Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect food given to man. In **Shredded Wheat Biscuit** you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits.

Made in Canada.

PATRIOTS ENFORCED.

Women of Russia Exercised Compulsion in Regard to Deserters.

When, during the immense and bewildering confusion of the Russian revolution, many hundred soldiers deserted, not from disloyalty, but merely because they wished to go home and see their families, they did not always meet the reception they expected. The women were no less weary of the war than they; but they had sometimes a clearer idea of the necessity of continuing it, czar or no czar, than had their men. There were fairly numerous instances when the men returned to duty in abashed squads under the escort of an Amazonian guard of village maids and matrons; occasionally a lone husband would be marched back under the sole but sufficient compulsion of a resolute wife.

The influence of women has always been important in holding the soldiers of a nation to their duty, or discouraging them from it. Usually it has remained influence merely, and has not become compulsion. Sometimes it has been exerted in a manner halfway between the two.

In the days of the American Revolution there was a patriotic matron of New England whose husband did not volunteer when his neighbors did. He gave his "pindling" health and feeble constitution as an excuse. He was, indeed, a slight and small man, but tough and wiry, and better able to endure the hardships of war than many bigger men, as his spouse well knew. But she did not remonstrate or shame him in the community by expressing her opinion. Instead, she devoted her attention to his diet. If he were not a well man, he ought not to eat like one, she decided; and she reduced his rations to such as befitted an invalid. In vain he protested that he required extra nourishment; the hotter and angrier he got, the more firmly she insisted that he was feverish and choleric, and that a light diet was the thing for him, with nothing solid or heavy or rich. In fact, his diet grew daily lighter and lighter. First, doughnuts disappeared from his breakfasts, then flapjacks and cake from his suppers, finally even meat from his dinners—and at that he gave in and enlisted.

He proved to be a good soldier, who was never sick, and recovered with unusual rapidity from the two honorable wounds that he received. Owing to his littleness and leanness and to a gradual leaking out of the story of how he came to join the army, he bore through his military career and ever afterwards a nickname, which after the first he accepted without resentment, and to which he answered quite as a matter of course. He was known as Starveling Jones.

Waste Would Feed Belgium.

The crops now destroyed in this country by insect and rodent pests would feed the people of Belgium, according to T. Gilbert Pearson, secretary of the Audubon Societies, who talked of the increased need for the preservation of songbirds, with the increased production of food, and of the renowned campaign which has been begun for that purpose.

People eat **Grape-Nuts** because they like it and they know it's good for them

THE FROST KING.

The Frost King is surely coming,
His spies are throughout the land;
I can trace their stealthy footprints
As I look on every hand.

I saw where they camped in the lowlands
This morning the ground was white
With the ashes of their campfires
Where they gathered through the night.

And everywhere there lingers
A smoke-like purple haze
That must have come from the embers
They left in the woodland ways.

And every tree and thicket
Bears a signal torch aglow,
Where the vanguard of his army
Have blazed the way to go.

The birds are winging southward
They love not the Frost King's reign;
The wee folks of the forest
Are hoarding their nuts and grain.

In garden, wood and meadow,
Wherever I may peep,
The leaves are falling softly
And whisp'ring "Down to sleep."

'Tis wondrously, wondrously lovely
This glorified Autumn land
But the Frost King is surely coming,
I see it on every hand.

Mildred M. North.

WEAK BOYS AND GIRLS

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. Delayed development, pale faces, headaches, palpitation, and a feeling of listlessness, call attention to weak blood in the case of girls. But many boys in their teens grow thin and "weedy" and have pimples on the face, showing that they have not enough blood. The anaemic boy is just as likely to become a victim of consumption as the pale, breathless girl with her headaches and worn-out look. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious.

To prevent serious disaster to those of the rising generation, let both boys and girls be given the new rich blood which Dr. Williams' Pink Pills are famous the world over for making. When giving these pills watch how soon the appetite returns and how the languid girl or the weak boy becomes full of activity and high spirits. Remember that the boy has to develop, too, if he is to make a strong hearty man. Give both the boys and girls a fair chance to develop strongly through the new, rich blood Dr. Williams Pink Pills actually make. You will then see active boys and girls, instead of weakly children around you.

Dr. Williams Pink Pills are sold by all medicine dealers or may be obtained by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

TELLS TALE OF TORTURE.

Belgian Girl Says Most Terrible Torture Was Inflicted on Youth.

A young Belgian lady, the daughter of wealthy parents, who for over three years has suffered at the hands of the Germans in Belgium, and who succeeded in escaping into Holland, whence she journeyed to London, has related her experiences to a representative of the Central News.

The girl was arrested as a spy because she had written letters to her sweetheart, who is serving in the army, and sent to prison for three months.

"I had to work from seven o'clock in the morning until nine o'clock at night, and tolerate the most abusive insults," she said. "A very large number of my friends were arrested, including a young man. The Germans did all in their power to induce him to speak, promising him a free pardon if he would implicate others. The man resisted all their persuasive methods, and they inflicted the most terrible torture. Then he was tried and sentenced to death. Belgians sentenced to death have the right to appeal to the Kaiser, and this young man made the appeal.

"We learned later that the reply was: 'If he will speak his life shall be spared; if not, then he must die.' The day before he was taken out to die he was put in a cell decorated with flowers and given the most costly food to eat. Everything was done by the Germans to persuade him to speak at the last moment, even when he was standing before the firing party he was told it was not too late. Although only a mere youth of twenty-one years, that brave fellow died for Belgium without uttering a word which would give the enemy any information."

Experience has shown that for most crops land which is ploughed in the autumn, gives better returns than that which is not ploughed until spring.

Last year a Kansas canning team, consisting of a mother and her daughter, put up 827 quarts of food products. Of these 827 quarts 337 were fruit, 285 vegetables, 4 soup, 31 meat and 173 jelly. The total value of the output was $274.20, the cost of production $138,33, making a saving in that family's food bill of $135.87. This is just a sample of what was done in that one town by the mother-daughter club, consisting of 29 mothers with their daughters.

THE "SHOVEL V. C."

Wounded British Trooper Saved Another Wounded Soldier's Life.

In the charge that the British made on Hill 70 during the Gallipoli campaign Trooper Potts and Private Andrews were wounded and, on account of the deadly fire of the Turks, were obliged to lie in a hollow between the lines away from their comrades for two nights and two days.

When darkness fell on the third night, says the author of Heroes of the Great War, the two men determined to make a dash for the British lines, cost what it might. At first Andrews was able to crawl with the help of Potts but soon was forced to give in. As Potts crouched beside his companion, wondering how he could carry him, he had an inspiration. He had seen near by a number of discarded shovels, and he now crawled over and got one of them.

In a few minutes he was gently placing the wounded man on it. Andrews sat with his back to Potts and, with his hands over his shoulders, grasped Pott's hands. Although he was becoming weaker every minute, Potts braced himself for the heavy and dangerous task before him. Fixing the shovel to his equipment, he started, carefully and slowly, to drag his human freight down the hill. The journey was risky as well as tedious, for there was the ever-present possibility that they would be seen or heard by the cunning Turkish snipers, who were always active by night.

One of Andrew's legs was useless, and that added to the difficulty of getting him down the hill. As they progressed painfully the Turks fired at them; but in spite of the need for haste Potts had to stop about every six yards and lie down, owing to his weakened condition.

At last Potts reached the foot of the hill and gained the shelter of a wood. Here he rested for a few minutes, then went forward to look for a path through the wood, leaving his companion seated on the shovel. He had not proceeded more than twenty yards when suddenly he received a sharp command to halt. He had struck the British lines and found himself facing a bayonet. A hurried explanation saved his life. The first man to grasp him by the hand was Sergt.-Maj. Stubbing, Sixth Royal Enniskillen Fusiliers, who was on night duty. It was he who reported Potts's heroism to the captain, and the captain, in turn, laid the case before the authorities.

Meanwhile, the sentry had gone to the trench and brought back several men. They carried a blanket, and accompanied Potts to the place where he had left Andrews. Potts had started his journey about six in the evening, and it was now half-past nine.

Both the wounded men were speedily conveyed to a field-ambulance dressing station, where their wounds were tended. Potts was invalided home at once, and while en route to England received the news that he had been awarded the great prize so dear to every British soldier. He had regarded his thrilling exploit as an ordinary incident, and was startled when he learned how highly it was esteemed.

"You could have knocked me down with a feather," said the "Shovel V.C.," "for I never thought I had done anything wonderful."

THE MOST VALUABLE BOOK

Oldest and Best Manuscript of the Whole Bible in Latin

In the Mediceo Laurentian Museum in Florence is a volume known as the Codex Amiatinus, which is said to be the most valuable book in the world. We learn that the Codex Amiatinus is the oldest and best manuscript of the whole Bible in Latin, copied from the translation by St. Jerome from the original Hebrew and Greek.

To see the book one must be furnished with a special permit from the highest minister of state in Italy, and it is then produced with great ceremony.

The origin of this rare book has been known only about thirty years. It was in the possession of the convent of Monte Amiati for many years, whence it derived its name, but how or when it came there is still a mystery. There is nothing in the contents of the book to indicate its origin; on the back of the first leaf, however, there is a verse in Latin which suggests that it was the gift of one Peter.

Professor Hort, Latin and Greek scholar, discovered about thirty years ago that several words in this verse showed signs of erasure, and had evidently been substituted for others. Both the sense and the meter were altered by this erasure. Professor Hort and other scholars have conjectured that this might be the copy of the new translation, which the Venerable Bede speaks of as having been taken to Rome by Ceolfrid on his memorable journey.

For 1,200 years the origin of this volume has remained obscure, but now there is but little doubt that the Codex Amiatinus is one of the three Pandects that Ceolfrid caused to be written in these ancient monasteries of England.

The sultry summer past, September comes,
Soft twilight of the slow declining year,
More sober than the buxom, blooming May,
And therefore less the favorite of the world;
But dearest month of all to pensive minrs.
—Carlos Wilcox.

Minard's Liniment for sale everywhere.

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are a perfect medicine for little ones. They regulate the bowels, sweeten the stomach, thus drive out constipation, indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. John Babineau, Brest, N.B., writes: "I have used Baby's Own Tablets and have found them a perfect medicine for little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

HIS SMILE.

He wasn't rich as dollars go,
He didn't have a pile of dough,
He didn't own a motor car
He couldn't often travel far,
He couldn't dress in costly style,
He just possessed a kindly smile.

He had a happy sort of way,
Knew how to work and how to play;
And he respected women fair
And dealt with men upon the square,
And people thought him much worth while
Because he had a kindly smile.

You do not need a store of good
The love of real friends to hold;
Be honest, boy, and kind, and true,
And do the work you find to do;
Win openly and not by guile,
And folks will like you for your smile.
—E. A. Guest, in Detroit Free Press.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

Beyond His Means.

Billy had a serious misunderstanding with his elder cousin, Conrad, that he scrupulously concealed from his mother. When he came home from school she said, "Billy, what would you like to give Cousin Conrad for his birthday to-morrow?"

"I know what I'd like to give him," said Billy, vengefully, "but I'm not big enough!"

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.**

Grain Yields of the Prairie Provinces.

The estimated total production of wheat in the three Prairie Provinces (Manitoba, Saskatchewan and Alberta) is 225,778,700 bushels from 13,619,370 acres, as compared with 208,846,000 bushels from 12,441,350 acres in 1916. In Manitoba the total yield of wheat for 1917 is 41,642,200 bushels, as compared with 27,943,000 bushels in 1916; in Saskatchewan 130,356,000 bushels as against 131,765,000 bushels, and in Alberta 53,780,500 bushels against 49,138,000 bushels. Oats yield 224,199,000 bushels in the three prairie provinces as compared with 269,258,000 bushels in 1916; barley, 43,168,400 bushels against 33,296,000 bushels; rye, 2,498,850 bushels, against 1,636,000 bushels and flaxseed 9,951,500 bushels as against 7,269,000 bushels.

Minard's Liniment Relieves Neuralgia.

The readjustment of international boundary lines after the war will not be the only great problem facing the nations. The readjustment of wages and of prices generally will be necessary, and to readjust wages, and at the same time preserve thier relative buying power, will call for the best efforts of the best men to be found.

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

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.

FORBID WOMEN TO TALK

Brides on Greek Island of Fano Await Husbands' Return From America

The little Greek Island of Fano, near Corfu, has become known to the Entente fleets and armies as a place where women are forbidden to talk. The island has normally a population of 1824 persons, but most of the men are in the United States, where they work as waiters.

The custom of the island for many years has been for the young men to marry the girls they love best and then after a brief honeymoon, go to America to make their fortunes, returning in a few years to their brides. During this period of the absence of the husband, it has become a custom for their wives, women traditional for their beauty, never to talk to men. It is the business of the older women to watch over the young wives, and when strange men approach, as had happened frequently since the war, they are met with a shower of stones.

Minard's Liniment Cures Dandruff.

The red coral, which is used in jewelry, and which is known as precious coral, is mostly obtained in the Mediterranean, the Barbary coast furnishing the dark red, Sardinia the yellow or salmon color, and the coast of Italy the rose pink. It is also found in the Red Sea.

MONEY ORDERS

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

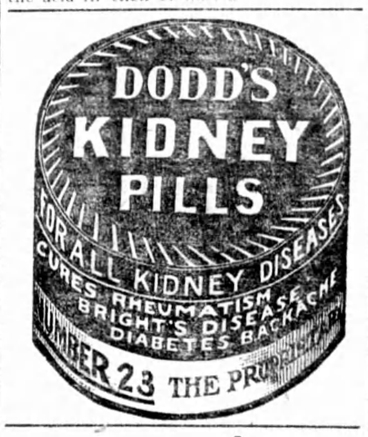
Somebody has said, "Praise is good for the bones." Try a little of it on the young folks and also on the hired man. It will not spoil them.

Minard's Liniment Cures Burns, Etc.

A properly installed lightning rod system rarely fails to protect the property rodded.

IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, distended feeling, it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed in many hospitals and advised by many eminent physicians of taking a teaspoonful of pure bisurated magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisurated magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. Try this simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travelers who are frequently obliged to take hasty meals poorly prepared should always take two or three five-grain tablets of Bisurated Magnesia after meals to prevent fermentation and neutralize the acid in their stomach.



WOMEN! MOTHERS! DAUGHTERS

You who tire easily; are pale, haggard and worn; nervous or irritable; who are subject to fits of melancholy or the "blues," get your blood examined for iron deficiency. NUXATED IRON taken three times a day after meals will increase your strength and endurance 100 per cent in two weeks' time in many cases.—Ferdinand King, M.D.

NOTE: NUXATED IRON recommended above by Dr. King can be obtained from any good druggist on an absolute guarantee of satisfaction or money refunded. Doctors usually prescribe the five-grain tablets to be taken three times a day after meals.

ROYAL YEAST CAKES

To fill cracks in plaster use vinegar instead of water to mix your plaster of paris. The resultant mass will be like putty and will not "set" for twenty or thirty minutes. Push it into the cracks and smooth it off nicely with a table knife.

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 Mother's Duty

Your good looks may be your fortune. Who knows? Then why not keep your complexion fresh and clear, your hands soft and white, your hair rich and glossy. Cuticura will help you. Used every day for all toilet purposes, Cuticura Soap clears the pores of impurities, while little touches of Cuticura Ointment prevent little skin troubles becoming serious. Absolutely nothing better or purer.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

WOMAN NOW IN PERFECT HEALTH

What Came From Reading a Pinkham Advertisement.

Paterson, N. J. — "I thank you for the Lydia E. Pinkham remedies as they have made me well and healthy. Sometime ago I felt so run down, had pains in my back and side, was very irregular, tired, nervous, had such bad dreams, did not feel like eating and had short breath. I read your advertisement in the newspapers and decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman. I advise every woman, single or married, who is troubled with any of the aforesaid ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles as they did me." — Mrs. ELSIE J. VAN DER SANDE, 36 No. York St., Paterson, N. J.

Write the Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass, if you need special advice.

Machinery For Sale

1 WHEELOCK ENGINE, 18x42.
New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept $1,200 cash for immediate sale.

1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C.
Will accept $425 cash for immediate sale.

1 LARGE LEATHER BELT. Double, Endless. 24 inch x 70 ft.
Will accept $300 for immediate sale, although belt is in excellent condition and new one would cost about $600.

PULLEYS, Large size.
26x66—$30; 12x60—$20; 12½x48—$12; 12x36—$8.

2 BLOWERS OR FANS, Buffalo make.
One 10 inch, other 14 inch discharge—$30 each.

REAL ESTATES CORPORATION, LTD.
60 Front St. West, Toronto