

STRENUOUS WORK SOON TELLS ON YOU

Business Men and Breadwinners the Victims of Nervous Exhaustion.

When worry is added to overwork men soon become the victims of nervous exhaustion—neurasthenia—the doctor calls it. Some have no reserve strength in their systems to bear the strain; others overtax what strength they have. If you find that you are nervous and not sure of yourself, that you sleep badly, and wake up tired and aching, your nerves are out of order. Other signs are inability to take proper interest in your work; your appetite is fickle; your back feels weak, and you are greatly depressed in spirits. One or more of these signs mean that you should take prompt steps to stop mischief by nourishing the nerves with the food they thrive on, namely the rich, red blood made by Dr. Williams' Pink Pills. These pills have cured thousands of cases of nervous disorders, including nervous prostration, neuralgia, St. Vitus dance and partial paralysis. Here is an example. Mr. P. H. Callan, a well known business man in Coleman, P.E.I., says: "I owe my present health, if not life itself, to Dr. Williams' Pink Pills. I had always been an active man, and when I began to run down in health paid little attention to it as I thought it only a temporary weakness. As time passed, however, I found myself growing worse, and consulted a doctor, who said that I was not only badly run down, but that my nervous system was badly shattered. I lost flesh, my appetite was poor, I slept badly and notwithstanding the doctor's treatment grew so weak that I had to leave my business and was confined to the house. Time went on and I was steadily growing weaker, and my friends were all greatly alarmed for my condition. In this condition I was strongly recommended to try Dr. Williams' Pink Pills, and as the doctor's medicine was not helping me I decided to do so. By the time I had used three boxes I could tell that they were helping me. When I had taken eight boxes of the pills I felt able to attend to my business again, and people were surprised to see me out. I continued the use of the pills until I had taken twelve boxes, by which time I was feeling as well as ever I did, and was being congratulated by all my friends on my full restoration to health. I feel now that if I had used Dr. Williams' Pink Pills at the outset I would not only have saved much money spent in doctor's bills, but would have had renewed health sooner. I cannot speak too highly of this medicine, and would recommend it to every man who feels weak, nervous or run down."

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

ON VIMY RIDGE.

Dedicated to the Canadians who died at "Vimy Ridge," April 8, 1917. O'er prairie homestead, by mountain peak,
Wherever men Honor and Glory seek,
With awe and reverence they will speak
Of Vimy Ridge.

Sons of the Maple Leaf, there side by side,
Met thrust with thrust their Nation's Pride,
They laughed at Death, and gloriously died
At Vimy Ridge.

What though a rude cross mark their grave,
Not a tablet in a cloistered nave,
If for their land their all they gave,
By Vimy Ridge.

Canadian people, do not weep, these are not dead
But merely sleep;
Though foreign clay their bones may keep
On Vimy Ridge.

Think that Mortal Flesh and Blood,
Could bind such Souls to earth for good,
They fly to Heaven as Heroes should
From Vimy Ridge.

Throughout Canada their names will roll,
Will stir to the depth the Empire's Soul,
While Bells in Heaven, their requiem toll
O'er Vimy Ridge.

No. 226264 Jack Butler,
"D" Squadron, C.L.H.,
London, England.

Dry fruits and sweet corn and other vegetables that may be preserved in this way. Save the cans for products that can be kept in no other way. Use bottles corked and sealed with paraffine for catsup and other liquid products.

Combining Two Materials



A departure from absolutely straight lines is shown in this sketch. The material forming the skirt is cleverly draped and attached to the waist, giving a bouffant appearance at the hips and a narrowing effect at the ankles. The combination of plaid and plain gingham use in developing this dress is very fashionable. McCall Pattern No. 7832, Misses' Dress; two-piece skirt, suitable for small women. Pattern in 3 sizes; 16 to 20 years. Price, 20 cents.

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

DEATH PENALTY IN RUSSIA

National Sentiment is Opposed to Capital Punishment.

It is not at all surprising to those who know Russia that one of the first acts of the new Government was the abolition of the death penalty. Capital punishment is indeed as much against the national sentiment as against tradition in Russia, and as long ago as 1888 the late W. T. Stead declared that it was never inflicted without producing a feeling of shame among educated Russians.

The death penalty was abolished by the Empress Elizabeth in 1750, and though it was later revived, it was only in recent years, and especially after the rising of 1905, that it was carried out in other than exceptional circumstances. The number of executions then, however, quickly multiplied, and early in 1909 twenty-seven took place in one day.

The Government of Hawaii has set aside 690,000 acres of land for forest reserves and is experimenting with planting eucalyptus trees for firewood.

The Danger Zone for Many Is Tea and Coffee Drinking

Some people find it wise to quit tea and coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"

The Real "War Bread"

must contain the entire wheat grain—not the white flour center—but every particle of gluten and mineral salts—also the outer bran coat that is so useful in keeping the bowels healthy and active. **Shredded Wheat Biscuit** is the real "war bread" because it is 100 per cent. whole wheat prepared in a digestible form. Contains no yeast, baking powder, seasoning, or chemicals of any kind. Food conservation begins with Shredded Wheat Biscuit for breakfast and ends with Shredded Wheat Biscuit for supper. Delicious with sliced bananas, berries, or other fruits. **Made in Canada.**

HEAVY LOSS FROM BARN FIRES.

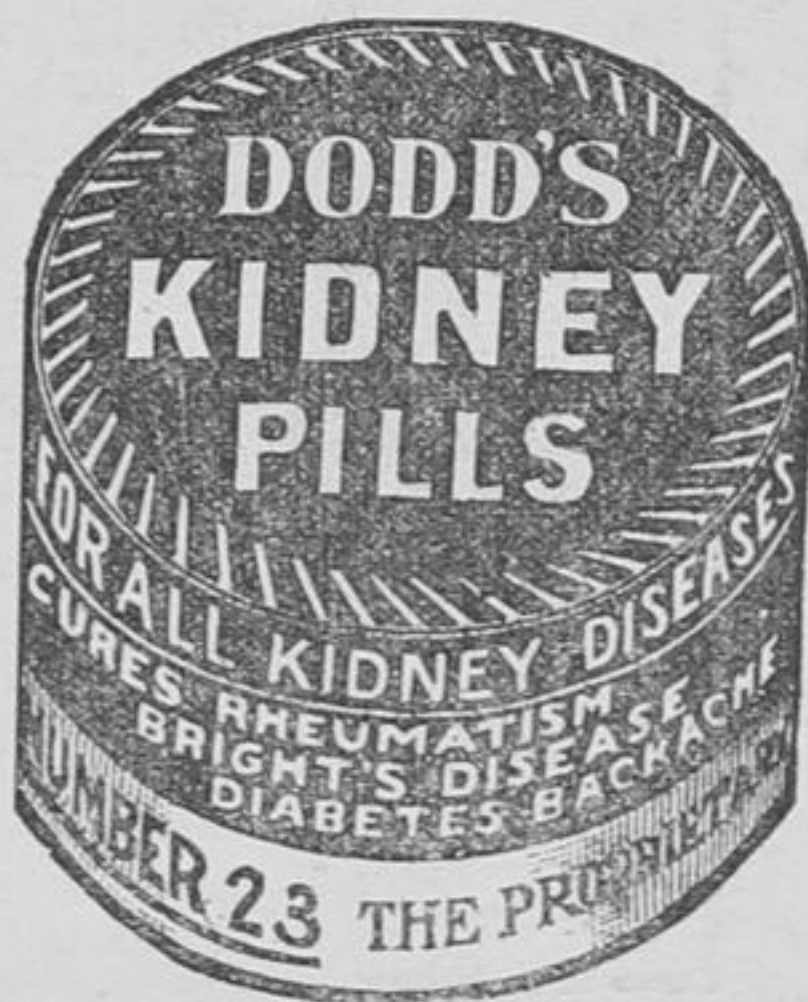
Hay, Improperly Cured, May Cause Spontaneous Combustion.

During the years 1912-1916 inclusive, no less than 5,200 barns were destroyed in Canada, with an aggregate loss of over \$7,850,000. These, like the majority of fires, might have been avoided by the exercise of intelligent forethought and proper care. Investigation shows that the most prolific sources of barn fires are lightning and spontaneous combustion. Evidence gathered from all parts of Canada and the United States proves that rod-ded buildings are practically immune from lightning damage. The cost being a mere fraction of the possible loss in case of fire, it is of economic importance to the farmer that every barn should be efficiently protected by lightning rods.

While it is more difficult to arrive at conclusions with regard to fires caused by spontaneous combustion, it is generally held that such fires are of frequent occurrence. Owing to the excessive number of barns burned in Ontario during the summer of 1916, an investigation was undertaken by Prof. W. H. Day, Professor of Physics, Ontario Agricultural College, with a view to discovering the exact conditions favorable to spontaneous combustion in stored grasses. It was proved that large quantities of imperfectly cured hay were frequently stored in barns with little or no ventilation, and that the high temperatures reached during fermentation resulted in a number of fires. Farmers are not generally aware that the cells in hay continue their existence for some time after it is cut and, when the moist compressed mass is housed in close barns, a temperature of 132 deg. F. is quickly reached. Added to this, the heat from microscopic spores, germinating seeds and the heat of the sun upon the roof may raise the temperature of the mow to 212 deg. F., when charring commences. The carbon thus formed absorbs oxygen and the mass grows hotter, until, at 265 deg. F., visible combustion takes place. Bran, grain and silage may also ignite spontaneously under similar conditions. The remedy for spontaneous combustion is simple and easily applied. All hay should be perfectly dry before storage. In mixed grasses, special care should be given to the clover. Timothy may appear perfectly dry while the heavy stalks of clover may retain a large percentage of moisture. All barns should be provided with ample top ventilation. If these simple matters are given the attention they deserve, spontaneous combustion will cease to figure as a cause of barn fires in Canada.

Minard's Liniment Cures Distemper.

Little Irene marched into the room breathless. "O mother, don't scold me for being late for supper because I've had such a disappointment," she said. "A horse fell down and they said they were going to send for a horse doctor, so I waited and waited, and what do you think? It wasn't a horse doctor at all. It was only a man."



ED. 7.

ISSUE 27-17.

NEW SOURCE OF REVENUE.

Utilization of Waste Materials Practised in Britain.

Britain is finding herself in many ways owing to the war. One source of much revenue, as well as of a requisite in the preparation of explosives, is found in the camp refuse. The Yorkshire Post, in describing the results secured under a process for utilizing the camp refuse by the Quartermaster-General's Department, says:

"While the English-made glycerine was \$290 per ton, the United States fixed their figure at \$1,200 per ton. During the first month the scheme was put into operation, a weekly return to the Army for camp refuse was made of \$9,000. In January of this year, the weekly amount increased to \$47,500, representing approximately \$2,500,000 annually returned to the Army for waste rations. The production of glycerine from these waste camp products enabled the Ministry of Munitions to dispense with over 1,000 tons of foreign glycerine at a saving in cost of \$900,000." (Foregoing figures on basis of \$5 equivalent of £1.)

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que., writes:—"Baby's Own Tablets have been of great value to me and I would strongly recommend them to other mothers." Thousands of other mothers say the same thing. They have become convinced through actual use of the Tablets that nothing can equal them in regulating the bowels and stomach; driving out constipation and indigestion; breaking up colds and simple fevers; expelling worms and curing colic. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Cultivating corn level, not ridging or hilling soil round the stalks, saves moisture and adds to the yield. Ridging exposes a greater surface from which soil moisture can evaporate, and, at the same time corn roots are cut off by the cultivator.

Minard's Liniment Cures Diphtheria.

Wayside Food.

Not every green thing good to eat grows in a market-garden. To the initiated the field and roadside are always sufficient for a delightful salad. The most wholesome and deliciously flavored of these wild salad ingredients is the dandelion, that despised "weed" which we grub out of our lawns with such savage delight. A dandelion diet would be a little monotonous, but the young and tender shoots, either boiled as greens, or used with other things as a salad, are tip-top stuff.

Minard's Liniment Co., Limited.

Gents.—I cured a valuable hunting dog of mange with MINARD'S LINIMENT after several veterinaries had treated him without doing him any permanent good.

Yours, &c.,

WILFRID GAGNE.

Prop. of Grand Central Hotel,
Drummondville, Aug. 3, '04.

Hardships of Alpini.

The Italian army maintained its captured outposts during the severe winter of 1916, often at elevations of from 7,000 to 12,000 feet, only by building huts for its men and sending them hot food in thirty-gallon thermos bottles hauled up by steel ropes.

Sore Granulated Eyelids, Eyes Eyes

Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murline Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murline Eye Salve in Tubes 25c. For Book of the Eye Free ask Druggists or Murline Eye Remedy Co., Chicago

Not an Acorn.

When James A. Garfield was president of Hiram College, a man brought up his son to be entered as a student. He wanted the boy to take a course shorter than the regular one.

"My son can never take all those studies," said the father. "He wants to get through more quickly. Can't you arrange it for him?"

"Oh, yes," said Mr. Garfield. "He can take a short course; it all depends on what you want to make of him. When God wants to make an oak He takes a hundred years, but He takes only two months to make a squash."

Make sure that your horse has every day pure, fresh water, such as you would be willing to drink yourself.

Minard's Liniment Cures Colds, Etc.



Some Peculiar Wills.

Among many curious wills may be reckoned that of the great Shakespeare, who bequeathed to his wife his second-best bed with the furniture, and that alone; whilst an old Provost of Eton left a sum of money sufficient to give every boy at Eton a half-sheep on February 27th of every year. Now-a-days, however, the threepenny-bit takes the place of the half-sheep.

MONEY ORDERS.

PAY your out of town accounts by Dominion Express Money Orders. Five dollars costs three cents.

Just Like Real Kings.

One Indian Rajah's subjects number about half a million, and he rules over a state as big as England and Wales. He has his own flag and his own army and navy. These are maintained in an efficient state out of a revenue of \$1,750,000 a year.

Minard's Liniment Cures Garget in Cows

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.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers—It's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.

For 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.

This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.

This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.

The Soul of a Piano is the Action. Insist on the "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

WOMAN SICK TWO YEARS

Could Do No Work.
Now Strong as a
Man.

Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound, and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had better health. I weigh 165 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound."—Mrs. JOS. O'BRYAN, 1765 Newport Ave., Chicago, Ill.



The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, irregularities, pericardic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, and nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.