



GRIM REALITY!

THIS may be your son. Or your neighbor's boy. Whoever he may be, he is a Canadian lad of priceless worth!

This grim picture of a suffering Canadian soldier is only too real! For it is drawn from a story told by the camera.

Everywhere that Canadian generosity makes possible its indispensable service, the Y.M.C.A. is straining every nerve—giving even unto death—to reach and help Canadian soldiers!

Write the cheque Now.

Y.M.C.A.
Red Triangle Fund
\$2,250,000, May 7, 8, 9
Canada Wide Appeal

Here are a few examples of the large sums required. For huts, marquees and equipment in France, \$302,000; for free entertainment, tea, coffee, athletics and comforts in France, \$643,000; for service to soldiers on leave, \$114,000, etc., etc. (The Y.M.C.A. gladly sends complete financial statement to anyone.)

"If people only knew what the 'Y' means to fellows over here, they would swamp you with contributions," writes a soldier lad.

Won't you let your cheque be a generous one?

Many Give their Lives—All Can Give their Money

National Council, Young Men's Christian Association

Headquarters: 120 Bay Street, Toronto

JOHN W. ROSS (Montreal)
 National Chairman of Red Triangle Fund Campaign

G. A. WARBURTON (Toronto)
 National Director of Red Triangle Fund Campaign

FREDERICTON CAMPAIGN COMMITTEE

C. D. RICHARDS, Chairman

J. D. PALMER, Vice Chairman

G. H. TAYLOR, Treasurer

D. W. ROBERTS, Secretary

Send Cheques, etc., to G. H. TAYLOR, Treasurer.

Cut out this coupon and enclose with contribution. Mail to Treasurer of Red Triangle Fund. See address at foot of this advertisement.

The Treasurer, Red Triangle Fund:

Dear Sir,—

Enclosed find sum of \$..... to be applied as contribution towards Y.M.C.A. service to soldiers.

(Make cheques payable to Treasurer of Red Triangle Fund. See address at left of this advertisement.)

Name.....

Address.....

HEART BEAT SO FAST

Could Not Sleep.
HAD TO SIT UP IN BED.

Heart trouble has of late years become very prevalent. Sometimes a pain catches you in the region of the heart, now and then your heart skips beats, palpitates, throbs, or beats with it will burst. You have weak and dizzy spells, are nervous, irritable and depressed, and if you attempt to walk upstairs or any distance you get all out of breath.

There is no other remedy will do you so much good, restore your heart to a natural condition, build up your strength and give you back vigor and vitality as Milburn's Heart and Nerve Pills.

Mrs. A. Russell, Niagara Falls, Ont., writes: "At nights I could not sleep, and had to sit up in bed, my heart would beat so fast."

"When I went to walk very far I would get all out of breath, and would have to sit down and rest before I could go any farther. I was advised to get Milburn's Heart and Nerve Pills and before I had used two boxes I could sleep and walk as far as I liked without any trouble."

Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Slants of Humor

TURN ON THE HEAT.

Forward, turn forward, Oh! time in your flight,
 Give us some weather that's just about right;
 Give us some sunshine and mix it with heat,
 Give us some garden truck half fit to eat;
 Give us the straw hat and palm beach and then
 Give us a wilted down collar again;
 We are so weary of frosts and one's soul
 Revolts at the purchase of any more coal.

LET GEORGE DO IT.

Little Marion was given a new ten cent piece by her aunt to invest in ice cream soda.

"Why don't you give your dime to the Red Cross?" asked the new minister, who was calling.

"I thought about that," said Marion, "but I think I'll buy the ice cream and let the druggist give it to the Red Cross."

IN YORK COUNTY, FOR INSTANCE.

The Philadelphia Ledger says: "You never can tell. Lots of fellows sing 'Over There,' but they want to stay over here to do it."

THE STUFF.

Prohibition is the stuff
 That makes for peace and quiet,
 It takes the bar from Barleycorn,
 The rye all out of riot.

VACILLATION.

This weather is a cruel thing,
 As heartless as a Nero.
 Today it smiles like gentle spring.
 Tomorrow drops to zero.

WOULD TAKE NO CHANCES.

Henrietta—I saw Herby, and he's all broke up over your turning him down.

Augustina—I don't care. He can die if he wants to. I ain't goin' into no matrimonial venture with no alienation enemy or whatever you call it. I warned Herby I'd put the skids to him because he was afraid to enlist, so to win me over he gives me a mesh bag. And what do you think I find printed on the inside of the clasp? German silver! Can you beat it?

COLORED WAITERS FOR C. P. R. DINERS

Winnipeg, May 6. — With the object of releasing men for more important work elsewhere, the Canadian Pacific Railway company has decided to place colored men upon its dining cars in the positions of waiters and cooks. The change will be made as soon as the men are secured.

