**Twenty-Five Cents a Day** spent for the right kind of food will keep a man in good health, fit for any task. Two **Shredded Wheat Biscuits**, served with hot milk, make a complete, perfect meal at a cost of four or five cents—a meal that supplies in digestible form every element needed to build new tissue and furnish heat and energy for the human body. At twenty-five cents a day for three meals there is a margin of ten cents for fruit or green vegetables. Such a diet means a clean stomach, healthy liver, active bowels. For breakfast with milk or cream. Made in Canada.

## THE COUNTRY SCHOOL.

### Schoolhouse of Western Canada is a Community Centre.

Nations are built in the public schools. The ideals set up by the school teacher remain very largely the ideals of the pupil throughout life, and his conception of patriotism will be what he has been taught during his school years. It is not too much to say that the present world war is due to a difference of ideals fostered by different systems of education.

Great as is the importance of the public school in old and well established countries, this importance is even greater in the new lands which are being called upon to assimilate populations from the more congested countries. In such a country as Western Canada, the public school has to take on functions not usually associated with it in the older and more densely settled communities. The prairie schoolhouse is not merely a centre of education; it is also the religious and social centre of the district. During the week days the school teacher furnishes education to the children of the neighborhood, but on Sunday the missionary holds his services, which all attend regardless of creed or nationality, and on week nights the building is used for meetings of farmers, for the various community societies; for the Red Cross or Patriotic Club, and for purely social events such as debates, concerts and dances. To facilitate the latter, it may be noted that many country schoolhouses use removable desks which the willing hands of the farmers' boys quickly dispose of whenever there is a dance in prospect.

Another phase of community work associated with the rural school which has been coming into prominence during the last few years is the supply of books to settlers in the district. This work is encouraged and assisted by the central Department of Education, which provides catalogues of books suitable for such purposes, the actual selection being left to the teacher. The number of books allotted to a school district is based on the report of the inspector of schools. In the Province of Alberta, although this school library movement is only in its infancy, no less than 110,000 books were supplied for this purpose last year, at a cost of some $30,000.00. Educationists of the province look forward to the time when every school district will be a library centre, giving to the settlers the facilities now afforded to residents of cities and towns through their public libraries. The prosperity which has almost overwhelmed rural Alberta in the last two years, when farmers have been reaping enormous crops and selling them at the highest figures in history, promises to contribute still further to the importance of the rural school as a social centre. With every farmer driving his own automobile the opportunities for social gatherings are greatly increased, and the country school is the natural meeting place.

**Old Fashioned Ideas**

are being supplanted daily by newer and better things. This is particularly true where health and efficiency are concerned.

In hundreds of thousands of homes where tea or coffee was formerly the table drink, you will now find

**POSTUM**

It promotes health and efficiency, and the old time nerve-frazzled tea or coffee drinker soon gives place to the alert, clear-thinker who drinks delicious Postum and knows.

"There's a Reason"

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

## FAMINE THREATENS WORLD.

### Prof. Leacock Says We Must Increase Our Food Supply.

Prof. Leacock of McGill University, addressing the Montreal Housewives' League at the Royal Victoria College recently, said:

"We are in sight of a terrible food famine, such as the world has never seen. We must take steps betimes if we wish to avoid national and world-wide disaster. We must at all costs increase our own food supply.

"We in Canada are fortunately placed. We have boundless resources in land to draw upon. We must see that every available acre and every available day's labor is turned to use.

"It is gratifying to learn that our Department of Agriculture and our National Service Commission are wide awake to the situation. We must put behind them the force of public opinion and the efforts of individual citizens."

## ST. VITUS DANCE AFFECTS MANY CHILDREN

### This Trouble Can be Cured Through the Use of Dr. Williams' Pink Pills.

St. Vitus Dance is much more common than is generally imagined. The trouble is often mistaken for mere nervousness, or awkwardness. It usually attacks young children, most often between the ages of six and fourteen—though older persons may be affected with it. The most common symptom is twitching of the muscles of the face and limbs. As the disease progresses this twitching takes the form of spasms in which the jerking motion may be confined to the head, or all the limbs may be affected. The patient is frequently unable to hold anything in the hands or walk steadily, and in severe cases the speech may be affected. The disease is due to impoverished nerves, owing to the blood being out of condition and can be cured by the use of Dr. Williams' Pink Pills, which enrich the blood, strengthen the nerves, and in this way restore the sufferer to good health. Any symptom of nerve trouble in young children should be promptly treated as it is almost sure to lead to St. Vitus Dance. The following is proof of the power of Dr. Williams' Pink Pills to cure this trouble. Miss Hattie Cummings, R. R. No. 3, Peterboro, Ont., says:—"I was attacked with what the doctor said was St. Vitus Dance. Both my hands trembled so as to be practically useless. Then the trouble went to my left side, and from that to my right leg, and left me in such a condition that I was not able to go out of the house. I took the doctor's medicine without getting any benefit. Then I tried another remedy with the same poor results. At this stage I was advised to try Dr. Williams' Pink Pills and did so, with the result that they fully restored me to health, and I have not had the slightest symptom of nervous trouble since. I can recommend these pills to anyone who is suffering from nervous trouble, and hope they will profit by my experience."

You can get Dr. Williams' Pink Pills from any drug dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## RUSSIAN REFUGEES SUFFER.

### Food, Clothing, Medicine Necessary to Ward Off Wholesale Deaths.

A report on the condition of the Russian refugees is given by Thomas W. Whittemore of Boston, who is now in Japan for supplies after long services in directing the work of the American Committee for the Relief of Russian refugees in Russia. The forced migration of the people of Little Russia into the heart of the Empire was described by him as one of the greatest movements of people in history. He said that the names of as many as 3,000,000 refugees were on the official list, and although the Russian Government is doing everything humanly possible to ameliorate their condition much remains to be done in the way of food, clothing, medicine and shelter. Thousands died in the flight. Barely fed, poorly clothed, masses were carried away by contagious diseases and the rest remained helpless, gathered in barracks and other public places vaguely and blindly waiting for occupation.

The Russian Government has finally distributed these refugees among different parts of the Empire, yet the problem, Mr. Whittemore said, was far from settled. The great need was for some form of organization which will provide them with labor and the means of living, and while that esonomic question is being worked out, food, clothing and medicine are necessary. He had come to Japan, he said, because the lack of shipping space from the United States made it practically impossible to get the necessary supplies from that country.

It is a question as to whether the kangaroo can cover a given distance in quicker time than an ostrich.

## TEETHING TIME A TIME OF WORRY

When baby is teething is a time of worry to most mothers. Baby's little gums become swollen and tender; he becomes cross; does not sleep well; is greatly troubled with constipation; colic or diarrhoea and sometimes even convulsions seize him. During this period nothing can equal the use of Baby's Own Tablets. They regulate the bowels and stomach and make the teething so easy that the mother scarcely realizes baby is getting his teeth. Concerning the Tablets Mrs. Arthur Archibald, New Town, N.S., writes: "I used Baby's Own Tablets when baby was getting his teeth and I found them an excellent medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## CHAPLAINS BRAVE WORKERS.

### They Do Not Confine Their Services to Spiritual Needs of Troops.

Writing on the work of the Canadian chaplains in France, Capt. Chas. G. D. Roberts sends an article to the Canadian Minister of Militia, in part as follows:—

The work of the Canadian Chaplain Service has been so successful, so rich in results, and conducted along such broadly human lines, that it is impossible to do it anything approaching justice within the space of a newspaper article. The cement of the whole structure has been a unity of purpose and a harmony in effort which are a constant influence for good among our men, and which may well serve as an example to the churches at large. The representatives of each church or creed are supreme within their own fold. The organization of the Canadian Chaplain service, as a whole, guards the interests of each communion, and guards them impartially. I have seen an energetic young Jewish rabbi coming to a canon of the Church of England for assistance to enable him more effectively to minister to his scattered Hebrew flock. All rivalries are strictly eliminated, except the high rivalry of zeal, self-sacrifice and courage.

It is not, by any means, to matters spiritual alone that the tireless energies of the C.C.S. are devoted. The service looks after the comfort, recreation and entertainment of the troops, by means of a highly-organized system of soldiers' institutes, canteens and cinema shows, which keep them out of mischief or boredom during the period when they come back from the trenches to the rest camps. This system is run on a merely nominal margin of profit, and the accounts are officially audited by the Paymaster's Department. Narrow as is the margin, it yields a handsome profit, which is returned to the men again in whatever form may seem to be most needed. No small part of it goes to the provision of free coffee—hot coffee—at all hours of day or night, for the men who are entering or leaving the trenches.

But it is when a battle is on that the Church militant peculiarly justifies its title. Where the wounded and dead are falling, there you will find the "padres." They are by no means confining themselves to their spiritual functions. They are helping and inspiring the stretcher-bearers, the ambulance men, the surgeons. Their activities are limited only by the needs of the situation. For instance, during the second battle of Ypres the padres in different quarters of the battlefield organized voluntary stretcher-bearer parties, guided them up into No Man's Land, and worked with them night after night in finding and bringing out the wounded. In this task one of the padres was taken prisoner. At the Somme, too, one of the padres organized a rescue party, led it up under deadly shell fire, and brought back ten wounded men who had been lying in a trench for four days. The trench was one cut off from our lines and occupied in part by the Germans. Another of our padres was wounded while rescuing Australian wounded at Mouquet Farm. Suffice to say that three C.M.G.'s and five Military Crosses have been awarded amoong the padres, while many more such honors have been amply deserved. It is significant to note that of the thirty padres who left Canada with our first contingent in September, 1914, there are now only nine remaining in the field.

**In every home Sloan's Liniment** has earned its place in the medicine chest as a relief from pains and aches.

Quickly *penetrates without rubbing* and soothes the soreness.

Cleaner and more effective than mussy plasters or ointments, it does not stain the skin.

For rheumatism, neuralgia, gout, lumbago, sprains and strains use Sloan's Liniment. At all druggists, 25c. 50c. $1.00.

**Sloan's Liniment** KILLS PAIN

### Enlist At Such A Time.

A mustering officer, in the early days of the war, before England was aroused, met on the street of a coast village a strapping fellow about twenty-one years old. The officer hailed him.

"See 'ere, me lad," he said, "are you in good 'ealth?"

"I are," said the youth.

"Are you married?"

"I aren't."

"'Ave you anyone dependent on you?"

"I 'ave not."

"Then your King and country need you. Why don't you enlist?"

"What?" he said. "With this bloomin' war goin' on? You must think I am a silly fool!"

## If Stomach Hurts Drink Hot Water

"If dyspeptics, sufferers from gas, wind or flatulence, stomach acidity or sourness, gastric catarrh, heartburn, etc., would take a teaspoonful of pure bisurated magnesia in half a glass of hot water immediately after eating, they would soon forget that they were ever afflicted with stomach trouble, and doctors would have to look elsewhere for patients." In explanation of these words a well known New York physician stated that most forms of stomach trouble are due to stomach acidity and fermentation of the food contents of the stomach combined with an insufficient blood supply to the stomach. Hot water increases the blood supply and bisurated magnesia instantly neutralizes the excessive stomach acid and stops food fermentation, the combination of the two, therefore, being marvelously successful and decidedly preferable to the use of artificial digestants, stimulants or medicines for indigestion.

### National Service Cards.

The time for those persons who have not filled in the National Service cards, or have not properly filled them in, has been extended to the 31st day of March, 1917, and further cards have again been issued to the postmasters for distribution among those who have made default. It is understood that the returns from the 2nd Military District have been most gratifying. There are, however, even in this District a number who have not properly made their returns. The National Service Board hopes that everyone in the District will use his or her very best efforts in order to make the returns from this District as nearly perfect as possible.

### Ask Sons To Surrender.

A Canadian just back in England from France says that German troops have been well fed hitherto, but that a great deterioration is shown in their food recently. Young Germans surrendering declare that their mothers asked them to do so. The weather at the front has been penetrating. Canadians feel it as much as they do the severe cold in Canada.

Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13 yrs. old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her and she has not been troubled for two years.

Yours truly,
J. B. LIVESQUE.

St. Joseph, P. O., 18th Aug., 1900.

### At Grips With a Leopard.

A correspondent in Port Elizabeth, South Africa, of the London Express, sent an account of a thrilling battle between a British officer and a full-grown female leopard in German East Africa. An expeditionary force was on the march when the animal was sighted, and Lieut. Bouwer dropped out to try a shot. The leopard suddenly charged the officer, and the best he could do was jam his rifle in the open mouth of the beast. Bundles of burning grass were thrown toward the animal to distract her attention from Lieut. Bouwer, who was badly hurt, and Dr. Ivor Haslem finally sent a dum-dum bullet home, which closed the career of that leopard.

Minard's Liniment Cures Dandruff.

### The Natural Comment

London children certainly get some quaint views of life. An instance of this recently occurred in a London East-End Sunday School, where the teacher was talking to her class about Solomon and his wisdom.

"When the Queen of Sheba came and laid gold and jewels and costly spices before Solomon, what did he say?" she asked, presently.

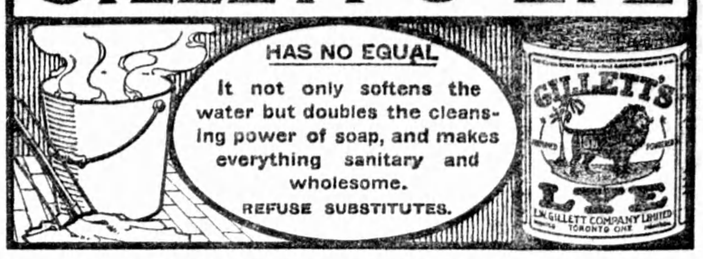
One small girl, who had evidently had experience in such matters, promptly replied.

"'Ow much d'yer want for the lot?"

A Texan is the patentee of a new harness to hold a rod for a fisherman and leave his hands free for other purposes.

Minard's Liniment for sale everywhere.

**GILLETT'S LYE**




### King's Grape Vine.

The King's grape vine at Windsor, England, in the garden near Cumberland Lodge, was planted in 1773, it is 120 feet long and 20 feet wide. The most remarkable vine in Europe, however, is the famous vine at Hampton Court, from which this is a cutting. This was planted in 1763 and still grows abundantly.

**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.

### Change Playmate.

"Willie, you must stop using such dreadful language," said his mother. "Where in the world did you learn it?"

"Why, mother," replied the boy, "Shakespeare uses it."

"Well, then," said the mother, "don't play with him."

Minard's Liniment Relieves Neuralgia.

### The Useful Sunflower.

Grow sunflowers, not only for their gorgeous beauty, but as food for the hens. In the autumn the sunflower seed is a healthy stimulant and assists biddy in repairing her wardrobe, and clothing her for her winter duties. It is good exercise also for the hens to pick the seeds from the heads. There is a pitchy substance throughout the whole plant, which, when the stalks and heads are dry, makes good fuel so that no part of the plant need be wasted.

In 25 years $8,000,000,000 in gold have been mined in the world.

**ZAM-BUK**

Purely Herbal—No poisonous coloring
Antiseptic—Stops blood-poison
Soothing—Ends pain and smarting, etc.
Pure—Best for baby's rashes.
Heals all sores.

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that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with

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also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. $2 per bottle delivered. Book 3 H free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers. $1 and $2 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

### Self-stopping Auto.

Chiefly intended for delivery automobiles is a new attachment for a car that stops it at a set distance from a starting point enabling a driver to call at several houses and find his machine waiting for him.

Minard's Liniment Cures Burns, Etc.

**FOR SALE.**

FOR SALE CHEAP—GOOD BOARDing House in Owen Sound. In good repair, good location. Near Depot and Factories. Apply R. McGrath, Executor, Transcona, Man.

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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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BICYCLES, NEW AND SECOND Hand, $12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

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.

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When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION

**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*

**STRANGLES**

Or Distemper in stallions, brood mares, colts and all others is most destructive. The germ causing the disease must be removed from the body of the animal. To prevent the trouble the same must be done.

**SPOHN'S COMPOUND**

Will do both—cure the sick and prevent those "exposed" from having the disease. All druggists.

SPOHN MEDICAL CO., Chemists, Goshen Ind., U. S. A.