

**You Can Do Your Bit** in preventing waste by demanding the whole wheat in breakfast foods and bread. **Shredded Wheat Biscuit** is 100 per cent. whole wheat grain prepared in a digestible form—contains more real nutrient than meat or eggs or potatoes and costs much less. Serve with milk or cream, sliced peaches, bananas or other fruits.



Made in Canada.

**FIGHTING ANIMALS.**

**Constant Struggle Between Meat-Eaters and Vegetable-Eaters.**

It must not be supposed that the meat-eaters are always successful in making their necessary killings. Even when the great advantage is with the carnivorous creature over the intended victim, the latter not infrequently gets the better of the encounter, or in some way makes its ket-away. Naturally, if this were not so there would be no weaker, herbivorous animals left on the earth, and the carnivora would soon be destroying each other for food, which they do to some extent, anyway.

By quicker wits, by superior speed or dodging ability, by defensive tactics that have to be respected by their foes, or by size and power alone, the plant-eating creatures continually maintain themselves, often against great odds. In every case they have numerous and powerful enemies either larger and more powerful, or else well endowed for overcoming and killing these fat plant eaters.

In this manner the earth supplies its creatures with food, most sections yielding abundant vegetation for the herbivorous kinds, permitting them to increase and to grow fat, thus furnishing the flesh eaters with their quota.

Most animals have means of protection, and it is interesting to note these means. Molly Cottontail is an example of one extreme; she has no defense, except her legs and the speed she can get out of them, with an occasional kick to add for good measure if she is barely seized. But the weasel, half her size, will easily kill her, when cornered, just as the puma pulls down the deer or the lion overcomes the giraffe.

The opposite extreme is the rhinoceros or the elephant, vegetable eaters, the flesh of which is no doubt coveted, but no carniora may hope to overcome these powerful beasts. To this class also belongs the moose, able to fight off bear, puma or wolf pack, because of its great size and strength.

The ox and bison also, for purposes of successful defense, admirably armed with powerful horns, are creatures that the most savage killers must fear. A cow with her calf, the long-horned mother fighting, head up and with eyes wide open and virtually fearless, is an antagonist that any big cat or bear may fear, and a bull has been known to kill a large tiger in fair fight. The African buffalo, in single combat, not only defends itself against but kills an attacking lion, and thus it is that two or more lions generally hunt together when after buffalo meat.

**POSTUM**

A wholesome table beverage with winning flavor.

Used everywhere by folks who find that tea or coffee disagrees.

"There's a Reason"

Canadian Postum Cereal Co., Ltd. Windsor, Ont.

**DANGER FOR THE TOURIST.**

Strange Animal Inhabits the Desert Valley of California.

That most frightful of deserts, Death Valley, in California, lies between two lofty ranges, one of which is called the Funeral Mountains.

The higher levels of these mountains are rather densely forested, with here and there little meadows and "parks" (natural clearings), in which dwells a strange animal known as the terrashot. So inaccessible are those inhospitable heights, however, that the creature, rarely seen, has remained almost unknown.

Respecting its habits little can be said. There is no reason for supposing that it is dangerous to man. Nobody knows even whether it is carnivorous or a plant feeder. It has a coffin-shaped body, six or seven feet long, with a sort of shell running the whole length of its back.

Having (it is presumed) few natural enemies, the terrashot increases in numbers until it is seized with an impulse to migrate—possibly because its food supply no longer suffices. The animals then form long processions, marching down into the desert in single file, with the evident intention of crossing the valley to the mountains on the other side.

But none of them ever get across. As they encounter the hot sands they rapidly distend with the heat, and one after another they blow up with loud reports, the places where this happens being marked by deep, grave-shaped holes.

W. T. Cox, State Forester of Minnesota, has found records which show that early Mormon emigrants observed this remarkable animal, chancing to witness such a procession as that above described, and beholding the tragic fate of the creatures.

**A MARVELLOUS MEDICINE FOR LITTLE ONES**

Mrs. Delvina Pelletier, Ste. Perpetue, Que., writes: "I have much pleasure in stating that Baby's Own Tablets have been a marvellous medicine in the case of my baby. I have been using the Tablets for four years and don't think there is anything to equal them." In using the Tablets the mother has the guarantee of a government analyst that they do not contain one particle of opiates or other harmful drugs—they cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**THE WORLD FOR HAPPINESS.**

Peace and Freedom For All Nations of the Earth Should be Secured.

War is a horrible business that victimizes youth, and cheats it of its right to live and be happy. The young men and the young women of the world must insist upon seeing that this war ends with the accomplishment of something worth while. Otherwise the fools who precipitated the war will end in its folly, and the world will groan along under the curse of armaments and in constant dread of fresh wars.

The system of kings and dynasties is played out, and democracy should have its full opportunity. Professional statesmanship is a menace as well as a humbug, and the "ruling classes," whether in Germany or elsewhere, should be suppressed for the world's safety. Secret diplomacy should be discarded along with militarism.

As for colonialism, it must be viewed in a new light and relieved of its worst evils. Colonies should be held only for the best welfare of everybody concerned. Thus Egypt will always remain Egypt, and England's influence there will not be detrimental to the legitimate interests of any other nation. The United States in the Philippines, viewed rightfully, has a temporary rather than a permanent mission to fulfill.

If it is right that German Southwest Africa should become a part of the South African Union, this solution ought not to be to the disadvantage of German settlers or traders. When a proper order of affairs is established in the world, the South African Union will become a member of the world family of States.

As for Asia Minor, all nations ought to co-operate for the development of that neglected region that has so long suffered from the blight of Turkish misgovernment. In due time the inhabitants of Asia Minor can learn the principles of religious and political freedom and carry on a government in which Armenians, Turks, Greeks, Arabs, and men of all nationalities and creeds can have their just part as neighbors, enjoying liberty and equality.

It is said that moths will not attack green fabrics. Arsenic is used in dyeing green, and the moths are wise enough to shun that deadly drug.

Minard's Liniment for sale everywhere.

**DEEDS.**

As 'round some forgotten tome, Among whose leaves a rose has lain, lingers perfume; Though tome and rose have each become, The yellow hue of time's slow stain, That robbed its bloom.

So memory of deeds we've done, If good or ill, they still live on to follow far; After this earthly course is run, Blessing or curse the meed we've won To help or mar.

—Winfield Lionel Scott, Detroit.

"Did you have the eight-hour system on the farm where you worked?" "Yes; we worked eight hours in the forenoon and eight hours in the afternoon."

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINEO.

"Woodlands," Middleton, N.S.

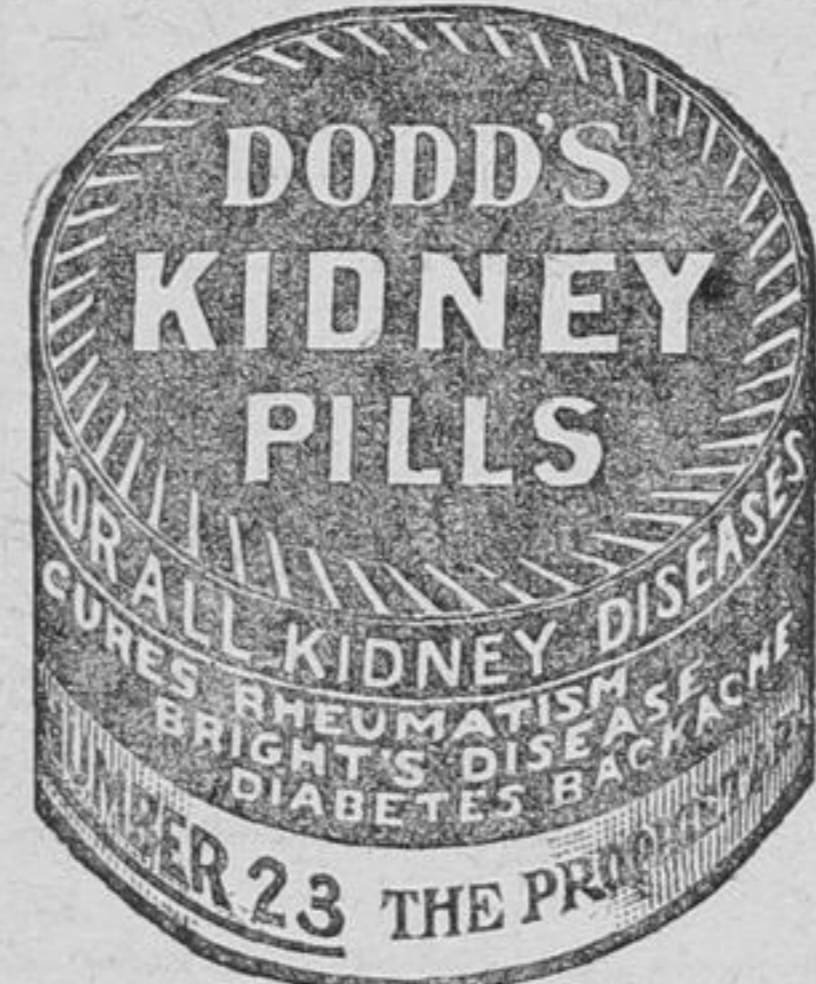
**The Bachelor's Button.**

Bachelor's button, the well-known blossom, got its name years ago when the world was more sentimental than it is now. Young men, who fell in love, which they did then exactly as they do now, had a fashion of picking these common flowers and placing them in their button-holes as a sort of test of the permanency of the love affair. The flowers do not hold their freshness more than from twelve to twenty-four hours, and the sighing lover pretended to forecast his happiness by discovering whether or not the blossom would fall to pieces during the course of the day in which he wore it. If the petals fell off he gave up in sorrow and retired from the field. If at sundown the flower was intact he rejoiced and hurried off to propose matrimony, believing that "yes" awaited him. The superstition has fallen into disuse, but the name still clings to the flower.

**Minard's Liniment Cures Bandruif.**

One hour of the present is worth two in the future and a hundred in the past.

Attachments for a popular type automobile have been invented to convert it into a farm tractor without the removal of any of its original parts.



**A FRIEND'S ADVICE**

**Woman Saved From a Serious Surgical Operation.**

Louisville, Ky.—"For four years I suffered from female troubles, headaches, and nervousness. I could not sleep, had no appetite and it hurt me to walk. If I tried to do any work, I would have to lie down before it was finished. The doctors said I would have to be operated on and I simply broke down. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, and the result is I feel like a new woman. I am well and strong, do all my own house work and have an eight pound baby girl. I know Lydia E. Pinkham's Vegetable Compound saved me from an operation which every woman dreads."—Mrs. NELLIE FISHBACK, 1521 Christy Ave., Louisville, Ky.



Everyone naturally dreads the surgeon's knife. Sometimes nothing else will do, but many times Lydia E. Pinkham's Vegetable Compound has saved the patient and made an operation unnecessary.

If you have any symptom about which you would like to know, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.

ED. 7.

ISSUE 38—'17.

**MAGIC BAKING POWDER**  
CONTAINS NO ALUM.  
The only well known medium priced baking powder made in Canada that does not contain alum and which has all its ingredients plainly stated on the label.  
E.W. GILLET COMPANY LIMITED  
WINNIPEG TORONTO, ONT. MONTREAL

Growing children need more tissue-building foods than do persons whose growth is completed. Milk, eggs, meat, fish, cheese and legumes are all tissue-building foods, but milk and eggs are best for young children.

**MONEY ORDERS**

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

Flour is apt to gather dampness if it rests right on the floor. The boys can make a neat box, a few inches high, to set the barrel or bin in. This will keep the flour dry.

**Minard's Liniment Relieves Neuralgia.**

To disinfect a bathtub, scrub and scald it well, then allow a little water to run into it and drop into this a small quantity of carbolic acid and brush every part of the tub with this.

**MURINE Granulated Eyelids,**  
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes.  
**FOR YOUR EYES No Smarting, Just Eye Comfort**  
Murine Eye Remedy At Your Druggist's or by Mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. Ask Murine Eye Remedy Co., Chicago

If you would outshine your neighbors acquire a good reputation and then keep it polished.

Keep the weeds out of the garden and parks throughout the entire season.

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

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



Just think! You can lift off any corn or callus without pain or soreness.

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.

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 Freezone, tell him to order a small bottle for you from his wholesale drug house.

**Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It**

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 46 he was careworn and nearly all in. Now at 50 after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or run-down instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength

Seed ears for next year's crop, if selected in the field from standing corn, may be chosen more wisely, be stored more carefully and will then produce a larger yield in return than if picked from the shock or crib.

**Minard's Liniment Cures Burns, Etc.**

The white of an egg when used instead of water for mixing mustard poultices prevents the skin from blistering.

**FURS**

LOVELY PERSIAN LAMB, MINK and other furs by mail. Wholesale prices. Send for illustrated catalog of bargains. McComber's Limited, Manufacturers, 420 D St. Paul West, Montreal

**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

**SELDOM SEE**  
a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.  
**ABSORBINE**  
will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2 per bottle delivered. Describe your case for special instructions and Book 8 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins, allays Pain and Inflammation. Price \$1 and \$2 a bottle at druggists or delivered.  
W. F. YOUNG, P. O. F., 618 Lyman's Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

**CUTICURA HEALS BAD CASE ECZEMA**

Relief Instantaneous. Healed With 3 Cakes of Soap and 2 Boxes of Ointment.

"I was very much annoyed by an irritation on my back. I found out I had a bad case of eczema. My back was in a very bad shape, and my clothing irritated so that the skin became very sore. I sent for Cuticura Soap and Ointment. Relief was instantaneous and with the use of three cakes of Cuticura Soap and two boxes of Ointment I was healed." (Signed) B. F. Grosch, Y. M. C. A., St. Catharines, Ont., July 4, 1917.

For hair and skin health Cuticura Soap and Ointment are supreme. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

**Like A Boy at 50 Bubbling Over With Vitality--Taking Iron Did It**

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 100 per cent. in two weeks' time.

again and see for yourself how much you have gained. I have seen dozens of nervous run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before his went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.—E. Sauer, M.D.

NOTE: Nuxated Iron, recommended above by Dr. E. Sauer, is not a patent medicine nor secret remedy, but one which is well known to druggists, and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman, under 60, who lacks iron, and increase their strength 100% or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by all good druggists.