Hard to Drop Meat?

All depends on what you eat as a substitute. It is a good time to study "food value." You may be eating the wrong foods, the foods that cost most and give the least nutriment. **Shredded Wheat Biscuit** contains more real, body-building nutriment, pound for pound, than meat, eggs or potatoes and costs much less. Two of these Biscuits with milk and a little fruit make a nourishing meal at a cost of a few cents. Make Shredded Wheat your "meat." A satisfying breakfast on which to start the day's work. It is ready-cooked and ready-to-eat. Made in Canada.

An Up-to-date Costume

Foulard figures among the smart silks for summer this year, and the polka-dot pattern is especially favored. The bolero dress illustrated is developed in this silk. Highly up to date is this model with the short bolero and straight skirt attached to a yoke belt. McCall Pattern No. 7815, Ladies' Bolero Dress; round or instep length. In 6 sizes; 34 to 44 bust. Price, 20 cents.

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

Codfish for Bindings.

A bookbinder at Bremen is using codfish skin as a substitute for leather in bookbindings. The new material is said to give excellent results, and it has many advantages over shark-skin, which has frequently been used for de luxe bindings. The strength and durability of the new material have been tested and approved by the Imperial Testing Office. It is easy to work, literally untearable, and has the beautiful markings of snake-skin.

Experimenting.

It is surprising how ignorant girls can be at times. They should all know what a kiss means, but they often insist on having it repeated.

Salt should never remain in anything rubber. It causes the rubber to rot.

THE LIFTUP

(Patented)

BIAS FILLED CORSETS

The Support You Need and Just Where You Need It.

All the latest styles of corsets to suit any figure.

If your dealer cannot supply you, write us direct for catalogue and measuring form.

Representatives Wanted

BIAS CORSETS LIMITED

37 BRITAIN ST. TORONTO.

THRIFT AND PRODUCTION.

They Will Prove a Bulwark of Strength To Our Empire.

Thrift is the handmaid of production. Of what avail would lavish production be without the strong restraining power of thrift? A fighting force in action, unsupported by reserves, is like a runner who exhausts himself by an ill-judged spurt, and when he most needs it finds his reserve strength gone. What a reserve force is to an army and reserved strength is to a runner the product of thrift is to the individual and the nation in time of dire need.

From one end of Canada to the other our people, old and young, men, women, and even children, have begun a campaign of production which is exhibiting to the world another phase of our invincible National Spirit.

Now, with equal ardor, energy and determination, let us learn the lesson —and put it in practice—of individual, family, social and national thrift. Thrift in each of the varied and complex ways in which we live and move and have our being; thrift in what we eat or drink; thrift in what we buy or sell; thrift in the things we use — the very clothes we wear. Thrift in the sunshine of prosperity, that we may be prepared and seasoned for the trying times that are bound to come when we will feel the pinch of adversity.

Let the rich man—as well as the poor man—study and practice thrift. No selfish, miserly thrift however, but wise, timely and patriotic thrift, worthy of the Canadian name—that will prove a bulwark of strength to our Empire, our allies, and a staunch support to the fighting cause of justice and freedom.

ST. VITUS DANCE

Even the Most Severe Cases Can be Cured by Dr. Williams' Pink Pills.

Is your child fidgety, restless or irritable? Are the hands shaky or the arms jerky? Does the face twitch? Do the legs tremble or drag? These are signs of St. Vitus Dance, a nervous disease which is confined chiefly to young children, but which often affects highly-strung women, and sometimes men. St. Vitus Dance is caused by disordered nerves, due to poor blood, and is always cured by the use of Dr. Williams Pink Pills, which fill the veins with new, rich, red blood, stengthening the nerves, and thus drawing out the disease. Here is proof:—Mrs. John A. Cumming, Lower Caledonia, N.S., says:—"When my daughter Myrtle was about nine years of age she became afflicted with St. Vitus Dance. The trouble ultimately became so bad that she could not hold anything in her hands, and had to be fed like a child. She could not even walk across the floor without help. She was treated for some time by a physician, but did not show any improvement. One day a neighbor said she had read of a case of St. Vitus Dance cured by Dr. Williams' Pink Pills, and we decided to give this medicine a trial. By the time the third box was used there was some improvement in her condition, and we continued giving her the pills for about a month longer when she was entirely cured, and has not since had the least return of the trouble.

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

POLICY OF ENSLAVEMENT.

Deliberate Plan of the Germans in Occupied Countries.

Mr. J. P. Whitaker, an Englishman, who recently effected his escape from Roubaix, and arriving at Copenhagen, gives an interesting account of his remarkable experiences behind the German lines.

"Enslavement is part of the deliberate policy of the Germans in France. It began by the taking of hostages at the very outset of their possession of Rorbaix," said Mr. Whitaker.

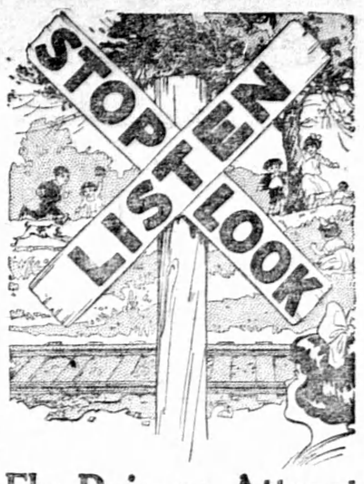
"A number of the leading men in the civic business life of the town were marked out and compelled to attend by turns at the town hall to be shot on the spot at the least sign of revolt among the townspeople," continued Mr. Whitaker.

"Not a few of the mill owners were ordered to weave cloth for the invaders, and on their refusal were sent to Germany and held to ransom. Many of the mill operatives, quite young girls, were directed to sew sandbags for the German trenches. They, too, refused, but the Germans had their own ways of dealing with what they regarded as juvenile obstinacy. They dragged the girls to a disused moving picture hall, and kept them there without food and water until their will was broken.

"Barbarity reached its climax in the so-called 'deportations.' They were just slave raids, brutal and undisguised.

"The procedure was this: The town was divided into districts. At three o'clock in the morning a cordon of troops would be drawn round a district—the Prussian Guard and especially, I believe, the 69th Regiment, played a great part in this diabolical crime—and officers and non-commissioned officers would knock at every door until the household was roused. A handbill, about octavo (note-paper) size, was handed in, and the officer passed on to the next house. The handbill contained printed orders that every member of the household must rise and dress immediately, pack up a couple of blankets, a change of linen, a pair of stout boots, a spoon and fork, and a few other small articles and be ready for the second visit in half an hour.

"When the officer returned the family were marshalled before him, and he picked out those whom he wanted with a curt, 'You will come, 'And you,' 'And you.' Without even time for leave-taking the selected victims were paraded in the street and marched to a mill on the outskirts of the town. There they were imprisoned for three days without any means of communication with friends or relatives, all herded together indiscriminately and given but the barest modicum of food. Then, like so many cattle, they were sent away to an unknown fate.



Fly Poisons Attract Both Flies and Babies

In the last three years the press has reported 106 fly poisoning cases—a large proportion fatal. The innocent looking can with its sweetened wick—the saucer of poison paper—both contain arsenic, deadliest of poisons.

No mother would put fly poison within her children's reach if she realized the danger. Yet it kills more children than all other poisons combined.

This is the U. S. Government warning against fly poisons, taken from U. S. Public Health Service Bulletin, supplement No. 43:

"Of other fly poisons mentioned, mention should be made, merely for the purpose of condemnation, of those composed of arsenic. Fatal cases of poisoning of children through the use of such compounds are far too frequent, and owing to the resemblance of arsenical poisoning to summer diarrhoea and cholera infantum, it is believed that the cases reported do not by any means comprise the total. Arsenical fly-destroying devices must be rated as extremely dangerous, and should never be used, even if other measures are not at hand."

The one safe, sure, non-poisonous, efficient fly catcher is

TANGLEFOOT

which catches the fly and embalms it and all the deadly germs it carries in a thick coating of varnish. (107)

Made in Canada by THE O. & W. THUM COMPANY, Walkerville, Ont. American Address: Grand Rapids, Mich.

MAKING STEEL HELMETS.

Special Sort of Material Needed for the Purpose.

The steel helmets adopted by the French and British weigh from one and a quarter to one and a half pounds each. The materials used, says the Sphere, consist of plates of steel for the convex helmet and for the visor and neck piece, leather and cloth for the lining, and aluminium for the waving plaquettes that form the springs between the lining and the interior surface of the steel.

The rolled-steel plate has to be supple enough to be worked cold, as heating would lessen its resisting qualities. That requirement compels the manufacturers to use a special steel obtained from very pure castings that are free from phosphorus or sulphur.

The helmets are coated with a dull gray similar to that used on the 75-millimetre gun, which is difficult to distinguish even at a short distance. In painting them, the manufacturers use a spraying process that has the advantage of being very rapid and of giving no inequality of surface. To add to the permanence of the paint they suspend the helmets on bars in a gas drying oven.

The lining consists of a cloth cap, to which is fixed a segment of black glazed leather cut in a particular form. One sheepskin provides about five linings; for making three million helmets about six hundred thousand skins have been used. The lining projects a little below the helmet, so that the metal in no place comes into contact with the wearer's head.

ECONOMY WITH GOOD LIVING

is excellently attained by adding to the daily menu a ration of

Grape-Nuts

Goodness—Energy—Ease of Digestion—Excellent Flavor—are all found in this truly remarkable wheat and barley food.

NEW READINGS OF OLD WORLD.

Out of Present Turmoil Will Come a Future of Joy and Peace.

Here are a few pertinent questions. Is it possible that Germany's infallible efficiency as crystallized in her army is doomed to failure? Will England's insuperable navy be conquered by the submarine? Will the France of "fashion and frivolity" be known hereafter as the land of sobriety and heroic endurance? Will the United States, prodigal son in the family of nations, learn to save, that it may feed the exhausted world from its exuberance? Will Russia, its monstrous autocracy dead, set a luminous example of democracy? Will rival nations join a league of human liberty? Will you and I forgo luxury and selfishness to practice the Golden Rule? These questions are uppermost in men's minds, and events day unto day will answer them. The only one we can answer now is the last; the others will be answered when and in the way God sees best. There is something new under the sun every time is rises. History is in a fluid state. So are men's opinions. War itself cannot efface the record and the promise of human life upon this confused and busy planet. The eye of faith serenely looks beyond the hideous turmoil to the age that must arrive when the law of love shall be paramount and the character of an individual or of a people shall be seen and known for what it is.

He Knows Just Why He Admires Them

Dodd's Kidney Pills Cured Mrs. Mercredi.

She Had Been Ill Two Years and Could Find No Cure. That's Why Her Husband Is Enthusiastic Over Dodd's Kidney Pills.

Fort Smith, Alberta, May 21st (Special)—Among all the thousands of Canadians who praise Dodd's Kidney Pills for the good they have done there is no more fervent admirer of the great kidney remedy than Isidore Mercredi, of this place.

"Yes, it always gives me pleasure to say a good word for Dodd's Kidney Pills," Mr. Mercredi says. "My wife was sick for two years. We could not find anything to restore her to health. Then we found a pamphlet telling of several persons who had been cured by Dodd's Kidney Pills.

"My wife used just two boxes of them and she is perfectly well, to the great surprise of all our neighbors. They can tell you the same thing. I cannot recommend Dodd's Kidney Pills enough."

Dodd's Kidney Pills are the greatest of all remedies for weak, suffering women. They cure the kidneys. The kidneys are the root of nine-tenths of women's ills. Moreover, cured kidneys mean pure clear blood all over the body. That means good health everywhere.

SWAT HIM!

The Fly is a Constant Menace to the Health of the Family.

Why, there's a fly! Seems kind o' good, doesn't it, to hear it buzzing around contentedly in that sunny window? It means that spring has come. You are glad to see it, just as you welcome the crocuses and bluebirds. But wait a minute.

Where did that fly come from? Not up from Florida with Gentle Sister South Wind, as did Welcome Robin and Winsome Bluebird. No, it hatched out of a muck heap, and it came right into the house without wiping its feet.

And its mate will go back to the muck heap to lay more eggs, and by the time the hot days come the two will have some millions of descendants. And all of them will come into the house without wiping their feet, and they will leave filth and disease germs in your food. Spoils the romance, doesn't it? The fly is your enemy. Kill it!

Minard's Liniment used by Physicians.

Editorial Elysium.

"Fellow dropt into the office the other day and ordered the paper, and we were pleased. Said it was a good paper, and we were glad. Said it was more than worth the money to any man of intelligence, and we were tickled. Said it was the mainstay of the town, and we were supertickled. Said it was the greatest booster and the most reliable town-builder and developer in this whole community, and we yelled with joy. Paid for his paper, and—we slid gently to the floor in blissful unconsciousness. Nature had reached its limit.

Keep Minard's Liniment in the house.

Baking soda gives instant relief to a burn or scald. Applied either wet or dry to the burned part immediately, the sense of relief is magical.

AMICABLE ADJUSTMENT.

Between Britain and Argentine Regarding Wheat Embargo.

The diplomatic quarrel between Argentine and Britain over Argentine's wheat embargo has been settled.

The two nations have reached an agreement whereby Argentine agrees to send to Britain and the Allies 180,000 tons of wheat and 20,000 tons of flour. In return Britain contracted to forward to Argentine at a later date 200,000 tons of wheat from Canada, Australia and elsewhere. Delivery of the British wheat is to be between July and September. Presumably the Argentine wheat will be sent to Britain at once.

Argentine's wheat embargo was instituted because of apprehension of her Government officials that the tempting prices offered for export trade would drain the republic of grain. The crop just harvested was a disappointment, and it was feared the nation faced a serious situation.

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que., writes:—"Baby's Own Tablets have been of great value to me and I would strongly recommend them to other mothers." Thousands of other mothers say the same thing. They have become convinced through actual use of the Tablets that nothing can equal them in regulating the bowels and stomach; driving out constipation and indigestion; breaking up colds and simple fevers; expelling worms and curing colic. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BRITANNIA RULES THE WAVES

Post Office System Still Marvellous in War-Times

In these war-times the Post Office is still one of the wonders of the age. The way the mails still go to and fro from the ends of the earth is a wonderful certificate to Britain's command of the oceans.

One heard the other day of a letter sent from Melbourne to Salisbury Plain to one of our splendid Anzacs, says an English writer. The man to whom it was addressed had gone to France, and the letter followed him.

But, meanwhile, he had been wounded, and it went on to Havre. There it was discovered that he had been discharged, and had actually gone back to Australia. Away went the letter back to the Antipodes, and the man and the letter arrived home almost simultaneously. That letter had travelled thirty thousand miles, at least.

Even the mistakes of the Post Office are wonderful. A letter addressed to "The Registrar, County Court, Bromley," some months ago did not arrive within any reasonable time, and was given up for lost. It has lately turned up, with various Indian Postmarks on it. It had been delivered to the Registrar in Bombay.

Minard's Liniment Lumberman's Friend.

In the New Testament the cock is mentioned in reference to the denial of the Lord and indirectly in the "cock-crowing." There is no mention in the Old Testament of the cock or hen. These domestic birds were known to the early Greeks and Romans and probably were introduced by the Romans into Palestine. It is said that these birds were prized by the Romans both as food and for cock-fighting.

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me.

PROSPER FERGUSON.

Seagulls are undoubtedly weather prophets. Dwellers on the coast have noticed that when certain winds begin to blow the gulls collect in large flocks and fly to the fields or circle high over the land, screaming all the while uneasily. After such demonstrations it is said that a rainstorm is certain to follow.

After the Movies

Two Eyes for a Lifetime

Murine is for Tired Eyes. Red Eyes — Sore Eyes — Granulated Eyelids. Rests — Refreshes — Restores. Murine is a Favorite Treatment for eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity.

Care for Them. You Cannot Buy New Eyes.

Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book.

If an article has been scorched in ironing, wet in cold water and lay where the bright sunshine will fall directly on it. This will take the mark entirely out.

MONEY ORDERS

Remit by Dominion Express Money Order. If lost or stolen, you get your money back.

Keeping Your Friends.

Don't expect to keep your friends if you give them away.

Ask for Minard's and take no other.

Certain chemists are endeavoring to adapt the horse chestnut to the human dietary. The nuts are more than half starch and sugar, with some protein and fat, and are nutritious. Their value chiefly depends on the elimination of the bitter elements and the irritating saponin-like glucosides.

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 Street, Toronto.

MISCELLANEOUS

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.

AUTOMOBILES FOR SALE

1910 CADILLAC IN GOOD RUNning condition. Has spare tire. Price $250.

HUDSON, 1916 MODEL, 6 CYLINder 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price $1,300.

HUDSON, 1917 MODEL, 6 CYLINder 7 Passenger Touring Car with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Slip covers on all seats and doors. Overall tires. Price $1,200.

HUDSON MODEL 37, 5 PASSENGER, 6 Cylinder Touring Car. Electric lights and starter. In good running order and well equipped. Looks like a new car. Price $600.

PAGE SEDAN, A VERY FINE closed car seating five. Electric lights and starter, also inside door lock. Nearly all the windows open which gives ample ventilation for summer driving. Price $700.

HUDSON MODEL 33, 5 PASSENger 6 Cylinder Touring Car in good running order at a special price $350.

HUDSON 1913 MODEL 54, A HIGH powered, six cylinder, 5 passenger Touring Car, in good running order and looks like new. Price $750.

STUDEBAKER, SEVEN PASSENger 4 Cylinder Touring Car in good running order. Tires in good shape. This car was painted this year and looks very nice. Price $350.

JACKSON, 5 PASSENGER, 4 CYLINder Touring Car. Has electric lights and starter, good tires and is a bargain at the price $200.

RUSSELL, 4 PASSENGER CABRIOlet. A very handsome closed car, [illegible] Price $1,[illegible]

We are selling good cars after the purchaser has had a demonstration and satisfied himself of the running qualities of the car he is buying. Call at our showroom next time you are in Toronto and let us show you any of the cars we are selling without obligation.

THE DOMINION AUTOMOBILE CO., Limited

140-150 Bay Street, Toronto, Ont.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted out with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.

"Clean All" BOILER COMPOUND

For All Boiler Feed Waters

Cyclone Shaking and Dumping Grate Bars for all requirements

Canadian Steam Boiler Equipment Co. Limited

Tel. Gerrard 3860

20 McGee St. - Toronto

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