

Are You Intoxicated?

The question is not as important as it sounds. You may be a real teetotaler and yet be "intoxicated"—that is, poisoned by the gases that come from imperfect digestion. The products of food putrefaction are taken up by the blood and often poison the entire system. Cut out meats and starchy foods for a while. Eat Shredded Wheat with milk or cream for breakfast; eat it with stewed fruits and green vegetables for dinner or supper. It will cure auto-intoxication and make a new man of you. All the meat of the whole wheat in a digestible form. A perfect meal at lowest cost. Made in Canada

The New Styles

Bead embroidery is a strong rival just now of the darned-stitch embroidery worked in silk and worsted. On white backgrounds, white and colored beads are used most effectively. The white chalk beads on dark satins and silks form very handsome trimmings. Beads of various colors arranged in designs to imitate the popular Paisley effect is one of the newest



© McCALL

7561-7560

The Pinched-Back Coat

developments in bead work. Other very attractive color combinations

Before Drinking Tea or Coffee, You Should Consider Whether Or Not It Is Harmful

There's a Reason" for **POSTUM**

are also seen, such as dull blues, old rose and brown on light tan backgrounds.

Recent costumes from Paris also show that machine stitching is a very prominent form of trimming. Rows upon rows of stitching are used at the edges of coats and on collar and cuffs. The stitching is often done in silk of a darker shade than the material it is used on, and sometimes in the same shade.

Hip-length coats with the pinched effect at the back and a straight front are very smart for the serviceable suit for daily wear or for the sports suit. The back is belted with a rather wide belt stitched down over short pleats, which produces the pinched effect. With this type of coat the full box-pleated skirt makes an excellent costume. In mannish mixtures and jersey cloth, these suits are worn for shopping, sports, and for practical use. The sketch illustrates one of these jaunty suits in bright green jersey cloth.

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

RICH RED BLOOD MEANS GOOD HEALTH

Just a Little More Rich, Red Blood Cures Most Ailments.

The lack of sufficient red health-giving blood does not end merely in a pale complexion. It is much more serious. Bloodless people are the tired, languid, run down folk who never have a bit of enjoyment in life. Food does not nourish, there's indigestion, heart palpitation, headache, backache, sometimes fainting spells and always nervousness. If anaemia or bloodlessness be neglected too long a decline is sure to follow. Just a little more blood cures all these troubles. Just more rich, red blood, then abounding health, vitality and pleasure in life. To make the blood rich, red and pure, use Dr. Williams' Pink Pills. No other medicine increases the pure blood supply so quickly or so surely. The cure actually begins with the first dose, though naturally it is not noticeable. This is not a mere claim. Dr. Williams' Pink Pills have been doing this over and over again in Canada for more than a quarter of a century. This is why thousands have always a good word to say for this great medicine, for instance Mrs. Alex. Gillis, Glenville, N. S., says: "I cannot praise Dr. Williams' Pink Pills too highly. They are really a wonderful medicine. I was very much run down, suffered from frequent dizzy spells, and had an almost constant severe pain in the back. My home work was a source of dread, I felt so weak, and life held but little enjoyment. Then I began taking Dr. Williams' Pink Pills and the result was almost marvellous. They made me feel like a new woman and fully restored my health. I would urge every weak woman to give these pills a fair trial."

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

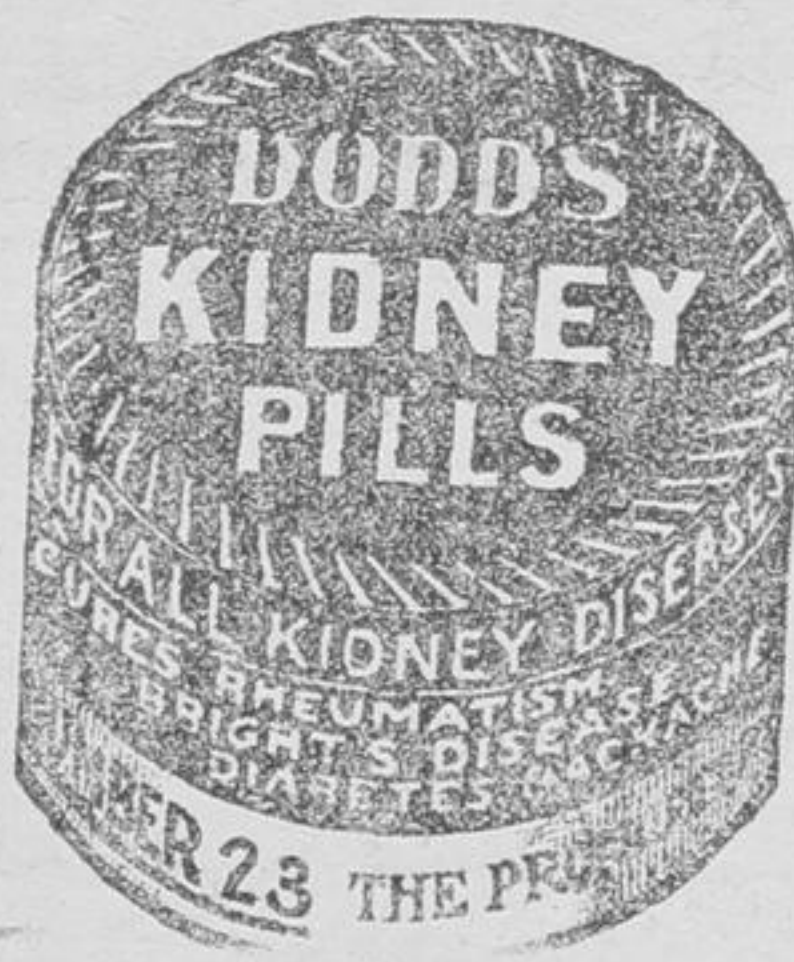
THE IRON OF LORRAINE.

May Incite Another War Between France and Germany.

It is unfortunate for the future peace of Europe that by far the best iron fields that are accessible either to France or to Germany lie exactly on the present frontier of the two countries. A good many Frenchmen believe that the Germans' hope of seizing permanently the part of these fields that lies in French Lorraine was one of the real causes of the present war, and the reason that last winter determined them to attack at Verdun, instead of at some point nearer Paris. Certainly, thoughtful writers, both French and German, discuss the subject very frankly, and point out to their respective countries how fatal the final surrender of any part of this disputed territory would be to the prosperity of their nation.

In this age of machinery a plentiful supply of both coal and iron is essential to any country that hopes to maintain itself as an industrial power; and the last ten years have proved that such a supply is even more necessary in war than in peace. The Germans admit that without the iron of the Metz and Thionville regions (which they thriftily took from France after the war of 1870) they would have been unable to supply their armies with the incredible quantity of guns and ammunition that modern fighting requires. France has kept up only because the British navy has kept the seas open for the import of iron; its own mines in the basins of Iron and Longwy have been in the hands of the Germans ever since the war began.

Now, neither France nor Germany is rich in iron outside the Lorraine fields. The year before the war



France produced nearly 22,000,000 metric tons of iron, and Germany dug more than 28,500,000 tons from its mines. If Lorraine were all French, the figures would have been 43,000,000 tons for France and 7,500,000 tons for Germany. If Lorraine were all German, that country would have had 48,500,000 tons to 2,000,000 tons for France. The figures explain why the two nations will fight to exhaustion rather than surrender any territory that they now hold in Lorraine.

The question of coal is less critical, for the coal fields of the Saar—part of which was French until the fall of Napoleon—are farther from the border, and are not essential to Germany, although they would be very useful to France, which has very little coal of its own, and which has, largely for that reason, seen itself outstripped in the industrial race by Germany.

It begins to appear, however, that neither power is likely to gain any territorial advantage in Lorraine as a result of this war. Peace is likely to leave the frontier still cutting the precious fields of iron very nearly in half. But unless Europe is wise enough to find a way out of its national envies and jealousies, the time may come in the not far distant future when the prize will stand rich enough to one country or the other to justify another war of aggression and conquest.

A Good Reason.

"Were you in any great action during the war?"

"Yes. That's the reason there is so little action in me now," said the old soldier who had a wooden leg.

Minard's Liniment Cures Garget in Cows.

Stone Wall?

Novice—Why do they call it Wall street?

Loser—Bump up against it and you'll find out.

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c. Write for book of the Eye Pres. Murine Eye Remedy Company, Chicago. Adv.

The Only Reason.

"You once kept a cook for a whole month, you say?"

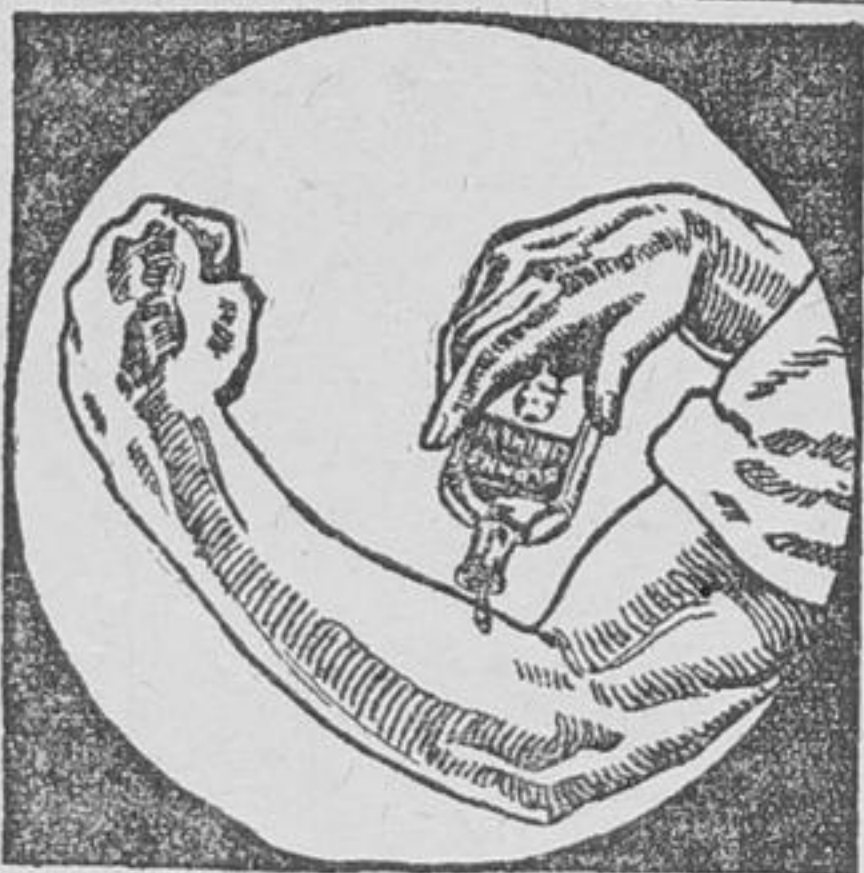
"Yes."

"Remarkable! How did you manage?"

"We were cruising on a house-boat, and she couldn't swim."

Minard's Liniment Cures Distemper.

Magistrate: "Officer, what's the matter with the prisoner? Tell her to stop that crying. She's been at it for fifteen minutes." (More sobs.) Officer: "Please sir, I think she wants to be bailed out."



No Need To Rub!

FOR stiff sore muscles apply Sloan's Liniment to the pain or ache, it quickly penetrates and soothes without rubbing.

Rheumatism, gout, lumbago, neuralgia, sprains and bruises are quickly relieved by its use. Cleaner and more promptly effective than messy plasters or ointments, it does not stain the skin or clog the pores. The family medicine chest in thousands of homes has a place for Sloan's Liniment. At all druggists, 25c, 50c. and \$1.00.

Sloan's Liniment
KILLS PAIN

BELGIAN ARMY CAME BACK.

Now Well Equipped, Horse, Foot and Artillery.

The Belgian army has been completely organized, says Henry Wood, United Press correspondent with King Albert's army. Horse, foot and artillery, the army is now well equipped and busy holding their part of the line from the Hun. The soldiers are comfortably clothed and well armed, the cavalry supplied with horses and the artillery satisfactory. The Belgians are in charge of the inundated country, which affords splendid protection against the enemy and renders infantry attacks impossible. The Belgians are separated from the Germans by a mile of water, including the River Yser and the Yser Canal.

The Belgian artillery includes modern guns made in Portugal, contributions from France and England, and guns captured from the Germans in the original inundation when the dykes were opened and the Huns had to hustle out to escape drowning, without waiting to try and extricate the guns, which were recovered by the Belgians, who drew off the water from that section when it was convenient.

KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or gripe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Strategic Retreat.

Two boys, one the possessor of a permit, were fishing on a certain estate when a gamekeeper suddenly darted from a thicket. The lad with the permit uttered a cry of fright, dropped his rod, and ran off at top speed. The gamekeeper was led a swift chase. Then, worn out, the boy halted. The man seized him by the arm and said between pants:

"Have you a permit to fish on this estate?"

"Yes, to be sure," said the boy quietly.

"You have? Then show it to me." The boy drew the permit from his pocket. The man examined it and frowned in perplexity and anger.

"Why did you run when you had this permit?" he asked.

"To let the other boy get away," was the reply. "He didn't have none."

Miss Vance: "He was talking to you about me, wasn't he?" Miss Speitz: "Well, yes." Miss Vance: "I thought I heard him remark that I had a thick head of hair." Miss Speitz: "Well, he didn't mention your hair, dear."

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.

All Rubbish.

An old gentleman heard the tutor tell his son that the earth revolved every twenty-four hours. So he put a glass of water on his garden wall, and left it all night.

Next morning he went to the tutor and discharged him, saying:

"It is all rubbish about the earth going round, because if it did all the water would have run out of the glass."

Minard's Liniment Cures Colds, Etc.

What's become of the old-fashioned housewife who always came to the front door in the morning wiping her hands upon the corner of her apron?

RAW FURS

It will pay you to ship all your fur to a reliable house, where you can get full market value. Ask for our price list and shipping instructions.

EDWARD POLLAK & CO.
230 ST. PAUL ST. WEST.
MONTREAL, QUE.



Home-made Article.

The River Clyde has been brought up to its present navigable condition by means of dredging, and the Glasgow people are very proud of it. One day a party of American sightseers turned up their noses at the Clyde.

"Call this a river?" they said. "Why, it's a ditch in comparison with our Mississippi, or St. Lawrence or Delaware."

"A well, mon," said a Scotch bystander, "you've got Providence to thank for your rivers, but we made this ourselves."

Minard's Liniment Cures Diphtheria.

Condensed.

Editor—How's the new society reporter? I told him to condense as much as possible.

Assistant—He did. Here's his account of yesterday's afternoon tea: Mrs. Lovely poured, Mrs. Jabber roared, Mrs. Duller bored, Mrs. Rasping gored and Mrs. Embonpoint snored."

A man may be on the right track and yet have no steam in his boilers.

HAVE YOU? ECZEMA!

Would you like to end that terrible itching, that burning pain; to heal those horrid sores? You have tried all sorts of fatty ointments, lotions and powders. Put them aside now and give Nature a chance as represented by Zam-Buk. Zam-Buk is made from herbal essences; is a natural healer. Is not something you have to send to the end of the world for, and pay a heavy price? Every druggist will sell you Zam-Buk and for 50c. only. Just give it a fair trial and incidentally give yourself ease by the quickest route. See name on box:—



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MISCELLANEOUS

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