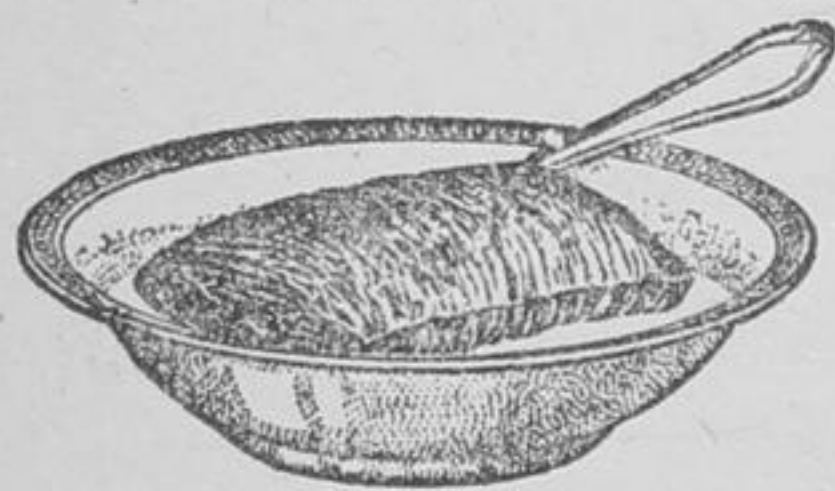


Don't say "Breakfast Food"—say "Shredded Wheat"—for while you no doubt mean Shredded Wheat, you may get one of those mushy porridges that are a poor substitute for the crisp, delicious shreds of baked whole wheat—that supply all the nutriment for a half day's work. Two Biscuits with milk or cream make a nourishing meal at a cost of a few cents.



Made in Canada.

Details of Modern Dress

It is well known that from Russia we have received a great many contributions to the styles, not only in the line of blouses and dresses, but in the Russian turbans raised in front. Some of the turbans are worn with chin-straps, or "brides," to which a veil is often attached.

The Russian blouse dress, with a long blouse reaching to the knee and falling over the pleated skirt, is one of the best-liked styles of the season. Sometimes it is made with high close-fitting collar, and again, the open neck with the becoming sailor collar is



7569

Distinctly Russian in Effect

used with it. With the high collar and closing at the side, these dresses

give very much the impression of a suit. It has been observed of late that such dresses giving the appearance of suits have been very much worn at afternoon functions. A waist with a short peplum sometimes gives this effect, especially when the dress is developed in velvet, velours, or the other wool materials which are used both for suits and dresses.

Lace neckwear with high collars and long flowing jabots is again in style, and those who never were able to wear the low collars becomingly now have the chance to reveal in these. But the low collars are still numerous, made of fine linen, batiste, Georgette and net, embroidered ever so daintily and the edged with lace for further decoration.

Lingerie was never so irresistible as it is now. Of sheerest Georgette crepe and silk voile in delicate colors are garments of every type. Fine embroidered underwear, of course, is always correct. Wash satin and crepe de Chine are more favored than ever for lingerie materials.

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

NERVOUS DISORDERS

Are Promptly Cured by the Use of Dr. Williams' Pink Pills.

If your hand trembles or is unsteady, it is a sure and early sign that your nervous system is at fault. The trouble if not taken in time will develop slowly to a worse stage, and there is no person more to be pitied than one suffering from nervous trouble. You feel unaccountably weak after exertion, lose flesh, turn against food, and suffer palpitations and indigestion after eating. Sometimes sharp pains shoot down your spine and legs, and often neuralgia robs you of your sleep at night. These are some of the troubles that indicate the presence of nervous disorders. If they are neglected they result in a complete nervous collapse, sometimes in paralysis. Dr. Williams' Pink Pills have won a great reputation in curing all forms of nervous diseases. The nervous system depends entirely upon the blood supply for nourishment. Dr. Williams' Pink Pills actually increase the supply of rich, red blood; feed, strengthen and tone the nerves, enabling them to perform their functions and dispel all signs of a breakdown. Mrs. B. Wainlott, Beaver Bank, N.S., says:—"I was sick, run down and awfully nervous. The slightest noise would startle and annoy me. I suffered pains around the heart and every particle of color left my face and hands. I always felt tired, and slept poorly at night. I was so poorly that my friends thought I would not recover. I tried many medicines but they did not help me. Then I read of Dr. Williams' Pink Pills and decided to drop all other medicine and try them. It was fortunate I did for in the course of a few weeks I found them helping me. I continued taking the pills for some weeks longer and they completely cured me. I earnestly advise every weak woman and girl to give Dr. Williams' Pink Pills a fair trial, and I am sure they will not be disappointed."

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.

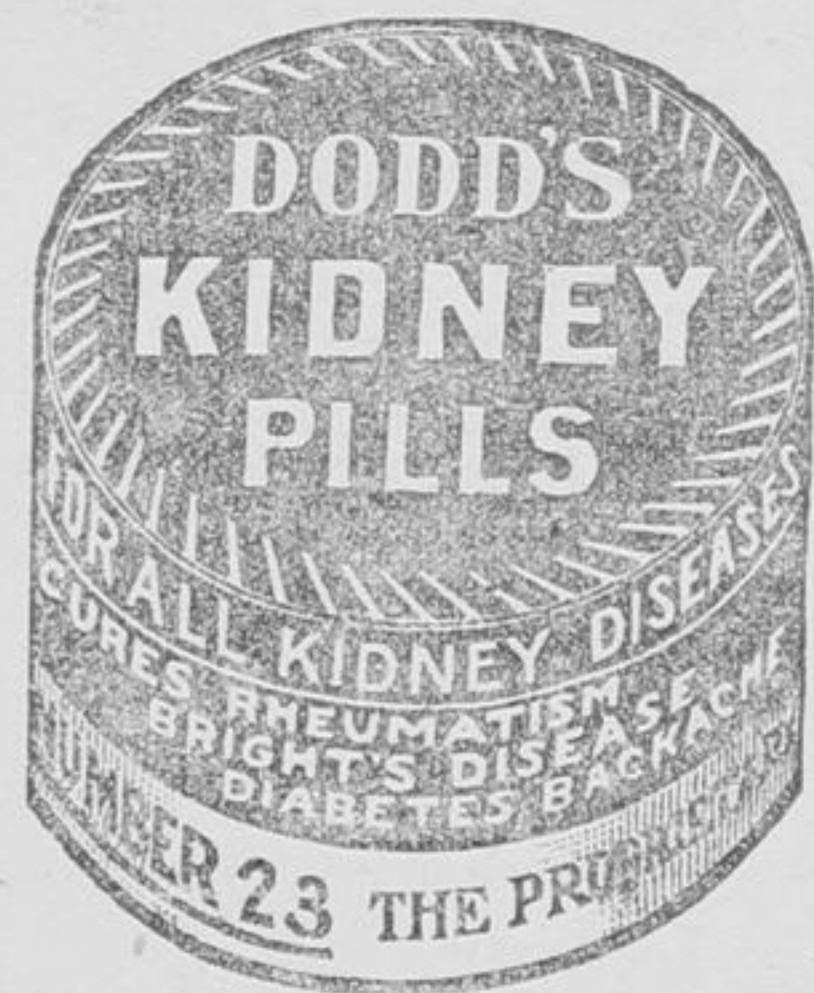
WOMEN AND THE ANDES.

Life Along Well-to-do Largely Follows Tradition.

It is a far cry from the western slopes of the Andes to the dawn of women's rights, emancipation and the vote, but the morning star of duty as wife and mother, even in their limited conception of its meaning, shines all the brighter in comparison. In their own wide ramified family circles their influence is felt, while their outside interest centres in the Church.

The wealthy senora is looked up to by her poorer sisters, and in the small towns and haciendas (ranches), where her numerous family connections are the leading people of the community, she extends a kindly and charitable beneficence to them and to all who serve them in any capacity. When these women come of old Spanish stock they are extremely exclusive, and ancient rules of etiquette guide their social relationships. Their daughters go to the convent schools, receive a limited education, and return home to continue the same regime as has held sway since the day when their forbears left Spain.

In family life there is much affectionate generosity and contentment; life for them is simpler and less intense than in Anglo-Saxon countries. There is a lack of realization of the seriousness and meaning of life, an habitual inclination to take things lightly. With no struggle to better their lot in life or fight against untoward circumstances, they calmly resign themselves to the fate of the unseen hand.



KING GEORGE'S 300 COUSINS.

His Majesty Is Closely Related to All Warring Nations.

As far as the crowned heads of Europe are concerned, this war may virtually be called a civil war, says London Answers.

The Royal Houses of Europe are inextricably inter-related, and many an anguished and tortured heart must be beating now in the palaces of this continent.

As Queen Victoria was the grandmother of Europe, and as King Edward was it uncle, so is King George the cousin of Europe. He has cousins in Prussia, Denmark, Greece, Russia, Norway, Sweden, Belgium, Spain, Portugal, Austria-Hungary, Italy, Holland, Rumania, Bulgaria, Montenegro, Wurtemberg, Saxe-Meiningen, Schaumburg-Lippe, Hesse, and Brunswick. In fact, it has been estimated that his first and second cousins, all told number close on three hundred.

His most famous cousin is, of course, the Kaiser, whose mother was King Edward's sister. It is not generally known that the Kaiser stands twentieth in the order of succession to our throne. Fortunately, however, King George has five sons, so that even the Crown Prince is not likely to get a look in.

And while on the subject of succession, it may be mentioned that the present heir to the throne of Rumania has, as far as descent goes, a better title to the British throne than any member of our own Royal family. Prince Carol of Rumania, who is now twenty-two years of age, can trace his descent in a direct line from Henrietta, the youngest daughter of Charles I.

King George's cousins also include the Tsar and Tsarina of Russia, and, incidentally, King Constantine of Greece. King Alfonso is a cousin of King George by marriage. Another cousin is King Christian of Denmark, but he married Princess Alexandrine of Mecklenburg. The sympathies of King Haakon of Norway, however, should be strongly pro-British, inasmuch as he is a nephew of Queen Alexandra and married one of King George's sisters.

Many a man who pretends to be looking for work looks the wrong way.

Minard's Liniment Cures Colds, Etc.

Juvenile Logic.

It was at a private entertainment, and a lady had just risen from the piano.

"Would you like to be able to sing and play as I do, dear?" she queried of a little five-year-old miss.

"No, ma'am," was the unexpected reply.

"And why not?" asked the lady. "Cause," explained the small observer, "I wouldn't like to have people say such horrid things about me."



Have a Bottle Handy!

Sloan's Liniment is assigned its place among the trusted family remedies in thousands of medicine closets. Confidence in it is based on the uniform effectiveness with which it banishes the pains of rheumatism, neuralgia, gout, lumbago, sore stiff muscles, bruises, sprains and strains. Cleaner and easier to use than mussy plasters or ointments. It penetrates and relieves quickly without rubbing. At all druggists, 25c. 50c. and \$1.00.



Not His Hat.

With a wild sweep the wind tore round a sudden corner and removed the hat from the head of a respectable and near-sighted citizen who chanced to be passing.

Peering wildly round, the man thought he saw his hat in a yard, behind a high fence. Hastily climbing over, he started to chase it, but each time he thought he had caught it, it got yet another move on.

Then a woman's angry voice broke on his ears.

"What are you doing there?" she demanded shrilly.

He explained mildly that he was only trying to retrieve his hat, whereupon the woman said, in wonder:

"Your hat? Well, I don't know where it is, but that's our black hen you're chasing!"

WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A PINCH OF DUST.

Small Quantity of Coal Burst Shell When Heated.

We have often been told of the enormous amount of energy stored in coal which we are unable to use, and the truth of this statement has recently had the strangest proof at a Sheffield (England) munition works. A turner found a scrapped, imperfect shell on the waste heap in the yard, and placed it in the blacksmith's fire, intending to use it as a foot-warmer during breakfast-time. He didn't know that after the shell had been punched a small quantity of coal dust had entered the cavity, and in the fire this dust became converted into gas as the metal grew red-hot. Falling, in its rapid expansion, to gain a sufficiently wide outlet, the gas burst the shell. A piece of the metal as large as a man's fist was blown completely through the body of a youth standing near, and, passing on, it knocked down a second man.

Minard's Liniment Cures Gargot in Cows.

Business is Business.

When Billy Bennett applied for a job as office boy he produced testimonials from two clergymen who knew him well. But the hard-hearted business man was not particularly impressed by them.

"We don't want you on Sundays, my lad," he said. "Haven't you a reference from somebody who knows you on week days?"

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to cure a cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

Food Cast Up By The Sea.

At Cleethorpes a steamer which was recently driven ashore began to break up in the fierce rollers, and large quantities of margarine, butter, and cheese were washed ashore, says London News. Hundreds of people with waggons, barrows and handcarts were busy on the beach removing the valuable flotsam and jetsam. Some of them have now a store sufficient to last some months.

Minard's Liniment Cures Distemper.

An old Japanese prophecy says: "When men fly like birds, ten great kings will go to war against one another."



High Praise

"Is he the kind of man you'd invite up to your house to dinner?"

"I should say he is. He's the kind of man my wife would insist on having at least 48 hours' notice to prepare for."

Sore Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Free Ask Druggists or Murine Eye Remedy Co., Chicago

This Actually Happened.

Caller—Is Mrs. Blank in?
New Irish Maid—No, ma'am, she's not at home, and may God forgive the awful lie I'm tellin' ye. (Slams the door.)

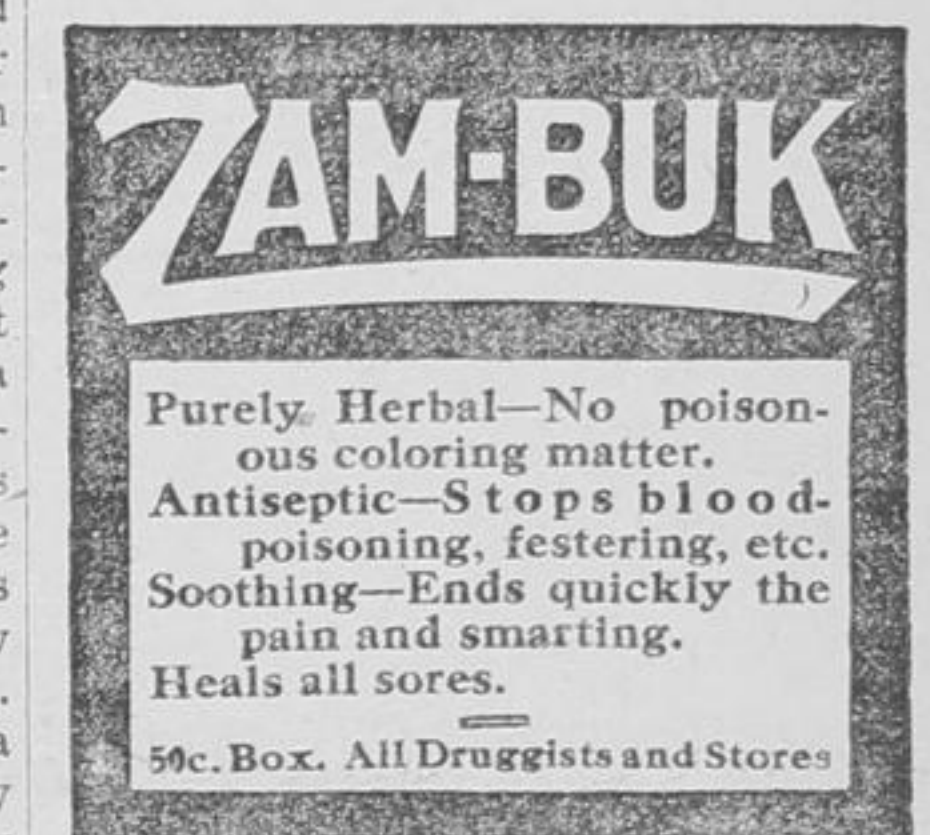
Minard's Liniment Cures Diphtheria.

Careless.

"Yes, aunt; John is so careless of his appearance. His buttons are always coming off."

"But perhaps they aren't—eh—sewed on properly."

"That's just it, John is careless with his sewing."

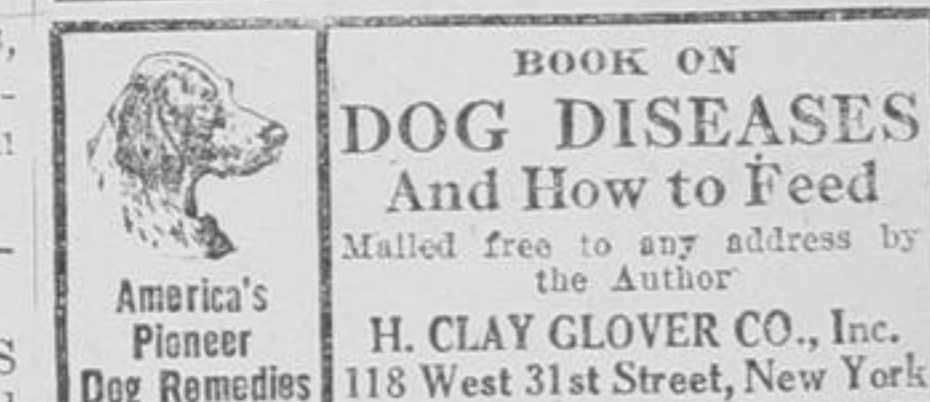


NEWSPAPERS FOR SALE

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 West Adelaide Street, 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.



Book "Patent Protection" Free
BABCOCK & SONS
Formerly Patent Office Examiner. Estab. 1877
99 ST. JAMES ST., MONTREAL
Branches: Ottawa and Washington

