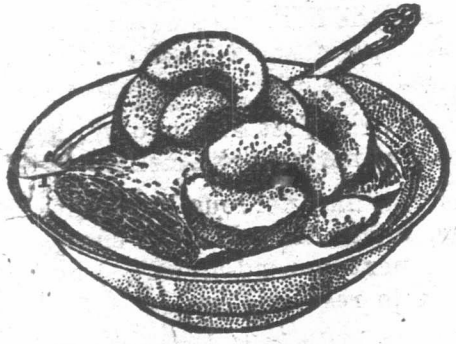


Our Kitchen is Your Kitchen—it cost two million dollars and was built to furnish you with crisp, golden loaves of **Shredded Wheat**, the purest, cleanest, most nutritious cereal food in the world. It is ready-cooked and ready-to-serve, delicious for breakfast with milk or cream, or for any meal in combination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



Made in Canada

WHEN THE SUB. GOES INTO ACTION

DESCRIPTION OF A TRIP ON BRITISH "TIN FISH."

Crew of the Submarine Know Nothing of What Is Going on Overhead.

A graphic description of the "life" in a British submarine about to attack a German ship is given in the following account.

Look carefully and see how the grim shadow, almost flush with the sea, blends with the grey waters and the grey sky. Her narrow deck is washed from end to end, her bow hidden in a pillow of boiling sea, her counter lathered in the foaming eddies of her wake. Behind the canvas "doggers" of her tiny bridge her commander and helmsman ply their trade, the only members of her crew visible, the others are at their stations in her well-lighted interior. Suddenly there is a sharp word of command, more men appear on her deck, all her movable gear—the compass, the ventilation cowls, the life-rafts, and other objects—is detached and taken inside her hull. The rails are turned down in one moment flush with the deck. Then everyone disappears; the hatch is screwed tight, the main ballast tanks are filled, the periscope is pushed up to its full height, and thus she prepares to dive to the wet shadowy realms of the eod and the conger eel.

Silence After Noise. The roar of her oil engines has suddenly ceased. The silence seems strange after their thunderous note, and to take their place comes the gentle hum of the electric motors which drive her below the waves. The commander is in the conning tower, his eyes glued to the vibrating lens of the periscope. The stolid coxswain has the wheel controlling the horizontal rudders that work the boat in her trips below. The second coxswain has the wheel that steers her to port and starboard. The leading torpedo-man at the switch-board controls all the electrical devices that man has chained to his will to work this strange ship. The torpedo-men are at the fully-charged tubes. The engine staff have seen that the water and oil are shut off and are now at the Kingston valves and "Blows" (blow-off valves) on the main ballast tanks. Everyone stands by his station, blind to the world without, waiting for the commands of the one man who can see.

Order to Dive. "Dive fifteen feet!" comes the



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 Eastern Cereal Co., Ltd., Windsor, Ont.

order, quick and concise. The next moment the bow has canted down ever so little and the boat like a shadow has slid below, guided by the steady hand of the first coxswain.

In the far distance a ship, grey from truck to waterline, is speeding along the horizon tossing a trailing haze of smoke from her belching funnels.

Torpedo Stations Ready.

"Torpedo stations, make ready!" comes from above. The firing reservoirs of the tube are instantly charged with compressed air, the caps covering the outside ends of the tubes are raised by "No. 2" of each tube, and water floods each chamber until a warning spurt from a tiny vent inside the boat tells the torpedo-man that all is clear for firing.

The silence which now reigns is alone broken by the hum of the motors. Everything depends on the judgment of one man; the others see nothing, know nothing, and have blindly to obey his will. The cruiser is now standing up a dark silhouette on the skyline. Not one of her people have seen the "plume" of the submarine's periscope heading straight and true to cut them off.

Single Word, "Fire!"

Already a string of concise orders is coming down from the commander; finally, "Starboard tube—stand by." The tube is ready, "No. 2" (the chief torpedo man has jumped round to bang down the firing ball in case the electric circuit fails).

The commander's finger crooks round one of the pistol triggers before him—very carefully he is aiming with his whole ship (for the tubes are fixed in the hull). Then comes the single word, "Fire!" There is a heavy thud, a momentary alteration in the boat's trim (at once corrected by the alert coxswain), and at the same instant over 200 pounds of explosive in the war nose of the torpedo goes hurrying away at forty miles to the hour.

"Good Shot."

The enemy notes the wake of the "tin fish"; there is a burst of flame from his secondary battery, and as the shells start on their screaming courses there is a fresh series of commands inside the submarine, and like a shadow her periscope has vanished, and she is plunging down to sixty feet below the surface, and turns and twists away, steered by clock and compass.

All the while her crew are listening. Water is a good conductor of sound and will bring to their ears a message if the torpedo has gone "home." Suddenly they hear it—just a heavy thud—and on the instant they slip towards the world of fresh air once more. As the periscope projects the commander starts and ejaculates, "Good shot—right in her engine-room."

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 is 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.

PROSPERS UNDER BRITISH.

Arabs of Besra Are Learning to Enjoy Modern Business.

The frontier city and river port of Besra, in Asiatic Turkey, has since its occupation by the British in the present war enjoyed more prosperity than in twenty years under Turkish rule, says a British eye-witness account. Besra is a green spot. It is like an oasis in a great desert. The date palms are festooned with vines which make a canopy, and fig trees and pomegranates with scarlet flowers grow beneath. The very air seems to sweat, the weather is so warm. Strike a match and it will burn dull without a flicker as if the flame were choked.

Besra was never so rich; money is pouring in, trade is brisk, prices are high. Three banks have opened.

The Arabs of the city are learning luxurious ways. The four new theatres which have sprung up during the war barely meet their demand for entertainment. And they are no longer content with their simple diet of dates and khobez (a coarse bread), but purchase English stores and eat pineapples and salmon and biscuits and butter out of a tin.

AUSTRIANS TIRED OF WAR.

Whole Masses of Men Surrender to Russian Cavalry.

All accounts seem to show that neither on the western nor the eastern fronts is there any general deterioration of the German morale, says the London Globe. Signs of such degeneration have been detected here and there, but it is certainly not universal. With the Austrians, on the other hand, a very different state of mind seems to prevail. Rus-

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.

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

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.



sian reports, which are confirmed by the statements of independent correspondents, show conclusively that the bulk of the Austrian troops have lost all stomach for war.

Whole masses of men, together with officers of high rank, surrender freely to Russian cavalry, to whom they could in all probability offer a successful resistance if they kept their heads. Either they have forgotten the well proved maxim that against infantry which has not lost its nerve cavalry is powerless, or they welcome the opportunity of escaping by surrender from a conflict in which they take no further interest.

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. It causes artificial indigestion, and medicines have practically no influence upon this excessively active 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 and thus gives a false sense of freedom from pain. If those who are subject to chronic indigestion, dyspepsia, bloating, heartburn, etc., after eating, would get about an ounce of pure distilled water, they would be so further necessary for drugs or medicines because saturated magnesia instantly neutralizes the excess of gastric acid, fermentation and thus insures normal, painless digestion by enabling the stomach to do its work without hindrance.

REAL HOMES FOR CHILDREN.

Should Not Be Kept Too Long in the Shelter or Orphanage.

In his annual report on the Children's Aid Societies of the Province, Mr. J. J. Kelso says:

It frequently occurs that Societies have to be reminded that they are making improper use of their children's shelter by permitting the inmates to remain therein too long. The thought of the shelter as a human "clearing house" should never be permitted to be pushed in the background by other considerations. One of the tendencies seems to be to aim at having a large number of inmates. This is a grave mistake. Get the children out into homes where good mothering is assured, and you will not only obtain satisfactory results the more quickly but at the same time multiply your society's capabilities for usefulness and efficiency. The natural shelter of a child is motherly arms—not bricks and mortar.

To carry the foregoing into effect requires homes in which to place the children, and as time passes the impression becomes a conviction that more thought and energy should be directed to the finding of high class homes, that is where there is a wealth of affection. Too much reliance is being placed upon the casual application fortuitously reaching the Society at the time it is needed. There are many good people who have desirable homes, who are considering the proposition of taking to their heart and hearth some needy child—but they get no further. An active campaign judiciously managed would result in many of these "prospects" becoming "actualities," to the blessing of the child and home and the honor of the Society. The best homes have to be sought for and it is a quest worth while.

Cares for Insects; Needn't Fight.

Perhaps the most remarkable ground on which a man has been exempted from British army service by the tribunals is given in the case of the curator of a butterfly collection worth \$250,000, owned by a wealthy coal mine magnate and destined to be turned over to the public some day. Professor Poulton, of Oxford, said that to leave the collection without a competent head would be a national disaster, and his opinion prevailed.

As He Knew It.

Teacher—Tommy, can you spell "fur"? Thomas—Yes sir; f-u-r. Teacher—That's right. Now can you tell me what fur it? Thomas—Yes, sir, Fur is an awful long way.

In rural England it was a custom to strew the path from the houses of the bridal couple to the church with herbs, flowers, and rushes.

TRAPPERS! Send your RAWFURS 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 in the trade of trappers in Canada, who send the furs to us because they know they get a square deal, and receive more money for their furs. The willow. We buy more furs from trappers for cash than any other firm in Canada. Write to JOHN HALLAM, Limited, 202 Hallam Building, Toronto.

Largest Elevator in Russia.

A new grain elevator of the Imperial Bank will be opened in Samara in the near future. It will be not only the largest elevator in Russia, but, in capacity, the largest in Europe. Its capacity will be over 2,000,000 bushels. Elevator building is being pushed with all energy possible under present difficult conditions for the purpose of developing the elevator system in grain regions of European Russia and Siberia.

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.

CANT CURE PARALYSIS.

Swedish Investigators Confess Inability to Find a Remedy.

Sweden, almost alone among European countries, has been repeatedly scourged by infantile paralysis, and, as a result, a number of physicians and bacteriologists have devoted themselves for years almost exclusively to the study of the disease. These authorities admit that they, as yet, do not know what can be done to prevent or cure the disease.

In the words of a report by Dr. Carl Kling, Professor Alfr. J. Petersen and Dr. Wernstedt, "virus carriers are very common and often in number greatly exceed the clinically positive cases." Disease carriers are almost inevitably found among healthy members of families where cases of poliomyelitis have occurred. Investigations proved that the secretions of the mucous membranes of the mouth of a person who had recovered from the disease contained virulent microbes of infantile paralysis 204 days after the onset of the disease. Investigations with other patients have repeatedly shown the presence of virulent germs of the disease four months and more after the patient's recovery.

Animal experimentation appears to have demonstrated, however, that the microbe gets weaker soon after the termination of the acute stage of the disease, probably in eight to fourteen days after the onset. The Swedish authorities, however, advise isolation for some weeks after the disappearance of the acute symptoms.

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.

Minard's Liniment Cures Burns, Etc.

Making a Bad Matter Worse.

It is a dangerous thing, when you have let slip an unfortunate remark, to try to cover up the blunder. Mrs. G. was talking with the wife of Judge H. about her son's choice of a profession. "I don't want him to be a lawyer," she said. "Why not?" said the judge's wife. "I think there is nothing much finer than the legal profession for a bright boy."

"Well," said Mrs. G., bluntly, "a lawyer has to tell so many lies." Then it dawned on her that she was talking to the wife of a lawyer; so she hastily added, "That is—er—to be a good lawyer!"

Minard's Liniment Relieves Neuralgia.

Even Up.

"See the spider, my son, spinning its web," said the instructive parent to his small son. "I it not wonderful? Do you reflect that no man could spin that web, no matter how hard he might try?"

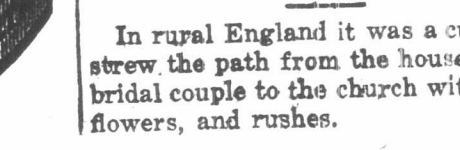
"Well, what of it?" replied the up-to-date offspring. "Watch me spin this top. No spider could do that, no matter how hard he might try."

The Way of Man.

Mrs. Wilkins—Did Fussleigh take his misfortune like a man? Mrs. Williams—Precisely. He blamed it all on his wife.

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—60c. box.



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 entirely 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 **Farmat** (Double Strength). This will not cost you more than 10 cents. Take this home and add to it 1 pint 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 headache, etc., gradually disappear under the tonic action of the treatment. Loss of smell, defective hearing and mucus dripping in the back of the throat are often 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.

Conversational Pitfalls.

First Girl—You remember Kitty Fowler, don't you? Second Girl—No. First Girl—Oh, you must remember Kitty. She was the plainest girl in Blankville. But I forgot—that was after you left.

Minard's Liniment Cures Burns, Etc.

Making a Bad Matter Worse.

It is a dangerous thing, when you have let slip an unfortunate remark, to try to cover up the blunder. Mrs. G. was talking with the wife of Judge H. about her son's choice of a profession. "I don't want him to be a lawyer," she said. "Why not?" said the judge's wife. "I think there is nothing much finer than the legal profession for a bright boy."

"Well," said Mrs. G., bluntly, "a lawyer has to tell so many lies." Then it dawned on her that she was talking to the wife of a lawyer; so she hastily added, "That is—er—to be a good lawyer!"

Minard's Liniment Relieves Neuralgia.

Even Up.

"See the spider, my son, spinning its web," said the instructive parent to his small son. "I it not wonderful? Do you reflect that no man could spin that web, no matter how hard he might try?"

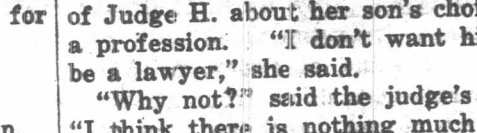
"Well, what of it?" replied the up-to-date offspring. "Watch me spin this top. No spider could do that, no matter how hard he might try."

The Way of Man.

Mrs. Wilkins—Did Fussleigh take his misfortune like a man? Mrs. Williams—Precisely. He blamed it all on his wife.

PILES.

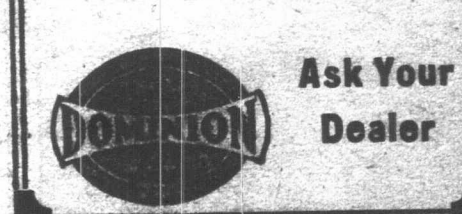
You will find relief in **Zam-Buk**! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with **Zam-Buk**, means cure. Why not prove this? All Druggists and Stores—60c. box.



"Made in Canada"

DOMINION RAINCOATS

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



He Knew.

Lecturer—The idea of eternity, my friends, is something too vast for the human mind to conceive.

Voice from the Audience—Did you ever pay for a \$700 piano on the instalment plan?

Sore Eyes

Grated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Hurler's Eye Remedy**. No Smarting, Just Eye Comfort. At Your Druggist's 50c. per Bottle. Hurler's Eye Remedy, 25c. For a Box of the Eye Remedy. Druggists or Hurler's Eye Remedy Co., Chicago.

Causes.

'Bix—A physician says that yawning is caused by a lack of oxygen in the blood.

'Dix—Or a lack of pep in the conversation.

Minard's Liniment for sale everywhere.

SEED POTATOES. SEED POTATOES. FRESH EGGS. SEED EGGS. DELAWARE. CARMAN. ORDER AT ONCE. HURRY LIMITED. Write for quotations. E. V. 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 Offers for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 75 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 OF DOG DISEASES And How to Feed. Mailed free to any address by 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

Becomes a Registered Nurse and receive pay while learning. The Beth Israel Hospital of New York City Founded 1890. Admitted by the New York State Education Dept. Offers a five-month course in training for nurses with allowances and maintenance. Applicants with previous nursing experience or the equivalent. For particulars address Beth Israel Hospital, 170 E. 7th 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 hands, whose energy and ability will bring promotion. Wages paid to apprentices while learning. Special inducement to family workers. Write, stating full experience, if any, are, etc. to—

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

Machinery For Sale

Whcloclock Engine, 150 H.P., 18 x 42, with double main driving belt 24 ins. wide, and Dypamo 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. 4 ISSUE 42-'16.