YOUNG FOLKS

120

the second second second

A GOOD MEDICINE

A Tonic Is All You Need.

Not exactly sick-but not feeling

A Birthday Town.

One day, about three years ago, Dick and Dorothy paused at the rail-way crossing while on their way home from downstreet. Old Uncle Hiram,

from downstreet. Old Uncle Hiram, the gateman, whom everyone in Bel-ton knew and loved, was sitting at the along. "My," said Uncle Hiram, "what big parcels for little folks to be carrying!" "Well, you see," Dick explained, "we have been shopping for the birthday

"What fun you miss! Now, if you will just tell us when your next birth-day comes, we'll plan a real party for \$2.50 from The Dr. Williams' Medi-

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and a crash came, and a cloud of mor-tar dust arose. They ploded out methodically to look at the damage— these old ones, as one says in the ten-der French way—and cautioned Hum-bert to keep under cover until they returned. By-and-bye they came back and three off the stranget helmets ARE REAL HEROES FOR THE SPRING REMAINED IN TOWN TO SAVE IT Do Not Use Harsh Purgativesand threw off the shrapnel helmets that they wear in going about where the air may at a moment fill with cutting slivers of white-hot metal, and the humber that helm the shrap helm

VERDUN FIREMEN

used to cities collapsing over them,

and a crash came, and a cloud of mor

and told Humbert what had happen

next shell. They need not have served, these

Some of them, I am told, have

ed, and settled down to wait for

men:

FROM FLAMES. quice well. That is the way most peo-ple feel in the spring. Easily tired,

been killed. One expects courage a soldier and of young men.

"My: and there know." Die kasse here kasse in die kasse of the know.
"What 'sirthady party?" asked in data of giving the latter is known as yet. But France, and basse of the known as yet. But France, and there known is seen as neuralgia. Any of these in the hador is of order dependence of the known as yet. But France, and the seen the known is seen as yet. But France, and the seen the known is seen as yet. But France, and the seen the known is seen as yet. But France, and the seen the seen as yet. But France, and the seen the seen as yet. But France, and the seen as ye

this medicine." Sold by all medicine dealers or by mail at 50 cents a box or six boxes for cine Co., Brockville, Ont. Waits, smiling, as though in proplita-tion, until he can gain their attention. "Come with me," he begs. So the visitors go with him. By-and-bye they come to the shattered and but which is all that remains of

What Does Your Food Cost? You could easily spend two dollars for a meal and not get as much real, body-building nutriment as you get in two Shredded Wheat Biscuits, the food that contains all the musclemaking material in the whole wheat grain prepared in a digestible form. Two Shredded Wheat Biscuits with milk or cream will make

Druggists or Mur

was

THOUGHTS FOR THE DAY. We live merely on the crust or rind ings.-Frou

Fellows who have no tongues are often all eyes and ears.-Haliburton All philosophy lies in two words-sustain" and "abstain."-Epictetus.

Many delight more in giving of pre-sents than in paying off debts.—Sir Philip Sydney. Moderation is the silken string run-ning through the pearl chain of all virtues.—Fuller.

People do not talk for the sake of

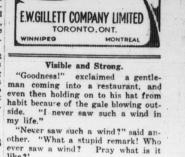
expressing opinions, but to maintain an opinion for the sake of talking.— Hazlit. Hazlit. Good intentions do not pave the road to hell: they are the stepping-stones that lift men every now and then out of the mire of common life, and there is hope for everyone save he who climbs on them no more.—J. E. Buckrose.

E. Buckrose. There are few of us that are not rather ashamed of our sins and follies as we look out on the blessed morning sunlight, which comes to us like a bright-winged angel beckoning us to quit the old path of vanity that stretches its dreary length behind us. —George Eliot.

NOTHING TO EQUAL

BABY'S OWN TABLETS like ? Mrs. Lawrence M. Brown, Walton,

N.S., writes: "I have used Baby's Own Tablets for the past ten years, and believe there is nothing to equal them for little ones. They instantly banish constipation and teething trou-bles, and, unlike any other medicine



MADE

IN

CANADA

"Like," replied the first speaker; "like to have blown my hat off."

Ask for Minard's and take no other

RO

IS THE WHITEST LA

ROYAL

YEAST CAKES

LLETT COMPANY LIME

YEAST CAKES

The best

yeast in

the world

Makes

perfec

bread

banish consult bles, and, unlike any other man lets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brock-ville, Ont.

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press out the click. Suddenly the razor slipped, makbe vertise one train a day, but you and ing a great gash in the man's face, ty me know them advertisements exag-

and he sprang to his feet with a yell of pain and anger. "Shut up, man!" said the barber, "I've cut my holding up his hand. thumb!"

25c. ForBook of the EyeFreeask Murine Eye Remedy Co., Chicago

is the custom in some

What Affgered the Barber. A man entered a barber shop the purpose of being shaved. As he somewhat hollow-cheeked, the

barber, as is the custom in so country districts put his thumb

the customer's mouth, in order to press out the click.

Keep Minard's Liniment in the house

His Verdict.

"How did you come out with you lawsuit ?' "I won it."

"Get damages ?" "Sure! I got almost enough to pay my lawyer.

How Changed.

"Before we were married he bought a box of candy every time he call-

"And now ?" "He gives me a call every time buy a box of candy."

Minard's Liniment Leed by Physicians Money is a man's best friend, yet it

always trying to get away from

him.

Größs Fedurien at an appination. So per botte delivered. Describe your case for special instructions and Book 8 M free. ABSOR BINE, JR., the antespic inimet for mankin, reduces Paindal swellings, Enlarged Glands, Wens, Bruises, Varicose Velns allays Pain and inflammation. Price 81 and 82 a botte at d'urgging or delivered, Made in the U. S. A. by W. F. YOUNG, P. D. F., 516 (Lymans Bidg, Montreal, Can, Absorbine and Absorbine, Jr., are made in Catada.



Here is a light weight, durable and comfortable working shoe specially suitable for farmers, woodsmen, mill-men, trackmen, laborers-all who re-quire axtra strong, easy footwear for working in We make them of the splendid cil-ianned Skownegan water-proofed leather that has made

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Paimer's moose head brand famous for almost forty years. No need to suffer with thred, sore, ach-ing, burning feet. Get a pair of these and find ease and comfort. If your dealer doesn't carry them, send us his name, enclosing \$2.56, and we will ship you a pair, all charges paid, to any address in Canada or U. 8. Remit (stating size) by postal or express order. Same style as shown, 8 syd-lets high, \$2.75. Write for our catalog fully injustrating our Summer and

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