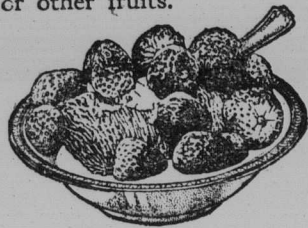


**The Bloom of Berries** in your cheeks—you can get it by cutting out the heavy, expensive foods of Winter that clog the liver and burden the kidneys. Here is a dish that will clear the skin and give you the bounding buoyancy of youth—**Shredded Wheat and Strawberries.** All the body-building material in the whole wheat grain, combined with berries or other fruits.



Made in Canada.

### A Practical Design



Everybody who has available land is cultivating it this summer, and women need practical clothes for this purpose. A plain waist of strong material with a short blousé skirt with bloomers and detachable leggings is a very practical costume, as the illustration shows. The skirt is cut in four gores, and the short length is 32 inches. McCall pattern No. 7073, Ladies' Waist, in 7 sizes; 34 to 46 bust; and No. 7011, Ladies' Sports Skirt, with or without bloomers; in 7 sizes; 22 to 34 waist. Each pattern 15 cents each. These patterns may be obtained from your local McCall dealer or from McCall Co., 70 Bond St., Toronto.

### His Own Shame.

"My mother's admonishing to me generally ended with the words: 'I'd be ashamed of you so and so,' and the word 'therefore,' was constantly used after he had eaten up his candy, his mother said. 'Did you eat Dorothy's candy?' I told you not to?" "I am," said Robert in a tone of shame, "and I'm just as ashamed as I can be, so you needn't tell me at all!"

### A Wise Move

is to change from tea and coffee to

### POSTUM

before the harm is done.

"There's a Reason"

### THE PROTECTING AIR.

Raindrops Would Kill Us But For the Atmosphere.

The fiercest bombardment conceivable would not be nearly so destructive to human life as an ordinary shower if it were not for the protective covering of our atmosphere. We live, move, and have our being at the bottom of an air room forty miles or more deep. Therefore, we are safe, not only from falling raindrops, but from meteorites and other wandering bodies from outer space. But, supposing that it were possible for human beings to exist in an atmosphere that rose only to a few feet above their heads, and that storm clouds could form in the region outside such a low-grade atmosphere, then every raindrop would prove as fatal to earthly creatures as if it were a steel bullet fired from a dynamite gun. As it is, however, the resistance of our atmosphere so materially reduces the rate at which the raindrops fall that they are harmless; though were it not for the hindrance they encounter from the air each drop would fall with a velocity great enough to penetrate the full length of a grown man's body.

### AFTER DOCTORS FAILED

A Well Known Resident of Port Hawkesbury is Restored to Health and Strength.

One of the best known men in the town of Port Hawkesbury, N.S., is Mr. William Duff. He has been a member of the municipal council for 16 years, chairman of the school board, and held other responsible positions. Mr. Duff's words, therefore, can be taken as coming from a man who has the esteem and respect of his fellow townsmen. He makes no secret of the fact that he believes Dr. Williams' Pink Pills saved his life, and that they restored him to good health, after several medical men had failed to cure him. Mr. Duff tells of his illness and cure as follows: "About four years ago I was attacked with la grippe, which left me in a condition difficult to describe. I was attacked with general weakness, and a constant dull pain in the stomach. I became so weak that I could not walk a hundred yards without sitting down to rest. The food I ate continually soured on my stomach. My nerves were all gone, and palpitation of the heart and a fluttering sensation all through my chest, especially at night, was almost unbearable. I was finally compelled to go to bed, and called in a doctor, who said my heart was affected, and treated me for that trouble. After three months attendance, and feeling no better, I called in another doctor. His treatment also failed to help me, and I tried a third doctor. This one said there was nothing wrong with my heart, that the trouble was due to my stomach. After treating me for a time he advised that I go to the hospital at Halifax. On a previous occasion when I had an attack of rheumatism I had been cured by Dr. Williams' Pink Pills, and I decided that rather than go to a hospital I would again try this medicine. I got a supply of the pills and began taking them. In a few weeks I could feel my strength returning, my stomach was giving me less trouble, the palpitation of the heart disappeared, and after a further use of the pills I felt as well as ever I did in my life. I can truly say that I feel more thankful than words can express for what Dr. Williams' Pink Pills have done for me." "You can get these pills from 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."

### MIRAGES BOTHER TROOPS.

Mystery of the Desert Interferes With Army Movements.

"Operations had to be temporarily suspended owing to a mirage," says an official communication from the Dala front, describing a minor strategic movement there. It is a reminder that, despite modern war inventions, there is at least one front where world-old conditions still play a dominating part. Thirst, heat and mirage are among the most important factors to be considered in Far Eastern campaigning, just as they were twenty centuries and more ago.

Although the why and wherefore of the mirage is better understood now than then, the British troops in Sinai and Mesopotamia have frequently been held up and mystified by the vision of lakes and trees, just as were the soldiers of Joshua or Alexander.

On the occasion referred to in the communication, the mirage was of minor character, preventing reliable reconnaissances. On a similar occasion some time ago, it produced the effect of the appearance of big Turkish reinforcements which necessitated caution until their phantom character had been established.

Mirages seriously interfered with Napoleon's Egyptian campaign, and it was due to the investigations of a French scientist who accompanied that expedition that they were first traced to tricks of atmospheric refraction.

### Recipe for French Flag.

If you make a French flag, remember that the blue strip, next to the staff, is 30 per cent of the length of the flag, the white 33 and red 37.

### CROSS, SICKLY BABIES

Sickly babies—those who are cross and fretful; whose little stomach and bowels are out of order; who suffer from constipation, indigestion, colds or any other of the minor ills of little ones—can be promptly cured by Baby's Own Tablets. Concerning them Mrs. Jean Paradis, St. Bruno, Que., writes: "My baby was very ill and vomited all his food. He was cross and cried night and day and nothing helped him till I began using Baby's Own Tablets. They soon set him right and now he is a fat, healthy boy." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Woman.

Not she with traitorous kiss her Saviour stung, Not she denied him with unholy tongue; She, while apostles shrank could dangers brave, Last at the cross and earliest at the grave. —Eaton Stannard Barrett.

### Keep Minard's Liniment in the house.

Not Fair. A leading milk distributor was talking to a reporter about milk prices. "But our adversaries' questions are not fair," he said. "Our adversaries are like the cross-examining lawyer. 'Is it true,' this lawyer asked a witness, 'that you were the only sober man at the banquet?' 'No, of course not,' the witness answered indignantly. 'Who was, then?' said the lawyer."

**Granulated Eyelids.** Eyes inflamed by exposure to sun, dust and wind quickly relieved by Murine Eye Remedy. No Smarting. Just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Freack Druggists or Murine Eye Remedy Co., Chicago

### Garden Tools.

A spade, garden fork, hoe and rake are absolutely necessary for gardening. A trowel and garden line to make straight rows with and for transplanting are desirable. Wheel hoes and seed drills are valuable for large gardens.

### MONEY ORDERS.

BUY your out of town supplies with Dominion Express Money Orders. Five dollars costs three cents.

### Docking Lambs.

When Mr. R. C. Harvey of Lethbridge is docking his lambs, he keeps one blade of a pair of home-made shears heated red hot by a gasoline blow torch. As the lamb is docked this hot blade sears the wound, and there is no loss of blood.

### Minard's Liniment used by Physicians.

### Danger to Public Health.

The fact that human beings contract tuberculosis by the use of milk and dairy products from tubercular cows is now almost undisputed by scientists and physicians who have investigated this question. The danger is especially acute in young children, who drink a larger proportion of raw milk than adults.

At the Yarmouth Y. M. C. A. Boys' Camp, held at Tusket Falls in August, 1916, MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES, General Sec'y.

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION

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

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 freezezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezezone. 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 freezezone 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 freezezone yet, tell him to get a little bottle for you from his wholesale house.

**ZAM-BUK**

Purely Herbal—No poisonous coloring Antiseptic—Stops blood-poison Soothing—Ends pain and smarting, etc. Pure—Best for baby's rashes. Heals all sores. 50c. box. All Druggists and Stores

### CLOTHES NOT NEEDED.

Natives of Tropical Brazil Are Finely Dressed Upon Occasion.

The aboriginal natives of the Amazon Valley, in the wild and densely forested interior of Brazil, wear no clothing except for ornament. Why should they? The climate does not demand it.

Nevertheless, some of them are the most beautifully dressed persons in the world—at all events, on festive occasions, when, as we should say, they "dollar up."

They wear cloaks, tunics and hats made wholly of the feathers of trogons and other gorgeous birds; and these garments are supplemented by necklaces, bracelets and anklets of polished teeth and brilliant beetles' wings.

This is the time to swat the early fly.

**MISCELLANEOUS** BICYCLES, NEW AND SECOND HAND. \$12.50 up. Send for special list. Variety Cycle Works, 41 Spadina Ave., Toronto.

**"Clean All" BOILER COMPOUND** For All Boiler Feed Waters Cycles Shaking and Pumping Grate Bars for all requirements Canadian Steam Boiler Equipment Co., Limited Tel. Gerrard 3660 Toronto 20 McGeoe St.

### WOMAN COULD HARDLY STAND

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Fulton, N. Y. — "Why will women pay out their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vegetable Compound will make them well? For over a year I suffered from female weakness I could hardly stand and was afraid to go on the street alone. Doctors said medicines would be useless and only an operation would help me, but Lydia E. Pinkham's Vegetable Compound has proved it otherwise. I am now perfectly well and can do any kind of work." — Mrs. NELLIE PHELPS, care of R. A. Rider, R.F.D. No. 5, Fulton, N. Y.

We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Lydia E. Pinkham's Vegetable Compound. If you have had symptoms and do not understand the cause, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.

## Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

Say it Strengthens Eyesight 50% in One Week's Time in Many Instances



DR. BECK

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

New York.—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a thorough test of the popular eye remedy, Bon Opto. Their reports were most interesting. Here they are:

Dr. Beck reports: "Before my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I made it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they have dispensed with them through the adoption of the Bon Opto principle. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it reaches conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principle, and there is no doubt in my mind they will come to the conclusion I have reached, that the Bon Opto method opens the door for the cure of many eye troubles which have heretofore been impossible to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen

the eyesight more than 50 per cent in one week's time. I have also used it with surprising effect in cases of work strained eyes, pink eyes, inflammation, catarrhal conjunctivitis, smarting, itching, burning, watering, and in fact many other conditions too numerous to describe in this report. A new and startling case yielded to Bon Opto, my observation, which yielded to Bon Opto, is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the young girl, decided in order to save the sight of her right eye the left eye must be removed. Before permitting her to be operated on, the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was saved. Just think what the saving of that eye means to this little girl. Another case is that of a lady ninety-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl of sixteen."

Dr. Judkins, Massachusetts physician, formerly Chief of Clinics in the Union General Hospital, Boston, Mass., and formerly House Surgeon at the New England Eye and Ear Infirmary of Portland, Maine, and medical author for many years, reports: "I have found countless too prone to operate and outdone to willing to prescribe glasses while neglecting the simple formula which form the basis of that wonderful home treatment for eye troubles, Bon Opto. This, in my opinion, is a remarkable remedy for the cure and prevention of many eye disorders. Its success in developing and strengthening the eyesight will soon make eye glasses old fashioned and the form of eye baths which the Bon Opto method provides, will make its use as common as that of the tooth brush. I am thoroughly convinced from my experience with Bon Opto that it will strengthen the eyesight at least 50 per cent in one week's time in many instances. Dr. W. H. Devine, director of medical inspection in the Boston schools, in his report published February 20, 1917, states that only 14.016 out of 82,175 examined, need to wear glasses now, a marked decrease over the previous report. Bon Opto is strengthening the eyesight again in hitherto neglected Boston."

Victims of eye strain and other eye weaknesses and those who wear glasses will be glad to know that according to Dr. Beck and Dr. Judkins, there is real hope and help for them. Many who have had their eyes restored by this remarkable prescription and many who once wore glasses say they have thrown them away. One man says, after using it: "It was almost blind. Could not read at all. Now I can read every thing without my glasses and my eyes do not hurt any more. At night they would burn and it was like a miracle to me." A lady who used it says: "The atmosphere around me with or without glasses but after using this prescription for 15 days everything seems clear. I can read even fine print without glasses. Another who used it says: 'I was bothered with eye strain

MADE IN CANADA **MAGIC BAKING POWDER** READ THE LABEL



CONTAINS NO ALUM Spinach For Paper. A French horticulturist, Mons. R. de Noyer, has discovered that spinach stems contain 46 per cent. of cellulose and make a paper equal to the Japanese product.

**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.

### 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.

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

HUDSON, MODEL 32, 5 PASSENGER, 4 cylinder Touring Car, in good running order, at a special price, \$550.

HUDSON 1913 MODEL "64" A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price \$750.

STUDEBAKER, SEVEN PASSENGER, 4 cylinder Touring Car, in good shape. This car was painted this year and looks very nice. Price \$550.

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 CARRIAGE, let 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 quality 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.

DR. JUDKINS

caused by overworked, tired eyes which induced nerve headaches. I wear glasses for several years, both for distance and close work and as 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 multitude more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by the use of this prescription at home. Here is the prescription: Go to any active 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 homecure failures might have saved their sight if they had cared for their eyes in time."

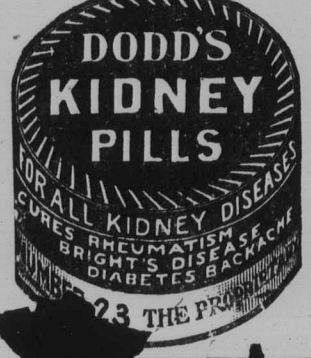
NOTE: Another prominent physician to whom the above article was submitted, said: "Yes, the remedy, its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or night glasses. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon Opto referred to above, is not a potent medicine or a secret remedy. It is an efficient preparation, the formula being printed on the package. The manufacturer gives it to strengthen eyesight in use out in one week's time in many instances and refund the money if it is observed to be of no benefit.

Good druggists, including general stores, also by G. Tamblin and T. Eaton & Co., Toronto.

DR. JUDKINS

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