



THE MAKING OF TOMMY ATKINS

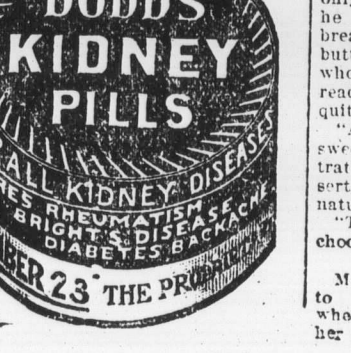
We are trying to turn out men at arms and I think we are succeeding. That in a dozen words sums up the attitude of the British army authorities...

IMPORTANT OF BAYONET SPIRIT

With a skin browned by African suns and triple rows of decorations on his tunic, the outward and visible sign of a perfect man at arms to his comrades...

FEEDING THE BOY

The growing boy—the active, healthy, normal boy—is a better judge of his diet than mother or father or doctor. He needs every kind of food...



IMAGINABLE SUBJECT FROM GAS DRILL

First aid, barbed wire entanglements, bombing, trench mortars, range finding, sniping, scouting, night patrolling, mining, physical and bayonet training...

THE GAS COURSE

The gas course is naturally divided into two parts, (a) how to gas your own trench, and (b) how to protect yourself from being gassed...

CURING SKIN TROUBLES

So many people, both men and women, suffer from skin troubles, such as eczema, blotches, pimples and irritation that a word of advice is necessary...

MINARD'S LINIMENT CURES GARGET IN COWS

Whatsoever you do, keep your word, for the man who breaks his promises even in little things is sure to break them in the more important ones...

REPECT PROMISES

Therefore Do Not Make Any Unless You Can Keep Them. Keep your promises, so don't make any you cannot fill.

SKIRTS

College Lecturer Says Short Ones Cause Big Food Bills. Philadelphia, Pa., Feb. 15.—"Short skirts and silk stockings make a girl eat so much that she becomes bad tempered."

MINARD'S LINIMENT CURES DIPHTHERIA

PRESTER JOHN, Monarch of Fabulous Wealth and Power Remains a Myth.

The general opinion about Prester John cannot perhaps be better summed up than in the cataloguing phrase "a fabulous medieval Christian monarch of Asia."

MINARD'S LINIMENT CURES COLIC

Spanish Irishmen. A recent writer draws attention to the connection which has long existed between Ireland and Spain.

FATHER OF THE AMERICAN NAVY

A native born Irishman that the members of his race are particularly proud of is Commodore John Barry the "Father of the American Navy."

TEA IS DELICIOUS AND PURE

Sealed Packets Only - Never in Bulk BLACK, MIXED or NATURAL GREEN

HOW JAPS COOK RICE

The quantity of water varies according to the qualities of rice, but five parts of water to four of rice, or six parts to five, by volume, will be common proportion.

Simply boil the water and then pour the rice, previously washed, into this boiling water, at the same time increasing the flame. The pan cover must fit the pan edge as tightly as possible and also must be heavy...

GREAT LAKES LEGEND

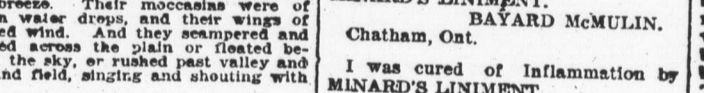
Stories of Niagara Falls and of Leelinau, the Fairy Girl. In old, old times, on the highest peak of a great mountain, there dwelt a hunter and his five sparkling daughters...

ALUMINUM GIRTERS AND HOOPS LINE THESE MONSTER BALLOONS

The technical details in the construction of Zeppelin aircraft are explained in a journal called the Aeroplane. The visible exterior part of the Zeppelin is merely the cloth or fabric covering of the framework...

REDUCING EXPENSES

The war has so increased the cost of living, the housewife must make her money go further. By using Red Rose Tea, which chiefly consists of strong, rich Assam tea, she can keep her tea bills down.



Kept Good by the Sealed Package. RED ROSE TEA IS GOOD TEA

HELP WANTED

WANTED - PROBATIONERS TO train for nurses. Apply, Welland Hospital, St. Catharines, Ont.

WANTED MEN FOR GENERAL MILL work; previous experience not essential. Good openings and advancement to steady men. For full particulars apply "Shilbys Mig. Co., Ltd., Stratford, Ont."

MONEY ORDERS. WHEN ORDERING GOODS BY MAIL send a Dominion Express Money Order.

SALESMEN WANTED. WANTED SPECIALTY SALESMAN in every city and town, to sell 6 fast selling, 25 cent to \$3.00 articles; no competition in these articles.

LET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment, and you can enjoy free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

PHILADELPHIA, Pa., Feb. 15.—"Short skirts and silk stockings make a girl eat so much that she becomes bad tempered."

MINARD'S LINIMENT CURED COLIC BY BAYARD McMULIN, Chatham, Ont.

MINARD'S LINIMENT CURED INFLAMMATION BY MRS. W. A. JOHNSON, Walsh, Ont.

MINARD'S LINIMENT CURED FACIAL NEURALGIA BY J. H. BAILEY, Parkdale, Ont.

MINARD'S LINIMENT CURED DIPHTHERIA.

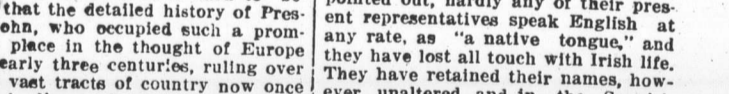
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DR. SOPER & WHITE. Specialists. Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.



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