

**Don't Eat Less—But Eat Better.** There is no need of anyone going hungry. Canadians should eat foods that supply the greatest amount of nutriment at the lowest cost. The whole wheat grain is the most perfect food given to man. **Shredded Wheat Biscuit** is the whole wheat grain prepared in a digestible form. Every particle of the whole wheat berry is used—nothing wasted, nothing thrown away. Two or three of these biscuits with milk, sliced peaches or other fruits make a nourishing, satisfying meal at a cost of only a few cents.

Made in Canada.

**Two Favored Designs**



© McCall

There is no doubt that the long tunic will be popular for the coming season, for in the very newest models it is featured. In the smart dress illustrated above the long tunic, pressed into straight pleats and parted at the side, shows one of the favored designs. McCall Pattern No. 7919, Ladies' Dress, in 39-inch length. Pattern in 5 sizes; 34 to 42 bust. Price, 20 cents.

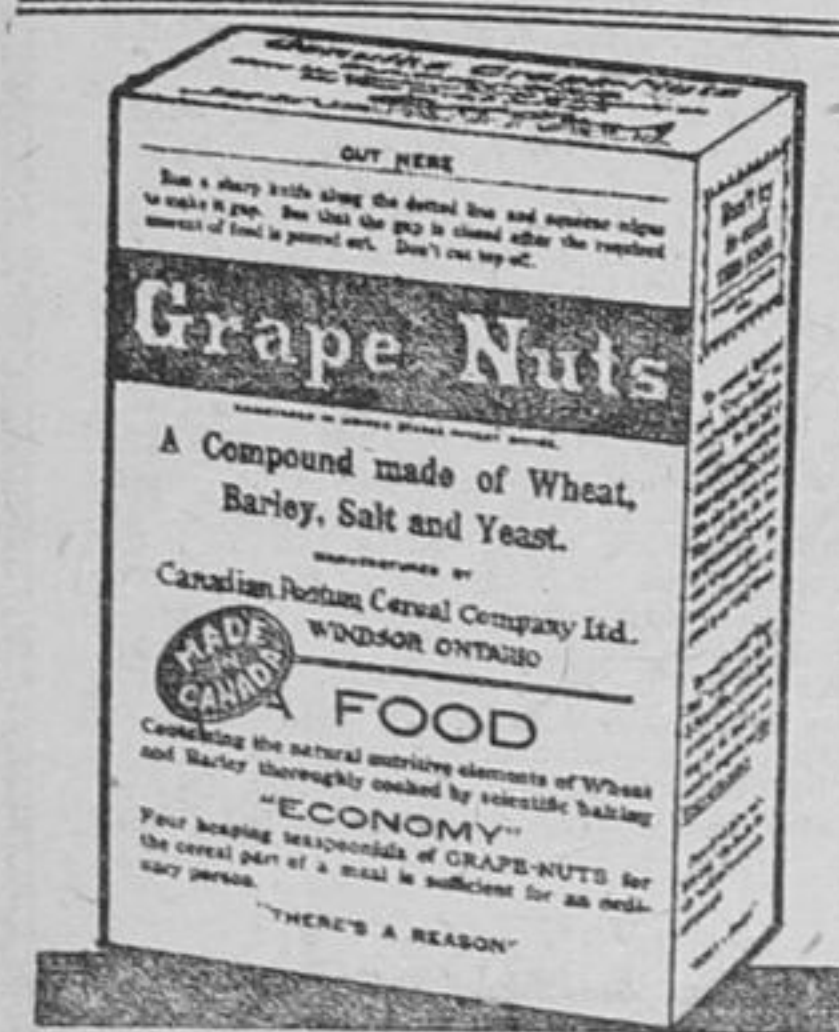
These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

**Foot Work**

The late Jack London once fell behindhand in a story which he had promised a New York magazine. The editor, after repeated efforts to get the story, at last called at London's hotel and sent up the following note: "Dear Jack London: If I don't receive the story within twenty-four hours I'll come up to your room and kick you downstairs, and I always keep my promises."

London replied: "Dear Dick: If I did all my work with my feet I'd keep my promises, too."

Soft hands indicate a character lacking energy and force.



**The wholesome nutrition of wheat and barley in most appetizing form**

**OUR FRIEND IN THE GARDEN.**

He is not John, the gardener,  
And yet the whole day long  
He makes himself quite useful  
The flower beds among.

He is not Tom, the pussy cat,  
And yet the other day,  
With stealthy stride and glistening eye,  
He crept upon his prey.

He is not Dash, the dear old dog,  
And yet, perhaps, if you  
Took pains with him and petted him,  
You'd come to love him, too.

He's not a blackbird, though he chirps,  
And though he once was black;  
Yet now he wears a loose, gray coat,  
All wrinkled on the back.

He has a very dirty face,  
And very shiny eyes;  
He sometimes sits beside our door,  
And looks—perhaps is—wise.

But in a sunny flower bed  
He has his fixed abode;  
He eats the things that eat my plants—  
He is a friendly toad.  
—J. H. Ewing, in Our Dumb Animals.

**FREQUENT HEADACHES**

People with thin blood are much more subject to headaches than full-blooded persons, and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

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.

**Black or Stem Rust of Wheat.**

"Black rust is responsible for much of the losses to grain in Western Canada. Occasionally epidemics, such as that of 1916, occur and cause a loss of hundreds of millions of dollars to the national wealth." Such is a statement in bulletin, No. 33, second series, entitled "The Black or Stem Rust of Wheat" recently issued by the Division of Botany of the Dominion Experimental Farms, which at once indicates its own importance as well as the disastrous nature of the disease. Although special stress is laid upon the losses experienced in Western Canada, the disease is by no means confined to that section of the country, but might break out anywhere. Thus a study of the bulletin by the agricultural community generally is commended. It purports to be a popular account of the nature, cause and prevention of grain rust and as such it is written in plain but definite language. In the earlier part of the year a card-poster, with a border of descriptive illustration in colors, was circulated by the Department of Agriculture at Ottawa, giving in brief form precautions that can be taken against the approach of the disease and that might have a minimizing effect later on. The present bulletin, which can be had free from the Publications Branch of the Department, amplifies the advice there given and minutely tells how the disease can be identified in its incipency. It describes the red or summer stage and the black or winter stage, the action of the fungus on the host plant and the relation of stem rust to the barberry. It also alludes to the fact that with the disappearance of the barberry in Denmark, the fungus of rust vanished or perceptibly lessened in extent.

Thousands of barrels of apples rot upon the trees or upon the ground every year. They should not be allowed to go to waste this year.

The man who believes that getting on in the world means getting the best of his neighbors has a low estimate of life.

Minard's Liniment Relieves Neuralgia.

**KEEP CHILDREN WELL DURING HOT WEATHER**

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Where there is enough help or where small areas only are grown the beans may be pulled by hand. For large crops of beans it is generally profitable to use bean harvesters which consist of the ordinary two-wheeled cultivator, equipped with two flat knives placed to form a V cutting two rows at a time and placing both rows into one windrow. The beans may be bunched by hand or by means of the side delivery rake, which places from three to five rows together. After cutting, the beans should be kept clean and should be stored with as little weathering as possible.



Ask Murine Eye Remedy Co., Chicago

**The King as a Clubman**

The King is using the Marlborough Club a good deal when in London these days. It has the advantage of securing for him the same privilege of non-interference as belongs to the ordinary clubman. That is to say that no special notice is taken of his visits. When he wants to talk to fellow-members he does so; when he prefers to sit quiet and listen to any talk that is going on, he can do so. The Marlborough is one of the few places where the Sovereign can forget his sovereignty.

What we have always seen done in one way we are apt to imagine there was but that one way.—Bentley.

Minard's Liniment for sale everywhere.

**The Contrast.**

When the Napoleonic wars were at their height a petition was presented to the emperor asking for the release of some English civilians imprisoned, or, as we should put it now, interned in France. Napoleon at first gave an abrupt refusal. But the secretary, glancing down, noted that the petition was signed by Dr. Jenner, the discoverer of vaccination against smallpox. "Ah," said Napoleon, when he was told this, "we can refuse nothing to that name. Let them go." Can any one, even with stimulants, imagine the kaiser showing such magnanimity? Napoleon was a good deal of a brute—at least he was deemed so by the unsophisticated generations which knew him. But by comparison with Hohenzollern standards Napoleon was a mild, high-minded gentleman.

Minard's Liniment Cures Dandruff.

The Paris sewers are the largest and most complete in the world.

Dr. Ferdinand King, New York Physician and Medical Author Says:

**EVERY WOMAN EVERY MOTHER EVERY DAUGHTER NEEDS IRON AT TIMES**

To put strength into her nerves and color into her cheeks.



There can be no beautiful, healthy, rosy-cheeked women without iron. The trouble in the past has been that when women needed iron they generally took ordinary metallic iron, which often corroded the stomach and did far more harm than good. To-day doctors prescribe organic iron—Nuxated Iron. This particular form of iron is easily assimilated, does not blacken nor injure the teeth nor upset the stomach. It will increase the strength and endurance of weak, nervous, irritable, careworn, haggard looking women 100 per cent in two weeks' time in many instances. I have used it in my own practice with most surprising results.—Ferdinand King, M. D.

NOTE: NUXATED IRON recommended above by Dr. Ferdinand King can be obtained from any good druggist with an absolute guarantee of success or money refunded. It is dispensed by all good druggists.

**MY OWN LAND.**

Thou beautiful for sunset skies,  
For spacious lake and plain;  
For mountains where the night is deep,  
And fields of amber grain.  
O Canada—my own land—  
Rise with the moaning sea,  
Acclaim thy right to Freedom's might—  
Strong and sufficient be.

Thou beautiful for comradeship  
When move the pilgrim feet,  
Where tattered wigwags once were spread,  
With star-hung roof to greet.  
O Canada—my own land—  
Thy mighty chorus sing—  
The soul of Empire none can stay.  
God bless our noble King.

Thou beautiful for heroes brave,  
With firm and valiant tread;  
Who fear no unseen thrust, nor pain,  
And naught of death do dread,  
O Canada—my own land—  
I've bound my soul to thee.  
God shed His grace on our loved race,  
From sea too farthest sea.  
From sea to farthest sea.  
—Charlotte Carson-Talcott.

**MONEY ORDERS**

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

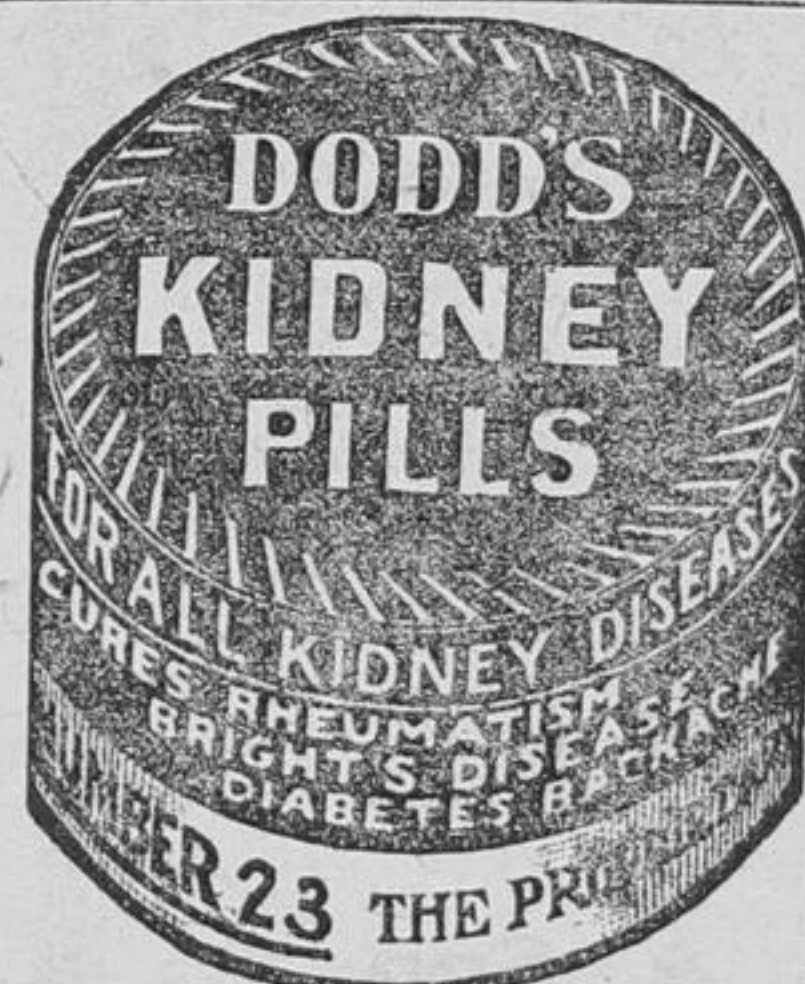
Ontario this year will have the biggest oat crop in the history of the province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province. "We will have 125 million bushels as compared to the average crop of 100 millions."

St. Joseph, Levis, July 14, 1903.

Minard's Liniment Co., Limited. Gentlemen,—I was badly kicked by my horse last May, and after using several preparations on my leg nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I could start on the road.

JOS. DUBES, Commercial Traveller.

If we would live up to our own ideals instead of attempting to find out what the other fellow's ideals are, we would miss lots of trying experiences, for you are in your small corner and I in mine. You can not wear my coat nor I yours; we are separate individuals and must live our own lives in our own way, not in the other fellow's way.



**PAIN? NOT A BIT! LIFT YOUR CORNS OR CALLUSES OFF**

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.



A good mushroom, properly cooked, is a luscious morsel and as such is a wholesome addition to the dietary. If you are absolutely sure that the variety that grows on your lawn or in the neighboring fields is of the edible kind, by all means cook it and eat it.

Minard's Liniment Cures Burns, Etc. We will not see liberty perish from off the face of the earth. We will not see human souls harnessed to any State machine, however powerful.—Gen. Smuts.

**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.

**The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION**



It's wonderful how quickly a hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves itching, burning eczemas, rashes and chafings, permits sleep for infant and rest for mother, and points to speedy healment in most cases when it seems nothing would do any good. This is only one of the many things Cuticura does for the skin when used for every day toilet purposes.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

**MRS. KIESO SICK SEVEN MONTHS**

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my housework, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for themselves how good it is."—Mrs. CARL A. KIESO, 596 North Ave., Aurora, Ill.

The great number of unsolicited testimonials on file at the Pinkham Laboratory, many of which are from time to time published by permission, are proof of the value of Lydia E. Pinkham's Vegetable Compound, in the treatment of female ills. Every ailing woman in Canada is cordially invited to write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for special advice. It is free, will bring you health and may save your life.