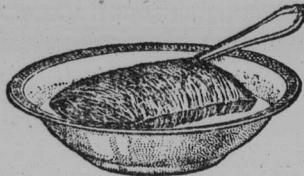


Watch Your Sneezes!
It may be the forerunner of bronchitis or a bad cold. It is nature's warning that your body is in a receptive condition for germs. The way to fortify yourself against cold is to increase warmth and vitality by eating **Shredded Wheat**, a food that builds healthy muscle and red blood. For breakfast with milk or cream, or any meal with fresh fruits.



Made in Canada.

Design for Fall Suit



The suit of many pockets has a charm all its own. This coat may have four of them, what more could you want? McCall Pattern No. 8044, Misses' Coat Suit. In 4 sizes; 14 to 20 years. Price, 20 cents. This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

SEED GRAIN AND POTATOES.

Dominion Cerealists Will Distribute Samples From the Ottawa Experimental Farm.

By instructions of the Hon. Minister of Agriculture a free distribution of superior sorts of grain and potatoes will be made during the coming winter and spring to Canadian farmers.

The samples of grain for distribution will consist of spring wheat (about 5 lbs.), white oats (about 4 lbs.), barley (about 5 lbs.), and field peas (about 5 lbs.). These will be sent out from the Central Experimental Farm, Ottawa, by the Dominion Cerealists, who will furnish the necessary application forms.

A distribution of potatoes in samples of about 3 lbs. will be carried on from most of the Experimental Farms, the Central Farm supplying only the province of Ontario.

All samples will be sent free by mail. Only one sample of grain (and one of potatoes) can be sent to each applicant. As the supply of seed is limited, farmers are advised to apply very early.

There's Superior Flavor

To POSTUM

as a table beverage.

A package from the grocer is well worth a trial, in place of tea—especially

When Tea Disagrees!

THE TANK'S ELDER BROTHER.

Three Hundred Years Ago a Similar War Engine Was Devised.

Jules Verne in "Twenty Thousand Leagues Under the Sea" gave an inkling of the present day activities of the submarine boats. H. G. Wells predicted the work of the air raiders, and now a historical delver comes forward with the statement that the tank had a forerunner in the sixteenth century. John Napier, Laird of Murchison, the mathematician who invented logarithms, devised a war engine something after the style of the tank. Napier confided to Bacon's elder brother certain "secret inventions" for the purpose of confounding "enemies of God's truth." They included burning mirrors and a chariot of metal double musket proof, the motion of which was controlled by those within and from which shot was discharged through small holes, "the enemy being abused and uncertain / what defence to make against a moving mouth of metal."

This description sounds much like the early type of tank and the "confounding" of the enemy, as predicted by Napier, was to have been accomplished by the tanks of the British when they first appeared among the Germans. Napier's engine never went into action, for the Scottish inventor directed that his weird instrument of war be kept secret unless necessity compelled its use. Napier, who was born in 1550, died in 1617.

BLOOD-MAKING MEDICINE

It took centuries for medical science to discover that the blood is the life. Now, it is known that if the blood were always abundant, rich and pure, very few people would ever be ill. It was not until the end of the 19th century that an instrument was invented for measuring the red part of the blood. Then doctors could tell just how anemic a patient had become, and with medicine to make new blood the patient soon got well.

All the blood in the body is nourished and kept rich and red by the food taken daily, but when, for any reason, a person is run down and cannot make sufficient blood from the food to keep the body in health, then a blood-making medicine is required. The simplest and very best of blood-makers suitable for home use by anyone, is Dr. Williams' Pink Pills. When a course of these pills is taken their good effect is soon shown in an improved appetite, stronger nerves, a sound digestion and an ability to master your work and enjoy leisure hours. For women there is a prompt relief of, or prevention of ailments which make life a burden. As an all-around "medicine for the cure of ailments due to weak, watery blood no medicine discovered by medical science can equal Dr. Williams' Pink Pills.

You 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.

THE LAND OF HEART'S CONTENT

(Newfoundland, the oldest British Colony, has given a large proportion of her manhood to the Great Cause, and out of her small population has suffered comparatively heavy losses. The regiment has gained honor in France and in Gallipoli, and the Newfoundland R.N.R. has played no small part at sea.)

There lies a Land in the West and North
Whither the bravest men went forth,
And daunted not by fog nor ice
They reached at last to a Paradise.
Full two thousand miles it lay
Washed by a sea of English grey,
And they named it Newfoundland at sight;
It's rather the Land of Heart's Delight!

Ah! Men must know you to understand.
Have seen the cliffs of your rugged land,
Have seen the mist come rolling down
The hills that guard the glistening town,
Have seen the schooners creeping in,
And smelt the homely smell within
The fishing port asleep,
And in the rivers flowing free
Through the spruce woods to the sea
Have known the pools at break of day
Where silver-croaked salmon play,
And seen the tangled river's brink
Where caribou come down to drink,
And beaver's build and creep,
All this is shared with those who fell.
It is the Land they loved so well.
For many a soldier lying low
In some French village-battle glow,
Sees before his blood is spent
The sunset over Heart's Content.
—P. E. Goldsmith in London Times.

Practising Economy.

Donald McAllister, a Scottish farmer, was going to town for a day or two, and his daughter Maggie had a weary time listening to the hundred-and-one instructions he gave her as to care and economy.

"Mind the coal," "Don't waste any food," "Don't sit up burning light," &c.

Finally he set off, but in a moment he was back with a parting admonition:

"An', Maggie, there's young Angus. See that he doesn't wear his spectacles when he's no readin' or writin'! It's needless wear an' tear!"

Minard's Liniment Cures Diphtheria.

HEMSTITCHING

On Blouses, Dresses, Table Linen, &c.
Accordion and Knife Pleating.
Covered Buttons made from your own material.
Braiding and Embroidery.
Our New Illustrated Catalogue is just in, and we want every lady in Ontario to have it.

Write For It—It Is Free

TORONTO PLEATING CO.
14 Broadbalt St. Dept. W. Toronto

ASPIRATIONS OF YOUTH.

Higher, higher will we climb,
Up the mount of glory,
That our names may live through time
In our country's story;
Happy when her warfare calls
He who conquers, he who falls!
Deeper, deeper let us toil
In the mines of knowledge;
Nature's wealth of learning spoil;
Win from school and college,
Delve we there for richer gems
Than the stars of diadems.
Onward, onward, will we press
Through the path of duty;
Virtue is true happiness,
Excellence true beauty.
Minds are of supernal birth,
Let us make a heaven of earth.
—James Montgomery.

Minard's Liniment Cures Garget in Cows

Quite Candid.

Teddy had been invited out to tea. He wanted to have the afternoon off from school, but his mother would not hear of it. As his bedtime was 7 o'clock he had rather a short visit, and as he was leaving his hostess said cordially:

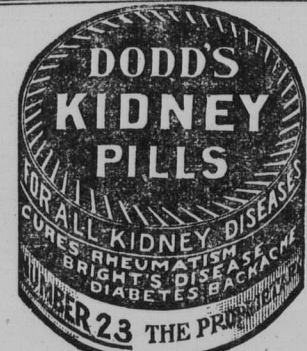
"I'm so sorry you've been able to stay such a little while, dear."
Teddy remembered his mother's injunctions to be polite on all occasions, and answered, sweetly: "Oh, it's quite long enough, thank you."

MURINE Granulated Eyelids.
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes.
MURINE Eye Remedy At Your Druggist's or by Mail. Small 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of this Eye-Free. Ask Murine Eye Remedy Co., Chicago.

Swedish Stores of Pulp.

No less than 200,000 tons of wood pulp are said to be stored at Swedish ports awaiting sale or shipment. Much of the pulp held in storage has been bought and paid for by British dealers, but cannot be delivered owing to the Swedish embargo on shipments of wood pulp to that country. American buyers have abandoned their efforts to purchase wood pulp in Sweden. The Swedish Government now requires a guarantee that Swedish pulp exported shall be used in the country to which it is first shipped.

It is a good plan to get bulbs in the ground without further delay and in pots for window culture.



PAINT NOT A BIT! LIFT YOUR CORNS OR CALLUSES OFF
No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether compound discovered by a Cincinnati chemist. It is called

freezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortly you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or callus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm.

For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful calluses on bottom of your feet. It never disappoints and never burns, bites or inflames. If your druggist hasn't any freezone yet, tell him to get a little bottle for you from his wholesale house.

ED. 7.

ISSUE 44-17.

Children's Belief in Fairies.

To the children fairies stand for all the wonderful and unpredictable possibilities of life, for all the magic of it, its charm of unexpectedness, says the Atlantic Monthly. A child is a bit puzzled by the inevitable; in the fairy world it does not exist. In that world he slips away from the world of grown-ups, with its endless consequences remorselessly little child doings. He loves the grownups and it is not from them that he wishes to escape, but from their world, their difficult, unyielding world.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mobilizing.

"Look sharp!" said the pencil, "All right," said the ruler— "With my best foot put forward, I'm ready for school!"

"Fall in!" cried the blankbooks, "Right dress," hawled the pen; "Forward, march!" cried the rubbers, "We're needed again."

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

That Held Him.

"Dear Clara," wrote the young man, "pardon me, but I'm getting so forgetful. I proposed to you last night, but really forgot whether you said yes or no."

"Dear Will," she replied by note, "So glad to hear from you. I know I said 'no' to some one last night, but I had forgotten just who it was."



Ah! That's the Spot

Sloan's Liniment goes right to it. Have you a rheumatic ache or a dull throbbing neuralgic pain? You can find a quick and effective relief in Sloan's Liniment. Thousands of homes have this remedy handy for all external pains because time and time again it has proved the quickest relief. So clean and easy to apply, too. No rubbing, no stain, no inconvenience as with the case with plasters or ointments. If you use Sloan's Liniment, you will never be without it. Generous sized bottles, at all druggists, 25c, 50c, \$1.00.

Sloan's Liniment
KILLS PAIN

City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Boston, Mass.—Victims of eye strain and other eye weaknesses, and those who wear glasses, will be glad to know that Doctors and Eye Specialists now have a real hope and help for them. Many whose eyes were failing say they have had their eyes restored and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me. A lady who used it says: 'The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can read even fine print without glasses.' Another who used it says: 'I was bothered with eye strain caused by overworked, tired eyes which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years I have looked like a dim green blur to me. I cannot express my joy at what it has done for me.' It is believed that thousands who wear glasses can now discard them in a reasonable time, and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses again."

Dr. Buck, an eye specialist of nearly twenty years practice, says: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic con-



Not Quite Certain.
Six-year-old Phyllis was a lively youngster who brought a note from mamma to grandmother one day.
"Will you come over this afternoon, dear?" asked grandma.
The little one stopped to think a moment, then answered:
"Well! don't you 'spect me and don't you 'spect me; I may turn up and I may not." And away she flew.

MONEY ORDERS
Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Horses and mules are estimated usually to consume 27 per cent. of the American corn crop.

Minard's Liniment Cures Colds, &c.
The world's finest bronze statuette is cast in sand found in France that contains about 80 per cent. silica and 20 per cent. alumina.

LEMONS WHITEN AND BEAUTIFY THE SKIN
Make this beauty lotion cheaply for your face, neck, arms and hands.

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the 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. It is marvelous to smoothen rough, red hands.

CUTICURA HEALS BAD DISFIGUREMENT

Very Itchy. Burned at Night. Could Scarcely Sleep. Healed in One Week.

"My face became very red and swollen and broke out in watery blisters. Then it got very itchy and used to burn so that at night I could scarcely sleep. Later the blisters broke out forming hard scales and my face was badly disfigured. Then I used Cuticura Soap and Ointment and in about a week's time I was completely healed."

(Signed) Lloyd Brady, Breckenridge, Que., May 25, 1917.

Skin troubles are quickly relieved by Cuticura. The Soap cleanses and purifies, the Ointment soothes and heals. For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Colored handkerchiefs require care in washing, and should first be soaked for ten minutes in a basin of tepid water to which a teaspoonful of turpentine has been added. This will insure them retaining their color.

Minard's Liniment Cures Diphtheria.

MISCELLANEOUS
WANTED. BLACKSMITH TO sharpen tools, also Grante Polisher. Write George M. Paul, Sarnia, Ont.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time. Good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write for full particulars. Dr. Heilmann Medical Co. Limited, Collingwood, Ont.

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

ABSORBINE

Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Splint, Side Bone or Bone Spavin. No blister, no halt and no horse can be used. \$2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse book 2M Free. ABSORBINE, JR., the anti-septic liniment for man and horse. Strained, Torn Ligaments, Swollen Glands, Veins or Muscles. Heals Cuts, Sores, Ulcers. Allays pain. Price 50c a bottle. "Absorbine, Jr." is made in Canada. W. F. YOUNG, P. O. F., 516 Lyman Bldg., Montreal, Canada. Absorbine and Absorbine, Jr., are made in Canada.

WOMAN SICK TWO YEARS

Could Do No Work. Now Strong as a Man.

Chicago, Ill.—"For about two years I suffered from a female trouble so I was unable to walk or do any of my own work. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and determined to try it. It brought almost immediate relief. My weakness has entirely disappeared and I never had better health. I weigh 165 pounds and am as strong as a man. I think money is well spent which purchases Lydia E. Pinkham's Vegetable Compound." —Mrs. J. O. BRYAN, 1755 Newport Ave., Chicago, Ill.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacement, inflammation, ulceration, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, and nervous prostration. Lydia E. Pinkham's Vegetable Compound is the standard remedy for female ills.

City Eye Specialists Tell How To Strengthen Eyesight 50% In a Week's Time In Many Instances

strain arising from protracted microscopic research work. Bon-Opto used according to directions rendered a surprising service. I found my eyes remarkably strengthened, so much so I have put aside my glasses without discomfort. Several of my colleagues have also used it and we are agreed as to its results. In a few days, under my observation, the eyes of an astigmatic case were so improved that glasses have been discarded by the patient.

Eye troubles of many descriptions may be wonderfully benefited by the use of Bon-Opto and if you want to strengthen your eyes, go to any drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up, per inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: A city physician to whom the above article was submitted, said: "Yes, Bon-Opto is a remarkable eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through work or misadventure. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto is not a patent medicine or secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances, or refund the money. It is dispensed by all good druggists, including general stores; also by J. J. Tamblyn and F. Eaton & Co., Toronto.