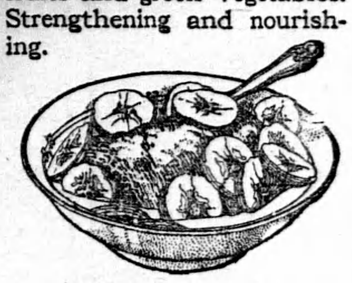
Putting Pep and Punch the daily job during t days is a matter of ical and mental fitness—this comes from foods supply the greatest amount of real nutriment with the least tax upon the digestive organs. Cut out meat and potatoes and eat **Shredded Wheat Biscuit** with sliced bananas or other fruits and green vegetables. Strengthening and nourishing.



Made in Canada.

WESTERN CROP MUST BE SAVED

Insistent Call for Men From Prairie Wheat Fields.

The crop in Western Canada is rapidly approaching the harvest stage. In some places, indeed, cutting has commenced already. But the insistent call for harvest help will be general throughout Manitoba, Saskatchewan and Alberta within the next few days.

Save the crop! is the urgent appeal from the leaders in all the Allied countries. In Canada, the young men of adventurous tendencies in the towns and villages of Ontario, who have been unable to go to the trenches, will be contributing a very real service to the cause by helping grain growers of the Prairie Provinces gather the wheat upon which so much of the success of war operations depends.

The rates to the west are low, and the wages, because of the high level of the price of wheat, are certain to be good, if not high. Moreover, there is always the possibility that the harvester, "doing his bit," may locate a farm in the west and settle permanently there.

To many young men and those more mature, in every small town in Ontario, including our own, this appears as a great opportunity to serve the country in a practical way. A pleasant, long-distance train journey, and a visit to the invigorating west, are added attractions. But the crop must be saved!

LONDON JEWS FACE RACE WAR.

Russian Element Refuse to Enlist There or Return to Native Land.

There is a race war developing in East London that promises to become bitter, says an English correspondent. The east side of the world's largest city is thickly populated with Russian Jews, who have refused either to join England's army or return to Petrograd for service there. They are in bad repute with the Londoners and the ill feeling has lately taken a menacing turn.

Since the publication of the agreement entered into by the British and Russian Governments the demands for a cleanup of the Russian Jews in London has grown tremendously. The Governments have decided that all Englishmen in Russia and all Russians in England shall have the choice of joining the army of their adopted country or returning to their native land. While the measure is aimed mostly at Russians in English territory it will also affect a goodly number of Britishers who have been sojourning in Eastern countries.

The Jews in England have nevertheless responded well to the call to arms and many decorations have been won by men of Hebraic origin. Yet the Russian Jews have continued their businesses in East London despite all efforts to put them into khaki. The people are beginning to threaten them. Men who formerly had small shops in that quarter but who have joined the army can hardly be expected to accept without protest the greediness with which the Jews pick up their former trade. Now that the authorities have the power to call up the shirkers they will have to act promptly to avoid demonstrations.

The issue has been put squarely to the Jews, but they are waiting until they are forced to make a decision.

The war has brought them abounding prosperity, but they don't intend to acknowledge their obligations to the community that has been kind to them.

A trip through the East End to-day is enough to convince any one that the English are looking for speedy action. The Russian Jews can expect no further consideration from a Government that has been more than lenient with them, and judging from the sentiment now they know their days in England are numbered. It will either be khaki or a ticket to Petrograd.

A Call to Your Grocer

will bring a package of

Grape-Nuts

A delicious, healthful food and a pleasing lesson in economy.

"There's a Reason"

Made in Canada

THE FIRST LINE OF DEFENSE

Pure blood is the body's first line of defense against disease. Strong, healthy blood neutralizes the poisons of invading germs, or destroy the germs themselves. That is why many people exposed to disease do not contract it. Those whose blood is weak and watery and therefore lacking in defensive power are most liable to infection. Everybody may observe that healthy, red-blooded people are less liable to colds and the grippe, than pale, bloodless people. It is the bloodless people who tire easily, who are short of breath at slight exertion, who have poor appetites, and who wake up in the morning as tired as when they went to bed. While women and girls chiefly suffer from bloodlessness the trouble also affects both boys and men. It simply affects girls and women to a greater extent because there is a greater demand upon their blood supply.

To renew and build up the blood there is no remedy can equal Dr. Williams' Pink Pills. They tone up the entire system, make the blood rich and red, feed and strengthen starving nerves, increase the appetite, put color in the cheeks, give refreshing sleep and drive away that unnatural tired feeling. Plenty of sunlight and wholesome food will do the rest.

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.

A Hall of Heroes.

In the great War Museum which the British Government are establishing shortly there is to be a permanent record on tablets of bronze of every man and woman killed in the war or in munition works. It will be a national memorial of Heroes of the Great War. There will also be models of every war worker from the Red Cross nurse to the 'bus conductress.

Lachute, Que., 25th Sept., 1908.
Minard's Liniment Co., Limited.

Gentlemen,—Ever since coming home from the Boer war I have been bothered with running fever sores on my legs. I tried many salves and liniments; also doctored continuously for the blood, but got no permanent relief, till last winter when my mother got me to try MINARD'S LINIMENT. The effect of which was almost magical. Two bottles completely cured me and I have worked every working day since.

Yours gratefully,
JOHN WALSH.

Games at the Front.

"Somewhere in France" men are playing hard these days.

Behind the lines they are boxing, wrestling, playing ball, competing with each other in all sorts of athletic exercises, squad against squad, company against company, regiment against regiment, brigade against brigade and division against division. It has been found that these games, in which the competitive spirit is aroused among the soldiers and in which their physical energies are taxed to the uttermost, are of great influence in keeping the men sane and balanced behind the lines. The games are started as soon as the soldiers come back from the firing line, when nerves are most in need of steadying and it is necessary to direct the minds of the soldiers into new channels as quickly as possible.

Bethmann-Hollweg's Dress Suit.

After Bethmann-Hollweg was in London some years ago he presented his dress suit to the head waiter of the hotel where he had been staying. When Bethmann-Hollweg was leaving London his valet forgot to pack up his master's dress suit; subsequently the valet wrote to the manager of the hotel in London where the German Chancellor had been staying to say the suit might be given to the head waited. That individual, however, although he was a German, never wore it. It was too old a suit to please him and he sold it to a second-hand clothes shop for four shillings.

Cheese is one of the most concentrated forms of nitrogenous food and admirably supports even the hardest labor in the open air.

Minard's Liniment Cures Garget in Cows

CONVALESCENT.

I'm home again in England!
Across the dappled plains
I see the sweep of Severn,
And hear the elfin strains
Of yellow-breast and golden-crest
That cheer the Cotswold lanes.

I'm home again in England!
Oh, here my languid feet
Take courage from the heather
And here my heart's made sweet
By laughing rills and water-mills
That grind the English wheat.

I'm home again in England!
Home for a little span
From traffic in the desert
With death's rude caravan—
Strong land that made my sires obeyed
Heal now an Englishman.

CHOLERA INFANTUM

Cholera Infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded stomach complaints. Concerning them Mrs. Fred Rose, South Bay, Ont., says: "I feel Baby's Own Tablets saved the life of our baby when she had cholera infantum and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams Medicine Co., Brockville, Ont.

An Urgent Case.

Violently the loving wife shook her husband's shoulder.

"Wake up, George," she said. "The doctor has just sent your sleeping draught."

MURINE FOR YOUR EYES **Granulated Eyelids,** Sore Eyes, Eyes Inflamed by *Sun, Dust* and *Wind* quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. **No Smarting, Just Eye Comfort**
Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. **Murine Eye Salve,** in Tubes 25c. For *Book of the Eye*—**Free.** Ask **Murine Eye Remedy Co., Chicago**

The British Board of Agriculture has placed some six hundred farm tractors at work in the United Kingdom. Over eight hundred plows for use with these tractors have also been purchased.

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Lightning is a great sanitary agent; it produces nitric-acid in the air, which destroys putrid exhalations from the earth.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers —It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.

For little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain.

This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.

CLIMBED STAIRS ON HER HANDS

Too Ill to Walk Upright. Operation Advised. Saved by Lydia E. Pinkham's Vegetable Compound.

This woman now raises chickens and does manual labor. Read her story:

Richmond, Ind.—"For two years I was so sick and weak with troubles from my age that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, shoveled dirt, did building and cement work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are useful you may publish them for the benefit of other women."—Mrs. M. O. JOHNSTON, Route D, Box 190, Richmond, Ind.

DR. F. H. TORRINGTON, Musical Director
COLLEGE RE-OPENS SEPT. 4
Send for Illustrated Calendar

SHAKESPEARE IN GERMANY.

Hun Newspapers Boast Love of Great English Dramatist.

German newspapers announce with considerable pride that, despite all the bitterness of the war, the plays of Shakespeare receive first place in the theatres of Germany. Despite the fact that England has barred Wagner's music and France has torn German paintings from the walls of the Louvre and Italy has desecrated the Goethe Memorial, Germany looks upon art as sacred and in its cities are heard the works of Gounod, Bizet, Moliere, Puccini and Verdi; also George Bernard Shaw and Leo Tolstoi.

Of 294 performances given in the Frankfort theatre, 1916-1917, fifty-five were devoted to the works of Shakespeare, only thirteen to Schiller and twelve to Goethe. In Frankfort, Shakespeare is revered even more than Goethe, and throughout Germany during this war Shakespeare's plays are produced in larger numbers even than in England.

The German newspapers explain that in art no nationality is taken into account. Shakespeare is regarded in Germany not as an Englishman, but as one of the world's greatest poets and dramatists. Germans look upon Shakespeare almost as their own flesh and blood, they declare.

GET RID OF Pimples

Quickly, Easily and Cheaply by Using

Cuticura

The Soap to cleanse and purify, the Ointment to soothe and heal. Nothing better for all skin and scalp troubles, as well as for every-day toilet purposes.

Sample Each Free by Mail

With 32-p. Skin Book. For samples address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

Why Cherries Are Ruddy.

It was the theory of Darwin that nature made cherries beautiful to the eye for a definite purpose. Red, he said, was the most prominent and attractive color. Cherries turned to that hue in order to attract birds. Birds, noting the brilliant globules, tasted them, found them to their liking, told other birds and consumed the crop, swallowing seeds and all. In this way the cherry stones were carried far and wide over the country and dropped where they might grow into other cherry trees.

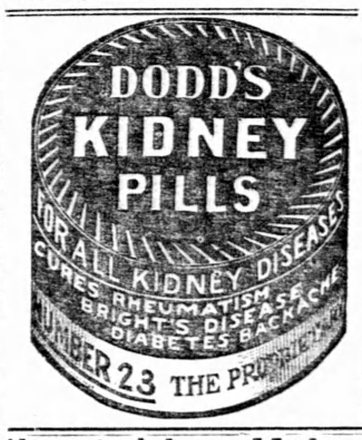
Minard's Liniment Cures Distemper.

Ireland has a breed of cattle that seldom grows more than three feet high and thrives on the poorest of pasturage, yet the cows yield large quantities of milk daily.

Minard's Liniment Cures Diphtheria.

Canada's Waste.

Hon. W. J. Hanna, Canadian Food Controller, calculates that food wasted in the garbage pails of Canada each year through carelessness and lack of kitchen economy amounts to $56,000,000 per year, or about $7 per head of population.



To lessen the labor of cotton pickers a Virginian has invented a low wheeled truck on which a person can sit close to the plants and push himself along, the vehicle also holding a bag to receive the cotton and an umbrella for shade.

Minard's Liniment Cures Colds, Etc.

MISCELLANEOUS

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. $2 a bottle delivered. Book 6 M free.

ABSORBINE, JR., for mankind, the antiseptic liniment for Boils, Bruises, Sores, Swellings, Varicose Veins. Allays Pain and Inflammation. Price $1 and $2 a bottle at druggists or delivered. Will tell you more if you write.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

Nuxated Iron Makes Strong, Vigorous, Iron Men and Beautiful Healthy Rosy Cheeked Women

Dr. Howard James, late of the Manhattan State Hospital of New York and formerly Assistant Physician Brooklyn State Hospital, says:

"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. A patient of mine remarked to me (after having been on a six weeks' course of Nuxated Iron) 'Say, Doctor, that there stuff is like magic.'

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 nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. From my own experience with Nuxated Iron, I feel it is such a valuable remedy that it should be kept in every hospital and prescribed by every physician in this country."

Gee! That there stuff (Nuxated Iron) acts like magic. It certainly puts the ginger of youth into a man

Nuxated Iron, recommended above by Dr. James, is for sale by all good druggists on an absolute guarantee of success and satisfaction or your money refunded.

Doctors Tell Why They Prescribe Bon-Opto. Explain How It Strengthens Eyesight Remarkably In a Week's Time In Many Instances.

Has Seen Eyesight Improve from 75 to 100% in a Remarkably Short Time.

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 Bon-Opto: "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 eyestrain 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: "Two prominent eye specialists, after a thorough examination of a young girl aged twelve, decided that to save the sight of her right eye the left must be removed. A friend advised her father to try Bon-Opto before permitting the operation. Within three days a decided improvement was noticeable, within a week the inflammation had almost disappeared, and at the end of six weeks all danger was past and the eye saved. I saw the case again to-day. The eye ball has perfect motion. When she began to use Bon-Opto it was in a fixed position. The conjunctival inflammation has disappeared. Her vision is now 20/30 (20/20 is normal as you know) as against 20/2000 when she began the use of Bon-Opto. Another patient came to me suffering from Blepharitis Marginalis with all the usual symptoms such as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes had the dull, suffused expression common to such cases. She used Bon-Opto and not only overcame her distressing condition but 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 per cent."

Dr. Judkins says: "While house surgeon at a New England Eye and Ear Infirmary and during many years in general dispensary practice, I found oculists too prone to operate and opticians too willing to prescribe glasses, and both inclined to neglect the strengthening and developing of the eyesight. The success of Bon-Opto in strengthening the eyesight will soon make eyeglasses old-fashioned. The Director of Medical Inspection of Boston Schools in a report published February 20, 1917, states that only 14,016 pupils 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."

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 method I prescribed Bon-Opto and in twenty-four 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 treatment. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. 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. Connor 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."

"Bon-Opto Is Hastening the Eyeglassless Age in Bespectacled Boston."

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.