

Young Folks

An Old Friend and a New One.

"I'll borrow Pet Lee's arithmetic for you, Sidney, until you find yours," said Mrs. Grimes.

Pet Lee had been ill and unable to go to school since the first week. Her book was as fresh and shiny as when it came from the shop.

"I'll put a strong cloth cover on it; but you'll have to handle it very carefully, Sidney," his mother warned him.

Sidney knew that without being told. He looked sourly at the borrowed book—more and more sourly as the days went by, and the old one failed to appear.

The clean new book was a constant weight on his mind. Morning and night he always had to wrestle with his arithmetic; and so twice a day he had to scrub his hands clean.

No boy likes that. Then he could not lay the book face down, and it would not stay open any other way. He did not dare to lay anything on it to keep it open.

He could not turn down a leaf, and he did not think about putting in a marker.

"I wish I could find my 'rithmetic,'" he said twice a day.

"Listen to him! I thought you hated it," said Sister Katie.

"It's the numbers I don't like. I liked the book," he replied.

How he missed the good old easy-going days when he could jump up to play with the pup, wrestle with his brother, and find the book open just where he left it!

There was nothing for it now except to hold the book in good schoolroom fashion, with thumb on the left page, little finger on the right, and the other three fingers spread along the back, while he figured with his right hand.

When he sat down to work, he stuck to it until his task was done. He wanted to finish it as soon as he could; so he kept his mind on it.

We learn to like almost anything at which we work hard; and Sidney had ceased to fret over his loss when, one day, as he came from school, he saw his brothers and sisters waiting for him on the front veranda.

"Package for you!" "Where do you suppose it's from?" "Hurry up and open it!" they all cried at once.

Out came Sidney's knife, and off came the string, and out fell his dear old dog-eared arithmetic, dropping a shower of picture post cards from between its leaves.

Where it had come from was a mystery, but when mother came home the mystery was all cleared up. There was a letter for her from a lady who had visited them two months before.

"You remember," it read, "that you said you would put that little volume of essays into my hand bag. Just as I was leaving, I thought I saw it on the hall table. The light was dim and I had no glasses on. I thought you had forgotten it, and popped it into the bag; and when it was too late I found I had two books. I have been travelling ever since, or I should have sent it back before this."

Sidney turned it over and over. It was still dear, but how dingy and battered it looked!

"I wish I had treated it better," he said. "If I had, it would look almost as new as Pet's, and I should have learned faster, too. I'm glad it's back, but I'm not sorry it went."—Youth's Companion.

THE QUEEN MOTHER.

Alexandra Acts as a Waitress at Soldiers' Canteens.

Queen Alexandra, mother of King George V., has taken a particular interest in the work of the soldiers' canteens, which furnish coffee and sandwiches free to all men in uniform at the principal London railway stations.

On several occasions the Queen Mother has insisted on taking a turn at the coffee urn, serving the customary hour and a half trick with the other voluntary workers at one or another of the stations. The soldiers seldom recognize Her Majesty for some time, and she takes especial delight in serving them incognito and receiving their "Thank you, missus," just as it is given to the other workers in the canteen.

Perhaps the best of the Queen's customers was a Kentish farmer who looked in at the London Bridge station canteen one foggy night. He was evidently neither a soldier nor sailor and was distinctly not in uniform. But somebody whispered to him that the Queen Mother was serving coffee. He approached one of the other waitresses and asked if, supposing he gave a little money to the cause, the Queen would give him a cup of coffee with her own hand.

Queen Alexandra readily consented. So the farmer from Kent had his coffee, and then, coming inside the counter, he wrote out a check for \$25.

Soon after he took his train for Kent, and the next thing heard from him was in the form of a check for \$250, being money which he raised in subscriptions among his neighbors. A fortnight later he appeared in person with \$125 more, and declared that he was not going to rest until he had brought his total up to \$1,000.

A MOTHER'S DUTY TO HER DAUGHTER

Her Health Must Be Carefully Guarded as She Approaches Womanhood.

The mother who calls to mind her own girlhood knows how urgently her daughter is likely to need help and strength in the years between early school days and womanhood. It is then that growing girls droop, become feeble, bloodless and nervous. Nature is calling for more nourishment than the blood can supply. Signs of distress are plainly evident in dull eyes, pale cheeks, weak and aching backs, fits of depression and often a dislike for proper food. These signs mean anæmia—that is bloodlessness.

The watchful mother takes prompt steps to give her girl the new, rich, red blood her system calls for, by giving her Dr. Williams' Pink Pills, which transform, weak, anæmic girls into a condition of perfect health, through the rich, new blood these pills actually build.

No other medicine has ever succeeded like Dr. Williams' Pink Pills and thousands of weak, disheartened girls have proved their worth. Miss Mabel Sinclair, Cobourg, Ont., says:—

"About three years ago I was very sick, nervous and run down girl. At the least excitement I would tremble and faint away, and the slightest noise would annoy me. I had severe pains about the heart, and would often take dizzy and smothering spells. I lost in weight and the color all left my face. My mother got all sorts of medicine for me, but all failed to do me any good and I was still going down hill. One day we read in the newspaper of a similar case cured by Dr. Williams' Pink Pills and the next time my mother went to town she got three boxes. In a short time I felt the pills were helping me, and from that on every day they helped me more. I took altogether nine boxes and felt like a new person. I was ready for all my meals, gained in weight; the color came back to my cheeks, and I was again enjoying perfect health, and have ever since enjoyed that blessed condition. I earnestly advise all weak girls to give Dr. Williams' Pink Pills a fair trial, as I am sure they will do as much for them as they did for me."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

The Final Hour.

The Kaiser made Czar Ferdinand a Field Marshal of the German Empire and presented him with the baton, says the New York Sun. In return Czar Ferdinand appointed the Kaiser "Chief of the Twelfth Bulgarian Infantry Regiment."

To be set at the head of such a regiment would doubtless be grateful to the Kaiser; such an honor would replace a number of honorary commands which he once held in detested England. But if the Kaiser's allies really want to gratify his soul to its depths why don't the Sultan give him the honorary Colonelcy of the Turkish Regiment specially detailed to direct and lead the operations in Armenia?

How to Save Your Eyes

Try this Free Prescription.

Do your eyes give you trouble? Do you already wear eyeglasses or spectacles? Thousands of people wear these "windows" who might easily dispense with them. You may be one of these, and it is your duty to save your eyes before it is too late. The eyes are neglected more than any other organ in the entire body. After you finish your day's work you sit down and rest your muscles, but how about your eyes? Do you rest them? You know you do not. You read or do something else that keeps your eyes busy; you work your eyes until you go to bed. That is why so many have strained eyes and finally other troubles that threaten partial or total blindness. Eyeglasses are merely crutches; they never cure. This free prescription, which has benefited the eyes of so many, may work equal wonders for you. Use it at once. Would you like your eye troubles to disappear as if by magic? Try this prescription. Go to the nearest wide-awake drug store and get a bottle of Bon-Opto tablets; fill a two-ounce bottle with warm water; drop in one tablet and allow it to thoroughly dissolve. With this liquid bathe the eyes two to four times daily. Just note how quickly your eyes clear up and how soon inflammation will disappear. Don't be afraid to use it; it is absolutely harmless. Many who are now blind might have saved their eyes had they started to care for them in time. This is a simple treatment, but marvelously effective in multitude of cases. Now that you have been warned don't delay a day, but do what you can to save your eyes; you are likely to thank us as long as you live for publishing this prescription. If your own druggist cannot fill this prescription, send \$1 to the Valmas Drug Co., Toronto, for a complete Bon-Opto Home Treatment outfit—tablets and oil.

No Accounts Opened.

"Do you charge things here?" "Only storage batteries, madam."

FOR SALE

A 10 H.P., D.C. MOTOR

900 revolutions, 250 volts; in first-class condition. Apply

DAILY NEWS, TORONTO.

THE SOLDIERS' GAZETTE.

News From Home Sent to Our Men at the Front.

Sir Thomas Shaughnessy has written the following open letter in the interests of the "Soldiers' Gazette":—

"At a time when so many public spirited Canadian women are working for those at the front, it is almost invidious to specify any one particular activity, but the untiring industry of Mrs. D. Forbes Angus, President of Queen Mary's Needlework Guild, and of the ladies associated with her, deserves special consideration, particularly in connection with their publication 'The Soldiers' Gazette.' This is compiled by these ladies from the leading newspapers of each Province in Canada. Fifteen thousand copies are printed each week and distributed in the proportion of one to each seven soldiers of the Canadian Contingent overseas. The news from home contained in this 'Gazette' is highly appreciated by our gallant soldiers, many of whom have little opportunity of seeing a Canadian newspaper. The publication is printed at less than cost, through the generosity of a Montreal newspaper proprietor, but even so, further funds are required to carry on the publication, especially in view of the fact that the number of Canadians overseas is steadily increasing. Large subscriptions are not required, but any small amounts sent to Miss Shaughnessy, Honorary Treasurer at the office of the Queen Mary's Needlework Guild, Windsor Station, Montreal, will be spent in this good cause."

MEDALS FOR ALL THE BRAVE

French Commander Has Special Issue for His Own Men.

The commander of one of the French regiments whose soldiers have distinguished themselves by many acts of bravery, has just taken a step which is certain to gratify those who have never been decorated nor been cited in "The Order of the Day." He has ordered from the mint a large number of medals, designed by Morton, on one side of which is engraved the call "To Arms!" and on the reverse the inscriptions, "Campaign of 1914-1915," the number of the regiment, "Awarded for Courage," and the name of the soldier to whom the medal is given.

This commander's theory, according to the "Figaro," is that all acts of bravery deserve recognition and those who are not singled out for the special honors of the war cross and the Legion of Honor should by no means be neglected. He believes that by awarding these medals he will increase the already demonstrated efficiency of his troops.

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross.

To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MUCH MONEY IS NEEDED.

Britain's Financial Burden For All to Share.

Britain alone will need \$9,000,000,000 to run her share of the great war during the present year. This statement is made by a representative committee of Britain's leading bankers who have issued a signed manifesto to the nation impressing on the people the need for the strictest economy in order to assist in raising this huge sum.

In the manifesto the bankers say: "In a long war success depends mainly upon respective financial resources of the combatants and the consequent power of one of them to maintain or to add to its fighting strength when the other is declining or is not capable of expansion."

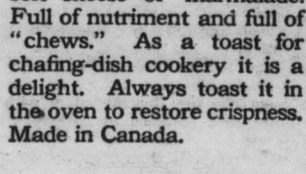
"Therefore the enemy's efforts have been directed to three essential matters: (1) To seize victory before the forces of the allies could be mobilized in overwhelming strength. (2) To prevent the allies from making or purchasing sufficient equipment and ammunition for their ever-expanding forces."

"The endeavors of the enemy to accomplish these objects have been completely frustrated by the co-ordination of the armies, of the financial resources of the equipment and of the munitions of the allied nations. The success of the allies in defeating the enemy's efforts to cripple them in men, munitions and money before they could assemble their full strength has now brought the war nearer to its final stage."

"Indeed only one thing is now needed to command victory. The allies have assembled new armies of overwhelming strength in France, in Russia, in Italy and in Great Britain and everything needed to equip them and to supply them with munitions has been secured or is in process of manufacture. The only thing remaining to be done is to provide all the money needed to support those vast armies of new men and to pay for the vast quantities of arms and munitions now being manufactured by all parts of the world."

A Tasty, Snappy Toast— for luncheon or evening "snack" is Triscuit, the shredded whole wheat wafer.

Has the delicious, nutty flavor of baked wheat. A real whole wheat bread for any meal with butter, soft cheese or marmalade. Full of nutriment and full of "chews." As a toast for chafing-dish cookery it is a delight. Always toast it in the oven to restore crispness. Made in Canada.



GERMANS ON GERMANY.

Extracts from a Manifesto Issued by the German Home League.

Our homes are still being desolated in a campaign waged for more than 500 days, not in lawful defence of German territory, but to satisfy the insatiable and savage greed of Prussian conspirators. The moral forces of the nation are stifled by the violence of the Administration; trampling under foot the helpless mass of humanity crushed by the double burden of grief and want. We have examined through trusted sources the economic condition of every State and province. From one and all comes the cry, "Deliver us from this hell of suffering."

Consider for a moment the position of the German Empire in July, 1914. We then enjoyed civil rights and liberty as traders. In every market of the world we were welcomed, free to develop in friendly rivalry with other States the arts, the commerce, the maritime resources of our land. All our legitimate trading interests were safeguarded, defined and protected by treaties and conventions. We were honored and respected throughout the world.

To-day the German name is the scorn of civilization; the German flag has become the badge of infamy. Chivalry is no longer in our ranks. It has been buried in the trenches in Flanders and in the village grave plots of Brabant. For our crimes we are loathed by all honest men. To hide them is impossible. We stand naked and exposed.

We who love our land with a passionate devotion and strive to reach the dawn of a new era which shall restore her character and win back for her children the honor we have forfeited by barbarous cruelties and insatiable lust have written the above with heavy hearts.

Napoleon failed. The Kaiser must fail, and there can be no peace until he has been deposed from the throne he has fouled and his fellow conspirators have met their fate at the hands of an executioner.

Would Ban Tobacco, Too.

To such extremes as the British economy campaign being pushed that the suggestion has even been made in the House of Commons that tobacco should be banned. The Chancellor of the Exchequer, however, favors increased consumption of tobacco, in view of the fact that the import duty is at least four times the amount paid away in gold to America for its purchase.

An Armed Peace.

"I haven't heard Neander and his wife quarrelling for several days." "No; they're not on speaking terms just now."

FOOD FACTS.

What An M.D. Learned.

A prominent physician went through a food experience which he makes public:

"I was my own experience that first led me to advocate Grape-Nuts food; and I also know from having prescribed it to convalescents and other weak patients that this food is a wonderful restorer and restorer of nerve and brain tissue, as well as muscle. It improves the digestion and patients gain, just as I did in strength and weight, very rapidly."

"I was in such a low state that I had to give up my work entirely and go to the mountains, but two months there did not improve me; in fact I was not quite as well as when I left home. My food did not sustain me and it became plain that I must change."

"I began to use Grape-Nuts and in two weeks I could walk a mile, and in five weeks returned to my home and practice, taking up hard work again. Since that time I have felt as well and strong as I ever did in my life."

"As a physician who seeks to help all sufferers I consider it a duty to make these facts public."

Trial 10 days on Grape-Nuts when the regular food does not seem to sustain the body will work wonders.

"There's a Reason. Name given by Canadian Postum Co., Windsor, Ont."

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

GRAND DUKE STILL POPULAR.

"He is a Russian First of All," the People Say.

The towering Grand Duke Nicholas is still one of the most popular men in Russia, and his picture hangs in every other shop window on the Nevski Prospect and in every cafe in the country three months after his handsome original had been banished to the obscurity of the Caucasus. There are ten portraits of the Grand Duke in Moscow and Petrograd to one of the Czar; and the blonde King of the Belgians runs the Grand Duke a bad second for pictorial popularity.

"Whatever he is, he is a Russian first of all," they say about the Grand Duke.

"The only honest man in Russia," was the way a cab driver characterized the Grand Duke to the writer; and the people are still telling how at the beginning of the war the Grand Duke said to the Czar: "I'll take care of the Germans from Germany if you'll take care of the Germans in Petrograd."

Still Singing Their Praises

DODD'S KIDNEY PILLS CURED HIS RHEUMATISM.

Mr. D. A. Brotherton Tells How His Rheumatism Disappeared Over a Year Ago and Has Never Come Back.

Victoria Harbor, Ont., Feb. 7th (Special).—Cured of Rheumatism over a year ago by using Dodd's Kidney Pills. Mr. R. A. Brotherton, a well-known resident of this place, is still singing the praises of the great Canadian Kidney remedy.

"I was troubled with Rheumatism in my left hand, which would shift to my elbow and then to my shoulder," Mr. Brotherton says. "It was very annoying and painful at times, but I heard of Dodd's Kidney Pills helping others so I quit the liniment I was using and took six boxes of them. The rheumatism disappeared. That was over a year ago, but it has not returned."

"I know Dodd's Kidney Pills are good for kidney trouble both in my own case and through others who have used them."

Rheumatism is caused by uric acid in the blood. If you cure your kidneys by using Dodd's Kidney Pills they will drain all the uric acid out of the blood and there can be no rheumatism.

Suggests French Dagger.

Mr. J. H. A. Macdonald, in a letter to the London Times, advocating the use for the soldiers of a short knife or dirk, says: "When the soldier jumps down into a trench full of enemies—as he must do when charging, unless he remains above to be shot—he is no longer able to use a rifle or bayonet to advantage. He is like a man in a close crowd, who cannot draw back his weapon so as to make it effective. Accordingly we read of men taking off the bayonet to use it by hand, and also of men resorting to their fists."

MURINE.

Murine is prepared by our Physicians, as used for many years in their practice, now dedicated to the Public and sold by Your Druggist. Try Murine to Refresh, Cleanse, and Strengthen Eyes after exposure to Cold Cuts and Dust, and to restore beautiful tone to Eyes reddened and made sore by Overwork and Eye Strain.

Some broadminded Physicians use and recommend Murine while others perhaps jealous of its Success, talk and rush into print in opposition; those whose Eyes need care can guess why, as there is no Prescription fee in Murine. Just hand your Murine to your Druggist and get a Complete Eye Book—Murine—Dropper—and Cork Screw—ready for use. Try it in your Eyes and in Baby's Eyes for Eye Troubles. No Smarting—Just Eye Comfort. Write for Book of the Eye Free. Murine Eye Remedy Company, Chicago.

A Large Dose.

Oswald—"My love for you is like the deep blue sea." Clarissa (for such was her name)—"And I take it with the corresponding amount of salt."

Minard's Liniment Cures Diptheria.

Plenty of Assets.

"The lawyer next door had been forced into bankruptcy with big liabilities but no assets to speak of." "Why, a lawyer's assets are his liabilities."

The Nova Scotia "Lumber King" says: "I consider MINARD'S LINIMENT the best LINIMENT in use. I got my foot badly jammed lately. I rubbed it well with MINARD'S LINIMENT and it was as well as ever next day."

Yours very truly, T. G. McMULLEN.

Tea Drinking Increases.

Tea drinking among the allies has shown an enormous increase since the war began, and in the past year the consumption in England alone has increased over 6,000,000 pounds, while France is drinking 10 times as much as they did before the war.

"Famine" in Germany.

A representative of the Amsterdam Telegraaf, who has journeyed through Germany and Austria and furnishes a lengthy report on general conditions concludes his article by saying that famine prevails as far as the bulk of the workingclass population is concerned. The situation is becoming still worse, and the economic position is far from favorable. The people are daily becoming more downhearted. Their views are summed up in the remark: "We conquer every day, but we are none the better off for it."

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PERISCOPES ON BAYONETS

Soldier Stands With His Back to the Enemy.

There is no doubt that the periscope in one form or another has resulted in the saving of many thousands of lives in the present war. Most periscopes have two mirrors, a top one which reflects a view of the surrounding country into the lower one.

One particular style is clipped on to the bayonet and the soldier on the look-out, instead of facing the enemy, stands with his back to them in order to get the proper view in the mirror.

The little periscope mirror is clipped on to the edge of the bayonet, and it is the edge which is presented towards the Germans, making it much more difficult to see than if the bayonet were broadside on.

SPEND THE WINTER IN CALIFORNIA.

Round trip Winter Tourist tickets on sale daily to California via the most direct and scenic routes. Four fast modern trains leave Chicago daily from the most modern railway terminal in the world. Overland Limited (Extra Fare) leaves 7:00 P.M. Los Angeles leaves 10:45 P.M. San Francisco leaves 10:45 P.M. Let us help you plan an attractive trip. Booklets giving full particulars mailed on application to R. H. Bennett, G.A., Chicago & North Western Ry., 46 Young St., Toronto, Ont.

PROPHCY OF WAR'S END.

February or March is Time Set by Old Woman For Peace.

The Journal des Debats of Paris has published a strange story of a prophecy regarding the end of the war.

Some pious people were driving up the steep hill to Montmartre, where they were going to visit the church, the story runs. On the way they gave a lift to an old woman, who, when she arrived at the church, said that she would, in expression of her gratitude, tell them a good piece of news. She asked if they would like to know when the war would end. The people replied, "With all our hearts," whereupon she told them either in February or March.

The people expressed incredulity at this statement. The old woman added that as a proof she prophesied that the coachman who drove them would be dead within two hours. She then turned away and disappeared.

The party visited the church, and when they came out went to the carriage, but found no driver. They thought he was in a cafe, but on making inquiries found that he had just died in a druggist's shop.

The paper does not guarantee the accuracy of the story.

Who is Dr. Jackson?

For years he taught food chemistry, dietetics, and diseases of the digestive tract in one of the large medical schools of the continent. In his extensive experience in free clinics he worked out the formula for Dr. Jackson's Roman Meal, a compound of whole wheat and rye, with deodorized flaxseed and bran. It nourishes better than meat, prevents indigestion and positively relieves constipation or "money back." Ask your doctor. At all grocers, 10 and 25 cents. Roman meal is made by Roman Meal Co., Toronto.

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ROYAL YEAST CAKES

Has been Canada's favorite yeast for more than forty years.

Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.

ENGELHART LTD. TORONTO, ONT. WINNIPEG, MONTREAL

Music as Medicine.

Music's potency as a therapeutic agent is being demonstrated again just now in the hospitals in England. The physicians have recorded remarkable results from the effect of music on soldiers who have suffered from gun fire and bombing and have returned from the fighting line mere nervous wrecks. Some specialists have gone so far as to say that no other cure has brought about such permanently good results.

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—No cost.

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