Off to the Front! Put yourself in top-notch condition by eating **Shredded Wheat Biscuit,** a food that supplies the greatest amount of body-building material with the least tax upon the digestion. You cannot get to "the front" in any business with a poorly nourished body. Delicious for breakfast with sliced peaches and cream.

Made in Canada

OFFICER WORE KID GLOVES.

German Taken at Pozieres Was on His Dignity.

An officer writing from the front says:

Yesterday morning Pozieres fell into our hands, after a terrific bombardment during the night. I never heard anything like it for intensity, although it did not last as long as some of the others I have heard. The Austrialians who were here the other day in the village took the place without great loss.

I had a long conversation with two officers who were taken prisoners and were in the prisoners' cage before going back behind the line. Both of them looked rather dilapidated, but the men, about 90 of them, were fairly fine specimens, but the officers told me that they were mostly machine gunners and picked men. Although much on their dignity, one of the officers admitted that we had done well, but he excused himself by saying that the Australians were so fresh that it was impossible to expect his war-weary men to hold out against them. He also admitted that the Australians were "very brave and fearless men." "They seem to have no fear of death," he said.

What seemed to stick most in this officer's gizzard was the fact that he was shut up in the same cage as his men, although there was a piece of wire between them; also that his position was so terribly uncomfortable. He said: "I am not used to sleeping in the open. Officers always sleep in houses with us!" So I reminded him it was war time. He replied, "Yes, yesterday I was a gentleman; to-day I am a monkey behind iron bars." True, they were not very comfortable, as they had to lie on some chalky ground alongside of a sunken road.

I could not help smiling myself at their lack of humor and absurd opinion they had of themselves. Just picture these two German officers anything but smart—in fact, very bedraggled after two days without a shave or wash—one in dark green uniform, the other in a Prussian blue uniform, with his long blue coat looking very dirty and worn and he himself most bedraggled. Then, to crown all, he was wearing a rather light pair of kid gloves, which seemed to give him an almost comedian's touch, so absurd did gloves appear in his present surroundings. I felt almost sorry for him, he looked so ridiculous and yet so much on his dignity. He seemed to cling to his gloves as an emblem of respectability, because when I saw him brought in yesterday evening he was still wearing them.

I gathered from these officers they were rather surprised that we have done as much as we had, and that our troops were as good as they are and our artillery so accurate. I asked what they thought of the present situation. They said, "Yes, you have won five kilometres, but it is a hundred miles from here to Brussels; but you will get no further." They were very much concerned as to whether there was any danger of being torpedoed when they were going over to England, as they heard that very few boats ever got across. I told them they might get across safe, but in all probability they would be sent to the Isle of Man, in which case there was a very good chance of going under. They replied, "Isn't there a signal given on the steamer that it is carrying German prisoners?" which I thought was rather priceless.

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Gets Attention=

First, because of its wonderfully delicious flavor—

Then again, because it is ready to eat—fresh and crisp from the package.

But the big "get attention" quality is its abundance of well-balanced, easily digestible nourishment.

For sound health, every table should have its daily ration of **Grape-Nuts**—

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

PAYING $1,000,000 A DAY.

What British Are Allowing for Dependents of Soldiers.

One million dollars a day. That is what the British Government is now paying out to the wives and other dependents of soldiers serving in the army.

One million dollars a day or $365,000,000 a year, paid out exclusively to the families at home of soldiers fighting at the front. And this amount is entirely independent of the regular pay allotted to the soldier himself, the cost of his equipment and all the other expenses incidental to hs support.

Enormous as it is, this amount represents merely a fraction of what the British Government is actually doing for those who have joined the colors.

SAVE THE CHILDREN.

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets cure these troubles, or if given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the new-born babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

ENGLISH MANSIONS SOLD.

Some of the Noted Old Castles Are Changing hands.

The old boast that visitors from abroad going to England after a lapse of twenty years would find their old friends established in the same old homesteads is vanishing in the war, along with many other traditions. Estates are changing hands with startling rapidity every week, bringing new announcements in which town and country houses long associated with their owners are offered in the public mart. In former years many such sales would be made privately. They are now too numerous, as a rule, for the agents to handle in any but public fashion, knocking the bargain down to the highest bidder at auction.

One of the most recent sales is that of Pennsylvania Castle, Portland, where a splendid collection of portraits, autographs, manuscripts, and books belonging to the family of William Penn had been housed. In the grounds of Pennsylvania Castle were the Norman ruins figuring in Thomas Hardy's novel, "The Well Beloved." The estate was bought by T. J. Templeman, of Weymouth, for $29,750.

The Penn relics were sold at Christie's, a portrait of John Penn, the son of William Penn, bringing $13,125. William Penn's family Bible brought $575. A treaty belt, the original one presented by the Indians to William Penn and made up of eighteen strings of wampum, brought $430. Another treaty belt, the second one given to William Penn by the Indians, brought $350.

Commander C. H. R. Slingsby, R.N., who inherited a year or two ago the large estates in Yorkshire of his father, but who has not yet succeeded in establishing the legitimacy of his son Teddy Slingsby in the English court, is selling off this month about 12,000 acres of the family estates. The Red House, near York, will be sold, as well as many historical places famous all over the world and during times of peace visited every year by tens of thousands of tourists. These include the Dropping Well at Knaresborough, where the water possesses petrifying properties; Eugene Aram's Cave, Mother Shipton's Cave, and St. Robert's Chapel.

The Slingsby case is now in the hands of the House of Lords. Commander Clingsby won in the lower court, when the presiding judge based his decision largely upon the advice of a famous sculpter that the boy must be the son of the commander's wife because of peculiar ear formations found in both. The case was appealed, Sir Edward Carson acting for the brothers of Commander Slingsby, and under Carson's cross-examination Mrs. Slingsby admitted that she had advertised in a San Francisco paper for a foundling which she wished to adopt.

Lord Ashburton, the husband of the former New York show girl, Frances Belmont, after disposing of much of his family inheritage, is selling Evington, in Kent, a beautiful property which it is expected will be cut up and bought by the tenants.

Love and reason are seldom on speaking terms.

Box Sawyers
Box Makers

HIGHEST WAGES

Firstbrook Bros., Limited
283 King St. East, Toronto

LABOR ADVISER WILL BE USEFUL

BRINGS TIRELESS ENERGY TO WORK OF NEW POSITION.

Arthur Henderson Is a Well-Balanced and Patriotic Leader of Labor.

It is well from every point of view that the resignation of Mr. Arthur Henderson, the one representative of labor in the coalition Cabinet, from the post of President of the Board of Education, is not to involve his retirement from the Cabinet. He is continuing in the Cabinet, though in a new office—that of Labor Adviser to the Government. His Cabinet colleagues and the country at large could ill spare at this time from the inner counsels of Government, a labor leader so well-balanced, so able, so patriotic, and so wise as Mr. Henderson has shown himself to be.

Persistent criticism from extreme Radical quarters, had had the effect of rendering Mr. Henderson's continuance at the Board of Education extremely difficult. And while it is possible that in that particular department he may have been something of a square peg in a round hole, it is notorious that, by reason of the large demands of other kinds made

Hon. Arthur Henderson.

on his time and thought he was not able to give sufficient attention to the exclusively departmental work connected with the Board of Education. For, almost from the moment of his taking office, he was required to devote himself very largely to labor questions.

A Tireless Worker.

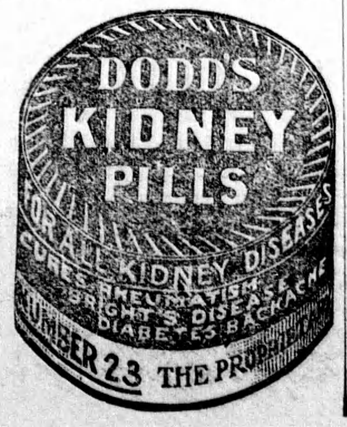
As a fact, these are the very questions to help in the solution of which he was called into the Cabinet. And in contributing to their solution he has done work of immense national benefit—work to which he has applied himself with that tireless energy and persistence which are so characteristic of the man. For fifteen months he was engaged, with great success, in dealing with labor matters submitted to him by the Ministry of Munitions, the Admiralty and the War Office, sometimes in turn and sometimes all at once. It is small wonder if, during that time, he was unable to give the requisite attention to the department of which he was the head.

His new appointment as Labor Adviser to the Government, and his retention in the Cabinet in that capacity, constitute a recognition of the importance of the services he has rendered, and will continue to render in connection with labor questions. In the newly-created office he will be the right man in the right place. The work which he has done in the organization of labor for war purposes generally, and, in particular, in the adjustment of difficulties under the Munitions Act, has been work of extreme difficulty and often of great delicacy. And there will certainly not be less scope for his great gifts when the difficult problems in connection with the readjustment of industry at the close of the war come forward for solution.

No Increase in Cabinet.

The new Department of Labor which has been established, might very well have been set up at a considerably earlier date. It is to have separate officers and a staff under the direction of the Labor Adviser. Its present work will largely consist in investigating labor problems for the information of other departments and of the Cabinet at large.

It is satisfactory that the creation of the new office of Labor Adviser is not to add to the already somewhat excessively large total of Cabinet Ministers. Lord Crewe is adding the work of the Education Department to his duties, largely nominal, as Lord President of the Council.



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Independent of Germany.

Hitherto Great Britain has been mainly dependent upon Germany and Austria for its supply of medical herbs, but E. M. Holmes, curator of the Pharmaceutical Society's Museum, states that two of the most valuable drugs, belladonna and fox-glove, are grown in England, and that she can be independent of Germany in respect of these. Belladonna occurs in twenty-eight British countries, and in regard to digitalis—foxglove—if its seed is scattered in fresh localities in the autumn there will be no need to import it from the continent.

Phonograph Fire Alarm.

A fire alarm apparatus that calls "central," telling her in a calm, dispassionate, mechanical voice that the factory of Smith, Jones & Co., is in flames and to please call the fire brigade immediately is the proposal of an English inventor. A phonograph, with its horn close to the mouthpiece of a telephone, is fitted with a record bearing the fire warning. The phonograph starts when an electro magnet placed near it draws down the releasing lever. The circuit of which the magnet is a part is closed by an automatic switch which is held by a cord. A fire burns the cord.

Her Wish.

"I wish I were dead," said he after the quarrel.

His wife did not join in this melancholy yearn.

"I wish you were insured," she did say.

Minard's Liniment Cures Burns, Etc.

And He Knew It.

The Professor—I'm afraid, my dear young woman, that you find statistics very dry things.

The Dear Young Woman—Not always. Lieutenant Smyth told me that there were 400,000,000,000 people in the world and I was the prettiest girl of the lot.

St. Joseph, Levis, July 14, 1903.
Minard's Liniment Co., Limited.

Gentlemen,—I was badly kicked by my horse last May, and after using several preparations on my leg nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I could start on the road.

JOS. DUBES,
Commercial Traveller.

Merit Grows Like Fat.

A Dutch army officer appeared in public with his breast covered with medals.

"Where did you get all those medals, colonel?" a friend asked him. "Did you win some big battle?"

The officer pointed to the biggest, brightest medal of all.

"Dot's de first one," he said. "I got dot by mistake. Und I got all de oder ones because I had dot one."

Minard's Liniment for sale everywhere.

Striving to Please.

"John," said the minutely observant woman, "didn't you forget to tip the waiter?"

"No, I attended to that right at the start. I handed him all the money I can afford to spend and told him to take his tip and then bring us something to eat with the change."

As Good as a Gift.

Spenditt—I say, old chap, if you would lend me $50, I could make $75.

Smart—How would you make the other twenty-five?

Immune From Suggestions.

"People don't bother Wombat with remedies for his ailment."

"What's his ailment?"

"He's deaf."

ANGELS UNAWARES.

Women Are Doing Their Share These Trying Times.

Before the war there were five million, five hundred women wage earners in Great Britain; to-day there are said to be over ten million. Five million men have enlisted for active service, and a woman has taken the place of every able-bodied man who might have been engaged in peaceful occupations. England has never been so busy a manufacturing and industrial country as she is in 1916, but this would never have been possible if women had not stepped into the breach.

In Canada there is not the same supply of surplus available women, so that in this respect Canada has not experienced so great a revolution in industrial life, but many new occupations are being opened to Canadian women, and the demand for women workers in factories and in the great industrial life of the railways is steadily on the increase If Sir Robert Borden is to secure his 500,000 Canadian soldiers, 100,000 women must temporarily step into the shoes of men so that the latter may be released for service, as the limit of available men seems almost to be reached. Women are already working alongside of men in sacking and hauling of grain at the Great Lakes elevators, in the Canadian Pacific yards and shops where they are cleaning cars, in the telegraph services and in many clerical positions hitherto held by men. They are acting in some places as Station Agents with satisfaction to their employers. But Canadians who visit England are surprised to find women ticket inspectors and guards, women as elevator attendants, women as chauffeurs, and train conductors, women as red caps, porters and ticket clerks, women as locomotive cleaners and track greasers.

Sore Eyes **Granulated Eyelids,** Eyes inflamed by exposure to **Sun, Dust and Wind** quickly relieved by **Murine Eye Remedy.** No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For **Book of the Eye Free** ask Druggists or **Murine Eye Remedy Co., Chicago**

PLANT TREES BY DYNAMITE.

Orchard of 4,000 Trees Planted in Fifteen Days.

New methods of using dynamite are being constantly devised. Among the most novel of these is its application in the planting of tres.

There was an apple orchard of 4,000 trees to be planted, and as winter was approaching no time could be lost, for fear a sudden turn in temperature should freeze the ground.

The man who undertook the work first mounted a two and one-half-horse-power gasoline engine on the running gear of a light wagon and arranged it to operate a soil auger. With this outfit two men were able to put down as many holes in a day as 30 men could have punched with a bar and sledge.

In these holes light charges of dynamite were exploded to form an excavation in which to plant trees, a number of holes being fired at a time.

By this method the entire orchard was planted in less than 15 days of nine hours each.

Minard's Liniment Relieves Neuralgia.

HOW COCOANUTS GROW.

Covered With Thick Husk So They Will Float.

Why do cocoanuts have "eyes"? This, say the naturalists, is the reason: Cocoanuts generally grow at the edge of seas or rivers, and a good many of the nuts as they become ripe fall into the water The nuts are covered with a thick husk, whch has a waterproof covering, so that they will float. As they float the three eyes, which are all at one end of the nut, are always on top.

Once in the water, nature goes to work. From one of the eyes there comes a shoot that sends forth broad leaves that act as sails. The wind catches these sails and wafts the cocoanut on a journey that may be many miles long. As it sails the other two eyes send out roots, which at first grow among the fibre of the woody husk.

In time the cocoanut is swept on another shore, perhaps on another island. The roots embed themselves in the soft earth the sail becomes the trunk and very shortly a thrifty cocoanut palm is growing where none grew before.

Queer But True.

"It's a queer world."

"Why?"

"Stand up and say that riches don't make for happiness and everybody will agree with you heartily."

"That's so."

"And everybody will go out and keep right on trying to get rich.

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 Stores.—50c box.*

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117-119 SIMCOE ST., TORONTO

Gets Them Out in the Air.

Dix—Running into debt is poor exercise.

Bix—But it gives good exercise to the bill collectors.

Minard's Liniment Cures Dandruff.

Some people never have a chance because they are unable to recognize one when they see it.

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SEED POTATOES, IRISH COBblers, Deleware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR SALE.

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WATCHMAKER WANTED, MUST be capable and reliable. A. Ross, Port Arthur, Ont.

MACHINISTS—SIX GOOD—EITHER machines or vise hands; general work; good wages for good men. The Iron Works, Limited, Owen Sound.

BLACKSMITH WANTED — GOOD Shoer and general smith; power shop; steady job; $3.50 per day; pay every week. J. W. Griffith, Gore Bay, Manitoulin Island, Ont.

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