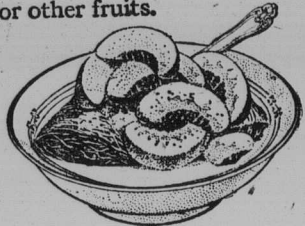


Boys and Books. They will mix all right if the boys are kept mentally alert and physically active with nourishing, easily digested foods. Shredded Wheat Biscuit is the ideal food for youngsters to study on or to play on because it contains the life of the whole wheat grain in a digestible form. The kiddies like it with milk or cream, with sliced bananas or other fruits.



Made in Canada.

THE FOOD CRISIS.

Material For Developing Man Power Must Come From Land.

One can understand the attitude taken by people in resenting being told over and over again that we must have meatless days, that we must eat less and that we must economize. We need not be surprised at the question, coming back from the people: Why not increase production?

No amount of economy will atone for underproduction. This is being fully appreciated by the United States since their entry into the war, and should be appreciated by us.

At the outbreak of the war Great Britain was farming 60 per cent. less land than she did one hundred years ago, and 45 per cent. of her population is in the cities. Germany, in the same time, had been stimulating her farming by a system of co-operation between the Government and the farmer by which loans might be had and paid back in instalments. By such means she was able to keep approximately one half of her population on the farms. She has consequently been almost self-sustaining.

The accompanying table taken from the Yellow Book of the department of Agriculture shows at a glance the results obtained in Great Britain and Germany on each one hundred acres of cultivated land, and demonstrates the increase in production of the latter country as against the former:

British German Farmer.		
	Tons.	Tons.
Crops—Corn	15	33
Crops—Potatoes	11	55
Crops—Meat	4	4 1/2
Crops—Milk	17 1/2	28

Canada is capable of supplying food for every man, woman and child in Europe; yet less than 10 per cent. of this land is under cultivation, while in some provinces and in the United States, the acreage under cultivation is becoming less every year with the exception of the present year.

UNCONQUERED.

Do they die who march away? Father, brother, husband, son; Nay, and ever, ever nay; Their march is but begun.

On Flemish fields, where blood flows fast, Yea, faster than our tears, Their bodies lie, their souls gone past The swift march of the years.

With eager hearts they wait for us, A mighty, jubilant throng; Our men, o'er death victorious, Of healing peace their song.

Do they die who march away? Father, brother, husband, son; Nay, and ever, ever nay; Their march is but begun.

—Clare Donnelly.

Keep the habit of effort alive by a little gratuitous exercise every day.



Boys & Girls THRIVE on the easily digested wheat and barley food Grape-Nuts There's a Reason

WHO WERE THEY BEFORE THE WAR?

HOW LONG HAVE THEY BEEN IN THE ARMY?

Is It Credible That They Were Ever Anything But Soldiers?—What Officers Say About Their Men

A very fine appreciation of our wonderful citizen army has just been sent to England from the British Headquarters by the special correspondent of the London Times.

"The outstanding fact of the recent fighting here has been the same as it was on the Somme last year, namely, the amazing quality of our men," he says.

"Instances of individual heroism are still passed about; but they are little compared with the heroism of the mass, of which one thinks it necessary to speak no more than in mentioning it as it is necessary to dwell upon its scent and hues and shape.

Quality of the New Drafts.

"A never ceasing subject of curiosity with me when talking to officers of almost every grade is the quality of the new drafts; and I have never yet met a case where the officer was not satisfied with his latest drafts and apprehensive about his next. This has been so for two years. Just as the old Regular Army feared for the Territorials and the first Territorials feared for all the later men, so each successive layer of the Newest fears for the layer that will come next. And the last layer gets kneaded into the lump and, with it, shares the old fears as to the quality of those who will be coming after. So it goes on—and look at them!

"Who would say whether the men of this company swinging along the road had been out here for two months or two years? It is not a very full company, for the men are coming out; but mark the copper-bronze faces and the confidence and rhythm of the march. And the young officer at their head: Goodness knows what he was two years ago, but to-day he is an officer and a soldier every inch of him, fit for men to follow.

Their Great Confidence.

"Another company passes them on the road, going the other way, fuller in strength and without the stains of recent battle on the uniforms. But the faces are as bronzed and the tread is as firm. The two pass in silence with friendly measuring eyes—those just coming out from the doors of death and those just passing in—but there is no criticism in the gaze of the one nor envy or apprehension in that of the other; neither pride of duty well done on the one side, nor fear of failure to do it on the other.

"And the long trains of guns and artillery transport; you can stand and, as they pass slowly, study each individual man, note the way they sit their horses, the evidence of the care that is taken of the animals, the confidence of the drivers, the serene assurance of his own competence which stamps the bearing of every man. Who were they before the war? How long have they been here? Is it credible that they were ever anything but soldiers?"

The Dispatch Riders.

"Where have all the dispatch riders come from, these men whom all the Army admires, who day and night in all weathers, soaking wet or covered with grime, flash by with tight-set lips and steady eyes, through all the dust and swirl of traffic? One knew there were young men in Britain who loved such darddevil work as this; but where have we found enough of them, so that on the roads of half France, one is never out of earshot of the machine gun rattle of their engines?"

"And the transport drivers, how comes it that they are all brave, all possessed of an equal and supreme contempt for shells when they have a job to do? If you ask an infantryman or gunner who was the bravest man he has seen he will speak probably not of another infantryman or gunner in the exercise of his ordinary duties, but of some runner who carried messages, some engineer of 'signals' who had the care of telephone or telegraph wires, or some stretcher-bearer. So it is all through the Army; and it is impossible not to wonder daily how these men hid their qualities before the war, and what has shaped them to what they are to-day."

Commander's Praise.

"Talking to a Divisional Commander recently I asked about the general behavior of his men. 'Oh,' he said, 'they're rippers; absolute rippers, every man of them!' His men came chiefly from certain manufacturing districts in the North of England. Within the last two days an Army Commander, replying to the same question, broke out: 'Oh, they're extraordinarily good; couldn't be better, no matter where they come from.'"

"And an Army Commander's men come from most parts of the Empire."

"Another Divisional Commander had spoken for some time of the splendid way his men had fought;—'And the way they stick by each other,' he had said, 'is simply magnificent.' 'Are they tired?' I asked. 'Do they want peace?' 'Not a bad peace,' was the quick reply, 'not one of them. They understand now what this war is about, which at the beginning they didn't.'"

"From my own observation, I believe this to be true. Tired? Of course, men get tired individually, physically and mentally tired. But the British Army is very stern and set in its purpose now. Many men there are undoubtedly who fight for the love of fighting; but in the mass our men fight now not from adventurousness, not from discipline, but because they propose to win this war, and know that for the world's sake, win it they must."

"It might have been a very nice war," said a sergeant, "if the Germans would have fought it right."

NEW HEALTH FOR WOMEN

The most fateful years in a woman's life are those between forty-five and fifty. Many of the sex enter this period under depressing conditions through overwork or worry about the home, or through a condition in which the blood is weak or watery and so they suffer heavily. Among the commonest symptoms are headaches, feverish flushes, palpitation of the heart, dizziness, backache, depression and other well recognized disturbances of the health which signalizes that the blood requires attention. Women urgently need rich, red blood in middle-life, when the nerves are also weak and overworked.

Now every woman can prove the prompt help afforded to her health by renewing and building up the blood. It is a test that any ailing woman can make by taking Dr. Williams' Pink Pills, for these pills make rich, red blood, which in turn stimulates the appetite, strengthens the nerves and restores full robust health. Thousands of women have found in Dr. Williams' Pink Pills new health and strength and with these a new happiness and interest in life.

So if you suffer, avail yourself at once of the splendid home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

WORDS OF WISDOM.

Meet this day manfully. It will help you to be a better man for the morrow.

An error isn't a sin until made the second time.

The man that everybody likes, generally likes everybody.

The neighbor who returns borrowed tools at the time specified can be trusted. Lend to him even unto the seventh time.

A man with his heart in his work is not concerned about obstacles. He overcomes them.

There is a wide difference between the politician hunting a job and one hunting work.

This is a good time to place an embargo upon the tongue. The temptation to say too much is sometimes irresistible.

When building a new house or remodeling an old one, be sure to have the living-room the sunniest one of them all. This will help to make it what every living-room should be—the best room in the house.

Haven't you a good many times tried hard to think what that good thought was you had away out in the back lot, and couldn't to save your life? That's why it would be a good thing to take a slip of paper and pencil along wherever you go. Write it down. Then it won't get away from you.

Heaven is large and affords space for all modes of love and fortitude. Why should we be busybodies and superserviceable? Action and inaction are alike to the true. One piece of the tree is cut for a weathercock and one for the sleeper of a bridge; and the virtue of the wood is apparent in both.

Much of the backache from which very many housewives suffer, might be avoided if women would sit down while doing some of their kitchen work. One of the kitchen stools which are made for that purpose, makes this easily possible, as they are of the right size and height to use at most kitchen takes. An old piano stool is better still, as it is adjustable.

The boys whose mothers inculcate the good old-fashioned rule "girls first," are those who make courteous, well-mannered men. If they are taught at home to wait on their sisters and be polite to them, it will not be a painful, awkward effort to be gracefully polite and deferential to other girls and women. Good manners count for more than good looks in making friends.

Woman is to-day entering on a new era, full of promise. The world is willing now to give her a chance to show what she can do, because it needs her help. The eager but efficient aid she gives to the Red Cross, her thoughtful provision for the needs of our soldiers and the valuable industrial work she is doing, show that she can be depended upon for her full share of help when she is granted fuller opportunities for service. Each day there are more opportunities arising for women to organize and they are daily finding that in union there is power.

GUARD THE CHILDREN FROM AUTUMN COLDS

The fall is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent colds or if it does come on suddenly the prompt use of the Tablets will quickly cure it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GOLD.

In far Alaska's snow-girt hills The shining metal lies; And by the bright Peruvian hills Beneath their tropic skies. And yet, why search so far afield For that we find at home— The gold that our own acres yield, The fruit of the fertile loam?

The gold of shining yellow corn, The gold of ripened wheat, The butter of the clover-mead, The honey rich and sweet, The golden fruits of tree and vine— All these more precious are Than all the wealth of all the Rand, Nugget and bullion-bar.

Then break the sod that idle lies, And plow the furrow deep; A time of dew and rain and sun, And then a time to reap. The harvest, ripened, fully-grown, To Autumn's winds unfurled; The rarest wealth that man has known— The gold that feeds the world! —Lydia O'Neil.

MURINE Granulated Eyelids, See Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smearing, Just Eye Comfort. Murine Eye Remedy, 50¢ per bottle. Murine Eye Salve, in Tubes 25¢. For Details Ask Murine Eye Remedy Co., Chicago 4

Attach Light to Your Razor. A woman, Katherine E. Allport of Chicago, is the inventor of a combination flashlight and razor, says Popular Mechanics, which will illuminate a man's face far better than the regular wall light. By having the light attached directly to the razor the light follows the blade and the strong rays are thrown just where they are needed. The small flashlight bulb is clipped with its socket on to the handle end of the razor. The conducting wires from the socket lead to small dry cells which occupy the bottom half of the razor box especially built for this attachment. From one to three dry cells can be employed, depending upon how much light you consider necessary.

Minard's Liniment Cures Neuralgia. Doesn't Need Them. The man who does things is seldom heralded by an advance agent and a brass band.

MONEY ORDERS Buy your out of town supplies with Dominion Express Money Orders. Five dollars costs three cents.

Sowing Tares. During a Bible lesson a teacher was trying to explain the parable of the tares.

"Can anyone tell me any person who is like the evil one who sowed the tares?"

A hand instantly shot up from a small boy at the foot of the class. "Well, John, what person do you say?"

"Please, ma'am, my mother."

"Why?" asked the teacher, in astonishment.

"Well," answered he, eyeing his patched trousers, "she sews all my tears."

Guarding Baby. Never let a baby play with sharp-pointed toys or toys with sharp edges. Never let him have wool-covered toys or those covered with hair; they are germ collectors. Be careful about letting him have buttons or tiny things which he might swallow or get in his ears or up his nose. Don't let him chew old pocketbooks or painted toys.

Minard's Liniment for sale everywhere.

If the farm labor situation is as acute another year as it is now, some more definite arrangement should be made to eliminate the weaker and less suitable men volunteering for help in the fields. The wages paid has varied from \$40 per month, for men experienced, but who are strong, to \$3 a day for experienced harvest hands.

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 your 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.

Minard's Liniment Cures Dandruff. We are exhorted to use corn-meal in these war times. Here is a good johnny-cake, made without eggs: Mix and sift together a cupful each of corn-meal and flour, a third of a cupful of sugar, a teaspoonful of salt and a half teaspoonful each of soda and baking-powder. Add gradually a cupful and a half of sour milk. Beat well and bake in a well-greased, shallow pan in a moderate oven.

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

No Need to Rub Try Sloan's Liniment and see how quickly the swelling is reduced and the pain disappears. No need to rub; it penetrates quickly and brings relief. Have a bottle handy for rheumatic pains, neuralgia, back ache and all muscle soreness.

Generous sized bottles; at your druggist, 25c., 50c., \$1.00.

Girls! LEMON JUICE IS SKIN WHITENER How to make a creamy beauty lotion for a few cents. The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart of the most remarkable lemon skin beautifier at about the cost of the ordinary cold cream. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

SUNDAY SCHOOL CONVENTION.

S.S. Workers of North America Will Meet in Buffalo Next June.

The Board of Trustees of the International Sunday School Association at their Fall meeting in Chicago, fixed June 19th to 25th as the dates for the Fourteenth International Sunday School Convention to be held at Buffalo, N.Y., in 1918. Ontario is third among the States and Provinces in the number of delegates allotted, New York State and Pennsylvania coming first. The number given to Ontario is 186. Provision for the selection and appointment of these will be made at the Conventions in Chatham and Peterborough, October 23-25, and October 30 to Nov. 1 respectively, these being the last Ontario Conventions until after the International. Special election of International representatives, members of the International Nominating Committee, and detailed reports will receive special attention.

Minard's Liniment Cures Neuralgia. Doesn't Need Them. The man who does things is seldom heralded by an advance agent and a brass band.

MONEY ORDERS Buy your out of town supplies with Dominion Express Money Orders. Five dollars costs three cents.

Sowing Tares. During a Bible lesson a teacher was trying to explain the parable of the tares.

"Can anyone tell me any person who is like the evil one who sowed the tares?"

A hand instantly shot up from a small boy at the foot of the class.

"Well, John, what person do you say?"

"Please, ma'am, my mother."

"Why?" asked the teacher, in astonishment.

"Well," answered he, eyeing his patched trousers, "she sews all my tears."

Guarding Baby. Never let a baby play with sharp-pointed toys or toys with sharp edges. Never let him have wool-covered toys or those covered with hair; they are germ collectors. Be careful about letting him have buttons or tiny things which he might swallow or get in his ears or up his nose. Don't let him chew old pocketbooks or painted toys.

Minard's Liniment for sale everywhere.

If the farm labor situation is as acute another year as it is now, some more definite arrangement should be made to eliminate the weaker and less suitable men volunteering for help in the fields. The wages paid has varied from \$40 per month, for men experienced, but who are strong, to \$3 a day for experienced harvest hands.

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 your 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.

Minard's Liniment Cures Dandruff. We are exhorted to use corn-meal in these war times. Here is a good johnny-cake, made without eggs: Mix and sift together a cupful each of corn-meal and flour, a third of a cupful of sugar, a teaspoonful of salt and a half teaspoonful each of soda and baking-powder. Add gradually a cupful and a half of sour milk. Beat well and bake in a well-greased, shallow pan in a moderate oven.

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

No Need to Rub Try Sloan's Liniment and see how quickly the swelling is reduced and the pain disappears. No need to rub; it penetrates quickly and brings relief. Have a bottle handy for rheumatic pains, neuralgia, back ache and all muscle soreness.

Generous sized bottles; at your druggist, 25c., 50c., \$1.00.

Girls! LEMON JUICE IS SKIN WHITENER How to make a creamy beauty lotion for a few cents. The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart of the most remarkable lemon skin beautifier at about the cost of the ordinary cold cream. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.



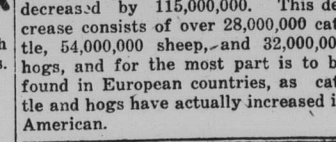
Modern Wonders.

A teacher was asking her young pupils what wonders to be seen to-day were not in existence sixty years ago.

There were a score of answers, such as electric light, motor cars, airships. At last one little fellow contributed: "Me and my little brother, miss."

Minard's Liniment Cures Burns, Etc. "On God, and godlike men, we build our trust."

According to advices received from Washington, since the war began the world's meat-producing animals have decreased by 115,000,000. This decrease consists of over 28,000,000 cattle, 54,000,000 sheep, and 32,000,000 hogs, and for the most part is to be found in European countries, as cattle and hogs have actually increased in America.



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

WANTED - BLACKSMITH to sharpen tools; also Granite Polisher. Write George M. Paul, Stirling, Ont.

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.

IT'S VERY EASY TO GET RID OF SKIN TROUBLES With CUTICURA Bathe with Cuticura Soap, dry and apply the Ointment

Stops itching instantly, clears away pimples, dandruff and scalp irritation, heals red, rough and sore hands as well as most baby humors. You need not buy them until you try them.

Sample Each Free by Mail With 32-p. skin Book. (Soap to cleanse and Ointment to heal.) For samples address post-card: "Cuticura, Dept. N., Boston, U. S. A." Sold throughout the world.

CRISIS OF WOMAN'S LIFE

Change Safely Passed by Taking Lydia E. Pinkham's Vegetable Compound.

Wagoner, Okla.—"I never get tired of praising Lydia E. Pinkham's Vegetable Compound because during Change of Life I was in bed two years and had two operations, but all the doctors and operations did me no good, and I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound which brought me out of it all right, so I am now well and do all my housework, besides working in my garden. Several of my neighbors have got well by taking Lydia E. Pinkham's Vegetable Compound." — Mrs. VIOLA FINICAL, Wagoner, Okla.

Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through the crisis.

ED. 7. ISSUE 43-17.