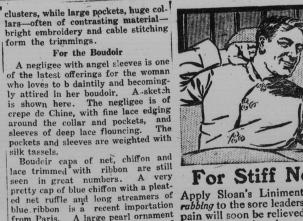
atch Your Sneeze! t may be the forerunner of bronchitis or a bad cold. It is nature's warning that your body is in a receptive con-dition for germs. The way to fortify yourself against cold is to increase warmth and vitality by eating Shredded Wheat, a food that builds healthy muscle and red blood. For breakfast with milk or cream, or any meal with fresh fruits.



Made in Canada.

Fashion ads



blue ribbon is a recent importation from Paris. A large pearl ornament was placed in front. Another cap of cream net was trimmed with narrow blue ribbon in lattice effect around the edge. Tiny pink rosebuds held down the lattice where the ribbon crossed itself. A ribbon bow on the crown and a soft ruffle to frame the face completed this dainty trifle. Such At all druggists, 25c. 50c, and \$1.00.

completed this dainty trifle. Such caps are easily made from scraps which you may have left over in the

These patterns may be obtained from your local McCall dealer of from the McCall Company 70 Bond St., Toronto, Dept. W.

PALE, FEEBLE GIRLS

form the trimmings.

For the Boudoir

Marken and introduce the strain of the phases of brink phases of

1914 I began to feel run down, and he doctor who was called in said that



ZAM-BUK CURED IN 2 MONTHS

15 # FEB 1917

After 2 Years' Useless Treatment.

COCOANUT BUTTER.

Comes From Cuba.

The Cubitas Valley, on the north shore of Cuba, is not a dairy country, and butter at fifty cents to a dollar a pound, and scarce at that, has made Comes Advice to Sufferers to us look round a bit for a substitute, says a writer in The Country Gentle-

Glacier Creek Lady Says They Have

Britain and in France Women Serve in Freedom's Cause.

In England there are four hundred thousand women directly engaged in munitions work, and six hundred thousand in work connected with the war, not to mention those on street cars, etc. There is scarcely a position in England to-day ffiled by a man whose work could be done by a wo-In one munitions plant in Engman. land 13,000 women are working; in another 10,000. In one plant, where there are 5,080 workers, 4,400 are women. There was a prejudice at first against women working in manfirst against women working in man-ufacturing plants, but this prejudice has entirely disappeared, and manu-facturers who objected now agree that the results have been highly satthat the results have been highly sat-isfactory. In some sections the wo-men did most of the harvesting. In France, in the harvest fields, no men were to be found, just women. Great Britain could never have successfully prosecuted the war but for the mag-nificent co-operation of the women, and also of the laboring men, who have co-operated with the Govern-ment in an admirable manner. The labor men have given themselves and the in laboring men, spin-labor men have given themselves and the in labor men have given themselves and the



Has been Canada'

favorite yeast fo

nore than forty

oh for 5c. to

AKES THE WHITEST, DU

ROYAL

VEAST CAKE

calls music. Niece-I hardly thought you

City Niece---- hardy thought you would appreciate it, uncle. Lumberman----Why, by jinks, Mame, it sounds jest like my three sawmills on Beaver Creek all runnin' at once.

Minard's Liniment Cures Colds, Etc. Telegraph Message.

Assistant (to old lady, who has handed in a badly spelled telegram)-

lacier Creek Lady Says They Have What's this word, please? Been Her Stand-by for Sixteen Old Lady-Never mind that, miss; Vars and She Has Never Known it's none of your business. They'll Years and She Has Never Known





An Excellent Substitute for Butter From Up Among

British shipping firms have to face, but formidably strengthened neutral lines. The shipping firms of Denmark KILLS PAIN ,



Cheerful, Chubby Children Make the Home Happy

By the consistent use of

Mrs. Winslow's

Soothing Syrup

it is possible to avoid many childish ills now so prevalent.

and other infantile aimments. It soothes the fretting baby and permits the child to sleep well and grow healthy. It brings confort and relief to both child and mother.

Mrs. Winslow's

Soothing Syrup

It is a corrective for diarrh

MIRACLES OF DEVOTION.

Amazing Sacrifices Made by the Wo-

The Yukon Snows

Use Dodd's Kidney Pills.

men of France.

Sore Granulated Eyelids, Eyes inflamed by expo-tive to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Salvein Tubes 25c. For Book of the Eye Free ack Druggists or Murine Eye Remedy Co., Chicago

Revival of Jet Industry.

He Stopped 'Em.

The following story comes from the ront. At one part of the lines, where to Man's Land was merely fifty yards so in width, the Germans one night pened to be in a very talkative and the wind blowing towards their jargon exceedingly ir of our men. The latter, a dier, absolutely without r a time, but finally ineant that he was go-walk. The sergeant nile as he saw the the parapet with the missile right ch of Germans had died dowr ds and knees min' talk nt. It had

7D

A

on,

Weak, puny babies are a constant care to tired mothers and are subject to many diseases that do not affect healthy children. Keep your children in good health. See that their bowels move regularly -especially during the teething period. This is a distressing time in the life of every child and the utmost pre-caution should be taken to keep them well and strong.

labor men have given themselves and their best vitality, and in the future nothing can be too good for them in Canada and the old country, for they had earned every consideration.

Minard's Liniment Cures Diphtheria.

Delicately Eliminated. "How did you get Mrs. Bounce out of your bridge club? Did you ask her to resign?"

to resign?" "No, we didn't like to do that, but we all resigned except Mrs. Bounce, and then we all got together and formed a new club."

The Nova Scotia Lumber King "I consider MINARD'S LINIMENT the best LINIMENT in-use. ar best LINIMENT in-use. I got my foot badly jammed lately. bathed it well with MINARD'S bathed it well with MINARD'S

INIMENT and it was as well as ever. next day. Yours very truly. T. G. McMULLEN.

2

eeding the speed limit."

Urgent Business.

Makes Cheerful, **Chubby** Children

Is absolutely non-narcotic. It con-tains no opium, morphine nor any of their derivatives. It is soothing, pleas-ant and harmless. For generations mothers in all parts of the world have used it and millions of babies have been benefited by it.

Buy a bottle today and have it handy Relieve and Protect Your Children

all by all druggists in Canada and throughout the sworld

The second s NEW HOTLL TRAYMORE THE LARGEST FIREPROOF RESORT ch w HOTEL IN THE WORLD The Spirit of America at play: Magnitude and Cheerfulness AMERICAN PLAN FUROPEAN PLAN n. S. White, Pres. J. W. Mott, Mar 195 ON TRIAL American FULLY CREAM 72 SEPARATOR "Your honor, I admit that I was ex-cding the speed limit, but I was raid of heing late at court." "What was "our business at court?" "I had to a .swer to a charge of ex n Monthly Payment Plan Shipments made promptly from Winnipeg, Max. Terente, Ont. and St. John, M. B. Witcher dairy le large or sould, write for handsome free catalog and easy nearment plan. The most expensive way to buy any-thing worth while in this world is to get it for nothing. D AMERICAN SEPARATOR CO Box 3208 Bainbridge, N. Y. ED. 7. ISSUE 6-'17. Minard's Diniment Opres Distemper.