

Young Folks

Chums.
My Tiger knows!
Why, he's the wisest dog, I guess,
In all the world—unless
Some other boy like me
Has one as wise as he!
Everywhere he goes,
Just when he passes by,
The people say, "Oh my,
How cross he looks!"

But I know they are wrong;
I've had him, oh, so long—
Before I read in books!
He's never cross to me,
But good as good can be,
That cross look, I suppose,
Is just because he knows!

Tiger understands!
When I go out, you know,
He always trots along,
And never guesses wrong
The place I want to go.
If I have in my hands
A bit of lunch to eat—
Perhaps it's something sweet,
He knows he'll get his share.

And then again I'll throw
A stick across the snow;
Then like a flash he's there
To bring it back to me.
He's wise as wise can be!
And oh, what fun to play
With Tiger every day!

Queer Water Folk.
Suppose you were fishing and felt
A big tug on your line, and when you
started to pull it in you suddenly got
a powerful shock of electricity. You
would probably drop the line in fright
and wonder what had taken your
hook. Something of that kind would
happen if you caught a torpedo fish.

Sometimes fishermen who are haul-
ing in their net receive an electric
shock. They know then that they
have caught a torpedo fish in the net,
and that the shock it sent out has kill-
ed all the other fish in the net.

The strange power of sending out
a strong electric shock has been given
to the torpedo fish to enable it to
catch the fish it lives on, for it is a
very slow swimmer, and could not
overtake even the slowest of the fish
that it uses for food. The torpedo
fish hides in the growth of seaweed,
and when a fish comes along it sends
out its current, which kills its victim
before it even suspects there is so
terrible a foe at hand.

The torpedo fish is a living electric
battery. When full-grown it can send
out shocks so powerful that they will
severely injure a human being.

It is curious to think that nature
gave to fish the power of using elec-
tricity thousands of years before man
discovered it and found a way to
make it light his houses and drive
street cars for him to ride in.—Youths
Companion.

BRITAIN WANTS FISHERMEN.

Needed to Man the Trawlers and De-
mand is Acute.

Good fishermen are worth almost
their weight in gold at Grimsby, Eng-
land, so scarce have they become since
the war's outbreak. Notwithstanding
the paucity of so many parts of the
North Sea and other waters adjacent
to the British Isles the industry has
suffered no decline. There are just as
many fish and the demand for them
is greater than ever. The difficulty
in catching them is due to the fact
that so many fishermen and their
boats have been pressed into the
Royal Naval Reserve Section to man
the mine sweepers and other vessels
on war service.

The original steam-fishing fleet at
Grimsby, which in peace times num-
bered more than 600 vessels, has been
materially depleted. The type of fish-
erman has undergone a change, com-
prising largely the class of man who
works only when necessity demands.
Trawler owners are offering big wages
to good fishermen, the highest in
years along the English coast, and the
decrease in the number of trawlers
available for fishing has had the ef-
fect of creating a financial boom
among owners whose vessels have not
been interfered with by the Admiralty.
Voyages are now profitable in the
widest sense of the term. Prices for
fish have more than quadrupled, and
with the continuous shortage, due not
only to the naval requirements in re-
gard to vessels, but also to the re-
stricted fishing area, there is always
an overwhelming demand from all
parts of the country.

WILL SOON BE CRUSHED.

Germany's Powers of Endurance Not
Sufficient to Hold Out.

"Germany must at no long date be
crushed to death."

This was the confident statement
made by Lord Rosebery when he
was entertained at lunch by the Edin-
burgh Rotary Club of business men.
"I think it is quite clear, from all
reports of the varying number of
millions of men that she has lost,
that Prussia must be nearly ap-
proaching the stage of exhaustion."
"We shall have, I dare say, many
dark days yet to pass, but whatever
happens however long the war may
be, we are certain to win by the
over-chaunce which has always
favored our national enterprise."

NEURASTHENIA THAT FOLLOWS LA GRIPPE

Rest and a Tonic Is the Proper Treatment Dis-
tinguished Medical Authority Says

There is a form of neurasthenia
that follows la grippe. Doctors call
it "post-grippal" neurasthenia.

One of the foremost medical au-
thorities of New York city in a lec-
ture in the international clinics, said:
"Broadly speaking, every victim of
la grippe will suffer from post-grippal
neurasthenia also. Lowering of
nervous tone with increased irritabil-
ity is the most striking effect of the
disease, languor of mind and body,
disturbed, fitful sleep and vague pains
in the head and elsewhere. The treat-
ment calls for rest and a tonic."

If you have had la grippe read those
symptoms again: "Languor of mind
and body, disturbed, fitful sleep and
vague pains in the head and else-
where." If you have any or all of
them it means that you are still suf-
fering from the effects of la grippe
and that you will not be well and free

from danger of relapse until your
blood is built up.

The treatment, says the distinguish-
ed physician, quoted above, is rest and
a tonic. Dr. Williams' Pink Pills, a
non-alcoholic tonic, are particularly
suited for building up the blood and
strengthening the nerves after an at-
tack of grippe. The rich, red blood
expels the lingering germs from the
system and transforms despondent
grippe victims into cheerful, healthy,
happy men and women.

If you have had la grippe do not
wait for a relapse or for the neuras-
thenia that so often follows grippe,
but get a box of Dr. Williams' Pink
Pills now from the nearest drug store
and begin the treatment at once.

You can get Dr. Williams' Pink Pills
from any medicine dealer or by mail,
at 50 cents a box or six boxes for
\$2.50 from The Dr. Williams Medi-
cine Co., Brockville, Ont.

PERSONAL POINTERS.

Specially Selected Notes About Fam-
ous Men and Women.

King Manuel is a first-rate domino
player.
M. Briand, the French premier,
never wears gloves.

Since the outbreak of war, Queen
Mary has not purchased an evening
gown.

Sir George Reid, the Australian
High Commissioner, is a crack shot
with a revolver.

Prince Alexander of Teck is now
serving with the Belgian Army as
British Military Attache.

The Duchess of Norfolk has a col-
lection of parasols of all countries,
said to be worth \$500.

Sir Felix Schuster says that his ex-
perience in business has raised his
opinion of human nature.

The Duchess of Connaught plays a
good game of draughts, and the game
is her favorite indoor recreation.

General Sir Douglas Haig is one
of the best linguists in the Army. He
speaks French and German perfectly.

The favorite dish of the Crown
Prince of Sweden is a salad made of
chicken, bananas, grape-fruit, and
wine sauce.

King George has now two valets; the
Kaiser has seven valets, the King of Spain
five.

Four English menservants in the
German Royal Household were interned
in Germany a week after the out-
break of war.

Lieut. von Tirpitz, son of the Ger-
man admiral, who is a prisoner of war
in England, is the best lawn-tennis
player in the German Navy.

One of the boasts of Dr. Von Beth-
mann-Hollweg, the German Chan-
cellor, is that he has never had to pay
a visit to a dentist since he was four-
teen.

Autographed photographs of the
Czar and Czarina were sold at a pri-
vate auction in Petrograd for \$2,500
each. The proceeds went to a war
charity.

The Prince of Wales a little while
ago had a pipe knocked out of his
mouth by a flying fragment of a shell
that burst within thirty yards of his
Royal Highness.

The titles held by Lord Stamford-
ham and Lord Ribblesdale will become
extinct owing to their heirs having
been killed in the war, unless they
are granted "special remainders" by
the King, as was done in the cases
of Lord Roberts and Lord Wolseley.

THE FIRST TASTE.

Acquired the Habit When a Boy.
If parents realized the fact that tea
and coffee contain a drug—caffeine—
which is especially harmful to chil-
dren, they would doubtless hesitate
before giving them tea or coffee to
drink.

"When I was a child in my mother's
arms and first began to nibble at
things at the table, Mother used to
give me sips of coffee. And so I
contracted the coffee habit early.
I continued to use coffee until I
was 27, and when I got into office
work I began to have nervous spells.
Especially after breakfast I was so
nervous I could scarcely attend to my
correspondence." (Tea produces about
the same ill effects as coffee, because
they both contain the drug, caffeine.)
"At night, after having had coffee
for supper, I could hardly sleep, and
on rising in the morning would feel
weak and nervous."
"A friend persuaded me to try
Postum."
"I can now get good sleep, am
free from nervousness and headaches.
I recommend Postum." Name given
by Canadian Postum Co., Windsor,
Ont.

Postum comes in two forms—
Postum Cereal—the original form—
must be well boiled. 15c and 25c pack-
ages.
Instant Postum—a soluble powder
dissolves quickly in a cup of hot wa-
ter, and, with cream and sugar, makes
a delicious beverage instantly. 30c
and 50c tins.
Both forms are equally delicious
and cost about the same per cup.
"There's a Reason" for Postum.
—sold by Grocers.

asleep from sheer exhaustion on his
way home in tramcar or train.

Every effort is made by the Ministry
of Munitions to safeguard the health
of the youngsters, but the problem is
a difficult one. Eight-hour shifts
are being made to improve the trans-
portation facilities to and from the
arsenal. One of the latest suggestions,
and the one most likely to be carried
out is to build miles of huts close to
the arsenal, where the boys could live
while engaged in shell-making.

"Cutting Off It's Retreat."

In the little village school room the
children were very quiet and atten-
tive, for the school-mistress was giv-
ing them an interesting and instruc-
tive account of a certain rat which
had caused much annoyance in her
household. "It was a great nuisance,
children," she said, "and great was
my satisfaction when, at last, it was
traced to its favorite haunts, and I
and several others were enabled to cut
off its retreat." "By the way," she
added, as a kind of after thought, "can
any of you tell me what 'cutting off
its retreat' means?"

Silence reigned for some moments,
but at length a small girl put up her
hand. "That's right, Ethel," said the
mistress encouragingly. "What is
its retreat?" "Please, miss," an-
swered Ethel at once, "it means its
tail!"

Britain and United States.

A few things that England has done
for the United States:
Granted us our independence.
Outdistanced us in the race for de-
mocracy.
Laughed at some of our jokes.
Conferred citizenship upon others.
Appreciated Walt Whitman.
Relieved us of Henry James.
Furnished the only noteworthy ex-
ample of respect for the Monroe Doc-
trine.

Fought hard for the worthy ideals
for which we whimper.—New York
Life.

Minard's Liniment Cures Burns, Etc.

Her Ups and Downs.

Lady (who was on a visit to her
native town)—How is Mrs. Gabbie?
I haven't seen her for a long time.
Hostess—She is having her ups and
downs.

Lady Visitor—And what may they
be, I pray?

Hostess—Oh, running up hills and
running down her neighbors.

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Just Like a Queen.

An officer who has just been dis-
charged from one of the London hos-
pitals, has been telling me a deligh-
tful story of Queen Alexandra. One
day Her Majesty visited the hospital,
and chatted with my friend for a few
minutes. "Do you know what she
said to me?" he asked. "She sat on
my bed for nearly five minutes, and
as she was leaving said, 'I know your
needs are well looked after, but if
there is anything extra you would
like, tell me.'"

More Important.

"What! A strange man walked off
with my umbrella? Why, I have my
name on it."

"That may be, but the other fel-
low has his hand on it."

NOTICE TO STALLION OWNERS.

The inspection of stallions under
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will commence March 23rd, 1916.
Stallion owners will notice that horses
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Application should be made at once
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Parliament Buildings, Toronto.

"I say, old chap, I'm in shocking
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JOHN WALKFIELD,
LaHave Islands, Lunenburg Co. N.
S.

Subbubs: "I believe Swamphurst
is unhealthy. Since we have lived
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His best story is that of an American
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"Quite so," replied Ananias, not a
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of gravitation there are petrified,
too!"

Minard's Liniment for sale everywhere

ED. 6. ISSUE 11-16.

You Can't be Neutral

on the food question.
You have to decide between
mere palate-foods that con-
tain no nutriment and foods
that repair the bodily waste.
Shredded Wheat Biscuit is
both a palate food and a
muscle builder. You can
keep in good health and at
the top-notch of physical
fitness by eating this deli-
cious, ready-cooked, whole
wheat cereal for breakfast,
luncheon or any meal.



Made in Canada.

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A FAMOUS GRAPEVINE.

Supplies King George With 200
Bunches Yearly.

James Jack, keeper of the famous
grapevine at Hampton Court Palace,
England, has retired after thirty-two
years active service as chief custodian
of the King's vine. The vine was
planted in 1768 by "Capability"
Brown, the famous landscape garden-
er of the eighteenth century.

The vine is now considered one of
the finest in the world. It stretches
in wide perfectly trimmed squares,
eighty feet by twenty-six, the whole
length and breadth of the greenhouse.
Two hundred bunches of grapes from
it are sent to King George at Wind-
sor every year. The grape is the old
Black Hamburg.

Some years ago twelve bunches were
shown at an exhibition of the Royal
Horticultural Society and were award-
ed the Hogg memorial medal for spe-
cial excellence and culture. Two of
the bunches weighed 3 pounds 14
ounces each, and the whole twelve
weighed about 42 pounds, an average
of 3½ pounds each.

WASTE NECESSARY IN FOOD

Because our ancestors ate coarser
waste with their food they developed
a long bowel, mostly a muscular tube.
This muscle was not intended for
digestion purposes, but to carry off
waste. We have inherited this mus-
cular tube. Waste-containing food is
as essential to its proper function as
light is to the eye. Because modern
foods have little waste the human
bowel muscles have weakened from
lack of exercise. Constipation and
indigestion have resulted. Dr. Jack-
son, who practised for years as an
intestinal specialist, has devised Ro-
man Meal, a food which has plenty
of waste to exercise the bowel mus-
cles and is also highly nourishing. It
prevents indigestion and constipa-
tion. Most grocers sell it.

Made by the Roman Meal Com-
pany, Toronto, Canada.

Real Forbodings.

"My son," said the father impres-
sively, "suppose I should be taken
away suddenly, what would become
of you?"

"Why," said the son, irreverently,
"I'd stay here; the question is, what
would become of you?"

Some men are such tightwads that
they won't even lend trouble without
good security.

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SEED POTATOES

SEED POTATOES, IRISH COB-
blers, Delaware, Carman, Or-
der at once. Supply limited. Write for
quotations. H. W. Dawson, Brampton.

FOR SALE
PEDIGREED NEWFOUNDLAND
puppies for sale. Also few Per-
sian Kittens. R. A. Gillespie, Abbots-
ford, Quebec.

FOR EXCHANGE
PAIR SILVER BLACK CROSS BRED
foxes, trade for used car. Held
Bros., Bothwell, Ont.

HELP WANTED
WOOLEN MILL HELP. CARDERS,
spinners and weavers. We will
pay experienced help while learning
weaving. Good wages paid in all these
departments, and steady work for
months to come. For further particu-
lars, apply to the Slingby Manufac-
turing Co., Ltd., Brantford, Ont.

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 Com-
pany, 11 West Adelaide St., Toronto.

WANTED
BAGS—WILL PAY CASH FOR OAT,