

Twenty-Five Cents a Day spent for the right kind of food will keep a man in good health, fit for any task. **Two Shredded Wheat Biscuits**, served with hot milk, make a complete, perfect meal at a cost of four or five cents—a meal that supplies in digestible form every element needed to build new tissue and furnish heat and energy for the human body. At twenty-five cents a day for three meals there is a margin of ten cents for fruit or green vegetables. Such a diet means a clean stomach, healthy liver, active bowels. For breakfast with milk or cream. Made in Canada.

THE COUNTRY SCHOOL.

Schoolhouse of Western Canada is a Community Centre.

Nations are built in the public schools. The ideals set up by the school teacher remain very largely the ideals of the pupil throughout life, and his conception of patriotism will be what he has been taught during his school years. It is not too much to say that the present world war is due to a difference of ideals fostered by different systems of education.

Great as is the importance of the public school in old and well established countries, this importance is even greater in the new lands which are being called upon to assimilate populations from the more congested countries. In such a country as Western Canada, the public school has to take on functions not usually associated with it in the older and more densely settled communities. The prairie schoolhouse is not merely a centre of education; it is also the religious and social centre of the district. During the week days the school teacher furnishes education to the children of the neighborhood, but on Sunday the missionary holds his services, which all attend regardless of creed or nationality, and on week nights the building is used for meetings of farmers, for the various community societies; for the Red Cross or Patriotic Club, and for purely social events such as debates, concerts and dances. To facilitate the latter, it may be noted that many country schoolhouses use removable desks which the willing hands of the farmers' boys quickly dispose of whenever there is a dance in prospect.

Another phase of community work associated with the rural school which has been coming into prominence during the last few years is the supply of books to settlers in the district. This work is encouraged and assisted by the central Department of Education, which provides catalogues of books suitable for such purposes, the actual selection being left to the teacher. The number of books allotted to a school district is based on the report of the inspector of schools. In the Province of Alberta, although this school library movement is only in its infancy, no less than 110,000 books were supplied for this purpose last year, at a cost of some \$30,000.00. Educationists

Old Fashioned Ideas

are being supplanted daily by newer and better things. This is particularly true where health and efficiency are concerned.

In hundreds of thousands of homes where tea or coffee was formerly the table drink, you will now find

POSTUM

It promotes health and efficiency, and the old time nerve-frazzled tea or coffee drinker soon gives place to the alert, clear-thinker who drinks delicious Postum and knows.

"There's a Reason"

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

of the province look forward to the time when every school district will be a library centre, giving to the settlers the facilities now afforded to residents of cities and towns through their public libraries. The prosperity which has almost overwhelmed rural Alberta in the last two years, when farmers have been reaping enormous crops and selling them at the highest figures in history, promises to contribute still further to the importance of the rural school as a social centre. With every farmer driving his own automobile the opportunities for social gatherings are greatly increased, and the country school is the natural meeting place.

FAMINE THREATENS WORLD.

Prof. Leacock Says We Must Increase Our Food Supply.

Prof. Leacock of McGill University, addressing the Montreal Housewives' League at the Royal Victoria College recently, said:

"We are in sight of a terrible food famine, such as the world has never seen. We must take steps betimes if we wish to avoid national and world-wide disaster. We must at all costs increase our own food supply.

"We in Canada are fortunately placed. We have boundless resources in land to draw upon. We must see that every available acre and every available day's labor is turned to use.

"It is gratifying to learn that our Department of Agriculture and our National Service Commission are wide awake to the situation. We must put behind them the force of public opinion and the efforts of individual citizens."

TEETHING TIME A TIME OF WORRY

When baby is teething is a time of worry to most mothers. Baby's little gums become swollen and tender; he becomes cross; does not sleep well; is greatly troubled with constipation; colic or diarrhoea and sometimes even convulsions seize him. During this period nothing can equal the use of Baby's Own Tablets. They regulate the bowels and stomach and make the teething so easy that the mother scarcely realizes baby is getting his teeth. Concerning the Tablets Mrs. Arthur Archibald, New Town, N.S., writes: "I used Baby's Own Tablets when baby was getting his teeth and I found them an excellent medicine." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Australia's Wireless.

A chain of wireless stations extends around the coast of Australia, so that a vessel never is out of touch with the shore.

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 Physicists' Practices 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 Free. Murine Eye Remedy Company, Chicago, Adv.

A Texan is the patentee of a new harness to hold a rod for a fisherman and leave his hands free for other purposes.

Minard's Liniment for sale everywhere.

Enlist At Such A Time.

A mustering officer, in the early days of the war, before England was aroused, met on the street of a coast village a strapping fellow about twenty-one years old. The officer hailed him.

"See 'ere, me lad," he said, "are you in good 'ealth?"

"I are," said the youth.

"Are you married?"

"I aren't."

"Ave you anyone dependent on you?"

"I 'ave not."

"Then your King and country need you. Why don't you enlist?"

"What?" he said. "With this bloom-in' war goin' on? You must think I am a silly fool!"

The Useful Sunflower.

Grow sunflowers, not only for their gorgeous beauty, but as food for the hens. In the autumn the sunflower seed is a healthy stimulant and assists biddy in repairing her wardrobe, and clothing her for her winter duties. It is good exercise also for the hens to pick the seeds from the heads. There is a pitchy substance throughout the whole plant, which, when the stalks and heads are dry, makes good fuel, so that no part of the plant need be wasted.

The common garden plant called coriander is found in Egypt, Persia and India. It has globular, grayish seed-corns and is mentioned twice in the Bible, in Exodus xvi, 31, and in Numbers xi, 7.

At Grips With a Leopard.

A correspondent in Port Elizabeth, South Africa, of the London Express, sent an account of a thrilling battle between a British officer and a full-grown female leopard in German East Africa. An expeditionary force was on the march when the animal was sighted, and Lieut. Bouwer dropped out to try a shot. The leopard suddenly charged the officer, and the best he could do was jam his rifle in the open mouth of the beast. Bundles of burning grass were thrown toward the animal to distract her attention from Lieut. Bouwer, who was badly hurt, and Dr. Ivor Haslem, finally sent a dum-dum bullet home, which closed the career of that leopard.

If Stomach Hurts Drink Hot Water

"If dyspeptics, sufferers from gas, wind or flatulence, stomach acidity or sourness, gastric catarrh, heartburn, etc., would take a teaspoonful of pure bisaturated magnesia in half a glass of hot water immediately after eating, they would soon forget that they were ever afflicted with stomach trouble, and doctors would have to look elsewhere for patients." In explanation of these words a well known New York physician stated that most forms of stomach trouble are due to stomach acidity and fermentation of the food contents of the stomach combined with an insufficient blood supply to the stomach. Hot water increases the blood supply and bisaturated magnesia instantly neutralizes the excessive stomach acid and stops food fermentation, the combination of the two, therefore, being marvelously successful and decidedly preferable to the use of artificial digestants, stimulants or medicines for indigestion.

National Service Cards.

The time for those persons who have not filled in the National Service cards, or have not properly filled them in, has been extended to the 31st day of March, 1917, and further cards have again been issued to the postmasters for distribution among those who have made default. It is understood that the returns from the 2nd Military District have been most gratifying. There are, however, even in this District a number who have not properly made their returns. The National Service Board hopes that everyone in the District will use his or her very best efforts in order to make the returns from this District as nearly perfect as possible.

Minard's Liniment Relieves Neuralgia.

Ask Sons To Surrender.

A Canadian just back in England from France says that German troops have been well fed hitherto, but that a great deterioration is shown in their food recently. Young Germans surrendering declare that their mothers asked them to do so. The weather at the front has been penetrating. Canadians feel it as much as they do the severe cold in Canada.

Minard's Liniment Cures Dandruff.

Change Playmate.

"Willie, you must stop using such dreadful language," said his mother. "Where in the world did you learn it?" "Why, mother," replied the boy, "Shakespeare uses it." "Well, then," said the mother, "don't play with him."



In every home Sloan's Liniment has earned its place in the medicine chest as a relief from pains and aches.

Quickly penetrates without rubbing and soothes the soreness.

Cleaner and more effective than mussy plasters or ointments, it does not stain the skin.

For rheumatism, neuralgia, gout, lumbago, sprains and strains use Sloan's Liniment. At all druggists, 25c. 50c. \$1.00.

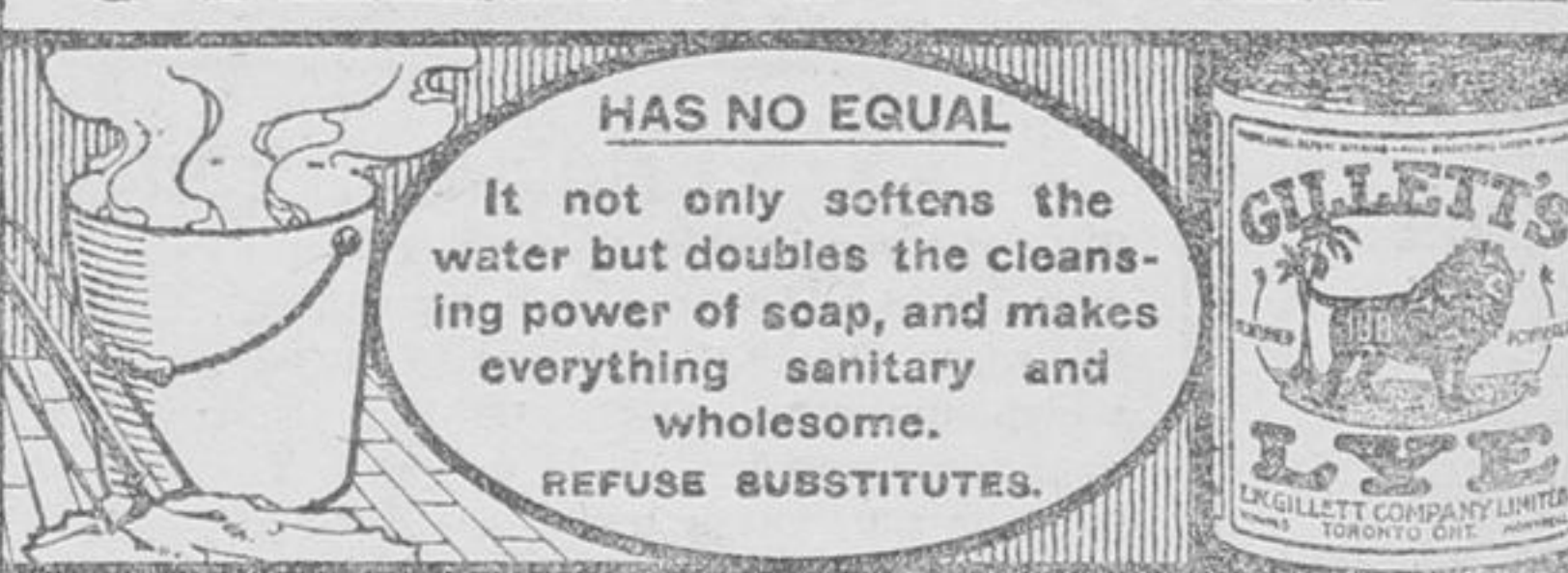


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GILLETT'S LYE



When Oil Was Costly.

Modern electric lighting costs about one-twenty-fifth as much as illumination with sperm oil or candles a century ago.

Self-stopping Auto.

Chiefly intended for delivery automobiles is a new attachment for a car that stops it at a set distance from a starting point enabling a driver to call at several houses and find his machine waiting for him.

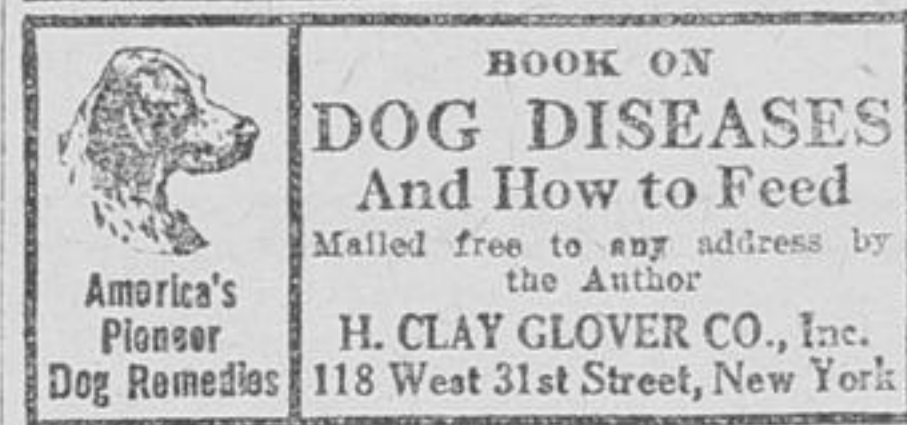
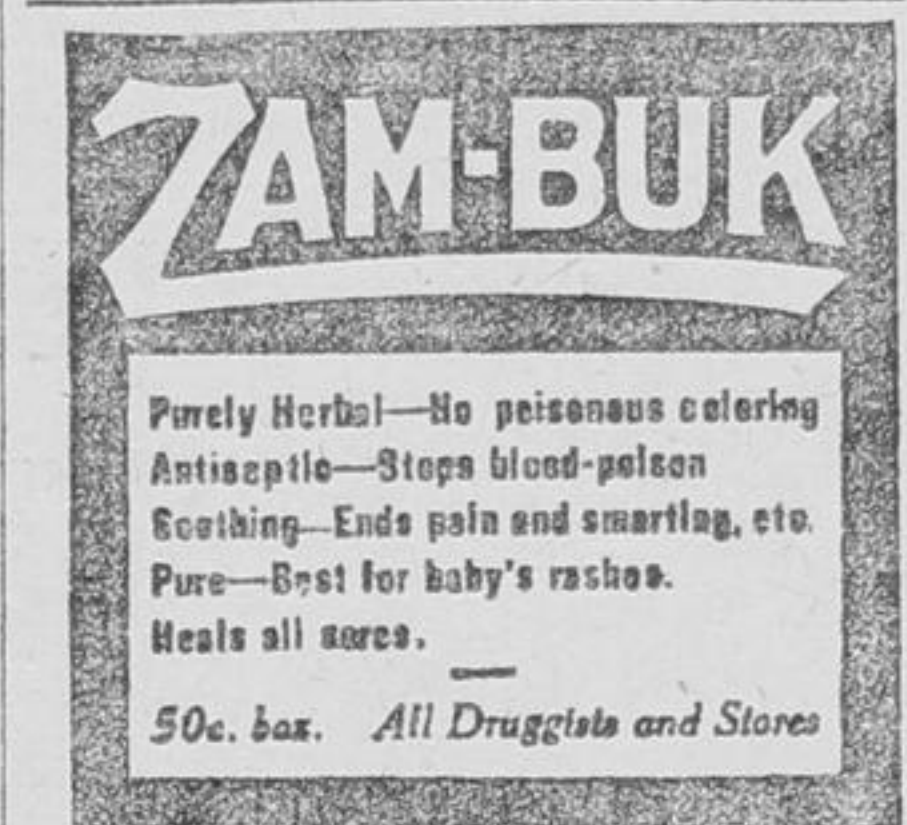
Minard's Liniment Co., Limited.

Gentlemen,—My daughter, 13 yrs. old, was thrown from a sleigh and injured her elbow so badly it remained stiff and very painful for three years. Four bottles of MINARD'S LINIMENT completely cured her and she has not been troubled for two years.

Yours truly,
J. B. LIVESQUE.

St. Joseph, P. O., 18th Aug., 1900.

An excellent grafting wax is made by melting together four pounds of rosin, two pounds of beeswax and one pound of tallow. When melted, pour into a tub of cold water to cool; then pull, the same as for taffy, until it is of a clear, golden color.



Minard's Liniment Cures Burns, Etc.

A little salt rubbed on earthenware pudding dishes will take away brown spots.

FOR SALE.

FOR SALE CHEAP—GOOD BOARDING House in Owen Sound. In good repair, good location. Near Depot and Factories. Apply R. McGrath, Executor, Transcona, Man.

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, 78 West Adelaide Street, Toronto.

MISCELLANEOUS

BICYCLES, NEW AND SECOND Hand. \$12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., 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.



Guard Your Baby's Health

Cheerful, Chubby Children Make the Home Happy

Weak, puny babies are a constant care to tired mothers and are subject to many diseases that do not affect healthy children.

Keep your children in good health. See that their bowels move regularly—especially during the teething period. This is a distressing time in the life of every child and the utmost precaution should be taken to keep them well and strong.

By the consistent use of

Mrs. Winslow's Soothing Syrup

it is possible to avoid many childish ills now so prevalent.

It is a corrective for diarrhoea, colic and other infantile ailments. It soothes the fretting baby and permits the child to sleep well and grow healthy. It brings comfort and relief to both child and mother.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Is absolutely non-narcotic. It contains no opium, morphine nor any of their derivatives. It is soothing, pleasant and harmless. For generations mothers in all parts of the world have used it and millions of babies have been benefited by it.

Buy a bottle today and have it handy

Relieve and Protect Your Children

Sold by all druggists in Canada and throughout the world

STRANGLES

Or Distemper in stallions, brood mares, colts and all others is most destructive. The germ causing the disease must be removed from the body of the animal. To prevent the trouble the same must be done.

SPOHN'S COMPOUND

Will do both—cure the sick and prevent those "exposed" from having the disease. All druggists.
SPOHN MEDICAL CO., Chemists, Goshen Ind., U. S. A.