Hard to Drop 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-eat. Made in Canada.

Seasonable Modes

Every well-regulated wardrobe will contain at least one coat dress of heavy linen this summer. The very smart model illustrated is made in one-piece style. It has large pockets, a belt and sailor collar made of a contrasting shade of linen. Buttons and stitching perform the duties of trimming. McCall Pattern No. 7799, Ladies' Coat Dress; round or instep length. In 5 sizes; 34 to 42 bust. Price, 20 cents.

Cool white organdy edged with lace fashions this dainty Empire frock. The soft, gathered bertha in front makes this design doubly attractive, and the short puffed sleeves are so quaint and pretty. McCall Pattern No. 7706, Child's Empire Dress; straight gathered skirt. In 4 sizes; 1 to 6 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.

THE LIFTUP

(Patented)
BIAS FILLED CORSETS
The Support You Need and Just Where You Need It.
All the latest styles of corsets to suit any figure.
If your dealer cannot supply you, write us direct for catalogue and measuring form.
Representatives Wanted
BIAS CORSETS LIMITED
37 BRITAIN ST. TORONTO.

CHEATING THE U-BOATS.

New Idea Which May Overcome the Submarine Menace.

America, according to all accounts, is showing the Allies the true way out of the U-boat peril. It is not a method which gives sudden and immediate 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 saying 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 fifteen-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 timber and sugar.

These small boats, being standardized and built on speedy lines, will go 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 before the war, so can ship-building, if 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' Pink Pills.

Is your child fidgety, restless or irritable? Are the hands shaky or the arms jerky? Does the face twitch? Do the legs tremble or drag? These are signs of St. Vitus Dance, a nervous disease which is confined chiefly to young children, but which often affects highly-strung women, and sometimes men. St. Vitus Dance is caused by disordered nerves, due to poor blood, and is always cured by the use of Dr. Williams Pink Pills, which fill the veins with new, rich, red blood, stengthening the nerves, and thus drawing out the disease. Here is proof:—Mrs. John A. Cumming, Lower Caledonia, N.S., says:—"When my daughter Myrtle was about nine years of age she became afflicted with St. Vitus 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 improvement. 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 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 return of the trouble.

Dr. Williams' Pink Pills can be obtained 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.

IS IT SOCIALISM?

By Chas. M. Bice, Denver, Colo.

The European conflict, with is far-reaching consequences, has forced mankind into strange and weird situations, 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.

Undoubtedly, a double emergency exists in the United States, if not throughout the world, and to meet it extreme measures must be adopted.

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 heretofore engaged in the productions of the soil are now, and for nearly three years have been, doing nothing towards 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 countries 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 [illegible] will assume [illegible] ptacles, such as storage houses, warehouses, etc., and see to it that these are not used to create famine prices as they are at present.

The government is to go still further, and instruct, supervise and direct the farmer regarding what he shall and shall not plant during this emergency. Railroads will be required to haul foodstuffs in preference to other freights to prevent market manipulations.

* * * *

The government also proposes to decree just how much of the necessities of life shall go into the manufacture of luxuries so that the brewer and distiller will be placed on short rations, if not entirely obliterated, as they should be. In short, it would seem as if the individual is about to be eliminated 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 government will be in absolute control of all the essentials of life and their distribution. What more can the most ardent Socialist ask? Of course it may not be necessary to exercise the authority conferred on officials by Congress, 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 Federal authorities are but taking a leaf 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 foodstuffs, as well as in war essentials, so that the prices will be nearly the same in all entente countries.

* * * *

At present the United States is the grand almoner and cannot afford to set the prices for itself and leave its associates to bargain for themselves. For all this the people as a whole will be truly grateful and thankful, for they would much prefer to trust themselves to a paternalistic government than to the greed and avarice of individuals and corporate monopolies, 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 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 must fight the devil with his own fire.

Fly Poisons Attract Both Flies and Babies

In the last three years the press has reported 106 fly poisoning cases—a large proportion fatal. The innocent looking can with its sweetened wick—the saucer of poison paper—both contain *arsenic*, deadliest of poisons.

No mother would put fly poison within her children's reach if she realized the danger. Yet it kills more children than all other poisons combined.

This is the U. S. Government warning against fly poisons, taken from U. S. Public Health Service Bulletin, supplement No. 29:

"Of other fly poisons mentioned, mention should be made, merely for the purpose of condemnation, of those composed of arsenic. Fatal cases of poisoning of children through the use of such compounds are far too frequent, and owing to the resemblance of arsenical poisoning to summer diarrhea and cholera infantum, it is believed that the cases reported do not, by any means, comprise the total. Arsenical fly-destroying devices must be rated as extremely dangerous, and should never be used, even if other measures are not at hand."

The one safe, sure, non-poisonous, efficient fly catcher is

TANGLEFOOT

which catches the fly and embalms it and all the deadly germs it carries in a thick coating of varnish. (107)

Made in Canada by
THE O. & W. THUM COMPANY, Walkerville, Ont.
American Address: Grand Rapids, Mich.

ECONOMY WITH GOOD LIVING

is excellently attained 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.

THE FIGHTING GOUGHS

Army Leaders Adding Lustre To Names Already Famous.

Fighting runs in families, like red hair, and the records of the British Army are full of names which recur again and again, each generation adding fresh lustre to some name which is bright on the pages of history.

Lieutenant-General Sir Hubert de la Poer Gough owns such a name. There was a Gough in the Peninsula with Wellington, and when the gallant Sikhs—now our best friends and brothers-in-arms—were our enemies, it was a Gough who overthrew them. That was the present general's grandfather, the first Lord Gough.

But, in addition to this, his own father won the V.C. in the Indian Mutiny, and was with the gallant Roberts in Afghanistan. No wonder, then, that fighting is in his blood, and that he shares with Allenby the reputation of being the most dashing cavalry leader in the British Army! He played a great part in the Battle of the Somme, and he has come again into the limelight of war in the great Battle of Arras.

There is no greater mistake than to suppose that the Huns have all the generals. They have a talent for making all their geese into swans, of calling barbarism "kultur," and "frightfulness" military 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" no more real than the Equator.

He Knows Just Why He Admires Them

Dodd's Kidney Pills Cured Mrs. Mercredi.

She Had Been Ill Two Years and Could Find No Cure. That's Why Her Husband Is Enthusiastic Over Dodd's Kidney Pills.

Fort Smith, Alberta, May 21st (Special)—Among all the thousands of Canadians who praise Dodd's Kidney Pills for the good they have done there is no more fervent admirer of the great kidney remedy than Isidore Mercredi, of this place.

"Yes, it always gives me pleasure to say a good word for Dodd's Kidney Pills," Mr. Mercredi says. "My wife was sick for two years. We could not find anything to restore her to health. Then we found a pamphlet telling of several persons who had been cured by Dodd's Kidney Pills.

"My wife used just two boxes of them and she is perfectly well, to the great surprise of all our neighbors. They can tell you the same thing. I cannot recommend Dodd's Kidney Pills enough."

Dodd's Kidney Pills are the greatest of all remedies for weak, suffering women. They cure the kidneys. The kidneys are the root of nine-tenths of women's ills. Moreover, cured kidneys mean pure clear blood all over the body. That means good health everywhere.

AGED OFFICE BOYS

Old Boys Making Good as Messengers 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 shortage of office and errand boys became acute, have business houses, both big and small, harried by the lack of the youngsters, resorted to the employment of elderly men in their stead.

The head of one of the biggest printing and publishing houses in New 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 mail, well and neatly written, proof of the ability and common sense of the applicant. The first three were engaged, 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 understanding, 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 been thrown into the discard.

Minard's Liniment used by Physicians.

Deadly Emenies.

While the spring drive against flies is being directed, why not include their allies, the mosquitoes? It is known that they are in sympathy with the murderous attacks of the flies, so why not destroy their bases before they have opportunity to mobilize? Otherwise we are in constant danger of a night attack in which there are sure to be many casualties.

Minard's Liniment Lumberman's Friend.

Farming and love-making are the two essential industries of the earth. —Harry Lauder.

WEAPONS OF WARFARE.

War Material Furnished By The Fishes of the Sea.

Even the fishes 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 in the South Sea archipelagoes is a dagger similarly equipped with shark's teeth.

Warriors of the Marshall Islands sometimes wear battle helmets made of the skin of the porcupine fish, which is very thick and spiky. It is cured in such fashion as to preserve the shape of the fish, and, while affording protection against a blow from a club, lends an extra touch of ferocity to the fighting man's aspect.

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que., writes:—"Baby's Own Tablets have been of great value to me and I would strongly recommend them to other mothers." Thousands of other mothers say the same thing. They have become convinced through actual use of the Tablets that nothing can equal them in regulating the bowels and stomach; driving out constipation and indigestion; breaking up colds 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 for another man—and subsequently his life—was related by the Bishop of Chelmsford recently.

The bishop's story concerned a Bethnal Green lad, brought up in an indifferent 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 leave.

About the time he should have arrived 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?' He said he had just heard that his little girl was ill, and he could not get leave to go home and see her.

"Mother, I know it will be a great disappointment to you, but I went to my officer and asked him whether Bill could not have leave instead of me. So I am staying behind."

A few days later the mother received a telegram saying that her lad had been killed while staying behind. That, said the bishop, was a magnificent and noble sacrifice.

Ask for Minard's and take no other.

What He Wanted.

The wounded soldier walked slowly along the street, his arm hanging in a sling.

Everybody stopped to look after him, and more than one woman gave him a friendly smile as he passed.

But it was left to a small boy to speak to him. The youngster suddenly spotted the hero, dashed across the road, and planted himself right in his path.

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

Had ship's anchor fall on my knee and leg, and knee swelled up and for six days I could not move it or get help. I then started to use MINARD'S LINIMENT and two bottles cured me.
PROSPER FERGUSON.

Kind Neighbors.

"Good morning! I came to tune your piano."

"Piano? But I didn't send for you."

"No, ma'am, but the neighbors said I ought to call."

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

Papa's Haircut.

A woman said to a little boy with his hair bobbed in his neck, "Franklyn, when are you going to have your hair cut like papa's?"

"I don't want my hair cut like papa's" he replied, "with a hole in the top."

MONEY ORDERS

Remit by Dominion Express Money Order. If lost or stolen, you get your money back.

"What dirty hands you have, Johnny," said his teacher. "What would you say if I came to school that way?" "I wouldn't say nothin'," replied Johnny, "I'd be too polite."

Keep Minard's Liniment in the house.

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 other troubles."

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

BICYCLES, NEW AND SECOND Hand. $12.00 up. Send for special price list. Varsity Cycle Works, 413 Spadina Ave., Toronto.

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.

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 callus from one's feet.

A few drops of this new ether compound applied directly upon a tender aching corn relieves the soreness instantly, and soon the entire corn, callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling 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 COMPOUND
For All Boiler Feed Waters
Cyclone Shaking and Dumping Grate Bars for all requirements
Canadian Steam Boiler Equipment Co., Limited
Tel. Gerrard 3660
20 McGee St. - Toronto

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

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