

YOUNG FOLKS

The Home Guard.

From over the sea they are calling, In answer the blue-jackets are sailing, Put on your "War Bonnet" and come along—

It was all very well for those high school boys and college fellows to sing, "Put on Your War Bonnet"; they were men and could do something. But what about a boy of eight—nothing, just nothing; and little Tommy Atkins, gave a disgusted grunt to choke back the hot feeling in his throat as he sat kicking his heels against the verandah steps and watching the flag as it swayed back and forth in the warm June breeze.

It was a queer world, thought Tommy. Here was Aunt Kate upstairs crying her eyes out because Jack Carroll, looking awfully nice in his new khaki uniform, had marched away with his Battalion. Tommy thought she ought to be real proud to be engaged to a real soldier that was going to war. She said she was and cried harder. Queer these girls!

Over at Grandpa's was Uncle Charlie, his sailor uncle whom Tommy worshipped, packing his sea kit in a hurry to get back to his ship; though his furlough wasn't half over. Grandpa was tucking in soft rags and "scented cotton everywhere," while the tears rolled down her cheeks. How Tommy wished he was going on that great boat with the wonderful guns that could blow the whole town up!

When Tommy asked Father how soon he was going, Father had smiled a funny smile and said: "Fathers and small sons belong to the Home Guards, we have to furnish the powder, you know, Sonny!"

He had seen nothing of the powder, and he was going to ask Father where he kept it if he ever had a chance; but Father stayed later and later at the factory nights. When Mother said: "You'll wear yourself out," Father answered: "We've got to keep humping and keep going, no time now for any one to be idle."

Grandpa had talked about retiring this summer, but now he went to the factory every day as regular as Father, and he had let the factory men have the big lot back of the orchard to make gardens of. Tommy used to play ball there and he and Bennie Snow raced their ponies round it; now they couldn't, since it was all plowed. He told Grandpa about it, but Grandpa only said: "Yes, the Home Guards have to furnish several kinds of powder, even if it isn't quite as pleasant, don't forget that, Tommy!"

Certainly all his people were acting queer this spring! Tommy picked up his drum and swung his flag over his shoulder and started out to find some of the boys to drill with. Just then Elsie Snow saw him and came running across the street. She wanted to play soldier with them, he knew, but she was only five and a girl; girls couldn't drill. Tommy started to run, he wouldn't hear her call. Just then Elsie stopped in the middle of the road and began screaming. Tommy looked back. Coming down the street was a big touring car, the driver was honking and honking, but Elsie acted crazy. She just ran first one way and then the other. Oh, dear! They would be on her in a minute. Something made Tommy call, "Come on, Elsie, you can play, come quick." Elsie didn't seem to hear, so Tommy rushed back and grabbed her by the arm, pulling her toward his side of the street. On came the auto, it seemed almost on to them; Tommy tried to run faster and then everything looked black.

The next thing Tommy knew he was lying on the verandah couch and Mother had her arm around him, while doctor Brown was doing something to his ankle that hurt and saying, "Just a sprain, nothing serious." Then he thought of Elsie. "Did they run over her," he asked. "No," sobbed Mrs. Snow, "you brave little fellow." Then Tommy saw there were a lot of people on the verandah and the auto was standing in the drive. One of the ladies said: "Real little soldier; see his khaki suit!" Mother wiped the dirt off his face and said: "Mother's soldier boy!" Tommy thought it a great fuss and he wished they would all go away. His ankle hurt and he would cry if he were not eight and too big for that.

That night when Father came home he came up to the couch and held out his hand, saying: "Hello, Captain, so the Home Guard found something to do!" Then he picked up the flag from the floor and hung it over a picture and said: "Never forget that the Union Jack is the symbol of humanity!"

"Yes," added Grandpa, "the men that sacrifice time, money and business interests are just as much soldiers of the Flag as the men in khaki." And Tommy lying there with his aching ankle suddenly understood a little tiny bit the meaning of the great spirit of loyalty that is filling the hearts of the Home Guards as they furnish the money, the food and the powder to set all mankind free.

The silo affords the only satisfactory means of storing fodder corn. No mistake will be made in planning for a large area for fall wheat next autumn. With a short crop in sight for America this year, and all Europe torn by war, the shortage of wheat in 1918 is likely to be as great as in 1917.

The Bloom of Berries

In your cheeks—you can get it by cutting out the heavy, expensive foods of winter that clog the liver and burden the kidneys. Here is a dish that will clear the skin and give you the bounding buoyancy of youth—**Shredded Wheat and Strawberries.** All the body-building material in the whole wheat grain, combined with berries or other fruits.



Made in Canada.

A CAR SAVED IS A CAR GAINED.

Reduce Car Shortage by Filling Cars, Says C. P. R. Bulletin.

The object in issuing these bulletins is not to start a controversy with the public and not to shift responsibility to the public, but to secure the co-operation of the public.

Bulletin No. 1 contains the following information, from 1907 to 1915:

The freight carried on Canadian railways increased 51 per cent; number of cars increased 91 per cent; tonnage increased 131 per cent; average capacity of cars increased 5.8 tons; average weight of cars increased 3.0 tons.

The present heavy volume of traffic will no doubt continue so long as the war lasts.

Additional cars and locomotives are needed but they cannot be secured in large numbers for many months.

There is also a serious shortage of labor and in some places of yard trackage.

The only way to improve the conditions therefore is to secure greater efficiency in the present equipment, terminal trackage, and man power.

The railways alone cannot develop the maximum efficiency; the railways and the public co-operating can.

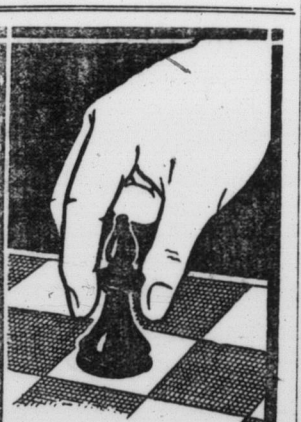
Consignees can help by ordering full car loads instead of minima authorized in the tariffs and classifications, and consignees can help by loading cars to their full authorized cubic or carrying capacity.

For the average train in 1915 the average weight of contents of cars was 18.4 tons; total weight of cars, 503 tons; total weight of contents, 344 tons; total weight of train, 847 tons. For the average train proposed for 1917, the average weight of contents of cars will be 23.4 tons; total weight of cars, 448 tons; total weight of contents, 399 tons; total weight of train, 847 tons.

Had the average load per car in 1915 been 23.4 tons instead of 18.4 tons the same traffic would have been handled with 6,947,588 less trains hauled one mile; 1,568,765 less car trips; 29,806,535 less tons of dead car tare hauled one mile.

By increasing now the average load by 5 tons per car the public would improve the efficiency of the equipment, facilities, and man power of the railways to an extent equal to: 64,800 additional freight cars, 482 additional freight and yard engines, 415 additional miles of yard trackage, and 13.5 per cent increase in man power employed in train and yard service.

Great Britain now has 276 electricity companies, with a capital of \$305,000,000.



A Wise Move

is to change from tea and coffee to

POSTUM

before the harm is done.

"There's a Reason"

The silo affords the only satisfactory means of storing fodder corn. No mistake will be made in planning for a large area for fall wheat next autumn. With a short crop in sight for America this year, and all Europe torn by war, the shortage of wheat in 1918 is likely to be as great as in 1917.

Work-a-Day Clothes

There is a growing demand for women's overalls not only for work in field and factory but for work in the home as well. Overalls of khaki, with comfortable, roomy bloomers, worn over a plain waist and accompanied by a becoming sun-hat, as shown above, completely equip a woman for outdoor work. McCall Pattern No. 7860, Ladies' and Misses' Overall Suit (Patent applied for); in 6 sizes; 32 to 42 bust. No. 7073, Ladies' Waist; in 7 sizes; 34 to 46 bust. Price, 15 cents each. No. 7850, Ladies' and Misses' Garden or Sun-Hats; in 2 sizes, ladies' and misses'. Price, 10 cents.



McCall

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McCall

Every small girl will tell you that there is nothing she adores more than a middy dress, especially in summer-time. Whether it is of chambray, poplin, linen or drilling, she will be just as pleased with it. The model illustrated is made with or without a yoke, and has a straight pleated skirt. McCall Pattern No. 7732, Girl's Middy Dress; in 5 sizes; 6 to 14 years. Price, 15 cents. These patterns may be obtained from your local McCall dealer or from The McCall Co., 70 Bond St., Toronto, Dept. W.

A MARVELOUS MODEL.

Reproduction in Plasticine of the Country Around Vimy Ridge.

A wonderful model was in some measure responsible for the capture of Vimy Ridge.

It is a scale reproduction of the landscape of which the Vimy Ridge is the central feature, and the hand that fashioned it is that of a consummate artist. The material of which it is moulded is plasticine, and it shows all the trench systems, the network of roads and tracks, the railways, and the streams, and, most important of all, the contour of the ridges, spurs, gullies, and the plateau.

Every mine crater is reproduced, and every belt of fire shown as it existed prior to the terrific bombardment which preceded the infantry attack.

This work of months was executed from aerial photographs, from maps and direct observation. Local knowledge was largely requisitioned, and the author of the model gladly acknowledges the assistance he received from the Mayor of Vimy, himself a keen sportsman, with an intimate knowledge of the country.

Over this Lilliputian landscape Staff officials of high rank pored for hours on end, and officers and non-coms, from Canadian and British units which were detailed for the assault were coached in their parts on this wonderful model. Much artillery plotting was done over this most fantastic plan.

It deserves to be placed in some monumental niche, for beyond all question it contributed to a degree which it would be difficult to exaggerate to the splendid victories so often schemed upon its surface.

The Model Fighter.

Now emulate the busy bee; To farm and battle spring; He gathers honey all the day And also has a sting.

If there ever was anything that women could not do, they are now doing it or about to do it.

Do not permit the roots of tomato plants to wilt, as any check to their steady growth will cut down the yield.

AFTER DOCTORS FAILED

A Well Known Resident of Port Hawkesbury is Restored to Health and Strength.

One of the best known men in the town of Port Hawkesbury, N.S., is Mr. William Duff. He has been a member of the municipal council for 16 years, chairman of the school board, and held other responsible positions. Mr. Duff's words, therefore, can be taken as coming from a man who has the esteem and respect of his fellow townsmen. He makes no secret of the fact that he believes Dr. Williams' Pink Pills saved his life, and that they restored him to good health, after several medical men had failed to cure him. Mr. Duff tells of his illness and cure as follows: "About four years ago I was attacked with a gripe, which left me in a condition difficult to describe. I was attacked with general weakness, and a constant dull pain in the stomach. I became so weak that I could not walk a hundred yards without sitting down to rest. The food I ate continually soured on my stomach. My nerves were all gone, and palpitation of the heart and a fluttering sensation all through my chest, especially at night, was almost unbearable. I was finally compelled to go to bed, and called in a doctor, who said my heart was affected, and treated me for that trouble. After three months' attendance, and feeling no better, I called in another doctor. His treatment also failed to help me, and I tried a third doctor. This one said there was nothing wrong with my heart, that the trouble was due to my stomach. After treating me for a time he advised that I go to the hospital at Halifax. On a previous occasion when I had an attack of rheumatism I had been cured by Dr. Williams' Pink Pills, and I decided that rather than go to a hospital I would again try this medicine. I got a supply of the pills and began taking them. In a few weeks I could feel my strength returning, my stomach was giving me less trouble, the palpitation of the heart disappeared, and after a further use of the pills I felt as well as ever I did in my life. I can truly say that I feel more thankful than words can express for what Dr. Williams' Pink Pills have done for me."

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

OUR FRIEND, THE WOODPECKER.

Feeds Largely on Insects, and Only One Species Destroys Tree Life.

What good is the woodpecker? Dr. Gordon Hewitt, Dominion entomologist, answers this question in the following article.

A Canadian bank manager recently boasted that he had shot seven woodpeckers in succession in his orchard, evidently under the impression that he was performing an exceedingly meritorious service to the community. He was destroying one of our most active insectivorous birds and, though keenly interested in the conservation of his trees and of our forests, he was destroying a most useful ally in their preservation. Boring insects are deadly pests of trees, and woodpeckers are their special enemies; they are able to reach these pests so secure from other enemies. No birds are more useful in the protection of our forests.

With the exception of the Sapsuckers, our woodpeckers rarely attack healthy trees and are among the most beneficial of our insect-destroying birds. The Yellow-bellied Sapsucker has a black patch on its breast, while the top of the head from the base of the bill is red. These marks distinguish it from all other woodpeckers. It girdles the trees with holes in securing the sap which forms part of its food.

The different species of woodpeckers are the most important enemies of the bark-beetles and timber-boring beetles, these being the chief enemies of our forest and other trees. About seventy-five per cent. of their total food is animal food and this consists chiefly of insects, among which the wood-boring beetles predominate. The Common Flicker is a great destroyer of ants, particularly on lawns, as many as 5,000 ants having been found in the stomach of a single bird. The little Downy Woodpecker and Flicker should be encouraged to come into gardens. They will readily accept nesting-boxes and the encouragement of these birds is the best insurance policy that the tree-lover can take out.

The Man With the Plow.

As the British troops began their great fight on Easter Monday they had one great fellow-worker—the Man with the Plow. "There was one figure in this landscape of war who made some officers about me laugh," says Mr. Gibbs, in the London Chronicle. "He was a French plowman who upholds the tradition of war. Zola saw him in 1870, and I have seen him on the edge of other battlefields, and here he was again, driving a pair of sturdy horses and his plow across the sloping field not a furlong away from a village where German shells were raising rosy clouds of dust. So late as the eve of the Lord on Easter morn and prepared the harvest which shall be gathered after the war."

The fit of the tailor-made suit often depends upon the pockets.

DRIED VEGETABLES.

Great Saving Will be Effected by New Process.

Russian laborers who are building the railroad from Petrograd to Kailo, at the port on the White Sea, are living largely on dried vegetables. The evaporating plants, which are usually run only to dry apples, are equally serviceable in the preservation of onions, carrots, cabbages and small fruits.

The principle of removing water from vegetables without cooking them and without changing their food content or physical structure has recently been successfully worked out. The water is gradually withdrawn from the peeled, sliced or shredded vegetables by passing over them expanded air at comparatively low temperatures. The water leaves the cell structure without displacing or breaking it, and the temperature at which the practice is carried on is so low that the volatile flavors are left behind.

If it is said that vegetables so dried are fresher and better in every respect, after they have been restored by water than fresh vegetables bought at retail after being a long time off the farm, in transit, in storage or in the window of the grocery store.

If the practice of drying fruits and vegetables is as feasible as recent investigations make it appear, the expense of shipping water, which makes up 80 per cent. of the bulk of these staple foodstuffs, will be eliminated, and if to this great saving is added the saving due to the lessened cost of preventing spoilage, the ultimate saving to the consumer will be great.

Durability of Fence Posts.

A survey made by foresters of the Ohio Experiment Station brought the information that orange orange posts last longest in the soil, while yellow locust and red cedar come next. Considerably below these in percentage of sound posts stood mahogany, and then white cedar and catalpa. Chestnut, oak and black ash follow in the order named. Honey locust, sassafras, black and white walnuts and elm posts were found inferior in durability. Posts from rapidly growing trees were found to decay quickly.

Sore Eyes
Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Marine Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Marine Eye Salve** in Tubes 25c. For Book of the Eye Remedy Druggists or Marine Eye Remedy Co., Chicago.

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

The scarcity of paper? As long ago as the reign of Tiberius the dearth of papyrus was so alarming that the Roman Government took over the distribution of the available supply.

Minard's Liniment

Before placing a sponge cake in the oven to bake, try sprinkling a little fine white sugar over the top. This forms the rich, brown-looking crust that makes bought sponge cakes look so tempting.

At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES, General Sec'y.

Sounds travel through dry air at the rate of 60 feet a second; through water at 240 feet a second, and in steel wire at 17,130 feet a second.

Keep Minard's Liniment in the house.

A device by which the approach of summer thunderstorms can be detected hours before the first cloud appears in the sky has been perfected by a New York electric power company. The company needed something of the sort, for on the arrival of a storm there are always increased demands for electricity in a city, and the central station must be prepared in advance. The storm detector is a wireless mechanism, which is affected by the electric disturbance going far in advance of the thunderstorm itself. The warning signal is given by an ordinary electric bell. When the storm is several hours off the bell begins to ring at intervals, and as thunder clouds approach it gives off a continuous peal.

DODD'S KIDNEY PILLS
CURES ALL KIDNEY DISEASES
BRONCHITIS, RHEUMATISM, GRAVEL, GOUT, DIABETES, BACKACHE, NEURALGIA, MIGRAINE, ETC.
R 23 THE PHARMACY

ISSUE No. 23-17.

THE KING'S POST-BAG.

All Kinds of Advice in Mail Received Daily by His Majesty.

If anyone were privileged to see the King's daily post-bag he would be amazed at the amount of nonsense written to his majesty. People who have unique information as to the exact date of the end of the world, weird creatures who have telepathic communications revealing what goes on in the next existence, fanatics desiring to convert the sovereign to some new religion, or to warn him against imaginary Jesuits, individuals who can wipe out the national debt by some preternaturally fallacious calculation, others who have grievances they cannot bring to light, beggars for money galore, all pour in effusions which, fortunately, only reach the King's eye if they are sufficiently diverting to amuse him. Private secretaries are invaluable to public men, but none are so deft and able as those attached to his majesty.

GROSS, SICKLY BABIES

Sickly babies—those who are cross and fretful; whose little stomach and bowels are out of order; who suffer from constipation, indigestion, colds or any other of the minor ills of little ones—can be promptly cured by Baby's Own Tablets. Concerning them Mrs. Jean Paradis, St. Bruno, Que., writes: "My baby was very ill and vomited all his food. He was cross and cried night and day and nothing helped him till I began using Baby's Own Tablets. They soon set him right and now he is a fat, healthy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To repair an umbrella slightly torn, cut out a piece of black sticking-plaster rather larger than the hole and let it float in cold water until soft. Then place it very neatly over the hole on the inside. The umbrella will last like this for some time without needing re-covering.

MONEY ORDERS.

BUY your out of town supplies with Dominion Express Money Orders. Five dollars costs three cents.

The scarcity of paper? As long ago as the reign of Tiberius the dearth of papyrus was so alarming that the Roman Government took over the distribution of the available supply.

Minard's Liniment

Children now and then they wouldn't have been if their parents hadn't given them the proper start.

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

Minard's Liniment used by Physicians.

BOOK ON DOG DISEASES

And How to Feed Mailed free to any address by H. CLAY CLOVER CO., Inc. 118 West 31st Street, New York

"Clean All" BOILER COMPOUND

For All Boiler Feed Waters Cycles, Boilers and Boasting Grate Bars for all requirements Canadian Steam Boiler Equipment Co., Limited Tel. Gerrard 2060 Toronto 20 McGee St.

PAIN? NOT A BIT!

LIFT YOUR CORNS OR CALLUSES OFF

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist.

It is called freezezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezezone yet, tell him to get a little bottle for you from his wholesale house.

WOMAN COULD HARDLY STAND

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Fulton, N. Y. — "Why will women pay out their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vegetable Compound will make them well? For over a year I suffered so from female weakness I could hardly stand and was afraid to go on the street alone. Doctors said medicine were useless and only an operation would help me, but Lydia E. Pinkham's Vegetable Compound has proved it otherwise. I am now perfectly well and can do any kind of work." — Mrs. NELLIE PHELPS, care of R. A. Rider, R.F.D. No. 5, Fulton, N. Y.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound.

If you have had symptoms and do not understand the cause, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.



Gun Trophies for Canada.

A special War Office committee has been appointed to deal with the collection and distribution of captured guns, which are useful only as trophies. They will be sent in general to the home districts of the troops who captured them, and a considerable number are to be set aside for shipment to Canada.

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.

MISCELLANEOUS

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

AUTOMOBILES FOR SALE

1910 CADILLAC IN GOOD RUNNING condition. Has spare tire. Price \$250.

HUDSON, 1916 MODEL, 6 CYLINDER, 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price \$1,300.

HUDSON, 1916 MODEL, 6 CYLINDER, 7 Passenger Touring Car. With electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Overdrive tires. Price \$1,200.

HUDSON, MODEL 37, 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter. In good running order and newly painted. Looks like a new car. Price \$650.

PAIGE SEDAN, A VERY FINE looking closed car seating five electric lights and starter, also inside door light. Nearly all the windows open, which gives ample ventilation for summer driving. Price \$700.

HUDSON, MODEL 33, 5 PASSENGER, 4 cylinder Touring Car. In good running order, at a special price, \$550.

HUDSON 1913 MODEL "44" A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price \$750.

STUDEBAKER, SEVEN PASSENGER, 4 cylinder Touring Car. In good running order. Tires in good shape. This car was painted this year and looks very nice. Price \$350.

JACKSON, 5 PASSENGER, 4 CYLINDER Touring Car. Has electric lights and starter, good tires, and is a bargain at the price, \$200.

RUSSELL, 3 PASSENGER CARRIAGE. A very handsome closed car, suitable for a doctor. Price \$1,000.

We only sell used cars after the purchaser has had a demonstration and satisfied himself of the running quality of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstration.

THE DOMINION AUTOMOBILE CO., Limited 140-150 Bay Street, Toronto, Ont.

ZAM-BUK

Purely Herbal—No poisonous coloring Antiseptic—Stops blood-poison Soothing—Ends pain and smarting, etc. Pure—Best for baby's rashes. Heals all sores.

50c. box. All Druggists and Stores