YOUNG FOLKS

No enterprise ever undertaken in America was more fruitful of picturesque incident, hardship and adventure than the famous pony express line established in the fifties.

The route extended from the Missouri River to Sacramento, a distance of ninteen hundred and sixty miles. It traversed a country full of hostile Indians and white desperadoes, and led across plains, through valleys and over lofty mountains. Yet over this rough route the mail and express packages must travel two hundred miles a day, a condition that called for an average riding pace of about ten miles an hour, writes "Buffalo Bill," in Youth's Companion.

Naturally, the riders were picked men. They had to face deadly dangers and were often called upon to do double duty in place of a slain or wounded comrade. The pay, however, was good, as befitted so dangerous a calling; it ranged from one hundred to one hundred and twenty-five dollars a month.

I was about sixteen years old when I applied for a chance to enter this service. My mother and sisters needed my help, and the good wages paid by the pony express company tempted me.

I accepted the offer, and it was on this route that, quite early in my experience as an express rider, I met with a most peculiar adventure.

My first trip was made a little ahead of the schedule time, and I immediately started back with the westbound pouch. As day after day passed without serious mishap, I began to think less of holdups and Indian ambuscades and feel more inclined to congratulate myself on having secured so good a route.

But one morning, as I was crossing a rough bit of country on the gallop, there came suddenly the cry of "Halt! Up with your hands, boy!"

A man had risen apparently from the very ground under my feet. While he covered me with the revolver that he held in his right hand, he extended his left to catch my birdle rein

There was nothing to do but obey, although I knew that the pouch contained a large sum of money.

"Give me that pouch, boy!"

I held it out, but as he extended his hand for it my opportunity came I kicked the revolver from his grasp, drove the spurs in deep and made a dash.

I was just beginning to chuckle over my escape when a bullet whistled by my ear. That was too much for me: I should have known better than to stop, but without thinking I wheeled in my saddle and returned the shot as the desperado fired again. This time he hit my pony, which gave one leap and then fell heavily.

Luckily I landed on my feet, and jumped to the shelter of a big rock. The outlaw was coming toward me and trying to fire as he ran; but I noticed that at each pull of the trigger his revolver missed fire. I believed that I had him at my mercy, but, as the event showed, I was too quick at drawling conclusions.

I wanted to capture him and march him to the next relay station, where the men would take charge of him. With this in mind I refrained from firing, and so he was enabled to reach the cover of the same boulder behind which I myself had taken shelter.

For a time neither of us dared to move. Then gradually and as silently as possible I crawled back from the rock far enough so that I could watch both sides of it at once. I could not tell, of course, which way he might choose to come if he decided to force the fighting, and I knew that I must be prepared for him, whichever way it was.

But as I lay there watching, my poor pony gave what seemed an almost human moan and turned his faithful eyes upon me. He made a desperate, vain attempt to rise and uttered a low neigh so full of grief and pain that it filled me with pity for him and hardened my heart toward the man on the other side of the rock.

I determined to put the horse out of his misery, and, resting on one elbow, I took careful aim and sent a bullet through his brain.

Instantly my shot was followed by one from the other side of the rock—so quickly in fact that the two reports were almost simultaneous. I could not tell whether it had been aimed at me or not, but I knew I was not hit.

The struggles of my pony had ceased, and everything was still. I waited and watched until I could stand it no longer. Then I began slowly and cautiously to creep round the rock, holding my revolver ready to fire on the instant. I even stuck my hat out ahead of me as a decoy, but it brought no response.

Another step brought me within full sight of the man. He lay on his back, quite dead, his revolver beside him as if it had just fallen from his hand.

A little examination showed me what had happened. The outlaw had been reloading his revolver when I fired at the pony. In those days the only ammunition was powder and ball, which had to be forced home with a ram rod. During the loading the weapon was held upright, and when that part of the operation had been completed the caps were placed on the nipples.

The outlaw had not removed the caps that had failed to explode. My shot had startled him. He had accidentally pulled the trigger, and his own bullet had slain him.

Believe in Preparedness? Are you ready for Mr. Germ? Catching cold is a crime. Fortify yourself against cold germs and other germs by eating **Shredded Wheat Biscuit,** the food that supplies the necessary warmth and strength to resist disease. A better balanced ration than meat or eggs at a much lower cost. For breakfast with milk or cream.

Made in Canada.

POINTERS FOR GARDENERS.

Practical Advice for Amateur Growers of Vegetables and Flowers.

It is desirable that the frost should leave the soil of the vegetable garden as soon as possible, therefore anything that prevents the full force of the sun's ray reaching the soil should be removed. Warm sun and rains will soon rid the open spaces of all frost, and dry them sufficiently to justify digging.

Clear the ground and give the sun a chance if you are anxious for an early start in the garden. Rubbish heaps, boards, straw or litter of any sort on the surface of the garden will tend to keep the frost in the soil where these coverings exist long after the exposed surface has become frost-free. Litter is scattered over the surface of perennial beds to keep the frost in as long as possible. This is done because alternate thawing and freezing is injurious to these permanent plants. In most cases the covering should remain until the spring is sufficiently advanced so that anything in the nature of a heavy frost is unlikely.

There is no reason why an attempt should be made to turn over the whole garden at once. A much better method is to first dig a plot sufficient for radishes, lettuce, cress, onions, etc. This plot should be raked smooth, firmed and planted just as soon as it is ready. It will be ready for planting when the soil has become warmed up and not one minute before.

Garden seeds are too expensive this season to be wasted, but that is what will happen when the amateur fails to mix his commercial fertilizer with the soil in the furrows. If the seeds come into contact with the fertilizer, all their vitality will be burned out of them. This is a common error and explains why a great many seeds fail to sprout. The seedsman is not always to blame.

A common cause of poor results in vegetable gardening is too deep planting of the seeds. Germination will be much better in the spring when the plan of shallow planting is adopted. Later in the season, when the soil becomes warm, the seeds should go in deeper. With large seeds like peas and corn, it is often advantageous to sow them in a little trench, filling it in as the plants grow until the ground is level.

Put all your wood ashes on the garden, and if you get any quantity of soot when you clean out your furnace or chimney spread it around the roses or the aster plants.

Gathered The Materials.

"Grocery butter is so unsatisfactory, dear," said Mrs. Youngbride, "I decided to-day that we would make our own."

"Oh, did you?" said her husband.

"Yes; I bought a churn and ordered buttermilk to be left here regularly. Won't it be nice to have really fresh butter?"

Grape-Nuts

contains the rich supplies of phosphate of potash grown in wheat and barley.

Its mission is therefore clear and plain—it supplies what ordinary food lacks.

And it does its work in a sturdy, straightforward, dependable way, as tens of thousands of its users can testify.

"There's a Reason"

BROTHERS IN THE TRENCHES.

War Has Broken Down The Class Distinctions of Peaceful Days.

To illustrate the fact that soldiers of very different social classes, after fighting side by side, often become affectionate friends, the author of Notes on the War, a Frenchwoman, tells the following story:

A very jovial young soldier used to entertain his companions most delightfully by his irrespressible gayety. One day his spirits failed. When one of his comrades asked the reason, he said:

"In time of peace I am a clown in a music hall. It's my business to entertain people; but to-day I got a letter from my wife telling of the illness of our two children. She can't go out to work, and things look black. That's why I can't joke to-day."

Some days later the same comrade said, "You are merry to-day. What's happened?"

"Why, a letter from my wife says a man called and handed her three hundred-franc notes from his client, M. Jean Breton; so things are bright again for us. But who can M. Breton be?"

The other soldier was silent for a moment, but finally said, "Don't worry, mate. I am Jean Breton. I am rich enough to afford it. Now cheer us with one of your comic songs, please."

What He Was Going To Do.

Princess Patricia of Connaught has an autograph album and in her childhood days, she used to rule this book out into neat little divisions, one for each signature. When she asked the Kaiser to write his name, he scrawled it right across the page, and surrounded it with three bold circles—quite irrespective of the neatly-drawn little departments. At the time Princess Patricia was much grieved, but from subsequent events she consideres this page of her album a symbol of what the "All Highest" was going to do to Europe.

SPRING IMPURITIES IN THE BLOOD

A Tonic Medicine is a Necessity at This Season.

Dr. Williams' Pink Pills for Pale People are an all year round tonic, blood-builder and nerve-restorer. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to make new, rich, red blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills speedily clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia, erysipelas and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives at this season, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but it does not cure anything. On the other hand Dr. Williams' Pink Pills actually make new blood which reaches every nerve and organ in the body, bringing new strength, new health and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Sold by all medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

THE CABBAGE WORM.

How to Combat the Ravages of This Destructive Enemy.

The common cabbage worm, the most destructive insect enemy of cabbage and related crops begins its depredations as soon as the young plants are set out in the spring. Steps to combat it should be taken at an equally early date. Spraying with a solution of two pounds of powdered arsenate of lead, four pounds of arsenate of lead in paste form, or one pound of Paris green to fifty gallons of water should be begun as soon as the plants are set out and should be repeated as often as examination of the plants shows it to be necessary.

The common cabbage "worm" is the first generation usually develops on wild plants.

Hand picking may be practised successfully in small gardens. Where sprays are employed they should be applied in a fine mist, since coarser applications tend to gather in drops on the leaves and run off.

larva of a white butterfly having black tipped wings. The butterflies appear on warm spring days and continue about gardens and fields until after several severe fall frosts. Eggs are laid on cabbage and related plants where they hatch in from four to becoming full grown in from ten to fourteen days after hatching. Three It eats voraciously and grows rapidly,

For Wideawakes to Memorize.

Say, boys, did you ever stop to think
That we are the coming men?
That we've only a few short years to prepare
Ourselves for the work, and then
The fate of the world will rest in the hands
Of those who are boys to-day?
I tell you it makes a fellow feel that
He wants to be armed for the fray!
We can not afford to hamper ourselves
With habits that work us harm;
We need to be true of head and heart,
With a steady, strong right arm;
We need to be men—real, honest men,
With a love of life and its joys,
But ever ready to stand for the right;
And in order to do that, boys,
We've got to begin right now, or else—
No, I am not "Preacher Ben,"
And don't let's forget in our work or our play
That we are the coming men!

SATISFIED MOTHERS

No other medicine gives as great satisfaction to mothers as does Baby's Own Tablets. These Tablets are equally good for the newborn babe or the growing child. They are absolutely free from injurious drugs and cannot possibly do harm—always good. Concerning them Mrs. Jos. Morneau, St. Pamphile, Que., writes: "I have used Baby's Own Tablets and am well satisfied with them and would use no other medicine for my little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont

DIVIDING THE SPOIL.

Accident Which Foretells Similar Horrors in Shell-Swept Europe.

Greediness wiped out half the population of a small village in China, according to Capt. Fritz Uttmark There were only thirty people in the village, a retired spot on the Hwang River, and of the thirty, fifteen were instantly killed.

The Chinese government had been making experiments with some new shells. A mile from the village a company of soldiers had been doing target practice with the shells, and had then been sent to garrison a fort some distance away. During the target practice the soldiers would not let the villagers get nearer than half a mile to the guns, and the people, all ignorant collies, had no idea what the shooting meant.

Some months after the target practice had ceased and the villagers had forgotten about it, two coolies, digging in a field, came upon a bright, round object. It was very heavy, and pointed at one end. Neither knew what the object was As a matter of fact it was an eight-inch shell that had not exploded.

"It is mine," said the man who had dug the shell up.

"No, it is mine! I saw it first!" cried the second coolie. "You would not have known it was there if I had not seen it."

"And you would not have seen it if I had not dug it up."

For half an hour the two argued, each advancing his claim in high-pitched, squealing tones. At last they agreed to let an aged Chinaman, who was said to be very wise, settle the question for them.

"You must divide it equally," was the verdict of the old man.

Then came the question as to how they should divide it. They tried to break it with a rock, but the shell could not be crushed that way.

"Let the blacksmith divide it," suggested the old man.

To the blacksmith they went.

"I do not work for nothing," declared the smith. "I will divide it into three parts: one for the man who found it, one for the man who saw it first and one for me."

That arrangement had almost been decided upon when the old man who had given the decision in the case objected. If the blacksmith was to have a third, then he himself ought to have a piece for settling the dispute.

"Divide it into four parts," urged tre man. "One for the finder, one for the man who saw it first, one for the blacksmith and one part for me."

To that they all agreed.

By this time the entire village had become greatly excited, the relatives of all four men crowding into the little blacksmith shop to see that justice was done. The blacksmith laid the shell on his anvil, and round him gathered all the people of the village. He swung his heavy hammer in the air and brought it down on the shell.

Bang!

The explosion killed all but two of the collies who were in the blacksmith shop and injured half a dozen others who were standing at the door and the two windows.

For a long time the Chinese government could not find out the cause of the accident. The natives were convinced that a miniature sun had fallen from the clouds and, offended by the rough handling it had received, had become angry, and annihilated the guilty ones with their relatives and friends. The mystery was not explained until a small part of the shell casting was found.

HAVE YOU ECZEMA?

Would you like to end that terrible itching, that burning pain; to heal those horrid sores?

You have tried all sorts of fatty ointments, lotions and powders. Put them aside now and give Nature a chance as represented by Zam-Buk.

Zam-Buk is made from herbal essences; is a natural healer. Is not something you have to send to the end of the world for, and pay a heavy price! Every druggist will sell you Zam-Buk and for 50c. only. Just give it a fair trial and incidently give yourself ease by the quickest route. See name on box:—

ZAM-BUK

ISSUE No. 15—'17.

SAWYERS, BOX MAKERS & LABORERS WANTED

FIRSTBROOK BROS., Limited
283 King Street East, Toronto

THE CONTINENT OF LONDON.

At the Hub of the Empire Are Found All Sorts and Conditions of Men.

It is curious how ignorant the born Londoner is of his own city. All the wonders of the world are gathered in London, yet the Cockney takes long journeys in order to see them elsewhere.

In peace times he would go to France, to Belgium, to Norway, to Switzerland, while all the time he could take a 'bus and visit these countries in London, though certainly minus their natural scenery.

But the essential atmosphere was to be found within a short radius of Piccadilly Circus. How many Londoners could say off-hand where to find the Swiss Quarter, the Scandinavian Quarter, the Chinese Quarter, the Russian Quarter, the Dutch Quarter, the Armenian Quarter, or what now remains of the German Quarter?

Wherever the Continental peoples wander they take their own country with them and reconstitute it, while the Briton invariably fits himself into native backgrounds. Thus you will find the true Paris in Soho; the real Russia in Stepney and Bethnal Green; the glamor of Italy in Clerkenwell; the spirit of Holland in Spitalfields; the mysterious Orient in Limehouse; Norway, Sweden, and Denmark in Shadwell; Switzerland off Tottenham Court Road; the repellent atmosphere of Germany in Great Charlotte Street; and the Armenian Settlement is—well, I wonder how many Londoners can locate that interesting colony?

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

River Beds.

In Siberia some of the rivers are said to flow over ice many years old and almost as solid as rock. A tributary of the Lena is reported to have a bed of pure ice over nine feet thick.

After the Movies Two Eyes for a Lifetime

Murine is for Tired Eyes. Red Eyes—Sore Eyes—Granulated Eyelids. Rests—Refreshes—Restores. Murine is a Favorite Treatment for eyes that feel dry and smart. Give your eyes as much of your loving care as your hands and with the same regularity.

Care for Them. You Cannot Buy New Eyes!

Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book.

Adversity sometimes gives a man courage; prosperity too often takes it out of him.

Minard's Liniment Relieves Neuralgia.

Preserving Eggs.

Chinese ship fresh eggs long distances in good condition by coating them with a paste made of sea salt, vegetable ashes and water.

MONEY ORDERS.

SEND a Dominion Express Money Order. Five dollars costs three cents.

Read all the Books on every Shelf—
But do your Thinking for yourself.

Russia's Railway Plans.

The Russian Council of Ministers has approved a plan for constructing 20,779 miles of new railway during the next five years at a cost of $300,000,000, says the New York World. A revolutionary Government which is concerning itself with these projects of peace is apparently on a substantial foundation.

Minard's Liniment for sale everywhere.

Post Orderly (to last-joined recruit, whose letters, addressed "Mr. Jones," having caused the former much trouble in discovering the right owner)—My lad, every man has a rank. You must tell your friends to put 'Private' on your letters. "Very good, Sergeant." The next letters arrive: "Strictly Private—Mr. Jones."

A Great Sight.

The old gentleman beamed upon the little boy who stood on the crest of the hill one night at twilight, a happy, contended smile on his lips.

"I am very pleased to see you watching the beautiful red glow of the setting sun, my little man," he said, patting the youngster's back. "Do you watch it every night?"

The little lad chuckled.

Montreal Man Tells Wonderful Story

Bad Case of Bright's Disease Cured by Dodd's Kidney Pills.

George Sullivan, Who Suffered From The Dread Disease for Two Years Gives Credit for His Recovery to Dodd's Kidney Pills.

Montreal, Que., Apr. 9th, (Special.)—Completely cured of that most dreaded of all diseases, Bright's Disease of the kidneys, Mr. George Sullivan, 284 de St. Valiers St., this city, is spreading the good news that he found his cure in Dodd's Kidney Pills.

"I suffered from Bright's Disease for two years," Mr. Sullivan states in an interview. "I was unable to work for weeks at a time. I spent hundreds of dollars on doctors without receiving any real benefit and received outdoor treatment at the Montreal General Hospital.

"I was feeling very badly discouraged when a friend advised me to try Dodd's Kidney Pills. After using three boxes I was much better. I kept on till I had used nine boxes, when I was completely cured.

"Naturally I consider Dodd's Kidney Pills a wonderful remedy."

Dodd's Kidney Pills are no cure-all. They cure kidney diseases of all kinds from backache to Bright's Disease. The proof of this is their growing popularity in Canada for over a quarter of a century. If you haven't used them ask your neighbor about them.

Spite is anger which is afraid to show itself, it is an impotent fury conscious of its impotence.

eight days.

The caterpillar is velvety green, about the color of the cabbage foliage.

Good roads make better markets, better schools, better churches, better neighbors and better living.

I was cured of Acute Bronchitis by MINARD'S LINIMENT.
Bay of Islands. J. M. CAMPBELL
I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Springhill, N. S. WM. DANIELS.
I was cured of Chronic Rheumatism by MINARD'S LINIMENT.
Albert Co., N. B. GEO. TINGLEY

"What are these?" "Elderberries, mum." "Oh," said the young housekeeper, "I want some young berries, please."

Minard's Liniment Cures Dandruff.

Nowadays.

"So it's the fifth grade for you now, Louis? Will you be in fractions or decimals?"

"Neither, sir. It'll be in beadwork and perforated squares."

MICA HELPS THE HAUL

Dry hubs strain
1. The horses
2. The harness
3. The wagon

MICA AXLE GREASE

helps all three factors in the haul.
It smooths the axle surface.
MICA is the important part of axle grease.

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA

SPOHN'S DISTEMPER COMPOUND TRADE MARK

INFLUENZA CATARRHAL FEVER, PINK EYE, SHIPPING FEVER, EPIZOOTIC

And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using SPOHN'S DISTEMPER COMPOUND; 3 to 6 doses often cure. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skilful scientific compound. Any druggist will supply you.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

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.

E.W.GILLETT CO. LTD
TORONTO, ONT.
WINNIPEG MONTREAL

Must Coin a Word.

Being no longer "subjects," for the time being at least, the Russians are embarrassed to find that their language contains no such word as "citizen," or its equivalent.

Minard's Liniment Cures Burns, Etc.

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 Adelaide Street, Toronto.

AGENTS WANTED

SAFE—QUICK—CLEAN. THAT'S why my Ideal Lamp Filler sells everywhere lamps are used. Fills all flat-wicked lamps without removing chimney or burner. Send to-day and try one. 25c. postpaid. Refunded if unsatisfactory. Men and women can profitably handle our goods. Write for information. Freer Factories, 300 Main St., Foster, Que.

MISCELLANEOUS

BICYCLES, NEW AND SECOND Hand. $12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

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.

HELP WANTED

WANTED—BLACKSMITH FLOORman. Good wages and steady work to a good man. Apply Hendrie & Co., Limited, Hamilton.

BOYS WANTED

To sell JACK CANUCK—the greatest weekly paper in Canada. Make big money in spare time. Write at once.

IMPERIAL NEWS CO., Ltd., 87 Queen St. East, Toronto.

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

"Clean All" BOILER COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
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America's Pioneer Dog Remedies

BOOK ON DOG DISEASES And How to Feed
Mailed free to any address by the Author
H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

Sore shoulders, lame back, stiff neck, all pains and aches yield to Sloan's Liniment.

Do not rub it. Simply apply to the sore spot, it quickly penetrates and relieves. Cleaner than mussy plasters or ointments, it does not stain the skin.

Keep a bottle handy for rheumatism, sprains, bruises, toothache, neuralgia, gout, lumbago and sore stiff muscles.

At all druggists, 25c. 50c. and $1.00.

Sloan's Liniment KILLS PAIN