

Are You Intoxicated?

The question is not as impertinent as it sounds. You may be a real teetotaler and yet be "intoxicated"—that is, poisoned by the gases that come from imperfect digestion. The products of food putrefaction are taken up by the blood and often poison the entire system. Cut out meats and starchy foods for a while. Eat **Shredded Wheat** with milk or cream for breakfast; eat it with stewed fruits and green vegetables for dinner or supper. It will cure auto-intoxication and make a new man of you. All the meat of the whole wheat in a digestible form. A perfect meal at lowest cost. Made in Canada

THE IRON OF LORRAINE.

May Incite Another War Between France and Germany.

It is unfortunate for the future peace of Europe that by far the best iron fields that are accessible either to France or to Germany lie exactly on the present frontier of the two countries. A good many Frenchmen believe that the Germans' hope of seizing permanently the part of these fields that lies in French Lorraine was one of the real causes of the present war, and the reason that last winter determined them to attack at Verdun, instead of at some point nearer Paris. Certainly, thoughtful writers, both French and German, discuss the subject very frankly, and point out to their respective countries how fatal the final surrender of any part of this disputed territory would be to the prosperity of their nation.

In this age of machinery a plentiful supply of both coal and iron is essential to any country that hopes to maintain itself as an industrial power; and the last ten years have proved that such a supply is even more necessary in war than in peace. The Germans admit that without the iron of the Metz and Thionville regions (which they thriftily took from France after the war of 1870) they would have been unable to supply their armies with the incredible quantity of guns and ammunition that modern fighting requires. France has kept up only because the British navy has kept the seas open for the import of iron; its own mines in the basins of Briey and Longwy have been in the hands of the Germans ever since the war began.

Now, neither France nor Germany is rich in iron outside the Lorraine fields. The year before the war France produced nearly 22,000,000 metric tons of iron, and Germany dug more than 28,500,000 tons from its mines. If Lorraine were all French, the figures would have been 43,000,000 tons for France and 7,500,000 tons for Germany. If Lorraine were all German, that country would have had 48,500,000 tons of iron, and France would have had 2,000,000 tons. The figures explain why the two nations will fight to exhaustion rather than surrender any territory that they now hold in Lorraine.

The question of coal is less critical for the coal fields of the Saar—part of which was French until the fall of Napoleon—are farther from the border, and are not essential to Germany, although they would be very useful to France, which has very little coal of its own, and which has, largely for that reason, seen itself outstripped in the industrial race by Germany.

It begins to appear, however, that neither power is likely to gain any territorial advantage in Lorraine as a result of this war. Peace is likely to

leave the frontier still cutting the precious fields of iron very nearly in half. But unless Europe is wise enough to find a way out of its national enmities and jealousies, the time may come in the not far distant future when the prize will seem rich enough to one country or the other to justify another war of aggression and conquest.

BELGIAN ARMY CAME BACK.

Now Well Equipped, Horse, Foot and Artillery.

The Belgian army has been completely organized, says Henry Wood, United Press correspondent with King Albert's army. Horse, foot and artillery, the army is now well equipped and busy holding their part of the line from the Hun. The soldiers are comfortably clothed and well armed, the cavalry supplied with horses and the artillery satisfactory. The Belgians are in charge of the inundated country, which affords splendid protection against the enemy and renders infantry attacks impossible. The Belgians are separated from the Germans by a mile of water, including the River Yser and the Yser Canal.

The Belgian artillery includes modern guns made in Portugal, contributions from France and England, and guns captured from the Germans in the original inundation when the dykes were opened and the Huns had to hustle out to escape drowning, without waiting to try and extricate the guns, which were recovered by the Belgians, who drew off the water from that section when it was convenient.

RICH RED BLOOD MEANS GOOD HEALTH

Just a Little More Rich Blood Cures Most Ailments.

The lack of sufficient red, health-giving blood does not end merely in a pale complexion. It is much more serious. Bloodless people are the tired, languid, run down folk who never have a bit of enjoyment in life. Food does not nourish, there's indigestion, heart palpitation, headache, backache, sometimes fainting spells and always nervousness. If anaemia or bloodlessness be neglected too long a decline is sure to follow. Just a little more blood cures all these troubles. Just more rich, red blood, then abounding health, vitality and pleasure in life. To make the blood rich, red and pure, use Dr. Williams' Pink Pills. No other medicine increases the pure blood supply so quickly or so surely. The cure actually begins with the first dose, though naturally it is not noticeable. This is not a mere claim. Dr. Williams' Pink Pills have been doing this over and over again in Canada for more than a quarter of a century. This is why thousands have always a good word to say for this great medicine, for instance Mrs. Alex. Gillis, Glenville, N. S., says: "I cannot praise Dr. Williams' Pink Pills too highly. They are really a wonderful medicine. I was very much run down, suffered from frequent dizzy spells, and had an almost constant severe pain in the back. My home work was a source of dread, I felt so weak, and life held but little enjoyment. Then I began taking Dr. Williams' Pink Pills and the result was almost marvellous. They made me feel like a new woman and fully restored my health. I would urge every weak woman to give these pills a fair trial."

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

GERMANY WANTS PEACE.

Extracts From a Conversation With a German Diplomatist.

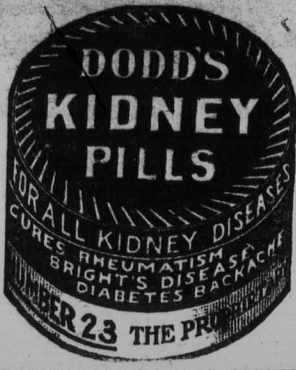
One may regard the old war spirit as definitely dead in Germany. Every one wants peace, even the Junker class. The peace movement is very strong among the commercial and working classes, and at the court itself every one professes horror at the continuation of the slaughter. All ideas of annexation and indemnity have vanished. On the other hand, no one thinks that the Allies can impose peace terms on Germany.

"Life in court circles is very dull. The Emperor is constantly at the front, and the Empress—in pleasant contrast to most ladies of the court—is an enthusiastic war worker. If the new compulsory civilian service is fairly applied to women, the ladies of the aristocracy will suffer most."

It appears that no one, not even his old-time military friends, has a good word to say for the Crown Prince. A joke among hostesses, amusing at first, but since become tiresome, is to whisper to their favorite guests when the Crown Prince is present: Not a word about Verdun. He is extremely taciturn these days, and freely disclaims all personal responsibility for the Verdun catastrophe, maintaining that the whole idea for the attack was imposed upon him by the General Staff. He and Hindenburg have become excellent friends these days.

In Germany there is undoubtedly a widespread and ever-growing desire for peace, and a powerful and growing suspicion of the Government.

It is one thing to be well dressed; it is another to be able to meet you tailor face to face at any time or any place.



The Fashions

Fashion continues in ways of straight and unabated fulness. Skirts fall in soft, clinging folds, so much so that the tendency toward the narrower silhouette becomes very apparent, though we need not yet anticipate the very narrow skirt. It is already rumored, however, that skirts for spring will be two and two and a half yards wide. But it is really looking a little too far ahead to be thinking of spring styles already. At present, skirts are still very ample. Box pleats and side



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Black Satin Dress with Tie-On Collar and Loop Pockets

pleats are very freely used, and this means that a good deal of material is used in a dress or skirt. The pleats hang in straight lines, generally unstitched, while in some cases they are stitched as far as the hips and below that point are pressed into position. The gradual lengthening of skirts that has come with the vague for straighter lines is noticeable in many dresses; but women, on the whole, have not taken readily to the longer skirts, and the short skirt for street costumes is still favored by a great many. A long street skirt is really not graceful in a tailored suit, and women are not willing to sacrifice becoming styles so readily.

In afternoon and evening dresses, however, the longer skirt is not at all ungraceful. Some afternoon and evening dresses show slight variations from the straight lines. The Turkish trouser effect and draped skirt come from Paris as a departure from the extremely straight hanging and clinging effects.

Full overskirts are also much used for evening, fashioned of soft silk



No Need To Rub!
FOR stiff sore muscles apply Sloan's Liniment to the pain or ache, it quickly penetrates and soothes without rubbing. Rheumatism, gout, lumbago, neuralgia, sprains and bruises are quickly relieved by its use. Cleaner and more promptly effective than musky plasters or ointments, it does not stain the skin or clog the pores. The family medicine chest in thousands of homes has a place for Sloan's Liniment. At all druggists, 25c, 50c and \$1.00.



voiles, tulle and laces. Black and white combinations occur, very often in evening gowns. Black net worked up with white beads over a white satin foundation is one of the striking combinations used by an expert French designer. A sash of black satin forms a wide girde, which is weighted at the ends by heavy black and white bead tassels.

Pockets Still Persist

When we consider the traditional fickleness of Fashion, it seems as though the life of the pocket has been very long, indeed; but the pocket still flourishes on suits, coats and dresses and shows not the slightest signs of becoming extinct. The latest development in this line is the long, loop-like pocket placed over the hips and standing away from the skirt. The smart afternoon dress of black satin shown in the sketch illustrates this type of pocket, also the new tie-on collar, which crosses in front and ties at the back, somewhat like the tie-on jumpers. The long loop pocket is usually made of a color which contrasts with the dress, or else it is of the same material, but its presence is emphasized by some trimming in bright silk embroidery or in beads. Or, if it is made of the same material, it is simply lined with a contrasting color. These patterns may be obtained from your local McCall dealer or from the McCall Company 70 Bond St., Toronto, Ontario. "Dept. W"

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or gripple. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Strategic Retreat.

Two boys, one the possessor of a permit, were fishing on a certain estate when a gamekeeper suddenly darted from a thicket. The lad with the permit uttered a cry of fright, dropped his rod, and ran off at top speed. The gamekeeper was led a swift chase. Then, worn out, the boy halted. The man seized him by the arm and said between pants: "Have you a permit to fish on this estate?" "Yes, to be sure," said the boy quietly. "You have? Then show it to me." The boy drew the permit from his pocket. The man examined it and frowned in perplexity and anger. "Why did you run when you had this permit?" he asked. "To let the other boy get away," was the reply. "He didn't have none."

The neighbor, being a man and one of the father's former pals, did not expand with appreciation.

Minard's Liniment Cures Diphtheria.

Avoiding Confusion.

"Can you make anything out of the news from Europe?" "Easiest thing in the world. I only read the newspaper every other day. In this way I get a connected story of one side or the other and avoid the denials."

Minard's Liniment Co., Limited.

Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of inflammation.

Yours, W. A. HUTCHINSON.

All Rubbish.

An old gentleman heard the tutor tell his son that the earth revolved every twenty-four hours. So he put a glass of water on his garden wall, and left it all night. Next morning he went to the tutor and discharged him, saying: "It is all rubbish about the earth going round, because if it did all the water would have run out of the glass."

Minard's Liniment Cures Colds, Etc.

Reggie: "I say, father, you know all about 'rithmetic, don't you?" Father, (uneasily): "What is it you want to know?" Reggie: "Well, how many times what makes eleven?"

RAW FURS

It will pay you to ship all your fur to a reliable house, where you can get full market value. Ask for our price list and shipping instructions.

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We're All In It

The visiting justices were on one of their periodical visits to a great convict prison.

One of the company found himself with a gentleman who was serving ten years. This guest was in a confidential mood, and was dilating to the visitor on the conditions of prison life.

"It is a terrible thing to be known by a number instead of a name, and to feel that all my life I shall be an object of suspicion among the police—to be pulled up at every corner, perhaps; to be asked for my license; to be indexed in a book as Number So-and-So, instead of as Jack Jones."

"But you will not be alone, my friend," said the visitor consolingly. "The same thing happens to people who own automobiles."

A Good Reason.

"Were you in any great action during the war?" "Yes. That's the reason there is so little action in me now," said the old soldier who had a wooden leg.

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try It for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicists' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tube, 25c and 50c. Write for book of the Eye Free. Murine Eye Remedy Company, Chicago, Adv.

The Only Reason.

"You once kept a cook for a whole month, you say?" "Yes." "Remarkable! How did you manage?" "We were cruising on a house-boat, and she couldn't swim."

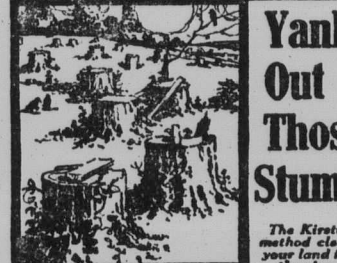
Minard's Liniment Cures Garget in Cows.

Fighting-fish are reared in Siam as a means of amusement. These are small fresh-water fish, and so pugnacious that when two of them are placed near each other they at once begin to fight. When the fish is quiet its colors are dull, but when excited it is of a metallic brilliance.

Over a thousand lives are lost every year in the collieries of the United Kingdom.

HAVE YOU ECZEMA?

Would you like to end that terrible itching, that burning pain; to heal those horrid sores? You have tried all sorts of fatty ointments, lotions and powders. Put them aside now and give Nature a chance as represented by Zam-Buk. Zam-Buk is made from herbal essences; is a natural healer. Is not something you have to send to the end of the world for, and pay a heavy price? Every druggist will sell you Zam-Buk and for 50c. only. Just give it a fair trial and incidentally give yourself ease by the quickest route. See name on box:—



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Send To-day For This Book

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Our Free Book, "The Gold in Your Stump Land," shows you how you can transform your barren stump fields into rich virgin farm land. It shows you photographs of immense stumps it has pulled; it contains letters from the men who pulled them and it will convince you that the easiest, quickest and cheapest way is with a

Kirstin Stump Puller One Man — Horse Power

The horse power machine for the big jobs, for the fields of many stumps it will pull anything it tackles, and, because of its triple power, prevents strain to man, horse and machine. Will clear two acres from a single setting. The One Man Puller gets the biggest stumps. Double leverage gives you a giant's power; a push on the handle means a pull of tons to the stump. Clears an acre from one anchor. Every Kirstin guaranteed for 15 years, law or no law, your money back if the Kirstin bond does not live up to its promise. We guarantee the Kirstin method to clear land ready for the plow from 10% to 50% cheaper than any other method.

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Name..... Address.....



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Novice—Why do they call it Wall street?
Loser—Bump up against it and you'll find out.

Minard's Liniment Cures Distemper.

Ethel—Mummy, quick—do look! Baby's walking on his hind legs!

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