When You Eat Bread you are entitled to everything in the whole wheat Dr. Wiley says: grain. "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

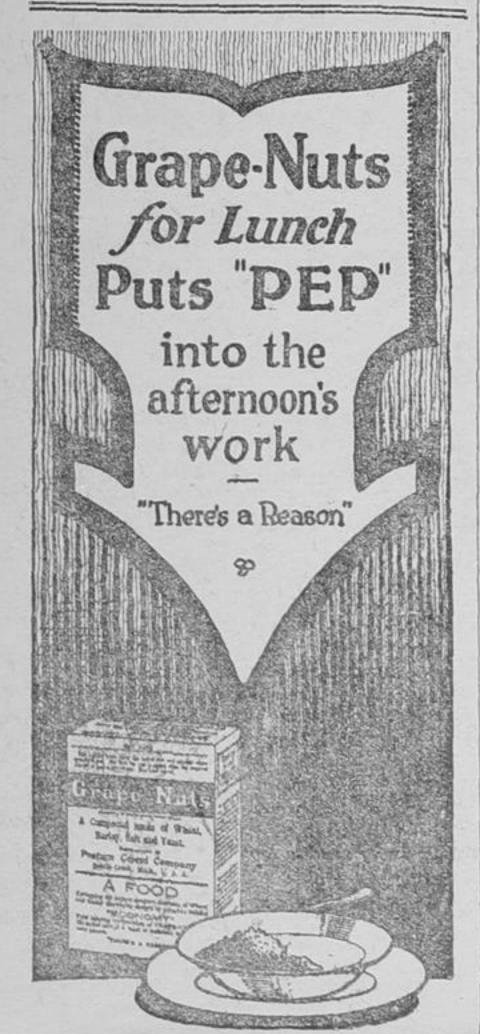


years. Price, 20 cents.

from your local McCall dealer or from tried several kinds of medicine without the McCall Co., 70 Bond St., Toronto, benefit and my friends thought I would flagrant offence against international Dept. W.

## U. S. Seeking Our Wood.

United States lumber firms in the east to all run down girls and women." are reaching out more and more into You can get these pills through any Canada for material, and that within dealer in medicine, or by mail at 50 another five or ten years almost all cents a box or six boxes for \$2.50 from the large lumber mills in Maine will The Dr. Williams' Medicine Co., Brockhave been converted into pulpwood ville, Ont. 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 presentday 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 used by nearly all the nations? Of well under way this year, thousands the three, red is the one most commonof out-doors men are being asked by ly met with, being found in virtually the co-operation of the newspaper all the European flags. In heraldry year of thrift in the forest.

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

who are pale, languid, with palpitation for which our country is celebrated. of the heart, some difficulty in breath- Blue means loyalty and truth; and ing and a tendency to be easily tired as it is also the color of Heaven, it need only the resolution to take the and to our country may be expressed right treatment and stick to it until in our national flag. pills prove their great value to thin- and Loyalty. blooded people. Here is an example: Mrs. J. McDonald, Jr., Hay, Ont., says: Minard's Liniment Lumberman's Friend. "I honestly believe Dr. Williams Pink Pills saved my life. Some years ago became a complete wreck. I got so ed for meat or potatoes may be cheap times I had an almost unbearable pain will serve a double purpose. in my back and would have to remain Who can resist the charms of a in bed. I suffered almost constantly Georgette frock with bolero of filet from a dull headache, and when sweeplace? This dress is for a girl graduate ing if I would stoop to pick up anyand particularly suits the importance thing I would get so dizzy that I would of graduation as it combines style, have to catch hold of something to girlishness and dignity. McCall Pat- keep from falling. At times my heart tern No. 7802, Misses' Dress; suitable would beat so fast that I would have for small women; in 3 sizes; 16 to 20 a smothering sensation. My eyes were sunken and my hands and limbs These patterns may be obtained would be swollen in the mornings. I Mr. K. C. Clark, of Oldtown, Me., the pills until I was completely cured Bryce. in a recent interview with the St. and I cannot say enough in their John, N.B., "Telegraph," stated that praise, and I strongly recommend them

## 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 ginerations. 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. ED. 7.



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 December to April July and August 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 tion's flag.

also stands for purity, and, as some Thin-blooded people do not remain one who was recently explaining the

are suffering from thin blood. They stands for religion. Our duty to God

cured. The remedy that can be relied | It is interesting to note that the upon is Dr. Williams Pink Pills for great allied nations, Great Britain, Pale People. With every dose they France, Russia and the United States, make new blood, and new blood means have flags made up of combinations of health and strength. The red cheeks, red, white and blue, so that the four good appetite, increased weight and countries should stand, and do stand, strength that follow the use of these for the same ideals: Honor, Purity

To waste fuel in the preparation of I had anemia, and as I did not realize an "economy dish" is not good econthe seriousness of the trouble I soon omy. A dish that is to be substitutweak I could hardly walk. I neither in itself, but if it requires long cookate nor slept well, and could not go ing it should be reserved for up stairs without stopping to rest. At ironing or baking day when the fire

Two Eyes for a Lifetime Murine is for Tired Ryes.
Red Eyes - Sore Eyes Granulated Hyelias. Rests
- Refreshes - Restores.
Murine is a Favorite Treatment for eyes that feel dry and smart, Give your Byes 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 Ass Murine Eye Remedy Co., Chicago, for Free Book

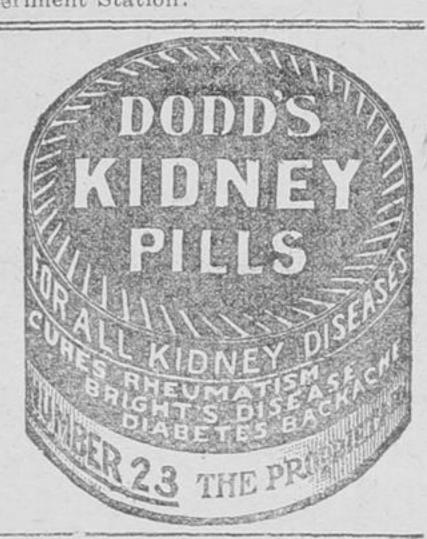
The invasion of Belgium, the most not recover. Then I began taking Dr. right Europe had seen for centuries, Williams' Pink Pills, and before long proved that the German Government could see and feel that they were help- can not be trusted to keep any ening me. I gladly continued the use of gagement, however solemn.-Viscount

> 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 Shurbs.

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.



ISSUE 24-'17. house.

INDIA IS FREE.

Dominions Are Fighting For Liberty, Says Newfoundlands' 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.

Baby's Own Tablets is the Ideal publishers of Canada to make 1917 a red means "military fortitude," so it medicine for little ones. They regulate is not surprising that it should be se- the bowels and stomach; break up lected as the color most becoming for | colds; cure constipation and indigesa country's emblem. Military forti- tion; expel worms and make teething tude means honor, and honor may easy. They are guaranteed to be abmean sacrifice, and as red is the color | solutely free from injurious drugs and of the blood that is sacrificed in de- may be given to the youngest child fence of honor, red certainly ought to with perfect safety. Concerning them water from evaporating. have a place, and a large one, in a na- Mrs. T. M. Forknall, Mission City. B.C., writes: "I have used Baby's White, according to some authori- Own Tablets for my three little ones TROFIT-MAKING NEWS AND JOB 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 pany. 78 Adelaide St., Toronto. ties, signifies "peace and sincerity." It and have found them the best medso from choice but from indifference, colors of the flag stated, white stands ers or by mail at 25 cents a box from in some cases from despair. People for vision, that revelation of liberty The Dr. Williams Medicine Co., Brockville, Ont.

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

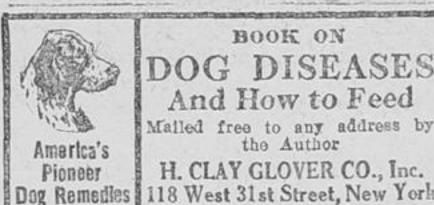
### MONEY ORDERS.

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



BOOK ON DOG DISEASES And How to Feed Mailed free to any address by the Author H. CLAY GLOVER CO., Inc.



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. D. F., 516 Lymans Bldg., Montreal, Can. Chsorbine and Absorbine, Jr., are made to Canada.

## WOMEN! IT IS MAGIC! LIFT OUT ANY CORN

0-0-0-0-0-0-0-0-0-0-0

Apply a few drops then lift corns or calluses off with fingers--no pain.

ness.

0-0-0-0-0-0-0-0-0 Just think! You can lift off any corn or cal-

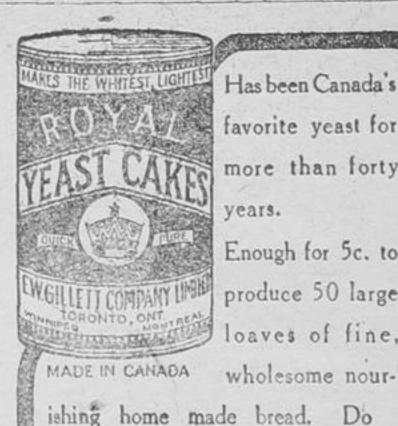


A Cincinnati man discovered this ether compound and named it freezone. Any druggist will sell a tiny bottle of freezone, like here shown, for very little cost. You apply a few drops directly upon a tender corn or callus. Instantly the soreness disappears, then shortly you will find the corn or callus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

lus without pain or sore-

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 'reezone, tell him to order a small bottle for you from his wholesale drug



just as good.

Has been Canada's favorite yeast for more than forty Enough for 5c. to produce 50 large loaves of fine,

ishing home made bread. Do not experiment, there is nothing

E.W.GILLETT CO. LTD TORONTO, ONT.

He that holds fast the golden mean, And lives contentedly between The little and the great,

Feels not the wants that pinch the

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 hos to form an earth mulch and keep the

### NEWSPAPERS FOR SALE

## MISCELLANEOUS

MANCER, 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 RUN-

UDSON, 1916 MODEL, 8 CYLIN-der, 7 Passenger Touring Car, Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price \$1,300.

TIUDSON, 1915 MODEL, & 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.

TTUDSON, 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.

DAIGE 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.

TUDSON, MODEL 38. 5 PASSEN-ger, 4 cylinder Touring Car, in good running order, at a special price, \$350. WWUDSON 1913 MODEL "54." A HIGH Touring Car. In good running order and

looks like new. Price \$750. CTUDEBACKER, 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.

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

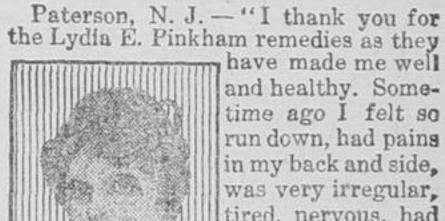
DUSSELL, 3 PASSENGER CABRIOlet. A very handsome closed car, suitable for a doctor. Price \$1,000.

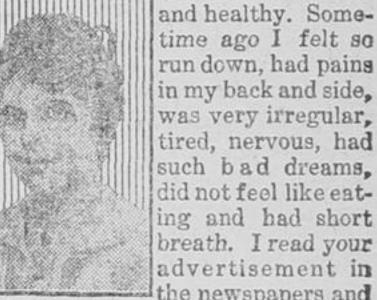
We only sell used cars after the pur-chaser has had a demonstration and satisfied himself of the funning quali-ties of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstra-

146-150 Bay Street, Toronto, Ont.

THE DOMINION AUTOMOBILE CO ..

What Came From Reading a Pinkham Advertisement.





ing 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.