When You Eat Bread you are entitled to everything in the whole wheat grain. Dr. Wiley says: "Wheat is a complete food containing all the elements necessary for human nutrition." But be sure you get the whole wheat in a digestible form. **Shredded Wheat Biscuit** is whole wheat made digestible by steam-cooking, shredding and baking—the best process ever devised for preparing the whole wheat grain for the human stomach. Two or three of these crisp little loaves of baked whole wheat with milk and berries, make a delicious nourishing meal. Made in Canada.

OUR NEW ALLY, BRAZIL.

Some Facts About the South-American Republic.

The federal republic of Brazil is the largest state in South America, and is greater in area than European Russia, Austria-Hungary, Germany, France, Norway and Sweden, Denmark, Italy and Greece put together.

The population of Brazil is estimated at about 16,000,000, including 1,500,000 Italians, 1,000,000 Portuguese and 250,000 Germans.

Brazil was formerly an empire, but at the revolution of 1889 the empire became a republic and Dom Pedro II., the then emperor, was exiled.

The national congress, the legislative authority of Brazil, consists of a chamber of deputies and a senate, which meets annually, but no laws can be passed without the president's sanction.

The army of Brazil consists of 40,000 men, besides 20,000 gendarmerie.

Brazil is the naval power of South America, and its navy consists of three dreadnoughts, two old battleships, five protected cruisers and other smaller craft, including eleven torpedo boat destroyers and four submarines.

Rio de Janeiro, the capital, with a population of over 1,000,000 inhabitants, is the largest city in South America; it stands on the west side of the bay of Rio de Janeiro, the most magnificent natural harbor in the world.

About three miles southwest of the city stands the precipitous cone of Corcovado, nearly 3,000 feet high, up which a cog railway carries 100,000 visitors every year to enjoy what is considered the most magnificent view in the world.

It is commonly said that the Amazon, the largest river in Brazil, to its remotest source is nearly 4,000 miles long, but this fact has been frequently contradicted.

Brazil is immensely rich, and the minerals are very considerable and valuable, comprising gold, silver, iron, diamonds, topazes and other precious stones.

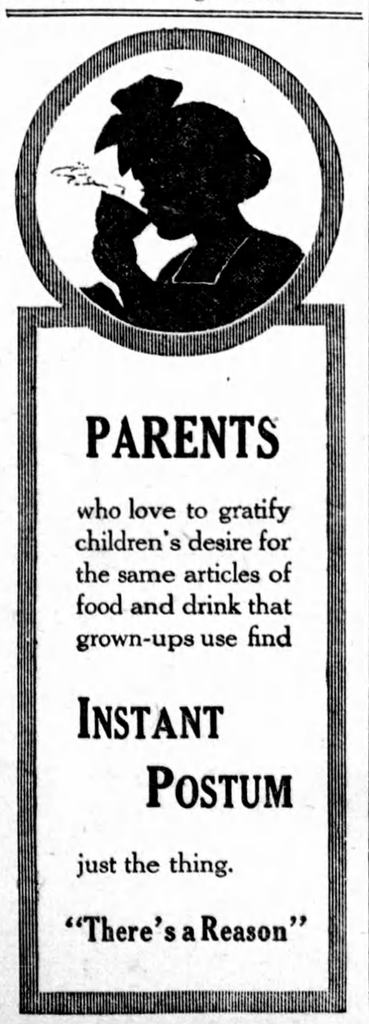
Cattle raising is the most important industry in Brazil, the number being computed at 20,000,000.

The chief products of the country are coffee, rubber and sugar cane.

There are 15,445 miles of railroad open in Brazil and 1,683 miles under construction.

The official language of Brazil is Portuguese.

Scientific experimentation in France has demonstrated that a flour from which bread can be made can be extracted from the sugar beet.



JUST EIGHT.

I'm just turned eight years old to-day.
That's getting pretty old, but say
I wisht it didn't take so long
To grow up really big and strong
Like Dad. For Dad, he's awful tall,
And nothin' can't scare him at all;
That's why he's went away to war.
I don't know what this fightin's for,
That is, not altogether quite.
But I know this, that when't comes night
I wish I had my Dad. At tea
It's awful lonesome, just us three.
'N then when Sis bedtime comes
There ain't no Dad to do my sums.
But ma, she says that's for the right
That daddy's went away to fight,
'N then she looks all light an' glad
A'thinkin' of how brave is Dad.
'N then she calls me sonny-man
'N pats my head and says I can
Grow big an' brave like him, an' strong
By doin' nothin' mean or wrong,
'N then she kisses me an' cries
'N turns away to hide her eyes.
Say, don't I wisht I was all grown;
I'd take my gun, an' all alone
I'd make them wicked Germans run
'N wisht they'd never seen my gun;
I'd wipe 'em all clean off the map
'N bring my great, big Daddy back.
But then I'm only eight, you see,
'N have to grow lots 'fore I'll be
As big as Dad. But yet you know
What Ma says must be right, and so
I'll help to grow a big, brave man
By bein' the goodest boy I can.

—Maude Broomhall.

LINGERING WEAKNESS FOLLOWING DISEASE

Banished by the Wonderful Tonic Powers of Dr. Williams' Pink Pills.

How often victims of disease such as la grippe, fevers, or contagious troubles are left weak, ailing and despondent after the disease itself has disappeared. They do not pick up strength as they ought; remain listless tired and discouraged. The reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength will not return until the blood has been enriched. The blood can be purified and enriched by no other medicine as quickly and as surely as by Dr. Williams Pink Pills—to enrich the blood and strengthen the nerves is the whole mission of these pills. Thousands have found them beneficial in bringing strength and energy after disease had left them weak and run down. Miss Hannah Hamilton, Everett, Ont., says:—"After an attack of la grippe I was so run down and anaemic that I could scarcely walk. I had no color, no appetite, and constant headaches. The medicine I was taking was doing me no good and I had almost lost hope of getting better. I was asked to try Dr. Williams' Pink Pills, and it was not long until I could feel that they were helping me, and after taking them for a couple of months I was completely cured. I now never fail to recommend these pills to anyone needing a blood builder."

You can get these pills through any dealer in medicine or by mail postpaid at 50 cents a box, or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A MATTER OF CLIMATE.

Effect of the Atmosphere on Human Speech.

What makes the German and Russian languages so harsh and guttural, so unpleasant to the ear, and the languages of Italy, France and Spain so fluent, mellifluous and charming?

The former are rasping and sharp, the latter liquid and soothing.

Science explains this, as it does most of the commonplace phenomena, by simple, natural means.

It is all a matter of climate. For countless generations the people of the cold countries to the north went about bundled up, protecting themselves from the biting cold weather. They spoke little and when they did they spoke as briefly as possible with closed mouths, not opening their lips any wider than necessary to form the words.

This restricted their language, making it harsh and guttural. The words were formed in the back of the mouth.

In the south lands, where nature was more kindly, the weather never hampered people so. There the fullness of nature inspired them to openness of expression; the tropical climate made them emotional, romantic, sensuous. They had more freedom. Poetry crept into their speech, for poetry was in the blue Mediterranean, the blue sky, the highly colored fields.

Warmth made them comfortable and increased their passions. Their language was rapid, swelling and voluminous, explosive. They formed their words in liquid syllables, for those come easiest and are formed with wide open mouths.

Yes, Suh!

"It's this way in the black-land belt now," said the New York Evening Post's friend from Texas: "Cotton's so high that a farmer comes into Dallas, eats a square meal at one of the best hotels, puts down a cotton seed, and gets fifteen cents change. Yes, suh!"

Steamed brown bread with raisins in it is delicious.

HELP WANTED

WANTED—PLANER, SHAPER, Lathe and General Machinists, also Pattern Makers. Day and night. Apply Brown Boggs Co., Limited, Hamilton.

WANTED—MARBLE AND GRANite Letterer. Apply Geo. M. Paul, Sarnia, Ont.

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 St., Toronto.

MISCELLANEOUS

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.

ON THE BRINK.

How An Aviator Narrowly Missed Death Near Antwerp.

What thrills can be keener than the thrills of an aviator? Supreme successes, the narrowest of narrow escapes, disappointments and tragedies, follow one another swiftly in the lives of the winged soldiers who are fighting in Europe. What were the thoughts of Lieut. Robinson when he brought down the Zeppelin over London, and what was in his mind when recently the hostile guns brought him down in France? Perhaps it is beyond the power of words to express them.

In Tales of the Flying Services, Mr. C. G. Grey tells of a great disappointment and an extremely narrow escape that fell to the lot of a young aviator at about the time Antwerp fell. Late one afternoon this officer was out on duty, when far away to the east he spied a long, pale shape shining in the sun. It was obviously miles away. He had already been in the air for some time, but he knew just how much gasoline he had in his tank when he started and how long he could fly before he would have to come down. He decided to chase the thing for half an hour, that would leave him a shade over half an hour's fuel with which to get home. Off he went.

As he got closer it became clear that the object was on the ground, and distinctly yellow in color, which proved that it was not a Zeppelin, for all Zeppelins are gray. The size showed that it was not a Parseval; and so he began to think that he had discovered something really new. Still wondering, he came down lower. Then, suddenly, he saw how he had been sold. His colossal airship was a long, thin strip of overripe grain along the side of a hill that had been lighted up by the rays of the setting sun.

Sadly and swiftly he made his way toward home, wondering whether he could reach it, for in his enthusiasm he had overstayed his allotted time. At the height at which he was flying he was well in the sun, but underneath it was dusk. He could just see the course of canals and rivers gleaming out of the darkness. In that part of Belgium there is almost always flat ground on each side of the canals, and he made up his mind to land parallel to a watercourse of some kind.

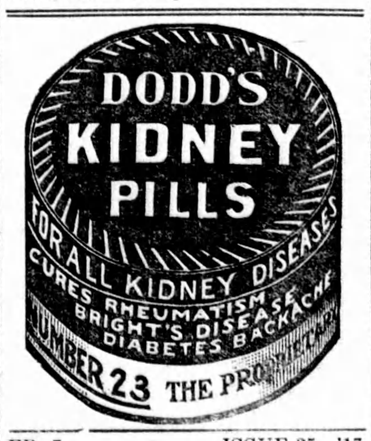
By this time he calculated that he must be over territory held by Belgians or by British, and not by Germans. So he edged gently downward, and when he thought his gasoline must be nearly all gone, he made for a gleam of water.

Very gently he let his machine down until the water alongside which he was flying appeared nearly on his own level. Then he switched off his engine and glided slowly along, anxiously feeling for the ground he could not see. The wheels touched, then the tail skid felt the ground, and without a jar the machine came to rest. The pilot heaved a sigh of relief and climbed out.

Once on the ground he was able to see nearby objects fairly well, but, as he walked round to the front of the machine, the ground before him suddenly vanished. Cautiously he approached the limit of visible grass and discovered to his horor that the machine had pulled up on the very edge of a deep, disused gravel pit. Two yards more and the wheels would have run over the edge, the tail would have lifted, and the machine would have plunged forty or fifty feet into a stagnant pool, where he would certainly have been drowned if he had not been killed by the fall.

Lemon will keep fresh if stowed in dry sand separately.

Number all boxes, bundles and bags with large figures, cut from a calendar, that can be easily seen from a high shelf, and keep a list of all possessions therein contained in a small blank-book, so that at a moment's notice one can locate every article one possesses. This may look arduous at the start, but it takes only a little time, and saves hours if not days of wearisome hunting.



New Design for Bathing Suit

Since slip-on dresses are popular, slip-on bathing suits have also appeared. The model shown here is developed in black satin with a deep band of striped satin about the lower part. Notice the smart way the band is stitched, leaving the upper edges free at the sides in pocket effect. McCall Pattern No. 7780, Misses' Bathing Suit, to be slipped on over the head or opening on shoulder, in 4 sizes; 14 to 20 years. Price, 20 cents.

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

Wanted Definite Instructions.

Officer: "Now, Private Jenkins, I am going to give you a very responsible job. Under our advanced trench is a large mine. I want you to stay there, and when the mine goes up I want you to blow this whistle. Now, do you clearly understand?

Private Jenkins: "Well, there's one thing I'm not certain of, sir. When do I blow the whistle—going up or coming down?"

Ask for Minard's and take no other.

Handy Tray For Berry Pickers.

Rapid picking of berries or other fruit is made possible by using a recently patented tray which is held in front of the wearer by straps extending around the waist and over the shoulders. It is curved to conform to the shape of the body and has raised edges that prevent the baskets set on it from sliding off. The device permits the use of both hands, and its capacity is such that time is not lost in frequently stopping work to renew one's supply of empty containers.

I was cured of Bronchitis and Asthma by MINARD'S LINIMENT.
MRS. A. LIVINGSTONE.
Lot 5, P. E. I.

I was cured of a severe attack of Rhuematism by MINARD'S LINIMENT.
Mahone Bay. JOHN MADER.

I was cured of a severely sprained leg by MINARD'S LINIMENT.
JOSHUA A. WYNACHT.
Bridgewater.

Wireless in Warfare.

Guglielmo Marconi, senator in the Italian Parliament, captain in the Italian navy, and inventor of the wireless, when asked recently what he thought the greatest single accomplishment of the wireless had been in the present war, answered: Its use by aeroplanes. The wireless has revolutionized artillery action. Heretofore the gunner did not know whether his shot landed accurately or not. Guns are frequently placed in such a way that the hills intervening cut off direct observation. But nowadays a big gun might be located on low ground and actually shoot over an elevation to low ground on the other side and be sure of its aim and range. For the wireless constitutes the eyes of the gun. Aviators remain in the air above the position that is attacked. They watch each shot. As it falls they report back by wireless whether it is too far or too short. In less than a minute after the shell has burst, the commanding officer of the artillery battery at the point of origin has a report of the shot fired by each of his guns.

A Sad Awakening.

The foreman of a construction gang was walking along his section of the railway one day when he came upon a laborer fast asleep in the shade of a fence. Eying the man with a stern smile, he said:

"Slape on, ye idle spalpeen, slape on. So long as ye slape ye've got a joo, but when ye wake up ye're out of wurrk!"

A new French clock is so arranged that it will indicate the time on either a twelve-hour or a twenty-four-haur dial.

Minard's Liniment Lumberman's Friend.

DOING "OUR BIT."

"Now to those who search the deep—
Gleam of hope and kindly light,
Once, before you turn to sleep,
Breathe a message through the night.
Never doubt that they'll receive it,
Send it, once, and you'll believe it.

"Think you these aerial wires
Whisper more than spirits may?
Think you that our strong desires
Touch no distance when we pray?
Think you that no wings are flying
Twixt the living and the dying?"

—Alfred Noyes.

CHILDHOOD CONSTIPATION

Constipation in children can be promptly cured by Baby's Own Tablets. They are a gentle but effective laxative which thoroughly regulate the bowels and sweeten the stomach and thus drive out all childhood ailments. Concerning them Mrs. J. B. Tauffenbach, Richer, Man., writes: "I have used Baby's Own Tablets and have found them an excellent medicine for constipation." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Conserving His Energy.

Clarence announced his approach by a rising succession of howls "Oh, my finger! my finger!" he cried.

"Poor little finger!" his mother cooed. "How did you hurt it?"

"With the hammer."

"When?"

"A long time ago," Clarence sobbed.

"But I didn't hear you cry."

"I didn't cry then; I thought you were out," said Clarence.

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.

Don'ts and Be's.

Don't shirk; don't worry; don't explain; don't knock; don't kick; don't quit; don't loaf; don't lag.

Be—prompt, alert, quiet, determined, steady, helpful, unselfish, considerate, gracious, observant brave, clean.

Minard's Liniment used by Physicians.

Insufficiently Protected.

Mary had been greatly interested in watching the men in her grandfather's orchard putting bands round the fruit trees to entrap the climbing caterpillars, and she had asked a great many questions.

Some weeks later, when she was in the city with her mother, she noticed a man who wore a mourning band round his sleeve.

"Mamma," she asked, "what's to keep them from crawling up his other arm?"

MONEY ORDERS.

IT is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Our Natural Resources.

One of the great movements of the present time is the movement for conservation of our natural resources. We have gone on as if the world were coming to an end when we were dead. Now we are getting a better perspective. The conservation movement, as was natural, was at first most conspicuously identified with the conservation of our forests and our water power, but it must extend beyond the forests and water power. It must more immediately concern itself with the conservation of the soil, for even our brief history tells us that fertile fields may become abandoned farms through other causes than lack of rainfall.

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.
ZamBuk

"Clean All" BOILER COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
Canadian Steam Boiler Equipment Co., Limited
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The Soul of a Piano is the Action. Insist on the
"OTTO HIGEL" PIANO ACTION

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

Making Butter.

"Grocery butter is so unsatisfactory, dear," said Mrs. Youngbride, "I decided to-day that we would make our own."

"Oh, did you?" said her husband.

"Yes; I bought a churn, and I ordered buttermilk to be left regularly. Won't it be just lovely to have really fresh butter?"

Keep Minard's Liniment in the house.

Gwenda: "Is there anything as bad as being all dressed up and nowhere to go?" Brenda: "Yes. Getting ready for company, and having nobody call.

AUTOMOBILES FOR SALE

TUDHOPE, 5-PASSENGER, 4-CYLINder Touring Car, in good running order. This car has been painted and varnished this season. Price $300.

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, 1915 MODEL, 6 CYLINder, 7 Passenger Touring Car, with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Oversize tires. Price $1,200.

HUDSON, MODEL 37, 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new car. Price $650.

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

CHALMERS, 7-PASSENGER, 4-Cylinder Touring Car. Electric starter, tires practically new demountable rims, one spare tire. Price $300.

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

STUDEBACKER, 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, $300.

We only sell used 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 our salesmen show you any of our used cars and give you a demonstration.

THE DOMINION AUTOMOBILE CO., Limited
146-150 Bay Street, Toronto, Ont.

LIFT YOUR CORNS OFF WITH FINGERS

How to lossen a tender corn or callus so it lifts out without pain.

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug dries at once and simply shrivels up the corn or callus without even irritating the surrounding tissue.

A small bottle of freezone obtained at any drug store will cost very little but will positively remove every hard or soft corn or callus from one's foot.

If your druggist hasn't stocked this new drug yet, tell him to get a small bottle of freezone for you from his wholesale drug house.

PAINS SHARP AND STABBING

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."—Mrs. ETTA DORION, Ogdensburg, Wis.

Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.