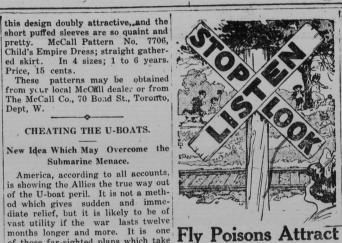
Hard to Prop Meat? All depends on what you eat as a substitute. It is a good

time to study "food value." You may be eating the wrong foods, the foods that cost most and give the least nutriment. Shredded Wheat Biscuit contains more real, body-building nutriment, pound for pound, than meat, eggs or potatoes and costs much less. Two of these Biscuits with milk and a little fruit make a nourishing meal at a cost of a few cents. Make Shredded Wheat your "meat." A satisfying breakfast on which to start the day's work. It is ready-cooked and ready-to-



cases a marge propertion fail. The innecents in with its sweetened wick-the scatter of pol-both contain argenic, dealisest of polsons, her would put fly polson within her chill-ch if she realized the danger. Yet it kills

"Anglefoo"

freights to prevent market manipula-

. . . .

tions.

n should be made, merely for the

imsit and all the deadly

we are the of such compounds are far too frequent, see of arenhal potoning to summer diarthes and leved that the crass reported do not, by any means, notal fly-destroying devices must be rated as ra-ald never be used, even if other measures are not

eat. Made in Canada.

Seasonable Modes

od which gives sudden and imme-diate relief, but it is likely to be of vast utility if the war lasts twelve months longer and more. It is one of those far-sighted plans which take Time by the forelock-plans which have served the Hun in good stead in the past, and will serve well in the future. It is an application of the old say

Dept, W.

ing about not having all your eggs in one basket. This is the age of huge ships, and in peace times big ships are cheaper in every way than small ones. But a well-aimed torpedo sinks a fifit teen-thousand-tonner as easily as

Submarine Menace.

teen-thousand-tonner as easily as it sinks a trawler, and a tremendous cargo is got rid of at one blow. Now the idea is to have fifteen ships of one thousand tons, instead of one of fifteen thousand? Even a U-boat can't be in fifteen places at one and the same time, and if five of these boats are sunk, ten get through with their invaluable loads of corn and leather and timer and sugar. leather and timber and sugar.

These small boats, being standard-ized and built on speedy lines, will go Made in Canada by THE O. & W. THUM COMPANY, Walkerville, Ont. American Address: Grand Rapids, Mich. far to counter the menace in the near future, for just as Britons proved that munition-making can be speeded up beyond a point even unimaginable be-text, and see to it that these are not the problem is only tackled with that determination which is a British characteristic.

ST. VITUS DANCE

Even the Most Severe Cases Can be Cured by Dr. Williams'

be Cured by Dr. Williams' Pink Pills. Is your child fidgety, restless or fr-ritable? Are the hands shaky or the arms jerky? Does the face twitch? Do the legs tremble or drag? These-rations, if not entirely obliterated, as are signs of St. Vitus Dance, a nervous ties of life shall go into the manufac-ture of luxuries so that the brewer and distiller will be placed on short they should be. In short, it would the individual is about to be eliminated in the interests of the disease which is confined chiefly to seem as it the interview of the young children, but which often affects be eliminated in the interests of the bickle children we are entering into highly strung women, and sometimes State, and that we are entering int men. St. Vitus Dance is caused by the philosophical Socialists' heaven.

Every well-regulated wardrobe will disordered nerves, due to poor blo Every well-regulated wardrobe will disordered nerves, due to poor blood, contain at least one coat dress of and is always cured by the use of Dr. heavy linen this summer. The very smart model illustrated is made in with new, rich, red blood, stengthen-one-piece style. It has large pockets, in belt and sailor collar made of a con-trasting shade of linen. Buttons and John A. Cumming, Lower Caledonia, stitching perform the duties of thim NS. trasting shade of linen. Buttons and John A. Cumming, Lower Caledonia, stitching perform the duties of trim-N.S., says:--"When my daughter ming. McCall Pattern No. 7799, Myrtle was about nine years of age Ladies' Coat Dress; round or instep she became afflicted with St. Vitus length. In 5 sizes; 34 to 42 bust, Dance. The trouble ultimately became so bad that she could not hold anything in her hands, and had to be fed like a child. She could not even walk across the floor without help. She was treated for some time by a physician, but did not show any imphysician, but did not show any im-provement. One day a neighbor said she had read of a case of St. Vitus Dance cured by Dr. Williams' Pink Pills, and we decided to give this medicine a trial. By the time the bird box was used there the show any im-procession of the show any im-procession of the show any im-she had read of a case of St. Vitus Dance cured by Dr. Williams' Pink Pills, and we decided to give this medicine a trial. By the time the third box was used there was some improvement in her condition, and we continued giving her the pills for about a month longer when she was entirely cured, and has not since had the least eturn of the trouble.

return of the trouble. Dr. Williams' Pink Pills can be ob-tained from any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medi-cine Co., Brockville, Ont. **and Office Boys.** Enter the aged office boy. Grey-haired telegraph messengers have for years been a common sight in the city, but not until recently, when the short-Williams' Pink Pills can be obcine Co., Brockville, Ont.

IS IT SOCIALISM?

has been able to hold out so long, for the government from the very start of the war conserved her essentials in about the same way as the U. S. have begun to do. We with his own fire. We must fight the devil

THE FIGHTING GOUGHS Army Leaders Adding Lustre To

Names Already Famous.

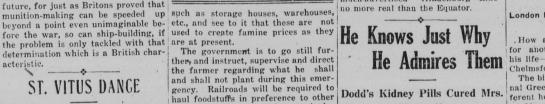
again and again, each generation add-ing fresh lustre to some name which is

Both Flies and Babies ss has reported 106 fly on fatal. The innecess

That was the present general's grand-father, the first Lord Gough. But, in addition to this, his own This is the U. S. Covernment warming gammar for poisons, taken from U. S. Public Health Service the leaders and the service of the service service in the service of the se

Roberts in Afghanistan. No wonder, then, that fighting is in his blood, and that he shares with Allenby the repury leader in the British Army ! He played a great part in the Battle of the Somme, and he has come again in-to the limelight of war in the great

generals. They have a talent for mak-ing all their geese into swans, of calling barbarism "kultur," and "frightful-" miltary necessity. But even the terrible Hindenburg may prove-in Bismarck's famous phrase-to be "a lath painted to look like iron," and the much-advertised "Hindenburg Line



She Had Been III Two Years and Could leave

but the authority will be there to put a stop to man's greed and tyranny if needed

In this it will be house and Great from the books of France and Great Britain, and it is not improbable that all the allied nations will join in the purchase and distribution of food-stuffs, as well as in war essentials, so that the prices will be nearly the that the prices will be nearly the At present the United States is the where.

AGED OFFICE BOYS

associates to bargain for themselves. For all this the people as a whole will be truly grateful and thankful, for and Office Boys.

whose lust for gain is not penetrated by a single ray of pity. We know what they are doing in central Europe, and why the enemy ment of elderly men in their stead. Had ship's anchor fall on my knee and leg, and knee swelled up and for six days. I could not move fit or get LINIMENT and two bottles cured me pROSPER FERGUSON. Had ship's anchor fall on my knee and leg, and knee swelled up and for six days. I could not move fit or get LINIMENT and two bottles cured me pROSPER FERGUSON. The head of one of the biggest printing and publishing Nev York is now depending almost entirely upon elderly men for work in and out of the office previously done by boys. He advertised for active, elderly men to act as messengers, etc. Fifty applications were received in the first piano. mail, well and neatly written, proof of the ability and common sense of the applicant. The first three were enapplicant. The first three were en-gaged, and that firm will never go back to boys. These men are paid more money, it is true, but it is also a fact that they perform their duties much more effectively; their under-ic the seture us to bottor and they standing, naturally, is better, and they are more reliable. Looked at from a humanitarian point of view, it is giving employment to men of 50 and 60—men who have While the spring drive against flies is being directed, why not include known that they are in sympathy with the murderous attacks of the flies, so why not destroy ther: bases before they have opportunity to the sector of the been thrown into the discard. Remit by Dominion Express Money Order. If lost or stolen, you get your money back. Otherwise we are in constant danger of a night attack in which there are

WEAPONS OF WARFARE. War Material Furnished By The

Fishes of the Sea. Even the fishes of the sea are called

Even the hanes of the sea are called on to supply war material. In Polynesia spears are pointed and elaborately edged with the teeth of sharks. Such a weapon makes a frightful wound, tearing the flesh to

tatters. Another instrument of frightfulness hair, and the records of the British in the South Sea archipelagoes is a Army are full of names which recur dagger similarly equipped with shark's

Warriors of the Marshall Islands, bright on the pages of history. Lieutenant-General SIr Hubert de la Poer Gough owns such a name. There was a Gough in the Poerieute with in such fashion as to put it is cured Poer Gough owns such a name. There, is very thick and spiky. It is cured was a Gough in the Pennsula with Wellington, and when the gallant brothers in arms—were our enemies, it was a Gough who overthrew them. That was the present general's cured

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que., writes:—"Baby's Own Tablets er troubles." They have become convinced through actual use of the Tablets that nothing can There is no greater mistake than to suppose that the Huns have all the and stomach; driving out constipation and simple fevers; expelling worms and curing colic. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THE SUPREME SACRIFICE

London Boy Whose Unselfish Act Led to His Death.

How a soldier sacrificed his leave , How a soldier sacrificed his leave for another man—and subsequently his life—was related by the Bishop of Chelmsford recently. The bishop's story concerned a Beth-

Dodd's Kidney Pills Cured Mrs. Mercredi. nal Green lad, brought up in an indif-ferent home, who after being fourteen or fifteen months at the front, wrote to his parents, who were very fond of him, saying that he was expecting

he Had Been III Two years and court Find No Cure. That's Why Her Husband Is Enthusiastic Over Dodd's Kidney Pills. May 21st About the time he should have ar-rived home another letter came from the lad, saying: --"Mother, I found a man just close by me who was sad. I said to him, "What's the matter, Bill?"

'Mother, I know it will be a great disappointment to you, but I went to

could not have leave instead of me. few days later the mother received a telegram saying that her lad

a sing. Everybody stopped to look after our used cars and give you a demonstra-tion. him, and more than one woman gave **THE DOMINION AUTOMOBILE CO.** Limited

The soldier stopped to hear what the boy would say. At last it came:---"Please, sir, have you got any iron crosses?" *



Tactful Father.

"Father," said Clementina, "do you enjoy hearing me sing?" "Well," was the answer, "I don't know but it's rather soothing in a way. It makes me forget my och-

PROFIT-MAKING NEWS AND JOB Offices for sale in good Oraris towns. The most useful and interesting of all businesses. Full and interesting application to Wilson Publishing Com-pany. 73 Adelaide St. Toronto

MISCELLANEOUS BIGUELIARATOUS BIGYCLES. NEW AND SECOND Hand. \$12.00 up Send for special price ist Varsity Cycle Works. 418 Spadina Ave. Toronto. C. Internal and external, cured with-out pain by our home treatment. Write us before too late. Dr. Bellman Mcdical Co. Limited, Collingwood, Ont.

AUTOMOBILES FOR SALE

1910 CADILLAC IN COOD RUN-tire, Price \$250.

H UDSON. 1916 MODEL, 6 CYLIN-der, 7 Fassenser Touring Car. Elec-tric lights and starter. Recently over-hauled and newly painted. Tires in good shape. Price \$1,300.

HUDSON, 1915. MODEL, 6 CILIN-cleetrie lights and starter. Thoroughly overhauled in our shop and newly paint-ed. Seat covers on all seats and doors. Oversize thres. Frice \$1,200.

HUDSON, MODEL 37. 6 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new cot. Price \$650.

CH. Price \$650. PARCE SEDAN, A VERY FINE Electric lights and starter, also inside dome light. Nearly all the windows summer driving. Price \$700.

summer driving. Price \$100. I UDSON. MODEL 33. 6 PASSEN-ger, 4 cylinder Touring Car, In scool running order, at a special price \$350. I UDSON 1913 MODEL "64." A HIGH powered, six cylinder, 6 passenaer Touring Car. In good running order and looks like new. Frice \$750. STUDELACKER. SEVEN PASSEN-ger, 4 cylinder Touring Car, in good running order. Tires in good share, very nice. Price \$350.

der Touring Car. Has electric lights and storter, good tires, and is a bargain at the price \$300.

R Let A very handsome closed star, suitable for a doctor. Price \$1,000.

We only sell used cars after the pur-chaser has had a demonstration and sadisfied himself of the running qual-ties of the car he is buying. Call at our showfoom next time you are in Toronto and let our solesmen show you any of and let our salesmen show you our used cars and give you a de

146-150 Bay Street, Toronto, On

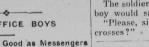
YES ! MAGICALLY ! CORNS LIFT OUT WITH FINGERS

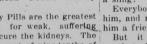
You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or cal-

callus, root and all, dries up and be lifted off with the fingers. This new way to rid one's feet corns was introduced by a Cincing man, who says that freezone dries a moment, and simply shivels up th corn or callus without irritating th surrounding skin.

Fort Smith, Alber(a, May 21st land to hin, what's the infite, bin'r (Special)—Among all the thousands of Canadians who praise Dodd's Kidney a be liminated in the interests of the State, and that we are entering into the philosophical Socialists' heaven. Indeed, it is confidently predicted that before this month ends the gov-ernment will be in absolute control of all the essentials of life and their dis-tribution № What more can the most ardent Socialist ask? Of course it may not be necessary to exercise the au-thority conferred on officials by Con-gress, at least to an extreme degree, but the authority will be there to put a stop to man's greed and tyranny if

needed. In this it will be noticed that Fed-eral authorities are but taking a leaf from the books of France and Great Ditking and the same thing. I cannot recommend Dodd's Kidney





my officer and asked him whether Bill So I am staving behind. had been killed while staying behind. That, said the bishop, was a magnifibishop, was cent and noble sacrifice

Ask for Minard's and take no other What He Wanted. The wounded soldier walked slow-

S Cool white organdy edged with lare fashions this dainty Empire frock. The soft, gathered bertha in front makes

Price, 20 cents.



All the latest styles of corsets to suit any figure.

suit any figure. If your dealer cannot supply you, write us direct for catalogue and measuring form. Representatives Wanted

BRITAIN ST.

RIAS

CORSETS LIMITED BITAIN ST. TOBONTO.

By Chas. M. Bice, Denver, Colo. The European conflict, with is farreaching consequences, has forced mankind into strange and weird situ-ations, and compelled the adoption of

policies to meet the situation which are strangely Utopian and dreamed of only by such visionary wind-jammers as Debs, Bellamy and their like.

as Debs, Bellamy and their like. Undoubtedly, a double emergency exists in the United States, if not throughout the world, and to meet it extreme measures must be addopted. War of unheard of proportions is harrying a continent, and it is fast reaching out to embrace every nation under the sun. Millions of men here-tofore engaged in the productions of the soil are now, and for nearly three years have been, doing nothing to-wards production, but everything years have been, doing nothing to-wards production, but everything within their power, aided by the science of destruction, to make the land barren. Then, as if all nature were in full accord with the plan of destruction, meteorological conditions have prevailed that have reduced production in all cereal exporting coun-tries far below the normal average.

We must meet this conspiracy of ambitious man and Mother Nature, and about the only weapon we have is to follow Europe in stimulating and

conserving life's necessities. The U. S. proposes to fix a maximum price for most of the foods and clothing materials, and the first step in this direction is to cut out, the speculator and the middleman, and arrest all combinations formed to unduly raise the prices of necessities. Thus the will as-

ptacles,



grand almoner and cannot afford to set the prices for itself and leave its

ciates to bargain for themselves.

is excellently at-tained by adding to the daily menu a ration of

Grape-Nuts

Goodness-Energy-Ease of Digestion-Excellent Flavor-are all found in this truly remarkable wheat and barley food.

Kind Neighbors.

"Good morning! I came to tune your

"Piano? But I didn't send for you." "No, ma'am, but the neighbors said I ought to call."

After the Murine is for a Lifeline and emart. Give your Byes as micho or regularity. Car to a your Byes as micho or regularity. Car for Them. You Cannot Buy New Eyes! Bold as Drug and Optical Biores or by Mail. Ass Murine Eye Remedy Co., Chicago, or Free Beex

Papa's Haircut.

Don't let father die of infection e lockjaw from whitting at his corns, but clip this out and make him try it. If your druggist hasn't any freezone

tell him to order a small bottle from his wholesale drug horse for you.

"Clean All" Boiler Gompound For All Boiler Food Waters For All Bollsr Free waters Oyolone Shaking and Dumping Grate Bars for all requirements Canadian Steam Bollsr Equipment Co., Limitad

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