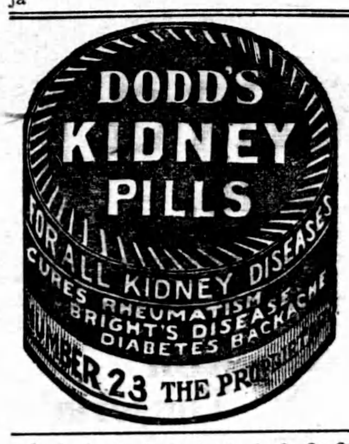
The Waste of War is terrible, but the waste of food in times of peace is colossal. Rich and poor alike eat tons of food that has little food value—and this useless food breaks down the so-called eliminating organs and depletes the physical and mental powers. **Shredded Wheat Biscuit** is all food, prepared by a process which makes every particle thoroughly digested. It is 100 per cent. whole wheat. Two or three of these Biscuits with milk, make a nourishing meal, supplying the greatest amount of energy at lowest cost. Delicious with sliced bananas, berries or other fruits.

Made in Canada.

Don't Be Penny Wise.

No housewife should let the increased price of sugar keep her from preserving all the fruit and berries that she can get. A little figuring will show her that the increased price of sugar is only 1½ cents to the quart ja



PAIN? NOT A BIT!
LIFT YOUR CORNS
OR CALLUSES OFF

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist.

It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.

AN OPERATION AVERTED

Philadelphia, Pa.—"One year ago I was very sick and I suffered with pains in my side and back until I nearly went crazy. I went to different doctors and they all said I had female trouble and would not get any relief until I would be operated on. I had suffered for four years before this time, but I kept getting worse the more medicine I took. Every month since I was a young girl I had suffered with cramps in my sides at periods and was never regular. I saw your advertisement in the newspaper and the picture of a woman who had been saved from an operation and this picture was impressed on my mind. The doctor had given me only two more days to make up my mind so I sent my husband to the drug store at once for a bottle of Lydia E. Pinkham's Vegetable Compound, and believe me, I soon noticed a change and when I had finished the third bottle I was cured and never felt better. I grant you the privilege to publish my letter and am only too glad to let other women know of my cure."—Mrs. Thos. McGonigal, 3432 Hartville Street, Phila., Pa.

VISITED BY A LION.

Only the Good Temper of the Animal Averted Serious Consequences.

There is plenty of danger in training wild animals; nevertheless, in many cases those who work among the carnivores owe their lives to the good temper of their charges. In that connection Mr. Carl Hagenbeck records in Beasts and Men an adventure that would alarm even the most courageous.

In the beginning of the sixties, writes Mr. Hagenbeck, I was bringing from Cologne to Hamburg a large collection of animals. Among them was a four-year-old lion. It was placed in a great kennel and, together with all the other animals, was installed in the railway van. A man named Druard was in charge of the animals during the journey. When everything was satisfactorily arranged, he closed the door of the van and made himself comfortable.

The train rumbled on through the night and the unsuspecting keeper dozed peacefully. Suddenly he felt a great weight upon his chest, and woke with a start. In the darkness, not a yard from him, there shone two greenish lights, and he could dimly see the shaggy outline of the lion's mane. In some way the fastening of its cage had become disarranged and the huge beast had escaped.

Druard was a trainer of long experience, and he knew that this lion was good-tempered. So he decided at once that the best thing to do was somehow or other to tie the animal up. For the rest he must share the place with the lion until the next station, and make the best of his awkward situation.

Fortunately, no trouble broke out between the lion and the other animals. Had anything of that sort occurred, the man would never have lived to tell the tale. Druard quietly untied a sash that he wore round his body and placed it round the lion's neck. Then groping his way through the dark and jolting van he succeeded in fastening the other end of the sash to the handle of the door. At the next station he sounded the alarm, and when lights were brought led the lion back to its cage.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentry and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Buy by weight. Disregard the measure. Insist upon correct weight. Patronize a responsible merchant. By insisting on full weight you obtain the full amount of food for which you are paying.

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.

IN BLIGHTY.

Oh, to be in Blighty,
Now that summer's there!
But I can't get back to Blighty,
For the U-boats won't play fair.
So I lie in this long, white ward, and dream
Of the old home farm and the ploughing team,
And the sweet flowers starring the hillside brow
In Blighty—now!

Oh, to be in Blighty!
I'm broken, blind, and sore.
My heart sure aches for Blighty,
And I'm tired of blood and war.
And I think of the stone-paved village street,
And the bright-faced lassies so trim and sweet,
And the old man driving the soft-eyed cow
In Blighty—now!

Oh, to be in Blighty,
Now that summer's there!
But I can't get back to Blighty,
For the U-boats won't play fair.
So I'll shift the arm that they're trying to mend,
And doze awhile, and just pretend
That when I wake I'll find me—how?
In Blighty—now!

—Eileen Smith.

A French eletrician's wireless receiver is small enough to be carried in a pocket, yet will pick up messages when connected with almost any metal surface.

Minard's Liniment Cures Garget in Cows

RICHES.

You can be rich in friends,
And rich in kindly graces,
And draw great dividends
In smiles on many faces.

You need not wisdom great
Nor feats of glory;
Kindness will better state
Your splendid story.

The long-remembered dead
Lived not in splendor,
Their records can be read
In memories tender.

WHEN YOUR COLOR FADES

When a girl—or a woman—finds her color fading, when her cheeks and lips grow pale, and she gets short of breath easily and her heart palpitates after slight exertion, or under the least excitement, it means that she is suffering from anaemia—thin, watery blood. Headache and backache frequently accompany this condition, and nervousness is often present.

The remedy for this condition is to build up the blood, and for this purpose there is no medicine can equal Dr. Williams' Pink Pills. They build up and renew the blood, bring brightness to the eyes, color to the cheeks, and a general feeling of renewed health and energy. The only other treatment needed is plenty of sunlight, moderate exercise and good, plain food. The girl or woman who gives this treatment a fair trial will soon find herself enjoying perfect health.

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

RUSSIAN ROYALTY IN PRISON

How the Deposed Czar and His Family Spend Their Time.

The former czar of all the Russias is not a man of resource, says the London Mail, and he is feeling horribly bored with nothing to do but to water his flowers and talk to the wife of his bosom on the telephone—in the presence of a guard. He is allowed to see his children, but also only under supervision. One of his girls became so unhappy at his plight—it is the Grand Duchess Marie, who dotes on him—that she had a nervous breakdown.

The other girls, with the czarevitch, try to keep up their spirits with tennis and lessons and music. Tatiana, the second girl, has quite a lovely voice and is as musical as her brother. Had her lines been cast in other places she might have made her fortune as a prima donna. As it is singing means good fun to her.

Those who have come in contact with the czarevitch feel very sorry for the poor little chap for the change in his life. He was patriotic above all things, and it was a passion with him to stay with his father at headquarters. Although he had been rather a terror as boys go before the war, his keenness to serve made him behave well, and the officers of the chief staff, instead of finding him a nuisance, say that he was as willing to do his bit as any common or garden scout boy.

He was found one day tearing up the photographs of all his German relatives. When he came to that of the Grand Duke of Hesse he sent for his youngest sister, who is his chief pal. "Look here, Nastia," he said, "can I tear up mother's brother?" "Of course," said Nastia, "as he's a German!" Together the two children tore the photograph to bits and stamped them under foot, cheering wildly as they did so.

Wanted to Be There.

"I like to have vacation," said Tony.

"We can't get along very well without you," said the boss. "You don't need a vacation. You'll only blow in your money and come back broke."

"I like to have vacation," persisted Tony. "I get married, and I kinda like to be there."

Whole Wheat and Malted Barley

skillfully blended and processed make

Grape-Nuts

a most delicious food in flavor as well as a great body, brain and nerve builder.

"There's a Reason"

YOUNG WOMEN WANTED

Good opportunity offered young women, desiring permanent work in Toronto, to learn waitresses' work in the largest established restaurant in Canada. Good wages paid, best working conditions and fair treatment. Write, Phone or Call.

CHILDS COMPANY,
158 YONGE ST., TORONTO.

A Poser.

"Say, mamma, do big fishes eat little fishes like these sardines?"

"Certainly, my child!"

"But how do they open the tins?"

Minard's Liniment Cures Colds, Etc.

One way to prepare rice is to put it in a cotton bag and drop the same into a kettleful of boiling water.

MONEY ORDERS

The safe way to send money by mail is by Dominion Express Money Order.

Run a spade down around the roots of cosmos plants to check rampant growth and to force them into flower.

Minard's Liniment Cures Diphtheria.

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.

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

Shall It Be Hair or No Hair

Cuticura Soap shampoos preceded by light touches of Cuticura Ointment to spots of dandruff and itching are most effective. They tend to arrest falling hair and promote a healthy scalp.

Samples free by mail. Address "Cuticura, Dept. N, Boston, U. S. A." Sold everywhere.

It Is Up to You And Cuticura

Cavalry Wireless Equipment.

There are several forms of wireless equipment used in warfare, and under favorable conditions a range of from 150 to 200 miles is possible with one of them. The most portable "station," however, is the cavalry type, which weighs 640 pounds, and is carried about in equal proportions by four horses. Its range is not a wide one; it works over a distance of from twenty-five to thirty miles.

Next to its unique flavour, the great economy of Salada Tea has been the reason for its enormous sale.

Saving the Glove.

When one or both fasterners of a glove have pulled out, darn the hole and sew an ordinary dress snap near the old fastening and the glove is useful again.

Sore Eyes **Granulated Eyelids,** Eyes inflamed by exposure to **Sun, Dust** and **Wind** quickly relieved by **Murine Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For **Book of the Eye** Free ask Druggists or **Murine Eye Remedy Co., Chicago**

Propellers made of pressed steel, lacquered to give them perfectly smooth surfaces, are the last word in airplane construction.

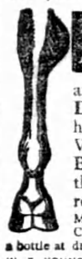
Minard's Liniment Cures Distemper.

ROYAL YEAST MAKES PERFECT BREAD

A telescope with two parallel barrels to enable two persons to see the same object at the same time has been built by a Swiss optician.

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

YOU CAN'T CUT OUT A **Bog Spavin or Thoroughpin** but you can clean them off promptly with



ABSORBINE TRADE MARK REG. U.S. PAT. OFF.

and you work the horse same time. Does not blister or remove the hair. $2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wens, Cysts. Allays pain quickly. Price $1 and $2 a bottle at druggists or delivered.
W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 he was careworn and nearly all in. Now at 50 after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or rundown instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the affray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. Sauer, M.D.

NOTE: Nuxated Iron, recommended above by Dr. E. Sauer, is not a patent medicine nor secret remedy, but one which is well known to druggists, and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit $100.00 to any charitable institution if they cannot take any man or woman, under 60, who lacks iron, and increase their strength 100% or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by all good druggists.

Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

Say it Strengthens Eyesight 50% in One Week's Time in Many Instances

DR. BECK

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

New York.—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a thorough test of the popular eye remedy, Bon Opto. Their reports were most interesting. Here they are:

Dr. Beck reports, "When my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I make it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and I am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they have dispensed with them through the adoption of the Bon Opto principal. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it reaches conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principal, give it the same careful trial I have and there is no doubt in my mind they will come to the conclusion I have, namely, that the Bon Opto method opens the door for the cure of many eye troubles which have heretofore been impossible to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen the eyesight more than 50 per cent in one week's time. I have also used it with surprising effect in cases of work strained eyes, pink eye, inflammed lids, catarrhal conjunctivites, smarting, painful, aching, itching eyes, eyes weakened from colds, smoke, sun, dust and wind, watery eyes, blurred vision, and in fact many other conditions too numerous to describe in this report. A new and startling case has just come under my observation, which yielded to Bon Opto, is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the young girl, decided in order to save the sight of her right eye, the left eye must be removed. Before permitting her to be operated on, the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was saved. Just think what the saving of that eye means to this little girl. Another case is that of a lady ninety-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl of sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports:

"I have found oculists too prone to operate and opticians too willing to prescribe glasses while neglecting the simple formulas which form the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. Its success in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight at least 50 per cent in one week's time in many instances. Dr. W. H. Devine, director of medical inspection in the Boston schools, in his report published February 20, 1917, states that only 14,016 out of 89,175 examined, need to wear glasses now, a marked decrease over the previous report. Bon Opto is hastening the eyeglassless age in bespectacled Boston."

Victims of eye strain and other eye weaknesses and those who wear glasses will be glad to know that according to Dr. Beck and Dr. Judkins, there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored by this remarkable prescription 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 15 days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain

DR. JUDKINS

caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and close 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. Eye troubles of many descriptions may be wonderfully benefited by the use of this prescription at home. Here is the prescription: Go to any active 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—Another prominent physician to whom the above article was submitted, said: "Yes, the Bon Opto prescription is truly a wonderful 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. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon Opto referred to above, is not a patent medicine or a 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.