**Dread must contain the** entire wheat grain—not the white flour center — but every particle of gluten and min source for the set of gluten and the set of mineral salts-also the outer bran coat that is so useful in keeping the bowels healthy and active. Shredded Wheat Biscuit is the real 'war bread" because it is 100 per cent. whole wheat prepared in a digestible form. Contains no yeast, baking powder, seasoning, or chemicals of any kind. Food con-servation begins with Shredded Wheat Biscuit for breakfast and ends with Shredded Wheat Biscuit for supper. Delicious with sliced bananas,

salute each other faced the chances of death. It must Medicine Co., Brockville, Ont. rections, stop and

before they passed on. Those wonderful little insects live in immense underground houses with many rooms connected by long pass-organization makes them feel more

ages. I have poured as much as ten acutely, gallons of poisoned water into one hole without filling it. In some of the rooms the ants store their food; in others, lined with particles of leaves that here how used for umbrellas. OF BABY'S OWN TABLETS that have been used for umbrellas, they place the pupa cases or white Thousands of mothers keep a box of

they place the pupit cases of white bags of eggs. Some of the ants seem to have spe-cial duties as nurses, and on any fine day yau may see them bringing the Mittle white pupze up to the surface and laying them round the top of the safe in the sunshine. When a shower approaches, they run at top speed to hole in the sumanice. When a shower Tablets. Whenever any of my chil-approaches, they run at top speed to Tablets. Whenever any of my chil-get their charges and carry them un-der shelter before the rain begins to fall. They are allowed to the shelter before the rain begins to them that I never hesitate in recom-

fall. In many places in Mexico and in western Texas these ants are very de-structive; they eat the leaves of the trees and destroy ornamental shrubs and plants. Once I made the experi-ment of putting sticky far round my

ment of putting sticky tar round my trees to protect them, and stood aside Let blue Monday be full of the blue to see what would happen. Here came the orderly column down the tree; inc un each soldier was carrying his green ing up. umbrella. When the leader reached the band of tar a sudden confusion Contemporting July, 1915, J Gentlemen,-In July, 1915,

larger or smaller, separated and groups, Gentlemen,—In July, 1915, I was thrown from a road machine, injuring my hip and back badly and was ob-About that time the upgoing line liged to use a crutch for 14 months. In September, 1916, Mr. Wm. Outridge and it went through a similar per of Lachute urged me to the MA reached the lower edge of the tar, in September, 1916, Mr. Wm. Outridge and it went through a similar per-formance. Some went back to the hole at the foot of the tree, and others that apparently were inspectors came out and walked round the tar band, examining it at every point.

green umbrellas calmly passing up and down the tree as industriously as Minard's Liniment Cures Colds. &c.

The Real "War far as he could, had caught his feet when a surgeon bends over a stricken and remained; the next had followed, man and dresses his wounds by the and ruthlessly had used the leaf and flaming light of a little slug of paraf-

followed his example, until with leaves to serve? Only that. The way be lifted and mangled bodies they had con-structed a pons formicarum entirely out of tedium into something ap-across my mighty barricade. BRAVE TELEPHONE GIRLS.

"Carried On" During Air Raid as the Hun Bombs Fell. STUDY AND EXERCISE

Scenes of bravery among the girlt of a London telephone exchange dur-ing the recent air raid are vividly de-thin bloodless children. Study does not scribed in "Telegraph and Telephone usually hurt a child at school unless built the the studies encreach on time that scribed in "Telegraph and Telephone usually burt a child at school antess Review" by Mr. J. W. Kennedy, who the studies encroach on time that was present. He says: should be spent in out-of-doors exer-cise. But lack of exercise and over-

was present. He says: Bombs actually dropping in the im-cise. But lack of exercise and over-mediate vicinity, while the presence of airmen over and on both sides of the St. Vitus Dance. If your boy or girl building was reported, and while the smoke from exploded bombs was dis-tinctly seen from the windows, and unable to stand still or sit still, you building was reported and while the at school is thin and pale, listless and smoke from exploded bombs was dis-tinctly seen from the windows, and unable to stand still or sit still, you through it all, the supervisor nearest must remember that health is much to me hovered over her section like a more important than education, and strong spirit seeking to help those un-ion because

berries, or other fruits. Made in Canada.
A MARTYR TO THE CAUSE.
Mexican Ants That Carry Little Green Umbrellas.
In Mexico there is a variety of ants that carry little green umbrellas, made from bits of leaves, to protect their bodies from the flerce tropical sun. Sometimes, writes a contributor who hats lived in the turbulent repub-tic across the Rio Grande, I have seen two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely carried the umbrella over the two ants walking together while one politely

two ants walking together while one to us that the rathe of guns control and the rathe of guns c

# Oldest British Colony.

Newfoundland is the oldest English colony, having just celebrated her 420th anniversary. It was discovered by John Cabot, a Bristol merchant, in his voyage of exploration in 1497; and in 1583 was occupied by Sir Humphry Gilbert, the navigator and soldier, the name of Queen Elizabeth. The is-land has raised over 10,000 men for the war, and gallant and hardy fighters those agriculturists, foresters, lumbermen, and fishermen have proved themselves to be in Gallipoli and in France.

# Minard's Liniment Cures Garget in Cows

- If you buy a Christmas present, Buy it now! If it be for prince or peasant,
- Buy it now! Buy it early in November, Or at least before December; You'll be glad if you remember— Buy it now!

GIRLS ! WHITEN SKIN WITH LEMON JUICE

Make a beauty lotion for a few cents to I was remove tan, freckles, sallowness.

> Your grocer has the lemons and any drug store or toilet counter will supply you with three ounces of orchard white for a few cents. Squeeze the juice of two fresh lemons into a bot-Juice of two fresh femous hields in a bot tle, then put in the orchard white and shake well. This makes a quarter pint of the very best lemon skin whitener and complexion beautifier known. Massage this fragrant, ereamy lotion daily into the face, neck, arms and hands and just see how freckles tan, sallowness, redness and rough-ness disappear and how smooth, soft and clear the skin becomes. Yes! It is harmless, and the beautiful re-

# HEMSTITCHING Raw Eggs betreep Foren. Raw eggs keep good much longer than cooked eggs, even when these are hard boiled. This was proved by Dr. Leon Lindet, a member of the On Blouses, Dresses, Table Linen, &c. Accordion and Knife Pleating. Covered Buttons made from your own Paris Conseil d'Hygiene, after many

braiding and Embroidery, Braiding and Embroidery, Our New Illustrated Catalogue is just, in, and we want every lady in Outario to have it. Write For It-It Is Free

TORONTO PLEATING CO. 14 Breadalbane St., Dept. W. Toronto

Might Be Better.

DODDS

PILLS

IDNEY

R23 THE PROP

that make a horse Wheeze, Roar, have Thick Wind or Choke-down, can be reduced with

comes an agglomeration of coagulated albumen and particles of a serum that "Don't you think you have a good mamma to spread such rice large slices of bread with jam?" asked litis an ideal medium in which microbe thrive. "Oh, I don't e miss; "she'd tle Ethel's grandma. "Oh, I know," deplied the little miss; be a heap sight gooder if she'd let me spread the jam myself."

Minard's Liniment Cures Diphtheria. Rio de Janeiro has 1,000,000 people



Raw Eggs Outkeep Boiled

French soldiers had reported that the hard boiled eggs they received from home had gone bad, while the raw eggs remained edible for weeks. Dr. Lindet

explains this fact by saying that the

boiling makes the inner memorane pervious to gases, liquids and mic-robes, and the white of the egg be-

Cuticura Healed. "The trouble which I had affected my hands only. It first came in watery bisters under the skin, addit they were scratched they broke, c> ng a mass of sore eruptions that caused disfigurement, itching, burning and loss of seep. The trouble lasted about one year and after using the Cuicura about three months I was completely healed." (Signed) Miss Aileen Sweet, Main St., Eastman, Que. Keep your skin clear by daily use of Cuicura Soap and Ointment. **Tor Free Sample Each by Mail ad-dress\_post-card: "Cuiteura, Dept. A, Boston, U. S. A." Sold everywhere.** 



Sloan's

Doctors Tell Why They Prescribe Bon-Opto. Explain How It Strengthens Eyesight

> \* Dr. Beck, an eye specialist of nearly twenty years practice, says: "Two promi-nent eye specialists, after a thorough exam-ination of a young girl aged twelve, de-cided that to save the sight of her right eye he left must be removed. A friend ad the left must be removed. A friend ad be removed. to try Bonher father



"In the event of an air-raid do collect in a crowd," reads a notice posted in a Kentish hamlet where the total population consists of nine per-

Minard's Liniment Cures Distemper. MISCELLANBOUS ADIES WANTED TO DO PLAIM and light sewing at home, whose or re time, good mad, work sent any dis-touting and the sent set of the sent through the set of the set of the set of the panary. Montreal, CANCER, TUMORS, LUMPS, A internal and external, cured out pain by our isome treatment. W us before too late. Sr. Bellman Med Co., Limited, Collingwoods, Ost.

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

**BROKEN DOWN** IN HEALTH

Woman Tells How \$5 Worth of Pinkham's Compound Made Her Well.

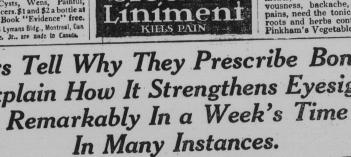
Lima, Ohio. — "I was all broken down in health from a displacement. One of my lady friends came t see me and she



Wash. I began tak-

Wash. I began tak-ing your remedies and tock \$5.00 worth and in two months was a well woman start three doctors said I never would stand up straight again. I was a mid-wife for seven years and I recommended the Vegetable Compound to every wo-man to take before birth and after-wards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them." - Mrs. JENNIE MOYER, 342 E.North St., Lima, Ohio.

Lima, Ohio. Women who suffer from displace-ments, weakness, irregularities, ner-vousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.





Also other Bunches or Swellings. No blister, no hair gone, and horse kept at work. Eco-nomical—only a few drops required at an ap-plication. \$2 per bottle delivered. Book 3 W free. ABSORBINE, JR., the antiseptic liniment for mankind, reduces Cysts, Wens, Painful, Swollen Veins and Ulcers.\$1 and \$2 a bottle at dealers or delivered. Book "Evidence" free. W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montral, Can absorbue and Absorbine. Jr., are made in Canada.

sults will surprise you

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A

**Constipation Cure** 

A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Seigel's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine, at druggists. 2

Anne services

LIFT YOUR CORNS.

Upon examination I found that the leader had laid down his leaf on the tar, then had walked out on that as Ingenious Invention of a New York

# out and walked round the tar band, examining it at every point. Finally I grew tired of watching them, and, feeling satisfied with my victory, I went into the house. But alas! what was my chagrin when I re-turned about sunset to revel in my conquest to see the ants with their conquest to see the ants with their conquest to see the ants with their title.—Shakespeare.

MAKING TRENCH TORCHES.

"Tea and Coffee Interfere with Digestion"savs a well known

> Many who use tea or coffee, not knowing that it aggravates stomach troubles, could still enjoy a delicious hot table beverage and escape harmful effects by a change to the wholesome, pure cereal drink-

authority.

POSTUM "There's a Reason"

In these days of wartime activities and self-sacrifice; intensive retren ments, intensive production, intensive training, it will surprise no one to learn that a New York woman has learn that a New York woman has turned the parlor of her home into a factory where small but willing hands produce the trench torch—otherwise called le petit flambeau. The torch it-self, one of America's latest and most ingenious contributions to the more is ingenious contributions to the war, is the surprise.

Like many another useful invention, Like many another useful invention, it is simplicity itself—strips of news-paper rolled on a small cylindrical mould of wood, the mould being re-moved after the roll is tied with a moved after the roll is tied with a single turn of common cord and be-fore it has been dipped in paraffin. The finished product, a sturdy little tube three inches long by about an inch in diameter, gives a six candle-power light for forty-five minutes at the—in this day—amazing cost of one-third of a cent. Add to this trivial cost a singular send elect

adaptability to conditions now prevail-ing in the zone of trench warfare, and surgeon and soldier have good reason The torch is waterproof. to rejoice. to rejoice. The torch is waterploof, an important item; it is easily carried in pocket or pouch by the dozen, if ne-cessary; it is all but indestructible; it burns with a clear, bright flame and is

non-explosive. All these points re-commend it to the surgeon in the field or the soldier in his trench or dugout. utes for ten cents, or as long as it takes to read a short story or play a game of cards. And this does not take

into account the more serious phase ED. 7.

How to loosen a tender .corn or callus so it lifts out without pain.

OFF WITH FINGERS

Let folks step on your feet here-

wear shoes a size smaller if the, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezone, applied directly upon a tender, aching corn, instantly re-lieves soreness, and soon the entire corn, root and all, lifts right out.

This drug dries at once and simply shrivels up the corn or callus without even irritating the surrounding tissue. A small bottle of freezone obtained Apparently the trench torch has ome to stay. Its practical utility is dicated in Mrs. Gushee's own state-nent that the torch makes it possible with the trench torch freezone obtained at any drug store will cost very little but will positively remove every hard or soft corn or callus from one's foot. If your druggist hasn't stocked this come to stay. indicated in Mrs. Gushee's own state ment that the torch makes it possible to light thirty soldiers forty-five min-to light the cents, or as long as it bottle of freezone for you from his bottle of freezone for you from his

ISSUE 46-'17. glasses,

d the

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