Why Wait for War to learn real food values? It is what you digest, not what you eat, that furnishes strength for the day's work. Many foods tax the digestive powers to the utmost without supplying much real nutriment. **Shredded Wheat Biscuit** is all food and in a form that is easily digested. It is 100 per cent. whole wheat. For breakfast, dinner or supper it takes the place of meat, eggs and potatoes. You don't know how easily you can do without meat or potatoes until you try it. Delicious with sliced bananas, berries, or other fruits, and milk. Made in Canada.

HANDS ACROSS THE BORDER

The Physical Union of the Fighting Strength of Two Nations.

You wouldn't exactly call it hands across the sea, because Canada is only across a lake; but Canada is part of England, which is a long way from South State Street, says a Chicago writer. Anyway, what I'm driving at is this:

Lieutenant Colonel J. S. Dennis, officer commanding the western division of the British Recruiting Mission, recently clasped hands with Captain F. R. Kenney, officer commanding the recruiting district of Northern Illinois for the United States army.

When two belligerent parties shake hands there are only two things which the referee or third party can say—either "Take your corners" or "Bless you, my children."

I said neither. But I held my breath, for it was an impressive moment, the formal enactment in Chicago of immortal history; the physical union of the fighting strength of two great nations. And the spirit of patriotic co-operation in the common cause of justice sanctified the alliance.

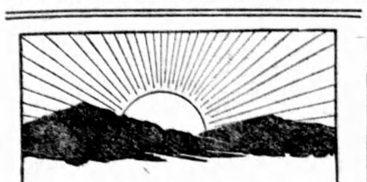
Colonel Dennis and Captain Kenney joined in plans. What they want is men to send to the front. Neither has any choice as to whether the men go in Canadian kilts or American khakis. At every one of the dozens of scattered stations under Captain Kenney's command volunteers of Canadian citizenship were taken for the expeditionary forces of the Dominion; at every headquarters over which Colonel Dennis has control volunteers of American allegiance were taken for our own National Army.

Captain Kenney is credited with being a bit of a bearcat on the science of recruiting. But he was immensely impressed with the policies and ideas expressed by the distinguished Canadian man of war.

Colonel Dennis says that there are 157,000 Canadians in Chicago. Calgary, with a total population of 60,000, sent 16,000 soldiers to the front. What then might Chicago yield? There are about 350,000 British subjects here, and some sixty-five St. George and Maple Leaf societies. There is no shortage of material hereabout for the British recruiting mission.

A thrillingly interesting man is Colonel Dennis. He is the most versatile individual I have ever met. If one were suddenly to inquire in Ottawa, "Who is Dennis?" one might get back the typically British answer, "Who is he not?"

For years he was assistant to the president of the Canadian Pacific Railway, Lord Shaughnessy. He has fought Indians, is a veteran with honors of the South African expedition, has engineered road building where Indians had to be killed as regularly as ties had to be laid in the progress; but he is more—he is a dilettante journalist, a devotee of art, a snappy after-dinner talker, an occasional enthusiastic Broadwayite, a raconteur of modest but fascinating personality. Robust and mighty of stature, he rings with military melody all over.



A Perfect Day

should end—as well as begin—with a perfect food, say—

Grape-Nuts

with cream.

A crisp, delicious food, containing the entire nutriment of whole wheat and barley, including the vital mineral elements, so richly provided by Nature in these grains.

Every table should have its daily ration of Grape-Nuts.

"There's a Reason"

HARNESSING VOLCANOES.

Natural Supply of Steam Tapped to Run Small Engine.

Volcanic heat is actually being used to run an electric power plant furnishing electricity to a number of towns near Volterra, in south-western Tuscany, according to an interesting article in the Annalist.

In that region various volcanic fissures exist, hot with escaping steam. From using this to operate a small horizontal engine came the idea of using it on a larger scale. Borings were therefore made in the vicinity and a plentiful supply of steam with good pressure tapped. Because of its impregnation with boracic acid it is not used directly, but employed to vaporize pure water. This is used to run a plant which furnishes power to five near-by towns.

Now that volcanic heat has actually been made commercially profitable we may look to see efforts made to utilize this power source elsewhere. Aetna and Vesuvius may yet be yoked to a municipal lighting plant. Italy's lack of coal renders experiments in this direction unusually valuable.

MAKE YOURSELF STRONG

People with strong constitutions escape most of the minor ills that make life miserable for others. Don't you envy the friend who does not know what a headache is, whose digestion is perfect, and who sleeps soundly at night? How far do you come from this description? Have you ever made an earnest effort to strengthen your constitution, to build up your system to ward off discomfort and disease? Unless you have an organic disease it is generally possible to so improve your physical condition that perfect health will be yours. The first thing to be done is to build up your blood as poor blood is the source of physical weakness. To build up the blood Dr. Williams' Pink Pills is just the medicine you need. Every dose helps to make new blood which reaches every nerve and every part of the body, bringing color to the cheeks, brightness to the eyes, a steadiness to the hands, a good appetite and splendid energy. Thousands throughout the country whose condition once made them despair, owe their present good health to this medicine. If you are one of the weak and ailing give Dr. Williams' Pink Pills a fair trial and note the daily gain in new health and abounding vitality.

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

THE GREAT TONNAGE PROBLEM.

One of the Most Vital Questions in the World To-Day.

How long can Allied shipping withstand the hideous submarine sap at its tonnage? This is the question on the answer to which hinges the very fate of world freedom. Let us look at the facts.

At the outset of the ruthless submarine campaign, Vice-Admiral Capelle announced that 1,000,000 tons a month would bring England to her knees. It is generally coneded that, in the last ten weeks, the submarine has done its worst because the submersible fleet has been increased by the addition of the supersubmarine. Yet the average loss per month has never exceeded 450,000 tons of British shipping, and it was John Bull's boats the Germans have set out to eliminate.

Up to the 1st of June Great Britain had lost approximately 9 per cent. of her ocean-going tonnage of ships of 1600 tons and over. On May 1, according to Lord Curzon, she had more than 15,000,000 tons of shipping in vessels of this unit and over. She could afford to lose 1,000,000 tons per month for the next six months and still have 9,000,000 tons left if she did not build a single new ship in the meantime.

Looking at it from another angle, if Germany persists in her ruthless submarine warfare at the highest rate of destruction that has been registered since February 1, it would take 166 weeks, or more than three years, to wipe out British shipping, again on the assumption that her shipyards would be idle all that time.

But England can easily build—and is building—500,000 tons a year. She can gain a million additional tons by altering the so-called loadline of her ships. Likewise, she can further supplement this tonnage by converting her passenger liners into cargo vessels.

This program, it must be remembered, does not take into consideration the huge merchant marine project, of the United States, which will eventually add 3,000,000 tons of new steel shipping and 2,000,000 tons of wooden. Thus, if the U. S. vessels are ravaged by submarines at the same rate as the British, there will still be immunity against any permanent impairment. The food lanes of the world will remain open.

Paper clubs for policemen, practically indestructible, have been invented by an Englishman.

Minard's Liniment Cures Distemper.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in homes where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will cure the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mistaken Hint.

A countryman journeyed to London to visit some relatives and to see the sights. Fascinated by the metropolis, he remained until patience on the part of his hosts, a married couple, had ceased to be a virtue.

Too polite to openly remonstrate, they both threw out many hints, but all in vain. "Don't you think," remarked the husband one day, "that your wife and children must miss you?"

"No doubt. Thanks for the suggestion: I'll send for them."

HARVESTERS READ THIS

The best way to the Harvest Fields of Western Canada is by the Canadian Northern Railway, whose lines serve the newest and most productive districts of Alberta, Saskatchewan and Manitoba. These run for the most part to the northward, where experience has shown that crops are least variable, which means a consequently steady demand for labor and correspondingly high average wages.

The C.N.R. has made exceptional arrangements for handling the Farm Laborers traffic, and is introducing lunch counter cars, which will permit Excursionists to be comfortably fed in transit—a welcome relief from the jostling and vexatious delays of station-lunch counter service. Special through trains will be run from Montreal, Ottawa and Toronto to Winnipeg on excursion dates, to be announced shortly. The equipment will consist of electric-lighted colonist cars and lunch-counter cars, together with special accommodation for women.

All particulars from nearest C.N.R. Agent, or General Passenger Depts., Toronto, Ont., and Montreal, Que.

Spraying with Bordeaux mixture and destroying diseased parts will check the spread of celery blight.

Minard's Liniment Cures Colds, Etc.

A little flour spread over the top of cakes before they are iced will prevent the icing from running off.

MONEY ORDERS

Send a Dominion Express Money Order. They are payable everywhere.

Regularity in milking time is one of the most important elements in keeping up the flow.

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

Paper shirts have been issued to Japanese soldiers as a protection against cold.

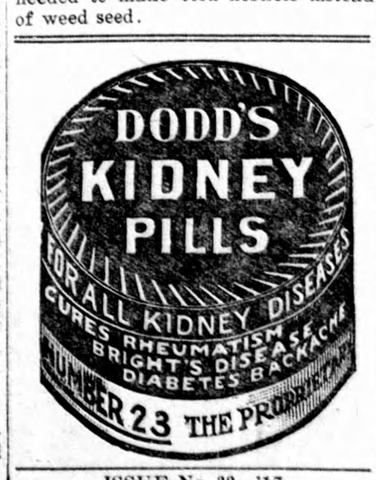
Montreal, May 29, '09

Minard's Liniment Co., Limited,
Yarmouth, N. S.

Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.

Yours very truly,
THOMAS J. HOGAN.
The Champion Clog and Pedestal Dancer of Canada.

Cultivate corn as soon after rains as the soil has dried sufficiently. Keep the soil surface well stirred and light. This lets rain soak in quickly, thus preventing waste, and it keeps the soil warm. Keep all weeds down, as they rob the corn plants of moisture needed to make corn kernels instead of weed seed.



ISSUE No. 32—'17.

A Useful Model

For summer outings, the thing you need is a linen frock. It may be pink, or blue, or green, as you please, but by all means you want it cut on very smart lines. The pretty model shown above is in one-piece style and slips on over the head like many of the latest designs. McCall Pattern No. 7884, Misses' One-piece Dress (suitable for small women); in two lengths. In 4 sizes; 14 to 20 years. Price, 20 cents.

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

Minard's Liniment Cures Garget in Cows

A Californian has patented a hammer to which nails are fed from paper strips, enabling a man to nail laths at many times his usual speed.

FOUR WEEKS IN HOSPITAL

No Relief—Mrs. Brown Finally Cured by Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio.—"For years I suffered so sometimes it seemed as though I could not stand it any longer. It was all in my lower organs. At times I could hardly walk, for if I stepped on a little stone I would almost faint. One day I did faint and my husband was sent for and the doctor came. I was taken to the hospital and stayed four weeks but when I came home I would faint just the same and had the same pains.

A friend who is a nurse asked me to try Lydia E. Pinkham's Vegetable Compound. I began taking it that very day for I was suffering a great deal. It has already done me more good than the hospital. To anyone who is suffering as I was my advice is to stop in the first drug-store and get a bottle of Lydia E. Pinkham's Vegetable Compound before you go home."—Mrs. W. C. BROWN, 2844 W. 12th St., Cleveland, Ohio.

The sustained production of milk is well known to depend largely on the comfort and contentment of the dairy cow. Flies not only cause direct loss of blood and poisoning from their bites, but also keep stock from feeding properly. The loss of milk from this cause is one of the serious problems that face the dairy farmer.

Minard's Liniment Cures Diphtheria.

Add a few bread crumbs to the scrambled eggs for breakfast; they improve the dish and make the eggs go further.

NEWSPAPERS FOR SALE

PROFIT-MAKING NEWS AND JOB Offices for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 Adelaide Street, Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

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

LIFT YOUR CORNS OFF WITH FINGERS

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

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

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

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

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

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

MAGIC BAKING POWDER READ THE LABEL NO ALUM

Salt scattered over the hay when going into the mow adds to palatability at feeding time.

A yellow warbler has been known to consume 3,500 plant lice in forty minutes. Another proof of the industry and value of birds to farmers and gardeners.

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

Reduces Strained, Puffy Ankles, Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE

Does not blister or remove the hair and horse can be worked. Pleasant to use. $2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins. Concentrated—only a few drops required at an application. Price $1 per bottle at dealers or delivered.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Treasures of Hair and Skin Preserved by Cuticura

If you use Cuticura Soap for every-day toilet purposes, with touches of Cuticura Ointment now and then as needed to soothe and heal the first pimples, redness, roughness or scalp irritation, you will have as clear a complexion and as good hair as it is possible to have.

Sample Each Free by Mail

Address post-card "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 100% in Ten Days

In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach, liver or kidney disease or some other ailment when their real trouble was lack of iron in the blood—How to tell.

New York, N.Y.—In a recent discourse Dr. E. Sauer, a Boston physician who has studied widely both in this country and in great European medical institutions, said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good, you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin, another is burdened with unhealthy fat, some are so weak they can hardly walk, some think they have dyspepsia, kidney or liver trouble, some can't sleep at night, others are sleepy and tired all day, some fussy and irritable, some skinny and bloodless, but all lack physical power and endurance. In such cases it is worse than foolishness to take stimulating medicines or naracotic drugs, which only whip up your fagging vital powers for the moment, maybe at the expense of your life later on. No matter what any one tells you, if you are not strong and 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 time double and even triple their strength and endurance and entirely get rid of their 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. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated Iron for example is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE. The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit $100.00 to any charitable institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 100 per cent or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed by all good druggists.

Doctors and Eye Specialists Agree That Bon-Opto Strengthens 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.