

YOUNG FOLKS

When Ray Coon Went Fishing.
One day, when the long winter was nearly over and when there were signs of spring in the sunny corners of the woods, on the tops of the hills and in the fields, Ray Coon told Mother Coon that he wanted to go fishing through the ice.

"Very well," said Mother Coon. "I think that is a good idea. I'm getting hungry for a fish dinner myself. But be careful! The ice is getting pretty thin, you know."

"Oh, I won't get into any trouble," promised Ray Coon, as he hurried away to find the pole and the line.

When he reached the pond he picked up a stout stick that he found on the shore, and he made his way carefully out on the ice a few steps. Then he raised the stout stick and brought down the end, thump! bang! crash! on the ice until he broke a hole big enough to fish through.

He had to wait a long time for the first bite. At last there was a sudden tugging on the line, and Ray Coon pulled it back sharply as it began to slip through his hands. Then he drew to the surface a plump fish that he removed from the hook and laid on the ice behind him. From that time he had fine luck. Three more fish, as large and as plump as the first one, lay on the ice when his hook caught something that he could not move. He pulled and pulled, but it was of no use.

Now, while all this was happening, the Fox boys had left the tree where they were idling away the morning, and had slowly followed Ray Coon to the shore of the pond. Their eyes almost popped out of their heads when they saw the fish lying on the ice beside the hole where Ray Coon was standing. All at once they decided that fishing through the ice was worth while, and that they should like to join Ray Coon in his sport. Then they saw that he was pulling hard on his line without bringing anything to the surface.

"Hold on, Ray!" shouted Reddy Fox. "We'll be right there!"

"We thought that you might need help, and so we hurried over!" shouted Rusty Fox.

Ray Coon had to laugh a little to himself when he saw them running toward the pond, but he was very glad to see them coming.

"Hurry, boys!" he cried. "I guess I've caught a whale!"

"My!" said Reddy Fox. "Don't let him drag you in!"

"And don't jerk the line," said Rusty Fox. "That might break it."

The Fox boys ran on to the ice and took hold of the slack of the line behind Ray Coon.

"Now, all together, boys," cried Ray Coon. "Let's pull him out!"

Something gave way a little, and Rusty Fox cried, "Pull harder, everyone! It's coming, and it's surely a whale!"

But they did not pull out a whale or anything else. The strain of the second hard pull was too much for the line. It suddenly parted with a snap, and Ray Coon and the Fox boys fell sprawling backward on the ice.

"Ouch!" grunted Ray Coon.

"Ouch! Ouch!" grunted the two Fox boys.

But they were not hurt, and if they had been hurt they would have forgotten it in their amazement at seeing two black heads push themselves out of the hole in the ice. Then Mr. Beaver and Mrs. Beaver came scrambling up on the ice. It was plain that they were both very angry.

"What do you young rascals mean by this?" growled Mr. Beaver. "Pulling our house to pieces over our ears!"

"Yes," joined Mrs. Beaver, "when we were all sound asleep, too, just as you ought to be until spring is here!"

"Please, Mr. Beaver, we meant no harm," said Ray Coon. While he was explaining how sorry he was, and how he wished that he could repair the damage, Mr. and Mrs. Beaver turned and flopped back through the hole into the water.

"Well, it's too bad," said Ray Coon with a big sigh, "but I don't see how I could help it!"

Then Ray Coon sighed again. "Such a fishing trip!" he said. "The Fox boys have taken my fish, and I have lost my hook and can catch no more!"

His spirits, usually so light, were very heavy as he trudged homeward through the woods. He was especially disappointed because he knew that his mother was expecting a fish dinner; and it was very hard to feel that his friends would play a mean trick on him.

But when he reached home, the very first thing that he smelled was frying fish, and that even before he entered the house! And there in the kitchen were the Fox boys busily helping his mother set the table for dinner!

"You see," explained Reddy Fox, before Ray Coon could find his voice and say a word, "we thought that we would hurry right to your house with the fish, for we knew that you would be pretty hungry by the time Mr. Beaver got through scolding you!"

My! How good that fish dinner tasted! But neither Father Coon nor Mother Coon nor the Fox boys enjoyed it so much as Ray Coon did; and the best part of the feast for him was to know that his friends had not played a mean trick on him, after all.—*Youth's Companion.*

You Can Do Your Bit in the trenches, in the home, in the office, in the factory, in the store, when the body is nourished with foods that build healthy muscle without overtaxing the digestive organs. **Shredded Wheat Biscuit** contains the greatest amount of body-building nutriment at lowest cost. It strengthens the muscles of the stomach and intestines by making them do their normal work in a natural way. A better-balanced ration than meat or eggs, more easily digested and costs much less. Ready-cooked and ready-to-eat. For breakfast with milk or cream, or for any meal with fruits. Made in Canada.

April Fashions

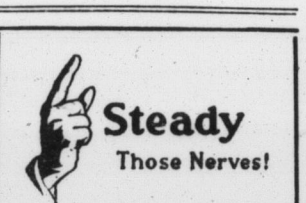
There is a decided predominance of silks for spring. Among the silks for suits, poplin, rajah and tussar are strongly in evidence, and many novel ideas are noticed in the developments of these materials. On a suit of gold-colored silk jersey, black velvet was used for the collar and for a band at the lower edge of the coat. Some suits of rajah silk are trimmed with stenciling in attractive color combinations. The stenciling is done on the fronts of the coats or only on the belts, just enough to furnish some contrast. This is one of the very newest trimming ideas.

In spite of the great vogue for colors in all the brightest hues and in all manner of combinations, a great deal of black and white is used. When



A Smart Spring Coat in Barrel Effect cleverly handled, this combination is always attractive. Solid black and white checked materials with rather large checks are considered smart for coats, both for the long separate coats and for shorter coats to be worn with white serge skirts.

A good many spring coats have



If it's caffeine—the drug in tea and coffee—that's causing shaky nerves, the remedy is perfectly plain—

Quit both tea and coffee, and for a pleasant, healthful table beverage, use—

POSTUM

Postum is a delicious cereal drink, pure and nourishing and absolutely free from any harmful ingredient.

There's a big army of Postum users who are enjoying better health and comfort since joining the ranks.

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

taken on the lines of the new barrel silhouette, showing that this effect is not restricted to dresses only. A very smart model is fashioned with a deep band at the lower part, the fulness of the upper part gradually losing itself when it reaches the band. Machine stitching furnishes the finish of this coat, which is shown in the sketch. The material is soft, spring-weight velours, one of the favored spring fabrics.

Ribbons are coming in for a great deal of prominence this season. They are not used only for small accessories such as girdles and collars, but have become much more important and have been employed for parasols and hats. Very wide striped ribbons combining three or more harmonizing colors have been used very effectively to make parasols and to cover the entire crown and top of the brim of light-weight straw hats for sports wear. Matching parasols, hats and handbags made of ribbon of the pretty figured silks, are seen over and over again.

These patterns may be obtained from your local McCall dealer or from The McCall Co., 70 Bond Street, Toronto, Ont. Dept. W

IMPURE BLOOD IN THE SPRING

The Passing of Winter Leaves People Weak and Depressed.

As winter passes away it leaves many people feeling weak, depressed and easily tired. The body lacks that vital force and energy which pure blood alone can give.

Dr. Williams' Pink Pills for Pale People are an all-year-round blood builder and nerve tonic, but they are especially useful in the spring. Every dose helps to make new, rich, red blood. Returning strength commences with their use and the vigor and cheerfulness of good health quickly follows.

There is just one cure for lack of blood and that is more blood. Food is the material from which blood is made, but Dr. Williams' Pink Pills double the value of the food we eat. They give strength, tone up the stomach and weak digestion, clear the complexion of pimples, eruptions and boils, and drive out rheumatic poisons.

If you are pale and sallow, if you feel continually tired out, breathless after slight exertion, if you have headaches or backaches, if you are irritable and nervous, if your joints ache, if your appetite fails and food does not nourish nor sleep refresh you, Dr. Williams' Pink Pills will make you well and strong. To build up the blood is the special purpose of Dr. Williams' Pink Pills, and that is why they are the best spring medicine. If you feel the need of a tonic at this season give Dr. Williams' Pink Pills a fair trial and you will rejoice in new health, new strength and new energy. Do not let the trying weather of summer find you weak and ailing. Build yourself up now with Dr. Williams' Pink Pills—the pills that strengthen.

Ask for Dr. Williams' Pink Pills for Pale People and do not be persuaded to take something else. If your dealer does not keep these Pills they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

MUSHROOMS.
They Contain No More Nourishment Than Other Green Vegetables.

We sometimes hear the complaint that by neglecting to use the mushrooms that grow wild in the woods and fields Canadians are wasting an important food. The would-be economists tell us that it is easy to distinguish the edible from the poisonous varieties, and urge us not to despise this food supply, which, like the manna of old, comes overnight and asks only to be plucked and eaten. They sometimes attempt to show that in nutritive value a pound of mushrooms is equal to a pound of beefsteak. That is an exaggeration that the chemist easily disproves.

As a matter of fact mushrooms contain no more nourishment than any other of the green vegetables, and do contain as much or more indigestible material. Protein, which is the muscle building and waste-repairing element of food, contains nitrogen; and so food analysts formerly assumed that they could estimate the protein content of any food by the amount of nitrogen it contained. That is how the mistake came about. Mushrooms contain, it is true, a considerable proportion of nitrogen, but so do crab shells.

Some of the nitrogenous constituents of mushrooms, furthermore, are substances related to protein, but readily converted through putrefactive changes within or without the body into active poisons. The amount of actual utilizable protein is perhaps as much as is contained in cabbage or in other greens, but scarcely more.

A good mushroom, properly cooked, is a very delicious morsel and as such is a welcome addition to the dietary. If you are absolutely sure that the variety that grows on your lawn or in the neighboring fields is of the edible kind, by all means cook it and eat it; it will do you good and start the secretion of the gastric juice by reason of its palatability. But if you have the least doubt of the innocuousness of the growth—and many poisonous kinds look attractively innocent—you had better leave it alone; the risk

SAWYERS, BOX MAKERS & LABORERS WANTED

FIRSTBROOK BROS., Limited
283 King Street East, Toronto

Is too great and the possible gain in nutriment is too slight.

THE SPY CATCHERS.

Ceaseless Vigilance and Perfect Organization of Special Branch.

Closely allied to the Intelligence Services of the Navy and Army is the Special Branch of the Criminal Investigation Department at Scotland Yard, in London, England.

Its activities before the war were considerable—unobtrusively guarding great persons, keeping an eye on anarchists, and dealing with the suffragette movement. But the war has made it at once a great centre for counteracting the German spy menace and many men who have stood blindfold before a firing-party in the Tower ditch at early dawn have had cause to curse its ceaseless vigilance.

So perfect was its organization at the outbreak of war that it was immediately able to send a detachment of men to work at headquarters in France, while the remainder speedily unearthed the tangled schemes of enemy spies in England.

The Special Branch was originally established to deal with Femonism in England, and for many years was composed entirely of Irishmen—in deed, up to the outbreak of war it was still largely staffed by men from the Emerald Isle.

Few men know more of what may be called the criminal side of high politics than its veteran chief, Mr. Patrick Quinn, M.V.O.—himself an Irishman. Though the work of himself and his men has been done largely in silence, it has contributed in no small measure to the safety of the Empire.

THE ONLY MEDICINE FOR LITTLE ONES

Mrs. Timothy Bowes, Blissfield, N.B., writes: "I have always used Baby's Own Tablets for my three children and I can speak very highly of them as I could not get along without them. Baby's Own Tablets are the only medicine I would use for my children. The Tablets cure all the minor ills of little ones and the mother who always keeps a box of them in the house may feel reasonably safe against the consequences of sudden attacks of illness. They are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont."

A Simple Transposition.

Little 4-year-old Bessie was putting on her shoes for the first time and got them exchanged.

Going to her mother, she said triumphantly, "See, mamma, I got my shoes on."

"Oh!" said mamma, "but you have them on the wrong feet."

Bessie looked down thoughtfully and said, "I don't see how that can be. These are all the feet I got."

Sore Eyes

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

WHERE WILL THE WAR BE WON?

Battle of Waterloo Was Won on the Play-Grounds of Eton College.

We disagree and argue about the date on which the war will be won. But there is just a little unanimity regarding the place where victory will assert itself.

First we were told that it would be the Western Front; then the Eastern. Next came the information that the war was being won on the high seas. All these seemed reasonable suggestions; but look through the following list of places where we have

THE COLONEL SAYS:

"Zam-Buk is a valuable addition to every soldier's kit." This remark was made by Lieut. Col. A. C. B. Hamilton-Gray, R.C.R., Wellington Barracks, Halifax, N.S. He says further:

"I can speak from personal experience, as I have used Zam-Buk myself for cuts, burns and rheumatism, and believe there is nothing to equal it."

Zam-Buk, the great herbal balm, is a boon to the men in the trenches—it ends pain and heals so quickly, and instant application of Zam-Buk prevents all possibility of festering or blood-poisoning.

Don't forget to put some Zam-Buk in your next parcel to the front. All druggists, or Zam-Buk Co., Toronto; 50c. box, 3 for \$1.25.

ZAM-BUK

ISSUE No. 14—17

Minard's Liniment Cures Burns, Etc.

With a steady winter and continuous blanket of snow, conditions so far are as favorable as they well could be for a fruitful season of production in 1917.

To whom it may concern: This is to certify that I have used MINARD'S LINIMENT myself as well as prescribed it in my practice where a liniment was required and have never failed to get the desired effect.

C. A. KING, M.D.

There will be no time for repairs to tools or harness after spring work begins. Now is the time to attend to all that sort of thing.

Minard's Liniment Relieves Neuralgia.

since been assured the deciding issue will be fought out. The munition factory; the shipyard; the purse; the wheat field; the potato patch.

One wit suggests that, when victory comes, we shall have to thank our hen-coops! This is a long way from the playing-fields of Eton, to which we are supposed to owe our victory at Waterloo!

Still, in a multitude of counsel there is wisdom.

Had Fourteen Fits In One Afternoon

But Is Made Well and Strong By Dodd's Kidney Pills.

Mr. R. J. Thompson, of Uxbridge, Tells the Story of His Terrible Trouble and Almost Miraculous Cure.

Uxbridge, Ont., Apr. 2nd. (Special).—Mr. R. J. Thompson, living near here, had fourteen convulsions in one afternoon. The doctors did not think he could live. Today he is well and strong. Here is Dodd's Kidney Pills did it. But let him tell his own story:

"I am delighted with Dodd's Kidney Pills," Mr. Thompson states. "I have only taken eleven boxes and I feel like myself again."

"I was taken ill very suddenly. I ate my dinner and went to take a man home. I just got about three-quarters of a mile when I was taken with a convulsion fit. I had fourteen that afternoon and the third day I had nine more."

"The doctors said I could not live and if I did I would never be able to do anything again, as I had chronic Bright's Disease. But thank God I am doing my own work once again, by the use of Dodd's Kidney Pills."

Bright's Disease is the most advanced stage of kidney disease. It can be avoided if the earlier stages of kidney trouble are remedied by the use of Dodd's Kidney Pills.

Then and Now.

We are all at times haunted by our own past thoughts, and probably the Kaiser is no exception to this rule. If a copy of Edward Legge's new book, "King Edward, the Kaiser, and the War," just published, should fall into his hands, he will certainly get the jumps when he reads of his old letters. Here is an episode of his accession as German Emperor: "What a succession of joys and sorrows have passed over our family! Here am I suddenly placed by Providence on the nightiest throne of the world to be the guardian of the European Peace. What a splendid task for me to work night and day to administer to the wants and wishes of my people, and to think that the magnificent army obeys my commands!"

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of frezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that frezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whitening at his corns, but clip this out and make him try it.

If your druggist hasn't any frezone tell him to order a small bottle from his wholesale drug house for you.

Give a fine day between now and spring to pruning the orchard. Regardless of price prospects this year it will not do to neglect the fruit trees. Neglect this year means poorer returns next year and the year after.

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Minard's Liniment Relieves Neuralgia.

Minard's Liniment Cures Dandruff.

Bristles are set in the ends of a new coat hanger so it can be used as a brush.

Alfalfa removes much lime from the soil and grows best on soils well supplied with lime.

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AN ANCIENT SPORT.

Kiteflying Has Been Favorite Amusement in China for Centuries.

The kite is one of the oldest toys in the world. It appears to have had its origin in China, where for thousands of years kiteflying has been the favorite amusement not only of the children but of grown persons, too. In Japan, Burma, the Malay Peninsula and other Eastern lands, kiteflying has long been as popular with all classes and ages as it is in China. From the Far East the kite long ago made its way to all other parts of the world. The young people of the Far East would consider it as very poor sport to fly kites as plain and simple as those which Canadian boys fly. Their kites are of many shapes and sizes. Most of them represent a bird, or a fish, or a dragon, or some other curious imaginary monster. The framework is commonly made of bamboo, and the covering is colored paper, or, in case of the best ones, silk. Often the kites have tails of great length.

The grown-up people have kiteflying festivals in which all the people of the village join. On such occasions some of the kites are of great size and of most elaborate design. At night they are sent up with long strings of lanterns tied to them. Nor are the people content with kiteflying simply as a pastime. They have contests that rouse great interest—contests in which one person tries to keep his kite in the air longer than his rival can, or contests in which one person tries to make his kite bring down or destroy the kite of the other.

In our times the kite has become a very useful tool of science. Men use it to study the conditions that prevail in the air far above the earth; thus it helps them to forecast the weather. It also helps them in building airships, in taking pictures, in signaling, and in life saving on the coast. The Chinese have long used kites to tow boats, and to drop their fishhooks well out to sea while they themselves stand on the shore.

This Simple Rule Soon Strengthens A Delicate Stomach

It really is unnecessary to dose yourself with painful pills or artificial diet, or to live on a miserable nursery diet. If you will observe one easy rule you can get the most out of your food, and your appetite craves and your body needs.

That rule is to take a teaspoonful of Bilex Magnesia in a half glass of hot water with each meal. Bilex Magnesia is a non-toxic and harmless and possesses medicinal qualities that promptly overcome impaired digestion, fermentation, acidity, catarrhal conditions of the stomach, gas, distress after eating and other stomach disorders. As magnesia is prepared in various ways be certain to insist on obtaining it in the Bilex form, especially recommended for stomach purposes. Sold by all druggists.

The amount of moisture in the soil is much below the normal. All the more necessary, then, for early and thorough cultivation for conservation of soil moisture.

MONEY ORDERS
It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

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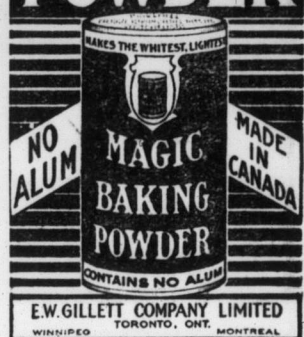
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MAGIC BAKING POWDER



A Willing Victim.

Margaret, aged four, had eaten one of two boxes of berries that her mother had purchased for company. Her mother cried, "What would you do if you had a little girl and she ate a whole box of strawberries?"

"Oh, mamma!" she exclaimed, eagerly, "I'd make her eat the other box."

Minard's Liniment for sale everywhere.

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 Publication Company, 18 West Adelaide Street, Toronto.