Who's to Blame for the High Cost of Food?
It may be the farmer, it may be the middleman, it may be the weather—but never mind—you have **Shredded Wheat** at the same old price, the same high quality, the one perfect, complete food, supplying more real nutriment than meat, or eggs, or vegetables, costing much less and more easily digested. Cut out the high-price foods. Eat Shredded Wheat for breakfast with milk or cream. Eat it for dinner with stewed fruits and green vegetables. A deliciously nourishing meal for only a few cents. Made in Canada.

Novelties in Dress

The dress of broadcloth in the sketch shows one of the new overdress styles worn with a guimpe. A full box-pleated skirt is attacked to a straight-hanging jumper a little below the normal waistline and the whole hangs from the shoulders. The worsted embroidery on the front of the jumper and on the pockets is worked in black, red and yellow. Rich embroideries continue to figure very prominently in all dresses. One of the lates models in oyster-white tussor had a wide embroidered panel front and back

7603
Overdress with Box Pleated Skirt

worked in thin silk in a close design and giving a strong Oriental effect. The panel was finished at the ends with a fringe of the colored silks used in the embroidery—dark red, dark blue and gold.

In old-gold Georgette was a wonderfully attractive dress decorated with blue and gold beads; another in light gray trimmed with old-rose beads carried out two very delightful color schemes.

Speaking of Georgette—this sheer fabric is put to all sorts of uses, and does not stop at dresses but appears to be quite a favorite for underwear. The most appealing shades of pale blue, lavender and flesh color, fashion undergarments of every description. Though they are hardly practical, there are many who find it impossible to resist these dainty undergarments. Underwear seems to be getting more and more elaborate, and the very latest fad is the combination of silver lace with Georgette. Beadwork, too, has invaded underwear, and it has been seen on the new pajamas and nightgowns of Georgette crepe. There are, however, some exceedingly dainty pieces of lingerie which are quite practical after all. Among these are the silk and wash satin undergarments which are very practical as long as they are carefully laundered. The delicate shades must be washed with care to preserve their colors, and there is no denying that it is well worth the trouble for the satisfaction that one feels from possessing dainty lingerie.

These patterns may be obtained from your local McCall Dealer or from the McCall Company, 70 Bond Street, Toronto, Ontario, Dept "W."

Before starting the youngsters to school give them a piping hot cup of

Instant Postum

School teachers, doctors and food experts agree on two points—that the child needs a hot drink, and that the drink shouldn't be tea or coffee.

Postum fills the need admirably and its very extensive use among thoughtful parents, coupled with the child's fondness for this flavory, nourishing food-drink, show how completely it meets the requirement.

"There's a Reason"

No change in price, quality, or size of package.

PRINTED IN ENGLISH.

New Russian Paper to Have Weekly Edition in English.

Another daily newspaper shortly makes its bow to the Russian public. It will be called Lutch, and published at Konovaloff by a Moscow merchant recently vice-president of the Duma and a Petrograd banker named Grube. Maxim Gorky will be literary editor and Prof. Vinogradeff foreign editor. It is proposed to issue a weekly bullet in in English. There is a growing demand among Russian readers for an up-to-date presentation and discussion of the issues raised by the war. Nothing is more characteristic of developments in Russia to-day. Vinogradoff is a distinguished Oxford professor in jurisprudence.

HOW TO CURE STOMACH TROUBLE

The Common Cause is Lack of Blood—Therefore You Must Build Up the Blood.

There is the most intimate relation between the condition of the blood and the activity of the stomach. The blood depends upon the stomach for a large part of its nourishment; while every act of digestion, from the time the food enters the stomach and is assimilated by the blood needs plenty of pure well-oxidized blood. The muscles, glands and nerves of the stomach work only according to the quality of the blood.

The most common cause of indigestion is lack of rich, red blood. Not only does impure blood weaken the muscles of the stomach but it lessens the product of the glands of the intestines and stomach, which furnish the digestive fluids. Nothing will more promptly cure indigestion than plenty of pure blood. Dr. Williams' Pink Pills are the safest and most certain blood-builder. A thorough trial of these pills gives a hearty appetite, perfect digestion, strength and health. Here is proof of the value of these pills in cases of indigestion. Mr. Daniel Dexter, Liverpool, N.S., says:—"For several years I was a great sufferer from indigestion. I was greatly troubled with gas on the stomach which caused disagreeable sensations. I was also frequently troubled with nausea and vomiting, which were very distressing. As a result of my trouble my appetite almost completely failed, and what I did eat caused me constant pain. I was continually doctoring but did not get any benefit, and had about made up my mind that I would suffer for life. One day a friend asked me why I did not try Dr. Williams' Pink Pills, and while I had not much hope of a cure I decided to do so. I had only taken a few boxes, however, when I found they were helping me. Very gladly then I continued the use of the pills, and in less than three months I was as well as ever I had been, able to eat a hearty meal, and to feel that life was again worth living. I had also been troubled from time to time with attacks of rheumatism, and the use of the pills cured this as well as the indigestion. It is now over a year since I took the pills, and in that time I have had no return of the trouble."

Dr. Willianms' Pink Pills are sold by all dealers in medicine or may be had by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

THE WILY ABSENTEE.

Instances of Men Seeking to Evade Their Military Obligations.

A little while ago a man who was "wanted" for the Army was found hiding up a chimney.

This was but one instance in which men have sought to evade their military responsibilities by concealing themselves. In another case an absentee was discovered in a garden tool-shed, while recently, in Yorkshire, there was a many days' chase after a conscript, says London Answers.

When spotted the man made for a river, shedding his coat as he ran, and finally escaped among gorse-bushes and thistles. He vanished utterly, though the police found traces which showed that he spent nights under haystacks and lived on turnips.

Dartmoor is said to be harboring many eligible men. In that wild tract you may wander for days and only meet half-wild ponies and cattle. Water is plentiful, but beyond its cattle and ground berries Dartmoor is a barren larder in which to search for food.

Occasionally an absentee is clever enough to outwit his escort even after he has been captured. A Scottish corporal lost his stripes through being duped. The absentee asked if he could say good-bye to his mother,, and permission being granted, went unattended into the next room.

After a short while the corporal smelt a rat. Of course, it was too late. He found no mother—only an open window!

How It Looked To Tommy.

A teacher was trying to impress her pupils with the note of interrogation in reading. She wrote this sentence, "Where are you going?" on the board, and asked Tommy to read it. Tommy read "Where are you going" —no query mark. She had him do it again. There was no change. "Now, Tommy," she said, "look carefully at that sentence and see if you don't notice some difference between it and the others we've had. Be sharp now, and read it again." Tommy wriggled back and forth in an effort to be "sharp" and then the light of knowledge shone forth from his eyes and he read: "Where are you going, little button hook?"

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Nearly Correct.

Johnny came running home one day with a book under his arm. His mother said—"What's that, Johnny?" Johnny—"A prize mother." "A prize, Johnny. Whit fur?" "For natural history, mother. The teacher asked me how many legs an ostrich had, and I said three." "But, Johnny, an ostrich has only two legs." "I ken that noo, mither; but the rest o' the class said fower, and I was the nearest."

Minard's Liniment Cures Distemper.

Discouraging.

Hobbs—I don't know how to thank you for this loan, old man. It seems as if I could never properly repay you—

Dobbs—Say, if you'd talked that way before you made the touch you'd never have got it.

When Your Eyes Need Care
Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c. Write for book of the Eye Free. Murine Eye Remedy Company, Chicago. Adv.

"Wait and See" in French.

The phrase "wait and see" has bothered the French newspaper correspondents in London lately, says the Manchester Guardian. No account of the crisis, of course, would have been complete without it, yet only one correspondent, M. Coudurier of The Journal de Geneve, has attempted to translate it. His version is "Attendez, et vous verrez ce qui arrivera." Thirteen syllables against three! It is a curious fact, always brought out, for instance, by the polyglot versions of the resolutions of international societies, that English is the tersest language in Europe. The English version on such occasions is always much shorter than the French or Italian. At the beginning of the war, when all cables had to be in English or French, the Italian and Russian correspondents in London chose English, and found their cabling expenses much reduced.

Only One Obstaacle.

A beautiful young lady interviewed a fortune-teller on the usual subjects. "Lady," said the clairvoyant, "you will visit foreign lands and the Courts of Kings and Queens. You will conquer all rivals and marry the man of your choice. He will be tall and dark and aristocratic looking." "And young?" interrupted the lady. "Yes, and very rich." The beautiful lady grasped the fortune-teller's hands and pressed them hard. "Thank you!" she said. "Now tell me one thing more. "How shall I get rid of my present husband?"

Minard's Liniment Cures Colds, Etc.

Heard in an Office.

"Aren't women greedy in some ways? My wife monopolizes all the closet room for her clothes. Does yours?"

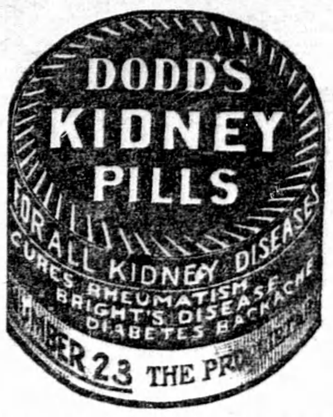
"Oh, she allows me a sort of parking privilege for a suit or two."

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

It's hard work getting to the top of the ladder, but it's often harder work to stay there.

Minard's Liniment Cures Diphtheria.



STORY ABOUT LORD CREWE.

His Absent-Mindedness Cost Him His Dinner.

Absent-minded persons — usually professors—have become common figures in the world of humor, but their adventures are usually so amusing that fresh ones may be welcomed. In "Forty Years of 'Spy,'" Mr. Lesile Ward, the well-known London artist, tells a good story about Lord Crewe.

Lord Crewe's extraordinary absent-mindedness was proverbial, and, since he was not aware of his weakness, other people often took advantage of it. He used to dine at the Athenaeum Club, usually at the same table. Another member came rushing in one day to obtain a place for dinner for himself. All being engaged, the waiter was obliged to refuse the late comer, when the flurried member pointed to an extra seat.

"Oh, sir," said the waiter with apologetic deference, "that's Lord Crewe's."

"Never mind," said the urgent would-be diner. "Tell him when he comes—that he's dined!"

It is to be supposed that the man found a way to make the deception worth while, for when Lord Crewe arrived the waiter met him with surprise and quiet expostulation.

"Have you forgotten? You dined an hour ago, my lord," he said.

"So I did," murmured the poor victim, as he turned away and left the dining room.

OUR "BAD BOYS."

Many Reformatory Lads Have Proved Heroes on the Battlefields.

The so-called "bad boy" is often only bad because he has no aim in life and no incentive to be anything good. This war has made heroes of hundreds of them—or, more likely, perhaps, revealed the stuff of which they were made —good stuff, after all!

Upwards of twenty thousand reformatory boys have served with the colors during this great war, and four have won the V. C. There's a record to be proud of! But not only has the premier honor of the world gone to four "bad boys," but thirty such boys have earned the Distinguished Conduct Medal, and many more have been mentioned in despatches for their heroic conduct.

Almost invariably these lads come from the lower ranks of society, yet some dozen reformatory boys are in the ranks of commissioned officers, their quality and fitness having been shown in the day of battle.

But a great number have gained a higher honor still—not fewer than a thousand of them. They have had the deathless honor of dying for their country.

So here's to Britain's "bad boys"! May many of them survive to be a credit to their country, and to prove that a bit of waywardness often goes with pluck, and that a bit of sympathy and understanding would save many a lad from the reformatory, and, later, the prison cell.

Sore shoulders, lame back, stiff neck, all pains and aches yield to Sloan's Liniment.

Do not rub it. Simply apply to the sore spot, it quickly penetrates and relieves. Cleaner than mussy plasters or ointments, it does not stain the skin.

Keep a bottle handy for rheumatism, sprains, bruises, toothache, neuralgia, gout, lumbago and sore stiff muscles.

At all druggists, 25c. 50c. and $1.00.

Sloan's Liniment
KILLS PAIN

TO FARMERS

All Over the Country

Remember the Car Shortage

If You Wait Until the Last Minute To Order Out Your Fertilizer

You Might Get Left!

To Every Woman Who Is In Pain

Mrs. Williams Says Use Dodd's Kidney Pills.

She Suffered for Two Years, but Three Boxes of Dodd's Kidney Pills Made Her a New Woman.

Adamsville, Kent Co., N.B., Jan. 29th (Special.)—"I can recommend Dodd's Kidney Pills to every woman who suffers." So says Mrs. Williams, a well-known and highly respected lady residing here. Mrs. Williams was a sufferer for two years till she used Dodd's Kidney Pills. She found in them quick relief and complete cure. That is why she is so enthusiastic in her praise of them.

"My troubles started with a cold," Mrs. Williams states. "I never seemed to get over the effects of it. I had cramps in my muscles and my joints were stiff. There were dark circles under my eyes which were puffed and swollen. I had a bitter taste in my mouth and I suffered from severe headaches.

"I felt heavy and sleepy after meals and had attacks of neuralgia. Heart flutterings and rheumatism were soon added to my troubles. I took just three boxes of Dodd's Kidney Pills. I cannot be too glad that I did so."

Every one of Mrs. Williams' symptoms was a symptom of kidney disease. That is why Dodd's Kidney Pills cured her.

Did the Stonecutter Carve?

"Did you stay long in Venice?" she questioned.

"Only a couple of days, but I saw everything worth seeing," replied he, loftily.

"Really? Then you saw the Lion of St. Mark's, I suppose?"

"Rather! Saw him fed."

Minard's Liniment Cures Garget in Cows.

About the only man who can afford to believe all he hears is the man who can afford to believe all he hears is the man who is stone deaf.

NO ALUM

MADE IN CANADA

A Definition.

"Pa, what is diplomacy?"

"Diplomacy, my boy, is the art of being disagreeable pleasantly."

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 West Adelaide Street, Toronto.

MISCELLANEOUS

SILK PIECES FOR FANCYWORK, assorted colors, large bunch, 35c postpaid. Wm. Forbes, 13 Gritton ave., Sydney, N.S.

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.

America's Pioneer Dog Remedies

BOOK ON DOG DISEASES And How to Feed
Mailed free to any address by the Author
H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

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

CANADIAN ORDER OF CHOSEN FRIENDS

A fraternal and insurance society that protects its members in accordance with the Ontario Government Standard. Sick and funeral benefits optional.

Authorized to obtain members and charter lodges in every Province in Canada.

Purely Canadian, safe, sound and economical.

If there is no local lodge of Chosen Friends in your district, apply direct to any of the following officers:

Dr. J. W. Edwards, M.P., Grand Councillor. W. F. Montague, Grand Recorder.
W. F. Campbell, Grand Organizer. J. H. Bell, M.D., Grand Medical Ex.
HAMILTON - ONTARIO