

**Who's to Blame for the High Cost of Food?** It may be the farmer, it may be the middleman, it may be the weather—but never mind—you have **Shredded Wheat** at the same old price, the same high quality, the one perfect, complete food, supplying more real nutriment than meat, or eggs, or vegetables, costing much less and more easily digested. **Cut out the high-price foods. Eat Shredded Wheat for breakfast with milk or cream. Eat it for dinner with stewed fruits and green vegetables. A deliciously nourishing meal for only a few cents. Made in Canada.**

### Novelties in Dress

The dress of broadcloth in the sketch shows one of the new overdress styles worn with a gumpe. A full box-pleated skirt is attached to a straight-hanging jumper a little below the normal waistline and the whole hangs from the shoulders. The worsted embroidery on the front of the jumper and on the pockets is worked in black, red and yellow. Rich embroideries continue to figure very prominently in all dresses. One of the latest models in oyster-white tussor had a wide embroidered panel front and back



7603

Overdress with Box Pleated Skirt

worked in thin silk in a close design and giving a strong Oriental effect. The panel was finished at the ends with a fringe of the colored silks used in the embroidery—dark red, dark blue and gold.

In old-gold Georgette was a wonderfully attractive dress decorated with blue and gold beads; another in light gray trimmed with old-rose beads carried out two very delightful color schemes.

**Before starting the youngsters to school give them a piping hot cup of**

## Instant Postum

School teachers, doctors and food experts agree on two points—that the child needs a hot drink, and that the drink shouldn't be tea or coffee.

Postum fills the need admirably and its very extensive use among thoughtful parents, coupled with the child's fondness for this flavorful, nourishing food-drink, show how completely it meets the requirement.

**"There's a Reason"**

No change in price, quality, or size of package.

Speaking of Georgette—this sheer fabric is put to all sorts of uses, and does not stop at dresses but appears to be quite a favorite for underwear. The most appealing shades of pale blue, lavender and flesh color, fashion undergarments of every description. Though they are hardly practical, there are many who find it impossible to resist these dainty undergarments. Underwear seems to be getting more and more elaborate, and the very latest fad is the combination of silver lace with Georgette. Beadwork, too, has invaded underwear, and it has been seen on the new pajamas and night-gowns of Georgette crepe. There are, however, some exceedingly dainty pieces of lingerie which are quite practical after all. Among these are the silk and wash satin undergarments which are very practical as long as they are carefully laundered. The delicate shades must be washed with care to preserve their colors, and there is no denying that it is well worth the trouble for the satisfaction that one feels from possessing dainty lingerie. These patterns may be obtained from your local McCall Dealer or from the McCall Company, 70 Bond Street, Toronto, Ontario, Dept "W."

### HOW TO CURE STOMACH TROUBLE

The Common Cause is Lack of Blood—Therefore You Must Build Up the Blood.

There is the most intimate relation between the condition of the blood and the activity of the stomach. The blood depends upon the stomach for a large part of its nourishment; while every act of digestion, from the time the food enters the stomach and is assimilated by the blood needs plenty of pure well-oxidized blood. The muscles, glands and nerves of the stomach work only according to the quality of the blood.

The most common cause of indigestion is lack of rich, red blood. Not only does impure blood weaken the muscles of the stomach but it lessens the product of the glands of the intestines and stomach, which furnish the digestive fluids. Nothing will more promptly cure indigestion than plenty of pure blood. Dr. Williams' Pink Pills are the safest and most certain blood-builder. A thorough trial of these pills gives a hearty appetite, perfect digestion, strength and health. Here is proof of the value of these pills in cases of indigestion. Mr. Daniel Dexter, Liverpool, N.S., says:—"For several years I was a great sufferer from indigestion. I was greatly troubled with gas on the stomach which caused disagreeable sensations. I was also frequently troubled with nausea and vomiting, which were very distressing. As a result of my trouble my appetite almost completely failed, and what I did eat caused me constant pain. I was continually doctoring but did not get any benefit, and had about made up my mind that I would suffer for life. One day a friend asked me why I did not try Dr. Williams' Pink Pills, and while I had not much hope of a cure I decided to do so. I had only taken a few boxes, however, when I found they were helping me. Very gladly then I continued the use of the pills, and in less than three months I was as well as ever I had been, able to eat a hearty meal, and to feel that life was again worth living. I had also been troubled from time to time with attacks of rheumatism, and the use of the pills cured this as well as the indigestion. It is now over a year since I took the pills, and in that time I have had no return of the trouble."

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

### WAR FOOD FLOWER BEDS.

Convalescent Homes Plant Gardens in Potatoes.

Sir Alfred Mond, the First Commissioner of Works, London, England, is setting an example to local authorities in dealing promptly with food production in parks and open spaces. With the King's approval he has given instructions for the grounds of the Convalescent Home for Officers of the Navy and Army, at Osborne, Isle of Wight, to be planted with potatoes.

Before the war those portions of the grounds open to the public, notably the Swiss Cottage gardens, were a blaze of color all the summer. Very little gardening has been done since, but the decision of the First Commissioner of Works cannot fail to be an object-lesson in the use of idle ground.

Worcester Cathedral schoolboys during the Christmas holidays dug up the Cathedral close, an acre-plot, whose ancient elms were blown down last year.

### A Definition.

"Pa, what is diplomacy?" "Diplomacy, my boy, is the art of being disagreeable pleasantly."

### GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

LONDON IN 1977.

### Extent of Greater London Sixty Years From Today.

There is something almost breathtaking in the statement by Mr. Arthur Crow, in a lecture to the London Society, that, in less than sixty years—that is, during the lifetime of not a few of our readers—London will have a population of twenty millions.

A century ago England's capital held, roughly, a million people. To-day she counts three million more inhabitants than the whole of England held when Elizabeth reigned.

There are actually more people in the Greater London of 1916 than in Scotland and Wales combined; a million and a half more than in the whole of Australia; with New Zealand thrown in, and three times as many as in Norway.

According to Mr. Crow, such astounding figures will seem almost contemptible to the Londoner of 1977, when the population of our capital will be greater than that of the British Isles in the year of Waterloo, and when her people will outnumber those of five European countries to-day—Holland, Denmark, Norway, Sweden, and Switzerland—combined.

The London of those days will spread over an area more than four times as large as the county of Middlesex.

### Minard's Liniment Cures Colds, Etc.

### STORY ABOUT LORD CREWE.

His Absent-Mindedness Cost Him His Dinner.

Absent-minded persons—usually professors—have become common figures in the world of humor, but their adventures are usually so amusing that fresh ones may be welcomed. In "Forty Years of 'Spy,'" Mr. Leslie Ward, the well-known London artist, tells a good story about Lord Crewe.

Lord Crewe's extraordinary absent-mindedness was proverbial, and, since he was not aware of his weakness, other people often took advantage of it. He used to dine at the Athenaeum Club, usually at the same table. Another member came rushing in one day to obtain a place for dinner for himself. All being engaged, the waiter was obliged to refuse the late comer, when the flurried member pointed to an extra seat.

"Oh, sir," said the waiter with apologetic deference, "that's Lord Crewe's."

"Never mind," said the urgent would-be diner. "Tell him when he comes—that he's dined!"

It is to be supposed that the man found a way to make the deception worth while, for when Lord Crewe arrived the waiter met him with surprise and quiet expostulation.

"Have you forgotten? You dined an hour ago, my lord," he said.

"So I did," murmured the poor victim, as he turned away and left the dining room.

### "Wait and See" in French.

The phrase "wait and see" has bothered the French newspaper correspondents in London lately, says the Manchester Guardian. No account of the crisis, of course, would have been complete without it, yet only one correspondent, M. Coudurier of The Journal de Geneve, has attempted to translate it. His version is "Attendez, et vous verrez ce qui arrivera." Thirteen syllables against three! It is a curious fact, always brought out, for instance, by the polyglot versions of the resolutions of international societies, that English is the tersest language in Europe. The English version on such occasions is always much shorter than the French or Italian. At the beginning of the war, when all cables had to be in English or French, the Italian and Russian correspondents in London chose English, and found their cabling expenses much reduced.

### 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' Practices for many years. Now dedicated to the Public and sold by Druggists at 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 50c and 50c. Write for book of the Eye Free. Murine Eye Remedy Company, Chicago, Adv.

It's hard work getting to the top of the ladder, but it's often harder work to stay there.

Minard's Liniment Cures Diphtheria.

### PRINTED IN ENGLISH.

New Russian Paper to Have Weekly Edition in English.

Another daily newspaper shortly makes its bow to the Russian public. It will be called Lutch, and published at Konovaloff by a Moscow merchant recently vice-president of the Duma and a Petrograd banker named Grube. Maxim Gorky will be literary editor and Prof. Vinogradoff foreign editor. It is proposed to issue a weekly bulletin in English. There is a growing demand among Russian readers for an up-to-date presentation and discussion of the issues raised by the war. Nothing is more characteristic of developments in Russia to-day. Vinogradoff is a distinguished Oxford professor in jurisprudence.

### Did the Stonecutter Carve?

"Did you stay long in Venice?" she questioned.

"Only a couple of days, but I saw everything worth seeing," replied he, loftily.

"Really? Then you saw the Lion of St. Mark's, I suppose?"

"Rather! Saw him fed."

### Minard's Liniment Cures Garget in Cows.

### Discouraging.

Hobbs—I don't know how to thank you for this loan, old man. It seems as if I could never properly repay you—

Dobbs—Say, if you'd talked that way before you made the touch you'd never have got it.

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unerring remedy in our household ever since I can remember, and has outlived dozers of would-be competitors and imitators."

### Nearly Correct.

Johnny came running home one day with a book under his arm. His mother said—"What's that, Johnny?" Johnny—"A prize mother." "A prize, Johnny. What for?" "For natural history, mother. The teacher asked me how many legs an ostrich had, and I said three." "But, Johnny, an ostrich has only two legs." "I ken that noo, mither; but the rest o' the class said four, and I was the nearest."

### Minard's Liniment Cures Distemper.

### Heard in an Office.

"Aren't women greedy in some ways? My wife monopolizes all the closet room for her clothes. Does yours?"

"Oh, she allows me a sort of parking privilege for a suit or two."



**Sore shoulders, lame back, stiff neck, all pains and aches yield to Sloan's Liniment.**

Do not rub it. Simply apply to the sore spot, it quickly penetrates and relieves. Cleaner than musky plasters or ointments, it does not stain the skin.

Keep a bottle handy for rheumatism, sprains, bruises, toothache, neuralgia, gout, lumbago and sore stiff muscles.

At all druggists, 25c, 50c. and \$1.00.

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Don't save all your smiles for the parlor—use a few in the kitchen!

No man has a right to expect his wife to be a good cook unless he is that kind of a provider.

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