"Meat Prices Will Not Come Down" is the cheerful news from the Department of Agriculture. Meat prices will not worry the man or woman who knows that a **Shredded Wheat Biscuit** will supply more real body-building nutriment than beefsteak or eggs and at much less cost. Shredded Wheat remains the same price, the same high quality, supplying all the nutriment a man needs for a half-day's work. Two shredded wheat biscuits with peaches and cream or other fruits make a complete, nourishing meal at a cost of not over five cents.

Made in Canada

A HORSE REFORMATORY..

Place in England Where Wicked Animals are Tamed.

A friend in England sends us this story: "One result of the war is the establishment of a reformatory for wicked (?) army horses.

"One of these horses was called Crippen, but the Camden Town owner of that name was a saint by comparison with him, according to the soldiers who tried to tame him.

"Crippen had killed one soldier who had tried to saddle him, and was sentenced to be shot.

"That sentence was commuted to one of detention in a horse reformatory. In this reformatory, near Shrewsbury, the horse criminals, under the care of Lieutenant Rimington, become in time so docile that they will eat sugar out of a lady's hand.

"Crippen met his equals at the reformatory. Vicious, sullen horses, horses that looked like villains and acted as such, roamed about the paddock when Lieutenant Rimington walked, like a Daniel, into the lions' den and the animals at once became quiet.

"The officer carried neither stick nor whip. He understood horses, and, apparently they understood him. They owe their lives to him, and seem to be aware of the fact.

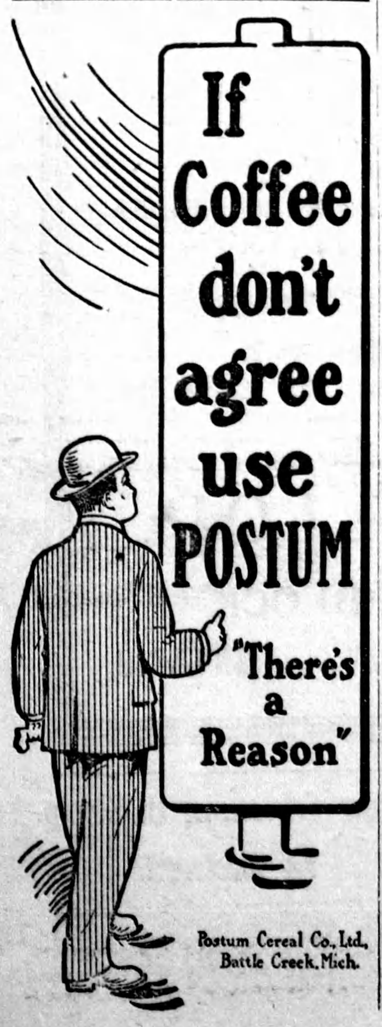
"Anyhow he is soon on Crippen's back, and Crippen is buckjumping in fine western style. Neither stick, whip, nor spur is used to tame him, but tamed he is, in very short time, like the rest of the savage Simons who have been condemned for murderous practices.

"The Shrewsbury horse reformatory, through which hundreds of vicious horses have passed, has proved such a success that the whole process of taming the animals has been filmed, under the title of 'Reforming Army Outlaws,' and will shortly be seen in Wardour Street, where the picture is sure to win the approval of all lovers of horses."

While the vast majority of vicious horses are undoubtedly made so by those who have handled them, a horse is occasionally born with a stubborn, perverse, and ugly disposition. Even in such a case we do not question heredity plays a large part, and the bad disposition may be due to a sire or dam spoiled by an owner or trainer.—F.H.R., in Our Dumb Animals.

Most men admire the nonsense of a pretty woman far more than they do the sense of a homely one.

Most men would be satisfied to do nothing if they could get paid for doing it.



Postum Cereal Co., Ltd., Battle Creek, Mich.

BUILDING BY ELECTRICITY.

More Economical and Convenient Than Steam.

Electric power is being used more extensively each year in building operations to drive concrete mixers, air compressors, hoists, etc.

The main reason for this growing popularity is simply that electric drive is more economical and convenient than steam; provided, of course, electric current is available, as it usually is in the neighborhood of built-up communities. One man only is required to handle a motor-driven machine, and he need not be an experienced engineer, as many workmen can learn to handle a motor in a short time. A single handle controls all operations—starting, stopping, reversing and changing the speed. There are no stand-by losses, either. The motor uses power only when actually running, and when at rest involves no expense whatever. Having no boiler, the machine is lighter and more compact than a steam-driven machine, and hence is more readily moved and placed in position. On account of its compactness, a motor-driven hoist may be placed where it will not interfere with traffic. The absence of fire and sparks makes it safe even though it is crowded under the scaffolding. Cables located overhead out of the way take the place of awkward, leaking pipes, and there is nothing to freeze in cold weather.

THE ROAD TO HEALTH

Lies Through Rich Blood and Strong Nerves.

Debility is a word that fairly expresses many ailments under one name. Poor blood, weak nerves, impaired digestion, loss of flesh, no energy, no ambition, listless and indifferent. This condition is perhaps the penalty of overwork or the result of neglected health. You must regain your health or succumb entirely. There is just one absolutely sure way to new health — take Dr. Williams' Pink Pills. These pills will bring you new life, fill every vein with new, rich blood, restore elasticity to your step, the glow of health to wan cheeks. They will supply you with new energy and supply the vital forces of mind and body.

There is not a corner in Canada where Dr. Williams' Pink Pills have not brought health and hope and happiness to some weak debilitated person. If you have not used this medicine yourself ask your neighbors and they will tell you of some sufferer who has been restored to health and strength through using Dr. Williams' Pink Pills. One who has always a good word to say for Dr. Williams' Pink Pills is Mrs. Luther Smith, of West Hill, Ont., who writes: "I feel it a duty as well as a pleasure to tell you what Dr. Williams' Pink Pills have done for me. I had an operation for tumors. The operation in itself was quite successful, but I was so badly run down and anaemic that I did not gain strength, and the incision did not heal, and kept discharging for nearly a year, until I weighed only eighty-six pounds and could scarcely walk across the floor. I had got so sick of doctors' medicine that I would vomit when I tried to take it. A good friend urged me to try Dr. Williams' Pink Pills, so I bought a box. Before they were gone I thought I could feel a difference, and I got a further supply. By the time I had taken five boxes the wound ceased discharging and commenced to heal. I took in all thirteen boxes and am to-day enjoying the best health of my life and weigh 140 pounds. I sincerely hope anyone suffering as I did will give Dr. Williams' Pink Pills a fair trial, and I feel sure they will not be disappointed."

You can get these pills from 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.

THE EARLIEST SUBMARINE

An Englishman Devised the First "Diving Machine" in 1774.

In the development of the modern submarine the first and most important problem which demanded solution was that of supplying the occupants of the craft with sufficient quantities of air. All other problems were secondary of this, and when the means of compressing air and storing it in tanks was discovered the rest was comparatively easy.

Every schoolboy now knows that air is necessary to sustain life, but what is now a matter of common knowledge was a secret to savants not so very long ago. It was the lack of this simple information which cost the life of the inventor of the first submarine, John Day, an Englishman, who went to his death 142 years ago.

Day was a wheelwright of an inventive turn of mind, and he early turned his attention to the problem of inventing a submarine in which human beings could remain under water for a considerable length of time. After a long thought he contrived what he called a "diving machine," which consisted simply of a large air-tight box, sufficiently large and strong to withstand the pressure of the water at a considerable depth.

Day's plan was to attach his water-tight box to an old vessel by means of screws. After Day entered the box it was to be carefully closed and the vessel was to be sunk to a depth of 100 feet and at the end of 24 hours he was to disengage his box from the vessel by withdrawing the screws, thus rising to the surface.

On June 22, 1774, Day's "submarine" was ready and a spot in Plymouth Sound was chosen for the test. The foolhardy inventor entered his tomb and the cover was fastened on. The vessel to which the box was attached was then sunk. At the end of 24 hours a vast crowd gathered to see Day's emergence from the depths, but, of course, they were disappointed. Having overlooked the little item of air, the country millwright was destined never to rise from his self-built coffin.

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and receive highest cash prices. We send money the same day the furs are received. Charge no commissions—and pay all charges. We have paid out millions of dollars to thousands of trappers in Canada who send their furs to us because they know they get a square deal, and receive more money for their furs. You will also. We buy more furs from trappers for cash than any other five firms in Canada.

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DISEASES INCIDENT TO OCCUPATIONS

HOUSEMAID'S KNEE A MALADY OF MINERS

Dr. Patterson's Method of Curing Lead Poisoning by Electric Battery.

The subject is interesting and important as well as full of surprise. Housemaid's knee, for instance, which for many years has served as a subject for humorous comment, proves to be a frequent malady of miners. The statistician is abroad and he brings the information that trades carried on in the presence of much dust show a high death rate from diseases of the lungs. Then comes the biologist, who explains that dust is not only minute particles, but that the particles are usually surrounded by a watery envelop and that clinging to this filament there may be micro-organisms.

Soot Is An Irritant.

The medical authorities abroad declare that soot is a serious irritant, and that chimney sweeps are especially subject to cancer because of it. Sawing certain kinds of wood has been found to produce irritation of the mucous membrane of the nose, throat and eyes. The makers of white lead have looked lead poisoning square in the face and have found means to avoid it. Dr. Patterson devised an entirely reasonable but somewhat unexpected treatment for it. He immerses the patient's hand in one tub of salt water and his feet in another, and then a pole of an electric battery is put into each of the tubs. The current is turned on, using Mr. Patient as a conductor, and it carries the lead that it finds on the way out of him, through the salt solution depositing it upon one of the electrodes. It has proved successful.

Fatigue is another subject that has been studied and reported on. Strain is declared to be more exhausting than work, and monotony of employment aggravates exhaustion. Fatigue seems to be a condition of the body in which the waste products of work are not carried off fast enough. In physiological laboratories animals have been fatigued by overdriving and then some of their blood has been injected into the veins of healthy animals. The healthy animals straightway showed the same symptoms of fatigue as those that had been overworked.

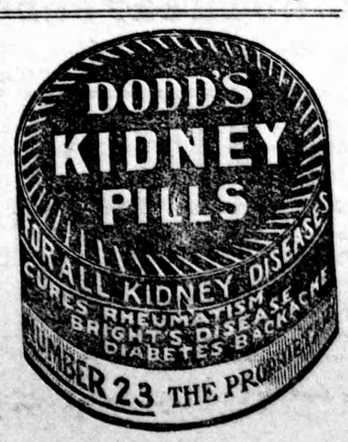
Chlorinated Water.

In rubber factories and elsewhere, when bisulphate of carbon is used, great care must be taken to avoid contamination of the air by its offensive fumes. Otherwise nervous troubles are likely to follow.

There is a bakers' itch, grocers' itch and sugar-refiners' itch, all manifestations of eczema, according to the materials handled.

The question is likely to be asked why boards of health do not use chlorinated water for flushing the streets, especially in hot, dry weather. This was first proposed by Dr. Baskerville six or seven years ago, and there is no question but that its effect upon disease germs in the street dust would be beneficial to the public health. Since the New York water supply has been treated with chlorine not a single case of typhoid fever has been traced to it as the cause. It is doubtful if any other satisfactory answer will be forthcoming than that the boards of health haven't got around to it yet.

"Are you fond of music?" "Music!" exclaimed the enthusiastic young woman. "I am perfectly devoted to music. I could dance to it all night."



Guard Your Baby's Health

Cheerful, Chubby Children Make the Home Happy

Weak, puny babies are a constant care to tired mothers and are subject to many diseases that do not affect healthy children.

Keep your children in good health. See that their bowels move regularly especially during the teething period. This is a distressing time in the life of every child and the utmost precaution should be taken to keep them well and strong.

By the consistent use of

Mrs. Winslow's Soothing Syrup

it is possible to avoid many childish ills now so prevalent.

It is a corrective for diarrhœa, colic and other infantile ailments. It soothes the fretting baby and permits the child to sleep well and grow healthy. It brings comfort and relief to both child and mother.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Is absolutely non-narcotic. It contains no opium, morphine nor any of their derivatives. It is soothing, pleasant and harmless. For generations mothers in all parts of the world have used it and millions of babies have been benefited by it.

Buy a bottle today and have it handy

Relieve and Protect Your Children

Sold by all druggists in Canada and throughout the world

To Have and to Hold.

Stranger—I will give you a nickel if you will climb over that fence and get my hat, boy.

Country Boy (climbing over quickly).—I've got your hat, mister, all right; now, how much will you give me if I bring it to you?

Minard's Liniment Relieves Neuralgia.

Taking it Literally.

"Did the doctor give you much encouragement?" asked Mrs. Dumson.

"Yes, indeed," answered Mr. Dumson. "He said I would be able to whip my weight in wild cats before long."

"Dear me! Where will you find the wild cats?"

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed)
W. S. PINEO.
"Woodlands," Middleton, N.S.

Won't Let You Forget it.

"Is he a real friend?"

"I don't think so. He's always willing to lend money to you if you need it but he isn't afraid to ask you to pay it back if you don't show any signs of ever going to do so."

Minard's Liniment Cures Dandruff.

Russia's Railway Programme.

In Russia plans are on foot for a conference regarding the railway construction programme for 1917 to 1929. Representatives of public and private business organizations from all parts of Russia will attend, besides representatives of the Imperial Government. The question of investment of private capital in railway construction will be taken up, as well as of financing both of Government and private construction.

The incapacity of men to understand each other is one of the principal causes of their ill-temper towards each other.

Some men shake hands with as little enthusiasm as some women kiss each other.

Fools butt their heads against brick walls, while wise men start out hunting for a ladder.

INVASION OF WOMEN.

Many New Occupations Are Being Opened Up to Them.

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.

SAVING COFFEE GROUNDS.

Germans Are Planning to Make Use of Them.

Coffee grounds, even if they are the leavings of "ersatz" coffee, are no longer to go to waste, but will contribute their share toward the nourishment of man and beast in Germany, according to a report in the London Mail, telling of the organization in Berlin of a plan to make use of the coffee grounds hitherto thrown away in most cases with kitchen refuse.

It is the result of successful experiments to convert dried grounds into nourishing fodder for cattle. Special filtering process has also been devised for winning a certain "extract" from the grounds which has been found suitable for human nourishment. It is now proposed that all public institutions, such as barracks, hospitals and prisons, join with householders in systematically saving up the coffee grounds, which will be collected officially at regular intervals.

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

Grounds for Complaint.

A restaurant keeper hung out this sign: "Coffee Like Mother Used to Make." One morning a man entered the cafe, and as the waiter approached him he inquired, pointing to the sign: "Is your coffee really such as mother used to make?"

"It is, sure!" replied the waiter, convincingly.

"Then," said the man with a reminiscent look, "give me a cup of tea."

Minard's Liniment Cures Burns, Etc.

Two in One.

Doctor (to wounded soldier who is on "low diet")—Is there anything you want, my lad?

Irishman—Och, doctor, if ye'd be givin' me a nice fat goose for me dinner, now?

Doctor—Ah, and I suppose you'd like it stuffed with something special, eh?

Irishman—Ineed, and I would. I'd like it stuffed with another wan.

Presence of Mind.

"Did you get damages for being in that street car collision?"

"Sure! A hundred for me and fifty for my wife."

"The mis-us? Was she hurt, too?"

"Not in the crash, but I had the presence of mind to fetch her one on the head with me foot."

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always.

50c. Box at All Druggists and Stores.

USE ONLY ZAM-BUK FOR CHILDRENS SORES

"Made in Canada"

DOMINION RAINCOATS

Best for quality, style and value. Guaranteed for all climates.

DOMINION

Ask Your Dealer

So Easy!

"The Clarks are in easy circumstances, I believe," remarked Cobb.

"Yes," assented Boyd, "they can owe people money and feel easier about it than any others with whom I have had anything to do."

Minard's Liniment for sale everywhere.

People who are afraid to do as they please are seldom able to please anybody.

From the mother's point of view it is always the sins of the father that are visited on the children.

A man seldom speaks lightly if he stops to weigh his words.

SEED POTATOES

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

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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 West Adelaide Street, Toronto.

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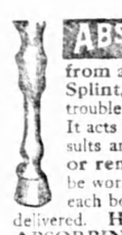

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. $2.00 a bottle delivered. Horse Book 9 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. $1 and $2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

SOLVE THIS Puzzle AND WIN A LOT

To make better known our Summer resort in the heart of the Laurentian Mountains, North of Montreal, we will "FREE" give a building lot to anyone solving this puzzle. Put a figure (no two alike) in each of the 9 squares above so as to make a total of 15 by adding them up and down and crossways.

Send solution with 5c. in postage for copy of Prospectus to

THE SHAWMUT LAND CO., W. L. Read Bldg., Montreal, Can.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

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