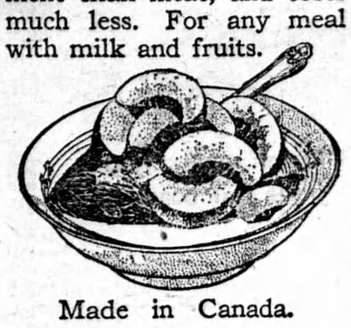
Don't Waste, Don't Starve—there is plenty of food for all if you will only do your bit in preventing waste. Demand the whole wheat grain in breakfast foods and bread. **Shredded Wheat Biscuit** is 100 per cent. whole wheat—nothing wasted, every particle utilized. It contains more real nutriment than meat, and costs much less. For any meal with milk and fruits.



Made in Canada.

For Autumn School Days

Very up to date is this little suit with its belt, panel front and buttons on either side of the panel. It is suitable for heavy cotton material and for wool materials such as serge, whipcord and garbardine. McCall Pattern No. 7904, Boy's Suit; knee trousers. In 3 sizes; 2 to 6 years. Price, 15 cents.

A novelty in frocks is this little model with a jumper-like waist which ties under each arm. The dress illustrated is developed in gay plaid gingham with a collar of organdie ending in a tie in front. This is a charming dress for fall school wear. McCall Pattern No. 7928, Girl's Dress; straight pleated skirt attached to underbody. In 5 sizes; 6 to 14 years. Price, 15 cents.

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

Tea and Coffee Drinkers

who are

RUN DOWN

usually

PICK UP

after they change to the delicious, pure food-drink—

POSTUM

"There's a Reason"

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

BACK TO LONDON

A Poem of Leave

"I have not wept when I have seen
My stricken comrades die;
I have not wept when we have made
The place where they should lie;
My heart seemed drowned in tears, but still
No tear came to my eye.

There is a time to weep, saith One,
A season to refrain;
How should it ope, this fount of tears,
While I sate in the train,
So that all blurred the landscape moved
Outwith the window pane?

But one short day since I had left
A land upheaved and rent,
Where Spring brings back no bourgeoning,
As Nature's force were spent;
Yet now I travelled in a train
Thro' the kindly land of Kent!

* * * * * *

These are the scenes, these the dear souls,
'Mid which our lot was cast,
To this loved land, if Fate be kind,
We shall return at last,
For this our stern steel line we hold—
Lord, may we hold it fast!"

—Sergeant Joseph Lee, the Black Watch.

EVERY WOMAN'S RIGHT

To every woman belongs the right to enjoy a healthy, active, happy life, yet nine out of every ten suffer years of agony, usually from some form of bloodlessness. That is why one sees on every side pale thin cheeks, dull eyes and drooping figures—sure signs of headaches, weak backs, aching limbs and uncertain health. All weak, suffering women should win the right to be well by refreshing their weary bodies with the new, rich, red blood that promptly transforms them into healthy attractive women. This new, rich, red blood is supplied in abundance by Dr. Williams' Pink Pills which reaches every organ and every nerve in the body.

Through the use of these pills thousands of women have found a prompt cure when suffering from anaemia, indigestion, heart palpitation, rheumatism, general weakness, and those ailments from which women alone suffer. There is no part of this broad Dominion in which you will not find some former sufferer who has regained health and strength through the use of Dr. Williams' Pink Pills, and this is the reason why these pills have been a favorite household remedy for more than a generation. If you are ailing and will give the pills a fair trial you will find renewed health and happiness in their use.

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

THE CROWN PRINCE

When He Came to the Throne There Would be War, "For the Fun of it!"

The offices of Crown Prince and court fool used to be distinct; under the Hohenzollern dynasty they have been united. In 1914, before the war began, as Mr. Gerard, late United States Ambassador to Germany, reports the conversation, Friedrich Wilhelm hoped to "a beautiful American woman" that there would be war during his father's reign. If it didn't come off within this period, he would see that the omission was rectified as soon as he ascended the throne.

"He said, whether war was profitable or not, that when he came to the throne there would be war—if not before—just for the fun of it. On a previous occasion he had said that the plan was to attack and conquer France, then England, and, after that the United States. Russia was also to be conquered, and Germany would be master of the world."

"Just for the fun of it!" That remark of the royal collector of Napoleonana is the faint echo of Frederick the Great, also quoted by Mr. Gerard when he declared, "Nothing can confer honor and fame upon a prince except the sword"; or when he asserted that "in order to be talked about" he started the Seven Years' war, having a full treasury and a strong army spoiling on his militaristic hands. "Drunk with sight of power" is the way Kipling would diagnose Friedrich Wilhelm's ailment. One can almost hear him saying to this megalomaniac parent, "Father, we have all these things—it would be a shame not to use them." "Just for the fun of it" he is willing that the world should be drenched with blood, that millions should be homeless, that women should suffer diabolic torment, that the flower of myriads of families should fall before the cannon. The Crown Prince himself is a leading reason why the dynasty to which he belongs must be put out of business.

Four working parties that are building a railroad across Australia keep in touch with one another by wireless telegraphy.

A thunderstorm rarely succeeds wet weather; the electric fluid being carried by the rain gradually to the earth.

Minard's Liniment Cures Dandruff.

SAVE THE CHILDREN

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

HOW DO YOU TACKLE YOUR WORK?

How do you tackle your work each day?
Are you scared of the job you find?
Do you grapple the task that comes your way
With a confident, easy mind?
Do you stand right up to the work ahead
Or fearfully pause to view it?
Do you start to toil with a sense of dread,
Or feel that you're going to do it?

You can do as much as you think you can,
But you'll never accomplish more;
If you're afraid of yourself, young man,
There's little for you in store.
For failure comes from the inside first,
It's there if we only knew it,
And you can win, though you face the worse,
If you feel that you're going to do it.

Success! It's found in the soul of you,
And not in the realm of luck!
The world will furnish the work to do,
But you must provide the pluck.
You can do whatever you think you can,
It's all in the way you view it;
It's all in the start that you make, young man:
You must feel that you're going to do it.

How do you tackle your work each day?
With confidence clear, or dread?
What to yourself do you stop and say
When a new task lies ahead?
What is the thought that is in your mind?
Is fear ever running through it?
If so, just tackle the next you find
By thinking you're going to do it.

—(From "A Heap o' Livin'," by Edgar A. Guest.

A satisfactory watering pan for the poultry yard can be made of an old cake pan. Secure the pan to the ground by driving a stake through the funnel hole and into the earth. It is easily changed to any desirable spot, cannot be tipped over and will serve a dozen or more chicks at one time.

Minard's Liniment for sale everywhere.

Black-Cat Luck.

A certain resident in a country suburb makes a point of keeping open the doors and windows of his house. As he sat in one of his breezy rooms the other evening, waiting for dinner, his wife came in from the kitchen.

"We've just had a visit from a black cat," she said.

"Ah," he reported, "that's good. Black cats are lucky, you know.'

"Yes," answered his wife, who dislikes cats, "this one was certainly lucky. It has run off with the cod steak I was just going to cook for you."

THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."—Mrs. George R. Naylor, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

Would Have Felt the Same.

"Hark!" observed the romantic young woman spending her holidays on the farm. "Just hear how those old trees in the orchard moan and groan in the storm, like the crying of a lost soul!"

"Well," replied her practical and unromantic companion, "I guess you'd moan and groan, too, if you were as full of green apples as those trees are."

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**

If boiled potatoes have to stand a while before being served, cover with thick cloth and stand the pan where they will keep warm, but not scorch. The cloth absorbs the moisture and helps to make the potatoes floury.

Minard's Liniment Co., Limited.

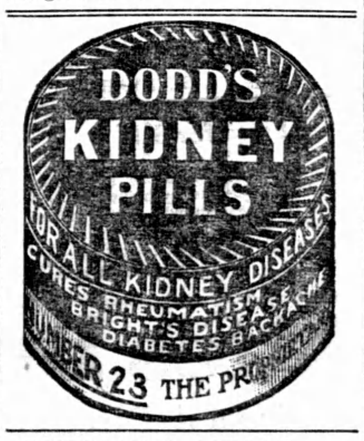
Dear Sirs,—I had a Bleeding Tumor on my face for a long time and tried a number of remedies without any good results. I was advised to try MINARD'S LINIMENT, and after using several bottles it made a complete cure, and it healed all up and disappeared altogether.

DAVID HENDERSON.

Belleisle Station, Kings Co., N. B., Sept. 17, 1904.

Ontario should produce 28 million bushels of potatoes this year. It may not produce 12 millions if the blight is not vigorously attacked.

The stem end of a potato is the end that was attached to the vine; the opposite end is the seed end. The seed end might be called the top of the potato and the stem end the bottom. The buds at the seed end will swell and grow first.



CUTICURA HEALS ITCHY PIMPLES

On Face. Badly Disfigured. Used 2 Boxes Ointment and 3 Cakes Soap.

"I had a bad itchy lot of pimples on my face which made it badly disfigured. They were inflamed and came to a head, and I could tear my skin as soon as a little heat came near them. I could hardly sleep.

"When I saw Cuticura Soap and Ointment advertised I sent for a free sample which did so much good that I bought more, and I used two boxes of Cuticura Ointment and three cakes of Cuticura Soap when I was healed." (Signed) Miss Bertha Nilsson, Stockholm, Sask.

If you have a good complexion keep it so by using Cuticura Soap daily and Cuticura Ointment occasionally.

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

KINDLY DELIVER THAT BIBLE.

During the German Occupation The Sacred Volume Was Kept Secure

"At Noyon, when the Germans marched in, the Kommandantur went straight to the cathedral, and said to the sacristan's wife: "Kindly deliver up the tenth-century Bible of Noyon Cathedral," says Laurence Jerrold in the Contemporary Review.

"They knew all about it. But the sacristan's wife 'had never heard' of that Bible. For two years and a-half the Kommandantur looked for that Bible, and never found it. The sacristan's wife showed it me. It is a rare illuminated Gospel with some unique decorations.

"She had every night hid it in a different corner of her house. She would have been shot if it had been found. It is back now in the vestry of Noyon Cathedral. The plain, little woman tells you her story baldly."

MONEY ORDERS

Send a Dominion Express Money Order. Five dollars costs three cents.

Few of Them Do.

He—Are you fond of indoor sports?

She—Yes, if they know when to go home.

Minard's Liniment Relieves Neuralgia.

She Will Not.

Though Fortune waits,
'Tis very wrong
To think that she
Will wait for long.

YES! LIFT A CORN OFF WITHOUT PAIN

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

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

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

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

Vacant lot, back yard and school gardens have produced $350,000,000 worth of vegetables this summer in the United States. In Canada, by the same proportion, the increased production of vegetables in cities and towns amounts to about $28,000,000.

Minard's Liniment Cures Burns, Etc.

Box edgings should not be cut in hot, dry weather.

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.

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.

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

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

will reduce **inflamed, swollen Joints, Sprains, Bruises, Soft Bunches; Heals Boils, Poll Evil, Quittor, Fistula and infected sores quickly** as it is a positive antiseptic and germicide. Pleasant to use; **does not blister** or remove the hair, and you can work the horse. $2.00 per bottle, delivered. Book 7 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful, Swollen Veins, Weins, Strains, Bruises; stops pain and inflammation. Price $1.00 per bottle at dealers or delivered. Will tell you more if you write. Liberal Trial Bottle for 10c in stamps.

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

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

Iron Is Greatest of All Strength Builders, Says Doctor

A Secret of the Great Endurance and Powers of Athletes.

Ordinary Nuxated Iron Will Make Delicate, Nervous, Rundown People 100 Per Cent. Stronger in Two Weeks' Time in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. E. Sauer, a Boston Physician who has studied widely both in this country and in Great European Medical Institutions, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. 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 prize-fighter has won the day simply because they 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.

NOTE: Nuxated Iron, recommended above by Dr. E. Sauer, is one of the newer organic iron compounds. 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 per cent. 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.

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.