

School-Days are Joy-Days to the boy or girl whose body is properly nourished with foods that are rich in muscle-making, brain-building elements that are easily digested. Youngsters fed on **Shredded Wheat Biscuit** are full of the bounce and buoyancy that belong to youth. The ideal food for growing children because it contains all the material needed for building muscle, bone and brain, prepared in a digestible form. One or two biscuits for breakfast with milk give a boy or girl a good start for the day. Ready-cooked and ready-to-serve.

Made in Canada

MUCH FOUGHT FOR CITY.

History of Trieste is a History of Many Conflicts.

Trieste, the principal seaport of Austria, which figures so prominently in the news of the day, goes back for the beginning of its history into ancient days. It is first mentioned about 100 B.C. as a village, a place of no importance. Some fifty years later, it is recorded that the place was attacked by barbarian tribes from the interior, and about twenty years later still, Trieste makes its definite appearance in history during the Punic wars waged by Augustus. The Romans, with that sure judgment which characterized their empire building, recognized the importance of the site upon which Trieste now stands. Augustus consequently decided to found a Roman colony there. The little village quickly became a town, and, as a defense against the wild Celtic and Illyrian tribes of the surrounding country, who always gave the Romans so much trouble, the new city was surrounded by a wall and fortified with towers. It was given the name of Tergeste, quickly became a flourishing Roman colony and had a large territory attached to it. In those days, just as to-day, the importance of Trieste lay mainly in its commerce, as the natural outlet for Pannonia and Dalmatia, and in those days, just as to-day, it was a beautiful city.

On the fall of the empire in the west, the history of Trieste merges into the history of Istria. It passed through troublous times. It was pillaged by the Longobardi and the Goths; was annexed to the Frankish kingdom by Pepin in 789; fell into the hands of the dukes of Carinthia about the middle of the tenth century, and from thence it passed successively through the hands of the dukes of Meran, the dukes of Bavaria into the possession of the republic of Venice. For the next 180 years, the history of Trieste is a record of conflicts with the south, and in 1809, it herself underwent the pillaging of Austria.

COLLIE.

stress to

of the striking sagacity of the most human sympathy of her ordinary collie, Max, is furnished by Mrs. T. P. O'Connor in her book, "Dog Stars." While she was in Germany she was suffering from a closed tear duct. Informed of a doctor in Baden-Baden whose speciality was the treatment of that difficulty, she went there to see him, taking Max along.

The afternoon of my arrival, writes Mrs. O'Connor, anxious to know his opinion, I went at once to his office. "Yes," said Doctor von Hoffman, "there is trouble here that will yield only to an operation; with the help of cocaine, I cut a little passage from the eye to the nose, keep it open with massage while healing, and in a fortnight your eye will be well enough for you to go away. Will you have it done?"

"Yes," I said, "certainly I will." Max, who had been lying quietly in a corner, came forward, whimpered, looked at me anxiously, and laid his paw gently in my lap.

"This gentleman hasn't the same confidence in me that you have," said the doctor, smiling. "Come to-morrow at eleven, and everything will be ready for you."

"If you don't mind," I said, "I would much prefer the operation now."

I am sure Max pressed my knee with his paw.

"Very well," said the doctor. "I'll call my assistant. He has strong hands and will hold your head while I make the incision. Max must go into the other room."

"No," I said, "please let him stay. He will be a comfort to me. Go to

"Another Article Against Tea and Coffee"

In spite of broad publicity, many people do not realize the harm that the drug, caffeine, in tea and coffee does to many users, until they try a 10 days' change to

POSTUM

Postum satisfies the desire for a hot table drink, and its users generally sleep better, feel better, smile oftener and enjoy life more.

A fair trial—off both tea and coffee, and on Postum—shows

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

DEADLY DUST.

It Is Most Dangerous to Breath Laden Air.

The workman has no more deadly foe than dust. Not only are there tiny articles floating in the air, which carry germs of deadly disease which he may breathe or become infected with through a cut or scratch, but others that will inflict harm on his tissues.

Just now, when so many thousands of men are turning their hands to the making of munitions, it is timely to warn them against inhaling the flying, minute splinters and dust that are caused by a lathe or file working on metal, says the London Answers.

If a tiny particle of steel be examined under a microscope it will be found to be jagged and sharp as a needle, and when breathed into the lungs in great numbers it sets up all kinds of pulmonary troubles. The workman used to his conditions takes care not to breathe more of this dust than he can help, but the unaccustomed man may lean over his work, or, laboring in a dusty atmosphere, the unusual exertion may cause him to inhale deeply through his mouth.

All of us avoid nasty smells, but it is often far more dangerous to breathe dust-laden air which is not so perceptible.

RELIEF FROM INDIGESTION

The Most Common Cause of This Trouble is Poor Blood.

All conditions of depressed vitality tend to disturb the process of digestion. There is not a disturbed condition of life that may not affect digestion. But few causes of the trouble are so common as thin, weak blood. It affects directly and at once the process of nutrition. Not only is the action of the gastric and intestinal glands diminished but the muscular action of the stomach is weakened. Nothing will more promptly restore digestive efficiency than good, red blood. Without it the normal activity of the stomach is impossible.

Thin, pale people who complain of indigestion must improve the condition of their blood to find relief. The most active blood builder in such cases is Dr. Williams' Pink Pills. They make the rich, red blood which quickly restores the digestive organs to their proper activity, and the dyspeptic who has hated the sight and smell of food now looks forward to meal time with pleasure. As proving the value of Dr. Williams' Pink Pills in curing indigestion Miss Edith M. Smith, R. F. No. 4, Perth, Ont., says: "I can honestly say I owe my present good health to Dr. Williams' Pink Pills. My stomach was terribly weak and I suffered from indigestion and sick headache, and was always very nervous. I was troubled this way for nearly three years, and in that time took a great deal of doctors' medicine, which, however, did not help me. I could not eat anything without experiencing the most agonizing pain. My sick headaches were most violent and I could not rest night or day. I was asked one day by a friend to try Dr. Williams' Pink Pills, and consented to do so. After taking them some time I found they were helping me, and I continued to take them steadily for months, until I found that I was cured. While taking them I felt both in strength and I feel it impossible to describe the relief I received from Dr. Williams' Pink Pills too.

can procure these pills through a dealer in medicine or by mail, at 50 cents a box, or six boxes for \$2.50, from The Dr. Williams' Co., Brockville, Ont.

COLLIE.

stress to

of the striking sagacity of the most human sympathy of her ordinary collie, Max, is furnished by Mrs. T. P. O'Connor in her book, "Dog Stars." While she was in Germany she was suffering from a closed tear duct. Informed of a doctor in Baden-Baden whose speciality was the treatment of that difficulty, she went there to see him, taking Max along.

The afternoon of my arrival, writes Mrs. O'Connor, anxious to know his opinion, I went at once to his office. "Yes," said Doctor von Hoffman, "there is trouble here that will yield only to an operation; with the help of cocaine, I cut a little passage from the eye to the nose, keep it open with massage while healing, and in a fortnight your eye will be well enough for you to go away. Will you have it done?"

"Yes," I said, "certainly I will." Max, who had been lying quietly in a corner, came forward, whimpered, looked at me anxiously, and laid his paw gently in my lap.

"This gentleman hasn't the same confidence in me that you have," said the doctor, smiling. "Come to-morrow at eleven, and everything will be ready for you."

"If you don't mind," I said, "I would much prefer the operation now."

I am sure Max pressed my knee with his paw.

"Very well," said the doctor. "I'll call my assistant. He has strong hands and will hold your head while I make the incision. Max must go into the other room."

"No," I said, "please let him stay. He will be a comfort to me. Go to

REPAIRS

Promptly Made to

Storage Batteries
Generators
Magneto's
Starters.

CANADIAN STORAGE BATTERY CO. LIMITED
117 Dundas St. West, Toronto
Wholesale Agents

your corner, old lad. Don't move till missy calls you.

Max obediently stepped back into shadow. The cocaine did not go very far, and the knife steadily pursued its way and unnerved me, I felt cold and sick; things were rather blurred, but the fear of Max, if I fainted, attacking the doctors, steadied me.

Not liking the look of things, he was gasping out little whines and whimpers. The doctor worked with quick dexterity and the operation was soon over. I called out, "All right, Max, stay where you are!" But he came to the centre of the room and waited. The doctor and his assistant bandaged up my eye. I reached for my hat, and Max bounded forward with greetings of great joy. He licked my hands, stopping between the quick breaths to give an occasional pianissimo bark, and intelligently kept a safe distance from my face.

"Never," said the doctor, "have I had better patients. Max did the crying and you did the sitting still."

"He would do the suffering for me, too, if he could," I said.

"I don't doubt it, and I am sure he will make a good nurse," said Doctor von Hoffman. "He seems almost human."

"His unselfishness and fidelity are more than human," I said.

While we were going to the hotel, Max kept very close to me, and when nine o'clock came he unobtrusively stored himself under my bed, and he usually he slept on a traveling rug in the corner of the room. But he wanted to be nearer when I was in trouble, and after I got into bed his tail tapped out, "I'm here to take care of you, little missy." And we both fell asleep.

Minard's Liniment Relieves Neuralgia.

Complicated, But Easy.

"How do you get your husband to do what he doesn't want to do when you want him to do it?"

"That's easy. I make a big fuss over something he has already done which I didn't want him to do or I remind him of something which I have done which he wanted me to do and I didn't want to do and soon he is doing what I want him to do just as though he had wanted to do it all along."

Sore Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smearing, Just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Remedy, 25c. For Book of the Eye Break Druggists or Murine Eye Remedy Co., Chicago

The Way They Don't Suffer.

"Yes," said the suffragette on the platform, "women have been wronged for ages. They have suffered in a thousand ways."

"There is one way in which they have never suffered," said the meek-looking man, standing in the rear of the hall.

"What way is that?" demanded the suffragist.

"They have never suffered in silence."

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

DODD'S KIDNEY PILLS

ALL KIDNEY DISEASES

BRONCHITIS, RHEUMATISM, BRIGHT'S DISEASE, DIABETES, BACKACHE

23 THE PRINCE

TRAPPERS!

Send your

RAW FURS

to JOHN HALLAM

and receive highest cash prices. We pay 10% more than any other fur dealer. We buy all kinds of furs, including muskrat, mink, fox, seal, ermine, sable, and all other valuable furs. We also buy skins of all kinds. Write for our price list and terms. FREE! JOHN HALLAM Limited, 202 Hallam Building, Toronto.

CANADIAN ORDER

CHOSN FRIENDS

A fraternal and insurance society that protects its members in accordance with the Ontario Government Standard. Sick and funeral benefits optional.

Authorized to obtain members and charter lodges in every Province in Canada.

Purely Canadian, safe, sound and economical.

If there is no local lodge of Chosen Friends in your district, apply direct to any of the following offices:

Dr. J. W. Edwards, M.P. W. F. Montague, Grand Councillor. Grand Recorder.
W. F. Campbell, J. H. Bell, M.D., Grand Organizer. Grand Medical Ex.
HAMILTON - ONTARIO

WANTED!

Help for Woollen Mill.

Carders, Weavers, Fullers and Napper Tenders.

Good wages paid in all Departments, and steady work assured. We have several openings for inexperienced help, where energy and ability will bring promotion. Wages paid to apprentices while learning weaving. Special inducement to family workers.

Write, stating full experience, if any, age, etc., to

The Slingsby Manufacturing Co., LIMITED,
BRANTFORD, ONTARIO.

LAY WOUNDED ELEVEN DAYS.

British Soldier Exemplifies Never-Say-Die Motto.

Under the title "Eleven Days in a Shell Hole," the following was issued recently by the British official press service:

"In the Seymour Military Hospital at Manchester lies a wounded soldier of the Manchester Regiment, who has accomplished a feat of endurance which the doctors declare exceeds any demonstration of the war has revealed of the 'never say die' spirit of the British soldier."

"Sergeant Huddart, formerly an engineer at the great Armstrong Whitworth Works in Manchester, was wounded by machine gun fire during the advance on the Somme. He fell with bullet wounds in his left hand, his thigh and his left leg. For cover he crawled into a shell hole, and there he lay for the incredible period of eleven days and nights.

"Five days after he had been there a stretcher party went by the lip of the shell hole carrying another wounded man, and Huddart hailed them. They said they would send a party for him, but the relief never came, and Huddart says he knew why—the racket of machine gun fire told him. Shells dropped all about him; his legs and feet were buried in earth thrown up by them. He had not a scrap of food, and he lived on sips of water from his flask.

"On the eleventh day he saw an officer looking down into the shell hole, and moved his hand to show he was alive. The officer called a stretcher party, and under fire they carried away the very feeble wounded man. One of the stretcher party was killed while performing the rescue.

"Huddart is recovering his strength. The doctors say it is a case of which the war has revealed many, when the man ought to have died and would have died except that his indomitable spirit refused."

AFTER THE WAR.

Question of Reconstruction is Receiving Attention.

Day by day the question of reconstruction and of preparation for the great development anticipated in all directions after the war occupies a larger share of public attention in many countries. Paris has just held an exhibition of model houses on the terraces of the Jardin de Tuilleries, and meetings, dealing with reconstruction and development work, are of frequent occurrence in both France and the United Kingdom. The latest instance of this activity is afforded in a report, recently made to the Birmingham corporation, on the question of rebuilding houses razed for military purposes and of proceeding with building schemes arrested by the outbreak of the war, two years ago. The report advises the expenditure of a sum amounting in all to something like £350,000 on schools and other public buildings.

Minard's Liniment for sale everywhere.

A GREAT CONVENIENCE.

What the Canadian Pacific Railway Is Doing For Its Employees.

For the convenience of the employees, of whom there are nearly 2,000 in the Windsor Station buildings, Montreal, the Canadian Pacific Railway has recently set up a cafeteria luncheon at 15 cents in a large apartment which will accommodate 251 persons at a sitting. Judging by the attendances, it is bound to be one of the most popular features the company has put its hand to. There are hundreds of girls, especially, who have not time to go home, or who, if they do go home, are greatly pressed for time. With this service at their disposal they will save car fare; they will get a thoroughly satisfying luncheon; and they can have the comfort of the lounge room in connection on wet or cold days—a lounge room which contains a piano, magazines and papers and in which the employees can rest for the balance of their lunch hour. The arrangement is four to a table; all the appointments are harmonious; there is an air of quiet dignity about the place. Mr. W. A. Cooper, manager of the sleeping and dining car department, said that this was in accordance with the well-known policy of the Canadian Pacific for taking care of its employees. The people in the offices constituted quite a little city in themselves. Many could not go home with convenience. This lunch room would meet the wants of many. Of course, there would still be the 30-cent luncheon upstairs, and the regular dining room in which you could have what you wanted and pay for the same as much as you liked; but this was strictly for the employees, male and female, who would prefer to have their luncheon inside the building to going to restaurants—those of them who were in the habit of going to restaurants.

A Busy Lady.

Little Ester went to visit her Aunt Harriet for the first time. When she returned she remarked that her aunt was always busy.

"What does she do, dear," queried the mother, "to keep her so very busy?"

"Why," said the little girl, "she spends all day long hiding her silver in fifty different places so the burglars that she is sure are coming can't find it."

When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION



THE NATION'S FUTURE Depends Upon Healthy Babies

Properly reared children grow up to be strong, healthy citizens

Many diseases to which children are susceptible, first indicate their presence in the bowels. The careful mother should watch her child's bowel movements and use

Mrs. Winslow's Soothing Syrup

It is a corrective for diarrhoea, colic and other ailments to which children are subject especially during the teething period.

It is absolutely non-narcotic and contains neither opium, morphine nor any of their derivatives.

Mrs. Winslow's Soothing Syrup

Makes Cheerful, Chubby Children

Soothes the fretting child during the trying period of its development and thus gives rest and relief to both child and mother.

"Made in Canada"

DOMINION RAINCOATS

Best for quality, style and value. Guaranteed for all climates.

Ask Your Dealer

One Way.

"How can I make myself agreeable to others?"

"The best way I know is never to talk about the weather."

Minard's Liniment Cures Dandruff.

A concealed man is unable to see his personal defects.

SEED POTATOES

SEED POTATOES, IRISH COBBLERS, Delaware, Carman. Order at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

HELP WANTED.

CABINET MAKERS AND MACHINE hands wanted. Steady work at highest wages. Apply to The Bell Furniture Co., Southampton, Ont.

COVETABLES WANTED.

No. 50, No. 60, No. 70. STATE QUANTITY you have for sale also Maker's name and best cash price. Apply United Brass & Lead, Ltd., 284 St. Helens Ave., Toronto, Ont.

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 West Adelaide Street, Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Sellman Medical Co., Limited, Collingwood, Ont.

DOG DISEASES

And How to Feed

Mailed free to correspondents of the Author

H. CLAY GLOVER CO., Inc.
118 West 31st Street, New York

ABSORBINE

TRADE MARK REG. U.S. PAT. OFF.

Reduce Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains, stops Spasms, Lameness, allays pain. Does not blister, remove the hair or lay up the horse. \$2.00 a bottle at druggists or delivered. Book 1 M free.

ABSORBINE, JR., for mankind—an antiseptic liniment for bruises, cuts, wounds, strains, painful, swollen veins or glands. It heals and soothes. \$1.00 a bottle, druggists or postpaid. Will tell you more if you write. Made in the U. S. A. by W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr., are made in Canada.

BANDSMEN WANTED

FOR

Kitchener's Own

Apply to Staff Serg't Dawson, Bandmaster K. O. (late Bandmaster Gov. Gen's Bodyguard, Toronto) 197 Peel Street, Montreal.

Machinery For Sale

Wheelock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dynamo 30 K. W. belt driven. All in first class condition. Would be sold together or separately; also a lot of shafting at a very great bargain as room is required immediately.