

Open up a Health Account by eating foods that make you fit for the day's work without overtaxing the stomach, kidneys or liver. The continued eating of indigestible foods with large percentage of waste means diseased livers and poisoned intestines. Keep your stomach sweet and clean and your bowels healthy and active by eating Shredded Wheat Biscuit. It is easily digested. It contains all the material needed for the nourishment of the human body. Open a health account for you to draw upon. For breakfast or any meal with milk or cream. Made in Canada.

MANY FRENCH ARE HELD IN BONDAGE

BARBAROUS CRUELTY AND IMPRISONMENT OF CHILDREN.

People in Territory Occupied by the Germans Are Treated Like Slaves.

Little by little the world is beginning to realize the sense in which Germany understands and uses such phrases as "human treatment" and "humanitarian objects."

It should, therefore, be a matter of little surprise to us to learn from the lips of those who have just escaped from a two years' thralldom, the bitter because it has had to be endured in their own homes, that probably nothing can exceed the tyranny even now being exercised over the unfortunate inhabitants of Belgium and Northern France by the German invader, whose "desire to stem the flood of blood and to bring the horrors of war to an end" has recently been announced to an incredulous world.

Some eighteen months ago evidence collected from some of these exiles on their return to France, their stories of suffering and their belonging to the category of traitors that "lie too deep for tears."

Now, for the past few weeks, another sad procession of some 20,000 refugees from Northern France has been winding its way back "home" in a series of convoys at the rate of about 1,000 persons a day. Once more the warm-hearted and hospitable people of Switzerland have given them of their best; they have housed, fed, and clothed them, and sent them on their way rejoicing.

Terrible Conditions.

Once more neutral ears have been pained to listen to grim narratives of harsh treatment and starvation and worse, which appear to be inseparable from German domination in time of war. Some of these stories are told by an English correspondent as follows:

It matters little from which Province of invaded France the refugees are being repatriated, their condition is practically the same—broken in body and mind, but unconquerable in spirit. Some convoys say that they have not tasted meat for two years, others have had it in small quantities as lately as fifteen months ago; the most fortunate of all tell us that meat rations came to an end a fortnight before their departure. All food is at famine prices; candles cost 12 francs for a packet of eight; petrol is prohibitive. Yet, in spite of all this physical impoverishment, forced labor is the rule in town and village alike;

the old men and women up to any age, and children as young as 13, are compelled to work in factories and fields, their wages varying from two to three francs a day, out of which they have to pay for their food about 50 per cent. of their total takings.

Driven Like Slaves.

To this rule there is no exception; one person in every household is allowed to stop at home to perform domestic duties, which include the washing of the German soldiers' dirty linen.

The discipline imposed scarcely differs from slave-driving in its palmy days. At harvest-time work is obligatory all the week round, Sundays and feast days included; no one may stop work to go to mass. Two girls who went to church one Sunday morning were in prison the same afternoon; a child of 14 in the same village got four days' imprisonment for not doing a full day's work; a woman who gave an apple to a Belgian prisoner was condemned to 10 days' imprisonment; another woman's sentence was 42 days with hard labor for straying 20 yards beyond the boundary limit, and yet another, aged 77, received a fortnight's cells for going to see her sick daughter, who lived a short distance out of bounds. These are but a very few cases, typical of hundreds, which illustrate the bitter complaints against the behavior of the German troops and of officials in occupation of French territory.

AN INVITATION TO SICKNESS

Impure Blood Means a Break-Down in Your Health.

Impure blood is an invitation to sickness. The blood is at work day and night to maintain the health, and any lack of strength or purity in the blood is a weakness in the defense against disease. Anaemia is the doctor's name for lack of blood. There may be an actual loss in the quantity of the blood, or one or more of its constituents may be lacking. Its surest symptom is pallor. Anaemia is particularly common in young girls. It is not, however, confined to them alone, for it is this same lack of blood that prevents full recovery after a grippé, fever, malaria and operations. It is also present in old age and in persons who have been under unusual mental or physical strain. If you are suffering from this trouble take Dr. Williams' Pink Pills for Pale People. They make pure, new blood with every dose and this new blood means health and strength. Thousands have proved the truth of these statements, among them Mrs. John Hyatt, Metisew, Alta., who says: "About a year ago I was in a badly run down condition, my blood was watery, I was very nervous, slept badly at night; suffered from frequent headaches and found my housework an almost intolerable burden, my appetite was poor, and I did not seem to assimilate the food I took, altogether my condition seemed serious. As there was no doctor in our neighborhood I decided to give Dr. Williams' Pink Pills a trial, and I have much cause to be thankful that I did so, as in a few weeks I could feel a great change for the better. I continued the use of the pills for some time longer, and found a complete cure. I feel better than I have for years and can therefore cheerfully recommend Dr. Williams' Pink Pills to all who are weak and run down."

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.

BRITAIN'S WAR BREAD.

Tests Show That New Loaf Is Much More Nourishing.

Extensive experiments have preceded the settlement of the regulation for the future dilution of flour in England.

The new loaf must either contain at least 5 per cent. of the wheat "offals," or else there must be added to it at least 5 per cent. of another substance, milled from rice, barley, maize or oats.

When the order comes into force on March 12 the brownier loaves will be all wheat, while the whiter ones will contain from 5 to 10 per cent. of other cereals.

After counsel with expert advisers, the Food Controller, to decide the practicability of the scheme, had exhaustive tests carried out by a well-known firm of millers; and he has personally examined and tasted all bread made from the different varieties of the new flour. It was put to the proof still further. One of the largest army commands in the country was provided for a series of days with the new bread, and a leading London catering house also supplied it to numerous customers. The general verdict was that the bread was excellent, and that its dietetic value was higher than that of pre-war days.

In the official view the order may be said to have accomplished the desired objectives, namely, a wider area of selection for breadstuffs, with a consequent diminution of wheat; and a corresponding release of shipping tonnage. Also a more nutritious loaf is produced.

CHILDHOOD AILMENTS

The ills of childhood come swiftly and too often before a doctor can be called in or medicine obtained the little one is beyond aid. The wise mother will always safeguard her little one by keeping Baby's Own Tablets in the home. This medicine always does good—it can never do harm. Concerning it Mrs. Napoleon Lambert, St. Ignace, Que., writes:—"Baby's Own Tablets are an excellent medicine for childhood ailments and I am well pleased with their use." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

CHILDREN AT WAR FRONT.

They Are Apparently Care-free Amid Danger and Carnage.

One wonders if Canadian school-children have any conception of the lot of French boys and girls in the towns and villages along the battle-front, writes a Canadian soldier. Poor youngsters, in some places they and their parents have been obliged to live in the cellars of places under shell-fire. At one Belgian village Canadian ladies assisted in the care of such cellar waits. Nowadays, though villages in close proximity to the lines have been denuded of their inhabitants, civilians still dwell in towns which the Hun does not scruple to bombard on occasion.

French boys and girls, during the past two and a half years of war, have grown accustomed to the rumble of cannon, and the crash of shells. The sight of ruined buildings in their native villages is a commonplace. At some towns along the Canadian front children after school hours take long walks into the fields, and on more than one occasion have had to be shoed away from the gun-pits. Forsooth, the guns were going into action! What memories of the war will not these war zone kiddies have, living right on the edge of it—practically at the front with the troops!

And yet, for all their acquaintance with war's dread realities, and the daily chances of being "blotted" by a shell, these youngsters are just care-free children after all, like boys and girls of their own age in Canada. I saw some of them, just out from school, singing at the tops of their voices, saw others feasting their eyes on the toy horses, trumpets, drums and other attractions which hung in festoons in the quaint market square booths, presided over by Frenchwomen in hoods of black knitted wool.

It was some two hundred urchins just like these that Senator Mason of Toronto, visiting the front on Red Cross duty, helped to delight on Christmas Day, when he and other Canadian officers presented gifts from a tree. The joy of those children under that shell-smitten roof within loud sound of the guns is an experience the Canadian donors will never forget.

BECAUSE AND BECAUSE.

Give the Boys and Girls Accurate Answers to Their Inquiries.

It may seem to you an easy way out of a tight place when the little chaps at your house ask you hard questions, to answer: "Because." But really, it is hardly fair to them or to you. They want to know, and "because" sheds no light on the question. The little folks are hungry for the truth, so take the trouble to tell them the truth. If you don't know, say so, but make it your business to find out and let them know as soon as possible.

Boys and girls pass on to their little neighbors what father and mother tell them. Be sure you are right before you give them any information.

The little fellows are just now storing up things for the days to come, and need every bit of help they can get; don't turn them off with a feeble "because," something which will make them better and more intelligent.

It does you good to think and study until you can answer the thousand-and-one questions your boys and girls ask you, so have the patience and the goodness of heart to make good and accurate answers to every inquiry.

LIFT YOUR CORNS OFF WITH FINGERS
How to loosen a tender corn or callus so it lifts out without pain.

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug dries at once and simply shrivels up the corn or callus without even irritating the surrounding tissue. A small bottle of freezezone obtained at any drug store will cost very little but will positively remove every hard or soft corn or callus from one's foot.

If your druggist hasn't stocked this new drug yet, tell him to get a small bottle of freezezone for you from his wholesale drug house.

MAKING BIG CHAINS.

Method is the Same as That Used in Olden Times.

In this day of machine manufacture it will perhaps surprise some to learn that the making of big chains is largely, if not entirely, confined to methods dependent on hand labor, says the Scientific American. There are probably no big chains being made by the use of machinery. There are various appliances employed, but these are hand operated or personally controlled. This situation appears to be due to two things. First, as the proverbial expression has it, "a chain is no stronger than the weakest of its links." A handmade chain is naturally made link by link. If the workmen are not only careful, but conscientious as to details, there is a considerable opportunity for attention equivalent to continuous inspection. The making of big chains is largely an old-time blacksmith's job.

Took Friend's Advice And Got Results

How M. C. Lindos Found a Cure in Dodd's Kidney Pills.

One of the Reasons Why Dodd's Kidney Pills Have Had a Phenomenal Growth of Popularity in the West. Ellscoff, Alta., Mar. 12th (Special).

The growth of popularity of Dodd's Kidney Pills in this section of the Great West has been phenomenal. They cure kidney disease. That much has been proved again and again. One of the latest proofs comes from M. C. Lindos, well known and highly respected here.

"Thanking Dodd's Kidney Pills seems a small way of expressing my gratitude," M. C. Lindos states. "I suffered from headaches and dizziness and was unable to find anything that would do me any good. I tried several medicines that were advertised to cure my trouble, but they did not."

"Dodd's Kidney Pills were recommended to me by a friend and I sent for a box and gave them a trial. The result is that I am feeling fine now. I shall always keep a box of Dodd's Kidney Pills handy."

Dodd's Kidney Pills cured M. C. Lindos because the trouble came from the kidneys. Lumbago, rheumatism, dropsy, heart disease, diabetes and Bright's Disease are other troubles that come from sick kidneys. To cure them cure the kidneys with Dodd's Kidney Pills.

Just Boys.

The trait in a mother that all boys most admire is that which prompts her to proceed with the packing of a lunch basket for a picnic, although anyone can see that the clouds are gathering for a storm. There is one complaint that the neighbors of a family of boys never make, and that is that there is nothing going on in their neighborhood. A boy likes best the game that involves the most hard work, and the work that requires the least exertion. During a boy's career he encounters almost everything in the way of ailments except insomnia. There is not much hope for the boy who pleases his mother to the extent of keeping a pair of white stockings clean all day. If a boy had half the pride in the baby that his mother feels, he would shut it in the barn and charge three pence for admission.

Sore Eyes
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 Freckle Druggists or Murine Eye Remedy Co., Chicago

He Did It.

The class in history had been called and the teacher asked her young pupils how many wars England had fought with Spain.

"Six," one little boy promptly replied.

"Six!" repeated the teacher "Enumerate them, please."

"One, two, three, four, five, six," said the little boy with cheerful confidence.

Minard's Liniment Relieves Neuralgia.

A Matter of Fractions.
"If I cut a beefsteak in two," asked the teacher, "then cut the halves in two, what do I get?"

"Quarters," returned the boy.

"Good. And then again?"

"Eighths."

"Correct. Again?"

"Sixteenths."

"Exactly. And what then?"

"Thirty-seconds."

"And once more?"

"Hamburg!" cried the boy impatiently.

Minard's Liniment Cures Burns, Etc.

Largest Watch.

Built for advertising purposes, the largest watch in the world is seventeen inches in diameter and weighs 115 pounds, while the smallest is only seven-tenths of an inch across and weighs less than an eighth of a Troy ounce.

The Edmonton Library Board spent \$272.89 on books during February.

ED. 7. ISSUE 11-17.



MAGIC BAKING POWDER
CONTAINS NO ALUM.
The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.
E.W. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

Measures Fatigue.

The French inventor of a machine to measure fatigue says that 95 per cent. of corpulent persons are so because they have given in when they felt tired, and that it is practically impossible to tire out a fat person in good health.

Minard's Liniment Cures Dandruff.

Real Carefulness.

"What is your idea of a careful automobile driver?"
"One that not only avoids accidents that he would be responsible for, but also keeps out of those that wouldn't be his fault if they happened."

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.
JOHN WALKFIELD.
LaHave Islands, Lunenburg Co., N. S.

Nora Doesn't Mind.

"Nora," began Mrs. Newlived timidly. "I don't suppose—er—that you would object to my getting an alarm clock?"
"Not at all, mem," replied the sleepy one, "them clocks never disturb me!"


MONEY ORDERS.

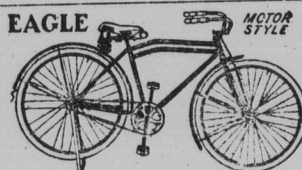
SEND A Dominion Express Money Order. They are payable everywhere.

Wanted to be Pious.

It was the grammar class, and the teacher had asked for words ending with "ous."
"Can anyone," she said, "give me a word like 'dangerous,' meaning full of danger; 'hazardous,' full of hazard?"
A boy in the back row put up his hand. "Please, miss," he said, "'pious,' full of pie!"

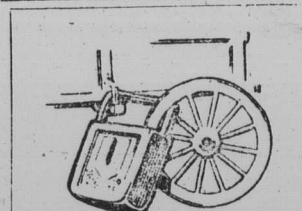
PILES
You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Persistence with Zam-Buk means cure. Why not prove this? All Druggists and Stores—via box.





EAGLE MOTOR STYLE
Write to-day for our big FREE CATALOGUE showing our full line of Bicycles for Men and Women, Boys and Girls. Tires, Coaster Brakes, Wheels, Inner Tubes, Lamps, Bells, Cyclometers, Saddles, Equipment and Parts for Bicycles. You can buy your supplies from us at wholesale prices.

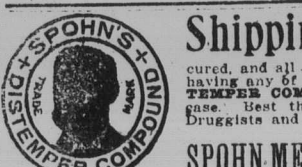
T. W. BOYD & SON,
27 Notre Dame Street West, Montreal.



Prevent locked wheels and hot boxes by the use of
MICA AXLE GREASE

Mica forms a smooth coating on the axle spindle keeps it cool and well lubricated.

THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA



Shipping Fever

cured, and all others, no matter how "exposed," kept from having any of these diseases with SPOHN'S LIQUID DISINFECTANT COMPOUND. Three to six doses often cure a case. Best thing for brood mares; acts on the blood. Druggists and harness shops or manufacturers sell it.

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

A Circle Defined.
A pupil in the junior department surprised his teacher recently by describing a circle as "a straight line that is crooked all the way round."

Minard's Liniment for sale everywhere.

FOR SALE.

FOR SALE CHEAP—GOOD BOARDING HOUSE in Owen Sound. In good repair, 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, 73 West Adelaide Street, Toronto.

MISCELLANEOUS

BICYCLES, NEW AND SECOND HAND. \$12.00 up. Send for special price list. Variety Cycle Works, 413 Bessie 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.

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

Money in the commercial poultry business? Yes! If you have a laying strain. We admit ours to be the greatest poultry success in Canada. Circular of facts Free. Hatching Eggs 100 percent fertility guaranteed. Stock for Sale. BIRCHCLIFF POLTRY FARM Box 2 BIRCHCLIFF, ONT.

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

Greater production per acre is urgent whether for peace needs or war necessities. It is a matter of national concern that this year's crops be fertilized to increase yields and maintain fertility.

Fertilizers have an important place in farming every year—a double place this year. Prices and demands for farm products have doubled. Fertilize your corn and other spring crops to get larger yields and profits.

Let us help you with your soils and crop problems. Write for our free Soil Fertility Bulletin.



Rheumatism Is My Weather Prophet.

I can tell stormy weather days off by the twinges in my shoulders and knees. But here's an old friend that soon drives out the pains and aches.

Sloan's Liniment is so easy to apply, no rubbing at all, it sinks right in and fixes the pain. Cleaner than musky plasters and ointments. Try it for gout, lumbago, neuralgia, bruises and sprains.

At your druggist, 25c, 50c, and \$1.00.

Sloan's Liniment
KILLS PAIN

Foods Are Increasing In Price

But you can still buy

Grape-Nuts

at the same price.

This staple cereal in its air-tight, wax-protected package will keep indefinitely, yet is ready to eat at a moment's notice.

Grape-Nuts is full of compact nourishment with a delightful wheat and barley flavor.

The Most Economical of Prepared Cereals