

Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect food given to man. In **Shredded Wheat Biscuit** you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits.

Made in Canada.
PATRIOTS ENFORCED.

Women of Russia Exercised Compulsion in Regard to Deserters.

When, during the immense and bewildering confusion of the Russian revolution, many hundred soldiers deserted, not from disloyalty, but merely because they wished to go home and see their families, they did not always meet the reception they expected. The women were no less weary of the war than they; but they had sometimes a clearer idea of the necessity of continuing it, czar or no czar, than had their men. There were fairly numerous instances when the men returned to duty in abashed squads under the escort of an Amazonian guard of village maids and matrons; occasionally a lone husband would be marched back under the sole but sufficient compulsion of a resolute wife.

The influence of women has always been important in holding the soldiers of a nation to their duty, or discouraging them from it. Usually it has remained influence merely, and has not become compulsion. Sometimes it has been exerted in a manner halfway between the two.

In the days of the American Revolution there was a patriotic matron of New England whose husband did not volunteer when his neighbors did. He gave his "pindling" health and feeble constitution as an excuse. He was, indeed, a slight and small man, but tough and wiry, and better able to endure the hardships of war than many bigger men, as his spouse well knew. But she did not remonstrate or shame him in the community by expressing her opinion. Instead, she devoted her attention to his diet. If he were not a well man, he ought not to eat like one, she decided; and she reduced his rations to such as befitted an invalid. In vain he protested that he required extra nourishment; the hotter and angrier he got, the more firmly she insisted that he was feverish and choleric, and that a light diet was the thing for him, with nothing solid or heavy or rich. In fact, his diet grew daily lighter and lighter. First, doughnuts disappeared from his breakfasts, then flapjacks and cake from his suppers, finally even meat from his dinners—and at that he gave in and enlisted.

He proved to be a good soldier, who was never sick, and recovered with unusual rapidity from the two honorable wounds that he received. Owing to his littleness and leanness and to a gradual leaking out of the story of how he came to join the army, he bore through his military career and ever afterwards a nickname, which after the first he accepted without resentment, and to which he answered quite as a matter of course. He was known as Starveling Jones.

People eat Grape-Nuts because they like it and they know it's good for them



THE FROST KING.

The Frost King is surely coming,
His spies are throughout the land;
I can trace their stealthy footprints
As I look on every hand.

I saw where they camped in the low-lands
This morning the ground was white
With the ashes of the campfires
Where they gathered through the night.

And everywhere there lingers
A smoke-like purple haze
That must have come from the embers
They left in the woodland ways.

And every tree and thicket
Bears a signal torch aglow,
Where the vanguard of his army
Have blazed the way to go.

The birds are winging southward
They love not the Frost King's reign;
The wee folks of the forest
Are hoarding their nuts and grain.

In garden, wood and meadow,
Wherever I may peep,
The leaves are falling softly
And whisp'ring "Down to sleep."

'Tis wondrously, wondrously lovely
This glorified Autumn land
But the Frost King is surely coming,
I see it on every hand.
Mildred M. North.

WEAK BOYS AND GIRLS

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. Delayed development, pale faces, headaches, palpitation, and a feeling of listlessness, call attention to weak blood in the case of girls. But many boys in their teens grow thin and "weedy" and have pimples on the face, showing that they have not enough blood. The anaemic boy is just as likely to become a victim of consumption as the pale, breathless girl with her headaches and worn-out look. Let the boy in this condition catch cold and he will lose his strength and his health becomes precarious.

To prevent serious disaster to those of the rising generation, let both boys and girls be given the new rich blood which Dr. Williams' Pink Pills are famous for the world over for making. When giving these pills watch how soon the appetite returns and how the languid girl or the weak boy becomes full of activity and high spirits. Remember that the boy has to develop, too, if he is to make a strong hearty man. Give both the boys and girls a fair chance to develop strongly through the new, rich blood Dr. Williams' Pink Pills actually make. You will then see active boys and girls, instead of weakly children around you.

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

TELLS TALE OF TORTURE.

Belgian Girl Says Most Terrible Torture Was Inflicted on Youth.

A young Belgian lady, the daughter of wealthy parents, who for over three years has suffered at the hands of the Germans in Belgium, and who succeeded in escaping into Holland, whence she journeyed to London, has related her experiences to a representative of the Central News.

The girl was arrested as a spy because she had written letters to her sweetheart, who is serving in the army, and sent to prison for three months.

"I had to work from seven o'clock in the morning until nine o'clock at night, and tolerate the most abusive insults," she said. "A very large number of my friends were arrested, including a young man. The Germans did all in their power to induce him to speak, promising him a free pardon if he would implicate others. The man resisted all their persuasive methods, and they inflicted the most terrible torture. Then he was tried and sentenced to death. Belgians sentenced to death have the right to appeal to the Kaiser, and this young man made the appeal.

"We learned later that the reply was: 'If he will speak his life shall be spared; if not, then he must die.' The day before he was taken out to die he was put in a cell decorated with flowers and given the most costly food to eat. Everything was done by the Germans to persuade him to speak at the last moment, even when he was standing before the firing party he was told it was not too late. Although only a mere youth of twenty-one years, that brave fellow died for Belgium without uttering a word which would give the enemy any information."

"Be the day never so hard and long
At length it ringeth to evensong."

Minard's Liniment Cures Dandruff.

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are a perfect medicine for little ones. They regulate the bowels, sweeten the stomach, thus drive out constipation, indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. John Babineau, Brest, N.B., writes: "I have used Baby's Own Tablets and have found them a perfect medicine for 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.

The readjustment of international boundary lines after the war will not be the only great problem facing the nations. The readjustment of wages and of prices generally will be necessary, and to readjust wages, and at the same time preserve their relative buying power, will call for the best efforts of the best men to be found.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

An inventor of a new electric brake for automobiles claims it will stop a car moving at a speed of fifty miles an hour within forty-five feet without skidding.

Minard's Liniment Cures Burns, Etc.

Somebody has said, "Praise is good for the bones." Try a little of it on the young folks and also on the hired man. It will not spoil them.

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. 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 4

Grain Yields of the Prairie Provinces.

The estimated total production of wheat in the three Prairie Provinces (Manitoba, Saskatchewan and Alberta) is 225,778,700 bushels from 13,619,370 acres, as compared with 208,846,000 bushels from 12,441,350 acres in 1916. In Manitoba the total yield of wheat for 1917 is 41,642,200 bushels, as compared with 27,943,000 bushels in 1916; in Saskatchewan 130,356,000 bushels against 131,765,000 bushels, and in Alberta 53,780,500 bushels against 49,138,000 bushels. Oats yield 224,199,000 bushels in the three prairie provinces as compared with 269,258,000 bushels in 1916; barley, 43,168,400 bushels against 33,296,000 bushels; rye, 2,498,850 bushels, against 1,636,000 bushels and flaxseed 9,951,500 bushels as against 7,269,000 bushels.

FURS

BUY FURS AT WHOLESALE PRICES. Persian Lamb, Mink, Alaska Sable. Also Men's Furs. Satisfaction by mail guaranteed. Send for illustrated catalog. McComber's Limited, Manufacturers, 420 D. St. Paul West, Montreal.

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.

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

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.

ED. 7.

ISSUE 41—17.

HIS SMILE.

He wasn't rich as dollars go,
He didn't have a pile of dough,
He didn't own a motor car
He couldn't often travel far,
He couldn't dress in costly style,
He just possessed a kindly smile.

He had a happy sort of way,
Knew how to work and how to play;
And he respected women fair
And dealt with men upon the square,
And people thought him much worth while
Because he had a kindly smile.

You do not need a store of good
The love of real friends to hold;
Be honest, boy, and kind, and true,
And do the work you find to do;
Win openly and not by guile,
And folks will like you for your smile.
—E. A. Guest, in Detroit Free Press.

Minard's Liniment Believes Neuralgia.

A properly installed lightning rod system rarely fails to protect the property rodded.

MONEY ORDERS

Remit by Dominion Express Money Order. If lost or stolen, you get your money back.

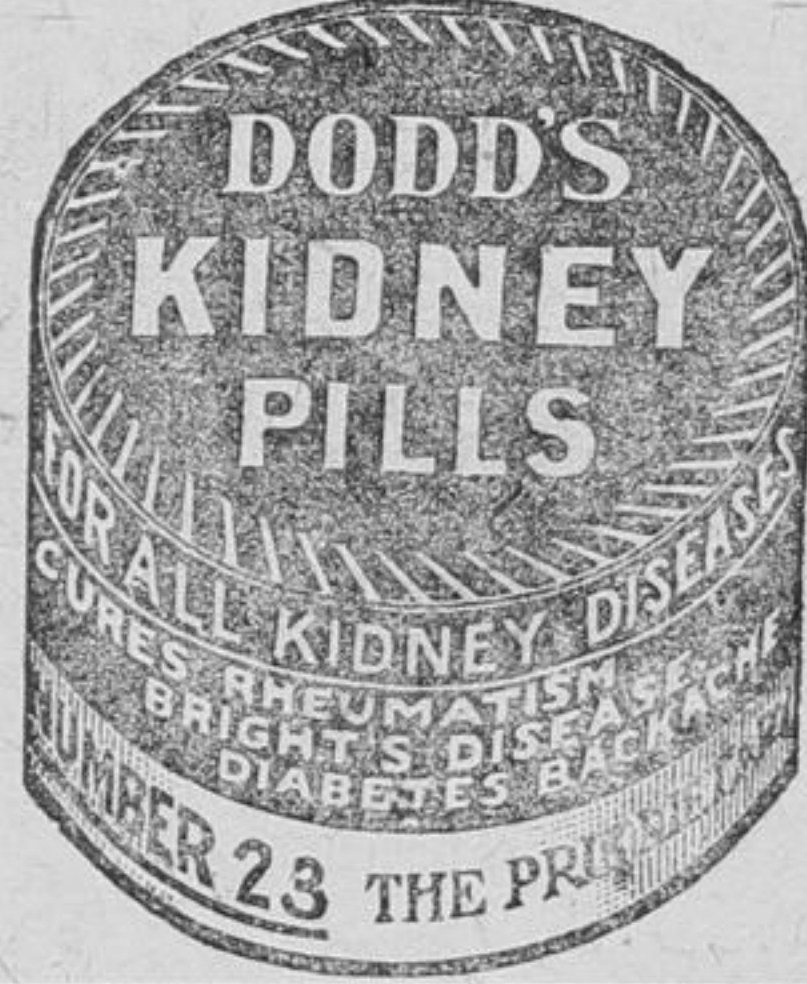
Never bale damp hay.

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.

IF FOOD DISAGREES DRINK HOT WATER

When food lies like lead in the stomach and you have that uncomfortable, distended feeling, it is because of insufficient blood supply to the stomach, combined with acid and food fermentation. In such cases try the plan now followed in many hospitals and advised by many eminent physicians of taking a teaspoonful of pure bisurated magnesia in half a glass of water, as hot as you can comfortably drink it. The hot water draws the blood to the stomach and the bisurated magnesia, as any physician can tell you, instantly neutralizes the acid and stops the food fermentation. Try this simple plan and you will be astonished at the immediate feeling of relief and comfort that always follows the restoration of the normal process of digestion. People who find it inconvenient at times to secure hot water and travelers who are frequently obliged to take heavy meals poorly prepared, should always take two or three five-grain tablets of Bisurated Magnesia after meals to prevent fermentation and neutralize the acid in their stomach.



WOMEN! MOTHERS! DAUGHTERS!

You who tire easily; are pale, haggard and worn; nervous or irritable; who are subject to fits of melancholy or the "blues"; get your blood examined for iron deficiency. **PURIFIED IRON** taken three times a day after meals will increase your strength and endurance 100 per cent in two weeks. It is a success in many cases.—Ferdinand King, M.D.

Write to Dr. King, 100 St. James St., Toronto, for a free trial of Purified Iron.

Machinery For Sale

- 1 WHEELOCK ENGINE, 18x42. New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept \$1,200 cash for immediate sale.
- 1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C. Will accept \$425 cash for immediate sale.
- 1 LARGE LEATHER BELT. Double, Endless. 24 inch x 70 ft. Will accept \$300 for immediate sale, although belt is in excellent condition and new one would cost about \$600.
- PULLEYS, Large size. 26x66—\$30; 12x60—\$20; 12½x48—\$12; 12x36—\$8.
- 2 BLOWERS OR FANS, Buffalo make. One 10 inch, other 14 inch discharge—\$30 each.

REAL ESTATES CORPORATION, LTD.

60 Front St. West, Toronto

ROYAL YEAST CAKES



The sultry summer past, September comes,
Soft twilight of the slow declining year,
More sober than the buxom, blooming May,
And therefore less the favorite of the world;
But dearest month of all to pensive minrs.
—Carlos Wilcox.

Minard's Liniment for sale everywhere.

The Mother's Duty



Your good looks may be your fortune. Who knows? Then why not keep your complexion fresh and clear, your hands soft and white, your hair rich and glossy. Cuticura will help you. Used every day for all toilet purposes, Cuticura Soap clears the pores of impurities, while little touches of Cuticura Ointment prevent little skin troubles becoming serious. Absolutely nothing better or purer.

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

WOMAN NOW IN PERFECT HEALTH

What Came From Reading a Pinkham Advertisement.

Paterson, N. J.—"I thank you for the Lydia E. Pinkham remedies as they have made me well and healthy. Some time ago I felt so run down, had pains in my back and side, was very irregular, tired, nervous, had such bad dreams, did not feel like eating and had short breath. I read your advertisement in the newspapers and



decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman. I advise every woman, single or married, who is troubled with any of the aforesaid ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles as they did me."—Mrs. ELSIE J. VAN DER SANDE, 36 No. York St., Paterson, N. J.

Write the Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass, if you need special advice.