

Eat Less—But Better. There is no one going hungry. You should eat foods only the greatest nutriment at the cost. The whole wheat grain is the most perfect food given to man. **Redded Wheat Biscuit** 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, or peaches or other fruits make a nourishing, satisfying meal at a cost of only a few cents.

Made in Canada.

GARDEN NOTES.

Madonna lily bulbs may be planted in month, but most other bulbs should not be set until October. Protect cauliflower heads from the sun, thus: Gather some of the outer leaves over them and tie in place. Won't take long to throw old blankets, cloths or papers over the tomatoes in the garden when it looks like frost, and may save them for a number of days.

We have had good luck ripening late tomatoes by pulling the vines and letting them lie with the fruit on an old cloth shed. A great many of the tomatoes turned out fine.

Late celery should be cultivated throughout the month or as long as it is possible to get through without damaging the plants. But, remember, the roots are near the surface, and deep tillage will do more harm than good.

Spinach for the early spring market can be sown now, either broadcast, or in drills twelve to fifteen inches apart, and one inch deep on well-manured ground. It is hardly possible to get the land too rich for spinach. The hardy prickly variety will winter better than other kinds. On the approach of freezing weather cover with leaves or straw.

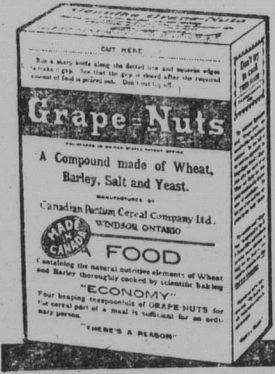
Like celery, late cabbage should be cultivated as long as possible. A leaf broken off now and then will not matter. Fewer will be broken if the cultivating is done during the middle of the day.

Early celery will be wanted the latter part of this month, or the first of next. It should now be "handed"—that is, straightened up and the soil drawn to it with the hoe. If boards, paper or other devices are to be used for blanching, handling is not necessary. A week or ten days after handling more earth should be plowed up to the plants, leaving only the tops above the ridge. If blanketed too long in warm weather celery is likely to spoil, and it is safer to blanch only as needed to fill orders.

After the first slight frost bulbs of the dahlia, cannas, tuberose, elephant ears and Madeira vine should be taken up and stored. When the foliage of the dahlia or canna is frost-bitten, cut off the upper part and leave about six or eight inches of the stem attached to the roots. Aim to remove the roots as a clump and with dirt attached. This is the time the root should be tagged if color or varieties are to be remembered. The best time to dig is in the morning. Then the roots can be spread out in the sun and exposed to the wind so that they will dry well and cure. Be sure that the dirt attached to the bulbs is thoroughly dried before storing in a cool dry cellar. They are best spread out on the floor in one corner, or placed on shelves where it is cool and the ventilation good.

Water raspberries and blackberries during dry weather to insure strong canes for next season's crop.

The Food Controller is lending his help to the farm labor situation in Ontario where it is acute. Representatives of the large industries met in Toronto and considered ways and means of releasing men from their regular work to help with the harvest.



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.

A PET CHIPMUNK.

With 22 Peanuts in Her Cheek Pouches Couldn't Enter Hole.

The chipmunks in my yard, says Mr. Enos A. Mills, who lives in the Colorado Rockies, are fed so freely upon peanuts that they have come to depend upon them for winter supplies. They prefer raw peanuts to the roasted ones. The chipmunk near the particular and will occasionally reject peanuts that are handed to her with the shell on. Commonly, however, she seizes the nut with both forepaws, then, standing erect, rapidly bites them away the shell until she reaches her cheek pouches held from twelve to twenty of these. As soon as she has filled them she hurries away to deposit her stores in her underground granary.

One day she managed to store twenty-two, and her cheek pouches stood out abnormally! With this swelled and unsmooth head she hurried away to the storehouse, but when she reached the hole her cheeks were so distended that she was unable to enter. After trying again and again she began to enlarge the hole. This she presently gave up. Then she rejected about one third of the nuts, entered, and stored the remainder. In a few minutes she was back for more. One day she made eleven round trips in fifty-seven minutes.

Early one autumn morning a coyote, in attempting to reach her, dug into her granary and scattered the nuts about. After sending him off I gathered up three quarts of shelled nuts and left about as many more scattered through the earth. Over these the jays and magpies squabbled all day.

Once a lady, who was unsympathetic with chipmunks, was greatly startled when one of the youngsters scurried up her clothes and perched on her head. She screamed wildly, and the young chipmunk, in turn frightened, fled with all haste. He took consolation with his mother, several yards away. She, standing erect, received him literally with open arms. He stood erect, with one arm upon her shoulder, while she held one arm round him. They stood thus for some seconds, he screeching a frightened cry, while she, with a subdued muttering, endeavored to quiet him.

It is a conquest when we can lift ourselves above the annoyance of circumstances over which we have no control; but it is a greater victory when we can make those circumstances our helpers, we can appreciate the good there is in them.—Lucy Larcom.

Two Favored Designs



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.



The fancy pocket continues to be a style feature on children's as well as grown-ups' frocks. The little straight pleated frock with a deep yoke is particularly noticeable for the pockets in front, which are attached to both the front panel and the belt. McCall pattern No. 7866, Child's Dress; in 5 sizes; 2 to 10 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.

AVIATORS, DON'T SNEEZE.

Nine-tenths of Accidents in the Air Caused by Thus Losing Control.

A recent issue of the American Magazine contains an account of Miss Katherine Stinson, the girl aviator, from whose school in San Antonio, Texas, many of the aviators now flying in Europe were graduated. Miss Stinson herself has performed some of the most difficult aerial feats.

When asked if she ever was afraid of falling, she replied that sneezing was the only thing she feared. She declared that nine-tenths of the accidents in the air are caused by aviators losing control of their machines by sneezing.

"The aviator," she said, "passes through numerous strata of air of different temperatures. He often sneezes violently. When you sneeze you lose all control of yourself for the moment, and if you don't catch yourself quickly it is probable that 'your friends will gather up your remains.'"

Albert of Belgium.

Immortality crowns the man who acts. The royal insignia of Albert of Belgium gave him no crown among the immortals; but the royal stature of his soul, as revealed to the world in the glorious defence of his people under fire, has now been written in gold for the eyes of generations unborn. When before in all recorded time did the world's geniuses render a fellow mortal such a tribute as the "Book of King Albert"? Whether it be Joan of Arc burning on her pyre, or a common soldier bleeding in the trenches, they who risk their lives for the cause they love are illumined by the fame that shall be as light forever. The world is full of heroes whom perhaps only the angels sing. But of all those whom the world honors finally each one has taken a superhuman risk and so achieved a superhuman task. This alone repays for the ills and hurts and heartbreaks of life, and this alone makes one immortal.

Visit your neighbor occasionally and see how he does things. Not all the good farming methods are used within the line fences on your farm.

Minard's Linctament Cures Dandruff.

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.

BLAME SPIES FOR CRISIS.

Disaffection Among Russian Troops Due to German Agents.

Events of the greatest magnitude are crowding on the heels of each other with such rapidity it is hardly possible to chronicle them, much less to give a reasoned statement. The future of discipline in the regiments of the 11th Army, which let the Austro-Germans through, was due entirely to the agitation of extremists which every day shows more clearly is the work of the hidden hand of German spies. The impudence of this propaganda is almost past belief. In the 11th Army the effect has been to nullify the advantages of the recent advance to Halicz. In case the Russian troops composing the advanced forces are retiring west of the Sereth it is grave danger.

As if this is not enough the communique indicates insubordination has made headway in all parts of the army. If this had happened in any other army one might confidently predict its final defeat, but Russian psychology is capable of such extraordinary changes it may yet be possible that the situation may be saved. There is still left some common sense amongst the leaders of the ignorant masses in the riots in just enable the government to save the situation, particularly as the provisional government has declared itself a Committee of Public Safety with the support of the vast majority of the Committee of Soldiers' and Workmen's delegates.

Kerensky, supported by Tseritelli, Nakrassoff and Terestchenko, is virtual dictator. His disinterestedness is beyond suspicion, while his fervor, eloquence and driving force are what are necessary to bring Russia through the crisis. The revolution and the State are undoubtedly in danger. Directly the situation was taken in hand with a strong grip the extremists vanished. The question of the reintroduction of the death penalty is already raised. As soon as it can become effective the Committee of Public Safety will have an instrument with which to operate. The masses are too much out of hand to be deterred by anything now.

Minard's Linctament 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.

Clean up the house before fowls go into them in fall.

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 woman without iron. The fact has been that when women needed iron they took ordinary medicine, which of course, corroded the stomach, and did far more harm than good. Today 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. For every 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.

Thou beautiful for mountain 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 wigmans 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 to farthest sea, From sea to farthest sea. —Charlotte Carson-Talcott.

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. **YOUR EYES** No Smarting, Just Eye Comfort. **Murine Eye Remedy** At Your Druggist's or by Mail, Express or by Parcel Post. For Book of the Eye, Free. Ask Murine Eye Remedy Co., Chicago.

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 Linctament Co., Limited.

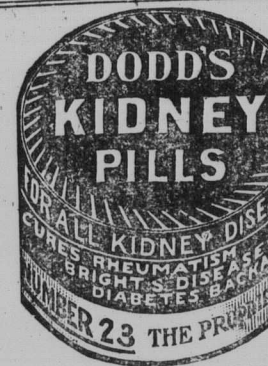
Geutlemen, I was badly kicked by my horse last May, and after using several preparations on my leg nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I could start on the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

JOS. DUBES, Commercial Traveller.

Four things a man must learn to do: If he would make his record true; To think without confusion clearly; To love his fellow man sincerely; To act from honest motives purely; To trust in God and heaven securely. —Van Dyke.

Minard's Linctament Relieves Neuralgia.

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 the wholesale house.



Used for making hard and soft soap, for softening water, for cleaning, disinfecting and for over 500 other purposes. REFUSE SUBSTITUTES. GILLETTE COMPANY LIMITED TORONTO, CANADA.

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.

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

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

Minard's Linctament Cures Burns, Etc. The Paris sewers are the largest and most complete in the world.

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 eczema, rashes and chafings, permits sleep for infant and rest for mother, and points to speedy healing 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.

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 household work. 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 household work. 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, 533 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.