"The Poor Man's Potato" has become the rich man's luxury. Whether at three dollars a bushel, or twenty-five cents a bushel, potatoes are not a complete food. Two or three **Shredded Wheat Biscuits** with milk furnish more real, body-building nutriment than a meal of potatoes or meat, are much more easily digested and cost much less. Shredded Wheat is 100 per cent. whole wheat, nothing added and nothing taken away—gives mental vim and physical vigor for the hot days. Delicious for breakfast, or any meal, with sliced bananas, berries or other fruits, and milk.

Made in Canada.

REIGN OF THE CROWN PRINCE.

Germany is Ruled by the Sentiments of the Degenerate Prince.

It is customary to look forward toward the reign of the Crown Prince of Germany with a certain amount of foreboding; but in essence, if not in fact, the Crown Prince is already on the throne, says Prof. Shaw, of New York University. It is as credible a belief that the kaiser did not want war as that the heir apparent did. The kaiser seems to have preferred his yacht to the U-boat, but the Crown Prince appears to have chosen more serious pastimes. Just when the kaiser abdicated psychologically in favor of his son is not a matter of recorded date, but the fact remains that Germany of to-day is ruled by the sentiments of the Prince.

The kaiser is a reminiscence, the Prince a harsh reality, and it is the decadent spirit of the Prince which appears, not only at Verdun but all along the Hindenburg line and in the wake of von Tirpitz and his U-boat-age. Germany, then, is urged on by the thoughtless impulses of the Crown Prince, while the function of his father seems to consist in expressing regrets for German ruthlessness and in offering prayers for German success. The virtual and psychological ruler is a young man whose attitude toward life can hardly be understood by us without suggesting analogies to Harry Thaw and Dr. Waite.

Critics of national ideals will be unjust with Germany, which still has a place on earth, and false to themselves if they indulge the fond assumption that Germany is false and bad, while all other nations involved in the war are true and good. The difference between Germany and the other nations lies in the fact that the others went to war with the best that was in them to the front, the worst to the rear. France was ready to subordinate national levity to the serious business of defending its implicit ideals. After undue delay, England decided to subsume snobbery and selfishness for the sake of thrusting forward its standard notions of civilization. In our own country, we have just begun to let the cardinal ideal of national life take the place of jingoistic talk, stock jobbery and stock robbery. That is, where the other nations have succeeded in fighting according to the best, Germany has taken counsel with the worst.

WOULD YOU HAVE HEALTH?

"Eat less and Breathe more.
Talk less and Think more.
Ride less and Walk more.
Clothe Less and Bathe more.
Worry less and Work more.
Waste less and Give more.
Preach less and Practice more."

Lead suitable for the casing of tea is needed at Amoy, China. European dealers formerly supplied this product.

Grape-Nuts

Made from choice whole wheat and malted barley, this famous food retains the vital mineral elements of the grain, so essential for balanced nourishment, but lacking in many cereal foods.

From every standpoint—good flavor, rich nourishment, easy digestion, convenience, economy, health from childhood to old age—Grape-Nuts food.

"There's a Reason"

WILL THE JEWS RETURN?

Under a Stable Government the Holy Land May Again Prosper.

It is one of the romances of history which will be noted more particularly when the hurly-burly of the war has ceased, that the advance of the British force which took the town of Gaza was across the very wilderness in which the Children of Israel sojourned for forty years ere they reached the Promised Land. It is not improbable that the world will learn some morning of the fall of Jerusalem, the accomplishment of a task which has been in hand, off and on, for seven hundred years.

The present derelict state of the Holy Land must not be regarded as its natural aspect. There can be no doubt that in the Bible days it was one of the most fertile lands in the world. That was when primitive implements were used in agriculture. How much more fruitful might it be to-day under the stimulus of modern methods?

Ancient prophecy says that after Armageddon the Holy Land shall be restored to its ancient people, the Jews, and it certainly looks as if the fulfilment of this promise were at hand, or, at least, its practicability. If a stable government under the British or French be established, there can be little doubt but tens of thousands of Jews will return to the Old Country.

A NERVOUS BREAKDOWN

Can be Averted by Feeding the Starved Nerves With Rich, Red Blood.

Nourish your nerves—that is the only way you can overcome life's worst misery, nervous exhaustion. The fits of depression and irritation, the prostrating headaches, the weakness and trembling of the legs, the unsteady hand and the imperfect digestion that mark the victim of nerve weakness, must end in nervous breakdown if neglected.

Nourish your nerves by the natural process of filling your veins with rich, red, health-giving blood. Your nerves are crying out for pure blood and the mission of Dr. Williams' Pink Pills is to make new, rich blood. This explains why these pills have proved successful in so many cases of nervous disease that did not yield to ordinary treatment. For example, Mr. Wilfrid Donald, West Flamboro, Ont., says:—"Before I began the use of Dr. Williams' Pink Pills I was in a serious condition. I was not only badly run down, but my nerves seemed to be completely shattered. I slept badly at night, and when I got up in the morning was as tired as when I went to bed. I seemed to be on the verge of a nervous breakdown. At this stage I began the use of Dr. Williams' Pink Pills. In the course of a few weeks I felt much relief, and continuing the use of the pills they completely restored my health. I can now sleep soundly, eat well, and am enjoying complete freedom from the old nervous troubles."

You can get Dr. Williams' Pink Pills through 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.

STRANGE JAPANESE CRAB.

A Remarkable Example of One of Natures Little Jokes.

Nature is not ordinarily to be accused of trying to be funny, but once in a while she seems to indulge in a bit of humor on her own account.

Of this a very remarkable example is found in a species of crab plentiful in Japanese waters. It bears on its back a Japanese face. It is the face of a fierce warrior of old Japan.

The Japanese have a tradition to account for this curious phenomenon. The story harks back a few centuries, to a period when the seas that wash the shores of their archipelago were much beset by ferocious pirates.

To put a stop to their depredations a fleet of fighting ships was prepared, and there presently ensued a battle of the most desperate kind with the pirate fleet—the buccaneers being formidably organized.

The pirates were defeated, their ships sunk; and, no quarter being given, they were wiped out to the last man. That was the end of organized piracy in those waters.

So far, the story is historically authentic. One is at liberty to believe or not the theory entertained by the Japanese to this day, that the souls of the men slaughtered and drowned in that battle entered the bodies of crabs.

If you discredit the idea, they will show you the crabs, every one of which has the face of a Japanese fighting man on its back. Furthermore, the face, with its bloated features, is that of a drowned man.

A curious point about this taira crab, as it is called, is that it has a set of supplementary legs, by the help of which, if it happens to be turned over, it can run swiftly on its back.

The Real Dress.

Whatever the fashionable tailor may say, the really well-dressed man of todays wears khaki.

The needed repairs for the mower and binder will cost no more now than later, and may, if ordered now, saves costly delay.

A Great Remedy

DR. HENDERSON'S Herb Treatment (tablets), the great blood purifier, will cure rheumatism, constipation, eczema, kidney, liver, stomach and female troubles. Price $1, with guarantee, or 6 boxes for $5, postpaid. Henderson Herb Co., Dept. W., 173 Spadina Ave., Toronto.

For Play and Pleasure

In a short-sleeved shirt and a pair of overalls a small boy can start out to do most any of the things he wants to do, such as making a railroad, digging a trench or even fighting the enemy. The overalls illustrated are McCall Pattern No. 7824, Boy's Overalls; in two lengths. Cut in 6 sizes; 4 to 14 years. Price, 15 cents. Boy's Shirt Blouse No. 6420, in 6 sizes; 4 to 14 years. Price, 10 cents.

A fashionable combination of plain and plaid gingham is shown in this cunning frock. This is a practical as well as a very smart model for a vacation frock for a small girl. McCall Pattern No. 7766, Girl's Dress, in 6 sizes; 4 to 14 years. Price, 15 cents.

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

Glove Dust Cloth.

Make a new dust cloth with an attached glove and you will not have grimy fingers and nails after dusting. Sew a piece of the goods eight inches square in the center of the cloth, leaving one edge free. Mark the shape of your hand on this square with chalk or pencil and sew with the machine around the mark, having the wrist on the side left free.

I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made.

ARCHIE E. LAUNDRY.
Edmonton.

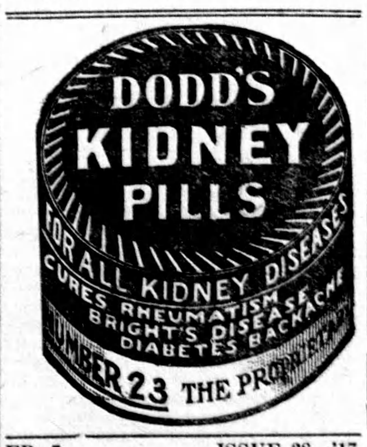
Awful Loss.

Gertrude, aged 3, sat in her high chair at the dinner table turning about in her fingers a small ear of corn from which she had been nibbling a row at a time. Suddenly she burst into tears.

"What is the matter, dear?" ased her mother.

"I've lost my place!" sobbed the little one.

Land worked this year for the first time will be in better shape another year, providing it is cultivated the entire season, keeping the weeds out and the ground as mellow as possible.



CHILD-LOVER'S SONG.

O Thou who giv'st what most I prize—
The love of little children;
No gem so precious in mine eyes—
The love of little children!
What hand but Thine could e'er impart
The love of little children?
No wealth as this can fill my heart—
The love of little children.
How fair the hour that first begot
The love of little children!
How drear the day that lighteth not
The love of little children!
Within mine inmost soul inwrought—
The love of little children;
Oh, sweet beyond my sweetest thought—
The love of little children!

—Gerald F. Joy.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentry, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Watch for overloading, overspeeding, ill-fed and badly harnessed horses, for warm weather is with us, when the horse feels these cruelties more than at any other season of the year.

A late spring, labor shortage and the extra amount of land to be broken up for fall seeding will reduce the area planted to roots in Britain this year.

Minard's Liniment Cures Colds, Etc.

A Father's Influence.

The superintendent of a boys' reformatory characterizes the homes as the "first institution for the production of good citizens." He emphasized the influence of a father on the life of the boy, and declared that the mother can not discharge the duty of both parents. A medical examiner in another state declares that of ten cases of youthful delinquency nine can be traced to lack of parental control; the medical examiner finds it the same with accidents. Hanging around a railway yard and "cutting behind" a passing vehicle may be only what father did when he was a boy, but railway yards have grown more crowded since his time, and a high-powered automobile is not quite the same thing as the grocer's wagon.

MONEY ORDERS

WHEN ordering goods by mail, send a Dominion Express Money Order.

Learn to Swim.

Swimming is an accomplishment of more importance to men, women, boys and girls than any of the other sports, yet comparatively few can swim. As it is easier for children to learn than it is for adults, they should be given the opportunity whenever possible. They love the water, as a rule, and if there is no body of water near at hand, let them don their bathing suits and go out into the summer rain for a frolic. As the suits are easily made at home, the children could afford to have them ready for a rainy day, especially as they save good clothes and furnish so much genuine fun. On an extremely hot day, thus equipped, they may frolic in the back-yard with the hose.

Minard's Liniment Cures Garget in Cows

Good Citizens.

Oh, give us men with visions clear;
With rugged hearts, who know no fear!
Great men of prescience, brave and bold;
Unshaken by the lure of gold;
Who fight for truth, whate'er their fate;
The men, O Lord, to make a state.

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.

He'll Get Even.

"You've had plenty of rain in your section."

"Yep, Hurt my crops, too."

"Will you lose much money?"

"No; I'll break about even by hauling autos out of mudholes."

Minard's Liniment Cures Distemper.

English manufacturers have developed a steel for cutlery that is said to be nonrusting, unstainable and untarnishable.

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.

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

America's Pioneer Dog Remedies

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Mailed free to any address by the Author
H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

THICK, SWOLLEN GLANDS

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

ABSORBINE

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 M 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.

For Pimply Faces Try Cuticura

Soap and Ointment

Samples Free by Post

A simple, easy, speedy treatment. Smear the pimples with Cuticura Ointment, wash off in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. Use night and morning.

For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, these fragrant emollients are wonderful as well as ideal for the toilet.

For free sample each address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

EATS GILLETT'S LYE DIRT CLEANS DISINFECTS

FRIENDS.

The friends that love us always,
When we go their way or not,
Are the friends that hearts remember
When the others are forgot.
The friends that stick the closest
When the trouble grows the worst;
The friends that love us always
Just the way they did at first.

Minard's Liniment Cures Diphtheria.

To Canada.

And thou, my country, write it on thy heart,
Thy sons are they who nobly take thy part;
Who dedicates his manhood at thy shrine,
Wherever born, is born a son of thine.

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 off 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 store for you.

NOTICE TO SICK WOMEN

Positive Proof That Lydia E. Pinkham's Vegetable Compound Relieves Suffering.

Bridgeton, N. J.—"I cannot speak too highly of Lydia E. Pinkham's Vegetable Compound for inflammation and other weaknesses. I was very irregular and would have terrible pains so that I could hardly take a step. Sometimes I would be so miserable that I could not sweep a room. I doctored part of the time but felt no change. I later took Lydia E. Pinkham's Vegetable Compound and soon felt a change for the better. I took it until I was in good healthy condition. I recommend the Pinkham remedies to all women as I have used them with such good results."—Mrs. MILFORD T. CUMMINGS, 322 Harmony St., Penn's Grove, N. J.

Such testimony should be accepted by all women as convincing evidence of the excellence of Lydia E. Pinkham's Vegetable Compound as a remedy for the distressing ills of women such as displacements, inflammation, ulceration, backache, painful periods, nervousness and kindred ailments.

City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100%. I have since verified the efficacy of this treatment in a number of cases and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious opthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative treatment I prescribed Bon-Opto and in 24 hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your collyrium. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. I always instil Bon-Opto after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. By cleansing the lids of secretions and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Conner says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopical research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblyn and T. Eaton & Co., Toronto.