YOUNG FOLKS

Little Amy was very fond of read-ing so she was delighted at the new book that her Aunt Mary had sent her.

Just their her mother called her to supper She picked up her book and ran in. There were tomatoes for 100,000 cannon.

what she meant.—Youth's Companion, IN SHELL HOLE NINE DAYS.

Three Australians Found and Res-

cued by Canadians.

An incident at the battlefront is related that reflects equal credit or the gallantry of two different overseas contingents. The Canadian troops have recently been fighting over ground which had formerly been on the Australian front. The Canadians had been there nine days when they found in a shell hole, far ahead of where the front line had been, three Australians, two wounded

The three had pushed out by themselves into enemy country, when they were caught by shell fire, and two were wounded. The third drag-ged them into the shell hole and sat there with them. To come out in daylight was impossible, so all day he sat there and looked after the other two, and at night he sallied forth and got water bottles and rations from the German dead which lay around, and thus he had kept his two patients and himself alive for nine long days. One of the two wounded is doing well, but the other's wound has, unfortunately, become septic.

Mrs. Gabb—I understand that the number of lady barbers is rapidly

number of half increasing.

Her Husband—Shouldn't wonder!

It's a business in which women can talk while they work. Canadian Postura Cereal Co., Ltd.,

RHEUMATISM IN THE BLOOD

It Can Only Be Cured by Thoroughly Enriching the Blood

the cold all sort of interesting things of the control of the cont

ut 50,000 aeroplanes. 1,000 dirigibles.

A Growing Custom

The custom of placing Grape-Nuts on the table at all meals is growing in Canadian homes.

Both children and grown-ups help them-selves to this delicious food as often as they like. It contains the entire nutriment of wheat and barley, digests quickly, and wonderfully energizing.

Every table should have its daily ration of

Grape-Nuts

"There's a Reason"

A VALUABLE REPORT.

Resume of Past Year's Work by the Commission of Conservation.

The focussing of public attention in oughly Enriching the Blood
Supply.

Not so long ago rheumatism was supply.

Magnetic efficiency lends special value and interest to the Seventh Annual Report of the Commission of Conservation, which has just been issued. The It told all sorts of interesting things about plants. Amy took it down to the garden bench under the apple tree, where she liked to sit and read.

It was a warm day. The bees were to the stand read.

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Russia or England-with which of ran in. There were tomatoes for supper, and Amy laughed.

"I wonder if I am eating a Tomato lady?" she said; but no one knew what she meant.—Youth's Companion.

About 50,000 aeroplanes.

About 50,000 aeroplanes.

Russia or England—with which of these two countries shall Germany to meet. I can supply your needs. I'm thinking of going out of the poulbecome a dividing question between two schools of thought in Germany, let your boss is dispatisfied into the companion.

About 50,000 aeroplanes. and a good deal of violent polemic is being wasted on the matter. Broadly the one school is radical and progressive, and represented by the gressive, and represented by the "Frankfurter Zeitung"; the other is reactionary, and its characteristic mouthpiece is the "Deutsche Tageszeitung.

In a recent issue the "Frankfurter" argued the possibility and desirability of "an understanding with England" after the war. England was warned not to count too much upon Russia. British democratic tendencies could not be arrested, and asked the "Frankfurter" ironically, "Shall then the Czar become a constitutional monarch and the Russian bureaucracy a mass of obedient clerks dependent upon Ministers chosen from among the members of the Duma, simply inforder to please England 2". No; intimacy between England and Russia was impossible, and an understanding with Germany would better sult England's interests. As for the England sincerests. As for the England's interests. As for the England's interests. As for the England's interests. As for the amongst nemies."

Against this article the "Deutsche"

Tuk BRUIDES

Minard's Liniment Curse Distemper

Subtle Impoliteness.

"Bilggins always agrees with any-thing Isay."

"Yes It's his way of intimating that he doesn't consider your views sufficiently important to be worthy of an argument."

The easiest things in the world to forget are your other troubles when you have the toothache.

"Publication of scores encounting to the confidence must surely have remained even amongst enemies."

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dence must surely have remained even amongst enemies."

Against this article the "Deutsche Tageszeitung" rages violently. It denounces the picture of England painted by the "Frankfurter" as utterly false. "The longer the war lasts, the clearer and less doubtful it becomes to everybody that Great Britain is not only the organizer and cause of the war for the annihilation of Germany, but also the soul and driving force of the enemy coalition. The number of

Doctor Tells How To Strengthen Eyesight 50 per cent In One

The focusing of public attention in Canada upon the problem of strengthening our national organization through increased industrial and commercial efficiency lends special value and interest to the Seventh Annual Report of the Commission of Conservation, which has just been issued. The activities of this Commission, relating to the entire field of primary production, aim to secure greater efficiency in basic industry—in the development and utilization of Canada's natural resources.

The resume of the past year's work is notable primarily for the progress recorded in the constructive program entered upon by the newly formed Town Planning branch, with respect to one of our greatest and most urgent national problems, viz, the proper use and development of land, particularly in urban areas. Town-planning

try business."

f "Then I'm the very man you want

Week's Time In Many Instances.

Yours sincerely,

MATTHEW x BAINES.

mark

"Strange, Mary doesn't have any offers! She'd make some man a good wife. "Yes, but the trouble is, everyone knows, she'd make him a good hus-band, too."

FOR BRUISES Minard's Liniment Cures Distemper



ISSUE 46-'16. a pound of cure.

PEAKS 11,000 FEET HIGH.

Made Accessible by Kootenay Central Branch, C.P.R.

The wonderful icefields and eleven thousand-feet-high peaks of the Pur-cell range, which the construction of the Kootenay Central branch of the Canadian Pacific Railway has ren-dered accessible to mountain climbers, are described and illustrated by Mr. C. W. Stone in the Canadian Alpine Journal fofr 1916. The approach to Mount Ethelbert, a peak which arrests

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Salvein Tubes 25c. For Book of the Eye Freezak
Druggists or Murine Eye Remedy Co., Chicago

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"Sonsumers who take an interest in their milk supply will note the stand-ing of the different dairies and patronize the dairymen who have good ratings. The quality of the milk sup-ply of any city depends in a large mea-sure on the consumer, and he can do much to encourage the production of good milk."

Better an ounce of persussion than

TRAPPERS! Send your

to JOHN HALLAM sans of Paspers in Canada who send their furst on because they know they get acquare for the past of t

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Deleware, Carman, Order at onca. Supply limited. Write for quotations. H. W. Dawson, Brampton. FOR SALE

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PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontarie towns. The most useful and interesting of all businesses. Full information on application to Wilson Pablishing Com-pany, 73 West Adelaide Street, Toronto.

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Will provide you and your family with the finest form of indoor recreation during the long winter even-

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Rank Injustice.

"Pa," inquired a 7-year-old seeker after the truth, "is it true that school teachers get paid?".
"Certainly it is," said the father.
"Well, then," said the boy indignantly, "that ain't right. Why should antly, "that ain't right. Why should the teachers get paid when us kids do all the work?"

NOW IS

to send some Zam-Buk to your soldier friend at the from. With the coming of cold weather, the men in the trenches all suffer, more or less, with chapped hands, cold cracks, chilblains and cold sores, and the soldier who has some Zam-Buk on hand to apply immediately any of these painful ailments make their appearance, will be saved hours of suffering.

Pte. E. Westfield of "C" Company, 3rd Worcester Regiment, writes: "We wish our friends would send us out more Zam-Buk. It is splendid for sore hands, cold cracks, cold sores, etc.

Nothing ends pain and heals so quickly as Zam-Buk, and being sermicidal, it prevents blood-poisoning.

