**Practical** and Becoming



Military times demand military to tinker with common drugs. Fol-clothes, for the small boy as well as low the example of so many thou-his older brother. The cape may be sands by giving Dr. Williams' Pink mis older brother. The cape may be sands by giving Dr. Winnams Fine does not care for it. McCell Pattern No. 7980, Boys' Overcoat. In 4 sizes; I to 4 years. Price, 15 cents. Wou can get these pills through 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.

curiously shaped county of Ontario which stretches from the cities and settlements of the shores of Lake Huron and Lake Superior, up through the 2,900 square miles of the Missis-sauga Forest Reserve, to the great Tablets for the past two years and fur-trading territories three hundred have found them the best medicine NABUS LINIMENT for Bheumatism and sixing miles north, where it is a mother can give her little ones and bounded by the Albany River, the chief tributary of James Bay. The southern shores of this county were ple allments of childhood. They regu-re ple tayset of the source of the sour colonized some thirty years ago at the late the bowels; sweeten the stomach instance of C.P.R. agents, by hardy and make the cross sickly baby bright, pioneers from the older counties of healthy and happy. They are sold by Kincardine and Bruce, but the city of medicine dealers or by mail at 25 Sault Ste. Marie has its roots in the cents a box from The Dr. Williams for the voyageurs, who travelled for the furtraders of Montreal into the far

@ MCCALL

The earth has a triffe less than 197,000,000 square miles of total sur-face. A little over a fourth of this surface is land, 55,000,000 square miles of it. And of this 28,000,000 it.

surface is land, 55,000,000 square miles of it. And of this 28,000,000 square miles, or a scant fraction over one-half, is soil that can be used for food production. The rest is desert, mountain range and polar regions. A little of this might possibly be re-claimed, but not very much. So here we have two vital facts in the practical geography of to-day: There are 1,600,000,000 people on the earth to feed and 28,000,000 square miles of tillable hand with which to do it. Or, reduced to figures in which we are more accustomed to think, this means that one person must live off the production of every eleven acres, on an average, the world over. Don't say, "It can't be done," for it must be done or somebody will starve. In Belgium to-day, as for the last two to-day. So the last two the labor movement in a small industrial town. But the town is still in Ontario, a fact that makes it all the more interesting to the Cana-tian reader, who takes an interest in the now rapid growth of a distinctive Canadian literature. If corn is planted from stalks that have suckers, that is what will be to know its parentage. Spirace or astilbe roots potted up next winter. There are several varie-ties of white and various shades of plant. If corn somebody will starve. In Belgium to-day, as for the last two

INSTANT POSTUM POSTUM C GEREAL THERE'S NO DOUBT ABOUT to figure roughly the destruction ac-complished by this abominable worm. The apple worm's mamma, from whose eggs the destructive larvae de-velop, is the coddling moth. One cure for the mischief is to spray the trees with arsenical or other min-eral posions. The worms eat the pois-oned leaves and die. Thanks to this treatment, the choice grades of ap-ples nowadays come to market in per-fect condition, with no worm holes and no worms. POSTUM AS A HEALTH IMPROVEMENT OVER . TEA & COFFEE

GERMAN "FRIGHTFULNESS." STRONG PEOPLE NEEDED Has Not Always Been an Unqualified The need for people to be healthy is urgent. Those whom illness has put outside the ranks of robust men

As a destroyer, the poison gas cloud --chlorine or bromine liberated from tanks, to be swept toward the enemy

put outside the ranks of robust men and women feel their position keenly. They are handlcapped in every wakt of life and weak-men and nerve-worn women need more earnestly than ever to put their health right and become active and strong. Many who began "patching" months ago are as ill now as on the day they began valny tin-kering with common drugs. Every all-ing man and woman should remember that the ills of debility, nerve exhaus-tion, indigegiton, sleeplesness, neural-gia, and depression come from a faulty blood supply. Worry, over-work of other causes have impoverished the blood and left the life-stream impure. The nerves thereby are starving and the whole, strong nerves and new health and strength

the whole system is condition many thousands have won back strong nerves and new health and strength through the new rich blood Dr. Wil-liams Rink Pills actually makes. In a weak or bloodless condition it is not only a waste of time and money, but also a further menace to your health to tinker with common drugs. Fol-source to arrive at or near its intend-e sands by giving Dr. Williams' Pink Pills a fair trial, and they will trans-poison-gas spreads far and wide.

two men. One carries the machine (a combined reservoir and gas-gener-ator), and the other manipulates a hose-pipe that discharges a stream of

Brockville, Ont. ALGOMA AND AN AUTHOR. If an author can be said to be the product of any particular district-and why not, just as much as a variety of flower or fruit or grain ?-Alan the fame "carries" thirty yards. It away, literally burning his flesh from will instantly destroy a man that far away, literally burning his flesh from will on the burning his flesh from thirty-one wards, and the man is pro-wided with a bomb or two, he has the that anywhere!" of flower, or fruit, or grain ?—Alan Sullivan, the distinguished Canadian poet and novelist, should be most pro-perly identified with Algoma, that WOULD NOT BE WITHOUT

WOULD NOT BE WITHOUT twice!" **BABY'S OWN TABLETS** Mrs. A. C. Smith, Goodwood, Ont.,

There is nothing more becoming more becoming map practical than the coat dress, trained with braid on pockets, belt, was at one time engineer of the work at the dime engineer of the work at the straight silvore the a favorite. Subtury and the Sault Ste Marie, and balasting the same from a German cruiser in the naval battle off Helgoland. The British stamship Defender, having survivors. Before the task had been completed, german cruiser came up and chased to be for the task had been completed, so not sorted at their farms with new sets. They were in touch with tword that heretofore had seeme to not at the stand. The bush fires, the mainers the main carties, the mainers the main carties, the mainers the hunters, the main carties, the mainers the hunters, the main carties, the mainers the hunters, the main carters, the mainers the hunters, the main carters, the mainers the bush fares, the mainers the mainers the bash fares, the mainers the hunters, the main carters the hord at the transpors have been collected in the volue base to be consoleted in the volue base to be actions of Every Eleven Acres. They bere fires, some of the best of the task had been completed, so the surve parts on the settlers. They bush fares, the mainers the hunters, the main carters, the main the whaler were in a spiphic but fog and foes surrounding the hord and had hostile one, which have been collected in the volue base to be and to be at their fares, the mainers the hunters, the main carters, the mainers the base fores, the miners from had had hostile one, which have base to be acted in the volue base to be

alongside, and up popped the British submarine E-4, which opened its con-ning tower, took the occupants of the whaler on board, closed the opening, submerged, and sped homeward, 250

For Survey in Table Servey Servey All Servey Servey

YES ! MAGICALLY !

CORNS LIFT OUT WITH FINGERS

war, and, like our own Sir William Robertson, is extraordinarily deeply read in the history of all the great read in the history of all the great wars of the world. General Cadorna's father was also a distinguished sol-dier. When the Italian general went

to the Italian Staff College he was not regarded as a particularly clever stu-dent, but he was profoundly painstak-ing, and passed out of the college with high honors.

Minard's Liniment Cures Burns. Etc.

Italy's Hero. General Cadorna is the hero of his country. He is sity-five years of age, and entered the Italian Army just twenty-four years ago as a Staff of-four

He has made a life-long study of

S THE WHITEST UN

ROYAL

FAST CAKE

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a MAY FURE

Every citizen who can do so should

can produce their normal output of

crops. Prices are therefore likely to be high for a long time to come.

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Continu ous grain growing is hard on the soil where plentiful manuring is not practiced, and even when fertility is kept up the practice is not safe owing to the opportunity it gives

"On the Pacific Ocean one time I

"Quite true," said the Englishman. "The skiff turned over, and I sank

NARD'S LINIMENT for Rheumatism

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for every-day toilet purposes. For Free Sample Each by Mail ad-dress post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.



plan early for a garden next year. Economists agree that should the war close now, it would be several years before the warring countries abroad **SEWSPAPERS FOR SALE** 

other, so that a full w

Six varieties of sea weed are use

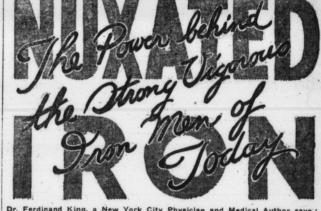
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Dr. Ferdinand King, a New York City Physician and Medical Author says : "There can be no strong, vigorous, iron men nor beautiful, healthy, rosy-checked women without iron—Nuxated Iron taken three times per day after meals will increase the strength and endurance of weak, nervous, run-down folks 100 per cent. In two weeks' time in many instances. Avoid the old forms of metallic iron which may injure the teeth, corrode the stomach, and thereby do more harm than good. Take only organic iron—Nuxated Iron." It is dis pensed by all good druggists.

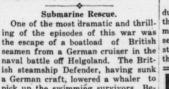
Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

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



the cycsight more than 50 per cent in week's time. I have also used it with prising cifect in cases of work strained c pink eye, infammed Hds, catarrhail ing cycs, eyes weakened from colds, sm sun, dust and wind, wafery eyes, blu vision, and in fact many other condit too numerous to describe in this report alon, and in test mice this report. A few and startling case has just come under y observation, which yielded to Bon Opto, i that of a young girl, 12 years old. Two rominent cyce specialists, after a therough xamination of the young girl, decided in rdier to are the sight of her right eys, the fig her to be operated on, the young girl after decided to use for Opto. In lease the sight a two days and the use of the opto. It has a start of the sign of the sign and the sis a sign and the sis a s of a weel





Sore Eyes, Eyes Interids,

"Ill weeds grow apace." Keep them

"One year's seeding

PAINS SHARP

Belgium to-day, as for the last two years, helpless mothers watch their babies slowly starve to death before their eyes. Poland is in almost as pitiable a plight, judging from the fragmentary reports that have filtered through, and all Europe is suffering to some extent, the poor especially.

## THE APPLE WORM

T

Most Destructive of the Insects That Attack Fruit

The common apple worm causes a greater money loss than any other insect that attacks fruit, destroying from one-fourth to one-half of the en-tire apple crop of this continent every year

The average apple crop is about 50,000,000 barrels. Thus one is able to figure roughly the destruction ac-complished by this abominable worm.

Boys can learn the technical part agriculture from older workmen or sir employers far better than they n in an elementary school.—Sir bert Wright

Ancient Bronze Razors. A razor recently dug out of an Etruscan tomb is thought to be 2,500

It is of bronze—for the Etruscans of those days, who preceded the earli-Woman Thought She Would est of Romans in Italy, knew no steel. Doubtless its edge was originally much less ragged than it now appears, but, even when new and freshly sharp but, even when new and freshly sharp-ened, it must have been an instrument of tonsorial torture. Nevertheless, 2,500 years ago, it was doubtless esteemed an admirable tool. For one should remember that among peoples not so very much earlier than the

Etruscans the customary method of removing the beard was by plucking -a process that must have been little short of agonizing.

On Duty Elsewhere. An Irish soldier had lost an eye in battle, but was allowed to continue in the service on consenting to have a glass eye in its place, says an English paper. One day, however, he ap-peared on parade without his artificial

"Nolan," said the officer, "you are "Nolan," said the officer, "you are not properly dressed. Why is your artificial eye not in its place?" "Sure, sir," replied Nolan, "I left it in me box to keep an eye on me kit while I'm on parade."

while I'm on parade. The big galvanized mail-box perch-ed on top of a lonely post was never designed for heatty but it's a scare-crow that drives the lonesome owl forever from the farm.

AND STABBING

at all druggists

Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Fighting isn't the only duty of a soldier, and exposure to bullets is not as serious as exposure to all kinds of weather and dampness. Rheumatic aches, sore and stiff muscles, atrains and sprains, chil-blains and neuralgia, all are enemies of the soldier, and the relief for all these pains and aches is Sloan's Liniment. Clean and convenient to carry or uset does not stain, and

arry or use; does not stain, and enetrates without rubbing.

Sloan's liniment

Generous sizes 25c., 50c., \$1.00

pains like a knifó through my back and side. I finally lost all my strength to I had to go to bed. The doctor advised an oper-ation but I would not listen to it. I thought of what I hadread about Lydia E. Pinkham's Vege-table Compound and tried it. The first bottle brought great

tried it. The first bottle brought great relief and six bottle brought great relief and six bottle brought great trouble of any kind should try Lydia E. Pinkham's Vegetable Compound." — Mrs. Erra Dontos, Ogdenaburg, Wia. Physicians undoubtedly did their best, battled with this case steadily and could do no more, but offten the most scientific treatment is surpassed by the medicinal proparties of the good old fashloned roofs and herbe contained in Lydia E. Pinkham's Vegetable Compound. If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lym, Mass., for special free advice.

If any complication e write the Lydia E. Pin Co., Lynn, Mass., for spe

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think what the saving of that eye means to this little girl. Another case is that of a hady ninety-three years old. She came to me with dull vision and extreme inflamma-tion of the lids and the conjunctive was al-most raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl of sizteen." Dr. Indkins Massachusetts abarden

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