Is Breakfast Ready? The answer is easy in the home where **Shredded Wheat Biscuit** is the regular every day breakfast cereal. Being ready-cooked and ready-to-eat, Shredded Wheat Biscuit is the joy of the housekeeper in Summer. Served with sliced bananas, berries, or other fruit, they make a nourishing, satisfying meal at a cost of a few cents.

Made in Canada.

DOWNING STREET.

Britannia's Headquarters is a Most Unpretentious Alley in London.

Downing street—A blind alley about 100 yards long which is the headquarters of the British Empire.

Ten Downing street—A brown brick gable roofed old house, just across the blind alley from the Foreign Office, which for 250 years has been the official residence of the First Lord of the Treasury, who is commonly the Premier of Great Britain.

There is practically no garden about the place. The old house, as gloomy and uninviting as could possibly be imagined, looks as if it might have been dropped by accident under the lee of the huge Foreign Office building just across Downing street.

But none the less Downing street is the headquarters of the British Empire, and 10 is the residence of the Premier, says a writer in the New York Sun. I wonder how many Americans, or for that matter Britishers, know that Downing street was named after an American. It was.

Whether Sir George Downing was actually born at Salem, Mass., it not quite certain. The records in Massachusetts and the histories in England have been searched with great care without making the matter quite certain. But it is pretty well established that he was born in Old Salem, and there is no doubt he was the son of Emmanuel Downing of Salem and his wife, Lucy, who was a sister of Gov. Winthrop of Massachusetts. Apparently Downing was not highly esteemed, at least by some of his contemporaries. The editor of the Calendar of Treasury Books (1660-1667) characterizes him as a "double perjured traitor," but admits he was "a most capable official."

This enterprising New Englander, who managed to occupy an important post in the Cromwellian army and afterward to make his peace with Charles II. and to serve the State with something of distinction and a good deal of profit to himself under the Restoration, may or may not have deserved the reputation he enjoys among some English historians. People who have read Pepys's Dairy will perhaps not recognize the Downing to whom frequent references are made therein as the Sir George Downing who succeeded in giving his name to the headquarters of Britannia.

Close to It.

Little Girl—Did you ever dream of being in heaven?

Little Boy—No, not exactly, but I dreamed once that I was right in the middle of a big apple dumpling.

Preparing for To-morrow

Many people seem able to drink tea and coffee for a while without apparent harm, but when health disturbance follows, even though slight, it is wise to investigate.

Thousands of homes, where tea or coffee was found to disagree, have changed the family table drink to

Instant Postum

With improved health, and it usually follows, the change made becomes a permanent one. It pays to prepare for the health of to-morrow.

"There's a Reason"

Canadian Postum Cereal Co., Ltd. Windsor, Ont.

BLESS THE LITTLE GARDENS.

"Lord God in Paradise,
  Look upon our sowing;
Bless the little gardens
  And the good green growing!
Give us sun,
  Give us rain,
Bless the orchards
  And the grain!

"Lord God in Paradise,
  Please bless the beans and peas,
Give us corn full on the ear—
  We will praise thee, Lord for these!
Bless the blossom
  And the root.
Bless the seed
  And the fruit!

"Lord God in Paradise,
  Over my brown field is seen,
Trembling and adventuring,
  A miracle of green.
Send such grace
  As you know,
To keep it safe
  And make it grow!

"Lord God in Paradise,
  For the wonder of the seed,
Wondering, we praise you, while
  We tell you of our need.
Look down from Paradise,
  Look upon our sowing.
Bless the little gardens
  And the good green growing!
Give us sun,
  Give us rain,
Bless the orchards
  And the grain!"

—Louise Driscoll, in New York Times.

THE STORY OF THE STAIRS

Every time you go up stairs you can test your state of health—the condition of your blood.

Do you arrive at the top of the stairs breathless and distressed? Does your heart palpitate violently? Do you have a pain in your side? Perhaps you even have to stop half way up, with limbs trembling and head dizzy, too exhausted to go further without resting. These are unfailing signs of anaemia. As soon as your blood becomes impoverished or impure the stair-case becomes an instrument of torture. When this is so you are unfit for work; your blood is watery and your nerves exhausted, you are losing the joy of an active life and paving the way for a further break down and decline. In this condition only one thing can save you. You must put put new, rich, red blood into your veins without further delay and so build up your blood anew. To get this new, rich blood give Dr. Williams' Pink Pills a fair trial, and they will give you new vitality, sound health, and the power to resist and throw off disease. For more than a generation this favorite medicine has been in use throughout the world and has made many thousands of weak, despondent men and women bright, active and strong.

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.

DEVICE FOR FISH-CATCHING.

Will Scoop Up 60,000 Pounds Per Hour, Freeze and Pack Them.

To catch fish like a whale gets them a machine has been invented by a Brooklyn man to bring in 60,000 pounds of fish in an hour without hook, line or bait and then freeze and pack them by the simple operation of a few levers. He is now organizing a company to build fishing boats from plans he has drawn.

The boat pushes befort it a huge scoop to which the fish are attracted at night by powerful searchlights. From the narrow end of the scoop a conveyer carries them up into the body of the boat, where they are sorted and are carried by lateral conveyors to the refrigerating and canning rooms.

The method of operating the fishing machine is described as follows by its inventor:

"Three large searchlights are used to light the water ten miles ahead of the boat. As our speed with the scoop in position will be about ten miles an hour it will give the fish a full hour to get into line.

"As the ray of light is very wide at the farther end and becomes constantly narrower as the boat approaches and as the width of the light is reduced so gradually as to permit all the fish in the vicinity to be drawn into the narrow strip of water covered by the light directly in front of the scoop, all the fish which have gathered will be thrown into confusion by the sudden disappearance of the light, and guided by the walls of the scoop to the speeding conveyer will be safely landed by it on deck.

"The machine after the first hour's use of the light will actually pick up all the fish from a strip two miles wide and 100 feet deep at the rate of eighty-eight feet a minute.

"Estimating 1,000 pounds of fish a minute, the boat would pick up thirty tons in an hour, or 300 tons in a ten-hour night. At 5 cents a pound this would bring $30,000 for one night's catch. Six of these machines will keep the United States supplied with fish, fish oil, fish meals, fish scrap and fertilizer. Thirty-five more will supply all the world."

Pray for whom thou lovest; thou wilt never have any comfort of his friendship for whom thou dost not pray.

ONE OF WAR'S SUFFERERS

SIR MONTAGU ALLAN, A NOTED CANADIAN.

Of Four Children Only One is Left to Him, And She is Nursing in France

Upon very few of the notable families of Canada has the war put so heavy a hand as on that of Sir Montagu Allan of Montreal. When the Lusitania went down off the coast of Ireland he lost two of his three daughters, and his wife was injured. On Monday week official word was received in Canada that his only son, Flight Lieut. Hugh Allan, had been killed while fighting Huns in France. Thus a family of four has been reduced to one—the sole survivor being Miss Martha Allan, who went to England in the fall of 1914, and has since been engaged in nursing there and in France. Lady Allan is head of the Canadian Red Cross in London, and Sir Montagu is connected with the Canadian Pensions Board in London.

The whole family being overseas, no one but servants have occupied palatial "Ravenscrag," one of the show places of Montreal, for the past two years. Situated on Pine avenue, on the slope of the mountain overlooking the city, it is one of Canada's most gorgeous homes. Even now its conservatories are open every Saturday for the delight of flower lovers.

Sir Montagu is the son of Sir Hugh Allan, one of the founders of the Allan Line, which was taken over some time ago by the C.P.R., but which still retains its name. Besides being president of the Merchants Bank, Sir

Sir Montagu Allan.

Montagu is a director of a dozen of Canada's big corporations. He is an enthusiastic horseman, having on more than one occasion annexed the Toronto Queen's Plate. He is in the millionaire class several times over, and has given large donations to public charities.

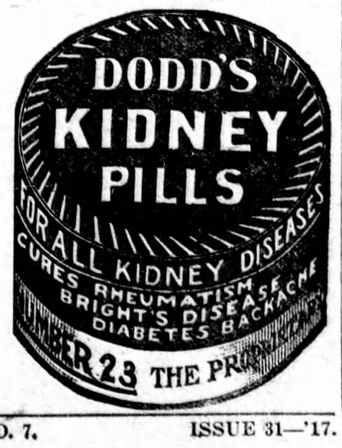
WAITING IN VAIN.

For the Master Who Will Never Return From the Battlefield.

Somewhere in France a dog waits—has been waiting since August, 1914—for the return of his master, and the latter will never return, for he lies sleeping where he fell—in one of the first battles of the great war. The story is told by the Figaro. A peacant from the Puy de Dome joined his regiment at Riom when the mobilization began. He took his dog with him and they were inseparable until the day came for the man to leave for the front. When the train steamed away, Canon, for that was the dog's name, remained looking wistfully at it as it receded, dwindled away to a mere spot on the horizon and then disappeared, carrying his master out of his sight for ever.

But Canon's faith in the power of his master's love to reunite them one day is stronger than the will of nations, and he refuses to leave the station at Riom. Upon the arrival of each train he dashes out on to the platform, runs first to the locomotive and then scampers from carriage to carriage, looking for the object of his affection—until the whistle blows and he is left to gaze wistfully, as he did once in 1914.

A cup inverted in the centre of a meat pie will keep the juice from running over.



AGENTS WANTED

One Agent in each town, to sell a new American home article, OXOGAS, making Light and Heat, from common coal oil, in any home, as needed. No dirt, smoke, odor, no fires to build and no ashes to carry. Cheapest and most efficient of all fuels. Write quickly. Gloria Heat and Light Co., 391 Yonge Street, Toronto.

In the Moment's Modes

To be quite up to date one must own a dress of taffeta, foulard or satin trimmed with organdie. The illustration shows a dress of soft taffeta with collar, lapel facing and even pockets of this sheer material. McCall Pattern No. 7869; Ladies' Service Dress; two-piece skirt in 38 or 36-inch length. In 7 sizes; 34 to 46 bust. Price, 20 cents.

This pattern can be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Serious Matter.

Doctor—I'm afraid you are going to be ill. I shall have to examine your heart.

Betty (who is in love)—but—but, doctor, you are discreet, aren't you?

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.

Up to Him.

A party of workmen were sitting in a group one winter evening discussing the various North Pole expeditions. Finally one quiet member of the party was appealed to.

"Well, what do you think of it, Pat?"

"I think that the man that put the pole out there ought to go and get it, and not have them looking for it," replied Pat.

I bought a horse with a supposedly incurable ringbone for $30.00. Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on Liniment, $54.

MOISE DEROSCE,
Hotel Keeper, St. Phillippe, Que.

Keep Young.

Avoid worry, hurry and getting flustered.

Learn self-control. Anger is a rapid wrinkle-bringer.

Be temperate. Moderation does not only refer to the stomach. Overdoing in any way makes premature age.

Love the open air. French air is not a fad, it is a necessity if one would keep young.

Get plenty of sleep. Nothing lines the face like nights of wakefulness.

Keep mentally alert. An intellectual back number adds years to her seeming age. Nothing makes for youth like a young mind save, perhaps, a young heart.

Don't let yourself get sluggish and indifferent. Here is where the benefit of massage, physical culture and a vital interest in life comes in.

For Them I Did It.

In France last year I went along the French front, said Premier Llody George in a recent speech, and I met one of the finest generals in the French Army—General Gouraud—and he said: "One of my soldiers a few days ago did one of the most gallant and daring things any soldier ever did. He was reckless, but he managed to come back alive, and someone said to him, "Why did you do that? You have got for children, and you might have left it to one of the young fellows in the Army. What would have happened to your children?" And his answer was: "It was for them I did it."

Minard's Liniment Cures Diphtheria.

The Climbing Corn.

Don't want that corn
  For to grow so high
That its silky tassels
  Will sweep the sky;
That I'll spend by time
Huntin' ladders to climb
  'Fore the dinner bell is ringin'.

But I want that corn
  For to show its head
Somewhat higher
  Than the table's spread,
Till the harvest sky
Sees the barns piled high
  When the dinner bell is ringin'.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentry and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MY SONG.

God gave me a little song
  To sing upon the way;
Rough may be the road and long,
  Dark may be the day;
Yet a little bird can wing,
Yet a little flower can spring,
Yet a little child can sing,
  Make the whole world gay.

—Laura E. Richards.

It is doubtful if any of us realize the need that there will be for meat and live stock in the European countries after peace is declared. Canadian breeding stock and Canadian meat products will be in demand. It behooves the Canadian breeder and feeder to grasp the opportunity and produce a maximum of live stock when prospects are so good for continuous high prices. No better outlet for the best of his stuff can be found than at the auction sale of the Eighth Annual Toronto Fat Stock Show, Union Stock Yards, December 7th and 8th next.

Defined.

Willie Willis—Pa, what's a "Jack of all trades?"

Papa Willis—Generally a fellow who can produce everything except results.

Minard's Liniment Cures Garget in Cows

Bees Use Telephone Box.

Trouble on the telephone lines centering at Port Byron, N.Y., was found recently to be caused by a swarm of bees that had taken possession of the terminal box and were using it as a hive. When the seat of the trouble was discovered the bees had already started the making of comb in a corner of their new home. The problem of ousting the undesirable tenants from the telephone box was solved by stuffing the cracks with cotton saturated with carbon disulphide, which suffocated the bees.

Poor tea that can be sold at a low price is most extravagant in use. A little good tea, like Salada, makes many more cups; hence it's real economy.

To shine boots quickly do not blacken, but rub on a piece of orange and let the juice dry in; then polish with a soft brush and they will shine like a mirror.

Minard's Liniment Cures Colds, Etc.

An automobile which can be used as a fire engine, a street sweeper or sprinkler, or as a six-ton freight truck is in use in a European city.

WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezone, tell him to order a small bottle for you from his wholesale drug house.

GILLETT'S EATS LYE DIRT CLEANS-DISINFECTS

An Electric Blanket.

One of the latest electrical inventions is an electric blanket which is designed especially for outdoor sleepers. The blanket is said to have a heating area of four by six feet, and can be regulated to an even temperature of from 82 to 112 degrees by a switch placed near the head of the sleeper.

MONEY ORDERS.

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

A motor car manufacturer was fond of naming his cars after flowers. "I think of calling that new car," he told a friend, "the 'Crimson Rambler.'" The friend, who had been out on the new car, suggested, pawkily; "Why not call it the 'Virginia Creeper?'"

Minard's Liniment Cures Distemper.

Get your binder twine in now. Most dealers have their supply in and they may not be able to buy more. Get yours now and then you will have it.

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

NUXATED IRON

$100.00 FORFEIT

increases strength of delicate, nervous, rundown people 100 per cent. in ten days in many instances. $100 forfeit if it fails as per full explanation in large article soon to appear in this paper. Ask your doctor or druggist about it.

Suffered Three Weeks With Chapped Hands. Sore and Unsightly. Cuticura Soap and Ointment Healed.

Above are extracts from a signed statement recently received from Miss Gladys Hambleton, Roxton Falls, Que., Nov. 29, 1916.

How much better to prevent such suffering by using Cuticura for every-day toilet purposes, the Soap to cleanse and purify the pores, with touches of Ointment now and then as needed to soothe and heal the first signs of eczemas, rashes, dandruff and pimples. You will use no other once you try these super-creamy emollients.

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

NERVOUSNESS AND BLUES

Symptoms of More Serious Sickness.

Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."—Mrs. Robt. Stopiel, Sage Avenue, Washington Park, Illinois.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.