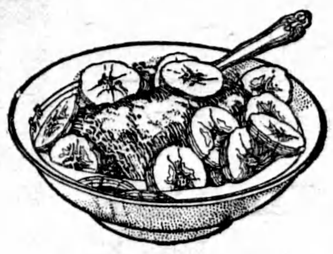
Strength in Summer comes to the man or woman whose daily diet consists of [illegible] and fruits. Meat and potatoes are a heavy load on the digestive organs. The ideal Summer diet is **Shredded Wheat Biscuit,** a food that is 100 per cent. whole wheat and prepared in a digestible form. For breakfast with sliced bananas or berries, with milk or cream.



Made in Canada.

ST. DUNSTAN'S HOSTEL.

The Empire's Training School for Blinded Soldiers and Sailors.

St. Dunstan's Hostel, in Regent's Park, London, is under the direction of Sir Arthur Pearson (himself blind) and Lady Pearson. At the date of the last report, March 31, 1917, the inmates numbered 354 and included men from Canada, Australia, New Zealand, South Africa, Tasmania, and Newfoundland, as well as the British Isles. Already 224 men have passed out, having learned one, and sometimes more than one, of the following occupations: Massage, shorthand-writing, telephone operating, boot repairing, mat-making, basket-making, joinery, poultry farming and market gardening.

Besides the occupations learned, the men master Braille and typewriting and netting work of various kinds. Every man is given a typewriter as his own possession when he has passed the writing test imposed, and is well supplied with Braille literature.

Each pupil has an individual teacher. There are well over a hundred of these teachers, all of whom are voluntary.

Of the men who have left St. Dunstan's and have been settled at their work, provided with plant, given stocks of raw material, and otherwise started in life, the vast majority are earning sums which prove very handsome supplements to their pensions. Indeed there are quite a number of cases in which earnings are on a higher scale than before the men were blinded.

The men of St .Dunstan's are taught to play as well as to work. They have various sports games and debating societies and lessons in vocal and instrumental music.

An after-care scheme is now being planned for which donations will be gladly received. Arrangements are made under this scheme for supervising the men's work; providing their raw material of the best quality and at cost price, for marketing their goods and assisting them permanently all through their darkened life.

These men have given very much indeed for their country, and for you. The least that can be given them in return is to ensure by every possible means that they are placed in a position successfully to fight their stern battle against so terrible a handicap as the loss of sight.

By a Frenchman's invention as a language student hears a word spoken by a phonograph he also sees it appear on a printed roll in conjunction with its translation in his own tongue.

Instant Postum

A table drink that has taken the place of tea and coffee in thousands of Canadian homes.

"There's a Reason"

Delightful flavor
Rich aroma
Healthful
Economical

Sold by grocers everywhere

BRITISH PEERAGES.

Noble Houses Suffer Because of Their Contribution to the War.

Eight peerages of the United Kingdom are in peril of extinguishment, writes the London correspondent of the New York Sun. No fewer than 120 sons of peers have been killed in the war, sixty-two of them heirs to titles. Not all, of course, were only sons, so that not all the titles are in menace. Before the war's end, without doubt, there will be other casualties in noble families, other threats of the extinction of titles.

So a weekly newspaper declares, "measures must be taken to continue" the peerage whose extinction is threatened. Probably there will be; the Englishman's love of a lord is getting to be more than a tradition and a sarcasm; for the noble houses have contributed magnificently of their sons in the fight for the nation's life. The Upper Chamber is an array of mourning these days, and it appeals more strongly to the sentiments and sympathies of the country than in many decades.

When a hereditary peerage confronts extinction by reason of the failure of male issue it comes within the prerogative of the Crown to determine whether it may be continued through the female line. The royal assent has been granted in many cases; it is customary, in fact, when the title is sufficiently old and revered to make it an institution, like London Bridge or the Tower, or afternoon tea. But there is the possibility also of titles becoming extinct through failure of both the male and female lines, and comparatively parvenu titles are by no means certain of maintenance through the royal prerogative.

Of course, the family estates are not dissipated merely because the title ceases. The estates may be disposed of by the usual processes of law.

HOW IS YOUR APPETITE?

Loss of appetite during the summer months is a common trouble, and indicates that the digestive system is out of order. Lacking a healthy appetite many people—especially women—go too long without food, or eat sparingly because food seems to distress them, and it is no wonder that they complain that they are constantly tired and unable to stand the hot weather. This simply means that the digestive system is not doing its proper work, and that the nutriment that should come from the food is not being distributed to the various organs of the body. In other words the blood is growing thin and watery.

You need a summer tonic, and in all the realm of medicine there is no tonic can equal Dr. Williams' Pink Pills. Take a short treatment with these pills now and notice how promptly your appetite returns and your power to digest food improves. Your food will then do you good, your strength will return and you will no longer complain that the hot weather tires you out.

The best time to begin taking Dr. Williams' Pink Pills is the moment you feel the least bit out of sorts. The sooner you do so the sooner you will regain your old time energy. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A GOOD SET OF RULES.

Boys and Girls Would Do Well to Follow Them Out.

Here is a set of rules which every boy and girl would do well to follow:

Be brave. Courage is the noblest of all gifts.

Be silent while your elders are speaking, and otherwise show them deference.

Obey. Obedience is the first duty of every boy and girl.

Be clean. Both yourself and the place you live in.

Understand and respect your body. It is the temple of the spirit.

Be the friend of all harmless wild life. Conserve the woods and flowers, and especially be ready to fight wild fire in forest or in town.

Word of honor is sacred.

Play fair. Foul play is treachery.

Be reverent.

Be kind. Do at least one act of unbargaining service every day.

Be helpful. Do your share of the work.

Be joyful. Seek the joy of being alive.

The Jordan.

Religion, history and nature conspire to make the Jordan the most famous river of the earth. Across it the hosts of Israel were led into the Promised Land; in its waters the Christian rite of baptism had its birth; up and down its valleys many civilizations in the morning of history rose and fell. Perhaps the strangest thing about this famous river is that none of the ancients ever guessed that its mouth was below the level of the sea. It was not until 1874 that accurate measurements were made and the mouth of the river was found 1292 feet below the Mediterranean less than 60 miles away.

Manufacturers of artificial butter in Europe are now largely using oil pressed from copra, which is the dried meat of cocoanuts, instead of animal fat.

GEN. CADORNA GEN. PORRO

IN COMMAND OF ITALIAN ARMIES.

These portraits sent from Italian headquarters by Miss Rosamond Boultbee, show His Excellency, General Luigi Cadorna, commander-in-chief of the Italian armies, and General Porro, second in command

"PRIVATE" MARY JANE—ARMY COOK

TWO THOUSAND WOMEN ARE NOW COOKING FOR TOMMY.

One of Them Tells of Her Work, Her Pay, and Her Prospects in the Women's Legion.

I'm in the Army, and yet I'm a woman. No, I'm not one of those Amazons you sometimes read about, though I do wear a khaki uniform, draw Army pay from the regimental paymasters, work in the Army, and live in a camp, writes an English woman.

It's a bit of a puzzle, isn't it, to find a woman doing all these things, which are supposed to be the exclusive prerogative of men alone. The secret is that I'm an Army cook.

The average man in the street only associates women's war work with 'bus-conductors, munition-makers, lift-girls, railway-porteresses, and so on; but, scattered all over the country—some in Army depots, and others in convalescent camps—there are over two thousand women like me, who are in the Army, actually and truly, in every sense of the word.

I've belonged to the Army now for over twelve months, and I'm proud to be able to say that I'm replacing at least one man for the fighting-line by being here. I used to be a cook in private service before I joined; but hearing that there was a scheme on foot to replace men-cooks with women, where they could be found, I offered my services to the War Office.

The Order of the Day.

I had to pass a medical examination, the same as any other recruit, only, instead of going out on a parade ground, and learning the way to march and turn, and performing the antics called Swedish drill, I started as an assistant-cook, working for the time being under a chief man Army cook.

Every morning at six I had to be in the kitchen, to prepare the food for the men's breakfasts, and after this had all been got ready we managed to get our own first meal. After that came the preparation for dinners. We peeled potatoes, cleaned cabbage and other green vegetables, and cut up the eight ounces of meat which is each man's allowance. Some cooks would be making the pastry for pies or puddings, while still others would watch the big joints for roasting, according to their several special abilities.

At about ten o'clock, and when the pots and pans are sizzling merrily, we set about clearing up the kitchen. At eleven we stop work in two batches for "Stand easy"—a quarter of an hour during which we go out for a walk to get fresh air, if fine, or chat under the veranda if it is raining.

At a quarter to twelve we get the dinners out of the ovens and coppers, ready for the orderlies of the messes when they call to collect them, and by noon every scrap of food—except our own dinners—has disappeared from the kitchen. Follows a little more clearing up, and at half-past twelve we dine.

A Dinky Uniform.

Half of us are off duty in the afternoon and the other half prepare the food which Tommy will have for tomorrow morning's breakfast, and see that the water is boiling for tea, and that any little luxuries, such as bloaters, or an occasional steak and tomatoes, and that sort of thing, is cooked and hot by four o'clock.

The evening, after tea has been sounded off, and the kitchen cleared up, is our own. We have half a day's leave each week, and once a month a full day, besides which, when the soldiers get their periodical leaves, we too, go for the same length of time, again taking it in batches, as there must always be someone in the kitchen to cook for the men in camp.

Our life isn't dull by any means, for we have our own quarters and our recreation-rooms, in which are installed games of all kinds, sewing machines for the industrious, and pianos. Besides this, we can attend the camp theatre or cinema, and sometimes one or more of our number figures on the programme at the former.

Two girls share a room, either in the camp itself or in a hostel near at hand, run by the Military Section of the Women's Legion, which is our real employer, and with whom we have contracted to serve.

The Women's Legion.

We wear a dinky uniform. A jacket and skirt of khaki, with a red shoulder strap, bearing the letters, "W.L.," as well as a Women's Legion band, chosen by Lady Londonderry, who is the founder of the league, while a brown felt hat of the Canadian type completes the outfit.

As assistant-cook I draw a salary of $100 per annum, with $6.50 extra per year for laundry, which is also the scale of pay for assistant-waitresses; but when I got promoted to head cook this was raised to $200 per annum, while the washing allowance remained the same.

There is one more step which I can take—that to superintendent cook, where I shall draw the princely sum of $500 per year, with all found, so that I am now getting, even as head-cook, a far greater salary than I should have ever reached in private service. And if I can only realize my ambition, and become a superintendent, I shall be able to put by a nice little sum to act as a nest-egg when I have to leave the Army—if ever I do—when the boys come home again.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN.
Aug. 31st, 1908. Metapedia, P. Q.

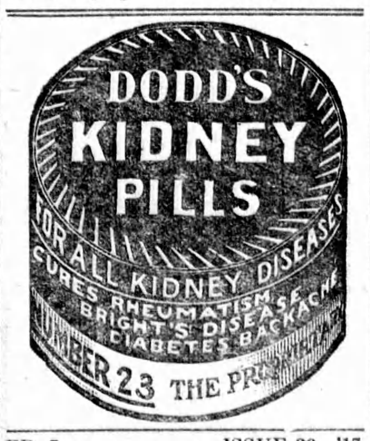
THE COSTLIEST OF WARS

Previous Expensive Conflicts Do Not Compare With Present War.

It is certain that the present conflict of nations will place all other wars in the shade as regards expenses. The costliest war on record hitherto, that between Italy and Austria in 1866, only cost $50,000,000.

It was a record, however, because the war only lasted twenty days, or at a rate of half a million sterling per day. England's last war in South Africa cost her approximately $975,000 per day, and, excluding the present war, Great Britain has spent a trifle of $1,135,000,000 on war in the short interval since 1895. Russia, however, in the fifty years that began with the Crimean war and ended with the war against Japan, spent $1,675,000,000 sterling on fighting, and lost 664,000 soldiers' and sailors' lives in the process.

In recent times the most expensive war, excluding that in South Africa, was the comparatively small affair for the stamping out of the Boxer rebellion in China in 1900-1, for the public purse to be drawn on to the tune of $29,139,000; and in contrast to this it is interesting to note that England's campaign against the Zakk Khels ten years ago, only cost the Indian Government $285,000. This appears the merest trifle compared with the total cost of the great American civil war, which has been estimated at $10,000,000,000 sterling.



SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets cure these troubles, or is given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Keep on Cultivating.

Constant tilage feeds growing crops, releasing the plant food which is taken up by the growing plants. All things being equal, crops that are frequently and properly cultivated will yield very much heavier than the same crops that are cultivated only occasionally.

Minard's Liniment Cures Diphtheria.

Many Millions in Sorrow.

The War Study Society, of Copenhagen, estimates the total loss of belligerents in dead, wounded and sick at 19,228,800, and counts about 5,000,000 missing. Each soldier represents on the average a family of five persons, so that the war has brought personal distress to a population greater than that of the United States. And this does not include the death and injury of noncombatants themselves.

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 a healthy child has a quart of milk a day, besides an egg, and butter on his bread, he probably gets enough fat.

Minard's Liniment Cures Colds, Etc.

Rape is not only a land cleaner, but an excellent feed for dry stock.

Aphids, commonly called plant lice, are small, delicate, winged or wingless insects which feed upon plant juices, draining them from the foliage, fruit, twigs or roots through a beak pushed through the plant tissues. Contact sprays, such as kerosene emulsion, soap washes, nicotine solutions, etc., must be used to kill aphids.

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If you druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

Little Son Was A Pitiful Sight

With Ringworm Which Turned to Eczema. Just One Mass. Cuticura Completely Healed.

"My little son, three years old, took ringworm on his left arm, and he scratched it so that it turned to eczema. It then spread to his back, chest, arms, legs and head. It was just one mass of corruption and it made my heart ache to see him scratch; he would just tear himself. He was a pitiful sight.

"I read about Cuticura Soap and Ointment. By the time I had used the second box of Cuticura Ointment with the Cuticura Soap he was completely healed." (Signed) Mrs. R. R. Peachey, R. R. 1, Waldemar, Ont., December 30, 1916.

Cuticura Soap daily for the toilet and Cuticura Ointment as needed prevent pimples, blackheads or other eruptions.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

MAGIC BAKING POWDER READ THE LABEL NO ALUM

The Late Dinner.

Young Wife—I'm afraid that dinner will be late, dear.

Young Hubby—How's that, darling?

Young Wife—Why, I ordered some macaroni, but when it came this morning I had to send it back, for every stem was empty.

Minard's Liniment Cures Distemper.

Describing Him.

The squad marched so poorly and went through their drill so badly that the captain shouted indignantly: "You knock-kneed, big-footed idiots, you are not worthy of being drilled by a captain! What you want is a rhinoceros to drill you, you wretched lot of donkeys!" Then, turning aside: "Now, lieutenant, you take charge of them!"

MONEY ORDERS.

A Dominion Express Money Order for Five dollars costs three cents.

In China there is an oil well that has been drilled to a depth of 3,600 feet with the most primitive native tools.

Minard's Liniment Cures Garget in Cows

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.

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

Dr. Ferdinand King, New York Physician and Medical Author Says:

EVERY WOMAN EVERY MOTHER EVERY DAUGHTER NEEDS IRON AT TIMES

To put strength into her nerves and color into her cheeks.

There can be no beautiful, healthy, rosy-cheeked women without iron. The trouble in the past has been that when women needed iron they generally took ordinary metallic iron, which often corroded the stomach and did far more harm than good. To-day doctors prescribe organic iron — Nuxated Iron. This particular form of iron is easily assimilated, does not blacken nor injure the teeth nor upset the stomach. It will increase the strength and endurance of weak, nervous, irritable, careworn, haggard looking women 100 per cent. in two weeks' time in many instances. I have used it in my own practice with most surprising results.—Ferdinand King, M. D.

NOTE: NUXATED IRON recommended above by Dr. Ferdinand King can be obtained from any good druggist with an absolute guarantee of success or money refunded. It is dispensed by all good druggists.

BROKEN DOWN IN HEALTH

Woman Tells How $5 Worth of Pinkham's Compound Made Her Well.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took $5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."—Mrs. JENNIE MOYER, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.