

After A Hard Day's Work

rub the tired muscles with a few drops of the soothing, refreshing, antiseptic liniment Absorbine Jr. You will find it pleasant and convenient to use and remarkably efficacious.

Absorbine, Jr., invigorates jaded muscles, limbers the joints and prevents second-day soreness and lameness after a strenuous, tiresome day of sport or work.



combines efficiency with safety, being made of pure herbs, and is positively non-poisonous. Then, too, Absorbine, Jr., is a safe, powerful germicide which makes it especially valuable as an application for cuts, bruises and sores. No danger of infection if Absorbine, Jr., is applied promptly. A bottle of Absorbine Jr., kept handy for emergencies, is excellent health and accident insurance.

USE ABSORBINE JR., wherever a high-grade liniment of a positive germicide is indicated.

\$1.00 a Bottle at Druggists or Postpaid.

A LIBERAL TRIAL BOTTLE will be sent to your address on receipt of 10c in stamps.

W. F. YOUNG, P.D.F. 509 Lyman Bldg., Montreal, Can.

SOW SIMMERS SEEDS

ESTABLISHED 1864
Confidence is the greatest factor that enters into the buying of seeds, since you are buying not a finished product, but only the means by which your garden may be either a success or a partial or complete failure. You will make no mistake in placing confidence in SIMMERS' SEEDS.

CATALOGUE FREE on application.
J. A. SIMMERS, LIMITED
Bulbs, SEEDS, Plants
TORONTO, ONT.

FOR BEST RESULTS

Pathe Pathephones

Diamond Double Discs. No needles to change—Unwearable Records. At last! All gramophones can play without needles.

Absolutely Free
Pathephone Diamond Disc
Plays all makes of discs \$22.50 up
Perfection on both sides Price 75c

Fits instantly any gramophone. Jewel Reproducer given absolutely free. Write for particulars and catalogue.
Canadian Phono & Sapphire Disc Co. Ltd.
505 Builders' Exchange Bldg., Winnipeg, Man.

Get a Farm of Your Own Take 20 Years to Pay.

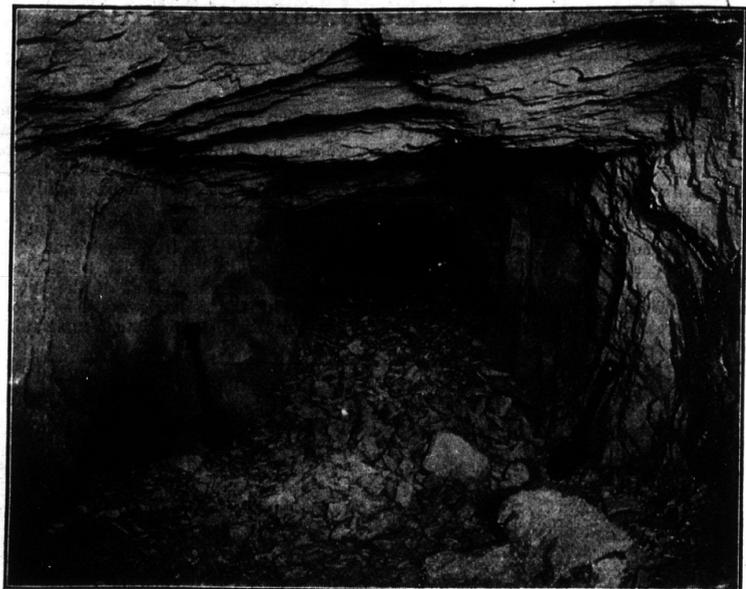
If you wish. The land will support you and pay for itself. An immense area of the most fertile land in Western Canada for sale at low prices and easy terms, ranging from \$11 to \$30 for farm lands with ample rainfall—irrigated lands from \$35. Terms—One-twentieth down, balance within twenty years. In irrigation districts, loan for farm buildings, etc., up to \$2,000, also repayable in twenty years—interest only 6 per cent. Here is your opportunity to increase your farm holdings by getting adjoining land, or secure your friends as neighbors. For literature and particulars apply to

F. W. RUSSELL, Land Agent, Desk 6
Dept. of Natural Resources, C.P.R. Winnipeg, Manitoba.

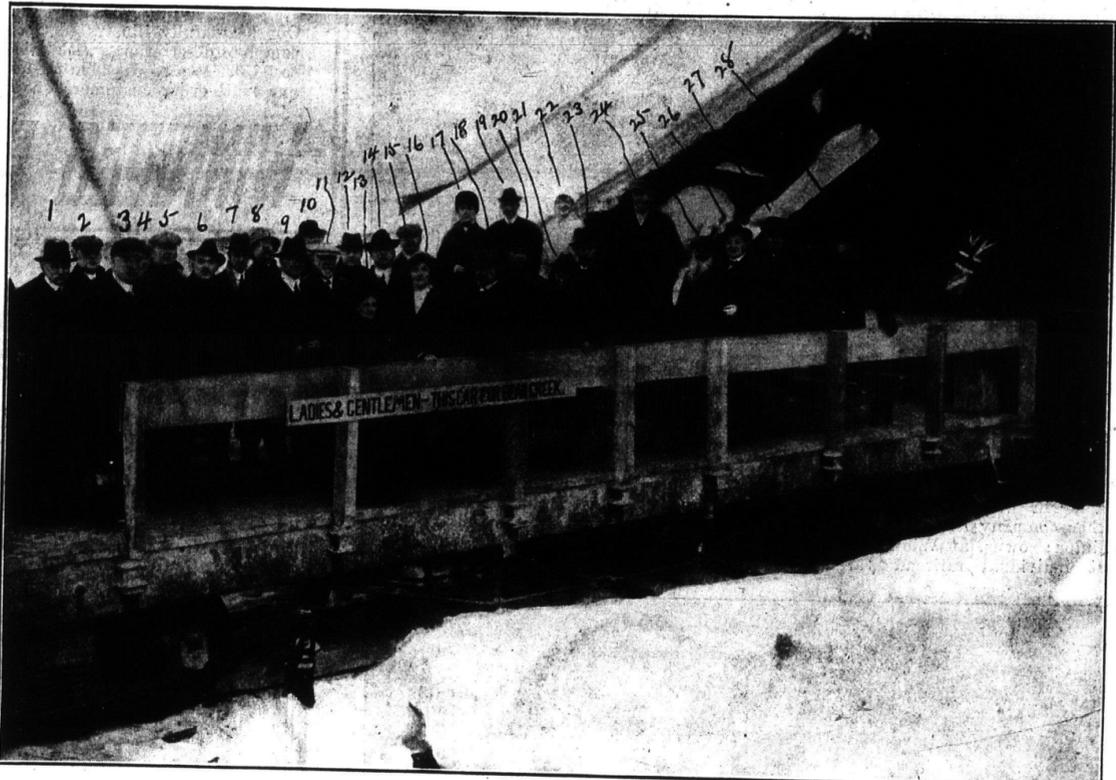
1912 the company began making estimates on a tunnel to eliminate miles of snow sheds and to lower the summit that had to be raised to get over Rogers Pass. In July of the following year, the contract was let to Foley Bros., Welch and Stewart, at a cost of about \$6,000,000, which expenditure it is calculated will be met in a few years through the saving in yearly damage occasioned and overcoming very annoying experiences.

The ceremony on the 19th did not mark the completion of the tunnel. It was the blowing through of the initial bore, 10 ft. by 12 ft. which let daylight through. When completed, the tunnel will be 23 ft. high by 29 ft. in width, carrying a double track railway. If work progresses in the future as it has up to the present, it will mark the fastest tunnel-driving ever accomplished on any continent, as during 1915 there has been three and a half miles of the heading forced through. It is expected that the tunnel will be finished in July, 1916.

The building of the tunnel shortens the distance by four and one-third miles, and it lowers the grade nearly 600 feet, and cuts out five miles of snow sheds in a distance of thirteen miles. There is actually being built twelve miles of new



Looking from west to east through the final join in the tunnel through Mt. Macdonald, in B.C., on Dec. 19th, 1915, at 11.30 a.m.



Party starting into the Western Entrance of the Tunnel in Mt. Macdonald, in the Selkirk Range, B.C., at 8 a.m. on December 19th, 1915. Bear Creek is the first station west of Roger's Pass at the mountain. Reading from left to right, those in the party are:

- | | | |
|---|---|--|
| 1 F. E. Trautman, Publicity Department, C.P.R., Winnipeg. | 9 W. A. James, Construction Engineer, C.P.R. | 19 Col. J. W. Stewart, of Foley Bros., Welch & Stewart, the contractors. |
| 2 Mr. Poff, Manager Sun Life, Vancouver. | 10 Dr. Morris, Vernon, B.C. | 20 M. P. Cotton, Vancouver. |
| 3 John G. Sullivan, Chief Engineer, C.P.R. | 11 W. F. Salisbury, Local Treasurer, C.P.R., Vancouver. | 21 George Tunstall, powder manufacturer. |
| 4 E. H. Macklin, Manager Winnipeg Free Press. | 12 Sir Charles Hibbert Tupper. | 22 Mrs. S. R. Bogue. |
| 5 T. R. Deacon, C.E., Ex-Mayor, Winnipeg. | 13 Mrs. W. A. James. | 23 F. F. Busted, Engineer in Charge. |
| 6 Dr. Kerr, Medical Officer in charge of works. | 14 R. G. Macpherson, Postmaster, Vancouver. | 24 R. Marpole, Chief Executive Assistant, C.P.R. |
| 7 A. C. Dennis, Supt. for Contractor. | 15 Judge Gallagher, Vancouver. | 25 Alex. Calder, Ticket and Employment Agt. |
| 8 F. W. Peters, General Supt. C.P.R., B.C. Division. | 16 Mrs. John G. Sullivan. | 26 D. R. Clark, Superintendent Bank of Montreal, Vancouver. |
| | 17 Mrs. A. C. Dennis. | 27 J. M. McKay, Superintendent C.P.R. |
| | 18 F. T. Griffin, Land Commissioner. | 28 Gardner Johnson, Ship Broker and Agent, Vancouver. |

line, of which the five-mile tunnel is a part. It will be the longest tunnel in North America. The tunnel also eliminates the loops just below Glacier station, which have been a source of worry to operating officials.

At 8 o'clock on the morning of Dec. 19th, 1915, the history-making procession began. It was headed by John C. Sullivan, chief engineer of the railway, and Col. J. W. Stewart, of the contracting firm. There were a number of other officials in the party, including F. W. Peters, General Superintendent; A. C. Dennis, engineer in charge of construction; F. F. Busted, engineer in charge of double tracking in the mountains and guests from east to west. An illustration showing the history-making company is given elsewhere in this issue.

At exactly nine o'clock, the final shot was made, and the hole through Mount Macdonald opened. Asked, before the party started, if he was sure the two holes would exactly meet, Mr. Sullivan said, "The sides will be within one-half inch of each other." They were, so that emergency blasts, holes for which can be seen in the engravings, were not necessary.

The first person actually through the hole made by the final blast was Mrs. A. C. Dennis, wife of the engineer in charge of construction. Others of the party followed.

"Mamma," queried small Edna the first time she saw a multicolored parrot, "was that chicken hatched from an Easter Egg?"

Short Courses in Manitoba

Agriculture and Domestic Science Schools at Country Points.

Notwithstanding the severity of the snow-storm that swept Manitoba during the opening days of the four short courses, now being given at Morden, Boissevain, Virden and Neepawa, all of these schools were opened on the day appointed, and the work went forward without a hitch.

One fact that came very much into evidence at every point was the growing pressure that the heavy enlistment is imposing upon those who work on our farms. As the district representatives proceeded with the enrolment, prior to the opening of the course, they met constantly with remarks like these: "I