

**The Workers of the World** with hand or brain, in doors or out doors, under all conditions and in all climes, will find in **Shredded Wheat** the food that supplies all the material for building healthy tissue and good brain—a food that nourishes every organ of the body and keeps the bowels healthy and active—the one universal cereal food that appears on the breakfast table of most Canadian homes every day in the year. It is ready-cooked and ready-to-eat. For breakfast with milk or cream, for any meal with fruits. Made in Canada.

**Sports Clothes**

Nothing has been more talked of in the past seasons than sports clothes, so much so, that nowadays we have come to be an essential part of the modern woman's wardrobe, a rule, bright coats or blouses are worn with white or light colored skirts. Included in the list of gray does that are used, red is often found, which is rather unusual, as this color has been looked upon formerly as more appropriate for fall and winter than for spring and summer.

Sports clothes of silks and satins appear in greater numbers this season than those of cottons. There are, however, some novelties in cottons which promise to prove very popular. One of these is cotton, gathered brightly striped and plaid in colors. Basket weaves which have the new striped and dotted designs also have a fair showing, and the heavy linens will undoubtedly be worn.

The sketch shows one of the favorite models with the smart hip-length blouse. Stitched box pleats, start-



A Sports Frock Developed in the New Plain and Dotted Silks

ing from under a deep yoke and disappearing beneath the pleated pockets, give the Norfolk effect which has always been considered a good style for outing wear.

Separate coats of fuzzy white material, somewhat like blankets, with stripes of many colors around the edge, and also on the collar and cuffs, are among the latest offerings in sports attire. The colored stripes are also carried out in the same way in coats of oyster-white tussur.

Wide girdles crushed softly about the waist are quite often seen on the new dresses. They are generally of satin or silk in some bright contrast color.

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

**How To Relieve Catarrhal Deafness or Head Noises**

If you have catarrh, catarrhal deafness or head noises caused by catarrh, or if phlegm drops in your throat and has caused catarrh of the stomach or bowels you will be glad to know that these distressing symptoms may be entirely overcome in many instances by the following treatment which you can easily procure in your own home at little cost. Secure from your druggist 1 ounce of Iodoform (Double strength). This will not cost you more than 75c. Take this home and add to it 1 pint of hot water and 4 ounces of granulated sugar, stir until dissolved. Take one tablespoonful four times a day. An improvement is sometimes noted after the first day's treatment. Breathing should become easy, while the distressing, cloudy, itching, etc., should gradually disappear under the tonic action of the treatment. Loss of smell, taste, defective hearing and mucus dripping in the back of the throat are other symptoms which suggest the presence of catarrh and which may often be overcome by this efficacious treatment. If nearly ninety per cent. of all ear troubles are caused by catarrh, there must be many people whose hearing may be restored by this simple home treatment.

Any druggist can supply you, or a bottle will be sent on receipt of 75c, postal note or money order. Address International Laboratories, 74 St. Antoine St., Montreal, Canada.

**PLAGUES OF MESOPOTAMIA.**

Discomforts of Campaigning in Land Where Plagues are Continuous.

Quite apart from the unhappy results of battle and disease, campaigning in Mesopotamia, says Mr. Edward Candler, correspondent of a London paper, is sure to be uncomfortable and discouraging.

Mesopotamia in May rivals Egypt in the matter of plagues. There is no respite or truce, and the only thing you can count on is that the plague cycle is unbroken and continuous. The plagues of May are dust, heat and flies, and the greatest of these is flies. The multitude of flies that swarm in the tents, dugouts and trenches, unless seen, are unbelievable.

You cannot eat without swallowing them. You wave your spoon of porridge in the air to shake them off; you put your biscuit and bully beef in your pocket, and convey them surreptitiously in your closed fist to your mouth; but you swallow flies all the same. They settle in clouds on everything. As I write, I cannot see the end of my pen. I overtook a squadron of cavalry the other day, and in that state of semi-coma in which the heat wraps you I thought they were wearing chain armor. I had walked my horse beside them several minutes before I discovered that what looked like mail was a steel-blue mesh of flies.

It is a country of excess; nothing is ever moderate. There is something almost Biblical in the way the gods of this ancient land have conspired to punish us. There is malice in the sky and soil; malice of heat and drought, hunger and thirst and flies, damp and cold and mire, flood, hurricane and rain, fever and ague, and malice interwoven in the web of circumstance.

**THE DOOR TO HEALTH**

Is Through the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

The blood is responsible for the health of the body. If it is good, disease cannot exist. If it is bad, the door is shut against good health, disease is bound to appear in one form or another. One person may be seized with rheumatism or sciatica, another with anaemia, indigestion, heart palpitation, headaches or backaches, unstrung nerves, or any of the many other forms of ailment, that comes when the blood is weak and watery. There is just one certain, speedy cure—Dr. Williams' Pink Pills. They make new, rich, red blood, and this good blood strengthens the whole system and brings good health and happiness. Thousands owe their present good health, some, life itself, to the pills. Mrs. Charles Goddard, Chatham, Ont., says:—"Four years ago my nervous system was so run down that life seemed nothing but a burden. I doctored for two years with little or no benefit. I could neither work, eat or sleep well. While in this condition a friend advised me to try Dr. Williams' Pink Pills. Before doing so I thought I would consult my doctor and he told me he knew of no better medicine for building up the nervous system. I started to take the pills and after a short while found they were helping me. I took the pills for nearly three months and am thankful to say that they completely cured me. Ever since I have kept a box of the pills in the house but have not found it necessary to take them."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent by mail postpaid, at 50 cents a box, or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

**BRITISH COLUMBIA MINERALS**

Development of Mineral-bearing Lands in North Thompson Valley.

The following interesting letter has been received by the Canadian Northern Railway Company at Toronto, from Chu Chua, British Columbia, regarding the development of the mineral-bearing areas tributary to its main line through the North Thompson Valley:

"There are about twenty claims staked near here; the first car of gold ore taken from the surface of the Wind Pass Claim had a gross value of \$1,648.00, and there is another car load ready for shipment."

"As soon as the Spring opens up so that we can build wagon roads, there will be large shipments during the coming summer. At present the ore is being taken down the mountain side by hand sleds. There is about \$50,000 worth of ore in sight on these claims without very much development work."

"At the head waters of Boulder and Canyon Creeks, there are large bodies of copper ore that carry gold and silver values, and large deposits of magnetite iron ore that carry some gold values."

"From the Fog Horn Group at the head of Boulder Creek there were shipped 50 tons of Galena ore with a gross value of \$4,000.00. A further shipment of this ore will be made this winter."

"In addition to this part of the North Thompson Valley being a fine farming and ranching country, it is destined to be one of the richest mineral-producing districts in B. C. All it needs is capital for development."

**CANADA AND BEEF PROBLEM.**

Farmers of Western Provinces Increase Number of Live Stock.

With the price of beef and other meats soaring to hitherto unheard-of heights, and every newspaper carrying stories about the future prices of boots and shoes and other articles made of leather, there may be a modicum of comfort to be taken from the fact that the farmers and ranchers of Western Canada are now turning their attention to cattle and stock raising to an extent that would not have been believed possible a few years ago.

According to the figures given in the Census and Statistics Bulletin issued by the Department of Trade and Commerce at Ottawa, all three of the western provinces show large increases in the number of livestock raised in 1916, as compared with 1913 the year previous to the war. The figures for hogs show a decrease, due to the several large war orders received by some of the western packing firms from the allies. One firm alone is said to have received an order for ham and bacon that called for 353,000 head of hogs.

The increase in the number of sheep is one of the outstanding features of the government report. The increase, approximately 30 percent, is very gratifying. Many of the smaller flocks of sheep as they have found out that the climate was very suitable to them, provided a certain amount of shelter was supplied during the short periods when the weather might otherwise be too severe.

The report estimates that there are at present 2,918,354 cattle in the three western provinces, 565,769 being milch cows and the balance beef and other cattle. This shows an increase of nearly 15 percent over 1913, and also the very large number of beef cattle that have been marketed during the past couple of years must be taken into consideration. Many large war orders were filled in Western Canada.

The Dominion and Provincial Governments and the Canadian Pacific Railway, through its Agricultural and Animal Industry Branch, have all aided the farmers in every possible way, and have published broadcast literature showing the best results that have been obtained on the various experimental and demonstration farms. The Canadian Pacific has several of these farms throughout the West, with an expert in charge of each, and at every cattle sale these farms are represented by animals of a very high class, both for breeding, milch and beef animals. The experts in charge of these farms will at all times aid in any way they can the farmer who seeks advice with reference to the best stock to go in for and also the proper way to secure the greatest results.

While there is no prospect of an immediate reduction in the price of meat as a result of the increased interest displayed by the farmers of the west, the prairies of the Canadian West have unlimited room for the raising of all kinds of livestock, and with the farmers taking a greater interest in livestock than ever before, Canada is destined to play a large part in solving the meat problem which the world now faces, and which is likely to become still more acute at the close of the war when European countries will be buying animals to replenish their herds.

**Clean up the Garden.**

Before ploughing the garden patch this spring rake together and burn all the dead vines, grass, sticks and any other sort of rubbish and save this season's plants from a host of plant pests. Scientists at the Experiment Station have found that cut-worms and adult tarnished plant bugs, squash bugs, cucumber beetles, potato bugs, harlequin cabbage bugs, bean leaf beetles and other insects live during the winter in trash about the vegetable garden. Clean culture also tends to prevent many fungus diseases, as wilts and rusts from spreading.



**Cold weather aches follow exposure. Soothe and relieve them with Sloan's Liniment, easy to apply. It quickly penetrates without rubbing. Cleaner than mussy plasters or ointments. Does not stain the skin.**

For rheumatic pains, neuralgia, gout, lumbago, sprains, strains, bruises and stiff sore muscles, have Sloan's Liniment handy. At all druggists, 25c, 50c, and \$1.00.

**Sloan's Liniment**  
KILLS PAIN

ISSUE 9-17.

**He Feels He Owe His Life To Them**

Telegraphed 200 Miles for Dodd's Kidney Pills.

Sandy Goulette, Now Strong and Healthy, Tells How He Found Health After the Doctors Had Given Him Up.

Old Fort Bay, Labrador, Que.—Feb'y 26th (Special).—"Do I believe in Dodd's Kidney Pills? Well, I telegraphed two hundred miles to get two boxes of them." The speaker was Sandy Goulette, an old settler here. Nor did Mr. Goulette require to be pressed to tell the rest of his story.

"I was swollen out of shape from head to foot. I was so short of breath I could hardly speak. The doctor could do nothing for me. The minister gave me the holy sacrament and a good priest came and told me I could not live much longer."

"Then I telegraphed for Dodd's Kidney Pills. I took three pills the night they came and I got relief before morning. Dodd's Kidney Pills cured me. I am able to do my day's work now as well as I was ten years ago."

Mr. Goulette offers to answer any letters written to him regarding his case. He feels that he owes his health, if not his life, to Dodd's Kidney Pills.

**Spare the Birds.**

Birds have sometimes eaten half their weight in insects in a day. Unmolested they would save the country millions of dollars annually. The natural savage seems to be in every man and is shown by the desire to shoot and kill every living thing seen. Thoughtless parents give boys air guns and regular powder and ball rifles, and accidents and deaths frequently result; scores of useful birds and animals are wantonly slaughtered. Who will join the Let Live Association? No initiation fees, no dues. Only agree to let every useful thing live, as far as possible, and encourage others to do the same to lead a hand cheerfully to man or beast when help is needed. Wonderful how body and soul expand as soon as one becomes a member of this organization. Members are not restricted by location, race, creed, color or financial standing.

**This Simple Rule Soon Strengthens A Delicate Stomach**

It really is unnecessary to dose yourself with peptic pills or artificial digestives or to live on a miserable nursing diet. If you will observe one easy rule you can eat the hearty, nourishing foods that your appetite craves, and your body of Bismarck Magnesia in a half glass of hot water with each meal. Bismarck Magnesia is non-toxic and harmless and possesses medicinal qualities that promptly overcome indigestion, fermentation, acidity, catarrhal conditions of the stomach, gas, distress after eating and other stomach disorders. Magnesia is prepared in various ways but certain to insist on obtaining it in the Bismarck form, especially recommended for stomach purposes. Sold by all druggists.

**Advance in War Surgery.**

In surgery and sanitation the war has brought out many improvements. There have been no great epidemics such as have marked other wars, and England is greatly pleased with the work of the Royal Army Medical Corps, which has solved great medical problems during the war. The Somme advance with its death grapple of mighty armies lasting months was a great test for the medical service, with many and serious wounds to treat and the danger of infection.

**Canada and the Monroe Doctrine.**

If the British navy were beaten, Germany next spring could land a large army on the east coast of Canada and there would be nothing to prevent it crossing the four thousand miles of the continent, leaving a trail such as was left in Belgium, in Poland, in Serbia and in Rumania.

Mansonville, June 27, '13.

Minard's Liniment Co., Limited, Yarmouth, N. S.

Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefited by the use of your Liniment, I am, Sincerely yours, GEO. H. HOLMES.

**Not Big Enough for Swiss Needs.**

Cette, the sole sea outlet permitted to Switzerland by the German submarine note, is absolutely incapable of supplying the country's needs, according to a representative of the Matin, who went to the port to make an investigation.

**Minard's Liniment Cures Diphtheria.**

A Sign of Rain. If ducks or geese are expecting bad weather they dash water over their backs. They do this to prevent the first few drops of rain penetrating to their bodies through the dry, open feathers.

**AUSTRALIANS ON SKATES.**

Canadians Try to Teach Anzac Pals How to Skate.

The unusually cold weather in England in February and the consequent revival of skating has proved a great novelty to the soldiers from Australia and New Zealand, many of whom stretch to skate on the various safe stretches outside London. One man with one leg and two rubber-shod crutches made quite good progress at Richmond, with occasional lapses from the perpendicular. At Walton-on-Thames, where the New Zealand Hospital is, the men were enjoying the sport greatly.

There were some Canadians who were experts in skating, and at Regent's Park one wounded man from Montreal gave a good exhibition of figure-skating. Afterwards he tried to teach a Queenslander. Both were in full hospital kit, and their "blues" and scarlet ties made an effective note of color. At last the Queenslander retired baffled, contented to watch the experts, among whom was Princess Patricia of Cannaught.

Many New Zealand and Australian soldiers have had their first experience of ice in large areas. On Sunday there were many Australians who wandered along the bank of the Serpentine gazing with interest at the frost-bound waters. To the man from Queensland or Western Australia this is particularly a new experience, and very few, if any, New Zealanders hailing from north of Christchurch have seen such large areas of water frozen over.

**FRETFUL BABIES**

Mrs. John M. Weaver, Blissfield, N. B., writes:—"I can speak very highly of Baby's Own Tablets. I have used them for my children and find they are the best medicine a mother can give her little ones. I would strongly recommend them to all mothers who have fretful babies." The Tablets regulate the bowels and stomach; break up colds and simple fevers; expel worms; cure vomiting and indigestion and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**CANADA'S TRADE WITH RUSSIA.**

We Will Have Considerable Share in Development of Slavic Empire.

Not the least of the avenues of trade that will be opened up after the war, and of which Canada can naturally be expected to claim a considerable share, will be afforded by the harnessing of Russia's immense industrial and agricultural resources, says Bradstreet's Bulletin. The dominant condition of the peoples of Asiatic Russia, it is agreed by industrial and financial writers who have made first-hand investigation during the last eighteen months, has come to an end, and an improved social and economic life may fairly be said to be greatly hastened by the awakening shock of war.

With the realization of possession of practically inexhaustible mineral resources, and with many millions of acres of fertile farming country awaiting the introduction of improved agricultural methods, Russia will look towards Canada and the United States to supply a great part of the materials with which to bring her industries to a maximum of production.

That Canada has not lost sight of the opportunities of this post-war commerce is indicated by the fact that a special representative of the Department of Trade and Commerce made a thorough investigation of the condition of the people and the possibilities of the country, together with the articles likely to be most needed.

Negotiations for the construction of another transcontinental railway through Russia have been opened in the United States, and the raising of \$250,000,000 has been proposed by an American corporation to meet part of the construction costs of the railway company, which will have its headquarters at Moscow.

While the present is hardly an opportune time for closing a contract of such magnitude, the fact that active preparation is already being made for the after-war period gives guarantees for the future in connection with the development of the Slavic Empire.

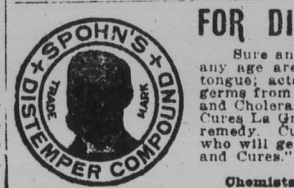
**Name Cut On a Tree.**

"Now, girlie, shall I cut your name and my name in the bark of his tree?" "I suppose there will be nothing to criticize in that," said the dear girl, "provided you also cut the name of my chapman."

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

Proper planning now will save time in seeding.

"The trouble with you, sir, is—if you will pardon me for saying so—that you think nobody is good enough for your daughter." "Yes, sir, and that is where we differ so radically. You appear to think anybody is."



**ROYAL YEAST CAKES**



Ireland's Peat Deposits. Peat covers about one-seventh of the area of Ireland and the deposits are estimated to contain 40,000,000,000 tons of fuel.

**After the Movies**

Two Eyes for a Lifetime. Murine is for Throat, Red Eyes, Runny Nose, Granulated Blepharitis, Keratitis, Conjunctivitis, Eczema, Itching, Swelling, and Stinging. Care for Them. You Cannot Buy New Eyes. Sold at News and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book.

"Act so in the valley that you need not fear those who stand on the hill," is a Danish proverb.

**Minard's Liniment Cures Distemper.**

FOR SALE. FOR SALE CHEAP—GOOD BOARDING HOUSE IN OWEN SOUND. In good locality, good location. Near Depot and Factories. Apply R. McGrath, Executor, Truroville, Man.

**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 on application to Wilson Publishing Company, 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. Hallman Medical Co., Limited, Collingwood, Ont.

Money in the bank. Buy a few shares of the Canadian Laying Strain. We admit ours to be the greatest. Free delivery in Canada. Circular of facts. Free. Halting. 100 percent fertility guaranteed. Stock for sale. BIRCHMOUNT POULTRY FARM, BIRCHMOUNT, ONT.

**The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION**

**DOG BOOKS** ON DOG DISEASES And How to Feed. Mailed free to any address by the Author. H. CLAY CLOVER CO., Inc., 118 West 34th Street, New York.

**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 optional. Authorized to obtain members and charter lodges in every Province in Canada. Purely Canadian, safe, sound and economical. If there is no local lodge of Chosen Friends in your district, apply direct to any of the following officers: Dr. J. W. Edwards, M.P., W. F. Menzies, Grand Councilor, Grand Recorder, W. F. Campbell, J. H. Bell, M.D., Grand Organizer, Grand Medical Ex. HAMILTON - ONTARIO



**MICA AXLE GREASE**

forms a smooth, slippery surface on the axle spindle. The ground Mica fills the pores of the steel and makes easier turning. Dealers everywhere.

THE IMPERIAL OIL COMPANY Limited BRANCHES THROUGHOUT CANADA

**FOR DISTEMPER**

PINK EYE, EPIORRHOIC, SHIPFING FEVER, and CATARRHAL FEVER. Sure and positive preventive, no matter how long as 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 and Cures." SPOHN MEDICAL COMPANY, Chemists and Bacteriologists, Gothen, Ind., U. S. A.