**You Can Do Your Bit**
in preventing waste by demanding the whole wheat in breakfast foods and bread. **Shredded Wheat Biscuit** is 100 per cent. whole wheat grain prepared in a digestible form—contains more real nutriment than meat or eggs or potatoes and costs much less. Serve with milk or cream, sliced peaches, bananas or other fruits.

Made in Canada.

## A WAR WITHOUT ILLUSIONS.

**As Seen By a Young American of the Field Service.**

To most of the young soldiers who are fighting in France war has no illusions, but they are none the less determined to see it through. One who is an assistant chief of his section in the American Field Service writes thus to a friend in his home town:

"I had thought of war as an impressive, triumphal onrush of cavalry; I had associated with war the flare of trumpets, the roll of drums, the knitting of socks and sweaters, the singing of the national anthems and the steady tramp of feet to the tune of 'Tipperary.'

"But this war is the most stupendous, grim, hard-headed business proposition that the world has witnessed. The partners go about the business heralded by no trumpets, with but little music in their hearts, but with the determination that success shall crown their efforts. This is the least ostentatious of businesses; it is a great war, in which the prime factors are money, men and transportation, and the cardinal conditions of success are patience and stern determination. This is a war of drab, of dirty gray smut—wholly unlike the old wars of gold, tinsel and blood red.

"And yet the blood red tint is the very element with which my work must reckon. Instead of the care of huge guns, the march of reinforcements or the observation of enemy operations from the air, my work is with the bloody freight of the trenches after the attack, with the wounded and dying. I see these men going up to their work in long lines or trucks—silent, thoughtful men, full of determination; I see them in their trenches, seemingly listless, fatalistic in their attitude; but I work with them shortly afterward when they are brought into the little underground 'poste secours' on stretchers, borne by brancardiers, where their wounds are dressed and where they are loaded into our ambulances, to be sent back a mile or two, either to be patched up for further use or to expire under the kindly benediction of their Mother Church. And through it all there goes that grim set jaw and fighting determination which meant for France the superb victories of the Marne and Verdun. With never a groan where the roads are rough or when shells make travel impossible, but always a faint smile of gratitude at the end of the painful journey—and often a hand clasp—these men are worthy to be masters of others because so splendidly masters of themselves."

## PERPETUAL MOTION.

**Most Unceasingly Active Member of Body is the Tongue.**

She's discovered the secret of perpetual motion," I heard one man say to another the other day. "Her tongue's never still!"

He laughed as he said it; but his remark was one of those true words spoken in jest.

But women are not alone in the possession of an ever-wagging tongue; men are equally guilty. Nobody's tongue is still for a moment. It is the most unceasing active member of the body.

It moves when one speaks, it moves when one eats, it moves when one swallows saliva. When eating it is constantly feeling about the mouth, and deciding which particles of food are small enough to be swallowed, and which are not.

The tongue has a sense of touch which is wonderful in its sensitiveness. We think of our finger-tips as our most sensitive organs of feeling, but they are badly outclassed by the end of the tongue.

**How to Purify the Blood**

**"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.** 4

## THE BOYS' ROOM.

**By Louise Morey Bowman.**

The sunshine was spattering over the floor
In a frolic of golden rain,
And the little green leaves were whispering
And tapping outside the pane.
There were their college banners and books;
And, hung on the plain gray wall,
Sir Galahad, shining and tall,
Waiting there for his vision,
In the dream-filled days of yore.

But now they have seen a vision
And shall they come back no more?
Through the open door
I heard the step of the brave little brown-eyed mother,
And though she smiled on the threshold,
In her eyes the big tears gleamed.
"I've been such a happy woman!
We've always dreamed
That little grandchildren might come some day,
And get out the old toys, and romp and play
Just as they used to. But now, you know,
There is something far greater than that, and, oh,
Sometimes one almost grows afraid to dream!
"Fred writes, 'You taught us to "Follow the gleam",
With gay old Galahad there on our wall.
Cheer up, mother. This life's not all'.
Think of Fred—our joker—writing that. Well,
We must go down to lunch, dear. There's the bell."

And so we silently closed the door,
And left the room as it was before,
With the sunshine spattering over the floor
In a frolic of golden rain,
And the little green leaves a-whispering
And tapping outside the pane.

But now when we talk of the war, I see,
Above the horrible, death-filled gloom
That rises before me, "the boy's old room"—
A vision whose beauty shall never pale;
A temple that still guards the Holy Grail.
—From The Canadian Magazine for November.

## SERIOUS ILLNESS AVOIDED

Many a serious illness has been avoided by the prompt use of Dr. Williams' Pink Pills. These pills actually enrich and purify the blood, and in this way build up the system, tone and strengthen the nerves and invigorate the vital organs.

Serious diseases generally come from some simple disorder that has been neglected. Therefore any thinning of the blood should be looked upon as a warning sign, and more serious illness should be avoided by the use of Dr. Williams' Pink Pills. In the case of young girls and women the blood is peculiarly liable to get out of order—to become thin and watery—and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink Pills, which are suitable for the most delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weakened nerves, banish depression and lack of energy, clear the complexion of pimples and blotches, cure pain in the back and general weakness, cause the disappearance of headaches, dizziness and heart fluttering. Give these pills a fair trial and you will soon note a wonderful change in your condition. Your spirits will brighten, good health and strength will return, and you will feel like a new person. You can confirm these statements by enquiring among your friends almost anywhere, as thousands and thousands of hopeless sufferers have been restored to new health and energy by using Dr. Williams' Pink Pills.

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.

## PRESCRIBING BY WIRELESS.

**How Physician Saved a Life a Thousand Miles Distant.**

The captain of a tramp steamer in the Gulf of Mexico was lately taken ill with ptomaine poisoning. With death staring him in the face, on account of inadequate medical aid, he decided to call, by wireless, for assistance from the physicians at a naval station a hundred miles away.

In the event the message was picked up by a liner seven hundred miles away, and the ship's surgeon made all haste to reply to this strange "S.O.S." with a full and detailed prescription, which was without much difficulty made up from the tramp steamer's medicine-chest, and the captain's life was saved.

A fireman on a Canadian Pacific liner which carries no surgeon was attacked in mid-ocean with internal hemorrhage. Wireless communication was secured with an Allan liner, and details of the symptoms transmitted across a thousand miles of ocean. A prescription was not only received, but daily consultations took place for some time, and the medicine was "changed" several times.

## New Designs You Will Like

The small lad will enjoy wearing this good-looking little suit. McCall Pattern No. 8086, Boy's Suit. Pattern in 3 sizes; 2 to 6 years. Price, 15 cents.

New designs for house dresses are always appreciated if they are as good looking as this one. McCall Pattern No. 8069. Ladies' House Dress. Pattern in 7 sizes; 34 to 46 bust. Price, 20 cents.

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

## A COMPLETE BOYCOTT.

**People of Alsace-Lorraine Have No Dealings With Germans.**

The Germans have lately been trying to make out a case for the retention of the stolen provinces, Alsace and Lorraine, on the ground that they are pro-German. But there never was a worse case in the history of man. For forty years and more the Germans have tried repression, terror, and bribery, but they are farther from reconciling the Alsatians and Lorrainers to their rule to-day than they were in 1870.

The Alsatians and Lorrainers do not recognize the German. He does not exist for them. They pass him in the street as if he were invisible. If the Germans get up a fete, a ball, a concert, Germans alone are seen there.

Even the parks and tea-gardens chosen by Germans as their resorts are out of bounds to the natives of the provinces. No German ever gets across the doorstep of an Alsatian or Lorrainer except at the point of the bayonet or sword, or, if there should be such admission, the family is henceforth outcast, pariah.

Occassionally love steps in, as it will, and makes a breach. Some young German falls in love with an Alsatian maid and wins her affections and marries her. She goes to her nuptials alone. Henceforth that girl is a stranger.

**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.

## THE HAPPIEST LIFE.

**Is Found in Adaptation to Existing Conditions.**

Success and happiness depend upon the way in which we adapt ourselves to the realities of objective life. If we fight against change—and change we must meet at every turn and in every department of life—we soon become exhausted, wear ourselves out and sink back into ourselves—into the subconscious—and fail and grow old before our time.

If we cling to past experiences, refuse to live in the present, let our faith die when disappointments come, the results are the same. The life forces ebb and we sink into the great sea of the unconscious and are on the road to being submerged.

Desire, will, concentration, purpose, faith—these can be applied to keep up living in the present, to keep our enthusiasm active and our creativeness expressing.

## THE ONLY MEDICINE FOR LITTLE ONES

Mrs. H. Blanche, St. Pamphile, Que., writes:—"I have obtained great results from the use of Baby's Own Tablets. They are the only medicine I know of that one can depend upon to promptly cure bowel and stomach troubles." The Tablets never fail to relieve the little one and besides the mother has the guarantee of a government analyst that they are absolutely safe. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## DANCING OSTRICHES.

**A Strange Sight on the Sandy Plains of Southern Africa.**

One of the oddest sights on the sandy stretches of plain in southern Africa is a party of waltzing ostriches.

A writer on the subject thus describes their queer antics: "When there are a number of them they will start off, and, running a few hundred yards, will stop and, with raised wings will whirl rapidly round till they are stupefied, or perhaps break a leg.

"The males pose also before fighting. They kneel on their ankles, opening their wings, and balancing themselves alternately forward and backward, or to one side or the other, while the neck is stretched on a level with the back and the head strikes the sides, now on the right, now on the left, while the feathers are bristling. The bird appears at this time so absorbed in its occupation as to forget all that is going on around him, and can be approached and caught.

"The male utters a cry, which sounds much like an effort to speak with the mouth shut tight."

## GIRLS! LEMON JUICE IS SKIN WHITENER

**How to make a creamy beauty lotion for a few cents.**

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

**Preserving Overshoes.**

Cutting a heel-shape piece out of an old overshoe and pasting it in the heel of new overshoes prevents the heel wearing out while the rest of the overshoe is comparatively new.

## TORONTO FAT STOCK SHOW

One of the coming events which all live stock men and farmers should not miss is the Toronto Fat Stock Show, to be held at the Union Stock Yards, on Friday and Saturday, December 7th and 8th. The Auction Sale always brings record prices, and it is well worth your time to see the competition among packers and butchers for the prize winners. Entries for this year's show are larger than ever.

**Imitate Britain.**

The talk of learning by Britain's "mistakes" makes one tired, says an American writer. Of course, she has blundered here and there—we do not need to copy the admitted errors. But if we will take note of the way she puts in the field first-class fighting men and keeps them at the top-notch of efficiency by the most careful regard for every phase of their welfare, we shall do better than if we pay heed merely to the places where the system now and then has broken down or the individual has performed disappointingly.

An automatic valve has been invented that sounds a whistle when an automobile tire contains either too much or too little air.

**Minard's Liniment Cures Diphtheria.**

**ROYAL YEAST**

**Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.**

MADE IN CANADA

E.W.GILLETT COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

**A Cameo.**

The wise forget, dear heart;
They leave the past
And play the hero's part,
Brave to the last.

They weep not nor regret,
Calm are their eyes.
Dear heart, the wise forget—
I am not wise!—
—Jeannette Bliss Gillespy.

**Minard's Liniment Cures Distemper.**

**What He Needs.**

"Papa," said Tommy, "little brother is a month old to-morrow, isn't he?"

"Yes."

"Let's you and me give him a birthday present."

"Very well. What shall it be?"

"Let's buy him a wig. He needs that more'n anything."

MONEY ORDERS

When ordering goods by mail, send a Dominion Express Money Order.

**Marriage and Talk.**

It is only when people are different that they have a great deal to say. When they are alike they are satisfied just to be in each other's company. As married folk gradually exchange ideas and reconcile their differences their conversation is apt to give way to a contented and sparing use of verbal shorthand. A marriage of long standing that is still noisy with constant talk is not one to be envied. It argues an irrepressible conflict.

**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**

**Those Last Dear Moments.**

Each at her post we women stand;
Mine is the safer, easier part—
And yet there is an iron band
Of envy round my heart
For her, the weary nurse who spent
Those last dear moments at his side,
The woman who in pity bent
And kissed him when he died.
—Amelia Josephine Burr.

Minard's Liniment Co., Limited.

Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of Inflammation.

Yours,
W. A. HUTCHINSON.

**Characteristic Suggestions.**

A gentleman who had a good collection of china, deploring to his friends the carelessness of a manservant whose fingers, as the Scotch would say, "were all thumbs," said he did not know what to do with him.

"Why not dismiss him?" said the practical Englishman.

"But he is a good servant," said his host.

"Stop it out of his wages," said the Scotsman, with the excellent caution of his race.

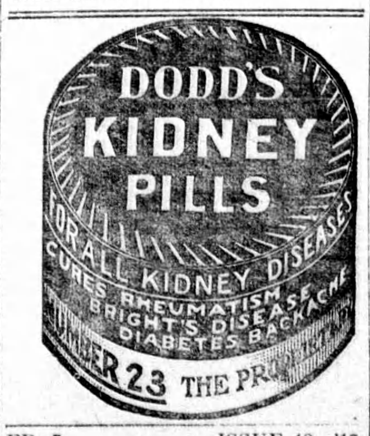
"But," said the master, "he breaks more than his wages would pay for."

"Why not raise his wages?" asked the Irishman.

**Minard's Liniment Cures Colds, &c.**

Frocks of a delicate color always look better if washed in bran water, no soap being used.

**Potato Chowder.**—¼ lb. salt pork, 6-10 potatoes, 1 onion, 1 tablespoon chopped parsley, 1 tablespoon flour, 1 tablespoon dripping, 1 pint milk, 1 teaspoon salt, ½ teaspoon pepper. Cut pork and potatoes into cubes and cook with the seasonings, and sufficient water to cover until done. Make the white sauce of the fat, flour and milk. Drain off the surplus water when the potatoes are cooked, add the white sauce and reheat.




The war collection of the Royal Library of Berlin now numbers 50,000 volumes, and they are bound in special covers of gray, stamped with the Prussian eagle.

**Minard's Liniment Cures Garget in Cows**

**PRODUCE**

NEW LAID EGGS, POULTRY, PEAS, beans honey, onions wanted. Highest prices given. J. D. Arsenault, 1195 St. Catharine East, Montreal.

**MISCELLANEOUS**

"HEAVEN AND HELL"—Swedenborg's great work on a real world beyond and the life after death; 400 pages; only 25 cents postpaid. W. H. Law, 486D Euclid Avenue, Toronto.

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.

**Agents Wanted**

In all towns where we are not represented to sell our phonographs to their friends at factory prices. Every machine guaranteed made in Canada and we guarantee satisfaction. Write at once for particulars.
The World Phonograph Co., Dept. W, 739 Broadview Ave., Toronto, Ont.

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

**Of Vital Interest to Syrup & Maple Sugar Makers**

Wide awake Maple Syrup Makers will consult their best interests by ordering their supplies now instead of delaying until March, our busiest time. Write for our free booklet telling about our "Champion" Evaporator, made in 22 sizes suitable for large or small groves.
THE GRIMM MNFG. CO., LIMITED
58 Wellington St., Montreal, Que.

YOU CAN'T CUT OUT A
**Bog Spavin or Thoroughpin**
but you can clean them off promptly with

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

and you work the horse same time. Does not blister or remove the hair. $2.00 per bottle, delivered. Will tell you more if you write. Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wens, Cysts. Allays pain quickly. Price $1 and $2 a bottle at druggists or delivered.
W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

**CUTICURA HEALS ITCHY SCALP RASH**

**That Burned and Pained Four Years. Hair Came Out. Loss of Sleep.**

"My scalp was red and very itchy, and a fine rash developed which burned and pained incessantly. This seemed to destroy the hair roots, causing my hair to come out, which disfigured the top of my head. It also caused loss of sleep.

"The trouble lasted four years. Then I sent for a free sample of Cuticura Soap and Ointment which encouraged me so I bought more, and I had one cake of Cuticura Soap and one box of Ointment and I was healed." (Signed) John Cunningham, Church St., Antigonish, N.S., April 4, 1917.

Why not make Cuticura your everyday toilet soap and prevent skin troubles? Absolutely nothing better.

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

**Outdoor Workers**

are subject to exposure to all kinds of weather, and strenuous outdoor work brings the rheumatic aches. You can't afford to be laid up, so heed that first twinge of rheumatism. Use Sloan's Liniment. Clean and convenient, no need to rub, no stains, no clumsy plasters and your pain disappears.

Sprains, strains, neuralgia aches and stiff, sore muscles are all relieved by the application of Sloan's Liniment.

Generous size bottles at all druggists, 25c., 50c., $1.00.

**Sloan's Liniment**
KILLS PAIN