

**When You Eat Bread** you are entitled to everything in the whole wheat grain. Dr. Wiley says: "Wheat is a complete food containing all the elements necessary for human nutrition." But be sure you get the whole wheat in a digestible form. **Shredded Wheat Biscuit** is whole wheat made digestible by steam-cooking, shredding and baking—the best process ever devised for preparing the whole wheat grain for the human stomach. Two or three of these crisp little loaves of baked whole wheat with milk and berries, make a delicious nourishing meal. Made in Canada.

**Two Pretty Frocks**



© McCall

Who can resist the charms of a Georgette frock with bolero of fillet lace? This dress is for a girl graduate and particularly suits the importance of graduation as it combines style, girlishness and dignity. McCall Pattern No. 7802, Misses' Dress; suitable for small women; in 3 sizes; 16 to 20 years. Price, 20 cents.

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

**U. S. Seeking Our Wood.**

Mr. K. C. Clark, of Oldtown, Me., in a recent interview with the St. John, N.B., "Telegraph," stated that United States lumber firms in the east are reaching out more and more into Canada for material, and that within another five or ten years almost all the large lumber mills in Maine will have been converted into pulpwood and pulp mills.

**THRIFT IN FOREST FIRES.**

Nine-tenths of the 10,000 Annual Fires Are Set by Inhabitants.

There are estimated to be 10,000 forest fires in Canada every year of all sizes and descriptions. Nine-tenths are set by human hands, and the damage runs from four to ten millions of dollars, not counting damage to soil, to the value of watershed areas and many other factors.

"Thrift in forest fires" is a new movement which the Canadian Forestry Association has started amongst the guides and campers and sportsmen of Canada with a view to cutting down the country's timber losses in 1917. As is well known, the present-day causes of forest fires are not the railways as much as the settlers, campers, hunters and fishermen. Thoughtlessness in respect to camp fires, the throwing away of lighted tobacco, matches, etc., has caused some of the worst conflagrations in history. During the months of May and June, before the fire season is well under way this year, thousands of out-door men are being asked by the co-operation of the newspaper publishers of Canada to make 1917 a year of thrift in the forest.

**THIN-BLOODED MEN AND WOMEN**

**Need the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.**

Thin-blooded people do not remain so from choice but from indifference, in some cases from despair. People who are pale, languid, with palpitation of the heart, some difficulty in breathing and a tendency to be easily tired are suffering from thin blood. They need only the resolution to take the right treatment and stick to it until cured. The remedy that can be relied upon is Dr. Williams' Pink Pills for Pale People. With every dose they make new blood, and new blood means health and strength. The red cheeks, good appetite, increased weight and strength that follow the use of these pills prove their great value to thin-blooded people. Here is an example: Mrs. J. McDonald, Jr., Hay, Ont., says: "I honestly believe Dr. Williams' Pink Pills saved my life. Some years ago I had anemia, and as I did not realize the seriousness of the trouble I soon became a complete wreck. I got so weak I could hardly walk. I neither ate nor slept well, and could not go up stairs without stopping to rest. At times I had an almost unbearable pain in my back and would have to remain in bed. I suffered almost constantly from a dull headache, and when sweeping if I would stoop to pick up anything I would get so dizzy that I would have to catch hold of something to keep from falling. At times my heart would beat so fast that I would have a smothering sensation. My eyes were sunken and my hands and limbs would be swollen in the mornings. I tried several kinds of medicine without benefit and my friends thought I would not recover. Then I began taking Dr. Williams' Pink Pills, and before long could see and feel that they were helping me. I gladly continued the use of the pills until I was completely cured and I cannot say enough in their praise, and I strongly recommend them to all run down girls and women."

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

**THE BUTTERFLY AND THE BEE.**

Methought I heard a butterfly Say to a laboring bee: "Thou hast no colors of the sky On painted wings like me."

"Poor child of vanity; those dyes And colors bright and rare," With mild reproof, the bee replies, "Are all beneath my care."

"Content I toil from morn till eve, And, scorning idleness, To tribes of gaudy sloth I leave The vanity of dress."

—William Lisle Bowles.

**Southern "Kunnels."**

A group of Northerners at a hotel in Louisville were poking fun at the partiality of Southerners for the titles of "colonel," "major," and "judge." "What is a colonel hereabouts?" asked one of the group, and there immediately followed a discussion. Finally a colored attendant was drawn in. "Well, gents," said the negro, "dere's lots of ways to answer dat question. I se knowed folks what was born kunnels—it jest run in de blood foh generations. An' I se knowed folks what was jest app'inted to be kunnels. And' yit others what was made kunnels by bein' kind to niggers. For instance, any man dat gives me a dollah is a kunnel to me hencefo'th foreveh."

Minard's Liniment used by Physicians.

**QUEEN'S UNIVERSITY**  
KINGSTON ONTARIO  
ARTS  
MEDICINE EDUCATION  
APPLIED SCIENCE  
Mining, Chemical, Civil, Mechanical and Electrical Engineering.  
HOME STUDY  
Arts Course by correspondence. Degree with one year's attendance.  
Summer School Navigation School  
July and August December to April  
15 GEO. Y. CHOWN, Registrar

**THE RED, WHITE AND BLUE.**

Colors of National Flag Symbolize Honor, Purity and Loyalty.

Did you ever realize that the colors of our flag—red, white and blue—are used by nearly all the nations? Of the three, red is the one most commonly met with, being found in virtually all the European flags. In heraldry red means "military fortitude," so it is not surprising that it should be selected as the color most becoming for a country's emblem. Military fortitude means honor, and honor may mean sacrifice, and as red is the color of the blood that is sacrificed in defence of honor, red certainly ought to have a place, and a large one, in a nation's flag.

White, according to some authorities, signifies "peace and sincerity." It also stands for purity, and, as some one who was recently explaining the colors of the flag stated, white stands for vision, that revelation of liberty for which our country is celebrated.

Blue means loyalty and truth; and as it is also the color of Heaven, it stands for religion. Our duty to God and to our country may be expressed in our national flag.

It is interesting to note that the great allied nations, Great Britain, France, Russia and the United States, have flags made up of combinations of red, white and blue, so that the four countries should stand, and do stand, for the same ideals: Honor, Purity and Loyalty.

**Minard's Liniment Lumberman's Friend.**

To waste fuel in the preparation of an "economy dish" is not good economy. A dish that is to be substituted for meat or potatoes may be cheap in itself, but if it requires long cooking it should be reserved for ironing or baking day when the fire will serve a double purpose.

**After the Movies**  
Two Eyes for a Lifetime  
Murline is for Tired Eyes, Red Eyes—Sore Eyes—Granulated Eyelids, Itches—Refreshes—Restores—Murline is a Favorite Treatment for eyes that feel dry and smart. Give your eyes as much of your loving care as your teeth and with the same regularity. Care for Them. You Cannot Buy New Eyes! Sold at Drug and Optical Stores or by Mail. Ask Murline Eye Remedy Co., Chicago, for Free Book

The invasion of Belgium, the most flagrant offence against international right Europe had seen for centuries, proved that the German Government can not be trusted to keep any engagement, however solemn.—Viscount Bryce.

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale.

All the people use it.  
HARLIN FULTON.  
Pleasant Bay, C. B.

**To Destroy Plant Lice on Shrubs.**

Plant lice will soon be attacking house plants and shrubs, fruit trees, garden and field crops, sucking out the juices from the leaves and causing loss in yields. Nicotine sulphate combined with soap has been most effective to control these insects in tests made by the Ohio Agricultural Experiment Station.

**DODD'S KIDNEY PILLS**  
CURES ALL KIDNEY DISEASES  
RHEUMATISM BRIGHT'S DISEASE DIABETES BACKACHE  
NUMBER 23 THE PR

ED. 7. ISSUE 24-'17.

**INDIA IS FREE.**

Dominions Are Fighting For Liberty, Says Newfoundland's Governor.

The Mahraja of Bikanir speaking recently said:—

"Those who say that India is held by the sword do a great injustice both to Great Britain and to India. British rule in India rests on firmer principles of justice, equity, and fair play. In the process of a constructive, healthy evolution it is inevitable that differences should arise, but these are not more than a family quarrel to be settled between the parent country and the younger members of the Imperial household."

Sir Edward Morris speaking of Newfoundland's pride at the part she was playing in the war emphasized that the part the dominions were taking in the war was due to their love of liberty.

**A PERFECT MEDICINE FOR LITTLE ONES**

Baby's Own Tablets is the ideal medicine for little ones. They regulate the bowels and stomach; break up colds; cure constipation and indigestion; expel worms and make teething easy. They are guaranteed to be absolutely free from injurious drugs and may be given to the youngest child with perfect safety. Concerning them Mrs. T. M. Forknall, Mission City, B.C., writes: "I have used Baby's Own Tablets for my three little ones and have found them the best medicine a mother can give her children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Nothing is gained by a boy who goes through college. The college should go through him.

**MONEY ORDERS.**

DOMINION Express Money Orders are on sale in five thousand offices throughout Canada.

It looks like a short hay crop. Plant more corn.

Keep Minard's Liniment in the house.

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

**BOOK ON DOG DISEASES And How to Feed**  
Mailed free to any address by the Author  
H. CLAY GLOVER CO., Inc.  
118 West 31st Street, New York

**ABSORBINE**  
Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. \$2.00 a bottle at druggists or delivered. Book 1 M free.  
ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. \$1.00 a bottle at druggists or postpaid. Will tell you more if you write.  
W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

**WOMEN! IT IS MAGIC! LIFT OUT ANY CORN**  
Apply a few drops then lift corns or calluses off with fingers—no pain.

Just think! You can lift off any corn or callus without pain or soreness.

A Cincinnati man discovered this ether compound and named it freezezone. Any druggist will sell a tiny bottle of freezezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can lift it right off.

Freezone is wonderful. It dries instantly. It doesn't eat away the corn or callus, but shrivels it up without even irritating the surrounding skin.

Hard, soft or corns between the toes, as well as painful calluses, lift right off. There is no pain before or afterwards. If your druggist hasn't freezezone, tell him to order a small bottle for you from his wholesale drug house.

**ROYAL YEAST CAKES**  
Has been Canada's favorite yeast for more than forty years.  
Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.  
E.W. GILLET CO. LTD.  
TORONTO, ONT.  
WINNIPEG MONTREAL

He that holds fast the golden mean, And lives contentedly between The little and the great, Feels not the wants that pinch the poor, Nor plagues that haunt the rich man's door.

Ask for Minard's and take no other.

When watering the garden do it thoroughly. Make the watering equal to a twelve hours rain. As soon as the surface is dry enough use the hose to form an earth mulch and keep the water from evaporating.

**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 Adelaide St., 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.

**AUTOMOBILES FOR SALE**  
1910 CADILLAC IN GOOD RUNNING condition. Has spare tire. Price \$250.

HUDSON, 1916 MODEL, 6 CYLINDER, 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price \$1,300.

HUDSON, 1915 MODEL, 6 CYLINDER, 7 Passenger Touring Car. with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Oversize tires. Price \$1,200.

HUDSON, MODEL 37, 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new car. Price \$650.

PAIGE SEDAN. A VERY FINE looking closed car seating five. Electric lights and starter, also inside dome light. Nearly all the windows open, which gives ample ventilation for summer driving. Price \$700.

HUDSON, MODEL 33, 5 PASSENGER, 4 cylinder Touring Car. In good running order, at a special price, \$550.

HUDSON 1913 MODEL "64" A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price \$750.

STUDEBACKER, SEVEN PASSENGER, 4 cylinder Touring Car. In good running order. Tires in good shape. This car was painted this year and looks very nice. Price \$350.

JACKSON, 5 PASSENGER, 4 CYLINDER Touring Car. Has electric lights and starter, good tires, and is a bargain at the price \$300.

RUSSELL, 3 PASSENGER CABRIOLET. A very handsome closed car, suitable for a doctor. Price \$1,000.

We only sell used cars after the purchaser has had a demonstration and satisfied himself of the running qualities of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstration.

**THE DOMINION AUTOMOBILE CO., Limited**  
146-150 Bay Street, Toronto, Ont.

**WOMAN NOW IN PERFECT HEALTH**

**What Came From Reading a Pinkham Advertisement.**

Paterson, N. J.—"I thank you for the Lydia E. Pinkham remedies as they have made me well and healthy. Some time ago I felt so run down, had pains in my back and side, was very irregular, tired, nervous, had such bad dreams, did not feel like eating and had short breath. I read your advertisement in the newspapers and decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman. I advise every woman, single or married, who is troubled with any of the aforesaid ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles as they did me."—Mrs. ELSIE J. VAN DER SANDE, 36 No. York St., Paterson, N. J.

Write the Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass., if you need special advice.

**Grape-Nuts for Lunch Puts "PEP" into the afternoon's work**  
"There's a Reason"