

Why Wait for War to learn real food values? It is what you digest, not what you eat, that furnishes strength for the day's work. Many foods tax the digestive powers to the utmost without supplying much real nutriment. **Shredded Wheat Biscuit** is all food and in a form that is easily digested. It is 100 per cent. whole wheat. For breakfast, dinner or supper it takes the place of meat, eggs and potatoes. You don't know how easily you can do without meat or potatoes until you try it. Delicious with sliced bananas, berries, or other fruits, and milk.

Made in Canada.

GASOLINE STATIONS FOR WATER JETTES

New Era Established in Lake Motor Boating.

DETROIT, Aug. 15.—Marine gasoline service stations, the first of the kind on the lakes, will shortly be established in Detroit River and at St. Clair Flats by a local company. Three old Erie Canal barges have been converted into gasoline stations, similar in appearance to those erected in different parts of the city. They are being brought here from Buffalo, and are expected to arrive in the Detroit River in the next few days. The stations are flat-bottomed barges, motorboats and other craft will be served by these stations.

ONTARIO WOMAN COULDN'T CLIMB FLIGHT OF STAIRS

Mrs. Turton Was In a Serious Condition.

IS GRATEFUL TO TANLAC Is Now Able to Walk a Mile Without Getting Tired.

"I can hardly find words to express the gratitude I really feel over my wonderful increase in health and strength," said Mrs. Agnes Turton, 562 Lansdowne avenue, Toronto, a few days ago. "I am well along in years," she continued, "and have taken all kinds of medicines, but Tanlac was the only thing I have ever tried. Two bottles have made me feel fine, and now I can understand why so many people are praising it. I'm praising it too."

"For five years, now, that is, until I began taking Tanlac, I have been going down in health. I just seemed to be running in every way, had no strength and energy and was just a burden to myself. I would get up in the mornings languid and drowsy, and all I could take for breakfast was a cup of tea."

"My appetite was all gone and sometimes I would go to two or three days without eating anything except liquid foods. I would drag around all day, feeling half dead, and would have to lie down every little while and rest. I could hardly sleep at night and would get up in the mornings feeling worse than when I went to bed. I was so weak I could not climb a flight of stairs without getting so exhausted I would almost faint, and I don't believe I could have walked a block to save my life. I was miserable all the time and getting worse every day."

"I had seen so many recommend Tanlac that I decided there must be something to it, so I bought a bottle, and it certainly was a lucky day for me. I have taken two bottles, and now I feel as well as I know how to express my relief is to say, I simply feel like a new woman. I began feeling stronger and better before I finished my first bottle, and have improved every day since."

"My appetite is fine now, and I haven't enjoyed eating so well nor felt better in years than I do right now. I can walk up and down the stairs now without any trouble, and just a few days ago I was unable to do so. I am now as well as I have been for a long time."

Tanlac is sold in London by Standard Drug, Limited, the directors of the special representative, and by an established agency in every town.

GIRLS! ACT NOW! HAIR COMING OUT MEANS DANDRUFF

25-cent "Danderine" will save your hair and double its beauty.

Try this! Your hair gets soft, wavy, abundant and glossy at once.

Save your hair! Beautiful! It is only a matter of using a little Danderine occasionally to have a head of hair that is soft, lustrous, wavy and free from dandruff. It is easy and inexpensive to have pretty, charming hair and lots of it. Just get a 25-cent bottle of Danderine now—all drug stores recommend it—apply a little at directed and within ten minutes there will be an appearance of abundance. Freshness, fluffiness, softness, healthy gloss and lustre, and try as you will you can not find a trace of dandruff or falling hair, but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine, we believe, is the surest hair grower, destroyer of dandruff and cure for itching scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

12,000 GATHER AT SHETLAND PICNIC; ALL RECORDS BROKEN

Euphemia Township Civic Holiday Royally Celebrated.

ADVERTISER CAR SHOWN

Special Prize Attraction Which Draws Great Crowds.

[By Staff Reporter.] SHETLAND, Aug. 15.—Twelve thousand persons celebrated Euphemia Township civic holiday at the Shetland picnic today. This event is regarded as the largest social gathering in the township's history. The picnic, which was held on the shore of Lake Huron, was a grand affair. Early in the day a steady stream of motor cars, buggies, wagons and pedestrians could be seen winding their way to David Bolton's grove.

The picnic was inaugurated eight years ago, the object being to bring together for a social time the farmers of the district. The picnic was a grand affair. The picnic was concluded by an open-air concert in the grove in the evening. The net proceeds being donated for the Red Cross work.

Seldom have the people of Lambton had the opportunity of listening to such a flood of oratory as emanated from the great array of speakers provided for the occasion.

John Farrell of Forest acted as chairman. To say that he fulfilled the position to the satisfaction of all would be to state it mildly.

The speakers at each camp dwelt upon patriotic themes, all calling upon the young manhood of the Dominion to respond to the call and to go to the front to produce and conserve what was now available as food.

The following delivered addresses: Peter McArthur, C. O. Fairbank (Pelee Island), A. J. Anderson (St. Catharines), J. Woodhall (Theodore), Charles P. C. Elliott (Glencoe), Mayor A. Beattie (Bothwell), Dr. Dawn (Free of Dawn Township), W. R. Dunnington, W. Kelly, J. N. Currie, Dr. Martin, M. P. (Alvinston), Mayor McRobie (Petrolia), and J. McArthur.

Two baseball matches were played, the first between Oakdale and Oil Springs, and the second between the second game between Florence and Alvinston was won by Florence.

At the river, swimming races, tub races and catching the duck were provided for the entertainment of lovers of water sports.

In all it was a gay time, and, favored by ideal weather, the picnic was a success. The picnic was a grand affair. The picnic was concluded by an open-air concert in the grove in the evening. The net proceeds being donated for the Red Cross work.

The Advertiser special prize car, a 1917 Maxwell, to be given to the candidate receiving the most votes in the election to Saturday night, was on the grounds, and was the cynosure of all eyes. The number of candidates were at the picnic and took advantage of the opportunity to secure a large number of new subscribers.

MASONIC FUNERAL AT ST. THOMAS FOR ENGINEER DALLYN

Brother in British Columbia May Not Have Word of Accident Yet.

ST. THOMAS, Aug. 15.—The remains of a man who was drowned in a collision with a motor car on Tuesday at Sarnia, were brought to the city this afternoon for a funeral service. The man, who has been identified as a British Columbia engineer, was named Dallyn.

Major Jewett, late of 33rd, To Be Colleague Teacher.

ST. THOMAS, Aug. 15.—Major Oliver Jewett, a returned soldier, whose name has been suggested for the position of a teacher in the school at St. Thomas, was appointed to fill the vacancy caused by the resignation of W. A. Skirrow, on Tuesday.

Major Jewett went overseas with the 3rd Battalion, and prior to that was a teacher in the high school at Chatham.

SCHOLAR-GYPSY IS ON WALKING TOUR

BRANTFORD, Aug. 15.—There is today a distinguished visitor in Brantford. His name is Henry Benbow, and he is better known in many parts of the southern republic as "The Scholar Gypsy." He is a man of letters, and has been in place among the most learned, and while in earlier years—being now 63—he has traveled on the steamer, and has been in the States, he has collected a vast amount of material from east to end of the republic.

Before the trip is completed, it is the intention of the scholar to visit all the important points in the land of the Stars and Stripes, and as he goes along and comes wherever night overtakes him, he carries among other things a small library containing the best of literature and several diaries, in which he enters his daily discoveries, and some day when the trip is over he hopes to write the story in book form. He is a man of letters, and has been in place among the most learned, and while in earlier years—being now 63—he has traveled on the steamer, and has been in the States, he has collected a vast amount of material from east to end of the republic.

WON DECORATION FOR BRINGING COMRADES TO DRESSING STATION

Details Given of Military Medal Award to Galt Soldier.

SPECIALLY FAVORED ONE

Why Pay Millions for What You Can Get for Nothing?

[Special to The Advertiser.] OTTAWA, Aug. 15.—The Canadian purchase debate will be concluded on Wednesday. The whips had arranged for the division of the night, but Mr. Bennett said that he would not speak, and declined to give his views on the subject. The debate was therefore adjourned. The whips had arranged for the division of the night, but Mr. Bennett said that he would not speak, and declined to give his views on the subject. The debate was therefore adjourned.

With five more boxes to be reported, the proceeds of the tag day held on Tuesday at Trinity Anglican Church, when Miss Mary Lawson, eldest daughter of Capt. Robert W. Melickham, 4th Canadian, C. E. F., who recently returned home after having been seriously wounded. A large number of friends of the popular young couple were in attendance. The bride couple were unattended.

The bride, who was given away by her father, was attired in ivory tulle, and wore a white fox fur and hat to match, and carried a bouquet of sweetest roses. Rev. W. H. Snellgrove officiated, and the wedding march was played by Mrs. Melickham. The church was beautifully decorated. Capt. and Mrs. Melickham left on a wedding trip to Algonquin Park. Capt. Melickham went overseas with the 1st Battalion, and is home on leave. He is proprietor of the White drug store in this city.

Mayor, J. M. Edwards has written Food Controller Hanna requesting that the fresh fish service be extended to Galt.

During the month of July 4,038,255 gallons of water were pumped by the city pumping plant, which was 3,000,000 more gallons than pumped in June. This is considered a rather heavy consumption.

The cleaners of the Alliance Methodist Church on Tuesday evening visited the Greepson Sanatorium, and took with them lunch for the convalescent soldiers, who were accompanied by a program.

The winners of the standing field water competition held by the South Waterloo Agricultural Society were announced today. The winners of the 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 149th, 150th, 151st, 152nd, 153rd, 154th, 155th, 156th, 157th, 158th, 159th, 160th, 161st, 162nd, 163rd, 164th, 165th, 166th, 167th, 168th, 169th, 170th, 171st, 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