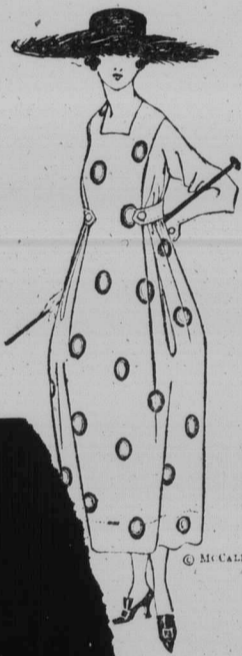


**You Can Do Your Bit** in the trenches, in the home, in the office, in the factory, in the store, when the body is nourished with foods that build healthy muscle without overtaxing the digestive organs. **Shredded Wheat Biscuit** contains the greatest amount of body-building nutriment at lowest cost. 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.

### Styles for Spring

There will be two fashionable silhouettes this spring. The slim silhouette will continue to be first in favor, as it has been all through the winter, but the new barrel skirt will give women a chance to indulge in the bouffant effect, which will, doubtless, be welcomed by those who have complained of being tired of the eternal straight line.

True to its name, the new silhouette is in the outline of a barrel, bulging at the hips and drawn in at the waist and ankles. There are many ways of accomplishing this puffiness over the hips. One is by the clever draping of the material at the waistline somewhat after the fashion of the "peg-top" skirts that were used some years ago. This type of the barrel skirt is shown in the sketch, which il-



Showing the New Silhouette

and looking at the whole silhouette from shoulder to ankles, and not merely from the waist downward, the name is indeed most appropriate.

Perhaps the most generally favored of all fabrics this spring will be satin. It is to be used for one-piece dresses, for suits, and for separate coats. This material will also be in demand for evening gowns and afternoon dresses, and for these its popularity will be shared by charmeuse, which is very closely related to satin. The suits and dresses of satin will be decorated with braiding and embroidery, and much of the embroidery will carry out the Oriental colorings which are distinctly in vogue this season.

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

#### Good Salesman.

"You waste your time painting pictures." "You are wrong—I sell my pictures."

"Which fact convinces me you can sell anything. Why not take up insurance, or motors, or something with big money in it?"

### 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 or 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.

#### ALL FOR NOTHING.

Some English People Not The Least Alarmed by German Frightfulness.

A recent amusing sketch in Punch depicted a stout British matron, during a midnight Zeppelin raid, painting her dutiful way up to the attic bedroom of the new maid to invite her to join the family downstairs—of course, for greater safety. But the girl, kneeling in the window seat, merely turned an excited countenance over her shoulder long enough to reply politely:

"Oh, thank you, ma'am, but it isn't necessary. I've a beautiful view up here!"

The artist may have invented the scene, but probably he did not, declares an American woman who recently visited London; for in the household of the friend with whom she was staying a parallel incident occurred. In that case it was not the mistress who went up, but the maid who came down, hastily but de-

positively kimonoed, to offer to any of the family who wished to see what was going on in the top-story chamber, which commanded a wide view over roofs and city pots to the horizon. She was surprised and disappointed that she was not accepted, and only a down-

cast command deterred her from re- turning to her post of observation. The housekeeper of another American woman, married to an Englishman, was deaf, but something of the com- mon consciousness and roused her from her slumbers. Half-dressed, she ran from her room, and gasped when she encountered the other members of the household, excited and very noisy in negligence.

"Great evings, ma'am, whatever 'as happened?"

"Zeppelins!" some one shouted in her ear. She dropped limply into a chair.

"Hand I thought it was a 'urricane, and bricks tumbling down the chimney!" she cried. "My 'eart, my 'eart, what a fright, and hall for nothing!"

### SAWYERS, BOX MAKERS & LABORERS WANTED

FIRSTBROOK BROS., Limited  
283 King Street East, Toronto

#### PLANTING ROSES.

**Beautify the Home Grounds With Climbing and Dwarf Roses.**

The soil for roses should be dug fully two feet deep. If the soil is heavy incorporate with it stable manure; if it is light use cow manure if possible. The manure should be thoroughly mixed with the soil and the ground should be allowed to settle a day or two before planting.

Roses should not be planted in wet soil. If the plants arrive during a rainy period dig a shallow trench in a sheltered locality, lay the roots in this, cover them over with earth and leave them until the ground dries up.

Dwarf roses should be planted from eighteen to twenty-four inches apart and standards thirty inches apart. It is a good plan to place the roots in a pail of water for a few hours before planting.

Make the holes of ample width so the roots can spread out properly in their natural position. Put a layer of broken crockery in the bottom of the hole for the drainage which is so important in rose culture. Have the centre of the hole higher than the sides, which allows the roots to assume their former position and tends to drain the water away properly.

The union of stock and the scion should be planted two inches below the ground level, and if stakes are to be used these should be placed in position before the roots are covered. Cut away all dead and bruised roots. The soil placed in immediate contact with the roots should be light, sandy and fairly rich where this combination is possible.

When the roots are well covered gently tread the soil, firming it about the roots. Fill up the hole until it is slightly above the level of the ground.

### 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.

#### Shade Trees.

In the planting of shade trees, could not those trees be used that would not only give shelter to birds but food as well? A black sweet cherry or wild cherry tree is beautiful and free from attacks of scale as compared to other trees. A few locust trees with a twisting fox grape-vine twining over them are beautiful, and the fragrance of the grape blossoms is a delight and a glorious feast for bees. Where are the birds to nest and feed if all the timber is to be cut down?

### Sore 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 Salve in Tubes 25c. For Book of the Eye Freesick Druggists or Murine Eye Remedy Co., Chicago

#### A Perpetual Puppy.

An elderly English farmer had been haled before the magistrates to show cause why he had failed to take out a license for a pet terrier. His oft-repeated reply to the question of the court was:

"Who, he's nobbut a puppy!"

"Yes, yes, so you say," said the clerk at last. "But how old is he really?"

"I couldn't tell to a bit," was the reply. "I never was much good at dates, but he's nobbut a puppy."

Evidence proved, however, that the

**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.I.F., 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, 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**

dog was long past puppyhood, and the bench inflicted the usual fine.

Talking it over afterwards, the farmer exclaimed: "Ang me if I can understand it! Last year, an' the 'bout afore that, I told the same tale 'bout the same dog, an' it wor allus good enough afore! Who's been moddlin' w' t' law since last year?"

### 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. To-day he is well and strong. He says 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.

#### Character in Nails.

Large nails are usually associated with business acumen and sound, clear judgment. If very white, coldness and selfishness are shown, with herativeness. Long nails reveal an impulsive, non-critical nature. The owner will be good-tempered, but hasty. Short nails are evidence of a critical nature, everything being examined and analysed. The owner will be sceptical and sarcastic, and love discussion. If the nails be broader than long, a fighting disposition is shown. The owner will love a quarrel, and be happiest when in a minority of one. White spots on the nails should be watched, as they are indicative of nerve trouble, and show that the system is running down. Nails bitten to the quick evidence a very eager, nervous, anxious, highly-strung temperament.

### YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezezone." 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 freezezone 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 freezezone tell him to order a small bottle from his wholesale drug house for you.

#### Taking No Chances.

Mrs. Nurox (to friend)—Yes, the clerk at the store suggested my getting a pair of opy glasses for Jake, but I said that I didn't want my man always goin' out between the acts to fill 'em.

#### Minard's Liniment Cures Dandruff.

In the journey of life it is not always the magnificent distances that count. The most wonderful road ever travelled lay straight and steep between a manger and a near-by hill.

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.

The Russian Minister of Agriculture has been given power to create on Crown lands reserve areas for the preservation and breeding of fur-bearing animals and of birds.

Minard's Liniment Relieves Neuralgia.

### CENTS OR PENNIES? Revision of the Complicated System of British Coinage.

Among the many reforms brought appreciably nearer by the war is the revision of the British coinage system. The Old Coinage is admittedly the most complicated in the world, and as a consequence British trade in foreign countries has suffered by reason of the inability of other countries to master its intricacies.

A Bill is being promoted to change all this. The Decimal Association, supported by the Chambers of Commerce, urge that the unit should be the florin instead of the sovereign. The florin would contain one hundred cents, and so the shilling would become a fifty-cent piece, and the sixpence twenty-five cents. There would have to be a one-cent piece, just a trifle less valuable than the present farthing.

The five-shilling piece would be swept away altogether. On the other hand, two new nickel coins are suggested. One of these would be a ten-cent piece (equivalent to twopence-halfpenny at present), the other a five-cent piece (equivalent to a penny-farthing).

Behind the suggestion is the closely allied one that the metric system of weights and measures should be introduced.

#### Another Invention.

The unbreakable mirror is here. Think of what a boon it will be to campers, to the automobile owners and to the superstitious! Possess one and "seven years' bad luck" will be shelved with other omen mythology. The mirror is made by a patent process and the reflection is absolutely clear, although neither quicksilver nor glass enter into its composition. It comes in different sizes and shapes, the prices ranging from fifty cents to \$2.

### This Simple Rule Soon Strengthens A Delicate Stomach

It really is unnecessary to dose yourself with peptic pills or artificial digestives or to live on a miserable nursery diet. If you will observe one easy rule you can eat the hearty, nourishing foods that your appetite craves and your body that you appreciate to take a teaspoonful of Bisurated Magnesia in a half glass of hot water with each meal. Bisurated Magnesia is non-toxic and harmless and possesses medicinal qualities that promptly overcome indigestion, 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 Bisurated form, extensively recommended for stomach purposes. Sold by all druggists.

#### Bunceed.

In a home visited by the stork is a child of inquiring mind. When he saw the new arrival he exclaimed: "It hasn't any teeth! It hasn't any hair! Somebody has done us! It's an old baby!"

#### MONEY ORDERS

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

A frugal Scot, wishing to light up, asked a number of fellow-passengers for a match. None of them having one, Sandy said resignedly: "Awel, I'll have to use yin o' ma ain."

Minard's Liniment for sale everywhere.

Cheerfulness lubricates the axles of the world. Some people go through life with a continuous squeak.

### PATENT'S IN ALL COUNTRIES

Book "Patent Protection" Free  
**BABCOCK & SONS**  
Formerly Patent Office Examiner, Estab. 1877  
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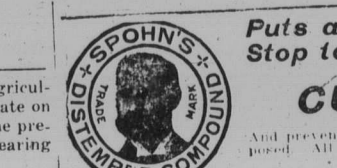


### Scientifically Made

**EUREKA HARNES OIL** is a scientific preparation. It is a pure mineral oil, therefore cannot turn rancid. It contains no acids, and so does not destroy stitching.

Eureka tones up all black leather makes it bright, shiny, pliable, non-sticking.

THE IMPERIAL OIL COMPANY, Limited  
Branches: Throughout Canada



### MAGIC BAKING POWDER



**Cook's Tour.**  
Butler—Madame, the new cook has come and she wants to know where she will keep her motor.

Minard's Liniment Cures Burns, Etc.  
**FOR SALE.**  
**FOR SALE CHEAP—GOOD BOARD.** Repairing good location. Near Depot and Factories. Apply R. McGrath, Executor, Transcona, Man.

**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, 72 West Adelaide Street, Toronto.

**MISCELLANEOUS**  
**BIKES, NEW AND SECOND** Hand. \$12.00 up. Send for special price list. Varsity Cycle Works, 413 Stoddart Ave., Toronto.

**CANCER, TUMORS, LUMPS, ETC.** Internal and external, cured without cut pain by our home treatment. Write us before too late. Dr. Bellman Medical Co. Limited, Collingwood, Ont.

**"Clean Air" BOILER** For All Boiler Feed Waters. Cyclones Shaking and Dampening Bats for all requirements. Canadian Steam Boiler Equipment Co. Ltd. Tel. Gerrard 3660. Toronto.

When buying your Piano insist on having an **"OTTO HIGEL" PIANO ACTION**

**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

**ABSORBINE**  
Reduces Strained, Puffy Ankles, Lymphatics, Foot Swell, Eczema, Boils, Sore Throat, Styes, Irritated, and allays pain. Free. Sore Throat, Burns, Hot Clashes. It is a SAFE ANTISEPTIC AND OXYGENIDE.

Does not blister or remove the hair and horse can be worked. Pleasant to use. \$2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M. Free.

Face Sores, Pimples, Lumps, Swollen Anus. Lymphatic—only a few drops required at an application. \$1 per bottle at dealers or send for free trial.

**U. S. YOUNG, P. O. Box 510** Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.

**Sloan's Liniment**

**Have a Bottle Handy!** Sloan's Liniment is assigned its place among the trusted family remedies in thousands of medicine closets. Confidence in it is based on the uniform effectiveness with which it banishes the pains of rheumatism, neuralgia, gout, lumbago, sore stiff muscles, bruises, sprains and strains. Cleaner and easier to use than musky plasters or ointments. It penetrates and relieves quickly without rubbing.

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

**Sloan's Liniment**  
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