

YOUNG FOLKS

The Race on the Ice.

After the famous race through the forest, early in the winter there began to be talk of a race on the ice, once round the big lake, to see which of all the wood folk was the fastest on skates.

The great day came at last. It was a disappointment to Gray Squirrel when he found that there were no skates small enough for him, but he bore the disappointment bravely when they asked him to be one of the judges. The other judges were Grandpa Coon and Grandpa Wolf at one end of the line, and at the other end, besides Gray Squirrel, Grandpa Fox, Grandpa Rabbit, Whisker Rat and Sammy Sparrow. Grandpa Fox made sure that he had his spectacles on, and then all was ready for the race.

There were five racers in all—Bouncer Rabbit, Willy Wolf, Billy Bear, Mikey Mink and Ray Coon. Each was eager for the test.

When the five were ready in line, Grandpa Fox barked a sharp "Go!" and off they dashed. Zip! zip! zip! How the skates rang on the hard ice! The judges watched them fly down the side of the lake, round to the right along the curving shore, and back on the farther side. The five kept almost in line. Once Mikey Mink got ahead of the others for a short distance.

Then Billy Bear and Ray Coon had a sharp brush for the lead and forged ahead of the other three. But the effort was too great and they fell back—Ray, rather, the others dashed up and passed them.

The others were playing little attention to Bouncer Rabbit, but if they had watched him they would have seen that he was keeping close to the best of them all the time. "I can win!" he whispered softly to himself. "I can win and I'm going to!"

And his skates went zip! zip! zip! a little more sharply than the others. So they came flying down toward the finish line. The judges were eagerly waiting there. But just as the racers reached the finish line something happened. Ray Coon was out of breath and falling behind. Perhaps he had made his feet go so fast that he could not keep up with them. At any rate, down he went, flat on the ice!

Now, that was so unexpected that every one of the seven judges let his eye turn for an instant from the other skaters to Ray Coon. It was only for a part of the time that it takes to wink, but it happened just as the other four flew across the line.

Who had won? All the judges talked at once. Each of them thought he knew and was eager to tell. So there was much confusion and a great oaring until old Roundface Owl came tumbling along with his camera under his arm.

"Hoot! Hoot!" he called. "I snapped a picture just as they crossed the line. That will tell us who won."

And when the picture was printed, it settled the question. Bouncer Rabbit was the winner. The picture showed it plainly enough, and the others crowded round him to pat him on the back, for they all liked him. The four skaters whom he had beaten were prompt to tell him that they were ashamed of their boasting.

"I'm glad you won," said Grandpa Fox, the wisest of all the wood folk. "You went into it with no boasting, yet determined to win; and that is the right way to enter a race. Moreover, it was a hard, close race from start to finish, and that is the kind of race that is best worth winning."

"Good! Good!" cried the others when Grandpa Fox had finished his speech, and they all crowded round the blushing Bouncer to shake his hand once more—YOUTH's Companion.

THE COAL SHORTAGE.

Foresight in Storing Coal in Summer Only Remedy for Probable Famine.

This winter we have had a coal "famine" and that suffering has accompanied the shortage of this necessity is undeniable. The average citizen has a notoriously short memory, but now is the time to impress upon him that, in many cases, the suffering was due to lack of foresight. In Canada, many people buy in small quantities—often only one ton. If, for any cause, there is a shortage of coal, improvident householders demand that the coal dealers do the impossible, namely, that they supply fuel that is unobtainable. Whereas, had they purchased their coal in the summer or autumn, there would be ample supplies available.

While some large consumers, such as manufacturers, cannot store a six months' supply, most householders can, with their present bins or with enlarged bins, store coal to meet their requirements till March or April.

In recent years, we have had two coal "famines," first in 1901-02, the year of the coal miners' strike, and second, this year, when the severity of the weather and the extraordinary prosperity in the United States caused an unprecedented congestion of freight. A survey of conditions in the United States demonstrates that in the future there will be more coal "famines" than in the past and that they will occur at shorter intervals. For this there is only one remedy: Buy your coal in the summer. If you have not sufficient storage, enlarge your coal bin.

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.

BRAVE CANADIANS.

Immortal Fame Won at Ypres by Men Who Saved the Allied Line.

During the Battle of Ypres, when a gas attack had emptied the French trenches for almost a mile, the Canadians stretched their line to twice its length and occupied the position that the French had lost. All night they held, says Every Week, and all the next day and all the next night: Beating off attacks, and counter-attacks, losing the woods on their left and gaining them again, being forced out of the little town of Saint-Julien, rallying and driving the Germans before them, without artillery or infantry support, for two nights and a day they held on, and saved the Allied line.

Behind the town of Saint-Julien, far enough back to be well protected, the Canadians had a hospital filled with convalescents. They were lying, bandaged and nursed, but in good spirits and well along toward recovery, when suddenly the news came that the gas attack had been made and that the French had been forced to give ground.

With feverish haste the nurses and doctors made preparations to move their patients back to safety. When they came to get their men, however, every bed except three was empty, and in those three beds were three men complaining bitterly—men who could not get up and walk because they had lost one or both feet. The others were gone—not back, but forward—hot-foot to the trenches. Most of them died, but they had their share in holding the line those two nights and a day.

SOWN SEVENTY ACRES.

Did French Women Who Had Never Before Plowed.

The French women from the first have taken it for granted that they must replace the men at home. No urging has been necessary. "Not only the wives and daughters, but also the mothers of soldiers, undertook the unintermitted labour of the production of food from the moment the men were called up."

And again, "French women appear to accept the carrying on of agricultural work as their natural and proper share of the hardships of war."

One woman who had never touched a plow, after two days' instruction plowed and sowed seventy acres. Another carried on work on fifty acres of arable land, ten acres of vineyard, six cows, some sheep, fowls and rabbits. This one French woman, with only occasional help, kept going by herself two men had been regularly employed to do before. Another case on record is that of two young women and one old widow who worked on a farm of 100 acres producing corn, oil, wine, cider, milk, cheese, poultry and rabbits.

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

NATIVE AGRICULTURE.

Showing the Native African How To Obtain Results in Farming.

The black man has a natural taste for agriculture—up to a certain point. He is willing to cultivate his little garden just enough to give him the next year's food supply. Here his farming ambitions end.

At Old Utalii, 200 miles from the east coast, in Rhodesia, is a flourishing agricultural college that is putting some new ideas of farming into his irresponsible head.

Under the old regime, husband and wife go into the field, carrying the crudest kind of native hoe. They spend several days in the back-breaking toil required to turn up the land. This done, the farmer sows a small grain like millet into the rows dug with his little hoe, and here and there throughout the field, about five paces apart, he plants two or three grains of corn. With whole tons of fertilizer available, he never thinks of enriching the soil.

He sees that the white man gets vastly more grain than he does from a piece of land exactly the same size, and his own diminutive vegetables seem smaller than ever to him when he sees the white man's harvest, but it needed the agricultural college at Old Utalii to make him see how easily he can get the same results on his own little garden patch.

At first the natives did not take kindly to this civilized information, and thirteen young insurgents had to be expelled from the school. Now, however, there is the keenest interest and appreciation. Results talk.

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. Anemia 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. Anemia 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, Metisong, 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 five boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ENGLAND'S CANDOR.

The Dauntless Spirit of Briton Now Aroused and Will Win.

Both Sir Edward Carson's statement to the Commons and Lloyd George's speech of warning about ship shortage are remarkable for their grim candor. The British public is frankly told that the U-boat peril is by no means past and that disaster is certain if the greatest sacrifices and efforts are not made at once.

That statement can make such admissions shows that a revolution has taken place in the English temper. It was not many months ago that it seemed necessary to gloss over grave conditions and present only optimistic viewpoints to the public. But now the English are able to hear the "worst" calmly.

The German Government, which goes in for national psychology (and usually gets it wrong), will find nothing in these confessions by its most hated enemy to give it any satisfaction. Lloyd George's speech of warning about ship shortage is remarkable for their grim candor. The British public is frankly told that the U-boat peril is by no means past and that disaster is certain if the greatest sacrifices and efforts are not made at once.

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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.

RAGS' RIGHTS.

Economics Both Little and Great Are Needed in Canada To-day.

There never has been a time when a greater spirit of intelligent economy has taken possession of the people of this country than now. Many of us seem to realize that little economies are needed. We study menus and food values and remodeling of clothing; we do not deprive ourselves of necessary things, but we make better use of what we have. We have learned our lesson well, thus far; but some of us have, unfortunately, stopped at that point, and there is yet another step to go.

A recent magazine deplored the inferior quality of the paper used by many publications nowadays. The reason for this, according to the magazine article, is that scarcity of rags makes it necessary to use greater quantities of wood-pulp in the manufacture of paper. Which shows one waste that some housewives have not stopped the burning of old rags. As an economic principle no one has a right to destroy anything that can be used anywhere.

The country housewives of thirty years ago saved every rag. There were a half-dozen or more rag peddlers who made regular quarterly trips past the country home of the writer, then a child of ten. The tin and glassware that they carried seemed something wonderful, and still more wonderful the fact that they would exchange it for old rags and rubbers. These traveling ragmen were extremely well-known; not so much by the names on the wagons, as by their traits. One was universally styled "the old cheat" among our coterie; not because he had cheated all, but because he had dissembled all, and advertised of this nature was as well advanced then as it is to-day. Another was "the fair dealer." This had no reference to personal beauty, but signified approval of his business methods. Through the advertising of his friends he secured more trade than another rival whose large red wagon bore the lettering "Honest John."

There is to-day a much better market for old rags. Let us save them, perfectly clean, sanitary ones, of course, and let their existence end only when their last possible use is exhausted. We can not furnish rag paper even, perhaps, but we need not condemn even one rag to an untimely end.

All waste paper should also be saved and sold for future use. This is one of the many things that modern machinery and methods are able to make over again into fresh paper; and our wood-pulp supply is really in need of conservation. Paper we must have. We can lessen the danger of famine by saving our rags to make the better grades, and our old papers to make the grades that are so necessary in our daily lives.

Stop, Look and Listen.

Every year about 500 boys, girls, and grown folks lose their lives taking risks in crossing railroad tracks. Start a campaign to teach children the danger of taking short-cuts and walking and playing on the tracks. Lives are too valuable to be thrown away. Agree now to observe these rules: Never use railroad tracks for highways and cross-roads. Stop, look and listen at all crossings. Never steal a ride, and don't jump on and off trains while they are moving. Never go around or under the safety gates when they are down. Don't use railroad bridges and trestles for short-cuts. Keep out of railroad yards and don't play or loiter about the railroad stations. It isn't brave to take risks.

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 freezeone, 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 freezeone obtained at any drug store will cost very little but will positively remove every hard or 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 freezeone for you from his wholesale drug house.

The Regimental Liar.

She was a sweet young thing, and having come down to see her soldier brother, who was on duty at that time, she was being taken round by his chum. She was, of course, full of questions.

"Who is that person?" she asked, pointing to a color sergeant.

"Oh, he shook hands with the King; that is why he is wearing a crown on his arm, you see," replied the truthful man.

"And who is that?" she asked, seeing a gymnastic instructor with a badge of crossed Indian Clubs.

"That is the barber; do you not see the scissors on his arm?"

Seeing yet another man with cuffs decorated with stars, she asked, "And that one?"

"Oh, he is the battalion astronomer; he guides us on night manoeuvres."

"How interesting!" replied the maiden, when, seeing her companion's badge, that of an ancient stringed instrument, she asked, "And does that thing mean you are the regimental liar?"

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

Ellisport, 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.

"Thinking 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.

Our Non-Cons.

A sergeant was training a squad of recruits in musketry, when suddenly someone appeared in the line of fire. "Hi, there!" bellowed the sergeant, "get back, can't you? Anyone 'ud think the place belonged to yer."

"Well, it doesn't exactly," meekly replied the interloper, "but my—er—father-in-law, you know, owns it, and nearly half the country he does."

"Oh, does he?" was the irate sergeant's answer. "Well, if you was yer father-in-law 'isself and walked across the range when my lady was firing, you'd just as easily get shot as any other fool. So 'op it!"

Sore Eyes

Now She Knows.

A young woman unversed in the mysteries of baseball was presented to a famous player.

"I love the game," she confided to him. "I love especially to watch the man at the bat. It is so cute, too, the way he keeps hitting the ground gently with the end of the bat. Why does he do that?"

"Well, you see, miss," explained the player, "the worms have an annoying habit of coming up to see who's batting, and they naturally put the batter out a bit, so he just taps them on the head lightly, and down they go again."

Minard's Liniment for sale everywhere.

Fences. He that is careless and negligent about his fences will be so in most other things. His life is a state of continued vexation, trouble and irritation. How often he finds his crops destroyed, his breachi and unruly cattle impounded, with complaints of his injured neighbors perpetually ringing in his ears! He is hurried into lawsuits and unnecessary expense; and see the Sabaneus hunt his flocks, and the Chaldeans trespass upon his enclosure! Alas, he has no peace of mind; how vexed, disquieted, tormented, for the want of fences!

Minard's Liniment Cures Burns, Etc.

Plenty of Timber. It is estimated that there are between 200,000,000 and 300,000,000 acres covered by timber in Canada.

Teacher—What is a mountain range? Pupils—A mountain range is a large cook stove.

ISSUE No. 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 MONTREAL

Intelligent Lad.
Employer—Boy, take this letter and wait for an answer.
New Boy—Yes, sir.
Employer—Well, what are you waiting for?
New Boy—The answer, sir.

Minard's Liniment Relieves Neuralgia.

Remarkable Woman.
"His wife is a remarkable woman."
"How so?"
"She can look stylish in bonnets that he likes."

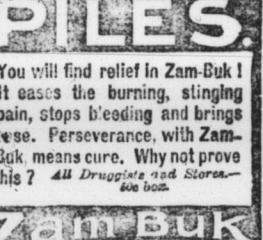
We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for 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.

Rejected.
Young Man—I asked, but I received not.
Parson Prim—Then you asked amiss.
Young Man (sadly)—Yes, I asked a miss.

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

Just Another Libel.
A Scotsman who suffered terribly from insomnia was advised to consult a specialist. When the consultation was over the unsophisticated old man asked what there was to pay. "One guinea," said the doctor, and the old man paid it. Then he returned home. Later, recounting his experience, he said, with a pathetic quaver in his voice—"You man cure me of sleeplessness! Dae ye ken, I couldn't sleep for a hale fortnight efter thinkin' on whitt I had to pay him!"



ZAM-BUK
You will find relief in Zam-Buk! It cures the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk means cure. Why not prove this? All Druggists and Stores—See Logo



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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.
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Mica forms a smooth coating on the axle spindle—keeps it cool and well lubricated.
THE IMPERIAL OIL COMPANY Limited
BRANCHES THROUGHOUT CANADA



Sloan's Liniment
KILLS PAIN
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 many plasters and ointments. Try it for gout, lumbago, neuralgia, bruises and sprains.
At your druggist, 25c, 50c, and \$1.00.



Shipping Fever
cured, and all others, no matter how long standing, by **SPOHN'S EXQUISITE THERAPEUTIC 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.

No News is Good News.
"What's happened to Brown?"
"Nothing. I guess everything is going all right with him, because it's only when they're in trouble of some sort that we hear from our friends."

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.

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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, 13 West Adelaide Street, Toronto.

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

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Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

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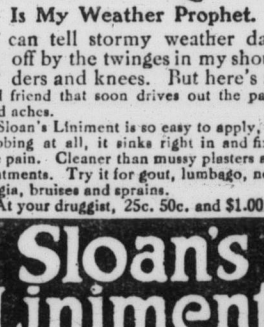
PATRIOTISM AND PRODUCTION
Greater production per acre is urgent whether for peace needs or war necessities. It is a matter of national concern that this year's crops be fertilized to increase yields and maintain fertility.

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 Profit Bulletins.



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Rheumatism
Is My Weather Prophet.
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SPOHN MEDICAL CO., Chemists Goshen, Ind., U.S.A.