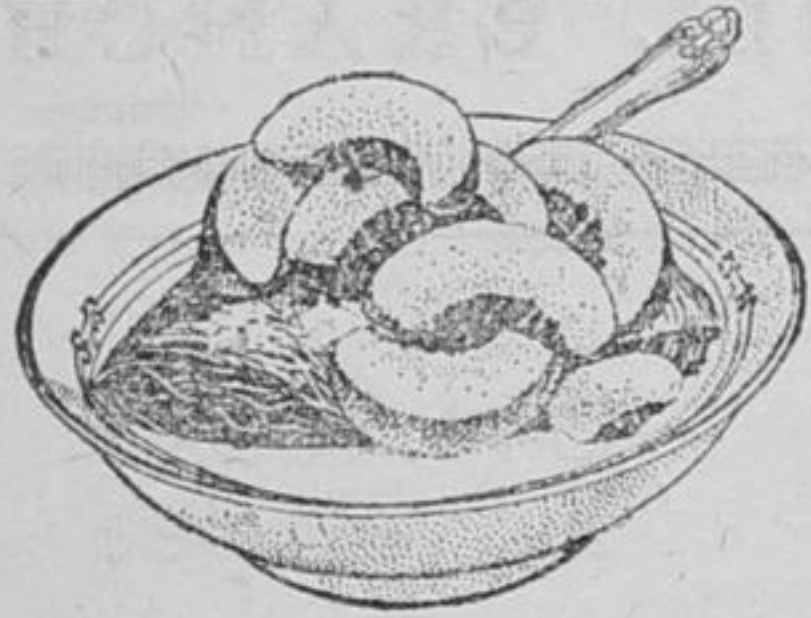


**You Can Do Your Bit** in preventing waste by demanding the whole wheat in breakfast foods and bread. **Shredded Wheat Biscuit** is 100 per cent. whole wheat grain prepared in a digestible form—contains more real nutriment than meat or eggs or potatoes and costs much less. Serve with milk or cream,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



Made in Canada.

**Marriage and Talk.**

It is only when people are different that they have a great deal to say. When they are alike they are satisfied just to be in each other's company. As married folk gradually exchange ideas and reconcile their differences their conversation is apt to give way to a contented and sparing use of verbal shorthand. A marriage of long standing that is still noisy with constant talk is not one to be envied. It argues an irrepressible conflict.

**TORONTO FAT STOCK SHOW**

One of the coming events which all live stock men and farmers should not miss is the Toronto Fat Stock Show, to be held at the Union Stock Yards, on Friday and Saturday, December 7th and 8th. The Auction Sale always brings record prices, and it is well worth your time to see the competition among packers and butchers for the prize winners. Entries for this year's show are larger than ever.

**Preserving Overshoes.**

Cutting a heel-shape piece out of an old overshoe and pasting it in the heel of new overshoes prevents the heel wearing out while the rest of the overshoe is comparatively new.

Minard's Liniment Co., Limited. Gentlemen,—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of Inflammation.

Yours,  
W. A. HUTCHINSON.

**Characteristic Suggestions.**

A gentleman who had a good collection of china, deploring to his friends the carelessness of a manservant whose fingers, as the Scotch would say, "were all thumbs," said he did not know what to do with him. "Why not dismiss him?" said the practical Englishman. "But he is a good servant," said his host. "Stop it out of his wages," said the Scotsman, with the excellent caution of his race. "But," said the master, "he breaks more than his wages would pay for." "Why not raise his wages?" asked the Irishman.

**Minard's Liniment Cures Colds, &c.**

Frocks of a delicate color always look better if washed in bran water, no soap being used.

**Potato Chowder.**— $\frac{3}{4}$  lb. salt pork, 6-10 potatoes, 1 onion, 1 tablespoon chopped parsley, 1 tablespoon flour, 1 tablespoon dripping, 1 pint milk, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon pepper. Cut pork and potatoes into cubes and cook with the seasonings, and sufficient water to cover until done. Make the white sauce of the fat, flour and milk. Drain off the surplus water when the potatoes are cooked, add the white sauce and reheat.

**How to Purify the Blood**

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Selgel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

**New Designs You Will Like**



The small lad will enjoy wearing this good-looking little suit. McCall Pattern No. 8086, Boy's Suit. Pattern in 3 sizes; 2 to 6 years. Price, 15 cents.



New designs for house dresses are always appreciated if they are as good looking as this one. McCall Pattern No. 8069, Ladies' House Dress. Pattern in 7 sizes; 34 to 46 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.

**THE ONLY MEDICINE FOR LITTLE ONES**

Mrs. H. Blanche, St. Pamphile, Que., writes:—"I have obtained great results from the use of Baby's Own Tablets. They are the only medicine I know of that one can depend upon to promptly cure bowel and stomach troubles." The Tablets never fail to relieve the little one and besides the mother has the guarantee of a government analyst that they are absolutely safe. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**PRESCRIBING BY WIRELESS.**

**How Physician Saved a Life a Thousand Miles Distant.**

The captain of a tramp steamer in the Gulf of Mexico was lately taken ill with ptomaine poisoning. With death staring him in the face, on account of inadequate medical aid, he decided to call, by wireless, for assistance from the physicians at a naval station a hundred miles away. In the event the message was picked up by a liner seven hundred miles away, and the ship's surgeon made all haste to reply to this strange "S.O.S." with a full and detailed prescription, which was without much difficulty made up from the tramp steamer's medicine-chest, and the captain's life was saved.

A fireman on a Canadian Pacific liner which carries no surgeon was attacked in mid-ocean with internal hemorrhage. Wireless communication was secured with an Allan liner, and details of the symptoms transmitted across a thousand miles of ocean. A prescription was not only received, but daily consultations took place for some time, and the medicine was "changed" several times.

For emergencies a wooden automobile tire, made in sections to be bolted to a wheel, has been invented.

Minard's Liniment Cures Diphtheria.

**BRITISH SCULPTORS WORK.**

**Aid in Manufacture of Splints For Wounded Soldiers.**

Several prominent British sculptors are among the voluntary workers at a new war factory just opened in London to provide special splints and similar devices for injured soldiers.

The splints are made chiefly of waterproofed papier mache from plaster casts taken from the patients themselves and are light as air and perfect fitting as compared with the old wood and leather splints.

In the surgical boot department voluntary women workers under the guidance of professional boot makers will turn out leather and metal reinforced boots for convalescents.

**SERIOUS ILLNESS AVOIDED**

Many a serious illness has been avoided by the prompt use of Dr. Williams' Pink Pills. These pills actually enrich and purify the blood, and in this way build up the system, tone and strengthen the nerves and invigorate the vital organs.

Serious diseases generally come from some simple disorder that has been neglected. Therefore any thinning of the blood should be looked upon as a warning sign, and more serious illness should be avoided by the use of Dr. Williams' Pink Pills. In the case of young girls and women the blood is peculiarly liable to get out of order—to become thin and watery—and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink Pills, which are suitable for the most delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weakened nerves, banish depression and lack of energy, clear the complexion of pimples and blotches, cure pain in the back and general weakness, cause the disappearance of headaches, dizziness and heart fluttering. Give these pills a fair trial and you will soon note a wonderful change in your condition. Your spirits will brighten, good health and strength will return, and you will feel like a new person. You can confirm these statements by enquiring among your friends almost anywhere, as thousands and thousands of hopeless sufferers have been restored to new health and energy by using Dr. Williams' Pink Pills.

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.

**DANCING OSTRICHES.**

**A Strange Sight on the Sandy Plains of Southern Africa.**

One of the oddest sights on the sandy stretches of plain in southern Africa is a party of waltzing ostriches.

A writer on the subject thus describes their queer antics: "When there are a number of them they will start off, and, running a few hundred yards, will stop and, with raised wings will whirl rapidly round till they are stupefied, or perhaps break a leg.

"The males pose also before fighting. They kneel on their ankles, opening their wings, and balancing themselves alternately forward and backward, or to one side or the other, while the neck is stretched on a level with the back and the head strikes the sides, now on the right, now on the left, while the feathers are bristling. The bird appears at this time so absorbed in its occupation as to forget all that is going on around him, and can be approached and caught.

"The male utters a cry, which sounds much like an effort to speak with the mouth shut tight."

The war collection of the Royal Library of Berlin now numbers 50,000 volumes, and they are bound in special covers of gray, stamped with the Prussian eagle.

**GIRLS! LEMON JUICE IS SKIN WHITENER**

How to make a creamy beauty lotion for a few cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

**ROYAL YEAST**  
Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.  
MADE IN CANADA  
E.W. GILLETT COMPANY LIMITED  
WINNIPEG TORONTO, ONT. MONTREAL

**A Cameo.**  
The wise forget, dear heart;  
They leave the past  
And play the hero's part,  
Brave to the last.

They weep not nor regret,  
Calm are their eyes.  
Dear heart, the wise forget—  
I am not wise!  
—Jeannette Bliss Gillespy.

**Minard's Liniment Cures Distemper.**

**What He Needs.**

"Papa," said Tommy, "little brother is a month old to-morrow, isn't he?"  
"Yes."  
"Let's you and me give him a birthday present."  
"Very well. What shall it be?"  
"Let's buy him a wig. He needs that more'n anything."

**MONEY ORDERS**

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

**Those Last Dear Moments.**

Each at her post we women stand;  
Mine is the safer, easier part—  
And yet there is an iron band  
Of envy round my heart  
For her, the weary nurse who spent  
Those last dear moments at his side,  
The woman who in pity bent  
And kissed him when he died.  
—Amelia Josephine Burr.

**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

**Make Bees Work Overtime**

Plans are being worked out in California whereby at the end of the honey-gathering season bees will be transported to a new region where flowers are blooming to see if they will continue their work and thereby increase the output.

**DODD'S KIDNEY PILLS**  
CURES RHEUMATISM, BRONCHITIS, DIABETES, BACKACHE, GRAVEL, NEURALGIA, MIGRAINE, HEADACHE, AND ALL KIDNEY DISEASES.  
NUMBER 23 THE PR

**Agents Wanted**

In all towns where we are not represented to sell our phonographs to their friends at factory prices. Every machine guaranteed made in Canada and we guarantee satisfaction. Write at once for particulars.  
The World Phonograph Co., Dept. W.  
739 Broadview Ave., Toronto, Ont.

When buying your Piano Insist on having an **"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.

There ought to be many times when we get down on our knees, but we never ought to fail to do this when we see that little heap of sawdust at the foot of a fruit tree. Save the tree from the borers by getting right after them with a sharp narrow-bladed knife. Kill them or they will kill your trees.

**Minard's Liniment Cures Garget in Cows**

**PRODUCE**

**NEW LAID EGGS, POULTRY, PEAS,** beans, honey, onions wanted. Highest prices given. J. D. Arsenault, 1195 St. Catharine East, Montreal.

**MISCELLANEOUS**

**"HEAVEN AND HELL"**—Swedenborg's great work on a real world beyond and the life after death; 400 pages; only 25 cents postpaid. W. H. Law, 486D Euclid Avenue, Toronto.

**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.

**Of Vital Interest to Syrup & Sugar Makers**

Wide awake Maple Syrup Makers will consult their best interests by ordering their supplies now instead of delaying until March, our busiest time. Write for our free booklet telling about our "Champion" Evaporator, made in 22 sizes suitable for large or small groves.  
**THE GRIMM MFG. CO., LIMITED**  
58 Wellington St., Montreal, Que.

**YOU CAN'T CUT OUT A Bog Spavin or Thoroughpin**

but you can clean them off promptly with

**ABSORBINE**  
and you work the horse same time, Does not blister or remove the hair. \$2.00 per bottle, delivered. Will tell you more if you write, Book 4 M free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Varicose Veins, Ruptured Muscles or Ligaments, Enlarged Glands, Wounds, Cysts. Allays pain quickly. Price 25 and 50c per bottle at druggists or delivered.  
W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Que.  
Absorbine and Absorbine, Jr., are made in Canada.

**CUTICURA HEALS ITCHY SCALP RASH**

That Burned and Pained Four Years. Hair Came Out. Loss of Sleep.

"My scalp was red and very itchy, and a fine rash developed which burned and pained incessantly. This seemed to destroy the hair roots, causing my hair to come out, which disfigured the top of my head. It also caused loss of sleep. The trouble lasted four years. Then I sent for a free sample of Cuticura Soap and Ointment which encouraged me so I bought more, and I had one cake of Cuticura Soap and one box of Ointment and I was healed." (Signed) John Cunningham, Church St., Antigonish, N.S., April 4, 1917.

Why not make Cuticura your everyday toilet soap and prevent skin troubles? Absolutely nothing better.  
For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.



**Outdoor Workers**

are subject to exposure to all kinds of weather, and strenuous outdoor work brings the rheumatic aches. You can't afford to be laid up, so heed that first twinge of rheumatism. Use Sloan's Liniment. Clean and convenient, no need to rub, no stains; no clumsy plasters and your pain disappears.

Sprains, strains, neuralgia aches and stiff, sore muscles are all relieved by the application of Sloan's Liniment.

Generous size bottles at all druggists; 25c., 50c., \$1.00.

**Sloan's Liniment**  
KILLS PAIN