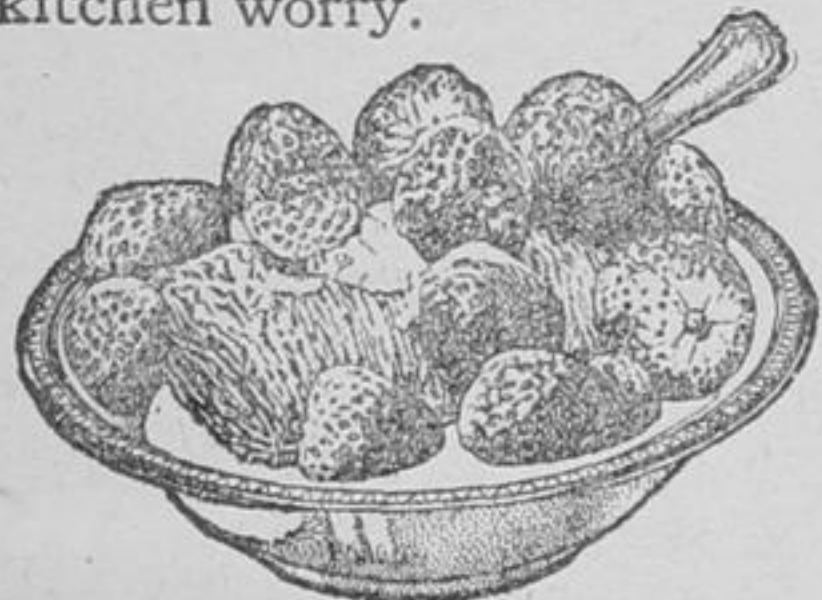


Appetite Finicky and Fussy? Tempt it with a light, nutritious food that helps you to shake off the shackles of a Winter diet. **Eat Shredded Wheat Biscuits** with berries and cream or milk. Two or three Biscuits with fruits and green vegetables make a nourishing, satisfying meal at a cost of a few cents. Ready-to-eat—no cookery, no kitchen worry.



Made in Canada.

A Military Model



With soldiers dotted all over the landscape guarding bridges and aqueducts, it is not surprising if the style of their clothes invades the realm of women's clothes. The military model with its long cape is developed in khaki-colored homespun and is just as practical as it is stylish. McCall Pattern No. 7859, Ladies' and Misses' Three-in-one Coat; trench-coat, sweater-coat, and cape-coat. Pattern in 3 sizes; small, 32 to 34; medium, 36 to 38; large, 40 to 42, bust. Price, 20 cents.

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



For Building Up Quickly
probably the very best food you can select is **Grape-Nuts.**

It contains the mineral salts and energy values—all the nutrient of whole wheat and barley—digests easily and quickly, and the flavor is delicious.

"There's a Reason" for **Grape-Nuts**

INFANT WELFARE.

Insanitary Conditions Largely Responsible for High Death Rate.

If insanitation is without influence on the rate at which children die, how comes it that towns notoriously insanitary have an infant death rate four or five times that of clean well-governed cities, that in the certain overcrowded slum areas the children die six times as rapidly as those in better class residential districts, that among 1,000 infants born to unskilled laborers only 700 survive the first year of life, while out of the same number of births 960 babies of professional men reach their first birthday?

If the causative organism of diarrhoea and enteritis is to be found in decomposing filth, particularly that of human origin, why does the death rate from these diseases suddenly increase during the third quarter of the year? The answer has been supplied by the investigations of Niven and other workers in the field of preventive medicine, who have shown that a prevalence of flies is closely followed by an increase in the number of deaths from summer diarrhoea, and that as the flies disappear, or become inactive, the epidemic passes away.—Dr. Joseph Cates in Journal of the Royal Sanitary Institute.

LITTLE WORRIES IN THE HOME

These Bring the Wrinkles and Pallid Faces That Make Women Look Prematurely Old.

Almost every woman at the head of a home meets daily many little worries in her household affairs. The care of her little ones, the work about the house all contribute to these worries. Most of them may be too small to notice an hour afterwards, but they constitute a constant strain that affects the blood and the nerves and make women look prematurely old. The effect of these little worries may be noticed in sick or nervous headaches, fickle appetite, tiredness after slight exertion, and the coming of wrinkles which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness. Among the many thousands of Canadian women who have found new health and strength through these pills is Mrs. G. Strasser, Acton, West, Ont., who says:—"I am the mother of three children and after each birth I became terribly run down, I had weak, thin blood, always felt tired, and unable to do my household work. After the birth of my third child I seemed to be worse, and was very badly run down. I found the greatest benefit from the Pills and soon gained my old time strength. Indeed after taking them I felt as well as in my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments."

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

THE LIFE AND DEATH OF ARMY.
Faithful to His Master Until Death and Afterwards.

An officer in the Canadian forces, Maj. Edgar, now serving in Flanders, tells the following affecting story of a dog's love and fidelity. The dog was an Irish terrier, whose home with a French family was destroyed when the Germans came. He fled from the ruined house and the dead bodies of the people he had loved, and sought refuge with one of the British regiments. Here one of the kindly Tommies adopted him and named him Army. The kindly Tommy was killed subsequently, and the dog stationed himself, a lonely watcher, at his grave.

Other soldiers who came there found and cared for him; and when they were killed or had retired, still others became his guardians. He loved them all, but he never forgot his first soldier friend and master, or failed to watch by his grave. He remained on guard all through the winter, and one morning he was found frozen to death there.

After Army had died, the authorities gave permission for him to be buried beside the master to whom he had been so faithful, and there in Flanders is the big grave with the little one beside it; and the dog's name as well as that of his master is inscribed upon the cross that marks their last earthly resting place.

When washing heavy clothes (like overalls or children's jumpers) which are badly soiled, it will be found easier to place them on the wash-board and use a scrubbing-brush.

SATISFIED MOTHERS

No other medicine gives as great satisfaction to mothers as does Baby's Own Tablets. These Tablets are equally good for the newborn babe or the growing child. They are absolutely free from injurious drugs and cannot possibly do harm—always good. Concerning them Mrs. Jos. Morneau, St. Pamphile, Que., writes: "I have used Baby's Own Tablets and am well satisfied with them and would use no other medicine for my little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Her First Journey.

Margaret, 5 years old, was traveling for the first time. She sat as if entranced by the view from the car window.

Her father, noticing the rapt expression on her face as the train sped along, said:

"What do you think of it, Margaret?"

She replied: "Oh, father! It is just like a picture book, only you don't have to turn the pages."

Minard's Liniment Cures Diphtheria.

Reclaiming Waste Paper.

A process, known as the Jasperson de-inking process, by which the printing ink is removed, has been developed for the reclamation of printed papers. This will permit of old newspapers, magazines, etc., being utilized for the making of newsprint. Previously, this material could be used only for the making of the rougher grades of paper, where the ink content was not a drawback. The application of this process should be a further incentive to the saving of waste paper.

After the Movies

Two Eyes for a Lifetime
Murline is for Tired Eyes.
Red Eyes—Sore Eyes—
Granulated Eyelids. Rests—
Refreshes—Keeps clear.
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.

How About Frying 'Em?

The aged Admiral was well known for his powers of exaggeration. At supper one night he was describing a thrilling voyage.

"While cruising in the Mediterranean," he said, "we passed an island which was red with lobsters."

"But," said one of the politely incredulous guests, "lobsters are not red until boiled."

"Of course not," said the undaunted Admiral, "but this was a volcanic island with boiling springs?"

Minard's Liniment Cures Distemper.

Substitute for Potatoes

Small dried peas called "carlins," or maple peas, are now being eaten as substitutes for potatoes in the north of England. They are cooked like marrowfat peas, soaked overnight and boiled for twenty-five minutes the next day. In early times "carlins" were eaten very generally on Carlin or Passion Sunday. They are light brown color outside and cream colored under the skin and sell for from eight to twelve cents a pound, much less than beans and peas.

MONEY ORDER

SEND a Dominion Express Money Order. Five dollars costs three cents.

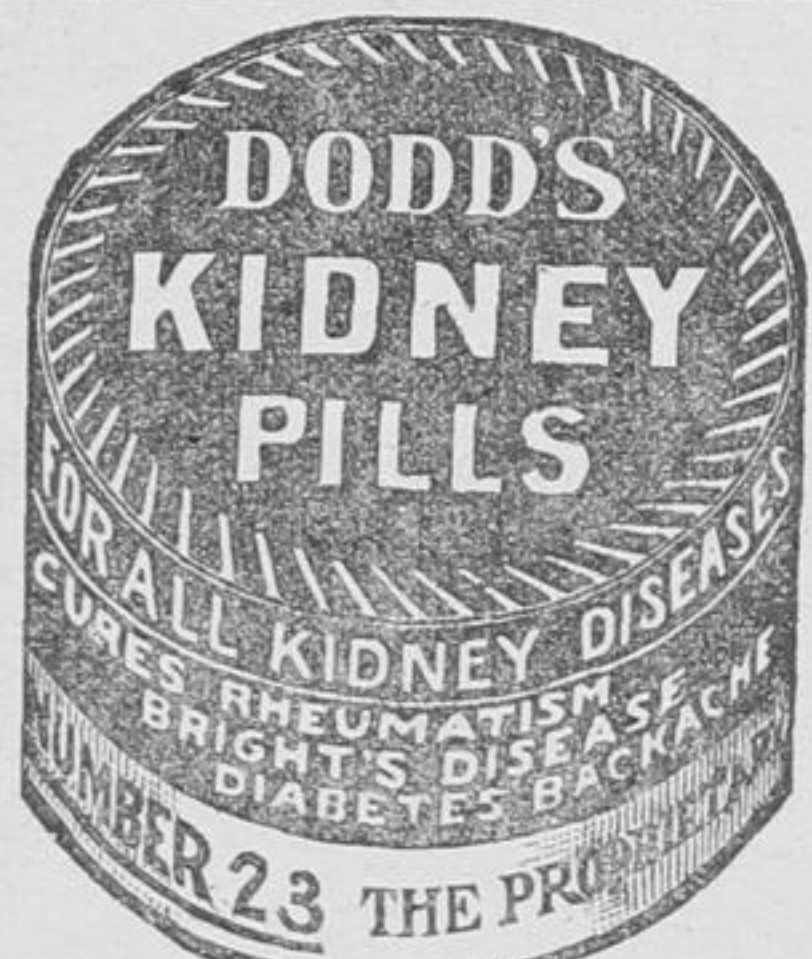
A New Excuse

Teacher—And why are you so late, Frankie?

Frankie—If you please, teacher, it is mother's washing day. She lost the lid of the boiler, so I have been sitting on the top to keep the steam in.

Minard's Liniment Cures Garget in Cows

Experiments in the use of lalang grass for paper pulp have been successfully carried out in Australia. There are millions of tons of lalang grass growing in Queensland. It produces three crops a year, and is considered a curse to the country. It resembles esparto grass and, when dried, yields as high as 60 per cent. of first-class paper-making pulp.



ED. 7. ISSUE 26-'17.

EARTHQUAKES IN JAPAN.

Frequent Earth Tremors Interfere With Development of Waterpower.

It is well known that Japan has a great number of waterfalls which would be of material value in the development of the country. But the reason these valuable sources of power are not being developed is because of the dangers of earthquakes, which are constantly confronting the people of that country. More than once within recent years have steps been taken with the view of constructing dams in order that these falls might be utilized when some demonstration of the earth has given warning of the danger of such a step, and the promoters have been forced to abandon or greatly modify the proposed improvement.

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely. C. H. COSSABOOM.

Rossway, Digby Co., N. S.

Two-thirds of the world's correspondence is in the English language.

Use all the cereal foods possible. Their protein is quite as valuable as animal food protein, and cheaper.

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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
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SALESMAN WANTED

Lubricating Oil, Grease, Specialties. Paint. Part or whole time. Commission basis until ability is established. Permanent position and wide field when qualified if desired. Man with rig preferred. Deliveries from Ontario warehouses.

GENERAL REFINING CO., Cleveland, Ohio.

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
TRADE MARK REG. U.S. PAT. OFF.

Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse Book 2 M Free.

ABSORBINE, JR., the antiseptic liniment for manking, reduces Strained, Torn Ligaments, Swollen Glands, Veins or Muscles; Heals Cuts, Sores, Ulcers. Allays pain. Price \$1.00 a bottle at druggists or delivered. Book "Evidence" free.

W. F. YOUNG, P. D. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

WITH THE FINGERS!
SAYS CORNS LIFT OUT WITHOUT ANY PAIN

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply on the corn a few drops of freezone, says a Cincinnati authority. At little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain or soreness or the danger of infection. This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.

NO ALUM



MADE IN CANADA

Hopeful Dorothy.

"What's your name, little girl?"
"Dorothy."
"But what's your last name?"
"I don't know what it will be. I'm not married yet."

Minard's Liniment Cures Colds, Etc.

Household Hints for June Brides. Everything's gone up in price. This is very good advice: Think of bills, and save the rice!

FOR SALE

FARM 480 ACRES, 320 UNDER CULTIVATION, good buildings, \$22.00 per acre. John Scott, Whitewood, Saskatchewan.

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

HUDHOPE, 5-PASSENGER, 4-CYLINDER, Touring Car, in good running order. This car has been painted and varnished this season. Price \$300.

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 \$1,250.

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 \$550.

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.

CHALMERS, 7-PASSENGER, 4-Cylinder Touring Car. Electric starter, tires practically new, demountable rims, one spare tire. Price \$300.

HUDSON 1913 MODEL "54," A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price \$750.

STUDEBAKER, 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.

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.

CRISIS OF WOMAN'S LIFE

Change Safely Passed by Taking Lydia E. Pinkham's Vegetable Compound.

Wagoner, Okla.—"I never get tired of praising Lydia E. Pinkham's Vegetable Compound because during Change of Life I was in bed two years and had two operations, but all the doctors and operations did me no good, and I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound."



which brought me out of it all right, so I am now well and do all my housework, besides working in my garden. Several of my neighbors have got well by taking Lydia E. Pinkham's Vegetable Compound."

Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through the crisis.