

GOOD DIGESTION A SOURCE OF HEALTH

When the Stomach is Out of Order the Whole System Suffers.

Indigestion is one of the most distressing maladies afflicting mankind. When the stomach is unable to perform the work nature calls for, the result is severe pains after eating, nausea, heartburn, fluttering of the heart, sick headache, and often a loathing for food, though the sufferer is really half-starved. People with poor digestion, too, frequently try all sorts of experiments to aid the process of digestion, but there is only one way in which the trouble can actually be cured, that is through the blood. That is why the tonic treatment with Dr. Williams' Pink Pills cures even the most obstinate cases of indigestion. They make rich, red blood that strengthens the stomach and the nerves, thus enabling it to do its work. The process is simple, but the result means good appetite and increased health and pleasure in life. In proof of these statements, Mrs. Albert Hall, Sonya, Ont., says: "I have used Dr. Williams' Pink Pills with wonderful results. For two years I was a great sufferer from indigestion, which almost made me a physical wreck. At times my sufferings were so great that I was unable to attend to my household duties. I had smothering spells at times and was afraid to lie down to rest. After every meal, no matter how sparingly I ate, I suffered great distress. I tried several doctors but their medicine was of no avail. I saw Dr. Williams' Pink Pills advertised to cure this trouble and decided to try them. I had not been taking them long when I felt somewhat improved. This improvement continued and after taking ten boxes I could eat and digest all kinds of food and felt better than I had done for years. You may be sure I am very grateful for the wonderful relief these pills have given me. I know they are also a cure for anaemic sufferers, as an intimate friend of mine was badly affected with this trouble and after taking several boxes she was entirely cured."

You can get these pills through any dealer in medicine or by mail, post paid, at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE CROWN PRINCE IS NASTY.

He Is Dissipated, Erotic, and Immoral, and Looks the Part.

When one comes to study the dissipated life of Germany's Crown Prince one is forced to the conclusion that he has not been born to the purple. His lack of brains, his vitiated tastes, his drinking orgies, his erotic nature, his readiness to shed blood, sacrifice life, would, long before the present war, have ostracized him from the society of decent men.

His upbringing was snobbish. At Bonn University his orgies were the wonder of the students, already skilled in every form of dissipation. As a subaltern his escapades became the talk of two continents.

Little Willie's face begins to show signs of evil living. His eyes are sometimes dull and glassy, and sometimes weak and watery. The mouth droops at the corners, and shows that he is easily led along the paths of evil. To shake hands with him gives one the feeling of touching a snake.

The Prince's nature is cruel, callous to a degree. He once made a cruel remark while big game hunting to a Maharajah whose guest he was. A beater started to enter a dense clump of jungle grass in which a wounded panther had taken refuge. A native officer shouted a warning to the man from the howdah of the next elephant, whereupon the Prince turned to the Maharajah in impatient protest: "Tell him to let the chap go on, your Highness," he cried. "It is not every day that one can see a man mauled by a leopard."

Another on the Minister.

An army chaplain at the front came upon a sergeant and a small detachment who were trying hard to move a wagon which was hopelessly embedded in mud. "Can I be of any service to you?" the benevolent divine inquired. "Yes, sir," the sergeant replied. "You can best help us by making yourself scarce." "Making myself scarce," the clergyman repeated in surprise. "Yes, sir. You see, the men can't very well say to the horses what they'd understand when you're about."

There are 262 sections for the horse classes at the Canadian National Exhibition—the most complete in the world.

Some people can't stand prosperity, but the majority don't get a chance to try.

REPAIRS

Promptly Made to Order
Storage Batteries
Generators
Magneto
Starters.

CANADIAN STORAGE
BATTERY CO., LIMITED
117 Simcoe St., Toronto.
Willard Agents.

ENEMY IS ON THE DEFENSIVE

VERDUN MAY BE THE LAST GREAT OFFENSIVE.

Outstanding Facts at the End of Two Years' War on Land.

Germany is on the defensive. The initiative has passed to the Entente Allies. This is the one great outstanding fact of the second year of the war.

Before, she aimed a blow where she pleased. She seized most of Belgium and a seventh of France. Twice she overwhelmed the Russians, who had penetrated East Prussia.

She smashed her way far into the Czar's dominions and crushed Serbia and Montenegro. She directed a fearful battering ram of shells and human bodies on Verdun.

But with the present summer a sweeping change came by the aspect of military affairs.

Co-operating through the War Council, the Italians beat back the Austrian columns in the Trentino, the Russians drove the Germans before them in the east with terrible destruction, and the British and French began a slow and methodical bending of the long established lines in the west.

The Third Year.

These are the movements which are still going on as the war enters its third, and according to Lord Kitchener's Delphic prediction, final year. One thing is certain, the two largest empires of the earth, Russia and Great Britain, are at last fully organized for war against him.

On the first anniversary of the war, August 1, 1915, the Austro-German sweep of Poland was in full swing. Lublin fell that day; Cholm, Aug. 2; Warsaw, Aug. 6; Ivangorod, Aug. 7; Serock, Aug. 9; Lomza, Aug. 11; Siedlce and Sokolow, Aug. 14; Kovno, Aug. 19; Novo Georgievsk, Aug. 21; Ossowiec, Aug. 24; Nowel, Aug. 25; Brest-Litovsk, Aug. 27; Olita, Aug. 28; Lutsk, Sept. 4; Brody, Sept. 3; Grodno, Sept. 4; Dubno, Sept. 10; Finsk, Sept. 17, and Vilna, Sept. 20.

It seemed to neutral observers nothing could stop the Germans in the east, and it was generally believed the invaders had themselves chosen the line extending from just west of Riga nearly straight south to Roumania, on which they spent the winter.

Even when on Sept. 8, the Czar took command of all his armies in person, won a victory near Tarnopol Sept. 10, and recaptured Lutsk, Sept. 26, and Czartorysk, Oct. 20, few believed the Russians could revive. Lutsk was soon lost again and on Oct. 25 the Germans stormed Ulluk. Then things settled down for the winter, and almost every neutral critic thought the spring would see a resumption of the Teuton drive.

Invasion of Serbia.

On Oct. 8, the Teutons crossed the Serbian border at many points and five days later the Bulgarians, newcomers in the war, invaded from the east. Fighting desperately, but hopelessly, the Serbians were pressed back by torrents of heavy shells to which they could not reply, and on Nov. 29 the German General Staff was able proudly to announce that the operations against Serbia had ended in complete success, while Austria at the same time was finishing off Montenegro.

But unsuccessful as the year 1915 had been to the allies in the field, their will to conquer did not waver. At the moment, early in December, when the German Imperial Chancellor was making a clear offer of peace in a speech in the Reichstag, the representatives of Germany's enemies were meeting in a new War Council at Paris, resolved to redouble their herculean efforts and never compromise.

On Dec. 21 David Lloyd George the strongest man in England, declared Great Britain faced defeat unless greater efforts were made; and just a week later he demanded general conscription, threatening to resign if this measure were not put into effect. The conscription bill passed its first reading in the House of Commons Jan. 6 and spring saw it in full force. Premier Asquith was able to announce that England's total effort was five million men.

Giant Recovers.

Meanwhile in the east a greater giant was nursing his wounds and regaining his strength in four-fold degree.

A forewarning came to the world on Feb. 17, when Erzzerum was taken. On April 19 the great Black Sea port of Trebizond fell, and two days later the first Russian contingent landed in France. Still the German writers would not believe, and it took the magnificent Russian drive of June, which won all of Bukovina and a large slice of Volhynia and Galicia to convince them that Russia was again a force to be reckoned with.

Seven million young men have come of military age in Russia since the war began, and of these at least five million are fit for duty. Despite her gigantic losses it is quite possible there are more soldiers and potential soldiers in Russia to-day than when the war started.

Erroneously considering the western front the more dangerous, the

Come Out of the Kitchen.

It is the closed season for the bake-oven. Banish kitchen worry and work. Forget cooks, servants and gas bills. Solve your Summer problem by serving **Shredded Wheat Biscuit**, the ready-cooked whole wheat food. A food that restores the digestive organs to their natural vigor, supplies all the nutriment needed for a half-day's work, and keeps the bowels healthy and active. We have done the baking for you. Eat it for breakfast with milk or cream; serve it for luncheon with berries or other fresh fruits.

Made in Canada

German General Staff on Feb. 21 began a heavy attack on the fortress of Verdun, with the object of using up French ammunition and men until no allied offensive would be possible this year.

Whether their gains were victories or defeats will only be known after the war, when we learn the number of killed and wounded they paid for each point.

Enemy's Last Effort.

Perhaps Verdun will be the last great German offensive. Certainly to-day the Teutons have their hands full stemming the Russian advance, which is penetrating Transylvania, and the Anglo-French pounding attack along the Somme.

The Austrians, who in the latter half of May deluged from the Trentino and almost gained the foothills and smiling plains of Italy are also content to stand and ward off the blows of the Italians, after giving up most of their gains.

The year saw the Germans lose their Cameroon colony in January, while columns of Belgians, French, and British close in on the stout defenders of the East African colony, the last of the Kaiser's overseas possessions.

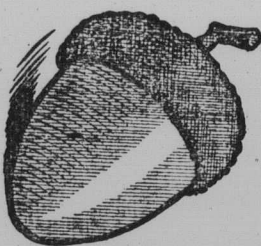
In Mesopotamia the British, penetrating to within seven miles of Baghdad, were forced to retreat, being finally besieged in Kut-el-Amara and on April 30 the garrison capitulated.

SUGAR TROUBLES IN GERMANY.

Impossible to Get It at Time of the Preserving Season.

Sugar has apparently taken the place of butter as the supreme woe of the German housewives. In numerous towns and cities (such as Frankfurt-on-the-Main) no sugar at all is served to customers in coffee-houses, restaurants, and hotels. The Frankfurter Zeitung in a recent issue published a prominent notice advising people to take either their own sugar or saccharine with them when going to public eating-places. The notice states that little bottles of saccharine can now be bought at the chemists' for 6 cents. The Food Dictator at Berlin hopes soon to arrange for cafes and restaurants to pass "saccharine bowls" round.

This is the height of the fruit preserving season in Germany and women are frantic over the difficulty of securing preserving sugar. The Vossische Zeitung stated that preserving sugar was no longer obtainable in Berlin, while the big residential suburbs like Wilmersdorf and Charlottenburg had thus far not been allowed any at all by the Food Dictator.



As the acorn grows to be the mighty oak, so children, when rightly nourished, grow to be sturdy men and women.

Good flavor and the essential nourishing elements for mental and physical development of children are found in the famous food—

Grape-Nuts

Made of whole wheat and malted barley, this pure food supplies all the nutriment of the grains in a most easily digested form.

It does the heart good to see little folks enjoy Grape-Nuts and cream.

"There's a Reason"

Sold by Grocers.

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

THE SELKIRK TUNNEL.

Will Cost the C. P. R. \$12,000,000 at the Least.

The Selkirk tunnel will be through in the fall, according to the C.P.R. officials. This is another of the notable things to which the company has put its hand—a tunnel six miles through a mountain whose peaks pierce the clouds—a tunnel which presented engineering difficulties almost unique.

This work will give the public an alternative route through the mountains; it will save six miles of snow sheds; it will eliminate danger, and it will minister to the comfort and convenience of the public. The cost will be \$12,000,000 or more. That is about the only big work the C.P.R. has been engaged in lately, but it is interesting to recall that in the years before the war the company used to spend between \$25,000,000 and \$35,000,000 per annum in the development of the West. If, as a high official of the C.P.R. remarked, the C.P.R. took a dollar out of the West, it put that dollar back again in some form or other. It would hardly be believed, but the C.P.R., since its inception, has spent over \$200,000,000 in the development of the West.

Ask for Minard's and take no other

No Need for the Other

Tommy had returned from a birthday party, his round face wreathed in smiles.

"I hope, Tommy," said his mother, "that you were polite and remembered your 'Yes, please,' and 'No, thank you,' when things were passed to you."

"I remembered 'Yes, please,' replied the boy cheerfully, "but I didn't have to say 'No, thank you,' mother, because I took everything every time it was passed."

Sore Eyes
Granulated Eyelids.
Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Minard's Eye Remedy**. No Smearing, Just Eye Comfort. At Your Druggist's 50c per Bottle. **Minard's Eye Remedy** 25c. For Book of the Eye Remedy, Write to Minard's Eye Remedy Co., Chicago.

True.

"Don't be afraid of a great name, my boy."

"Why not?"
"Because in this life you will find that the unknown, quiet chap who is doing his best every minute to succeed is a harder man to beat than the famous, over confident fellow, who is only half trying."

Keep Minard's Liniment in the house

Can't Keep Ahead.

"There's no pleasure in driving a motor car any more."

"No?"
"No. It doesn't make any difference how fast you drive there's always someone with a faster car coming along to give you the horn and make you get over to let him go by."

Montreal, May 29th, '09.

Minard's Liniment Co., Limited, Yarmouth, N.S.

Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.

Yours very truly

THOS. J. HOGAN.

The Champion Clog and Pedestal Dancer of Canada.

Not to be Fooled Twice.

Judge (interrupting long-winded lawyer)—Can't you take it for granted that I understand an ordinary point of law?
Lawyer (coolly)—Your honor, that's the mistake I made in the lower court, where I lost my case.

Minard's Liniment used by Physicians.

No articles offensive in odor or appearance, or of a combustible or explosive character are accepted for exhibition at the Canadian National Exhibition.

A PIGEON-POST YARN.

Amusing Story About an Indian Postmaster.

Like most men whose lives have been spent in India, General Birdwood has many amusing stories to tell of native manners and customs.

One of the best of these concerns a Babu postmaster in a village just this side of the border, to whom Birdwood, who was on duty up among the hills, frequently sent letters by pigeon post, the speediest, and in most instances the only method of communication.

One day, however, it chanced that a mounted orderly was going that way, and Birdwood entrusted his letter to him; and, as he had no proper official foolscap envelope handy, he enclosed it in one of the small flimsy ones used for the pigeon postal service, and on the outside of which was printed, "O.H.M.S., per pigeon post."

The missive was an important one, and the postmaster should have forwarded it at once by the ordinary mail to its destination.

Judge then of Birdwood's disgust when, a few days later, he received it back unopened, and on the back of the envelope, in the Babu's copper-plate handwriting, the following inscription: "Method of delivery irregular; please attach pigeon!"

THEY ARE A GREEDY, GRABBING LOT

MOTIVES OF THE ENEMY ARE SO SORDID!

German Foreign Office Sees Allies Bent on Destruction of Germany.

Reviewing the political events of the second year of the war, the German Foreign Office has given to the Associated Press the following statement:

"Unlike the military situation, it is not easy to review briefly the developments in the confused paths of political events, but an attempt will be made to trace the leading ideas connected with the political problems of the second year of the war."

"The world war was caused by Russia's aggressive policy, supported by France's policy of revenge. But it was rendered possible solely by the fact that England subordinated to her economic antagonism to Germany all her other interests."

And Will Get Them.

"Whereas Germany's enemies regard it quite in order that they demand territorial aggrandizements, and others—like Russia, who wants Constantinople and Galicia; like France, who desires Alsace-Lorraine and the left bank of the Rhine, and like Italy, who seeks Austrian territory—they grudge Germany even that she strive to develop herself economically in peaceable competition, and they pronounce this an unpardonable sin against the world's order of things."

"They are unwilling that Germany should become great and strong because the other powers want to be the economic masters of the world. Territorial and economic aggrandizement has united Germany's foes in a war of destruction against us."

"The second war year, whose end is now approaching, has brought these true aims of our opponents into clearer light."

"In England, too, the mask has been dropped. It is openly admitted that Belgium was only a pretext to justify England's participation in the war which was undertaken only from self-interest."

Punished is the Word.

"Germany must be destroyed. Germany shall never more raise her head economically nor militarily. In this way is the goal of our enemy more clearly enunciated during the second year of the war."

"It is equally clear that the talk of a struggle of democracy against militarism is only a catch-word used by our enemies to create sentiment and to cloak outwardly their real purpose of destruction. Assuredly there can be no talk of a struggle for the maintenance of democratic principles when one side sets out to destroy the enemy completely, including the civilian population."

"Chancellor Von Bethmann-Hollweg's remarks made in the course of the year outlined German aims with sufficient clearness. England wants a war of destruction; a war to the knife, which, according to the plans of our enemies, shall continue even after the cannon is silenced. Their former talk about the permanent peace that they wished to establish has been drowned under the shout that Germany's enemies are raising over the Paris Economic Conference."

There Is Yet Time.

"Building upon what she already has achieved Germany treads the threshold of the third year of the war with unshaken confidence. But the goal has not yet been reached, for the enemy has not yet come to see the impossibility of subjugating Germany."

TO HALT "PAPER" SHOES.

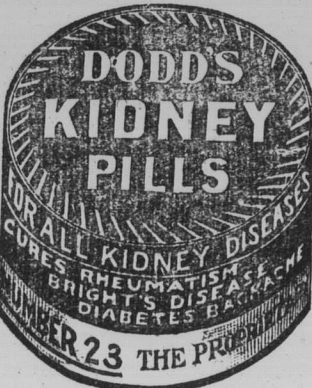
Germany Takes Steps to Check Use of the Material.

The use of compressed paper for the making of shoes has become so extensive in Germany that the authorities have taken action to check the manufacture and sale of such shoes.

The German papers explain that the trade in shoes with paper soles is bad for the public and for the manufacturers, because the shoes wear out very quickly and the leather which forms part of them is wasted.

Manufacturers are now to be allowed to use paper in shoes to only a very limited extent and will be compelled to mark their products in such a way as to show exactly what parts of them are not made of leather.

The upstart who says trade is vulgar is usually slow when it comes to paying his bills.



Suspicion.

"What makes you think Stiggins is a mollycoddle? He's always talking about wanting to fight?"
"That's the reason. He sounds to me as if he were so scared that he thought it necessary to bluff."

Minard's Liniment Zumberman's Friends

The Canadian National Exhibition has several times been visited by fire. The last occasion was in 1906, when \$350,000 worth of buildings were destroyed, including the Grand Stand.

So many people wait in vain for their ship to come in harbor they were never launched.

Few women who dive into the sea of matrimony manage to bring up pearls.



SHOES FOR EVERY SPORT AND RECREATION
Sold by all good Shoe Dealers
Worn by every member of the family

SEED POTATOES

SEED POTATOES, IRISH COB- bles, Delaware, Carmel, Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

FOR SALE

POLAND CHINA HOGS. SMOOTH, big-boned, quick growing, half-ton kind, and every one registered. The ideal farmers' hog sold at farmers' prices. MAJOR EDGAR, North Hatley, Que.

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 West Adelaide Street, Toronto.

MISCELLANEOUS

CANCER, TUMORS, ULCERS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

BOOK ON DOG DISEASES And How to Feed
Mailed free to any address by the Author
H. CLAY GLOVER CO., Inc. 118 West 31st Street, New York

10-15-20
Years from now the Bissell Silo will be giving good service. It is built of selected timber, treated with wood preservatives, that prevent decay. It has strong, rigid walls, airtight doors, and hoops of heavy steel.
Therefore it lasts, simply because it can't very well do anything else. Our folder explains more fully.
—Write Dept. U.
T. E. BISSELL CO., LTD. Bloor, Ontario.

DON'T CUT OUT A Shoe Boil, Capped Hock or Bursitis FOR

ABSORBINE

will reduce them and leave no blemishes. Stops lameness promptly. Does not blister or remove the hair, and horse can be worked. \$2 a bottle delivered. Book 6¢ free.
ABSORBINE, JR., for manhood, the antiseptic Allays Pain and Inflammation. Price \$1 and 2¢ a bottle at drugists or delivered. Will tell you more if you write.
W. F. YOUNG, P. O. F., 515 Lyons Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and dynamo 30 K.W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.

S. Frank Wilson & Sons
78 Adelaide Street West, Toronto.

ED. 4. ISSUES 33-34.