

# MURAD CIGARETTES

Everywhere Why? The blending is exceptional

## COOKING FOR AN ARMY ON CANADA'S MILITARY "SPECIALS"

- 4,000 lbs. fresh meat and bacon.
  - 1,200 lbs. beans.
  - 1,500 loaves of bread.
  - 50 bags of potatoes.
  - 1,400 lbs. of sugar.
  - 400 lbs. of coffee.
  - 100 lbs. of tea.
  - 300 gals. of milk.
  - 500 lbs. of butter.
  - 650 lbs. of oatmeal.
- Some of the staples provided for a battalion en route Camp Borden, Ont., to Halifax, N.S.



Grand Trunk Commissary Car.

When the full account is written of Canada's participation in the war there will be no more interesting chapter than that dealing with the methods employed in transporting this great army of men from the training areas to the front, over distances, in many instances, of thousands of miles, and thence from our Atlantic ports to the English camps and the trenches of Flanders and France. One side of this work which stands out most clearly is the use of the Military dining cars which have been specially created in Canada to provide our soldiers with meals while on their long railway journeys. No country in the world ever faced the problem of carrying over so great a distance by rail so many men and to meet the situation something new in railroad equipment had to be provided to attend to the cooking and serving of meals. The ordinary dining car, as compact as a watch in its arrangement, can feed thirty people at one sitting, but how to feed hundreds of men at one time was the problem. That it has been mastered in splendid fashion is a compliment to the dining car experts of Canada, and particularly to Mr. E. W. Smith, Superintendent of Dining and Parlor Car Service, Grand Trunk Railway System. So successful have been the methods adopted on the Grand Trunk that they have attracted the attention of authorities in all parts of the world and were recently inquired into by the United States Government.

The Grand Trunk Commissary Car shown in the illustration is the largest travelling kitchen ever devised. It is eighty feet in length, steam-cook-

ing apparatus and sixty-foot refrigerator space and store-room capacity for many tons of provisions. Eight cooks work in it without confusion, while a passageway running the whole length of the car allows the military waiters to pass on their way to and from the coaches. In the movement of a battalion two of these cars are used, the military special being run as a rule, in two sections. The commissary car is placed in the centre of the train in order that it is easy of access from all the coaches. When a battalion departs it always the subject of keen interest among the men in khaki. The military cooks are for the time being out of action. The comfort of the men, so far as diet is concerned, depends upon the railway's crew, in charge of a specially chosen steward. The system of service is explained to the soldiers by the steward at the first meal on the train. The non-commissioned officer in each coach appoints his own waiters. Punctually as the minute hand of the watch reaches the meal hour the waiters from the first car on the train and the last car walk through the train to the commissary. The cooks have been preparing for hours and everything is ready and piping hot. Along the great counter is spread the various portions of the meal. It is breakfast time and the morning menu calls for oatmeal porridge, meats, potatoes, bread and butter, jam and coffee. Two men take the big trays of meats and potatoes, another the bread, already sliced and buttered, another the porridge, another the coffee and so to the end. As soon as the first two coaches have been supplied two more squads of waiters arrive until all are served. Within fifteen minutes every man on the train is busy with his meal. Serving over twelve hundred men in fifteen minutes without fuss or furor means organization and that is the secret of this railway's method of handling the problem. The rule is that every man shall be amply supplied and nothing delights the cook more than to see boys relish some favorite dish so well that they come back for "more." Three fine meals a day make happy travellers on the long rail journey. The appreciation of the officers and men for the service given makes the hard task a pleasure to the men concerned.

### LITTLE WORRIES IN THE HOME

These Bring the Wrinkles and Pained Faces That Make Women Look Prematurely Old.

Almost every woman at the head of a home meets daily many little worries in her household affairs. The care of her little ones, the work about the house all contribute to these worries. Most of them may be too small to notice an hour afterwards, but they constitute a constant strain that affects the blood and the nerves and makes women look prematurely old. The effect of these little worries may be noticed in sick or nervous headache, fickle appetite, tiredness after slight exertion, and the coming of wrinkles which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness. Among the many thousands of Canadian women who have found new health and strength through these pills is Mrs. C. Strasser, Acton West, Ontario, who says: "I am the mother of three children and after each birth I became terribly run down. I had weak, thin blood, always felt tired and unable to do my household work. After the birth of my third child I seemed to be worse, and was very badly run down. I found the greatest benefit from the Pills, and soon gained my old time strength. Indeed, after taking them I felt as well as if my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can procure them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

### HOLD UP YOUR HEAD.

It Will Stimulate You Mentally as Well as Physically.

In a letter to Robert Grimshaw of the New York University, William Muldoon gives advice that it would be well for every man and woman, boy and girl in America to take to heart. He says:

"I was taught in early manhood not to throw my shoulders back, stick my chest out, draw my stomach in or hold my chin down like a goose preparing to butt, but to always try to hold my head in a dignified way with the crown of my head. If one tries to do that—first understanding how to try and then trying—he doesn't have to pay any attention to the rest of his physical being. That effort to touch something above him not with his forehead, but with the crown of his head will keep every particle of this body in the position that nature intended it should be.

And as a boy I was advised to frequently back up against the wall and make the back of my head, my shoulders, hips, heels all press against the wall at the same time, and in that way get an idea of what was straight, or in other words, how crooked I was becoming by drooping.

Both to young and old Mr. Muldoon's 'hold your head up' suggestion is inspiring. Try it. The effect physically and mentally is immediate. When the head goes higher the impulse is to depress breathing. A man finds more elasticity in his limbs. He stoops out more easily. There is more spring to his gait. He isn't a lumbering, shambling creature, but a man who carries some invagination of the crown of the head there seems to come clearer thinking a more buoyant feeling and a brighter outlook.

**Minard's Liniment Cures Dandruff.**

**Spring Silks.**

And extremely gay they are, too. There is a great deal of that heavy, oyster-white, crepe wave, striped tub silks in new colorings are also in evidence. Fabrics shimmering and colorful, chiffons, filmy and lovely, charmeuse and satins are also modish. And the crepe-*bourgeoise*, the chine and moor, are enchanting and approved of fashion.

The false can never grow into truth by growing in power.—Tagore.

### They Made Him A Different Man

WHAT B. DRAPER SAYS OF DODD'S KIDNEY PILLS.

His Troubles Were Numerous and of Long Standing, But Four Boxes of Dodd's Kidney Pills Drove Them All Away.

Sedley, Sask., Feb. 22.—(Special)—"Dodd's Kidney Pills made me a different man." The speaker was Mr. Benjamin Draper, well known and highly respected here. He is a fine, healthy representative of the prairie province, and he says he owes his health to Dodd's Kidney Pills.

"I was in bad shape all round when I started to use Dodd's Kidney Pills," Mr. Draper continued. "My trouble came from hard work when I was young. My joints got stiff, my muscles cramped and I suffered terribly from a sore back. I was depressed and low spirited. I was always thirsty and I had flashes of light before my eyes.

"I had rheumatism and heart flutterings, my appetite was fitful, my memory was failing and I was troubled with shortness of breath. Four boxes of Dodd's Kidney Pills made me a new man."

Dodd's Kidney Pills cured all Mr. Draper's troubles because they all came from sick kidneys. If you have any of his symptoms Dodd's Kidney Pills will help you.

### The Grey North Sea.

Landsmen at home, in comfort, Buying and selling, too, Smoking your pipes together, Just as you used to do; Think of the sailors striving To keep you safe and free, Out on the North Sea riding, Out on the grey North Sea.

Women at home, in safety, Sleeping and waking, too, Tending the home and garden, Just as you used to do; Think of the sailors straining To keep your children free, Out on the North Sea watching, Out on the grey North Sea.

All ye in England dwelling, Free from the war's alarms, Just as in peacetime living, Sheltered from want or harm; Think of the sailors daily, For the sake of you and me, Out on the North Sea dying, Out on the grey North Sea, Kingston-on-Thames, CANTONERS' SAVAGE.

**Frock Fashions.**

There are many dresses of stockinet. And numbers of very bewitching gowns are of lustrous charmeuse. Beads are quite frequently used for trimming—on crepe, satin and silk dresses.

Chenille embroidery is another feature of some new spring gowns.

Coat dresses are youthful, becoming and fashionable—as you'll see by the early spring exhibits.

High-waisted effects are promised a vogue; so, too, is the barrel skirt, the round neck and the combination gown of two kinds of silk.

How long fired becomes steel—Chicago Saying.

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

If you are troubled with weak, tired feelings, head-ache, back-ache, bearing-down, sense of heaviness, bladder derangement, constipation, catarrhal conditions, pain in the back, regularly irregularly, bloating, some of the following symptoms, desire to cry, palpitation, hot flashes, dark spots under the eyes, or a low, nervous life, write to me to-day. Address: Mrs. M. Sumner, Box 3, Windsor, Ont.

### JEWELLED BOOKS.

Antique Volumes Bound in Gold and Incrusted With Gems.

Bibliophiles will tell you that the bookbinding of the ancient has never been equalled, let alone surpassed. They will extol the beauties of the bindings of the Byzantine period, when books were carried in imperial processions, and the book produced in the middle ages was of remarkable beauty, intricacy and durability. Religious manuscripts were enriched with illuminations, initials, and while their covers were of silver, gold or enamel, incrustated with gems. These books were generally bestowed as splendid gifts by kings and princes on monastic houses and churches, where they were laid on the altar or chained to a desk.

The dukes of Burgundy were renowned for their libraries. The "Bezaucio" which Charles the Bold was bound in velvet set with five large rubies. Another Burgundian book was velvet bound and set with sixty-eight pearls of great size.

The library of Philip the Good of Burgundy surpassed all other book collections of the time. It contained nearly 10,000 volumes, all richly illuminated and with bindings of damask, silk and velvet incrustated with jewels, clasps of gold and gems.—Pearson's Weekly.

### Inflammatory Rheumatism Permanently Cured

NEW BRUNSWICK LADY GIVES FULL PARTICULARS OF HER RECOVERY.

There are many types of rheumatism, but none worse than bilious rheumatism. It is this kind that almost killed Mrs. Edw. Warman, of Kentville, N.B. Every known remedy she tried, but different doctors gave their advice, but the disease increased.

Weak and despairing, she was at her wits' end when she discovered the cure of Thos. Cullen was published. This gentleman was cured of rheumatism by "Ferrozone." Consequently, Mrs. Warman used the same remedy. Here is her statement:

"For five years I have been rheumatic. I tried various kinds of relief without success. The disease increased, settled in my joints and muscles; these swelled, caused excruciating pain and kept me from sleeping. My limbs and arms stiffened, my shoulders were lame, and prevented me from working. Week by week I was losing strength and despair of finding a cure. It was a happy day I heard of Ferrozone. Every day I took Ferrozone, felt better; it eased the painful joints, gave me energy and a feeling of new life. Ferrozone cured my rheumatism, cured it so that not an ache has ever returned. Even damp weather no longer affects me."

Ferrozone has power to destroy Uric Acid, neutralize and enrich the blood, and therefore cures the worst cases. Mrs. Warman's statement proves this.

By removing the cause of the disease and building up a reserve of energy, Ferrozone is certain to cure. Sufferer, isn't it about time to stop experimenting? Ferrozone is a CURE, order to-day, 50c per box, or six for \$2.50, sold by all dealers or direct from The Catarthozone Co., Kingston, Ont.

### CHAT IN PASSING.

Spring-Like and Dainty Are Some of the New Regades.

Some of the daintiest regades imaginable are new and sporty, and made of white and light colors. One of the new regades is a long, thin, light-colored, and has just enough embroidery to make them attractive and sporty.

Now that we have long passed the stage when "her hair like a city street" in and out her petticoats, it behooves Minard to make them good with extra care. What with our shorts, skirts, they are out, and due to stay! They are not only sporty, but they are new black satin slips with many folds, in the prettiest colors and beautiful designs, small and large, how much they show!

Any woman who has ever had the misfortune to have the hot-water bottle burst just when it was most needed, will appreciate a new bottle which is water-tight, but not lacking in hotness. It is flat and of metal and has but to be put for a few minutes and it will stay hot and unbroken for hours at a stretch.

This is a good time to pick up an inexpensive evening frock to wear when you have sales and cleaning out winter stocks, and if one will not take the trouble to look there are many gowns which have possibilities marked for very little. Freshened up with new tulle or pearls a bit of lace or silk, a new gown may be had for an absurdly small outlay.

**Minard's Liniment Cures Burns, Etc.**

### ANTIQUES

Have you any old articles of merit which you are desirous of disposing of—such as Antique Furniture, Old Plate, Brassware, Prints, Engravings, Old Arms, Armour, Curios, etc.? If so, you will find it of interest to you to consult us.

**ROBERT JUNOR**  
62 KING ST. E., HAMILTON, ONT.  
THE HOUSE FOR GIFTS.

Importers and Dealers in China, Glass, Fancy Goods and Antiques.

\$200 each. Care should be taken in packing the machines for export.

Mr. G. S. Thompson has discovered that celluloid can be made plastic by soaking it in ether solution. It can then be moulded into any shape for application in various tissues of the body.

India's small output of saltpetre is due not to any scarcity of the product, but to the difficulty of securing labor. One hundred thousand pounds of lemon grass art used annually in the United States by manufacturers of perfume and soap. The Department of Agriculture is endeavoring to interest farmers in growing this grass on the high plain lands of Florida. Lemon grass is now imported from the East Indies.

A new natural dye has been discovered in a native grown root of Porto Rico, known as "granbrillo" or sweet ginger. The root is sold by farmers at Mayaguez for \$1 a hundred pounds.

Brightly colored felt with pockets and polished like the make big shoes at Alton, Arden, and others who have to compete with the felt shoes that will cost \$1 more than felt shoes.

Structural iron and steel are needed in Colombia.

The Venezuelan Government plans to construct a road which will extend through the States of Amazonas, Angel and Bolivar, and will connect all the important cities in those States.

A dealer in France has imported about American machinery for the automobile industry.

American biscuits and small cakes are in demand in British East Africa.

The United States has succeeded in England as the supplier of lead in pipe and bars to Poochow, China. Ten chests are lined with this product.

Two portable sawmills have been placed in operation at Salisbury, New Brunswick. It is expected that the mills will saw 2,000,000 feet of lumber. The portable mills reduce the cost of sawing lumber in sections remote from existing sawmills.

Bermuda's 1917 vegetable crops will not be as good as usual. It is asserted for the reason that there is less land under cultivation than in previous years.

### Minard's Liniment for sale Everywhere.

Shop Sights

Many new sports hats of the straw in mushroom shape and that new champagne green which is so fashionable—and so difficult to wear.

New sports skirts of white wash satin, in smart pleated models; also some of white pongee.

New white and color velvet checks of suitings that are quite smart, quite wide and will make attractive spring suits.

New spring frocks for young girls—made in a rather trying style with the new round, and rather high neck.

More sports silk than have ever before been shown and destined to make coat linings or coats, whole suits, frocks, blouses, hats and parasols.

To whom it may concern: This is to certify that I have used MINARD'S LINIMENT myself as well as prescribed it in my practice where a liniment was required and have never failed to get the desired effect.

C. A. KING, M. D.

### TRADE BRIEFS.

Crops and animal products of the United States in 1916 had an estimated value of \$13,449,000,000, an increase of \$2,874,000,000 over 1915, which was the former record year.

The Peruvian Government will pave the city of Iquitos at a cost of \$48,665. This will be paid by revenues from rubber plantations in the Department of Loreto.

There are opportunities for several lines of American supplies in West Africa, including canned goods, pork, cotton prints, hats and clothes.

As a result of the efforts of consular agents at Port Elizabeth, South Africa, American machinery worth \$45,000 was installed in a wool washery in that district.

High grade phonographs are gaining in favor in Brazil. They retail at about

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water. Lay these green rings in an altered row, well up on the mound of rice. The effect will be found exceeding good and the peppers will also add a delicious bit of flavor to the rice, when served together.

Pimentos cut in strips and dropped for a few minutes into boiling water make another excellent garnish for boiled rice, the pieces being scattered irregularly around the edge, as a border.

A sprinkling of finely chopped parsley over the mound of rice is just as well as appetizing and a few sprigs of minced boiled ham, high strewn over the rice, is an improvement to the appearance of the dish, well as a piquant addition to the taste.

A little trick which goes a long way toward the satisfactory serving of rice is the use of a fork rather than a spoon. When cooking, the rice should never be stirred with a spoon, but with a fork; when serving, where possible, use two forks instead of a spoon. The spoon crushes the delicate particles and gives the rice a mushy look which must always be avoided.

Chicken livers in brown sauce, halfed calves' liver, creamed codfish, or minced meat of any kind, are all approved when served with a border on boiled rice, in which case potatoes need not figure in the meat in any form.

### Lumbago's Misery Ceases, Every Aching Muscle Cured

JUST RUB ON OLD-TIME "NERVILINE"

Not necessary to drag inside!

That awful stiffness that makes you limp worse than a kicked dog will be cured—cured for a certainty, and quickly, too, if you just rub on Nerviline.

Rub Nerviline right into the sore spot, and bits of it over those tired muscles, do this and the pain will go. You see Nerviline is pain, not oily. Therefore it sinks in, it penetrates through the tissues, it gets right to those stiff, sore muscles and irritated nerves that make you dance with pain.

You'll get almost instant relief from muscle soreness, stiffness, aching joints, lameness, or rheumatism by rubbing with Nerviline. It is a soothing liniment, and doesn't blister, doesn't burn or even stain the skin.

It's the most harmless cure in the world for Lumbago, Back Strain or Sciatica. It takes away the ache at once and ends your misery quickly.

Now quit complaining—don't suffer another day Nerviline, that good, soothing old-time liniment will help you up quickly again. Get busy today. Ask your druggist or any supply store for it.

### Father's Failure.

Johnny Blank, who had been eight summers ago, but not very long ago developed a fondness for playing "Tockey" from school. After two or three offences of this kind he was taken to task by his teacher.

"Johnny," she said, "the next time you are absent I want you to bring me an excuse from your father telling me why you were not here."

"I don't want to bring an excuse from father," protested the boy.

"Why not?" asked the teacher, her suspicion plain.

"Cause father isn't any good at making excuses. Mother finds 'im out every time."—New York Times.

### AMERICAN PEOPLE TO ALLIES.

If they tell you that we hold right and wrong are much the same, The world is equal share of blame. The defender of the old, And the ravaging wolf we name— Don't believe it!

If they tell you that we think, When the rubber comes by night, And we see death murderous might Innocence untried and sink, We should not be proud to fight— Don't believe it!

If they tell you we are cold, When strong men, and comrades as brave, May not live from bondage save— We who give unstinted gold, And our hearts' blood, for the slave!— Don't believe it!

If O gallant souls and true!— If they tell you we judge well Ways of Heaven, and ways of Hell: That the honor dear to you, Also in our souls doth dwell— Oh, believe it!

If they tell you our hearts' cry, That, whatever the danger near, One, only loss we fear, And are ready, too, to die, For the things that you hold dear— Oh, believe it!

—Florence Earle Coates, in Philadelphia Public Ledger.

Does a coal wagon always have the right of way?

### The Business of Being a Boy is a strenuous employment.

Sturdy boys and girls are not built out of books alone. The best food for growing youngsters is Shredded Wheat, the whole wheat food that builds healthy tissue, good bone and develops sound teeth and healthy gums. For breakfast or any meal, with milk or cream. Delicious with preserved fruits.

Made in Canada.

### PILES

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Storekeepers.