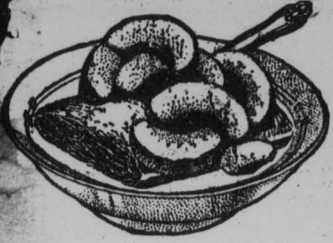


Our Kitchen is Your Kitchen—it cost two million dollars and was built to furnish you with crisp, golden loaves of Shredded Wheat, the purest, cleanest, most nutritious cereal food in the world. It is ready-cooked and ready-to-serve, delicious for breakfast with milk or cream, or for any meal in combination with sliced peaches.



Made in Canada

FROM OLD SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What is Going On in the Highlands and Lowlands of Auld Scotia.

Glasgow municipal farms last season made a clear profit of \$15,000.

The offer to raise a Volunteer battalion in Forfarshire has been accepted by the King.

Mr. Thomas Kyle, Stirling's oldest inhabitant, has just died at the age of 97 years.

Women navvies are laying a cable at Boness, Linlithgowshire, as part of the electric light scheme.

Sir George McCrae of Edinburgh is in a base hospital in France, suffering with trench fever and dysentery.

A battalion to be known as the 1st Battalion Ayrshire Volunteers' Regiment is to be raised in the county of Ayr.

The death has occurred of Mr. Henry Rutherford, for over forty years manager of Aberlady Gas Company.

The constables connected with the Stirlingshire police force have been granted a war bonus of 84 cents per week.

Mrs. MacLeod, 80 years of age, was burned to death at Lentrane, near Inverness, in a fire that gutted four houses.

Twenty more wounded soldiers recently arrived at Gordon Castle Hospital, Morayshire, making a total of 90 inmates.

A memorial to the late Field Marshal Earl Roberts was unveiled in Kelvingrove Park, Glasgow, by his daughter, Countess Roberts.

Lieut. Batten-Poole, nephew of Anna, Lady Colquhoun, of Colquhoun, has been awarded the Victoria Cross for conspicuous bravery in the field.

Mr. A. J. Balfour, M.P., First Lord of the Admiralty, has begun an official visit of inspection of the Clyde shipyards and engineering works.

At a meeting of Deeside District Committee, the M.O.H. for Aberdeenshire stated that there are 60 cases of infantile paralysis in Aberdeenshire.

Instead of a special Scottish memorial to the late Lord Kitchener, there will be a Scottish contribution to the Lord Mayor of London's Fund.

Measuring about 78 feet in length, a whale was washed up on the coast of Colonsay, off Argyllshire, but was afterwards swept away by a higher tide.

Mr. Daniel Rankin, lecturer on Humanity in Glasgow University, was recently drowned, together with his

brother, the Rev. E. B. Rankin, near North Berwick.

Logierait School Board, at a recent meeting, adopted a motion of protest against the calling up for military service of Mr. MacLean, headmaster of Logierait school.

At a special meeting of Falkirk Town Council a letter was read from Mr. Robert Dollar, San Francisco, offering a gift of \$15,000 for the erection of public baths in the burgh of Falkirk, of which he was a native.

brother, the Rev. E. B. Rankin, near North Berwick.



Sub-Lieut. H.R.H. Prince Albert

It was announced officially in May that Prince Albert, second son of the King, had been promoted from Acting Sub-Lieutenant to Sub-Lieutenant in His Majesty's Navy. His Royal Highness, who is in his twenty-first year, entered the Royal Naval College, Osborne, in January, 1909, and became a midshipman in September, 1913. He was promoted to Acting Sub-Lieutenant in September, 1915. When war broke out he was serving in a flagship of the Grand Fleet, but in September, 1914, he was compelled to go on sick leave, and was operated upon for appendicitis. He was unable to rejoin his ship until February of the following year. In the following November he was again on sick leave, with an obstinate gastric disorder. He returned to active duty in May of this year.

THANKFUL MOTHERS

Thousands of thankful mothers throughout Canada—many of them your own neighbors—speak with the greatest praise of that splendid medicine, Baby's Own Tablets. Many mothers would have no other medicine for their little ones. Among these are Mrs. Albert Nie, St. Brieux, Sask., who says: "I have been using Baby's Own Tablets for the past seven years and they have done my four children a world of good. I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

KASHA THE SMASHER.
Something About the Famous Russian General.

The Russian soldier's nickname for General Brusiloff, the man who has driven the Austrians before him in Galicia in a dozen battles, is "Papa Kasha." "Kasha," a writer in a British periodical tells us, is a breakfast dish greatly beloved by the Russian soldier. It is made principally of dry buckwheat mixed with sour clotted milk, and Brusiloff was the first to introduce it as a regular ration for the Russian soldier.

Although his name was not widely known before the recent campaign, General Alexei Brusiloff has for some time been recognized in Russian military circles as a brilliant strategist and tactician. When the war broke out he was in command of the 14th Army Corps on the Galician frontier, and he took a prominent part in all the earlier operations in that part of the eastern front.

Early in April last he succeeded General Ivanoff in command of the southern Russian army, and at once he began to prepare assiduously for the great offensive.

Trained as a cavalry leader, he insisted that that army must play a prominent part in his plan of operations. Only through cavalry, he said, could a rout, as distinguished from a mere withdrawal, be assured. And only cavalry, he thought, could act as quickly as the occasion would demand in the broad intervals of open

NEURALGIA PAINS YIELD QUICKLY

Hundreds Find Sloan's Liniment Soothes Their Aches.

The shooting, tearing pains of neuralgia and sciatica are quickly relieved by the soothing external application of Sloan's Liniment.

Quiets the nerves, relieves the numbness feeling, and by its tonic effect on the nerve and muscular tissue, gives immediate relief.

Sloan's Liniment is cleaner and easier to use than musky plasters and ointments and does not clog the pores.

Just put it on—it penetrates. Kills pain. You will find relief in it from rheumatism, neuralgia, sciatica, stiff neck, toothache, etc.

For strains, sprains, bruises, black-and-blue spots, Sloan's Liniment quickly reduces the pain.

It's really a friend of the whole family. Your druggist sells it in 25c., 50c. and \$1.00 bottles.

Sloan's Liniment KILLS PAIN

country between the lines of the enemy's entrenchments.

The Russian military wiseacres shook their heads. But Brusiloff had shown marvelous skill and adaptability in maneuvering large bodies of men, and he was permitted to have his own way.

The victorious commander, like most of the other successful generals in this war, is well advanced in years; he is sixty-four years of age. His vitality, however, is amazing. He is reported to be the picture of health at present, in spite of sixteen hours' work a day. In all weathers he will inspect his troops and visit the vital points along his front. If his motor car cannot take him where he wants to go on account of the bad roads, he will continue his journey for many miles if necessary on horseback.

"We have undertaken a big operation. With God's help we will conduct it to a successful conclusion," was all he said when he was congratulated on his victories. Brusiloff is a man of very few words.

The Folly Of Taking Digestive Pills

A Warning to Dyspeptics.
The habit of taking digestive pills after meals makes chronic dyspepsia of many thousands of men and women because artificial digestants, drugs and medicines have practically no influence upon the excessively acid condition of the stomach contents which is the cause of most forms of indigestion and dyspepsia.

The after dinner pill merely lessens the sensitiveness of the stomach nerves and thus gives a false sense of freedom from pain. If those who are subject to indigestion, gas, flatulence, belching, bloating, heartburn, etc., after eating, would get about an ounce of pure bicarbonate of soda, after eating and take a teaspoonful in a little water and after meals, there would be no further necessity for drugs or medicines because bicarbonate of soda instantly neutralizes stomach acidity, stops food fermentation and restores normal painless digestion by enabling the stomach to do its work without hindrance.

41 ZEPPELIN RAIDS.

1,334 People Killed and Wounded in England.

The New York Times prints the following story from London: In the last two years there have been 41 Zeppelin raids on England—23 in 1915 and 18 in 1916. This summary does not take into account the many aero and seaplane attacks and the numerous abortive attempts which have been driven back at the coast or balked by shifting winds and misty weather.

If in these raids we take three Zeppelins as the average number, and allow three tons of explosives and incendiary bombs as the capacity of each dirigible, we have an aggregate of 370 tons of death-dealing missiles. Supposing each bomb weighs 50 pounds, we have approximately 15,000 as the number dropped in England or in the North Sea in the last two years.

The British Government has made public the number of casualties after each raid, and these aggregate 358 dead and 980 wounded. This means that it has taken more than a ton of German bombs for every British man, woman and child who has been killed. A military expert figures that for every soldier killed the enemy must expend his weight in lead. Before the British perfected their defences against air attack the loss of life was much greater, the casualties steadily

TRAPPERS! Send your RAW FURS to JOHN HALLAM

and receive highest cash prices. We send money the same day the furs are received. Charge no commission—and pay all charges. We have paid out millions of dollars to the trappers of Canada who send their furs to us. We pay more money for their furs than any other firm in Canada. For full particulars, send for our free literature. Write to JOHN HALLAM Limited, 202 Hallam Building, Toronto.

decreasing as the difficulties of attack increased.

Since the war began it has been definitely reported that fourteen Zeppelins have been wrecked; the real number is probably much larger. It is estimated that it costs at least \$250,000 to build a Zeppelin. Multiplying this sum by 14, we have \$3,500,000 as the amount the Germans have lost through the wrecking of Zeppelins alone. This sum would build 500 aeroplanes at \$7,000 each, 35 submarines at \$100,000 each, or pay for 70,000 shells at \$500 each. These 14 Zeppelins did no military damage; their only value to Germany has been in reconnaissance work over the North Sea.

TORONTO FAT STOCK SHOW.

As evidenced by an advertisement which appeared in last week's issue, the Toronto Fat Stock Show are giving special attention to farmers and breeders, and are offering many handsome prizes for classes where stock must be bred, fed and owned by the exhibitors. This is work along the right lines and should bring out a good entry.

MORE BABIES FOR EMPIRE.

Large Family Will be Regarded As a National Asset.

"The war after the war will be won by the nation which encourages early marriages and large families." These words were used by an eminent London physician in an interview with the London Daily Express. He spoke on the subjects which Sir Leo Chiozza Money, M.P., dealt with recently—the need for more abundantly populating the British Empire and the peril of the families of one or two children.

"My experience shows that, given good stock to start with, large families show no deterioration among the younger branches," said the physician. "On the contrary, I frequently find that the best bodies, and emphatically the best brains, occur, say, with the fourth, fifth, sixth or seventh child.

"Married people who prefer small families risk the possibility of losing a genius which might have come in a fourth or fifth child. Parsons set a good example, as a rule, in the size of their families, and they are usually fine families, too.

"In Germany, early marriages and large, very large, families are the rule. I have seen a father, mother, and twenty-four children, all robust and bright, going to church.

"Bachelors who postpone marrying until they are thirty-five or forty act foolishly for themselves and the race. It is one of the weak points in our social system that men do not marry young."

Minard's Liniment Co., Limited.

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

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

Nothing Worse!

Benevolent-looking Lady (with a pitying look at the man who has just been dragged from underneath his motor-car)—Poor man, have you a wife?

Unfortunate Motorist—No, madam, I haven't. This is the worst thing that has happened to me.

Minard's Liniment Relieves Neuralgia.

She Knew Better.

Mrs. Wiseman was one of those women who always know. Whatever the subject under discussion, she had her own opinions, and made other people believe them, too.

"Joshua," said she to her husband one evening. "I saw in this morning's paper that old Mr. Biffer died on Saturday."

"It was a mistake," mumbled Joshua, as he bent down to unlace his shoes; "he died on Friday."

"But the paper said Saturday," repeated Mrs. Wiseman, firmly.

"I know it did," persisted Joshua, "but it was an error in the print."

"I thought that at first," said the lady decidedly, "but I got half a dozen copies of the paper and it was the same in all of them. And they certainly couldn't have made the same mistake over and over again like that!"

A NEW SERVICE.

Now Possible to Send a Day Letter by Telegraph.

Mr. J. McMillan, who has initiated many notable improvements since he became General Manager of the C.P.R. Telegraphs eighteen months ago, has just decided to inaugurate an important service entirely new to Canada over the hundred and ten thousand miles of wire under his immediate control, namely, the day letter which may now be sent between points in Canada on the Canadian Pacific system at a rate very much reduced as compared with the usual commercial rush telegram. Mr. McMillan is convinced that many of those who send telegrams would be quite satisfied if these arrived on the same day, whereas a proportion of the cost of the rush telegram is due to the cost of speedy delivery. The day letter of fifty words will be rated at one and a half times the cost of a regular rush message of ten words and can still bring an answer the same day, which is as quick as many people desire. There are sixteen hundred C.P.R. telegraph offices throughout Canada, at each of which the new service will be in force, so that this will be a Dominion-wide service stretching from Louisburg, Nova Scotia, to Victoria, B.C. Messages will be taken in either French or English, code words not being permissible.

Mr. John McMillan owes his success to a genial and tactful disposition which made him one of the most popular C.P.R. officials in the West, where his work centred until he was called to the head office in Montreal last year. Although less than fifty years of age, he joined the C.P.R. at its inception, working on construction in 1883. After acting for a number of years as operator at Donald B.C., he became Inspector of Telegraphs at Winnipeg in 1902, Assistant Superintendent in 1906, Superintendent at Calgary in 1907, General Superintendent at Winnipeg in 1913, and finally Manager of the whole telegraph system in March, 1915.

How To Get Rid Of Catarrh, Catarrhal Deafness or Head Noises.

If you have catarrh, catarrhal deafness or head noises caused by catarrh, or if phlegm drops in your throat and has caused catarrh of the stomach or bowels you will be glad to know that these distressing symptoms can be easily overcome in many instances by the following treatment which you can easily prepare in your own home at little cost. Secure from your druggist 1 ounce of Parnint (Double Strength). This will not cost you more than 75c. Take this home and add to it 4 min. of hot water and 4 ounces of granulated sugar; stir until dissolved. Take one tablespoonful four times a day. A decided improvement is sometimes noted after the first day's treatment. Breathing becomes easy, while the distressing head noises, headache, dullness, cloudy discharge, etc., gradually disappear under the tonic action of the treatment. Loss of smell, taste, defective hearing and mucus dripping in the back of the throat are other symptoms which suggest the presence of catarrh and which are often overcome by this efficacious treatment. Nearly ninety per cent. of all ear troubles are said to be directly caused by catarrh, therefore, there must be many people whose hearing can be restored by this simple home treatment.

Plain Talk.

Heiress—I like you very much, Mr. Ardup, but I cannot marry you.

Ardup (picking up his hat)—I will be equally frank with you, Miss Bullion. I don't like you at all, but I would marry you in a minute. I am more self-sacrificing than you are Good evening.

On His Furlough.

The reading lesson was on, and the word "furlough" occurred. Miss Jones, the teacher, asked if any little girl or boy knew the meaning of the word. One small hand was raised.

"Furlough means a mule," said the child. "Oh, no; it doesn't," said the teacher. "Yes, ma'am," insisted the little girl, "I have a book at home that says so." Miss Jones told the child to bring the book to school. The next morning the child came armed with a book, and triumphantly showed a picture of an American soldier riding a mule, under which was the caption—"Going home on his furlough."

Minard's Liniment for sale everywhere.

Attending to Business.

"You say the officer arrested you while you were quietly minding your own business?"

"Yes, your honor. He caught me suddenly by the coat-collar and threatened to truncheon me unless I accompanied him quietly to the station."

"You were peacefully attending to your own business, making no noise or disturbance of any kind?"

"None whatever, sir."

"It seems very strange. What is your business?"

"I'm a burglar."

And many a man's belief in his superior wisdom makes a fool of him.

PILES.

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores.—40c. box.

Zam-Buk

"Made in Canada"

DOMINION RAINCOATS

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



Ask Your Dealer

May Come To This. "Is this a ten cent store?" "It is, madam."

"I hear you have wonderful bargains. Where is your automobile department?"

The Irish Of It. "Mike, I hear you left the munitions factory because you thought it was dangerous."

"Dangerous, is it! Shure if Oi was there now Oi'd have been dead months ago."

Minard's Liniment Cures Dandruff.

SEED POTATOES. SELLERS POTATOES, IRISH COB-LETS, Delaware, Carman, Ordas at once. Supply limited. Write for quotations. H. W. Dawson, Brampton.

HELP WANTED. CABINET MAKERS AND MACHINE HANDS WANTED. Steady work at highest wages. Apply to The Bell Furniture Co., Southampton, Ont.

NEWSPAPERS FOR SALE. PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 West Adelaide Street, Toronto.

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

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

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

Become a Registered Nurse and receive pay while learning The Beth Israel Hospital of New York City Founded 1890 Accredited by the New York State Education Dept. Offers a two-and-one-half year course in training for nurses with allowance and maintenance. Applicants must have one year high school instruction or its equivalent. For particulars address Beth Israel Hospital, 66 Jefferson St., New York.

WANTED!

Help for Woollen Mill.

Carders, Weavers, Fullers and Napper Tenders.

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

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

Machinery For Sale

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

S. Frank Wilson & Sons
73 Adelaide Street West,
Toronto.

ED. 7. ISSUE 42-1916

Adds to the Joy of Living---

It isn't alone the deliciously sweet nut-like taste of Grape-Nuts that has made the food famous, though taste makes first appeal, and goes a long way.

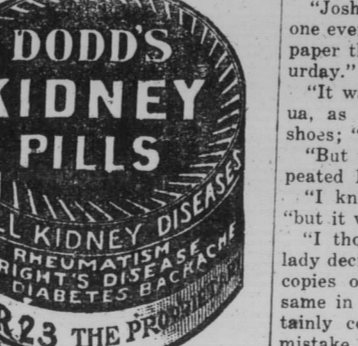
But with the zestful flavor there is in Grape-Nuts the entire nutriment of finest wheat and barley. And this includes the rich mineral elements of the grain, necessary for vigorous health—the greatest joy of life.

Every table should have its daily ration of

Grape-Nuts

"There's a Reason"

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



DODD'S KIDNEY PILLS FOR ALL KIDNEY DISEASES. CURES RHEUMATISM, BRUISES, DIABETES, BACKACHE.