

The Real "War Bread" must contain the entire wheat grain—not the white flour center—but every particle of gluten and mineral salts—the outer bran coat that is useful in keeping the bowels healthy and active. **Shredded Wheat Biscuit** is the real "war bread" because it is 100 per cent. whole wheat prepared in a digestible form. Contains no yeast, baking powder, seasoning, or chemicals of any kind. Food conservation begins with Shredded Wheat Biscuit for supper. Delicious with sliced bananas, berries, or other fruits. Made in Canada.

HEAVY LOSS FROM BARN FIRES.

Hay, Improperly Cured, May Cause Spontaneous Combustion.

During the years 1912-1916 inclusive, no less than 5,200 barns were destroyed in Canada, with an aggregate loss of over \$7,850,000. These, like the majority of fires, might have been avoided by the exercise of intelligent forethought and proper care. Investigation shows that the most prolific sources of barn fires are lightning and spontaneous combustion. Evidence gathered from all parts of Canada and the United States proves that rod-ded buildings are practically immune from lightning damage. The cost being a mere fraction of the possible importance to the farmer that every barn should be efficiently protected by lightning rods.

While it is more difficult to arrive at conclusions with regard to fires caused by spontaneous combustion, it is generally held that such fires are of frequent occurrence. Owing to the excessive number of barns burned in Ontario during the summer of 1916, an investigation was undertaken by Prof. W. H. Day, Professor of Physics, Ontario Agricultural College, with a view to discovering the exact conditions favorable to spontaneous combustion in stored grasses. It was proved that large quantities of imperfectly cured hay were frequently stored in barns with little or no ventilation, and that the high temperatures reached during fermentation resulted in a number of fires. Farmers are not generally aware that the cells in hay continue their existence for some time after it is cut and, when the moist compressed mass is housed in close barns, a temperature of 132 deg. F. is quickly reached. Added to this, the heat from microscopic spores, germinating seeds and the heat of the sun upon the roof may raise the temperature of the mow to 212 deg. F., when charring commences. The carbon thus formed absorbs oxygen and the mass grows hotter, until, at 265 deg. F., visible combustion takes place. Bran, grain and silage may also ignite spontaneously under similar conditions. The remedy for spontaneous combustion is simple and easily applied. All hay should be perfectly dry before storage. In mixed grasses, special care should be given to the clover. Timothy may appear perfectly dry while the heavy stalks of clover may retain a large percentage of moisture. All barns should be provided with ample top ventilation. If these simple matters are given the attention they deserve, spontaneous combustion will cease to figure as a cause of barn fires in Canada.

Combining Two Materials



A departure from absolutely straight lines is shown in this sketch. The material forming the skirt is cleverly draped and attached to the waist, giving a bouffant appearance at the hips and a narrowing effect at the ankles. The combination of plaid and plain gingham use in developing this dress is very fashionable. McCall Pattern No. 7832, Misses' Dress; two-piece skirt, suitable for small women. Pattern in 3 sizes; 16 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, Ont.

WAR'S LESSONS.

This Time of Stress and Strain is Teaching Us Many Things.

When we are hearing so much of the horrors of war that we grow sick at heart, it is well to open our eyes to some of the good things that are coming out of all the stress and loss. First of all we are less self-centred, less self-indulgent. Nearly every one has forgotten his own petty ills and grievances in the sight of so much greater suffering.

Men and women are sacrificing pleasures and luxuries as they have seldom done before. Mere sacrifice of these things is nothing meritorious in itself, but when it is done for a worthy purpose it makes for character. It is remarkable how easy and simple we find it to do without many things now that we have undertaken it.

We are getting more democratic because of the war. Social lines merge in the one purpose to do one's level best for the country and for humanity. Little shams and purposeless poses are shamed into disappearing.

We are becoming more frugal, more appreciative of real values, more deeply conscious of the vulgarity and sinfulness of waste. We are growing more efficient. We make many mistakes by the way, but we profit by them and are learning that if the world is to be saved it must be through useful, effective work. Even the children are assuming their share of responsibility.

ASIA MINOR.

Where Its Borders Lie is a Sort of Geographical Puzzle.

"Asia Minor" is a geographical term of vague extension. It puzzles any one to say exactly where it leaves off.

The name dates only from the fifth century, A.D., when Orosius used it evidently as a novelty. The Roman Empire knew no Asia Minor. Indeed, the Roman province of "Asia" was actually smaller than this Lesser Asia. The alternative name Anatolia (land of the sunrise or east) which has found favor with the Turks, is equally indeterminate.

"The Levant," which means the same thing as Anatolia (region of the rising sun), is even vaguer in its geographical scope. It includes Constantinople and everything anywhere near the eastern Mediterranean.

Few geographical names have incurred more unfavorable association. "Levantine" morals, particularly in the matter of honesty, are a byword, as might be expected from such a jumble of people. Our words "levanter" and "to levant," on the other hand, testify to the fact that dishonesty is not unknown even in the west. They originate from the disappearance of men who could not pay their gambling or other debts and were reported to have gone to the east.

Hardships of Alpini.

The Italian army maintained its captured outposts during the severe winter of 1916, often at elevations of from 7,000 to 12,000 feet, only by building huts for its men and sending them hot food in thirty-gallon thermos bottles hauled up by steel ropes.

STRENUOUS WORK SOON TELLS ON YOU

Business Men and Breadwinners the Victims of Nervous Exhaustion.

When worry is added to overwork men soon become the victims of nervous exhaustion—neurasthenia—the doctor calls it. Some have no reserve strength in their systems to bear the strain; others overtax what strength they have. If you find that you are nervous and not sure of yourself, that you sleep badly, and wake up tired and aching, your nerves are out of order. Other signs are inability to take proper interest in your work; your appetite is fickle; your back feels weak, and you are greatly depressed in spirits. One or more of these signs mean that you should take prompt steps to stop mischief by nourishing the nerves with the food they thrive on, namely the rich, red blood made by Dr. Williams' Pink Pills. These pills have cured thousands of cases of nervous disorders, including nervous prostration, neuralgia, St. Vitus dance and partial paralysis. Here is an example. Mr. P. H. Callan, a well known business man in Coleman, P.E.I., says: "I owe my present health, if not life itself, to Dr. Williams' Pink Pills. I had always been an active man, and when I began to run down in health paid little attention to it as I thought it only a temporary weakness. As time passed, however, I found myself growing worse, and consulted a doctor, who said that I was not only badly run down, but that my nervous system was badly shattered. I lost flesh, my appetite was poor, I slept badly and notwithstanding the doctor's treatment grew so weak that I had to leave my business and was confined to the house. Time went on and I was steadily growing weaker, and my friends were all greatly alarmed for my condition. In this condition I was strongly recommended to try Dr. Williams' Pink Pills, and as the doctor's medicine was not helping me I decided to do so. By the time I had used three boxes I could tell that they were helping me. When I had taken eight boxes of the pills I felt able to attend to my business again, and people were surprised to see me out. I continued the use of the pills until I had taken twelve boxes, by which time I was feeling as well as ever I did, and was being congratulated by all my friends on my full restoration to health. I feel now that if I had used Dr. Williams' Pink Pills at the outset I would not only have saved much money spent in doctor's bills, but would have had renewed health sooner. I cannot speak too highly of this medicine, and would recommend it to every man who feels weak, nervous or run down."

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

BEE-KEEPING IN 1918.

How to Prepare for a Maximum Honey Crop Next Year.

While a maximum production of honey is of pressing importance in this war-foot year, yet increasing the bees for next season must not be neglected.

Roughly speaking, bees that are in the hives at the commencement of the honey-flow gather the crop, while the brood builds up the colony for next year, unless there is to be another important honey-flow. This brood is very valuable for forming nuclei, because these, started early with a laying queen, or ripe queen-cell, will build up into strong colonies before winter. Increasing in this way with brood from strong colonies during the honey flow is the basic principle upon which an apiary can be quickly built up while at the same time an almost full honey-crop is secured.

In newly-formed nuclei containing brood in all stages there is always more or less desertion of bees and consequent death of the young brood and sometimes chilling and death of the older brood even when the nuclei are skillfully made by an experienced apiarist. Further, queens may not be immediately obtainable, or they may be lost in introduction. Robbing of the newly-formed nuclei has also to be guarded against, but during the height of the honey-flow only carelessness will cause this; towards the end, however, the danger of robbing grows so great that it is difficult to maintain newly-formed nuclei even when strong. Desertion may be checked by stopping the entrance with grass; the bees will make their way out when the grass dries and shrinks in about two days, but care must be taken to avoid overcrowding the confined bees, which would lead to stifling, especially in hot weather. A good way to overcome the loss of young brood is to place the brood over a queen excluder a week before its removal from the parent hive. This may be done in the ordinary course of relieving congestion in the brood chamber as a means to discourage swarming, a frame or two of empty comb or of foundation being placed in the brood chamber when the brood is raised.

All of these risks may be greatly minimized as follows: Have all the queens' wings clipped (this is not essential), and when a colony of a strain that it is desired to propagate swarms, move the parent hive to a new stand, and place the swarm in an

empty hive on the old stand, the queen having been picked off the ground and placed in the empty hive. The swarm will return to the new hive at the old stand. The field bees will now join the swarm, and the super should be transferred from the parent hive to the swarm which will produce the crop of honey. The colony, now depleted of bees but rich in brood, is divided a week later into three to six nuclei, each nucleus consisting of two or three frames containing brood and honey carrying two or three queen-cells containing queens soon to emerge with the adhering bees.

This method has the great advantage that it not only controls and satisfies the troublesome swarming instinct but it helps to secure the desired ends by natural means. The honey gatherers are segregated into a strong force, and the brood, being mostly capped, is not likely to get chilled; the bees desert neither it nor the queen-cells readily, and all trouble in raising and introducing queens is avoided. The bees in the newly-formed nuclei are in the post-swarming stage, when their instinct is to spread themselves over and incubate as much brood as possible, and especially the queen-cells.

The beginner should be warned not to divide the parent colony into too many weak nuclei, for this fault may be rectified in the autumn by uniting. The ideal conditions for building up nuclei are a slow honey-flow throughout August and early September. Fortunately these are supplied in most Canadian localities by goldenrods, asters and buckwheat.

Mated queens should be replaced any time up to the first or second week in October, preferably not during the robbing season.—Experimental Farms Note.

ON VIMY RIDGE.

Dedicated to the Canadians who died at "Vimy Ridge," April 8, 1917.

O'er prairie homestead, by mountain peak,

Wherever men Honor and Glory seek, With awe and reverence they will speak

Of Vimy Ridge.

Sons of the Maple Leaf, there side by side,

Met thrust with thrust their Nation's Pride,

They laughed at Death, and gloriously died

At Vimy Ridge.

What though a rude cross mark their grave,

Not a tablet in a cloistered nave, If for their land their all they gave,

By Vimy Ridge.

Canadian people, do not weep, these are not dead

But merely sleep;

Though foreign clay their bones may keep

On Vimy Ridge.

Think that Mortal Flesh and Blood, Could bind such Souls to earth for good,

They fly to Heaven as Heroes should From Vimy Ridge.

Throughout Canada their names will roll,

Will stir to the depth the Empire's Soul,

While Bells in Heaven, their requiem toll

O'er Vimy Ridge.

No. 22624 Jack Butler, "D" Squadron, C.L.H., London, England.

Easy For The Hen.

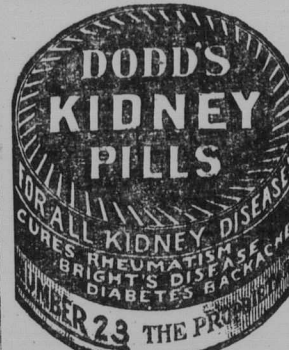
Mother to small son: "Bobby, dear, I hoped you would be unselfish enough to give little sister the largest piece of candy. Why, see, even old Biddy gives all the nice big dainties to the little chicks, and only keeps an occasional tiny one for herself."

Bobby thoughtfully watched the hen and chickens for a time, and then said: "Well, mamma, I would too, if it was worms."

Minard's Liniment Cures Distemper.

Dry fruits and sweet corn and other vegetables that may be preserved in this way. Save the cans for products that can be kept in no other way. Use bottles corked and sealed with paraffine for catsup and other liquid products.

Boring holes into the stumps of hard wood trees and filling these holes with equal parts of nitric and sulphuric acid will so soften the wood that it can be removed by ordinary picks. This has been demonstrated in Germany, and is the common treatment there of hard wood stumps.



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CANADA IS CALLING.

Canada is calling "Give us Men!" Men to stand guard at the Gate— Men to keep the nation great— Men who trifle not with Fate— Loyal Men!

We've a heritage to hold, O my men! Bought by sires in days of yore, Who, when danger touched our shore, Made the answering cannons roar— "We are men!"

We'll be loyal to that trust now, as then; Fling the old flag to the breeze— Ours the freedom of the seas— Humbly asking, on our knees, "God make us men!" —Kate Simpson-Hayes.

BABY'S OWN TABLETS OF GREAT VALUE

Mrs. J. A. Lagace, Ste. Perpetue, Que., writes:—"Baby's Own Tablets have been of great value to me and I would strongly recommend them to other mothers." Thousands of other mothers say the same thing. They have become convinced through actual use of the Tablets that nothing can equal them in regulating the bowels and stomach; driving out constipation and indigestion; breaking up colds and simple fevers; expelling worms and curing colic. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

DEATH PENALTY IN RUSSIA

National Sentiment is Opposed to Capital Punishment.

It is not at all surprising to those who know Russia that one of the first acts of the new Government was the abolition of the death penalty. Capital punishment is indeed as much against the national sentiment as against tradition in Russia, and as long ago as 1888 the late W. T. Stead declared that it was never inflicted without producing a feeling of shame among educated Russians.

The death penalty was abolished by the Empress Elizabeth in 1750, and though it was later revived, it was only in recent years, and especially after the rising of 1905, that it was carried out in other than exceptional circumstances. The number of executions then, however, quickly multiplied, and early in 1909 twenty-seven took place in one day.

Minard's Liniment Cures Diphtheria.

Wayside Food.

Not every green thing good to eat grows in the market-garden. To the initiated the field and roadside are always sufficient for a delightful salad. The most wholesome and deliciously flavored of these wild salad ingredients is the dandelion, that despised "weed" which we grub out of our lawns with such savage delight. A dandelion diet would be a little monotonous, but the young and tender shoots, either boiled as greens, or used with other things as a salad, are tip-top stuff.

Minard's Liniment Co., Limited.

Gents.—I cured a valuable hunting dog of mange with MINARD'S LINIMENT after several veterinaries had treated him without doing him any permanent good. Yours, &c., WILFRID GAGNE.

Prop. of Grand Central Hotel, Drummondville, Aug. 3, '04.

If We Lose.

At the end of a war which cost Germany only half a billion dollars, Bismarck extracted just double that amount from France in an indemnity. Germany kept an army in France until the last dollar was paid. Guess how big an indemnity the Kaiser will collect from you and me, England and France, if he wins this war? It has already cost him more than twenty times what his grandfather paid out in the Franco-Prussian war. On that basis we are already sure of twenty billions of indemnity.

Sore Granulated Eyelids, Sore Eyes

Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Salve in Tubes 25c. For Book of the Eye Freask Druggists or Murine Eye Remedy Co., Chicago

Not an Acorn. When James A. Garfield was president of Hiram College, a man brought up his son to be entered as a student. He wanted the boy to take a course shorter than the regular one.

"My son can never take all those studies," said the father. "He wants to get through more quickly. Can't you arrange it for him?"

"Oh, yes," said Mr. Garfield. "He can take a short course; it all depends on what you want to make of him. When God wants to make an oak He takes a hundred years, but He takes only two months to make a squash."

Make sure that your horse has every day pure, fresh water, such as you would be willing to drink yourself.

Minard's Liniment Cures Colds, Etc.



Some Peculiar Wills.

Among many curious wills may be reckoned that of the great Shakespear, who bequeathed to his wife his second-best bed with the furniture, and that alone; whilst an old Provost of Eton left a sum of money sufficient to give every boy at Eton a half-sheep on February 27th of every year. Now-a-days, however, the three-penny-bit takes the place of the half-sheep.

Minard's Liniment Cures Garget in Cows

Just Like Real Kings.

One Indian Rajah's subjects number about half a million, and he rules over a state as big as England and Wales. He has his own flag and his own army and navy. These are maintained in an efficient state out of a revenue of \$1,750,000 a year.

MONEY ORDERS.

PAY your out of town accounts by Dominion Express Money Orders. Five dollars costs three cents.

Don't let your dog be tortured by fleas in summer.

Little Irene marched into the room breathless. "O mother, don't scold me for being late for supper because I've had such a disappointment," she said. "A horse fell down and they said they were going to send for a horse doctor, so I waited and waited, and what do you think? It wasn't a horse doctor at all. It was only a man."

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

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.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns and calluses off with fingers—It's like magic!

Sore corns, hard corns, soft corns, any kind of a corn, can fearlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.

For little cost one can get a small bottle of freezone at any drug store which will positively rid one's feet of every corn or callus without pain.

This simple drug dries the moisture it is applied and does not irritate the surrounding skin by drying it or afterwards.

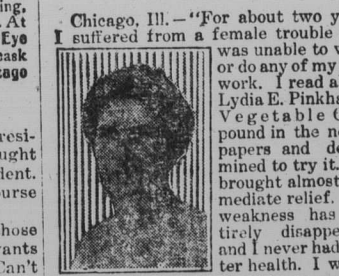
This announcement will be of many of our readers. If you haven't any freezone to spare, surely get a small bottle of his wholesale drug.

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

BOOK ON DOG DISEASES And How to Feed Mailed free to any address by the Author H. CLAY GLOVER CO., Inc. 118 West 31st Street, New York

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 in purchasing Lydia E. Pinkham's Vegetable Compound."—Mrs. JOS. 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 displacements, 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.

The Danger Zone for Many Is Tea and Coffee Drinking

Some people find it wise to quit tea and coffee when their nerves begin to "act up."

The easy way nowadays is to switch to

Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"