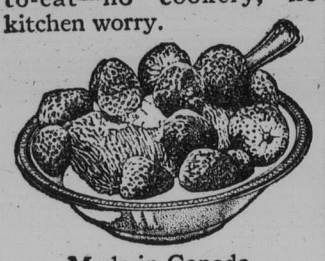
5 June / 17.

Appetite Finicky and Fussy? Tempt it with a light, nutritious food that helps you to shake off the shackles of a Winter diet. Eat **Shredded Wheat Biscuit** with berries and cream or milk. Two or three Biscuits with fruits and green vegetables make a nourishing, satisfying meal at a cost of a few cents. Ready-to-eat—no cookery, no kitchen worry.



Made in Canada.

GOVERNMENT CONTROL OF RAILWAYS

INTERESTING STATISTICS OF VARIOUS COUNTRIES.

Comparing Freight Rates and Wages Paid on Government Owned and Private Owned Roads.

W. M. Acworth, the British representative on the International Board of Inquiry into the Canadian railway situation, in speaking of the English railways said recently:

"Now, I am no foe of government railways. On the contrary, I believe that in countries with a population less self-reliant than our own, such a policy is necessary. In a country with a bureaucracy as well-trained and as well-organized as that of Prussia, it may even be desirable. But a careful study of the evidence has convinced me that in the long run state control ends in keeping down the best to the level of the worst, and that taking them all for all, the private railway companies of England and the United States have served the public better than the government railways of the continent, or of our Australian colonies, and are likely to serve it better in the future."

The employees in 1913 on the railways of Germany numbered 786,466 and were paid on the average $408.97 per year, thirty-eight per cent. of the gross earnings. In German, all classes of freight considered, one and a third cents, or 13 mills, were collected for each ton of goods moved one mile.

In Canada during the fiscal year ended June 30, 1915—the figure are used, because they were those compiled from official records by the Bureau of Railway News and Statistics, Chicago—the employees numbered 124,142 who received on the average $727 per year, more than forty-five per cent of the gross earnings. Yet in Canada the railways collected only 7.51 mills, or about three-quarters of a cent for each ton of freight moved one mile. The rate charged in the United States for similar service in 1915 was 7.380 mills, or about 1-8 of a mill less per ton than in Canada.

Conditions in Australia.

In Australasia, where are established the only democracies constitutionally comparable with Canada, the railway situation is exceedingly complicated and the conditions—revenues collected and wages paid—vary in each division of the island continent.

In New South Wales in 1914-15 the state received 1.90 cents or nearly 20 mills for each ton or freight moved one mile (and in addition there are terminal receipts per ton of 23 1-3 cents) and paid each employee on the average of $741.

In South Australia in 1914-15 the employees were paid an average of $412.95 per year, 2.12 cents or more than 20 mills were charged for moving each ton of freight one mile.

In Western Australia in 1914-15 the average wages paid were $790.30 per year, in Queensland $650, but no figures are available showing the average amount collected per ton of freight per mile.

The wages paid on the Australasian systems vary, as will be noted. The average for the six divisions is $654.76 compared with the $727, the average paid in wages in Canada in 1915.

In Canada the enterprise of the railways has broken up the country into farms. In Australia there are ranches many thousands of square miles in extent, and the exports of wheat tell the story of the failure of the Australian railways to stimulate general farming activities.

For Building Up Quickly

probably the very best food you can select is **Grape-Nuts.**

It contains the mineral salts and energy values—all the nutriment of whole wheat and barley—digests easily and quickly, and the flavor is delicious.

"There's a Reason"

for

Grape-Nuts

LITTLE WORRIES IN THE HOME

These Bring the Wrinkles and Pallid Faces That Make Women Look Prematurely Old.

Almost every woman at the head of a home meets daily many little worries in her household affairs. The care of her little ones, the work about the house all contribute to these worries. Most of them may be too small to notice an hour afterwards, but they constitute a constant strain that affects the blood and the nerves and make women look prematurely old. The effect of these little worries may be noticed in sick or nervous headaches, fickle appetite, tiredness after slight exertion, and the coming of wrinkles which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness. Among the many thousands of Canadian women who have found new health and strength through these pills is Mrs. G. Strasser, Acton, West, Ont., who says:—"I am the mother of three children and after each birth I became terribly run down, I had weak, thin blood, always felt tired, and unable to do my household work. After the birth of my third child I seemed to be worse, and was very badly run down. I found the greatest benefit from the Pills and soon gained my old time strength. Indeed after taking them I felt as well as in my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can procure them by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

MODERN ARMOR.

Style of Body Armor for Protection of Soldiers at the Front.

A writer in La Nature urges that soldiers at the front be supplied with body armor, in addition to the steel helmet that has proved so useful in preventing head wounds. The writer says that nearly seventy-five per cent of the wounds received in trench warfare are caused by missiles of low velocity such as would be stopped by comparatively thin armor. Furthermore, missiles that have a velocity so low that it allows them to lodge in the body are more dangerous than swift projectiles that pass through the body, because every bullet or bit of shell is likely to be infected. The form of body armor that the writer proposes, consists of a steel cuirass to cover the thorax and upper abdomen, and so to protect the most vital organs; a gorget of chain mail to protect the neck, and a girdle or kilt of the same material for the loins and groin; a mask for the face, and protective pieces for the shoulders, the elbows and the knees. How far such armor would interfere with the free movements of the soldier is a matter yet to be determined, but it would certainly furnish protection. A soldier of a average height, as he faces the enemy in open field, presents a target that has an area of twenty-seven hundred and forty square centimetres. Of that target the head and neck make up nine per cent., the thorax and abdomen twenty-eight per cent., and the less vital parts—the arms and legs—make up sixty-three per cent. Even if only the more vital parts could be protected there would be a great saving of life.

From a Dugout at the Front.

Once to every man and nation
Comes the moment to decide,
In the strife twixt right and falsehood,
For the good or evil side.

Then it is the brave man chooses,
While the coward stands aside
Doubting in his craven spirit,
Till his Lord be crucified.

—Lieut. Donald MacLean, P.P.C.L.I.

SATISFIED MOTHERS

No other medicine gives as great satisfaction to mothers as does Baby's Own Tablets. These Tablets are equally good for the newborn babe or the growing child. They are absolutely free from injurious drugs and cannot possibly do harm—always good. Concerning them Mrs. Jos. Morneau, St. Pamphile, Que., writes: "I have used Baby's Own Tablets and am well satisfied with them and would use no other medicine for my little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A COUNTRY GARDEN.

Hollyhocks and larkspur,
Color everywhere,
Warm and still and fragrant
Breathes the sunny air.
Pinks and tiger-lilies,
Yellow marigold,
Canditufft and coxcomb,
Roses manifold.
Hollyhocks and larkspur,
Scarlet, crimson, blue,
Sunshine all around, dear,
Butterflies—and you!

Anna B. Stewart.

After the Movies

Two Eyes for a Lifetime

Murine is for Tired Eyes. Red Eyes—Sore Eyes—Granulated Eyelids. Rests—Refreshes—Restores. Murine is a Favorite Treatment for eyes that feel dry and smart. Give your Eyes as much of your loving care as your Teeth and with the same regularity.

Care for Them. You Cannot Buy New Eyes!

Sold at Drug and Optical Stores or by Mail. Ask Murine Eye Remedy Co., Chicago, for Free Book

Were Big Talkers.

In a railway carriage in England recently two men were talking rather loudly.

"Lord French is very sick," one of them observed.

"Yes," said the other, "so is the Marchioness of Powys, but the Dutchess of Cleveland is getting on famously. The Earl of Rosebery seems to be dwindling away, I can't make it out."

When they left the carriage a passenger remarked to a friend that these two fellows seemed anxious to impress the company with the fact that they were acquainted with every one in Burke's "Peerage."

"Peerage be blowed," he said rudely, "they were talking about dahlias."

Minard's Liniment Cures Garget in Cows

A good share of the nutriment in alfalfa is in the leaves. Cut and harvest your crop before the leaves drop off and are wasted.

MONEY ORDER

SEND a Dominion Express Money Order. Five dollars costs three cents.

Higher Education.

"Truda," cried Auntie Alice, "have you practiced Chopin's Ball in A?"

"Yes, auntie," replied the dutiful Truda.

"Have you translated your page of Homer?"

"Yes, auntie."

"Have you learned your five problems in Euclid?"

"Yes, auntie."

"And have you worked out the binominal theorem?"

"Yes, auntie, perfectly."

"Then go and dust the dining room."

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good. One bottle of MINARD'S LINIMENT, warmed on flannels and applied on my breast, cured me completely.

C. H. COSSABOOM.

Rossway, Digby Co., N. S.

Electric smelting at Welsh tin mines causes a loss of metal of about one per cent. as compared with 9 or 10 per cent. by older methods.

Minard's Liniment Cures Colds, Etc.

An Irish Trooper.

Passing through a military hospital, a distinguished visitor noticed a private in one of the Irish regiments who had been terribly injured.

To the orderly the visitor said: "That's a bad case. What are you going to do with him?"

"He's going back, sir," replied the orderly.

"Going back," said the visitor in surprised tones.

"Yes," said the orderly. "He thinks he knows who done it."

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
CURES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES
NUMBER 23 THE PROPRIETARY

ISSUE No. 26—'17.

QUEEN'S UNIVERSITY
KINGSTON ONTARIO

ARTS
MEDICINE EDUCATION
APPLIED SCIENCE
Mining, Chemical, Civil, Mechanical and Electrical Engineering.

HOME STUDY
Arts Course by correspondence. Degree with one year's attendance.

Summer School July and August — Navigation School December to April

15 GEO. Y. CHOWN, Registrar

One reason why alfalfa is such a failure with some folks is because their lands are not well drained. Start out with the drainage and then come on with the alfalfa.

Minard's Liniment Cures Diphtheria.

Greatest of all feats of strength is holding one's tongue.

SALESMAN WANTED

Lubricating Oil, Grease, Specialties, Paint. Part or whole time. Commission basis until ability is established. Permanent position and wide field when qualified if desired. Man with rig preferred. Deliveries from Ontario warehouses.

GENERAL REFINING CO., Cleveland, Ohio.

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

America's Pioneer Dog Remedies

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

WITH THE FINGERS!
SAYS CORNS LIFT OUT
WITHOUT ANY PAIN

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

At 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 or soreness or the danger of infection.

This new drug is an ether compound, and dries the moment it is applied and does not inflame or even irritate the surrounding tissue. Just think! You can lift off your corns and calluses now without a bit of pain or soreness. If your druggist hasn't freezone he can easily get a small bottle for you from his wholesale drug house.

FIRST COTTON THREAD.

Material Was First Tried as a Substitute for Silk.

For almost a hundred years no one thought of making thread other than from linen and silk. Cotton was not so much as thought of. Then Napoleon, who had been devastating Europe, thought he would strike a blow at the silk industry of Hamburg, and caused the stocks of silk to be burned. The threadmakers of Paisley thus found their supplies of raw material cut off, and they had to look about to find a substitute. Cotton was tried, and was found to answer the purpose so well that the basis of an entirely new industry was laid—the manufacture of "cotton" thread. From this time on the progress of the new industry was steady.

Minard's Liniment Cures Distemper.

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

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 hair gone and horse can be used. $2 a bottle at druggists or delivered. Describe your case for special instructions and interesting horse **Book 2 M Free.**

ABSORBINE, JR., the antiseptic liniment for mankind, reduces **Strained, Torn Ligaments, Swollen Glands, Veins or Muscles; Heals Cuts, Sores, Ulcers. Allays pain.** Price $1.00 a bottle at dealers or delivered. Book "Evidence" free.

W. F. YOUNG, P. D. F., 516 Lymans Bldg., Montreal, Can.

Absorbine and Absorbine, Jr., are made in Canada.

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, backaches, 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.

NO ALUM

MADE IN CANADA

English cooks think that a sprig of mint boiled with new potatoes improves their flavor.

FOR SALE

FARM 480 ACRES, 320 UNDER CULtivation, good buildings, $22.00 per acre. John Scott, Whitewood, Saskatchewan.

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 Street, 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.

AUTOMOBILES FOR SALE

TUDHOPE, 5-PASSENGER, 4-CYLINder Touring Car, in good running order. This car has been painted and varnished this season. Price $300.

HUDSON, 1916 MODEL, 6 CYLINder, 7 Passenger Touring Car. Electric lights and starter. Recently overhauled and newly painted. Tires in good shape. Price $1,300.

HUDSON, 1915 MODEL, 6 CYLINder, 7 Passenger Touring Car, with electric lights and starter. Thoroughly overhauled in our shop and newly painted. Seat covers on all seats and doors. Oversize tires. Price $1,200.

HUDSON, MODEL 37, 5 PASSENGER, 4 cylinder Touring Car. Electric lights and starter, in good running order and newly painted. Looks like a new car. Price $650.

PAIGE SEDAN. A VERY FINE looking closed car seating five. Electric lights and starter, also inside dome light. Nearly all the windows open, which gives ample ventilation for summer driving. Price $700.

CHALMERS, 7-PASSENGER, 4-Cylinder Touring Car. Electric starter, tires practically new, demountable rims, one spare tire. Price $300.

HUDSON 1913 MODEL "54." A HIGH powered, six cylinder, 5 passenger Touring Car. In good running order and looks like new. Price $750.

STUDEBACKER, SEVEN PASSENger, 4 cylinder Touring Car, in good running order. Tires in good shape. This car was painted this year and looks very nice. Price $350.

JACKSON, 5 PASSENGER, 4 CYLINder Touring Car. Has electric lights and starter, good tires, and is a bargain at the price. $300.

We only sell used cars after the purchaser has had a demonstration and satisfied himself of the running qualities of the car he is buying. Call at our showroom next time you are in Toronto and let our salesmen show you any of our used cars and give you a demonstration.

THE DOMINION AUTOMOBILE CO., Limited
146-150 Bay Street, Toronto, Ont.

Doctors Tell Why They Prescribe Bon-Opto. Explain How It Strengthens Eyesight Remarkably In a Week's Time In Many Instances.

Has Seen Eyesight Improve from 75 to 100% in a Remarkably Short Time.

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 agree there is 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 Bon-Opto: "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 eyestrain 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 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.

Dr. Beck, an eye specialist of nearly twenty years practice, says: "Two prominent eye specialists, after a thorough examination of a young girl aged twelve, decided that to save the sight of her right eye the left must be removed. A friend advised her father to try Bon-Opto before permitting the operation. Within three days a decided improvement was noticeable, within a week the inflammation had almost disappeared, and at the end of six weeks all danger was past and the eye saved. I saw the case again to-day. The eye ball has perfect motion. When she began to use Bon-Opto it was in a fixed position. The conjunctival inflammation has disappeared. Her vision is now 20/30 (20/20 is normal as you know) as against 20/2000 when she began the use of Bon-Opto. Another patient came to me suffering from Blepharitis Marginalis with all the usual symptoms such as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes had the dull, suffused expression common to such cases. She used Bon-Opto and not only overcame her distressing condition but so strengthened her eyesight that she was able to dispense with her distance glasses and her headache and neuralgia left her. In this instance I should say her eyesight was improved 100 per cent."

Dr. Judkins says: "While house surgeon at a New England Eye and Ear Infirmary and during many years in general dispensary practice, I found oculists too prone to operate and opticians too willing to prescribe glasses, and both inclined to neglect the strengthening and developing of the eyesight. The success of Bon-Opto in strengthening the eyesight will soon make eyeglasses old-fashioned. The Director of Medical Inspection of Boston Schools in a report published February 20, 1917, states that only 14,016 pupils out of 89,175 examined need to wear glasses now, a marked decrease over the previous report. Bon-Opto is hastening the eyeglassless age in bespectacled Boston."

Dr. Smith, an oculist of wide experience, says: "I have treated in private practice a number of serious opthalmic diseases with Bon-Opto and am able to report ultimate recovery in both acute and chronic cases. Mr. B. came to my office suffering with an infected eye. The condition was so serious that an operation for enucleation seemed imperative. Before resorting to the operative method I prescribed Bon-Opto and in twenty-four hours the secretion had lessened, inflammatory symptoms began to subside, and in seven days the eye was cured and retained its normal vision. Another case of extreme convergent strabismus (cross eyes) escaped the surgeon's knife by the timely use of your treatment. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. By cleansing the lids of secretions and acting as a tonic for the eyeball itself the vision is rendered more acute, hence the number of cases of discarded glasses."

Dr. Connor says: "My eyes were in bad condition owing to the severe strain arising from protracted microscopical 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

"Bon-Opto Is Hastening the Eyeglassless Age in Bespectacled Boston."

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 perceptibly right from the start, and 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 overwork or misfit glasses. 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, sun, 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 G. Tamblyn and T. Eaton & Co., Toronto.