

Back to Nature's Food



With the advent of Summer comes a desire for closer contact with Nature and for a simpler, more rational diet. When you get back to Nature you will want to get back to Nature's food. Cut out meat and potatoes for a while and eat

SHREDDED WHEAT AND BERRIES

with fresh green vegetables. It will mean health, strength and Summer joy.

Because of its porous shreds and its Biscuit form Shredded Wheat combines most naturally with all kinds of fresh fruits, presenting them to the palate in all the richness of their natural flavor.

Heat the Biscuit in oven to restore crispness and then cover it with berries or other fresh fruits and serve with milk or cream.

Shredded Wheat Biscuit is the Real "Staff of Life"

Made by
The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ont.
Toronto Office: 49 Wellington Street East



The Latest Thing in Stoves

For a midnight supper, as for any other meal at any other time, the very latest thing in stoves—the best that stove-artists can do—is a

New Perfection Oil Cook-stove
It concentrates the heat when you want it, and where you want it. It is as quick as gas, and easier and handier than coal, cheaper than electricity.
The New Perfection Stove has low, expanded, turquois-colored chambers. It is handily installed in kitchen, with cabinet, drop shelves, towel racks, etc. Made with 1, 2 or 3 burners.
All dealers carry the New Perfection Stove. Free Cook-Book with every stove. Cook-Book also gives to anyone needing 5 cents to cover mailing cost.

THE IMPERIAL OIL COMPANY, Limited



Labatt's Ale is the choice of critical tastes. The secret of its popularity is its delicate quality and flavor, the result of the special brewing process by which Labatt's is made. Labatt's flavor cannot be described in words; you will appreciate it only when you have tasted it. Then you will understand why everybody likes Labatt's. Order from the brewery or through your dealers.

JOHN LABATT, LIMITED
LONDON, CANADA.

PARTIES IN SCOTT ACT LOCALITIES SUPPLIED FOR PERSONAL USE
WRITE ST. JOHN AGENCY, 20-24 WATER STREET.

FRANCE IS INTERESTED IN CANAL

Politics Not Affected but Construction is Closely Watched by People—"Simple Lifers" from Germany.

Paris, May 30.—As the time for the opening of the Panama Canal approaches, European countries are showing more and more interest in the probable political and commercial effects of the cutting of the two Americas by a waterway.

France from a political standpoint, has practically no interest in the canal. The political problems and possible quarrels of France of the future lie solely in Europe, it is agreed. But from a commercial standpoint, the opening of the canal is of the greatest importance, and the French Commission, which is now in American waters trying to find a suitable coaling station for French merchant ships, has been instructed to study the problem from every standpoint, as France wishes to find new markets for her exports.

An example of the interest in the canal is had in the examinations which are now given to candidates for the French consular and diplomatic service. One of the most important questions requires an explanation of the results of the opening of the Panama Canal on the general movement of economic relations and the influence which the opening of the Panama Canal is likely to have on those relations.

Much interest has been aroused in Switzerland by the arrival of a German "simple lifer," numbering about a dozen and consisting of naturalists, with their wives, a writer and a photographer. They have reached the Buddhist monastery at Lausanne, on a tour around the world on foot, seeking the "simple life." Their journey they hope to accomplish within five or six years. Their motto is taken from Heine, "God gave us two legs to walk with and if he wished us to be the slaves of the soil one leg would have sufficed."

The "simple lifers," who are all vegetarians and believers in open air, have undertaken the trip around the world to study the religions, customs and costumes of the different countries they pass through. They continue their journey by Italy, Austria, Turkey, Asia Minor, Persia, India, Thibet, China and Japan, thence to the United States, returning by ship to Spain and then up to Lapland, returning eventually to Germany. All the "simple lifers" are in good health and very enthusiastic. They have passports and money and the leader is stated to be a well-known German writer.

A group of enthusiastic admirers of the famous Spanish torero, Lasarte, whose real name was Rafael Molina, have decided to erect a monument to him in his native town of Cordova. The idea has met with general approval and as a protestant Madrid newspaper points out, other celebrated sons of Cordova, like Seneca or the great Captain Don Gonzalo, must wait their turn a few centuries longer.

The bull fight shows no falling off as the great Spanish public sport. In 1911 there were 872 combats throughout the country, which were witnessed by over 7,000,000 spectators, who contributed more than \$4,000,000 to the money. The celebrated matador, Maehaquito, earned about sixty bulls. About 4,500 bulls were killed in 1911, and they represented a value of over \$1,000,000. These same bulls caused the death of 5,600 horses before they themselves went down under the knife of the matador.

The Portuguese government has decided to sell so much of the furniture and valuables of the royal palace which are recognized as belonging to King Manuel and his mother as will return \$2,000,000—the amount which was advanced by the state to the late King Carlos. The property includes the crown jewels, valued at \$4,000,000, which are kept at the ex-monastery palace, and Dom Miguel's jewels, which are deposited in the Bank of Portugal, and are valued at \$2,500,000.

The French state match factories, which turn out annually about fifty billions of matches, have hitherto obtained all the wood they required from Russia. Attempts had been made to grow in France the special kind of aspen used, but without success, single trees thriving, but plantations growing badly in spite of every care.

In consequence the price of Russian aspen has been rising considerably, and it is proposed that popular trees of desired qualities—absence of knots, lightness, homogeneity of fibre and slowness of grain—should be cultivated on a large scale in France. At present the principal factory which turns out the sulphur matches generally used in France imports over 25,000 cubic metres of aspen wood from Russia, and it is pointed out that the growing of popular trees on a sufficiently large scale to supply this quantity would prove a very profitable undertaking.

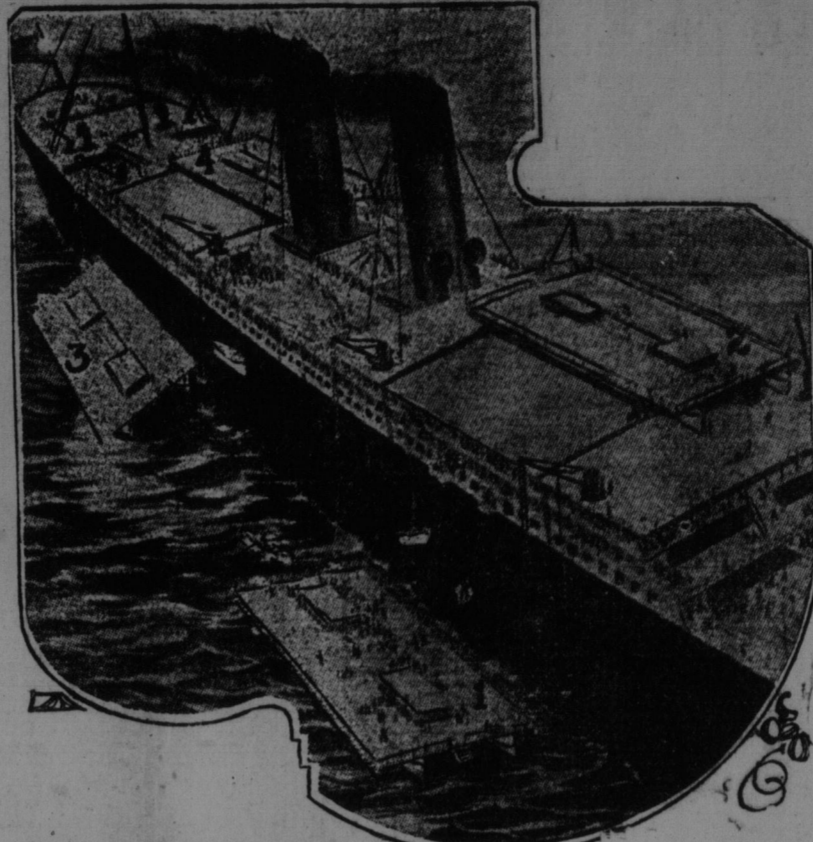
HUMAN HEADS WERE USED AS PLAYTHINGS

Horrible Barbarities of Moors at Fez—French Were Massacred Without Mercy When City Fell.

Following on the mutiny of the greater part of the Moorish troops forming the garrison of Fez terrible barbarities were inflicted on Europeans, but French troops soon arrived on the scene, and after fierce fighting quelled the mutiny.

The first action of the mutineers was to kill their instructors. Then they ransacked the ammunition stores and, calling upon the townspeople to

ENGLISH PLAN TO SAVE SHIPLOAD PEOPLE AT SEA



Here is a specially drawn diagram of the best plan suggested to the British admiralty since the loss of the Titanic, for the saving of life at sea. The author is Frank T. Bullen, probably the best known nautical expert in England. Bullen's plan, in brief, is to have a large part of the boat, or top deck, so built as to be detachable in sections, forming great rafts which will hold 2,000 to 3,000 people.

The picture shows deck raft No. 1 in the water with the crane containing shipwrecked people being lowered; also a great bag containing food and water. The plan is to have small life boats on each raft, in which will be kept for emergency masts, sails, steering gear, etc.

Deck raft No. 2 is still in position. The picture shows the wheels and

hoisting apparatus ready to roll the raft to the side and drop it over.

Deck raft No. 3 is on its way to the water under control of steel hawsers and pulleys.

The Titanic could easily have carried five such rafts, each 40 feet broad by 100 feet long—a total area of 20,000 square feet. It would have been necessary to sacrifice only a veranda, a lounge room and a few staterooms.

ICEBERGS FURTHER SOUTH THAN USUAL

Divergent explanation for the presence of icebergs so far south as the thirty eighth parallel are made by maritime authorities. An unusually mild summer in 1911 in Greenland facilitated the formation of gigantic bergs according to Captain John J. Knapp, U. S. N., chief hydrographer at Washington, D. C. An unusually cold and stormy winter along the Labrador coast caused the great number of icebergs in the southern shipping lane, according to a dispatch from Saint Johns, Newfoundland.

Possibly both sets of conditions combined to cause an unprecedented drift of ice into the waters of the temperate zone.

In a despatch from Washington Captain Knapp is reported as saying: "While we were having a comfortable time last year, reports from Greenland showed a temperature of 94 degrees and thereabout. A mild summer of the west coast of Greenland facilitates the formation of icebergs.

The glaciers sloping off toward the ocean are broken off when their mass is pushed upward by the sea, and when the temperature is sufficiently high to prevent them being frozen to the coast they drift southward. They are held in the Labrador region until early spring when the tide, winds and water loosen them and they again start southward. Our reports show that a great mass of ice is still coming from the north, and present conditions are likely to continue."

THIN, FRAIL WOMEN WITH PALE CHEEKS

Now Rapidly Learning the Way to Health and Vigor by the Use of Dr. Hamilton's Pills.

Thousands of half dead, emaciated, worn-out women are dragging out their weary lives simply because they don't know what ails them. Nine times in ten it is indigestion, which directly leads to anaemia, poor circulation, and eventually invalidism.

The first step towards relief is to flush out all wastes and unhealthy matter. Loosen the bowels—stimulate the liver—stimulate the kidneys. Once this is done, Dr. Hamilton's Pills will quickly manifest their health-restoring qualities.

"The best way to correct impaired digestion, to cure constipation, headache, liver trouble, and other ailments of the stomach and bowels," writes Mrs. Uriah A. Dempsey, from Woodstock, "is by the frequent use of Dr. Hamilton's Pills. I didn't know what it was to enjoy a good meal for months. My stomach was sour, I belched gas, was thin, tired, pale and nervous. I simply house cleaned my system with Dr. Hamilton's Pills, and have been robust and vigorous ever since."

To keep the machinery of the body in active working order, no remedy is so efficient, so mild, so curative as Dr. Hamilton's Pills—good for men, women and children, 25c. per box, at all dealers or the Catarrhose Co., Kingston, Ont.

But there isn't a Maggie in the Block. "Are there many children in your block?" "I should say there are. Every time I call 'Marjorie' in to supper no less than seven Marjories come running to see what I want."

It was difficult and dangerous work running to see what I want."

The Weak, Lame, Aching Back

Comes From The Kidneys.

Those who have never been troubled with kidney trouble do not know the suffering and misery which those afflicted undergo.

On the first sign of backache Doan's Kidney Pills should be taken immediately so as to avoid years of suffering from kidney trouble.

They go right to the seat of the trouble, heal the delicate membranes of the kidneys and make their action regular and natural.

Mrs. Joseph Throop, Upper Pointe de Bute, N.B., writes:—"I cannot speak too well of Doan's Kidney Pills. For two years I was so tired life was a burden and I got up more tired than when I went to bed, and my back was so lame I could hardly straighten up. I took different kinds of medicine, but none of them did me any good until a friend advised me to try Doan's Kidney Pills. I did so, and today I don't know what it is to be tired, and my lame back is all gone. I can recommend them to any person suffering with lame back and that terrible tired feeling."

Price 50 cents per box, or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Millburn Co., Limited, Toronto, Ont.

When ordering direct specify "Doan's."

FACTORY GIRL GIVES UP

Too Sick to Work—Doctor Advised Operation. Restored to Health by Lydia E. Pinkham's Compound.

Poughkeepsie, N. Y.—"I run a sewing machine in a large factory and got all run down, I had to give up work for I could not stand the pains in my back. The doctor said I needed an operation for female trouble but Lydia E. Pinkham's Compound helped me more than the doctors did. I hope that every one who is suffering will get the Compound. My pains, nervousness and backache are gone and I have gained five pounds. I owe my thanks to you medicine for it is the working girl's friend, and all women who suffer should write to you for special advice."—Miss Thelma Parsons, 3 Jay St., Poughkeepsie, N. Y.

When a remedy has lived for over thirty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their very lives to it, it is not reasonable to believe that it is an article of great merit?

We challenge anyone to show any other one remedy for a special class of disease which has attained such an enormous demand and maintained it for so many years as has Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



THE ORIGINAL AND ONLY GENUINE Beware of Imitations Sold on the Merits of Minard's Liniment



CATARRH and DISCHARGES Relieved in 24 Hours



APIOLE & STEEL PILLS

Are the acknowledged best remedy for all female troubles. Recommended by the Medical Faculty of the University of Paris.

The genuine bear the signature of Wm. Martz registered without falsification or imitation. Be sure you get the genuine. Sold by all Chemists and Druggists. Price 25c. per box. 50c. per box. 1.00 per box. 2.00 per box. 3.00 per box. 4.00 per box. 5.00 per box. 6.00 per box. 7.00 per box. 8.00 per box. 9.00 per box. 10.00 per box. 11.00 per box. 12.00 per box. 13.00 per box. 14.00 per box. 15.00 per box. 16.00 per box. 17.00 per box. 18.00 per box. 19.00 per box. 20.00 per box. 21.00 per box. 22.00 per box. 23.00 per box. 24.00 per box. 25.00 per box. 26.00 per box. 27.00 per box. 28.00 per box. 29.00 per box. 30.00 per box. 31.00 per box. 32.00 per box. 33.00 per box. 34.00 per box. 35.00 per box. 36.00 per box. 37.00 per box. 38.00 per box. 39.00 per box. 40.00 per box. 41.00 per box. 42.00 per box. 43.00 per box. 44.00 per box. 45.00 per box. 46.00 per box. 47.00 per box. 48.00 per box. 49.00 per box. 50.00 per box. 51.00 per box. 52.00 per box. 53.00 per box. 54.00 per box. 55.00 per box. 56.00 per box. 57.00 per box. 58.00 per box. 59.00 per box. 60.00 per box. 61.00 per box. 62.00 per box. 63.00 per box. 64.00 per box. 65.00 per box. 66.00 per box. 67.00 per box. 68.00 per box. 69.00 per box. 70.00 per box. 71.00 per box. 72.00 per box. 73.00 per box. 74.00 per box. 75.00 per box. 76.00 per box. 77.00 per box. 78.00 per box. 79.00 per box. 80.00 per box. 81.00 per box. 82.00 per box. 83.00 per box. 84.00 per box. 85.00 per box. 86.00 per box. 87.00 per box. 88.00 per box. 89.00 per box. 90.00 per box. 91.00 per box. 92.00 per box. 93.00 per box. 94.00 per box. 95.00 per box. 96.00 per box. 97.00 per box. 98.00 per box. 99.00 per box. 100.00 per box. 101.00 per box. 102.00 per box. 103.00 per box. 104.00 per box. 105.00 per box. 106.00 per box. 107.00 per box. 108.00 per box. 109.00 per box. 110.00 per box. 111.00 per box. 112.00 per box. 113.00 per box. 114.00 per box. 115.00 per box. 116.00 per box. 117.00 per box. 118.00 per box. 119.00 per box. 120.00 per box. 121.00 per box. 122.00 per box. 123.00 per box. 124.00 per box. 125.00 per box. 126.00 per box. 127.00 per box. 128.00 per box. 129.00 per box. 130.00 per box. 131.00 per box. 132.00 per box. 133.00 per box. 134.00 per box. 135.00 per box. 136.00 per box. 137.00 per box. 138.00 per box. 139.00 per box. 140.00 per box. 141.00 per box. 142.00 per box. 143.00 per box. 144.00 per box. 145.00 per box. 146.00 per box. 147.00 per box. 148.00 per box. 149.00 per box. 150.00 per box. 151.00 per box. 152.00 per box. 153.00 per box. 154.00 per box. 155.00 per box. 156.00 per box. 157.00 per box. 158.00 per box. 159.00 per box. 160.00 per box. 161.00 per box. 162.00 per box. 163.00 per box. 164.00 per box. 165.00 per box. 166.00 per box. 167.00 per box. 168.00 per box. 169.00 per box. 170.00 per box. 171.00 per box. 172.00 per box. 173.00 per box. 174.00 per box. 175.00 per box. 176.00 per box. 177.00 per box. 178.00 per box. 179.00 per box. 180.00 per box. 181.00 per box. 182.00 per box. 183.00 per box. 184.00 per box. 185.00 per box. 186.00 per box. 187.00 per box. 188.00 per box. 189.00 per box. 190.00 per box. 191.00 per box. 192.00 per box. 193.00 per box. 194.00 per box. 195.00 per box. 196.00 per box. 197.00 per box. 198.00 per box. 199.00 per box. 200.00 per box. 201.00 per box. 202.00 per box. 203.00 per box. 204.00 per box. 205.00 per box. 206.00 per box. 207.00 per box. 208.00 per box. 209.00 per box. 210.00 per box. 211.00 per box. 212.00 per box. 213.00 per box. 214.00 per box. 215.00 per box. 216.00 per box. 217.00 per box. 218.00 per box. 219.00 per box. 220.00 per box. 221.00 per box. 222.00 per box. 223.00 per box. 224.00 per box. 225.00 per box. 226.00 per box. 227.00 per box. 228.00 per box. 229.00 per box. 230.00 per box. 231.00 per box. 232.00 per box. 233.00 per box. 234.00 per box. 235.00 per box. 236.00 per box. 237.00 per box. 238.00 per box. 239.00 per box. 240.00 per box. 241.00 per box. 242.00 per box. 243.00 per box. 244.00 per box. 245.00 per box. 246.00 per box. 247.00 per box. 248.00 per box. 249.00 per box. 250.00 per box. 251.00 per box. 252.00 per box. 253.00 per box. 254.00 per box. 255.00 per box. 256.00 per box. 257.00 per box. 258.00 per box. 259.00 per box. 260.00 per box. 261.00 per box. 262.00 per box. 263.00 per box. 264.00 per box. 265.00 per box. 266.00 per box. 267.00 per box. 268.00 per box. 269.00 per box. 270.00 per box. 271.00 per box. 272.00 per box. 273.00 per box. 274.00 per box. 275.00 per box. 276.00 per box. 277.00 per box. 278.00 per box. 279.00 per box. 280.00 per box. 281.00 per box. 282.00 per box. 283.00 per box. 284.00 per box. 285.00 per box. 286.00 per box. 287.00 per box. 288.00 per box. 289.00 per box. 290.00 per box. 291.00 per box. 292.00 per box. 293.00 per box. 294.00 per box. 295.00 per box. 296.00 per box. 297.00 per box. 298.00 per box. 299.00 per box. 300.00 per box. 301.00 per box. 302.00 per box. 303.00 per box. 304.00 per box. 305.00 per box. 306.00 per box. 307.00 per box. 308.00 per box. 309.00 per box. 310.00 per box. 311.00 per box. 312.00 per box. 313.00 per box. 314.00 per box. 315.00 per box. 316.00 per box. 317.00 per box. 318.00 per box. 319.00 per box. 320.00 per box. 321.00 per box. 322.00 per box. 323.00 per box. 324.00 per box. 325.00 per box. 326.00 per box. 327.00 per box. 328.00 per box. 329.00 per box. 330.00 per box. 331.00 per box. 332.00 per box. 333.00 per box. 334.00 per box. 335.00 per box. 336.00 per box. 337.00 per box. 338.00 per box. 339.00 per box. 340.00 per box. 341.00 per box. 342.00 per box. 343.00 per box. 344.00 per box. 345.00 per box. 346.00 per box. 347.00 per box. 348.00 per box. 349.00 per box. 350.00 per box. 351.00 per box. 352.00 per box. 353.00 per box. 354.00 per box. 355.00 per box. 356.00 per box. 357.00 per box. 358.00 per box. 359.00 per box. 360.00 per box. 361.00 per box. 362.00 per box. 363.00 per box. 364.00 per box. 365.00 per box. 366.00 per box. 367.00 per box. 368.00 per box. 369.00 per box. 370.00 per box. 371.00 per box. 372.00 per box. 373.00 per box. 374.00 per box. 375.00 per box. 376.00 per box. 377.00 per box. 378.00 per box. 379.00 per box. 380.00 per box. 381.00 per box. 382.00 per box. 383.00 per box. 384.00 per box. 385.00 per box. 386.00 per box. 387.00 per box. 388.00 per box. 389.00 per box. 390.00 per box. 391.00 per box. 392.00 per box. 393.00 per box. 394.00 per box. 395.00 per box. 396.00 per box. 397.00 per box. 398.00 per box. 399.00 per box. 400.00 per box. 401.00 per box. 402.00 per box. 403.00 per box. 404.00 per box. 405.00 per box. 406.00 per box. 407.00 per box. 408.00 per box. 409.00 per box. 410.00 per box. 411.00 per box. 412.00 per box. 413.00 per box. 414.00 per box. 415.00 per box. 416.00 per box. 417.00 per box. 418.00 per box. 419.00 per box. 420.00 per box. 421.00 per box. 422.00 per box. 423.00 per box. 424.00 per box. 425.00 per box. 426.00 per box. 427.00 per box. 428.00 per box. 429.00 per box. 430.00 per box. 431.00 per box. 432.00 per box. 433.00 per box. 434.00 per box. 435.00 per box. 436.00 per box. 437.00 per box. 438.00 per box. 439.00 per box. 440.00 per box. 441.00 per box. 442.00 per box. 443.00 per box. 444.00 per box. 445.00 per box. 446.00 per box. 447.00 per box. 448.00 per box. 449.00 per box. 450.00 per box. 451.00 per box. 452.00 per box. 453.00 per box. 454.00 per box. 455.00 per box. 456.00 per box. 457.00 per box. 458.00 per box. 459.00 per box. 460.00 per box. 461.00 per box. 462.00 per box. 463.00 per box. 464.00 per box. 465.00 per box. 466.00 per box. 467.00 per box. 468.00 per box. 469.00 per box. 470.00 per box. 471.00 per box. 472.00 per box. 473.00 per box. 474.00 per box. 475.00 per box. 476.00 per box. 477.00 per box. 478.00 per box. 479.00 per box. 480.00 per box. 481.00 per box. 482.00 per box. 483.00 per box. 484.00 per box. 485.00 per box. 486.00 per box. 487.00 per box. 488.00 per box. 489.00 per box. 490.00 per box. 491.00 per box. 492.00 per box. 493.00 per box. 494.00 per box. 495.00 per box. 496.00 per box. 497.00 per box. 498.00 per box. 499.00 per box. 500.00 per box. 501.00 per box. 502.00 per box. 503.00 per box. 504.00 per box. 505.00 per box. 506.00 per box. 507.00 per box. 508.00 per box. 509.00 per box. 510.00 per box. 511.00 per box. 512.00 per box. 513.00 per box. 514.00 per box. 515.00 per box. 516.00 per box. 517.00 per box. 518.00 per box. 519.00 per box. 520.00 per box. 521.00 per box. 522.00 per box. 523.00 per box. 524.00 per box. 525.00 per box. 526.00 per box. 527.00 per box. 528.00 per box. 529.00 per box. 530.00 per box. 531.00 per box. 532.00 per box. 533.00 per box. 534.00 per box. 535.00 per box. 536.00 per box. 537.00 per box. 538.00 per box. 539.00 per box. 540.00 per box. 541.00 per box. 542.00 per box. 543.00 per box. 544.00 per box. 545.00 per box. 546.00 per box. 547.00 per box. 548.00 per box. 549.00 per box. 550.00 per box. 551.00 per box. 552.00 per box. 553.00 per box. 554.00 per box. 555.00 per box. 556.00 per box. 557.00 per box. 558.00 per box. 559.00 per box. 560.00 per box. 561.00 per box. 562.00 per box. 563.00 per box. 564.00 per box. 565.00 per box. 566.00 per box. 567.00 per box. 568.00 per box. 569.00 per box. 570.00 per box. 571.00 per box. 572.00 per box. 573.00 per box. 574.00 per box. 575.00 per box. 576.00 per box. 577.00 per box. 578.00 per box. 579.00 per box. 580.00 per box. 581.00 per box. 582.00 per box. 583.00 per box. 584.00 per box. 585.00 per box. 586.00 per box. 587.00 per box. 588.00 per box. 589.00 per box. 590.00 per box. 591.00 per box. 592.00 per box. 593.00 per box. 594.00 per box. 595.00 per box. 596.00 per box. 597.00 per box. 598.00 per box. 599.00 per box. 600.00 per box. 601.00 per box. 602.00 per box. 603.00 per box. 604.00 per box. 605.00 per box. 606.00 per box. 607.00 per box. 608.00 per box. 609.00 per box. 610.00 per box. 611.00 per box. 612.00 per box. 613.00 per box. 614.00 per box. 615.00 per box. 616.00 per box. 617.00 per box. 618.00 per box. 619.00 per box. 620.00 per box. 621.00 per box. 622.00 per box. 623.00 per box.