

"One Whole Wheat Meal a Day"—that's the slogan for those who want to conserve food and also conserve strength and health. But be sure it is the whole wheat prepared in a digestible form. **Shredded Wheat Biscuit** is 100 per cent. whole wheat—nothing wasted, nothing thrown away. Fifteen years ago Shredded Wheat was eaten only as a breakfast cereal; now it is eaten for any meal as a substitute for meat, eggs, or potatoes. Two or three biscuits with milk or cream and some fresh fruits make a nourishing, satisfying meal at a cost of only a few cents. **Made in Canada.**

FARMS FOR OUR SOLDIERS

Lt.-Col. George McLaren Brown, the European manager of the C.P.R., writes to the "Tariff Reformer and Empire Monthly," in England, urging a comprehensive scheme by which the returned soldiers could be placed on the land in so far as they desired it—a scheme by which lands closed to the public would be fully opened up—not a few parcels of land, such as were noticed in the press, and which would not give a square foot to all who might seek this means of settlement, but a plan by which large numbers could be accommodated on the lands in the Mother Country. Mr. Brown refers to the plan of the C.P.R., which offers improved farms, in selected colonies, with distinctive military names, improved by the company; and assisted colonization farms of 320 acres each, selected by the intending settler, and then improved by him with assistance from the company. Easy terms of payment are offered, carried over twenty years; but the point that Mr. Brown insists on is that it is not people out of the workhouse that Canada wants, because such are not desired in the Dominion, but people who are likely to succeed. He urges that the whole question of reconstruction be tackled with vigor on the other side.

Fighting Hostile Aircraft.

The pitfalls and dangers which an aviator must avoid at the front are becoming more numerous every day. Anti-aircraft guns mounted on fast motor cars chase around the country behind the lines and prevent the enemy airplanes and zeppelins from remaining over our territory. This type of battery was responsible for the zeppelins brought down at Compiègne in April, 1917, and Revigny in April, 1916. In fact this invention was one of the immediate causes of the Germans giving up their "strafeing" with zeppelins. The record for distance and height in hitting an airplane with this type of cannon is 15,000 feet in the air at 9,000 yards' distance across country. A very large crew is required to man one of these cannons. Beside the cannon a telephonist gets the report of the position over which the German machine is flying.

A lion-hunter who has made a study of that animal's peculiarities says that all lions are left-handed. When one strikes a forcible blow it uses its left paw.

If
you never
tasted
Grape-Nuts
FOOD
you have
missed
one of the
good things
in life

SUBMARINE MINING.

Quest of Gold is Carried on in Shallows of Bering Sea.

Few people know that men are so greedy for gold that their quest for the precious metal leads them to carry on mining operations under the sea. Submarines or diving apparatus are not used. The miners are assisted by Winter, the same stern season which deprives gold seekers in Alaska from extracting ore from the earth during a greater part of the year.

When Bering Sea, off Nome, takes on a coat of ice in Winter, the miners get busy for operations under the sea. "Hot points" are rigged for drilling through the ice down into the mud of the shallow sea, and then the mud is hauled to the surface, where gold is taken from it—often in very paying quantities.

Bering Sea, especially in this vicinity, is very shallow. Rarely does the depth go below 30 feet. Often it is but 20. New gold deposits seem to be formed by the action of the water during the open season when there is no ice. For this reason the Winter mining fields never become barren.

A miner recently returned from the North told the writer that men make big wages at the occupation of "fishing for gold" in Bering Sea every year. The sea bottom around Nome is said to be so rich with free ore that mud and sand gathered up along the beach yields paying quantities of the metal.

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. It is a great mistake for such sufferers and those with bad complexions to smear themselves with greasy ointments. Often they could not do anything worse, for the grease clogs the pores of the troubled skin and their condition actually becomes worse.

When there are pimples or eruptions, or an irritating or itching rash, a soothing boracic solution may help to allay the irritation, but of course that does not cure the trouble. Skin complaints come from an impure condition of the blood and will persist until the blood is thoroughly purified. It is well known that Dr. Williams' Pink Pills have effected the best results in many forms of skin disorders and blemishes. This is due to the fact that these pills make new, rich blood, and that this new blood attacks the impurities that give rise to skin troubles and disperses them; so that Dr. Williams' Pink Pills cure skin disorders from within the system—the only sure way.

It should be added that Dr. Williams' Pink Pills have a beneficial effect upon the general health. They increase the appetite and energy and cure diseases that arise from impure blood.

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

Useless Argument.

Girlie was fond of playing with her dolls, and always called herself "little mother." One day when her mother wished to put her in her little crib for her nap Girlie objected, saying she wanted to be in bed. When her mother refused, Girlie started crying.

"Oh, said her mother, "Girlie mustn't cry like that. Don't you know little mothers don't cry?"

"Dey don't lie in cribs, eizer?" was Girlie's quick reply.

Minard's Liniment for sale everywhere.

The Care of Palms.

Palms require only good rich porous soil, the temperature of an ordinary living room and a fair amount of light and air. Never permit the soil to become dry and never keep the plants standing in saucers of water or in jardinières that hold the water about the bottom of the plants. This applies to all plants wherever they may be grown. Some of an aquatic nature, such as cyperus, can be grown in jardinières filled with earth and with no drainage, or in pots set in aquariums filled with water, and aspidistra may be treated in the same manner.

Wash the leaves of palms occasionally with soap and water, keeping them free from dust. Scratch off scale insects with the thumb as they appear on stems or leaves. A little weak liquid manure may be given say once in two weeks or once a month. Nothing more should be required except repotting the plants as they outgrow the pots. By repotting once a year with good rich compost, such as florists use, very large palms can be grown in small pots.

Talk is cheap; and that is why there is so much of it.

If food conservation shall bring about a revival of the production of that most appetizing article, cottage cheese, a great many people will be reconciled to food-controller Hanna, provided the cheese is made the way our grandmothers made it.

Practical Designs



Ready for work or play is this attractive little model. It is suitable for any of the wash materials such as gingham, percale, chambray or linen. McCall Pattern No. 7914, Girl's Middy or Dress Apron in 6 sizes; 2 to 12 years. Price, 15 cents.



Here is a quaint little apron copied from the apron of the French Red Cross Nurses. It is most practical, completely covering the skirt, with a bib that fastens to the dress beneath, or is held up by suspenders. McCall Pattern No. 7961. French Apron. In 3 sizes; small, medium and large. Price, 15 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Minard's Liniment Co., Limited.

Gents.—A customer of ours cured a very bad case of distemper in a valuable horse by the use of MINARD'S LINIMENT.

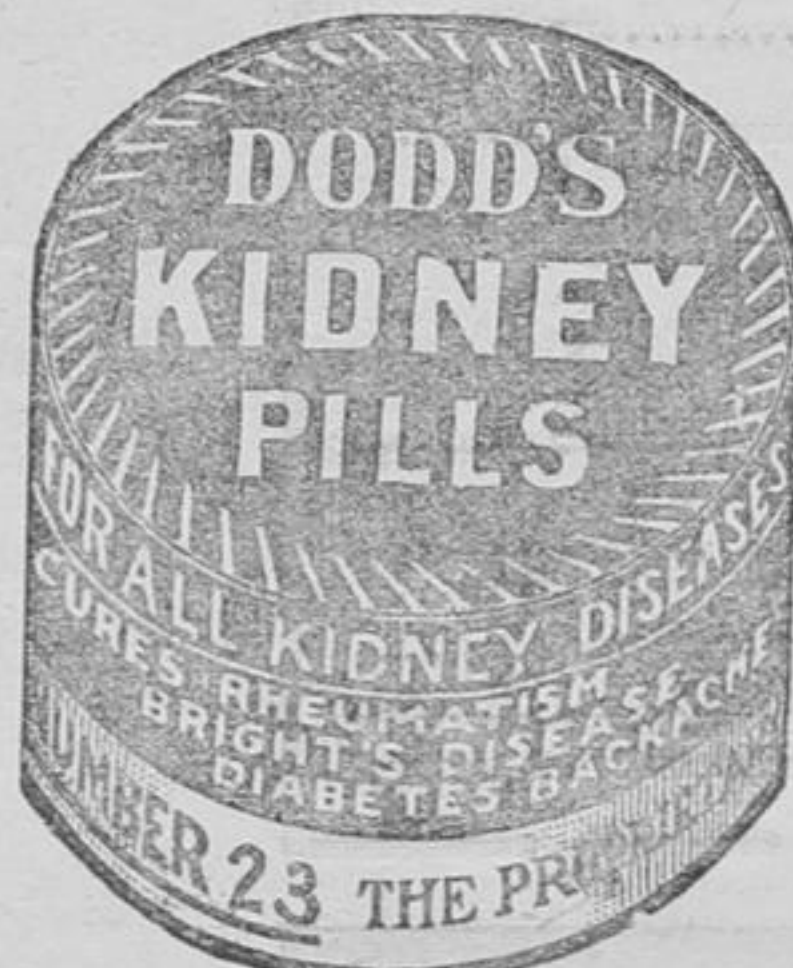
Yours truly,
VILANDIE FRERES.

A lever-operated machine to aid students to learn the multiplication table has been invented by a French teacher.

Minard's Liniment Cures Dandruff.

Democracy and autocracy cannot long co-exist in the same world.

Few men are worth more than a thousand dollars a year from their shoulders down. Those who get the big salaries do their work above the shoulders.



WESTWARD.

(In the terminology of the trenches "He went West" means "He died.")

Crimson the trail that westward runs
From the shot swept sky and the
flaming guns,
From the haunts where death keeps
vigil still
With fiery breath and steel's hot will.

Crimson the trail to the sunset far,
Countless the feet on the pathway
are;

Westward is peace beyond the din
Where the gray ranks meet in the
dawn mist thin.

Crimson the trail to the quiet skies
Where the great guns' threat into silence dies,
Where wounds are healed with a holy
balm

And the fevered rest in a slumber
calm.

Glorious the trail that the brave heart
takes—
Though love behind knows the old
heartaches—
Over the hills where the sun goes
down

To vales eternal of bright renown!
—Arthur Wallace Peach.

**BABY'S OWN TABLETS
ALWAYS IN THE HOME**

Mrs. Eugene Vaillancourt. St. Mathieu, Que., writes: "My baby suffered greatly from constipation so I began using Baby's Own Tablets. I was surprised with the prompt relief they gave him and now I always keep them in the house." Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand for the first trial convinces her there is nothing to equal them in keeping her little ones well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Record Wool Prices.

A Nova Scotia wool dealer recently sold a consignment of 14,606 lbs. of washed wool in the United States at 95c. a pound. The bleat of the sheep should again be heard in the land.

MONEY ORDERS

A Dominion Express Money Order for five dollars costs three cents.

The Immortal Few.

"Father," said Chester, "what is a diplomat?"
"A diplomat, my son," answered the father, "is a man who remembers a woman's birthday and forgets her age."

MURINE Granulated Eyelids,
Sore Eyes, Eyes Inflamed by
Sun, Dust and Wind quickly
relieved by Murine. Try it in
your Eyes and in Baby's Eyes.
YOUR EYES No Smarting, Just Eye Comfort
Murine Eye Remedy At Your Druggist's or by
mail, 50c per bottle. Murine
Eye Salve, in Tubes 25c. For Book of the Eye—Free.
Ask **Murine Eye Remedy Co., Chicago 4**

Leather travelling trunks were used in Rome in the time of Caesar.

Minard's Liniment Relieves Neuralgia.

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

NUXATED IRON

**\$100.00
FORFEIT**

increases strength of delicate, nervous, run-down people 100 per cent. in ten days in many instances. \$100 forfeit if it fails as per full explanation in large article soon to appear in this paper. Ask your doctor or druggist about it. All good druggists always carry it in stock.

The Soul of a Piano is the
Action. Insist on the
**"OTTO HIGEL"
PIANO ACTION**



To Tend Heroes' Graves.

Some twenty women gardeners who have been trained at Kew Gardens, London, are going to France, where they will take up the duty of tending the graves of our dead soldiers. This is a first contingent, and others will follow.

Minard's Liniment Cures Burns, Etc.

FURS

BUY FURS AT WHOLESALE PRICES. Persian Lamb, Mink, Alaska Sable. Also Men's Furs. Satisfaction by mail guaranteed. Send for illustrated catalog. McComber's Limited, Manufacturers, 420 D St. Paul West, Montreal.

NEWSPAPERS FOR SALE

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, 73 Adelaide St. Toronto.

MISCELLANEOUS

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



**Cuticura Better Than
Beauty Doctors**

For cleansing, purifying and beautifying the complexion, hands and hair, Cuticura Soap is supreme, especially when assisted by touches of Cuticura Ointment to soothe and heal the first signs of skin troubles. For free sample address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

**WOMEN OF
MIDDLE AGE**

**Mrs. Quinn's Experience
Ought to Help You Over
the Critical Period.**

Lowell, Mass.—"For the last three years I have been troubled with the



Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."

—Mrs. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

Other warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness.

If you need special advice, write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.