"One Whole Wheat Meal a Day"—that's the slogan for those who want to conserve food and also conserve strength and health. But be sure it is the whole wheat prepared in a digestible form. **Shredded Wheat Biscuit** is 100 per cent. whole wheat—nothing wasted, nothing thrown away. Fifteen years ago Shredded Wheat was eaten only as a breakfast cereal; now it is eaten for any meal as a substitute for meat, eggs, or potatoes. Two or three biscuits with milk or cream and some fresh fruits make a nourishing, satisfying meal at a cost of only a few cents.

Made in Canada.

THE DEADLY MANZANILLO.

Beautiful Tree, Native of the West Indies, Has Poisonous Properties.

Literature on the tropics abounds with stories of poisonous plants and trees, and to this beautiful tree, arching many a roadway with its glossy green leaves and rose-tinted flowers, has been ascribed the deadly poisonous properties of the far-famed Upas tree or the East.

To the fruit of this tree, more than to the effect of its foliage, is due its evil name. Manzanillo in Spanish means "little apple" and in the Papiamento tongue of the blacks of Curacao, Dutch West Indies, living in their little thatched huts, the name Manzanillo is pronounced but slightly differently from the Spanish.

It has been stated by Spanish writers that if one remains under its shade for a few hours or sleeps there death is likely to follow, or that even if the unfortunate escapes death the body will become a mass of running sores. The deleterious properties of the shade of this tree have, however, been greatly exaggerated, and as for the actual poisonous effect of the leaves and shade considerable diversity of opinion still exists, as is the case with the poison ivy of the States.

The small, apple-shaped fruits have tempted many a stranger to a much-regretted meal. As recently as the summer of 1916 an officer of a Dutch steamer had a narrow escape from serious poisoning, emetics and stomach pumps alone saving his life. Some 32 years ago 54 members of the crew of a German ship were taken to the local hospital all very sick from having eaten the fruit of the Manzanillo. Five of this number died and the rest, after serious illness for several weeks, recovered.

As is the case with the question of the leaves and shade, there are many accounts of the effect of the fruit. To quote from one writer "A fish which eats the fruit becomes infected, the gills becoming yellow and black, and one who eats the fish in this state is said to fall into a profound lethargy, with a general relaxation of all the limbs, according to the amount eaten."

The tree when cut exudes a quantity of white, milky juice, in the same manner as the common rubber-tree, and to most persons this juice has the same effect as our poison-ivy. However, if this acrid milky juice reaches the delicate membrances of the eye, temporary and often permanent blindness is sure to follow.

The Manzanillo is a native of the West Indian Islands and is usually found in moist situations.

Perhaps nothing better shows the cosmopolitan character of the present war than some figures that the British and Foreign Bible Society recently gave out. Since the war began, the society has distributed for use, by friend and foe, in trench, dugout, prison camp, barrack room, battleship and hospital, more than six million books in sixty languages.

If you never tasted Grape-Nuts FOOD you have missed one of the good things in life

Practical Designs

Ready for work or play is this attractive little model. It is suitable for any of the wash materials such as gingham, percale, chambray or linen. McCall Pattern No. 7914, Girl's Middy or Dress Apron in 6 sizes; 2 to 12 years. Price, 15 cents.

Here is a quaint little apron copied from the apron of the French Red Cross Nurses. It is most practical, completely covering the skirt, with a bib that fastens to the dress beneath, or is held up by suspenders. McCall Pattern No. 7961. French Apron. In 3 sizes; small, medium and large. Price, 15 cents.

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

BABY'S OWN TABLETS ALWAYS IN THE HOME

Mrs. Eugene Vaillancourt, St. Mathieu, Que., writes: "My baby suffered greatly from constipation so I began using Baby's Own Tablets. I was surprised with the prompt relief they gave him and now I always keep them in the house." Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand for the first trial convinces her there is nothing to equal them in keeping her little ones well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SUBMARINE MINING.

Quest of Gold is Carried on in Shallows of Bering Sea.

Few people know that men are so greedy for gold that their quest for the precious metal leads them to carry on mining operations under the sea. Submarines or diving apparatus are not used. The miners are assisted by Winter, the same stern season which deprives gold seekers in Alaska from extracting ore from the earth during a greater part of the year.

When Bering Sea, off Nome, takes on a coat of ice in Winter, the miners get busy for operations under the sea. "Hot points" are rigged for drilling through the ice down into the mud of the shallow sea, and then the mud is hauled to the surface, where gold is taken from it—often in very paying qualities.

Bering Sea, especially in this vicinity, is very shallow. Rarely does the depth go below 30 feet. Often it is but 20. New gold deposits seem to be formed by the action of the water during the open season when there is no ice. For this reason the Winter mining fields never become barren.

A miner recently returned from the North told the writer that men make big wages at the occupation of "fishing for gold" in Bering Sea every year. The sea bottom around Nome is said to be so rich with free ore that mud and sand gathered up along the beach yields paying qualities of the metal.

Leather travelling trunks were used in Rome in the time of Caesar.

CURING SKIN TROUBLES

So many people, both men and women, suffer from skin troubles, such as eczema, blotches, pimples and irritation that a word of advice is necessary. It is a great mistake for such sufferers and those with bad complexions to smear themselves with greasy ointments. Often they could not do anything worse, for the grease clogs the pores of the troubled skin and their condition actually becomes worse.

When there are pimples or eruptions, or an irritating or itching rash, a soothing boracic solution may help to allay the irritation, but of course that does not cure the trouble. Skin complaints come from an impure condition of the blood and will persist until the blood is thoroughly purified. It is well known that Dr. Williams' Pink Pills have effected the best results in many forms of skin disorders and blemishes. This is due to the fact that these pills make new, rich blood, and that this new blood attacks the impurities that give rise to skin troubles and disperses them; so that Dr. Williams' Pink Pills cure skin disorders from within the system—the only sure way.

It should be added that Dr. Williams' Pink Pills have a beneficial effect upon the general health. They increase the appetite and energy and cure diseases that arise from impure blood.

You can get these 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.

PREPARING THE BULB BED.

No Garden is Complete Without a Display of These Exquisite Flowers.

Tulips, hyacinths and other autumn bulbs should be set out in October, or November will do if the ground is unfrozen. It is well, however, to make a mental survey of the garden, decide where the beds are to be made, what the shape and size is to be, estimate the quantity of bulbs and varieties wanted and place the order for early delivery. A little later the beds can be prepared. Turn under a liberal supply of stable manure if it can be had, and make the beds deep and mellow.

Set tulips four or five inches apart and about five inches deep; hyacinths six to eight inches apart and about the same depth as for tulips. Crocuses and snowdrops are usually set two or three inches apart, and these also require a depth of about four or five inches.

Where the soil is rich and deep a pleasing effect is produced by setting the bed full of bulbs so closely together that there will scarcely be any space between them.

Careful planters make the beds early—that is, dig them up and work in the fertilizer and allow the beds to settle. At planting time four or five inches of the soil is removed, leaving a level surface on which to set the bulbs.

To fill the bed with bulbs first set a row of early flowering tulips, such as Pottebakker scarlet, crimson scarlet or Artus, bright red. Set these six to eight inches apart. When the row of early tulips has been set in place set between each bulb of early tulips and in the same row a bulb of some Darwin tulip of a different color, such as Clara Butt, a soft pink. In placing the second row set the Darwin tulips first, so the Darwin tulips in the second row will be in the same position as the early tulips in the first row, a Darwin tulip in the second row placed exactly in front of an early tulip in the first row. When the Darwin tulips have been placed in the second row set an early tulip in the same row between the Darwins, so the early tulips in the second row will be exactly in front of the Darwins in the first row.

The first two rows of tulips having been set, place between the rows and between the bulbs in the rows crocus bulbs, and then tuck in as many snowdrops and scilla siberica as there is room for between the crocuses. Go on in like manner until all the rows in the bed are completed, then carefully replace the topsoil that has been removed so as not to disturb the position of the bulbs. After the ground has frozen a light covering of strawy manure or straw may be given.

The result will be that about as soon as the snow goes next spring flowers of the snowdrops and scillas will appear, beautiful little white and celestial blue flowers, followed by the crocuses, while the foliage of the tulips is breaking through the ground. By the time the crocuses have disappeared or before the bed will be a brilliant red or scarlet, according to the color of early tulips planted. These will gradually droop and fall about the time the early tulip beds fade, but suddenly the bed is aglow again, and this time instead of a brilliant red it has been transformed suddenly into a soft shell pink.

If a bed of this kind has not been tried make one this autumn.

Useless Argument.

Girlie was fond of playing with her dolls, and always called herself "little mother." One day when her mother wished to put her in her little crib for her nap Girlie objected, saying she wanted to be in bed. When her mother refused, Girlie started crying.

"Oh, said her mother, "Girlie mustn't cry like that. Don't you know little mothers don't cry?"

"Dey don't lie in cribs, eizer?" was Girlie's quick reply.

Minard's Liniment Cures Dandruff.

UNDER FIRE AT EPERNAY.

Experience of an American Nurse in Bombarded French Hospital.

"I wonder if, on Friday evening, the sixth of July, at 10.30, you had a vision of me crossing a moonlit town under such a rain of bombs and shrapnel as made the most gorgeous pyrotechnic display you can imagine? I had just undressed when the first bomb fell, says a nurse in a letter to her family. I dressed at once, and had I stopped to parley with my good landlady, who barred the doorway, declaring that I would be killed if I went out, I should have been caught in the Rue Donyon, for after I passed a bomb fell, destroying four houses. I admit it gave me a queer feeling—there's a crash of colliding planets and a gush of gas that isn't pleasant—but somehow I felt that I was being protected, so I didn't run nor swerve, though one of the Boches was humming just above my head, and all the air was filled with flying balls of fire from our brave little seventy-five. When I reached my service, on the second floor of the hospital, I found a lot of men nurses, with helmets on their heads, and with stretchers, too confused to act, and my poor wounded soldiers lying very frightened in the dark. As soon as possible, I got all who could be moved down into the basement, and by the time I had lined them up as comfortably as possible on their stretchers, the new wounded began to arrive—soldiers, old men, women and children—several dead when they arrived. By this time some of the surgeons appeared, and there being enough to attend to the dressings downstairs and none above, I went back to my floor with two wounded men—one, a brigadier with both legs blown off, or, to speak more accurately, hanging by a few shreds of tendon. I gave him serum in floods, and other things, but the shock was too great; he died toward morning, amid unearthly thunders, begging me to comfort his 'poor wife and little ones.'

"And so I passed that terrible night, all alone up there under the roof, with only a wounded man to help me. When the first thrush sang out among the poplars and the town siren shrieked that there was no more danger, I trotted home for my cold bath before beginning another day. The Boches had left 300 visiting cards. Imagine the havoc wrought upon the tiny town of Epernay!"

Minard's Liniment Co., Limited.

Gents,—A customer of ours cured a very bad case of distemper in a valuable horse by the use of MINARD'S LINIMENT.

Yours truly,
VILANDIE FRERES.

Plants For House Culture.

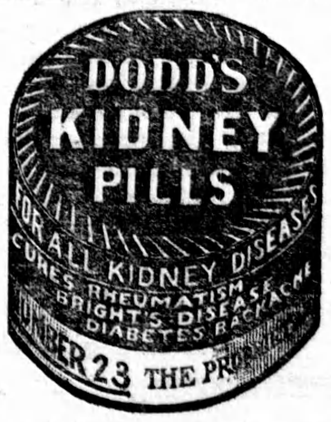
The following plants will do well in the temperature of an ordinary living room, where the plants will have the afternoon sun: Abutilon, ageratum, astilbe, amaryllis, asparagus plumosus nanus or asparagus fern, aspidistra, aucuba, azaleas, bouvardia, bougainvillea, callas, camelia, coleus, clivia miniata, a lily like plant; cobœa scandens, cyperus, farfugium, ficus, fuchsias, geraniums, including scented and ivy leaved varieties, heliotrope, hibiscus, lantanas, lobelia, palms, sansveria, vinca, rex begonias and some of the annuals will do well, such as candytuft, alyssum, mignonette, gloxinias, primroses, &c. Of this list camelias and azaleas are the most difficult to grow; many, however, succeed with them in window gardens.

Minard's Liniment for sale everywhere.

Fighting Hostile Aircraft.

The pitfalls and dangers which an aviator must avoid at the front are becoming more numerous every day. Anti-aircraft guns mounted on fast motor cars chase around the country behind the lines and prevent the enemy airplanes and zeppelins from remaining over our territory. This type of battery was responsible for the zeppelins brought down at Compiegne in April, 1917, and Revigny in April, 1916. In fact this invention was one of the immediate causes of the Germans giving up their "strafeing" with zeppelins. The record for distance and height in hitting an airplane with this type of cannon is 15,000 feet in the air at 9,000 yards' distance across country. A very large crew is required to man one of these cannon. Beside the cannon a telephonist gets the report of the position over which the German machine is flying.

A man may be sharp but worthless—like a needle with a broken eye.



WESTWARD.

(In the terminology of the trenches "He went West" means "He died.")

Crimson the trail that westward runs
From the shot swept sky and the flaming guns,
From the haunts where death keeps vigil still
With fiery breath and steel's hot will.

Crimson the trail to the sunset far,
Countless the feet on the pathway are;
Westward is peace beyond the din
Where the gray ranks meet in the dawn mist thin.

Crimson the trail to the quiet skies
Where the great guns' threat into silence dies,
Where wounds are healed with a holy balm
And the fevered rest in a slumber calm.

Glorious the trail that the brave heart takes—
Though love behind knows the old heartaches—
Over the hills where the sun goes down
To vales eternal of bright renown!

—Arthur Wallace Peach.

FARMS FOR OUR SOLDIERS

Lt.-Col. George McLaren Brown, the European manager of the C.P.R., writes to the "Tariff Reformer and Empire Monthly," in England, urging a comprehensive scheme by which the returned soldiers could be placed on the land in so far as they desired it—a scheme by which lands closed to the public would be fully opened up—not a few parcels of land, such as were noticed in the press, and which would not give a square foot to all who might seek this means of settlement, but a plan by which large numbers could be accommodated on the lands in the Mother Country. Mr. Brown refers to the plan of the C.P.R., which offers improved farms, in selected colonies, with distinctive military names, improved by the company; and assisted colonization farms of 320 acres each, selected by the intending settler and then improved by him with assistance from the company. Easy terms of payment are offered, carried over twenty years; but the point that Mr. Brown insists on is that it is not people out of the workhouse that Canada wants, because such are not desired in the Dominion, but people who are likely to succeed. He urges that the whole question of reconstruction be tackled with vigor on the other side.

MONEY ORDERS

A Dominion Express Money Order for five dollars costs three cents.

The Immortal Few.

"Father,' said Chester, 'what is a diplomat?"

"A diplomat, my son," answered the father, "is a man who remembers a woman's birthday and forgets her age."

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.**

Record Wool Prices.

A Nova Scotia wool dealer recently sold a consignment of 14,606 lbs. of washed wool in the United States at 95c. a pound. The bleat of the sheep should again be heard in the land.

Minard's Liniment Relieves Neuralgia.

If food conservation shall bring about a revival of the production of that most appetizing article, cottage cheese, a great many people will be reconciled to food-controller Hanna, provided the cheese is made the way our grandmothers made it.

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.

NUXATED IRON

$100.00 FORFEIT increases strength of delicate, nervous, run-down 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.

All good druggists always carry it in stock.

To Tend Heroes' Graves.

Some twenty women gardeners who have been trained at Kew Gardens, London, are going to France, where they will take up the duty of tending the graves of our dead soldiers. This is a first contingent, and others will follow.

Minard's Liniment Cures Burns, Etc.

Few men are worth more than a thousand dollars a year from their shoulders down. Those who get the big salaries do their work above the shoulders.

FURS

BUY FURS AT WHOLESALE PRICES. Persian Lamb, Mink, Alaska Sable. Also Men's Furs. Satisfaction by mail guaranteed. Send for illustrated catalog. McComber's Limited, Manufacturers, 420 D St. Paul West, Montreal.

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 St., 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.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

Cuticura Better Than Beauty Doctors

For cleansing, purifying and beautifying the complexion, hands and hair, Cuticura Soap is supreme, especially when assisted by touches of Cuticura Ointment to soothe and heal the first signs of skin troubles. For free sample address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold by dealers throughout the world.

WOMEN OF MIDDLE AGE

Mrs. Quinn's Experience Ought to Help You Over the Critical Period.

Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

Other warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, inquietude, and dizziness.

If you need special advice, write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.