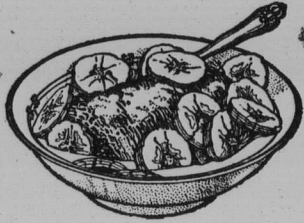


**Strength in Summer** comes to the man or woman whose daily diet consists of cereals and fruits. Meat and potatoes are a heavy load on the digestive organs. The ideal Summer diet is **Shredded Wheat Biscuit**, a food that is 100 per cent. whole wheat and prepared in a digestible form. For breakfast with sliced berries, with milk or cream.



Made in Canada.

#### THE OLD CHINA AND THE NEW.

Contrast Between the Pomp of Yesterday and Present Lack of Ceremony.

The meeting of the Prince regent, the emperor's father, who only yesterday had been the real ruler of China, all-powerful, master of the property and the lives of his subjects, the successor to twenty-five dynasties of emperors, with Dr. Sun Yat-sen, the republican leader, the conspirator and on whose head a price had so been set, was a scene that the eyes will always remember. Mr. Farjanel describes it in the Chinese Revolution: "I was talking with Sun Yat-sen, the author, a servant handed to the Chinese statesman. He left me at once," he said, "the prince regent!" "He was a scene that the eyes will always remember. Mr. Farjanel describes it in the Chinese Revolution: "I was talking with Sun Yat-sen, the author, a servant handed to the Chinese statesman. He left me at once," he said, "the prince regent!" "He was a scene that the eyes will always remember. Mr. Farjanel describes it in the Chinese Revolution: "I was talking with Sun Yat-sen, the author, a servant handed to the Chinese statesman. He left me at once," he said, "the prince regent!"

The little group advanced, but numerous clerks and soldiers crowded round, anxious to have a nearer view of the prince before whom, only a year ago, they would have prostrated themselves humbly. They stared at him now impudently, and their little, furtive black eyes seemed to say, "You are nobody to-day!"

An official was obliged to clear the way for the regent, who hurried along and seemed anxious to avoid the stares of the crowd. Escorted by an officer, he passed close to us and climbed the great staircase, walking with bent head and stooping shoulders, as if he bore the weight of his past grandeur. Finally the little party disappeared on the floor above.

On leaving the palace we encountered three or four servants wearing the royal livery, blue robes with white, conical hats covered with red fringes. They were holding some little, ill-groomed horses. That was the sorry remnant of all the imperial pomp!

## Instant Postum

A table drink that has taken the place of tea and coffee in thousands of Canadian homes.

"There's a Reason"



Delightful flavor  
Rich aroma  
Healthful  
Economical

Sold by grocers everywhere

#### A SHOWER IN GRANDMOTHER'S GARDEN.

All the little blossoms are a-bowing and a-bobbing—  
Pansies and Petunias, Featherfew and Phlox;  
Stately Madam Peony in satin is hobnobbing  
With her humble neighborfolk, the gingham Four-O'Clocks.

See the Scarlet Runners, all a-swinging and a-swaying,  
Every blossom gleaming like a jewel newly set,  
Moving, oh, so lightly, to the tune the Rain's a-playing—  
Such a stately, graceful, joyous, antique minuet!  
Morning Glory blossoms all their crimped edges tighten,  
But Morning Glory buds are a-swell-ing fair and free;  
Hardly can they wait till the morning sky shall brighten  
Ere they open wide their hearts to humming bird and bee.

Where the SweetPeas swing their censers, rose-and-pearl-a-shining,  
Where the Glove Pinks glow and sparkle, jeweled fresh and fine,  
Where the Vine of Cinnamon in stout curves is a-twining,  
Where the Garden Lilies lift their loveliness benign.

Where the Lavender's a-row, with Sage and Coriander,  
Mint and Dill and Caraway a-crowding close and sweet,  
Where the gentle Rosemary and Southern-wood phillander,  
What an incense rises, for a garden goddess meet!

Yes, and look you—at her wide-flung window she is standing,  
Like her own Forget-Me-Nots her eyes of beaming blue;  
Soft the folds of shining, snowy hair her dear brow banding,  
"Children, see!" she softly cries, "He maketh all things new!"  
—Minnie L. Upton.

#### HOW IS YOUR APPETITE?

Loss of appetite during the summer months is a common trouble, and indicates that the digestive system is out of order. Lacking a healthy appetite many people—especially women—go too long without food, or eat sparingly because food seems to distress them, and it is no wonder that they complain that they are constantly tired and unable to stand the hot weather. This simply means that the digestive system is not doing its proper work, and that the nutriment that should come from the food is not being distributed to the various organs of the body. In other words the blood is growing thin and watery.

You need a summer tonic, and in all the realm of medicine there is no tonic can equal Dr. Williams' Pink Pills. Take a short treatment with these pills now and notice how promptly your appetite returns and your power to digest food improves. Your food will then do you good, your strength will return and you will no longer complain that the hot weather tires you out.

The best time to begin taking Dr. Williams' Pink Pills is the moment you feel the least bit out of sorts. The sooner you do so the sooner you will regain your old time energy. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

#### DEMOCRATIC ART.

Many Pictures in Royal Academy Come From Humble Folk.

It need not be thought that the walls of the Royal Academy in London are a preserve for those who have had a special art training. Good pictures often come from quite unexpected places. A publican is quite a frequent exhibitor, whilst recently a quartermaster of the Royal Engineers had a picture exhibited, and a railway clerk and several postmen—thanks to the Post Office Arts Club—have been exhibitors at our principal art exhibition within recent years.

The best known policeman-artist is undoubtedly Constable Jones, of Leeds, who has had many canvases accepted, and hung, and one of the brilliant "bobby's" pupils—Mr. Walter Marshall, a tram-repairer—has also been "hung" several times—in the artistic and not in the criminal sense, although he has been in the hands of the police so long. He was only twenty-three when his first picture was accepted.

The fact is that there is likely to be a great widening of artistic accomplishment in this country, because color work has been taken up so enthusiastically in the people's schools. And if this development is well directed and fostered, it should help us to compete with any other country in the world in the beauty of our designs in manufactured articles, for art is not a thing of the studio only, but of the workshop.

Paper board, one of the best nonconductors of heat known, makes an ideal mat for the dining table. The upper side of the board is made of liquid proof, while the underside, that next to the polished table, is as soft as felt. These paper mats are made to fit standard size tables, and can be bought at a much lower rate than the heavy felt-pad.

#### Fashion's Latest Designs



Even in trim white linen, a suit may look very military if large pockets and stitched bands are added in just the right way. The simulated box-pleats and large side pockets help to give this suit an almost soldierly air, which a large collar tries to divert toward the navy, but the gun which the little boy carries throws the balance toward the military. McCall Pattern No. 7772, Boy's Suit; knee trousers. In 4 sizes; 2 to 8 years. Price, 15 cents.



Organdie is the material used to develop this charming frock, with flet lace for trimming. A plain skirt and gulle are topped by a sleeveless overblouse or jumper which has panels down the front connected with bands of wide flet lace simulating pockets. A belt formed of organdie and flet lace holds the fulness in at the waist. McCall Patterns, No. 7631, Ladies' Overblouse with Guimpe; in 4 sizes, 34 to 40 bust; price, 20 cents; and No. 7515, Ladies' Two or Three-Piece Skirt, 42 or 38-inch length; in 5 sizes, 22 to 30 waist. Price, 15 cents. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

#### "FIGHTING" ANIMALS.

The Yarns About Fighting to the Death Not Founded on Fact.

It is a great error for the sentimental nature writers, or "nature fakers," as they have been termed, to describe battles to the death between well-matured antagonists either of different kinds or of the same species.

Animals do fight and for many reasons; hunger may compel one to attack another if he thinks he can get away with the job of killing it; two males may scrap savagely over the complicated question of courtship; or two or more of either sex may fight over a bit of food or a kill. But, however strong the incentive, however deep the anger, there is always the sense of injury and the pain of inflicted hurts to cause these creatures to cease before being very badly clawed up, bitten or torn. There is never enough of gameness to warrant a fight to the death unless an antagonist is so superior to another that its injuries are slight in comparison to what it may sustain.

Wildcats sometimes get into fights that make the woods resound with their snarls and growlings, but they quit before much harm is done, one generally being whipped. Foxes fight also, shedding blood on the late winter snows, and now and then they get into pretty evenly matched contests with raccoons and minks.

Minks also fight each other, often over the food question, one having caught fish, bird or mouse that another covets entire, but while this is sharp and savage one quits before great injury is done.

Bears generally get along with a growl toward those whom they cannot tolerate; rarely do they come to blows. There is a common agreement to keep off of each other's domains, or hunting grounds, which have rather definite though wide limits.

Occasionally bears and pumas have been known to have strenuous argu-

ments as to right of way or over-the "kill" of one or the other, and if it is a smaller black or cinnamon bear the claws and superior agility of the big cat may count for a victory. If the cougar is very large and very hungry he may even succeed in killing a small bear. In any event such a scrap must be worth witnessing. An exception to the foregoing rule of the forest is found in the battles of male deer. They do not actually kill each other, but their horns become locked and they therefore starve to death.

#### NATIONAL PARK IS LARGEST

Snow-Clad Peaks are Impressive in Massive Ruggedness.

Probably the most impressive thing about the Canadian Rockies is their massive ruggedness. These mountains are tremendous uplifts of stratified rock of the devonian and carboniferous ages which have broken out of the crust of the earth and slowly heaved aloft. On the right and left the traveller through this district will see snow-laden promontories rising thousands of feet, penetrated by enormous alcoves in which haze and shadow of gorgeous coloring lie engulfed.

Some sections, miles and miles in breadth and thousands of feet thick, have pushed straight up, so that their strata remains as before; still other sections are bent and crumpled under prodigious side pressure, while all have been broken down and worn away until now they are only colossal fragments of the original uplifts.

At Banff, an altitude of 4,521 feet, situated in the Canadian National Park, are located the hot springs. This park is a national reservation of 5,732 square miles, embracing parts of the valleys of the Bow, Spray and Cascade rivers, Lake Minniwanka and several noble mountain ranges. Beyond are the Divide and the Yoho Valley.

This national park is the largest in the world, being nearly one-half as large again as the Yellowstone Park of the United States. No part of the Rockies exhibits a greater variety of sublime scenery, and nowhere are good points of view and features of interest so accessible, since many excellent roads and bridle paths have been recently constructed. Banff is in the midst of many impressive mountains. Northward is Cascade Mountain, 9,825 feet; eastward is Mount Inglismalde and the Height of Fairholme of the Fairholme sub-range, beyond which lies Lake Minniwanka.

The sulphur springs at Banff are noted for their curative properties and each year are the gathering places for tourists from all parts of the world. Twenty miles south of Banff is Mount Assiniboine, the Matterhorn of the new world, the ascent of which, after several unsuccessful attempts, was made in the autumn of 1901 by James Outram and a party of Swiss guides.

This is to certify that fourteen years ago I got the cords of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it.

ISAAC E. MANN.

Aug. 31st, 1908. Metapedia, P. Q.

LITERARY VALUE OF FOOD.

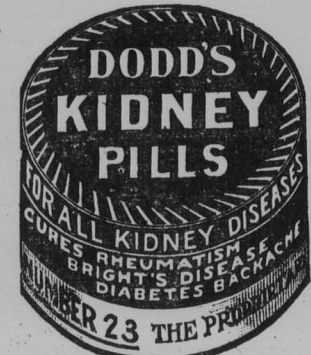
Character of Writer's Product is Governed by His Diet.

The amateur literary craftsman will do well to look to the quality and character of his three meals a day. An investigator who has been checking up on literary history has evolved the curious theory that the quality and character of literary product is governed almost entirely by the diet of the writer.

A literary man, according to the new thought, can get any kind of a game he wants by regulating his diet. Toast and tea, for instance, would be about the right feed for Spring poetry, while pig's knuckles and sauerkraut would be fine for any topic that called for plain speaking, right to the point.

Thus J. Whitcomb Riley was at his best when subsisting on Graham crackers. When J. Whitcomb was in a condition of absolute hunger he was capable of reaching out and grasping a word to rhyme any time that he wanted it. Mark Twain favored champagne and light lunches, and some of his most sparkling humor was tossed off after lunch. Ben Johnson, whenever the biscuits were stale there was a distinct note of pessimism in his writing.

Carlyle wrote some of his most pon-



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derous messages on a cornbeef and cabbage diet. Poe was particularly given to melancholy poetry after toying with beer and pretzels. Dante, we are told, wrote "The Inferno" after absorbing a heavy meal composed almost exclusively of macaroni that was a trifle underdone.

No doubt, by watching literary production closely, we can, in time, segregate the menu into its varied literary meanings. Even now there is a strong impression that various writers are subsisting on sawdust, baked hay, rhu-barb and desiccated barbed wire. Have you a little writer in your home? Try the system out.

#### SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets cure these troubles, or is given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### Valuable Advice.

"I have a most valuable work to sell, madam," said the book agent. "It tells you how to do everything." "Does it tell how to get rid of a pestering book agent?" asked the busy woman. "It does, madam," returned the agent serenely. "It says you should buy something from him."

Minard's Liniment Cures Colds, Etc.

Nearly every housekeeper makes enough salad dressing to last several days, but few know that it is a saving to make enough white sauce to last two or three days. Make it thick, then enough may be taken and thinned in preparing a cream soup for the luncheon, or for the sauce for the vegetables or pudding for dinner, or for the basis of croquettes or fish balls.

#### After the Movies

Two Eyes for a Lifetime  
Marine is for Tired Eyes,  
Red Eyes, Sore Eyes,  
Irritated Eyes, Itchy  
Eyes, and all Eye  
troubles. Marine is a  
Favorite Treatment  
for eye trouble. It  
cures as your Teeth  
care for them. You  
cannot buy New Eyes.  
Sold at Drug and Optical  
Stores or by Mail. Ask  
Marine Eye Remedy Co.,  
Chicago, for Free Book.

we are told, wrote heavy stuff, almost exclusively, following his regular evening meal of beer, biscuits and beef, and

Minard's Liniment Cures Diphtheria.

Sheep return more and better fertility to enrich the soil and distribute the same more evenly than any other class of stock.

The first cement plant in Korea will be opened in the near future by Japanese.

#### YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If you druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

## Little Son Was A Pitiful Sight

With Ringworm Which Turned to Eczema. Just One Mass. Cuticura Completely Healed.

"My little son, three years old, took ringworm on his left arm, and he scratched it so that it turned to eczema. It then spread to his back, chest, arms, legs and head. It was just one mass of corruption and it made my heart ache to see him scratch; he would just tear himself. He was a pitiful sight."

"I read about Cuticura Soap and Ointment. By the time I had used the second box of Cuticura Soap with the Cuticura Soap he was completely healed."

(Signed) Mrs. R. R. Peachey, R. R. 1, Waldemar, Ont., December 30, 1906. Cuticura Soap daily for the toilet and Cuticura Ointment as needed prevent pimples, blackheads or other eruptions. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

## MAGIC READ THE BAKING LABEL NO ALUM POWDER

#### Warn the Children.

Parents and teachers should make children understand the danger of eating strange roots, plants or berries. Every year many children are poisoned owing to the neglect of this simple precaution.

Minard's Liniment Cures Distemper.

The woman who has many dishes to wash, and whose feet get tired, should try standing on a rubber rug, such as many people have at their front doors. This sort of a foundation has a restful effect.

#### MONEY ORDERS

A Dominion Express Money Order for Five dollars costs three cents.

A reel of broad tape which, when fastened to mired wheel, will unwind and form a dry pathway, has been invented, the object being to enable an automobile to pull itself out of a mud-hole.

Minard's Liniment Cures Garget in Cows

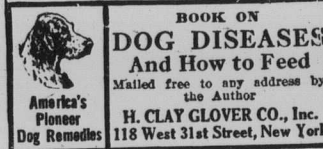
#### NEWSPAPERS FOR SALE

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 World Publishing Company, 73 Adelaide Street, 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, Collingwood, Ont.

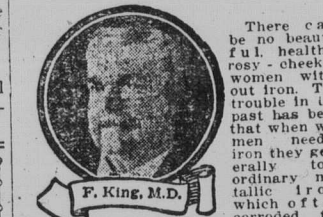
## The Soul of a Piano is the Action. Insist on the "OTTO HIGEL" PIANO ACTION



Dr. Ferdinand King, New York Physician and Medical Author Says

## EVERY WOMAN EVERY MOTHER EVERY DAUGHTER NEEDS IRON AT TIMES

To put strength into her nerves and color into her cheeks.



There can be no healthy, rosy-cheeked woman without iron. The trouble in the past has been that when women needed iron they really took ordinary medicinal iron, which often corroded the stomach and did far more harm than good. To-day science organic iron—Nuxated Iron. This particular form of iron is easily assimilated, does not blacken the teeth nor upset the stomach. It will increase the strength and endurance of weak, nervous, irritable, careworn, baggage-looking women 100 per cent in two weeks' time in many instances. I have used it in my own practice with most surprising results.—Ferdinand King, M.D.

NOTE: NUXATED IRON recommended above by Dr. Ferdinand King can be obtained from any good druggist with an absolute guarantee of success or money refunded. It is dispensed by all good druggists.

## BROKEN DOWN IN HEALTH

Woman Tells How \$5 Worth of Pinkham's Compound Made Her Well.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a widow for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."

—Mrs. JENNIE MOYER, 342 E. North St., Lima, Ohio.



Women who suffer from displacements, weakness, irregularities, nervousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.