

"Going up on High?"
Better by the low gear first. The human engine must have the right kind of fuel-food. Power to do things comes from food that is rich in muscle-building material, that is easily digested. Shredded Wheat is a high-power food, the kind that fits a man or woman for the day's work—just enough muscle-making material, just enough heat-making material to keep the body in top-notch condition. Shredded Wheat is ready-cooked, ready-to-eat. Two Biscuits with milk make a nourishing meal at a cost of a few cents. Made in Canada.

GOING TO LAW WITH THE DEAD.

How a Shrewd Chinaman Got Even With a Bad Neighbor.

A cemetery is the one sacred spot in China. To desecrate such a place is the worst of crimes. Some years since there lived in a village on the plain of the Yellow River a man called Tu. His little farm furnished him with a comfortable living, but nothing more. Like all farms in that part of China, there was no fence to separate his fields from those of his neighbors. One of these neighbors was a rascal, who, knowing Mr. Tu to be of mild disposition, resolved to impose upon him by ploughing a few furrows of Mr. Tu's land and thus incorporating it with his own. This act did not pass unobserved, but Mr. Tu was cautious as well as mild. He knew that litigation came high, and was uncertain. "Better," he said to himself, "to endure the wrong than to suffer loss of both land and money."

The next year the neighbor repeated the experiment, and ploughed up a few more furrows. Again Mr. Tu consulted with himself, and determined as previously, that law was too expensive a luxury for him.

The neighbor, encouraged by this compliance, continued to add to his own acres at the other's expense. At length he became so bold as to incorporate in this way the family cemetery, where were buried Mr. Tu's ancestors.

Then Mr. Tu saw the chance for which he had been waiting. By ploughing up this cemetery the neighbor had committed sacrilege. The only difficulty was that the punishment was so severe that it might not be possible, unless he was careful, to get his neighbor punished at all. For the law was that, if the magistrate should take notice of the suit, he would have to send up a report to his superiors at the capital of the province and request that proper punishment be inflicted upon himself, seeing that so heinous a crime had been committed in the district for which he was responsible.

Accordingly, Mr. Tu brought the matter before the magistrate in a way that did not involve the official. He brought accusation against his father, who was dead, for having moved his grave of his son's land to that of the encroaching neighbor instead of abiding in the cemetery where he properly belonged.

The Chinese love humor and greatly admire shrewdness. When, therefore, the magistrate read this amazing document, he smiled with genuine appreciation of Mr. Tu's cleverness, called up the offending neighbor, made him

restore all the land he had appropriated and punished him with due severity for his robbery.

VICTORY WILL COME PROMPTLY.

Entente Allies Each Day Nearer Realization of Their Object.

General Castelnau, chief of the French military delegation at the conference of the Entente allies at Petrograd, is quoted in a despatch to the Temps of Paris from the Russian capital as saying:

"One has only to compare the military situation of the allies in the month of January, 1917, with that of January, 1917, and he will be compelled to admit that the conditions for the forthcoming Spring campaign are much more favorable than they were last year."

"I can say that each day we are coming nearer to the realization of our objects. The brave Russian army, which has assumed a formidable task, the gallant Italian troops, and, finally, the Anglo-French forces, which are increasing in number, constitute the best guarantees of our final victory, which hereafter will come promptly. In the meantime the military power of the allies remains unshakable. The Germans have procured success only on secondary fronts."

"With regard to the principal fronts, on which decisive action will occur, our enemies have shown themselves powerless to obtain any serious results."

LITTLE WORRIES IN THE HOME

These Bring the Wrinkles and Pallid Faces That Make Women Look Prematurely Old.

Almost every woman at the head of a home meets daily many little worries in her household affairs. The care of her little ones, the work about the house all contribute to these worries. Most of them may be too small to notice an hour afterwards, but they constitute a constant strain that affects the blood and the nerves and make women look prematurely old. The effect of these little worries may be noticed in sick or nervous headaches, fickle appetite, tiredness after slight exertion, and the coming of wrinkles which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness. Among the many thousands of Canadian women who have found new health and strength through these pills is Mrs. G. Strasser, Acton West, Ont., who says:—

"I am the mother of three children and after each birth I became terribly run down. I had weak, thin blood, always felt tired, and unable to do my household work. After the birth of my third child I seemed to be worse, and was very badly run down. I found the greatest benefit from the Pills and soon gained my old time strength. Indeed after taking them I felt as well as in my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can procure them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

TORTURE OF PRISONERS.

Terrible Cruelty Inflicted on Captives by Germans.

Hideous in the extreme, and only equal in awfulness to the frightful horrors of the Inquisition of the dark ages, is the story told in a semi-official communique of the tortures inflicted upon French and English prisoners in German prison camps, says a Paris correspondent.

Examples are given, as follows: In reprisal camps of occupied districts of Russia this treatment has been applied with terrible refinements of cruelty. Thus, a mattress was at times placed between the stake and the head of the sufferer to render his position more exhausting. Sometimes the victim was tied bareheaded at midday with his face toward the sun, and with the points of barbed wire arranged so that they penetrated his chin.

At Landshut seventeen Frenchmen were enclosed in a cage four metres long by three metres wide, exposed to all weathers. As a result, several of them went mad. Punishment of the pit. The victim was forced into a hole in the earth, of an average length of one metre and eighty centimetres deep. The floor was strewn with sharp stones and the walls covered with barbed wire.

In Courland the lashing was administered on the loins of prisoners. At Stargard on Sunday mornings the wives of officers and other persons were invited to witness the bastinado.

The population of the British Empire exceeds one-quarter of the population of the world.

A teacher asked her class of children what a skeleton was. One little fellow, Benny, seven, said:—"I know it's bones with the pe"

She Does Her Bit In Patriotic Work

And Tells of Benefit Received From Dodd's Kidney Pills.

Mrs. H. A. Standish Strong, Hearty and Enthusiastic at Sixty-two, Advises Others to Use Dodd's Kidney Pills.

Ayers Cliff, Standish Co., Que., Feb'y 19th (Special).—One of the most enthusiastic patriotic workers in this district is Mrs. H. A. Standish. Though sixty-two years of age her splendid health enables her to keep house for three hearty men and still have time and strength to devote to the welfare of the boys in the trenches. And Mrs. Standish will tell you she owes that abundant health to Dodd's Kidney Pills.

"I must say that Dodd's Kidney Pills are very good for sick kidneys," Mrs. Standish states. "I have recommended them many times for rheumatism as they helped me very much for that disease. You can say for me that Dodd's Kidney Pills are beneficial for everyone who is troubled with bad kidneys."

The kidneys are the keystone of woman's health. Keep the kidneys right and the rest will be right. Dodd's Kidney Pills keep the kidneys right.

Advance Spring Styles

Some of the Spring hats combine straw and fine felt, or straw and satin, others are entirely of straw trimmed with flowers or ribbon, and a great many are of crepe. An almost brimless, rather high-crowned little hat was fashioned entirely of narrow ribbon interlaced, giving the impression of straw, at a distance. It was of narrow blue ribbon with a tiny red border on either side. The trimming was a bunch of red cherries placed on the left side of the crown. Another hat with a small up-turned brim was of white silk covered entirely with machine stitching worked in a close all-over design. Machine stitching is also very popular just now as a de-



Box Coat of Green Jersey Cloth with White Pleated Skirt

Some New Suits

Very snappy are the new suits with their hip-length coats. The box coat



Tired aching feet feel refreshed after an application of Sloan's Liniment, do not rub, it penetrates and soothes.
Cleaner than mussy plasters or ointments, does not stain the skin. Have a bottle handy for rheumatic pains, neuralgia, gout, lumbago, sprains, strains, toothache, bruises and muscle soreness.
At all druggists, 25c. 50c. and \$1.00.

Sloan's Liniment

in the sketch is one of the new models. The pleated pockets and cuffs tell at once that this is a 1917 design, for box coats have never before had such frivolous pockets. Coats of bright colors such as green, rose, marigold, citron or purple accompany white skirts which are either plain, or else spotted or striped with the color of the coat. Some of the skirts are made from bordered material with the border at the lower edge and the top laid in pleats. In some of these, the designs are embroidered instead of printed. The designs are generally large dots or squares worked in two or three striking colors or in a solid color with black or a contrasting shade used to outline the motif.

Jersey, and Still More Jersey

Jersey keeps at the height of popularity and is now combined with other materials. A suit of citron-colored wool jersey was made with a white pique collar. The collar was, of course, detachable so that it could be removed and laundered with ease. In another instance, wool jersey was combined with gabardine very pleasingly. The suit was of purple jersey, and tan gabardine fashioned the large collar and revers that went the length of the coat. The cuffs and pocket-laps were also of the tan gabardine.

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

BABY'S OWN TABLETS OF GREAT HELP

Mrs. Wm. Artlett, Ancaster, Ont., writes:—"I have used Baby's Own Tablets for three years for my little girl and baby. I have found them of the greatest help during the teething period and always keep them in the house." The Tablets aid teething babies because they regulate the stomach and bowels, thus preventing constipation, diarrhoea and convulsions. They promote healthful sleep and keep baby well and happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Using Waste Places.

The Parks Committee of the London County Council reports that it has not been necessary to exercise the compulsory powers in regard to land for cultivation, the owners cheerfully giving up their land. Lord Derby's deer park at Knowsley has been ploughed up and more than one hundred acres are to be converted into wheat land. Motor tractors which cut from three to six furrows at a time were employed. Forty acres of the racecourse at Northampton, which has been used as a recreation ground since the abolition of racing, will be ploughed up.

TO STOP BAD COUGH

SOOTH DRY, IRRITATED THROAT WITH PAINFUL SYRUP. SAYS THIS OLD FASHIONED COUGH MEDICINE IS THE BEST.

We are told that the old time remedies are best and invariably contain less harmful yet better medicine than those which are in use today. This being so, undoubtedly the following old fashioned recipe which is quick acting, will be welcomed by many as there seems to be a regular epidemic of coughs at the present time. Secure from your druggist 1 ounce Parmit (double strength), take this home and add to it a quarter pint of hot water and 4 ounces of granulated sugar, stir until dissolved. Take 1 tablespoonful four times a day. No more racking your whole body with a cough. Clogged nostrils should open, air passages of your head should clear and your breathing become easy. Parmit syrup is pleasant to take, easy to prepare and costs little. Every person who has a stubborn cough, hard cold or croup in any form should give this prescription a trial.

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

How?

"Truly, am I the first girl you ever kissed?"
"You are, my darling, and it makes me happy to hear you say I am the first man who ever kissed you."
"If I am the first how does it happen you do it so expertly?"
"And if I am the first how do you know whether I do it expertly or not?"

Mansonsville, 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.

Minerals in Mexico.
The mineral resources of Mexico include gold, silver, copper, coal, platinum, graphite, petroleum, asphalt, sodium and marble.

Minard's Liniment Cures Garget in Cows.
All-Pervasive.

The teacher's last question was meant to be a scientific point.
"What is it that pervades all space," she said, "which no wall or door or other substance can shut out?"
No one had an answer ready but Freddy Sharpe.
"The smell of onions, miss," he said promptly.

Minard's Liniment Cures Colds.

MAGIC
Magic Baking Powder costs no more than the ordinary kinds. For economy, buy the one pound tins.
E.W. GILLET COMPANY LIMITED
WHOLESALE TORONTO, ONT. MONTREAL
MADE IN CANADA

Awful Thought.
Favorite foods that mother used to make were the topic of conversation at the boarding-house table. After numerous interchanges came a lull. Then a callow youth whom bashfulness usually kept silent broke it with this bombshell:
"D-d-d-did any of you ever eat sauerkraut with whipped cream on it?"

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

Encouraging.

He was one of those young men who never seem to know when to go home. He had tried yawning, but even that failed to get rid of him.

Presently a clock outside in the hall began to strike in low, deep tones the midnight hour.

"Oh, I say, Miss Goldilocks," said the late-stayer brightly, "is that an eight-day clock?"
Miss Goldilocks smiled coldly at him.

"Well," she said, stifling another yawn, "why don't you stay a little longer and find out?"

Minard's Liniment Cures Distemper.

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

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THE LARGEST FIREPROOF RESORT
HOTEL IN THE WORLD
The Spirit of America at play! Magnitude and Cheerfulness
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ABSORBINE
Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse Book 2 M Free.
ABSORBINE, JR. the antiseptic liniment for Heals Cuts, Sores, Ulcers, Allays pain. Price 10c. Sold by all druggists.
W. F. YOUNG, P. O. F., 516 Lyman's Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

EUREKA HARNESS OIL
is unequalled for preserving and lengthening the life of black leather.
This scientifically prepared oil makes harness a rich, inky black—shiny, soft, tough.
THE IMPERIAL OIL COMPANY, Limited
Branches Throughout Canada

FOR ALL BLACK LEATHER
EUREKA HARNESS OIL
is unequalled for preserving and lengthening the life of black leather.
This scientifically prepared oil makes harness a rich, inky black—shiny, soft, tough.
THE IMPERIAL OIL COMPANY, Limited
Branches Throughout Canada

Pulp Trees in Argentina.
Experiments by a Swedish scientist have demonstrated that Argentina produces in abundance a tree that yields a better paper pulp than usually employed in the United States.

Minard's Liniment Cures Diphtheria.

Manure and Moisture.
In addition to plant food contained in well-rotted stable manure, all soils to which it is added will thereafter retain more moisture and retain it for a longer period. All gardens should annually receive barn manures, but in well decayed condition. Very sandy soils so treated have moisture evaporation reduced at least one-half of that formerly prevailing.

PILES
You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores—40c box.
Zam-Buk

PROFIT-MAKING NEWS AND JOB OFFERS 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.

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

RABBITS WANTED. 2-3 LBS.
Write A. BARBOUR, 243 College St., Toronto



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 diarrhoea, 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

SPEED
combined with good judgment counts in business now-a-days.
Grape-Nuts
FOOD
supplies balanced nourishment for sturdy muscles and active brains.
"There's a Reason"
No change in price, quality, or size of package.