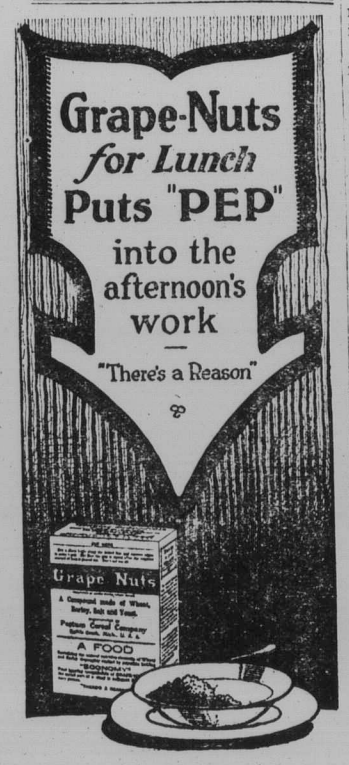
When You Eat Bread you are entitled to everything in the whole wheat grain. Dr. Wiley says: "Wheat is a complete food containing all the elements necessary for human nutrition." But be sure you get the whole wheat in a digestible form. **Shredded Wheat Biscuit** is whole wheat made digestible by steam-cooking, shredding and baking—the best process ever devised for preparing the whole wheat grain for the human stomach. Two or three of these crisp little loaves of baked whole wheat with milk and berries, make a delicious nourishing meal. Made in Canada.

Two Pretty Frocks

Who can resist the charms of a Georgette frock with bolero of filet lace? This dress is for a girl graduate and particularly suits the importance of graduation as it combines style, girlishness and dignity. McCall Pattern No. 7802, Misses' Dress; suitable for small women; in 3 sizes; 16 to 20 years. Price, 20 cents.

Even little girls are wearing dresses having skirts of figured material, and plain waists trimmed with the figured ic. The model illustrated shows rticularly pretty frock of this kind h a skirt finished with a frill around the waist and a great big collar having points on the shoulders. McCall Pattern No. 7778, Girl's Dress; in 6 sizes; 4 to 14 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.



FLIERS' PROPAGANDA BALKED.

Germans Forbid Belgians Touching Paper Dropped by Aviators.

A fine of $2,500 and three years imprisonment are the penalties imposed by the German authorities on Belgians who dare pick up proclamations or objects of any nature dropped by allied aviators in invaded territory. The inhabitants are forbidden to approach any flying machine that may be obliged to alight in Belgian territory and are obliged whenever an aviator lets fall any object whatever to notify the burgomaster, who in turn must report immediately to the kommandantur.

This measure is supposed in Belgium to be intended to put an end to propaganda by the aviators of the Belgian, French and British flying corps, who have until now succeeded in keeping the Belgians remaining in occupied territory more or less posted on the military situation.

THIN-BLOODED MEN AND WOMEN

Need the Rich, Red Blood Dr. Williams' Pink Pills Actually Make.

Thin-blooded people do not remain so from choice but from indifference, in some cases from despair. People who are pale, languid, with palpitation of the heart, some difficulty in breathing and a tendency to be easily tired are suffering from thin blood. They need only the resolution to take the right treatment and stick to it until cured. The remedy that can be relied upon is Dr. Williams Pink Pills for Pale People. With every dose they make new blood, and new blood means health and strength. The red cheeks, good appetite, increased weight and strength that follow the use of these pills prove their great value to thin-blooded people. Here is an example: Mrs. J. McDonald, Jr., Hay, Ont., says: "I honestly believe Dr. Williams Pink Pills saved my life. Some years ago I had anemia, and as I did not realize the seriousness of the trouble I soon became a complete wreck. I got so weak I could hardly walk. I neither ate nor slept well, and could not go up stairs without stopping to rest. At times I had an almost unbearable pain in my back and would have to remain in bed. I suffered almost constantly from a dull headache, and when sweeping if I would stoop to pick up anything I would get so dizzy that I would have to catch hold of something to keep from falling. At times my heart would beat so fast that I would have a smothering sensation. My eyes were sunken and my hands and limbs would be swollen in the mornings. I tried several kinds of medicine without benefit and my friends thought I would not recover. Then I began taking Dr. Williams' Pink Pills, and before long could see and feel that they were helping me. I gladly continued the use of the pills until I was completely cured and I cannot say enough in their praise, and I strongly recommend them to all run down girls and women."

You can get these 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.

FOOD FROM AMERICA.

Many Varieties of Food Plants Are Native to This Continent.

We are told that the American continent must supply Europe with food. In an important sense, America has been doing that very thing since long before the present generation of mankind was born into the world. For Europe owes to America a good many of its food plants.

The potato, which is Germany's main dependence to-day, is, of course, a familiar example. It is now believed by naturalists to have been first obtained by the Spaniards, who carried it to Europe, from the little archipelago of Chiloe, off the south coast of Chili, where at the present time potatoes grow wild, some of the varieties found there being unknown in Canada.

The tomato came originally from Mexico, whence the Conquistadores took it back with them to Spain. In the markets of any Mexican town to-day will be found many varieties of tomatoes wholly unfamiliar to ourselves and which are far superior to any grown in Canada. They have been in common use in that country since long before the days of Montezuma.

Maize, which in southern Europe is a staple food crop, is supposed to have originated on the highlands of Central America. But it was extensively cultivated in North America before Columbus landed. The Indian tribes were considerably agricultural before the white man came and disturbed them.

Beans are a native of North America. The sweet potato, the pumpkin, the strawberry and the red pepper are all of American origin. So likewise is the peanut. Vast quantities of peanuts are grown to-day in Africa—most of them being pressed for "olive oil" at Marseilles—but the plant is not of African origin, as has often been alleged. Perhaps that notion came from the fact that slave traders who brought cargoes of negroes from Africa to the United States were accustomed to feed their unhappy captives on peanuts, which were cheap and sustaining.

One of the most nutritious of all food substances is furnished by the chocolate bean—the seed of the plant called "cacao." The latter originated in America, but is now grown extensively in tropical regions all over the world.

Last, but by no means least, consider the cotton. It originated in the New World, and it was with surprise and delight that Europe welcomed the discovery of a plant that actually produced wool for the weaving of fabrics. Cotton is grown in many regions today, but the United States still produces five-sixths of the world's total crop.

Cotton not a food crop? Oh, yes, it is, and a very important one. Nearly one-third of all the enormous output of cottonseed oil in this country now goes to make "hogless lard," which has replaced to a great extent the product of the pig. A superrefined grade of this oil is employed to a large extent in the manufacture of "artificial" butter, which, having an agreeable flavor and an attractive natural color, is steadily gaining favor.

QUEEN'S UNIVERSITY
KINGSTON ONTARIO
ARTS
MEDICINE EDUCATION
APPLIED SCIENCE
Mining, Chemical, Civil, Mechanical and Electrical Engineering.
HOME STUDY
Arts Course by correspondence. Degree with one year's attendance.
Summer School July and August — Navigation School December to April
15 GEO. Y. CHOWN, Registrar

THE BUTTERFLY AND THE BEE.

Methought I heard a butterfly
Say to a laboring bee:
"Thou hast no colors of the sky
On painted wings like me."

"Poor child of vanity; those dyes
And colors bright and rare,"
With mild reproof, the bee replies,
"Are all beneath my care.

"Content I toil from morn till eve,
And, scorning idleness,
To tribes of gaudy sloth I leave
The vanity of dress."
—William Lisle Bowles.

Minard's Liniment used by Physicians.

He that holds fast the golden mean,
And lives contentedly between
The little and the great,
Feels not the wants that pinch the poor,
Nor plagues that haunt the rich man's door.

MONEY ORDERS.

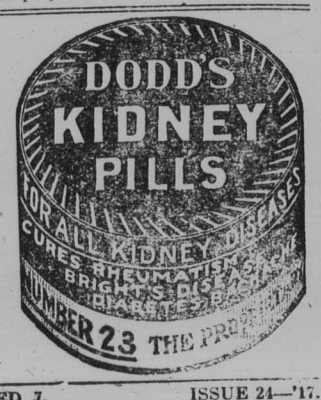
DOMINION Express Money Orders are on sale in five thousand offices throughout Canada.

To waste fuel in the preparation of an "economy dish" is not good economy. A dish that is to be substituted for meat or potatoes may be cheap in itself, but if it requires long cooking it should be reserved for ironing or baking day when the fire will serve a double purpose.

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale.
All the people use it.
HARLIN FULTON.
Pleasant Bay, C. B.

U. S. Seeking Our Wood.

Mr. K. C. Clark, of Oldtown, Me., in a recent interview with the St. John, N.B., "Telegraph," stated that United States lumber firms in the east are reaching out more and more into Canada for material, and that within another five or ten years almost all the large lumber mills in Maine will have been converted into pulpwood and pulp mills.



Southern "Kunnels."

A group of Northerners at a hotel in Louisville were poking fun at the partiality of Southerners for the titles of "colonel," "major," and "judge."

"What is a colonel hereabouts?" asked one of the group, and there immediately followed a discussion. Finally a colored attendant was drawn in.

"Well, gents," said the negro, "dere's lots of ways to answer dat question. I'se knowed folks what was born kunnels—it jest run in de blood foh ginerations. An' I'se knowed folks what was jest app'inted to be kunnels. And' yit others what was made kunnels by bein' kind to niggers. For instance, any man dat gives me a dollah is a kunnel to me hencefo'th foreveh."

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets is the ideal medicine for little ones. They regulate the bowels and stomach; break up colds; cure constipation and indigestion; expel worms and make teething easy. They are guaranteed to be absolutely free from injurious drugs and may be given to the youngest child with perfect safety. Concerning them Mrs. T. M. Forknall, Mission City, B.C., writes: "I have used Baby's Own Tablets for my three little ones and have found them the best medicine a mother can give her children." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

To Destroy Plant Lice on Shurbs.

Plant lice will soon be attacking house plants and shrubs, fruit trees, garden and field crops, sucking out the juices from the leaves and causing loss in yields. Nicotine sulphate combined with soap has been most effective to control these insects in tests made by the Ohio Agricultural Experiment Station.

Keep Minard's Liniment in the house.

The invasion of Belgium, the most flagrant offence against international right Europe had seen for centuries, proved that the German Government can not be trusted to keep any engagement, however solemn.—Viscount Bryce.

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.

INDIA IS FREE.

Dominions Are Fighting For Liberty, Says Newfoundlands' Governor.

The Mahraja of Bikanir speaking recently said:—

"Those who say that India is held by the sword do a great injustice both to Great Britain and to India. British rule in India rests on firmer principles of justice, equity, and fair play. In the process of a constructive, healthy evolution it is inevitable that differences should arise, but these are not more than a family quarrel to be settled between the parent country and the younger members of the Imperial household."

Sir Edward Morris speaking of Newfoundland's pride at the part she was playing in the war emphasized that the part the dominions were taking in the war was due to their love of liberty.

After the Movies Two Eyes for a Lifetime Murine is for Tired Eyes. Red Eyes — Sore Eyes — Granulated Eyelids. Rests — Refreshes — Restores. Murine is a Favorite Treatment for eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity. Care for Them. You Cannot Buy New Eyes! Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book

A recently invented farm motor is so small that it can be carried around in a wheelbarrow. It will run with either kerosene or gasoline.

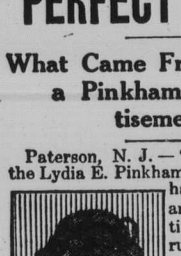
Minard's Liniment Lumberman's Friend.

Nothing is gained by a boy who goes through college. The college should go through him.

ABSORBINE TRADE MARK REG. U.S. PAT. OFF.
Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains; stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. $2.00 a bottle at druggists or delivered. Book 1 M free.
ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. $1.00 a bottle at druggists or postpaid. Will tell you more if you write.
W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.
Absorbine and Absorbine, Jr., are made in Canada.

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. Sometime 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.

Has been Canada's favorite yeast for more than forty years.
Enough for 5c. to produce 50 large loaves of fine, wholesome nourishing home made bread. Do not experiment, there is nothing just as good.
E.W.GILLETT CO. LTD
TORONTO, ONT.
WINNIPEG MONTREAL

When watering the garden do it thoroughly. Make the watering equal to a twelve hours rain. As soon as the surface is dry enough use the hos to form an earth mulch and keep the water from evaporating.

Ask for Minard's and take no other.

Choosing is the highest act of life.

When buying your Piano insist on having an
"OTTO HIGEL" PIANO ACTION

America's Pioneer Dog Remedies
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

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.

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.

AUTOMOBILES FOR SALE

1910 CADILLAC IN GOOD RUNning condition. Has spare tire. Price $250.

HUDSON, 1916 MODEL, 6 CYLINder, 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price $1,300.

HUDSON, 1915 MODEL, 6 CYLINder, 7 Passenger Touring Car, with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Oversize tires. Price $1,200.

HUDSON, MODEL 37, 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new car. Price $650.

PAIGE SEDAN. A VERY FINE looking closed car seating five. Electric lights and starter, also inside dome light. Nearly all the windows open, which gives ample ventilation for summer driving. Price $700.

HUDSON, MODEL 33. 5 PASSENger, 4 cylinder Touring Car, in good running order, at a special price, $350.

HUDSON 1913 MODEL "54." A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price $750.

STUDEBACKER, SEVEN PASSENger, 4 cylinder Touring Car, in good running order. Tires in good shape. This car was painted this year and looks very nice. Price $350.

JACKSON, 5 PASSENGER, 4 CYLINder Touring Car. Has electric lights and starter, good tires, and is a bargain at the price, $300.

RUSSELL, 3 PASSENGER CABRIOlet. A very handsome closed car, suitable for a doctor. Price $1,000.

We only sell used cars after the purchaser has had a demonstration and satisfied himself of the running qualities of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstration.

THE DOMINION AUTOMOBILE CO., Limited
146-150 Bay Street, Toronto, Ont.

Doctors and Eye Specialists Agree That Bon-Opto Strengthens Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now agree there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses." Another, who used it says: "I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now, and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100%. I have since verified the efficacy of this treatment in a number of cases and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious opthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative treatment I prescribed Bon-Opto and in 24 hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your collyrium. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. I always instill Bon-Opto after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. By cleansing the lids of secretions and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Conner says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopical research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient."

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by G. Tamblyn and T. Eaton & Co., Toronto.