

**"The Poor Man's Potato"** has become the rich man's luxury. Whether at three dollars a bushel, or twenty-five cents a bushel, potatoes are not a complete food. Two or three **Shredded Wheat Biscuits** with milk furnish more real, body-building nutriment than a meal of potatoes or meat, are much more easily digested and cost much less. Shredded Wheat is 100 per cent. whole wheat, nothing added and nothing taken away—gives mental vim and physical vigor for the hot days. Delicious for breakfast, or any meal, with sliced bananas, berries or other fruits, and milk.

For Play and  
Pleasure



In a short-sleeved shirt and a pair of overalls a small boy can start out to do most any of the things he wants to do, such as making a railroad, digging a trench or even fighting the enemy. The overalls illustrated are McCall Pattern No. 7824, Boy's Overalls; in two lengths. Cut in 6 sizes; 4 to 14 years. Price, 15 cents. Boy's Shirt Blouse No. 6420, in 6 sizes; 4 to 14 years. Price, 10 cents.



A fashionable combination of plain and plaid gingham is shown in this



## Grape-Nuts

Made from choice whole wheat and malted barley, this famous food retains the vital mineral elements of the grain, so essential for balanced nourishment, but lacking in many cereal foods.

From every standpoint—good flavor, rich nourishment, easy digestion, convenience, economy, health from childhood to old age—Grape-Nuts food.

"There's a Reason"

cunning frock. This is a practical as well as a very smart model for a vacation frock for a small girl. McCall Pattern No. 7766, Girl's Dress, in 6 sizes; 4 to 14 years. Price, 15 cents. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

### CHORAL PERFECTION OF BIRDS.

Unlike Human Beings, the Feathered Songsters Never Make a Discord.

It is a well-known fact that while human beings must be trained for years and years before they can arrive at any choral perfection birds can, no matter in how great numbers, sing in unison and produce no discord whatever. Even the best of singers when singing together cannot avoid an occasional clash of tone and the production of disharmony. Man, with all of the training which generations have given him, cannot approach the birds for purity of tone.

Although every species of bird in the forest met in a glade and sang together, the result would be pleasing to the ear. Each bird warbles in a different key, singing a song totally distinct from its mate, yet perfection is obtained.

The explanation of this lies in the fact that birds never sing out of tune, their notes are always pitched exactly on the key and no gradations of tone enter into the chorus to produce jarring sounds.

### A NERVOUS BREAKDOWN

Can be Averted by Feeding the Starved Nerves With Rich, Red Blood.

Nourish your nerves—that is the only way you can overcome life's worst misery, nervous exhaustion. The fits of depression and irritation, the prostrating headaches, the weakness and trembling of the legs, the unsteady hand and the imperfect digestion that mark the victim of nerve weakness, must end in nervous breakdown if neglected.

The explanation of this lies in the fact that birds never sing out of tune, their notes are always pitched exactly on the key and no gradations of tone enter into the chorus to produce jarring sounds.

You can get Dr. Williams' Pink 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.

### HUMORS OF "RED TAPE."

Some Amusing Instances Which Come From England.

One of the most amusing instances of the fussiness of red-tapeism is told by a certain officer who was sent on a special mission to Liverpool, says an English writer. He returned his expenses to the authorities on the official form, one of the items being "Porter, 6d." The form came back with the official instructions: "Major — should have returned the item as 'porterage.'" Major — made the alteration, and then glancing through the remaining items, found "Cab, 2s. 6d.," which he thoughtfully transformed to "Cabbage."

An officer who is a very busy man once, in a rush, sent for twopenny-worth of pins and a file for papers, which cost him half-a-crown. Later, he got an imposing communication, set out on foolscap paper, pointing out that pins being provided at the public expense, a form—XL41578-32—should have been sent in for them, and that Form YNP87690 should have been sent in to meet the case of files for papers.

A certain South of England workhouse had been turned into a military hospital. The matron wanted some chimneys swept, and the local sweep offered to do them for fifteen shillings. On writing to the War Office for permission, the Army sweep was sent from an adjacent town. He climbed bodily into the lower part of a wide chimney, and stuck there. The local sweep offered to extricate the Army sweep for fifteen shillings. An urgent wire was despatched to the

### A Great Remedy

DR. HENDERSON'S Herb Treatment (tablets), the great blood purifier, will cure rheumatism, constipation, eczema, kidney, liver, stomach and female troubles. Price \$1, with guarantee, or 6 boxes for \$5, postpaid. Henderson Herb Co., Dept. W., 173 Spadina Ave., Toronto.

War Office for permission to spend this further sum, and the reply came back: "You are authorized to remove sweep at all costs."

### STRANGE JAPANESE CRAB.

A Remarkable Example of One of Nature's Little Jokes.

Nature is not ordinarily to be accused of trying to be funny, but once in a while she seems to indulge in a bit of humor on her own account.

Of this a very remarkable example is found in a species of crab plentiful in Japanese waters. It bears on its back a Japanese face. It is the face of a fierce warrior of old Japan.

The Japanese have a tradition to account for this curious phenomenon. The story harks back a few centuries, to a period when the seas that wash the shores of their archipelago were much beset by ferocious pirates.

To put a stop to their depredations a fleet of fighting ships was prepared, and there presently ensued a battle of the most desperate kind with the pirate fleet—the buccaners being formidably organized.

The pirates were defeated, their ships sunk; and, no quarter being given, they were wiped out to the last man. That was the end of organized piracy in those waters.

So far, the story is historically authentic. One is at liberty to believe or not the theory entertained by the Japanese to this day, that the souls of the men slaughtered and drowned in that battle entered the bodies of crabs.

If you discredit the idea, they will show you the crabs, every one of which has the face of a Japanese fighting man on its back. Furthermore, the face, with its bloated features, is that of a drowned man.

A curious point about this taira crab, as it is called, is that it has a set of supplementary legs, by the help of which, if it happens to be turned over, it can run swiftly on its back.

### MONEY ORDERS

WHEN ordering goods by mail, send a Dominion Express Money Order.

### Learn to Swim.

Swimming is an accomplishment of more importance to men, women, boys and girls than any of the other sports, yet comparatively few can swim. As it is easier for children to learn than it is for adults, they should be given the opportunity whenever possible. They love the water, as a rule, and if there is no body of water near at hand, let them don their bathing suits and go out into the summer rain for a frolic. As the suits are easily made at home, the children could afford to have them ready for a rainy day, especially as they save good clothes and furnish so much genuine fun. On an extremely hot day, thus equipped, they may frolic in the back-yard with the hose.

### 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 Physicians' Practice 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.

### He'll Get Even.

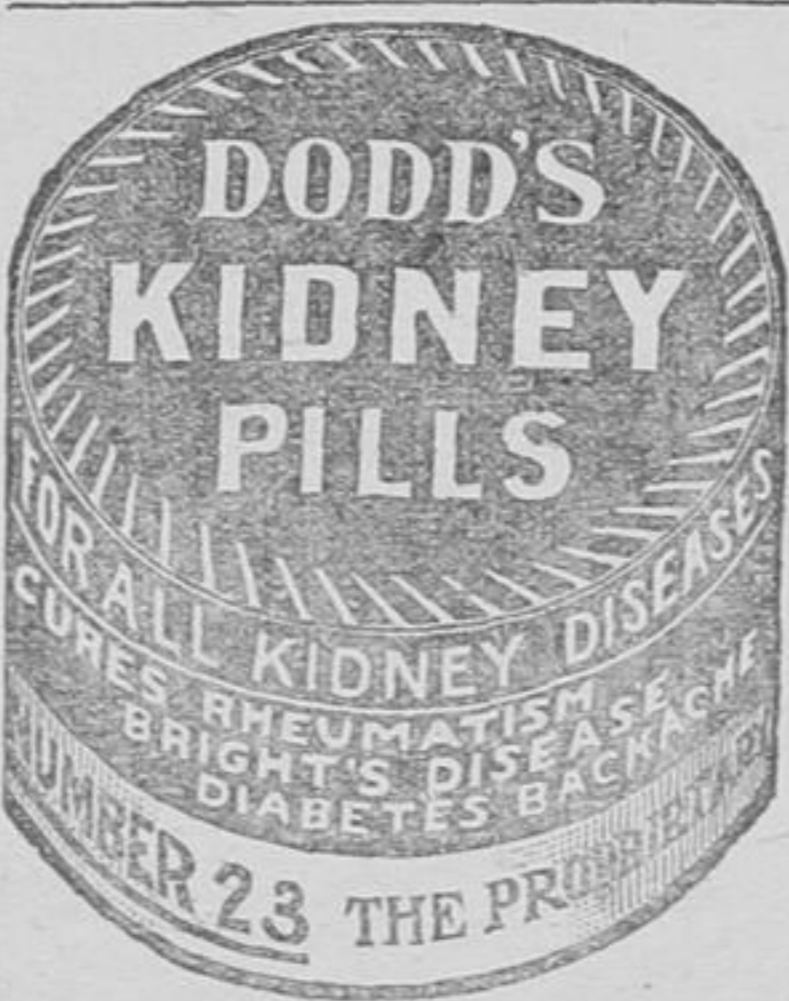
"You've had plenty of rain in your section."

"Yep, Hurt my crops, too."  
"Will you lose much money?"  
"No; I'll break about even by hauling autos out of mudholes."

### Minard's Liniment Cures Diphtheria.

### Watering Hanging Basket.

Here is one way of watering a hanging basket. Take a small can and punch a hole in the bottom just large enough for water to drip through. Fill and place in hanging basket, and refill it every morning. In this way there is no chance of the fern baskets drying out, as the water has a chance of slowly soaking into the earth instead of all running off as when it is poured into baskets.



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### CHILD-LOVER'S SONG.

O Thou who giv'st what most I prize—  
The love of little children;  
No gem so precious in mine eyes—  
The love of little children!  
What hand but Thine could e'er impart  
The love of little children?  
No wealth as this can fill my heart—  
The love of little children.  
How fair the hour that first begot  
The love of little children!  
How drear the day that lighteth not  
The love of little children!  
Within mine inmost soul inwrought—  
The love of little children;  
Oh, sweet beyond my sweetest thought—  
The love of little children!  
—Gerald F. Joy.

### GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to cure them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A late spring, labor shortage and the extra amount of land to be broken up for fall seeding will reduce the area planted to roots in Britain this year.

### Minard's Liniment Cures Colds, Etc.

### Glove Dust Cloth.

Make a new dust cloth with an attached glove and you will not have grimy fingers and nails after dusting. Sew a piece of the goods eight inches square in the center of the cloth, leaving one edge free. Mark the shape of your hand on this square with chalk or pencil and sew with the machine around the mark, having the wrist on the side left free.

### Awful Loss.

Gertrude, aged 3, sat in her high chair at the dinner table turning about in her fingers a small ear of corn from which she had been nibbling a row at a time. Suddenly she burst into tears.

"What is the matter, dear?" asked her mother.

"I've lost my place!" sobbed the little one.

### Minard's Liniment Cures Garget in Cows

### Badly Taught.

"Ethel," said her mother, "have you been at my preserves again?"

Ethel at once became very busy arranging her doll's hair. "Mother," she replied, "when you were a little girl didn't grandma teach you, same's you have me, not to be 'quisitive?'"

Cuban deposits are estimated to contain all the way from 2,000,000,000 to 3,000,000,000 tons of iron ore.

### For Pimpley Faces Try Cuticura Soap and Ointment

Samples Free by Post  
A simple, easy, speedy treatment. Smear the pimples with Cuticura Ointment, wash off in five minutes with Cuticura Soap and hot water and continue bathing for some minutes. Use night and morning.

For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, these fragrant emollients are wonderful as well as ideal for the toilet.

For free sample, each address post-card: "Cuticura," Dept. N, Boston, U. S. A." Sold by dealers throughout the world.



### Good Citizens.

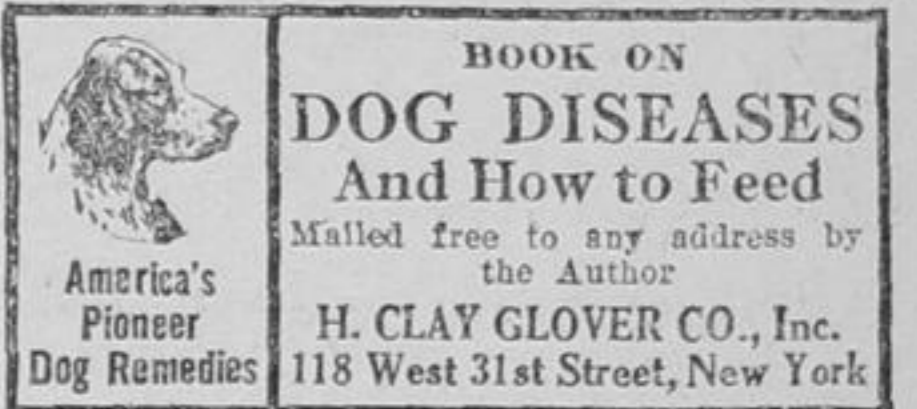
Oh, give us men with visions clear;  
With rugged hearts, who know no fear!  
Great men of prescience, brave and bold;  
Unshaken by the lure of gold;  
Who fight for truth, whatever their fate;  
The men, O Lord, to make a state.

### Minard's Liniment Cures Distemper.

### 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.

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



THICK, SWOLLEN GLANDS that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with



also other Bunches or Swellings. Noblister, no hair gone, and horse kept at work. Economical—only a few drops required at an application. \$2 per bottle delivered. Book 3 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers. \$1 and \$2 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. O. F., 516 Lyman's Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

YES! MAGICALLY!  
CORN LIFT OUT  
WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug store for you.

### NOTICE TO SICK WOMEN

Positive Proof That Lydia E. Pinkham's Vegetable Compound Relieves Suffering.

Bridgeton, N.J.—"I cannot speak too highly of Lydia E. Pinkham's Vegetable Compound for inflammation and other weaknesses. I was very irregular and would have terrible pains so that I could hardly take a step. Sometimes I would be so miserable that I could not sweep a room. I doctored part of the time but felt no change. I later took Lydia E. Pinkham's Vegetable Compound and soon felt a change for the better. I took it until I was in good healthy condition. I recommend the Pinkham remedies to all women as I have used them with such good results."—Mrs. MILFORD T. CUMMINGS, 322 Harmony St., Penn's Grove, N. J.



Such testimony should be accepted by all women as convincing evidence of the excellence of Lydia E. Pinkham's Vegetable Compound as a remedy for the distressing ills of women such as displacements, inflammation, ulceration, backache, painful periods, nervousness and kindred ailments.