Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect food given to man. In Shredded Wheat Bisquit you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including wheat grain is used including the whole wheat grain is used including the whole wheat grain and stuffs.

Epoch in Rural Life.

Ontario is making rapid strides to-wards food saving. In these war days, we are-doing many new things which we would not have thought out in peace times. Almost the very new them very much. They have proved of such value to me that I always keep of such value to me that I always

Among the many relics of ancient civilization now to be seen in Ceylon none is more interesting than Sigiri, a wonderful natural fortress remarkable not only for its singular annear. able not only for its singular appearance but also for its curious history. About 475 A.D. a parricide prince, Kasyapa by name, who had also at-Kasyapa by name, who had also at-tempted to murder his brother, fled from his home into the wilderness,

luxuriant tropical country near by.

For many years he lived there in se-

To-day the mesa, on which the archæologists are working, is stained red by the action of the rain on the bricks of the citadel, and when the sun strikes it at the right angle it looms up in a sort of bloody splendor, forming a fitting monument to its

claws, between which a staircase ascended, so that it is thus apparent why the mesa is called "lion rock," a translation of Sinha-girl—or, as it is contracted, Sigiri. The staircase was a remarkable work, for Kasyapa had to build it round walls that bulge forward at base and summit. It was a walled gallery of stone, spiralling round the rock to its summit, and was covered with cement and decorated frescoes, some of which are preserved even now in their original brilliant colors. As only a small part of the gallery remains to-day, the ascent must be made on an iron stairway constructed by the Asyabachesia. The sea horse is the seashore find them for wisitors at the seashore truly.

The sea horse (naturalists say) is the story of the most ancient fishes. It is one of the most ancient fishes. I gallery remains to-day, the ascent must be made on an iron stairway constructed by the Archæological Commission—a climb that is sufficient to test the nerves, for where you go up over the side, nearly four hundred feet above ground and far out beyond the base of the cliff, the downward view is not cut off, as it was in Kasyapa's time.

(which has a norse's heady was modeled after it.

The sea horse has a tube-like snout, at the end of which are the mouth and jaws. Its head is topped by a sort of cornet, Clad in a complete suit of armor plates, it cannot flex its body like other fishes, and its finless tail is of no use for locomotion. But the tail is a prehensible organ, by which it clings to water plants.

WMINIARY'S Liniment for sale everywhere.

The tops of young carrots and turnips are as good as beet tops to cook for greens.

Stimulate crysanthemums with



POSTUM has been adopted as the table beverage in many a home because of its pleasing flavor and healthful nature

FOOD SAVING IN ONTARIO.

Community Canning Marks a New

NERVOUS TROUBLE

The nerve system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances should cause acute distempted to murder his brother, fled tress. The first stages of nervous defrom his home into the wilderness, bility are noted by irritability and where he founded a new capital city restlessness, in which the victims round a rocky mesa.

Four hundred feet above the level of the surrounding country on the three-acre top of the mesa, Kasyapa built his palace.—a monastery, for he wanted to make retribution for his sins,—and many other brick and stone build. his phlace,—a monastery, it.

ed to make retribution for his sins,—
despair, for orders may be cured by improving orders may be cured by improvin despair, for even severe nervous disorders may be cured by improving the For many years he lived there in security, and then his vengeful brother came. Kasyapa foolishly descended from his rock to give battle, and his war elephant, turning aside to avoid a marsh, caused his followers to think that he wished to retreat; so retreat they did, and Kasyapa's brother had his revenge. After the prince's death the monk's maintained the citadel for a long time, but the walled city that

it One of the Most Ancient of Fishes and

forming a fitting monument to its former villainous ruler.

Facing a terrace at the base of the rock is a guardhouse. On the front of the rock is carved the head of a lion, and on this same terrace are its claws, between which a staircase ascended, so that it is thus apparent is the same terrace are its claws, between which a staircase ascended, so that it is thus apparent is same terrace are its claws, between which a staircase ascended, so that it is thus apparent is same terrace as the base of the rock is a guardhouse. On the front of the rock is carved the head of a lion, and on this same terrace are its claws, between which a staircase ascended, so that it is thus apparent is a strange Creature.

If mermaids were no bigger than some fairies, they might have horses are creatures familiar enough, though most people have never seen one alive. Summer and Sprains, as I have used it for both with excellent results.

clings to water plants.

It feeds on small shrimps and other crustaceans. Occasionally, uncoiling its tail from the supporting plant, it swims slowly, not like other fishes, but

ful for the rice that is used to torture Canadian wedding parties.

BABY'S OWN TABLETS PRIZED BY MOTHERS

Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits.

Made in Canada.

THE LION ROCK OF CEYLON.

Wonderful Natural Fortress Remarkable For Its Curious History.

Material contributed to this store. It looks as if this might be the beginning of a good work that should not end when the war need is over.

A Hay Building.

Farmers in the vicinity of Sunny-side, Yakima County, Wash, did a distinctive thing when they erected a palace of hay" in which to hold their and palace of hay" in which to hold their and palace of hay" in which to hold their and each woman who canned her own five feet high. It not only housed feet high. It not only housed for mation bureau and a grand stand in front of which a vaudeville program was given daily. The hay was loaned by the farmers and at the end of the fair was auctioned off at a very good price.

Minard's Liniment Cures Dandruff. Hearts Easy to Break.

In the simpler forms of life the heart is a mass of pulsating cells, which, as the creature grows to maturity, lengthen out into a tube. In many insects and flies the heart takes a pencil form, running from the forehead to the tip of the body. In animal and hird life the heart becomes mal and bird life the heart becomes mal and bird life the neart becomes more nearly round and proportionately stronger. An insect, owing to its peculiar structure, does not have to be crossed in love to die of a broken man; swallowing down many sore sufferings daily into silence; fighting like heart. A thumb on the back will do

The last hundred pounds of finish on a beef steer is the most economical gain and makes a steer grade prime and get the top of the market. Buyers come from all parts of the country and pay highest prices for the good, well-finished animals at the Auction Sale of the Toronto Fat Stock Show.

Fire From a Slab of Ice.

Take a smooth, clear, curving piece of ice, one not too thick, and hold it in the rays of the sun so that it will a long time, but the walled city that surrounded the mesa gradually decayed, and so in time did the edifices on the summit. Six centuries ago they were abandoned.

To-day the mesa, on which the archeologists are working, is stained red by the action of the rain on the summit of the sun so that it will bring the light to a sharp focus just as will a lens in a reading glass. The ice will not last long enough to burn a piece of paper, but if the focus rests on a speck of gun cotton it will cause for a speck of gun cotton it will cause for the sun so that it will bring the light to a sharp focus just as will a lens in a reading glass. The ice will not last long enough to burn a piece of paper, but if the focus rests on a speck of gun cotton it will cause for a speck of gun co

nips are as good as beet tops to cook

HARDLY STAND



THE ROAD OF DEATH.

Who shall say the road of Death Falleth sheer or harroweth? See how giad they march along, All our man cod, full of song, Chasing, as hey pass away, Fears and phantoms of our day, Sure in victory or defeat Their inheritance to meet. He who made them let them see Far above their agony,
To the light that never dies Round the rest of Paradise. Gladly do they march along, Full of laughter and of song, Finding none that sorroweth Past the glorious road of Death. -E. E. Speight.

MONEY, ORDERS The safe way to send money by mail is by Dominion Express Money Order.

One's Ancesters. Willie—Pop, wha are ancestors?
Father—Well, I'm one of yours—
and your grand-dad is another.
Willie—Oh, but why is it that folks
brag about them?

Minard's Liniment Relieves Neuralgia.

Can't Fail. If you'd suceed
This adage mind:
First find your work;
Then work your find.

MURINE Granulated Eyelids, Sore Eyes, Bugs Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in Your Eyes and in Baby's Eyes. No Smarting, Just Eye Comfort Murine Eye Remedy At Your Druggiet's or by Eye Saive, in Tubes 25c. For Book of the Eye Free. Ask Murine Eye Remedy Co., Chicago d

an unseen hero—nobody publishing newspaper paragraphs about his nobleness. However, he was not lost —nothing is lost."—Heroes and Hero

ABSORBINE STOPS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not bilster or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. \$2.00 a bottle delivered. Horse Book 9-M free.

ABSORBINE, JR., the antiseptic limiment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins; heals Sores. Allays Pain. Will tell you more if you write. \$1 and \$2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P. D. F., 516 Lymans Bidg, Montreal, Can absorbine and Absorbine. Jr., are made in Canada.

CUTICURA HEALS ITCHING BURNING

Rash On This Little Baby Over Face and Head. Quite Disfigured.



HAS NO EQUAL It not only softens the water but doubles the clean ing power of soap, and makes everything sanitary and wholesome. REFUSE SUBSTITUT

buttermilk and let stand for a day or so. The acid in the milk will remove the stains.

"Bill to Inquiry.

"May I wake the baby, mamma?" asked 5-year-old Johnny.

"Why, what do you want to wake the stains.

PURS

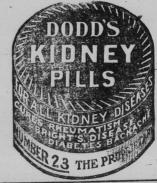
PURS

BEAUTIFUL FURS BY MAIL. GET catalog showing latest styles Persian Lamb, Mink, etc. Wholesale prices, rare values. Satisfaction guaranteed. McComber's Limited, Manufacturers, 420 D St. Paul West. Montreal.

WANTED

N A GOOD HOME, MODERN AND three adults would like a girl or young woman, Presbyterian, Methodist or Bap-tist preferred, to make her home with

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



Spirit of Inquiry.

"Why, what do you want to wake her for?" asked the mother. "I want to see if she can cry loud

PROFIT-MAKING NEWS AND JOB 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, Cellingwood, Ont.

WITH THE FINGERS! SAYS CORNS LIFT OUT WITHOUT PAIN

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lift-ed right out with the fingers if you will apply on the corn a few drops of will apply on the contact a two documents of freezone, says a Cincinnati authority.

At little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain or every corn or callus without pain or

soreness or the danger of infection. This new drug is an ether com-ound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. Mf your druggist hasn't freezone he cah easily get a small bottle for you from his wholesale drug

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 100% in Ten Days

In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach, liver or kidney disease or some other aliment when their real trouble was lack of iron in the blood—How to tell.

New York, N.Y.—In a recent discouster the blood widely both in this country and in great European re to make an actual blood est on all people who are ill you at the exceedingly large number who lack from and who are ill for no other reasons than the lack of iron. The moment iron is supplied all their multitude of danger ous symntome disappear. Without for the blood at once loses the potential of the blood at once loses the blood

City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

HARULY SIAND

Week's Time In Many Instances

the supporting plant, it is always the sac horse possesses an arrivabily.

Like other fishes, the sea horse possesses and instance of the pount and the supporting that, it is always distended by a quantity of gas ao extended points that, if a single both of the supporting that it is a single both of the supporting that, if a single both of the supporting that it is a supporting to the supporting the supporting that it is a supporting to the supporting the supporting that it is a supporting to the supporting to the supporting that it is a supporting to the supporting that it is a supporting to the supporting to the supporting that it is a supporting to th