of the Birkenhead stood when they went to their doom and their imperishable renown off the same coast

sixty-five years before. But the sequel of a modern miracle was happily otherwise. Two steamers summoned by wireless came and towed to port the foundering vessel, with a display of seamanship on the part of the crews of all three ships that has maintained the British navy's

proud traditions. The bravery of those who had already given up their lives as lost was just as sublime as if that ultimate forfeit had been required. Wherever the deed is known it will stir the pulses of men with the assurance that the pages of to-day's newspaper may hold the story of a heroism quite as exalted as any that Homer or Plutarch immor-

The Penalty of Largeness.

· The three-hundred-pound man, stood gazing longingly at the attractive goods displayed in a haberdasher's window for a markdown sale. A friend stopped to inquire if he was

thinking of buying shirts or pyjamas. "Gosh, no!" replied the fat man. "Nothing fits me ready-made except a handkerchief."

Man's Staff of Life is overdress of the sheer material fall-ing over it. Georgette crepe is anthe white, starchy centre of ed in this manner. the wheat—make no mis- in for more attention than it has had

be something worth being—really to A perfect food for the new is a great boon to those whose innourishment of the human ration than meat, or eggs, or starchy vegetables, sup-

Dainty Afternoon Frocks

For a famous biologist Cousin Gravide honors with sports clothes this This shows by far the simplest and formal vocabulary. Muriel had ob- season. While we know that sports not the least elective way of daily rheumatism was added to my trouble making factory near Budapest. The border goes I have taken just two boxes of Dodd's King of Denmark confines his comwas too puzzled by his misunder- charms are indeed legion, and that no around the bottom of the skirt, and Kidney Pills and they have done me kidney Pills and they have done me mercial ventures to the stock extanding to notice.

"No, I didn't mean that exactly. I woman who considers herself as having the least protonsions to being the least protonsions to being for the least protonsions to be a least proton of the second the second the second the least proton of the second the least proton of the second the least proton of the second t meant just not doing anything with ing the least pretensions to being forming a veritable frame for the better." fashionable will be without a goodly figure. Cousin Graham's keen eyes had a look now that made Muriel a little unspite of all this, we must acknowledge from your local McCall dealer or from Spite of all this, we must acknowledge from your local McCall dealer or from Spite of Austria, who has put Dodd's Kidney Pills.

Snowed that her kidney is sno Cousin Graham's keen eyes had a assortment of them this year; yet, in These patterns may be obtained frocks. dainty, frilly, lingerie A GOOD MEDICINE



A Charming Way of Developing the New Bordered Fabrics

charmeuse in many dainty dresses of the Pills, and a few boxes fully re- of those which covers him is made in diarrhoea and have found them an exthe more elaborate kind. The firmer stored my health." material takes, seemingly, the less im- Sold by all medicine dealers or by vet collar. Probably he creeps inside sold by medicine dealers or by mail at has been appointed a justice of the portant part, but it really is quite im- mail at 50 cents a box or six boxes of this, if he feels cold in the night. 25 cents a box from The Dr. Williams' peace for the county of Londonderry. portant, forming the background, as it for \$2.50 from The Dr. Williams' were, to bring out the sheer material Medicine Co., Brockville, Ont. to greatest advantage. It may be used in a band at the edge of the skirt and in touches on collar and cuffs, or it may be used for a skirt with a long happy.



Scientific facts prove the drug, caffeine, in tea and coffee is harmful to many, while the pure food-drink-

drugs, but is economical, delicious and nourishing.

Made of wheat and a lasses, Postum is high recommended by p whom tea or coffee d

"There's a Reason

Sold by Grocers.

the whole wheat grain—not other of the dainty materials employ-

take about that—but be sure for a long time. Crepe de Chine is The second day after Cousin Grayou get the whole wheat for spring and summer dresses. No
ment Regarding Dodd's

> comes do not permit of many extravagances. Smart Bordered Fabrics plying the greatest amount with a design scattered all over the with Dodd's Kidney Pills. at lowest cost. For break- the new effects. Borders on plain work," Mrs. Macdona states, "and I a year from the hotels he runs in the a playmate about it when she was old time I have ever ridden in a taxi."

> > and often combine several bright One of these fascinating bordered fabrics is illustrated in the sketch of "I perspired with the least exertion

Do Not Use Harsh Purgatives— A Tonic is All You Need.

Not exactly sick-but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches, and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of easily develop into more serious trou-

Do not dose yourself with purgaand surely! Every dose of this medicine makes new blood which clears measures are not at hand." the skin, strengthens the appetite and

Some Helpful Maxims.

He is truly happy who makes others

You can pass into the temple of honor only through the temple of vir-Continual cheerfulness is a sign of

The goddess of fortune dwells in the feet of the industrious. The goddess of misfortunte dwells on the feet of the sluggard. Clear, hands are better than full

ones in the sight of God. Hypocrisy is a sort of homage that vice pays to virtue.

Health and understanding are the two great blessings of life. Laziness travels so slowly that poverty soon overtakes him.

Nothing is well said or done He hat overcomes his passions Minard's Liniment Cures Burns, Etc. overcomes his greatest enemies. Solitude is the despair of fools, the

torment of the wicked, and the joy of he good.

It is a principal rule of life not to circumference, and its eggs are depositbe too much addicted to any one thing. ed in it at a depth of five or six feet. Gain got by a lie will burn one's

fingers. A great man scorns to trample on a worm or cringe to an emperor. Luck will carry a man across the brook if he is not too lazy to leap. There is no one luckier than he who thinks himself so. Better suffer a

great evil than do a little one.

but not his nose."

and memory the mother. Doctor-You cough more easily this morning. Patient-I ought to. I practised nearly all night. Auntie: "Is your father asleep, Elsie?" Elsie: "His eyes is, auntie,

Experience is the father of wisdom

They Did For Her

ment Regarding Dodd's Kidney Pills.

She Had Numerous Troubles, All and Found a Cure in Dodd's Kidney

Ayre's Cliff, Que., Apr. 16th .-(Special) .- Mrs. W. Coules Macdona, Among the fashionable designs used oldest families living in this neighvery frequently. The bordered fabric public the benefit of her experience

fast with milk or cream, or fore, and they are again favored this ed by a doctor, but the results were "I don't see," Muriel said, hesitating for any meal with fruits. season, but the border around an all-not satisfactory. My joints were over design is the very newest fashion. stiff, I had cramps in my muscles, my Both the embroidered and the printed sleep was broken and unrefreshing effects are looked upon with favor. and I was heavy and sleepy after The colors show the same tendencies meals. I had bad headaches, my apnoted in the other spring and summer petite was fitful and I was always materials; that is, they are quite gay tired and nervous. I was depressed and low-spirited, I had a bitter taste in my mouth, in the mornings and I owns perhaps the largest corset fac-

ARSENICAL FLY POISON.

Poison Composed of Arsenic.

ant Surgeon, United States Public and wiliest of all royal business men. Health Service, is the author of a He owns theatres, cinemas, tobacco government health bulletin on "The factories, dairies, and has made con-Transmission of Disease by Flies," siderable sums on the Austrian stock which contains a timely warning on exchange. the dangers of arsenic fly poison. Dr. Sweet considers their use a menace which threatens every home. That the in the last three years.

condemnation, of those composed of the baobob is thickest in relation to hasn't any freezone yet, tell him to tives, as so many people do, in the arsenic. Fatal cases of poisoning of height. hope that you can put your blood children through the use of such comright. Purgatives gallop through the system and weaken instead of giving strength. Any doctor will tell poisoning to summer diarrhoea and you this is true. What you need in cholera infantum, we believe that the spring is a tonic that will make new cases reported do not, by any means, blood and build up the nerves. Dr. comprise the total. Arsenical fly de-Williams' Pink Pills is the only med- stroying devices must, therefore, be icine that can do this speedily, safely rated as extremely dangerous and should never be used, even if other

makes tired, depressed men, women The Japanese do not sleep on Euro- the stomach and bowels thus banishand children bright, active and strong. pean beds, but on many thick, soft ing the cause of most of the ills of Mrs. Maude Bagg, Lemberg, Sask., puffs piled one on top of each other childhood. Concerning them Mrs. says: "I can unhesitatingly recom- upon the floor. For bed covering Paul Dinette, Cheneville, Que., writes: mend Dr. Williams' Pink Pills as a they use more of the same kinds of -"I can recommend Baby's Own Tabblood builder and tonic. I was very puffs. It is said that the Japanese lets to all mothers as I have used them Silk marquisette is combined with much run down when I began using emperor has twenty such puffs. One for my little one for constipation and the shape of a kimono and has a vel- cellent remedy." The Tablets are John Herbert Pollock, Deanfield,

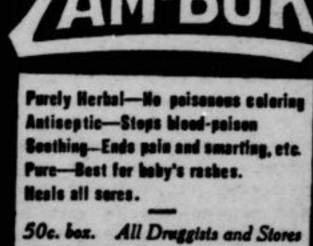
Minard's Liniment for sale everywhere.

Teacher: "Robert, how is it you haven't learnt your lesson? couldn't have been so very hard to learn." Bobby: "No, please, teacher; it wasn't because it was so hard to learn, but because it was so easy to forget.

When Your Eyes Need Care Ose Murine Eye Medicine. No Smarting-Feels Fine-Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids, Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, See and 50c. Write for Book of the Eye Free. Murine Eye Remedy Company, Chicago. Ada

The birds are arriving in town and countryside. Why not kill the worthless alley cat and at least bell the petted house cat?

Peculiar Bird. The bird of Australia makes



ISSUE No. 16-'17.

ENTERPRISES OF ROYALTY.

Long List of Crowned Heads Who Are Engaged in Business.

The King of Spain is the proprietor of a large motor and bicycle factory near Madrid. The Kaiser runs a cafe at Potsdam, close to his castle-gates. His All-Highest also receives dividends from a large beer brewery in Hanover; and he is the sole owner of the big and flourishing porcelain of works at Cadinen, which return him Which Came From Diseased Kidneys a profit of about 9 per cent. on a capital of \$500,000.

> King Peter of Serbia owns a shaving saloon and chemist's shop in Belgrade. Before the war, his majesty was the agent for a well-known It is the law of a school in a town The taxi swayed and narrowly missof milk consumed by buyers in Am- parents were at their vacation in the lamp post. sterdam. The King of Wurtemberg country. This made her ineligible draws a net profit of at least \$50,000 as a pupil of this school. In telling occupant of the cab. "This is the first

The beautiful Queen of sorely- child said:stricken Rumania started, a few years "You see, I was born while I was on time I ever drove one." ago, a factory for manufacturing my vacation. toothpicks. So successful was this enterprise before the war, that her majesty was able to make quite a comfortable income out of it.

The Czar of Russia is a timber merchant. The Duke of Wurtemberg tory in the world. The Grand Duke of Saxe-Weimar is a butcher, and, like an afternoon dress for a young girl. and I often had sharp pressure or The Archduchess Frederick of Austria

The King of Sweden has a large inindustry, which thrives remarkably well in the ramshackle empire. King Albert of Belgium, when a young man, Warning on the Danger of Using courted fickle fortune as a reporter on an American paper at a salary of \$15 a week. The King of Bulgaria enjoys Dr. Ernest A. Sweet, Past Assist- the reputation of being the shrewdest

The Largest Tree.

fly poison peril is a real one is proved It is said the largest tree known, by the fact that the American Press in thickness, is a partly decayed chest- they loosen and come right out. It is has recorded 106 child poisoning cases nut in Sicily, which is sixty feet no humbug! It works like a charm. across. Mexican cypress and the For a few cents you can get rid of Dr. Sweet advises his readers to de- Oriental plane have reached forty every hard corn, soft corn or corn beorder—that the indoor life of winter stroy flies some other way than with feet. This puts the California big tween the toes, as well as painful has left its mark upon you and may arsenic fly poison. He says: "Of other tree and the baobob in the back- calluses on bottom of your feet. It fly poisons mentioned, mention should ground, but the big tree is of greater never disappoints and never burns, be made, merely for the purpose of bulk in combined height and girth and bites or inflames. If your druggist

constipated, has indigestion; colds, coffee plants, and each plant is valued simple fevers or any other of the many minor ills of little ones-the mother will find Baby's Own Tablets an excellent remedy. They regulate scribed by Dublin to the War Loan

Medicine Co., Brockville, Ont. Where the Mother Was.

A young lady was walking in th country one day, when she came upon a boy about to climb a tree. There was a nest in the tree, and from a certain angle it was possible to see in it three eggs.

"You wicked little boy!" said the girl, "are you going up there to rob that nest?" "I am," the boy replied coolly. "How can you?" she exclaimed.

Think how the mother will grieve ver the loss of her eggs." "Oh, she wont's care," said the boy: 'she's up there in your hat."

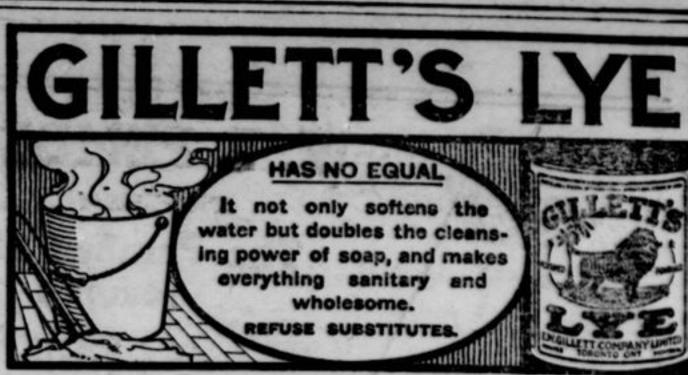
I consider MINARD'S LINIMENT the BEST Liniment in use. I got my foot badly jammed lately. I bathed it well with MINARD'S

LINIMENT, and it was as well as ever next day. Yours very truly, T. G. McMULLEN.

Girls of Chili.

The Chilean girl's reason for being s marriage, and one of her earliest lessons is that woman's place is indeed the home and that man is ordained her master. Old maids have a particularly horrid time in Chili and most of them take the veil. There is little else for them to do, for they can't all become school teachers and no other career is open for the woman who does not marry. Women journalists, doctors, lawyers, stenographers and clerks are practically unknown.

Minard's Liniment Cures Dandruff.



enough to understand the situation the

PAIN ? NOT A BIT ! LIFT YOUR CORNS OR CALLUSES OFF

No humbug! Apply few drops then just lift them away with fingers.

pound discovered by a Cincinnati chemist. It is called out pain by our home treatment. Write freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with

> the fingers. Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone afterwards. This drug doesn't eat

get a little bottle for you from his wholesale house.

After Brazil, Colombia exports

MONEY ORDERS PAY your out of town accounts by Dominion Express Money Orders. Five dollars costs three cents. It is stated that the amount sub-

was in the neighborhood of £10,000.

Minard's Liniment Believes Weuralgia.



For Stiff Neck

Apply Sloan's Liniment without rubbing to the sore leaders and the pain will soon be relieved. For rheumatic aches, neuralgia, gout, lumbago, bruises, strains, sprains and muscle stiffness, have a bottle handy.

Quickly penetrates and soothes, cleaner than mussy plasters or ointments, does not stain the skin.

At all druggists, 25c. 50c, and \$1.00. KILLS PAIN

Their Bond of Sympathy

of The Farm, a member of one of the French motor car. The Queen of Hol- near Boston that only children born in ed a policeman, then swerved again as land supplies from her dairy, near the that town shall attend. One little it dashed past another taxi, and in so in dress materials borders appear borhood has consented to give the palace at Het Loo, a large proportion girl in this town was born while her doing just escaped collision with a

"Please be careful," pleaded the lady "Madame, you have my sympathy," gasped the driver. "This is the first

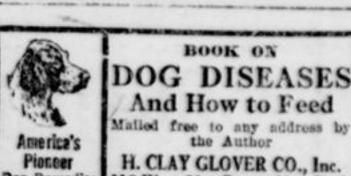
DROFIT-MAKING NEWS AND JO

MISCELLANEOUS

ICYCLES, NEW AND SECOND

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



20 McGee St.

H. CLAY GLOVER CO., Inc. Dog Remedies 118 West 31st Street, New York DON'T CUT OUT Hock or Bursitis

AN EXCELLENT REMEDY more coffee than any other country, will reduce them and leave no blemishes. Stops lameness promptly. Does not blismore coffee than any other country, will reduce them and leave no blemishes. 000,000 pounds. The amount is re- ter or remove the hair, and horse can be When the baby is ill-when he is ported to be produced by 125,000,000 worked. \$2 a bottle delivered. Book 6 M free.

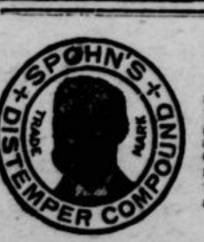
W. F. YOUNG, F. B. F., 516 Lymans Bldg., Montreal, Can.



Write to-day for our big FREE CATALOGUE showing our full line of Bicycles for Men and Women, Boys and Girls-Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and Parts for Bicycles. You can buy your supplies

from us at wholesale prices. T. W. BOYD & SON. 27 Notre Dame Street West, Montreal





SHIPPING FEVER.

Sure and positive preventive, no matter how horses at any age are afflicted or "exposed." Liquid, given on the tongue; acts on the blood and glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in poultry. Largest selling live stock remedy Cures La Grippe among human beings, and is a fine Kidney remedy. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes SPORN MEDICAL COMPANY.

Chemists and Bartertologists, Goshon, Ind., U. S. A.