Why Wait for War to learn real food values? It is what you digest, not what you eat, that furnishes strength for the day's work. Many foods tax the digestive powers to the utmost without supplying much real nutriment. **Shredded Wheat Biscuit** is all food and in a form that is easily digested. It is 100 per cent. whole wheat. For breakfast, dinner or supper it takes the place of meat, eggs and potatoes. You don't know how easily you can do without meat or potatoes until you try it. Delicious with sliced bananas, berries, or other fruits, and milk.

Made in Canada.

HANDS ACROSS THE BORDER

The Physical Union of the Fighting Strength of Two Nations.

You wouldn't exactly call it hands across the sea, because Canada is only across a lake; but Canada is part of England, which is a long way from South State Street, says a Chicago writer. Anyway, what I'm driving at is this:

Lieutenant Colonel J. S. Dennis, officer commanding the western division of the British Recruiting Mission, recently clasped hands with Captain F. R. Kenney, officer commanding the recruiting district of Northern Illinois for the United States army.

When two belligerent parties shake hands there are only two things which the referee or third party can say—either "Take your corners" or "Bless you, my children."

I said neither. But I held my breath, for it was an impressive moment, the formal enactment in Chicago of immortal history; the physical union of the fighting strength of two great nations. And the spirit of patriotic co-operation in the common cause of justice sanctified the alliance.

Colonel Dennis and Captain Kenney joined in plans. What they want is men to send to the front. Neither has any choice as to whether the men go in Canadian kilts or American khakis. At every one of the dozens of scattered stations under Captain Kenney's command volunteers of Canadian citizenship were taken for the expeditionary forces of the Dominion; at every headquarters over which Colonel Dennis has control volunteers of American allegiance were taken for our own National Army.

Captain Kenney is credited with being a bit of a bearcat on the science of recruiting. But he was immensely impressed with the policies and ideas expressed by the distinguished Canadian man of war.

Colonel Dennis says that there are 157,000 Canadians in Chicago. Calgary, with a total population of 60,000, sent 16,000 soldiers to the front. What then might Chicago yield? There are about 350,000 British subjects here, and some sixty-five St. George and Maple Leaf societies. There is no shortage of material hereabout for the British recruiting mission.

A thrillingly interesting man is Colonel Dennis. He is the most versatile individual I have ever met. If one were suddenly to inquire in Ottawa, "Who is Dennis?" one might get back the typically British answer, "Who is he not?"

For years he was assistant to the president of the Canadian Pacific Railway, Lord Shaughnessy. He has fought Indians, is a veteran with honors of the South African expedition, has engineered road building where Indians had to be killed as regularly as ties had to be laid in the progress; but he is more—he is a dilettante journalist, a devotee of art, a snappy after-dinner talker, an occasional enthusiastic Broadwayite, a raconteur of modest but fascinating personality. Robust and mighty of stature, he rings with military melody all over.

A Perfect Day

should end—as well as begin—with a perfect food, say—

Grape-Nuts

with cream.

A crisp, delicious food, containing the entire nutriment of whole wheat and barley, including the vital mineral elements, so richly provided by Nature in these grains.

Every table should have its daily ration of Grape-Nuts.

"There's a Reason"

GERMANY AND THE NEUTRALS.

The Supplies Obtained Have Enabled Her to Maintain the War.

Despite all that has been printed to the contrary Germany is dependent upon foreign countries for many of the necessaries of life. In the year preceding the outbreak of the war her imports amounted in value to no less than $3,000,000,000. The suspension of her trade with Russia, France Belgium, Italy and Great Britain, together with the blockade of her coasts by the Entente fleets, naturally cut down these figures to a vast extent, throwing her to a greater degree than ever before upon her own resources. Still there were a number of foreign products that she could not do without, and these she has been obtaining from the neutral countries.

Some idea of the degree to which Germany has been drawing supplies from the Netherlands and from the three Scandinavian kingdoms may be gathered from the fact that their foreign imports have increased not merely tenfold but in some cases nearly a hundredfold since the beginning of the war. The only inference from this is that all the goods imported over and above the annual average in times of peace have been resold to Germany, in spite of all sorts of engagements with the Powers of the Entente to refrain from thus helping their enemy.

MAKE YOURSELF STRONG

People with strong constitutions escape most of the minor ills that make life miserable for others. Don't you envy the friend who does not know what a headache is, whose digestion is perfect, and who sleeps soundly at night? How far do you come from this description? Have you ever made an earnest effort to strengthen your constitution, to build up your system to ward off discomfort and disease? Unless you have an organic disease it is generally possible to so improve your physical condition that perfect health will be yours. The first thing to be done is to build up your blood as poor blood is the source of physical weakness. To build up the blood Dr. Williams' Pink Pills is just the medicine you need. Every dose helps to make new blood which reaches every nerve and every part of the body, bringing color to the cheeks, brightness to the eyes, a steadiness to the hands, a good appetite and splendid energy. Thousands throughout the country whose condition once made them despair, owe their present good health to this medicine. If you are one of the weak and ailing give Dr. Williams' Pink Pills a fair trial and note the daily gain in new health and abounding vitality.

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

BRITISH ARMY SAVING FOOD.

Men as Well Fed as Ever, But Saving Amounts to 15 Per Cent.

The British army in the field is consuming about 15 per cent. less of foodstuffs per capita than it did eighteen months ago.

This is not due to any studied diminution of rations, but to a more careful distribution and the prevention of waste. It is very easy for a generous commissariat to supply an army with more than it can use. In the early days of the war this practice of generosity was well-nigh universal, because it was regarded as wiser to provide too much than too little, and the reaching of the exact mean is not a simple matter. The policy of oversupply was well enough when foodstuffs were fairly plentiful, but nowadays, when the result of the war may depend upon the solution of food problems, nothing is being left undone to prevent waste.

The British soldier is still the best-fed soldier in Europe, but the supply departmens are gradually rescuing him from the stigma of being at the same time the most wasteful. Stocks of meat and bread are closely watched, and unused allowances must be held over and added to the store for the next meal or the next day.

The private soldier takes more kindly to the don't-waste-food campaign than was expected, for at heart the British Tommy has an aversion to seeing good food going into the waste box—he never did it at home, and it looks like bad business to be doing it in France.

It requires no knowledge of higher strategy to see the good sense of the don's-waste-food idea, and he has taken on the anti-waste regulations with more cheerfulness and less argument than marked the adoption of the steel helmet or the gas mask.

Traveling machine-shops, carried on motor trucks, are being used in England to repair automobiles broken down on country roads.

The car shortage promises to continue and those who need fertilizers and other supplies will not get them unless they are ordered long in advance of the time they will be used.

Minard's Liniment Cures Diphtheria.

BABY'S GREAT DANGER DURING HOT WEATHER

More little ones die during the hot weather than at any other time of the year. Diarrhoea, dysentery, cholera infantum and stomach troubles come without warning, and when a medicine is not at hand to give promptly the short delay too frequently means that the child has passed beyond aid. Baby's Own Tablets should always be kept in homes where there are young children. An occasional dose of the Tablets will prevent stomach and bowel troubles, or if the trouble comes suddenly the prompt use of the Tablets will cure the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

TO FRIGHTEN SUBMARINES.

Chinese Ships Carry Copious Supply of Firecrackers to Scare Them.

When a Chinese crew sets sail these days, says the New York Times, it always takes along a lot of firecrackers. The Chinese is superstitious. He has always believed that the exploding of a firecracker was the most efficacious method of putting evil spirits to fight.

Now that the U-boat is a danger to ships, the Chinese sailors take with them on voyages great strings of firecrackers, which they explode in the danger zones to frighten away the German U-boat along with other evil things.

HARVESTERS READ THIS

The best way to the Harvest Fields of Western Canada is by the Canadian Northern Railway, whose lines serve the newest and most productive districts of Alberta, Saskatchewan and Manitoba. These run for the most part to the northward, where experience has shown that crops are least variable, which means a consequently steady demand for labor and correspondingly high average wages.

The C.N.R. has made exceptional arrangements for handling the Farm Laborers traffic, and is introducing lunch counter cars, which will permit Excursionists to be comfortably fed in transit—a welcome relief from the jostling and vexatious delays of station-lunch counter service. Special through trains will be run from Montreal, Ottawa and Toronto to Winnipeg on excursion dates, to be announced shortly. The equipment will consist of electric-lighted colonist cars and lunch-counter cars, together with special accommodation for women.

All particulars from nearest C.N.R. Agent, or General Passenger Depts., Toronto, Ont., and Montreal, Que.

The season of the fly pests which make life miserable for stock during the summer is on; horse flies, deer flies, bot flies, horn flies, stable flies and many others unite to cause a large part of the annual decrease in the milk flow during the hot season.

Minard's Liniment Cures Distemper.

Fresh blows the breeze through hemlock trees,
The fields are edged with green below;
And naught but youth and hope and love
We know or care to know.

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

It is estimated that the average acre of beans produces as much real food material as is usually obtained from five to fifteen acres of pasture land in the production of either meat or milk.

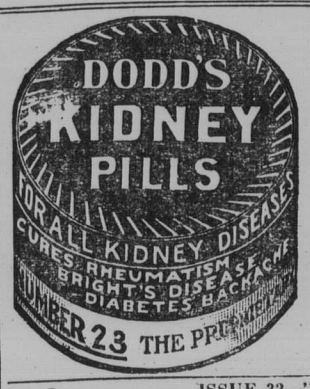
Montreal, May 29, '09

Minard's Liniment Co., Limited,
Yarmouth, N. S.

Gentlemen,—I beg to let you know that I have used MINARD'S LINIMENT for some time, and I find it the best I have ever used for the joints and muscles.

Yours very truly,
THOMAS J. HOGAN.
The Champion Clog and Pedestal Dancer of Canada.

Any one with the slightest mechanical ability can use cement to advantage around the farm or garden. Cement walks, edging, steps, seats, fence posts, water troughs, floors and even buildings can be made; barns, chicken houses and so on.



A Military Dress and Cape

It was not to be expected that war times would not influence the styles, so now we have the wilitary dress with soldierly cape and pockets. The model illustrated here is of blue gabardine. The cape is lined with dotted foulard, and the small collar is of white satin. McCall Pattern No. 7897, Ladies' Military Dress; with or without cape; instep length. In sizes; 34 to 44 bust. Price, 20 cents.

This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Minard's Liniment Cures Colds, Etc.

Fall and winter apples are much more profitable for evaporating than the early summer varieties.

FOUR WEEKS IN HOSPITAL

No Relief—Mrs. Brown Finally Cured by Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio.—"For years I suffered so sometimes it seemed as though I could not stand it any longer. It was all in my lower organs. At times I could hardly walk, for if I stepped on a little stone I would almost faint. One day I did faint and my husband was sent for and the doctor came. I was taken to the hospital and stayed four weeks but when I came home I would faint just the same and had the same pains.

A friend who is a nurse asked me to try Lydia E. Pinkham's Vegetable Compound. I began taking it that very day for I was suffering a great deal. It has already done me more good than the hospital. To anyone who is suffering as I was my advice is to stop in the first drug-store and get a bottle of Lydia E. Pinkham's Vegetable Compound before you go home."—Mrs. W. C. Brown, 2844 W. 12th St., Cleveland, Ohio.

Making Child's Bed.

A child's bed should slope a little from the head to the foot, so that the head may be a little higher than the feet, but never bend the neck to get the head on a pillow. This makes the child round shouldered, cramps the veins and arteries.

MONEY ORDERS

Send a Dominion Express Money Order. They are payable everywhere.

Because of the shortage of sugar and the uncertain length of the war, increased honey production has been suggested as an emergency measure.

Minard's Liniment Cures Garget in Cows

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.

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

LIFT YOUR CORNS OFF WITH FINGERS

How to loosen a tender corn or callus so it lifts out without pain.

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug dries at once and simply shrivels up the corn or callus without even irritating the surrounding tissue.

A small bottle of freezone obtained at any drug store will cost very little but will positively remove every hard or soft corn or callus from one's foot.

If your druggist hasn't stocked this new drug yet, tell him to get a small bottle of freezone for you from his wholesale drug house.

MAGIC BAKING POWDER NO ALUM READ THE LABEL

Assist in the work of preventing accidents for your own sake and for the good of our country at large.

An Australian claims to have discovered a new rapid tanning process with which sole leather can be tanned in seven days, calfskins in six hours and other skins proportionately quickly.

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

Reduces Strained, Puffy Ankles, Lymphangitis, Poll Evil, Fistula, Boils, Swellings; Stops Lameness and allays pain. Heals Sores, Cuts, Bruises, Boot Chafes. It is a SAFE ANTISEPTIC AND GERMICIDE

Does not blister or remove the hair and horse can be worked. Pleasant to use. $2.00 a bottle, delivered. Describe your case for special instructions and Book 5 M free. ABSORBINE, JR., antiseptic liniment for mankind, reduces Strains, Painful, Knotted, Swollen Veins. Concentrated—only a few drops required at an application. Price $1 per bottle at dealers or delivered.

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

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

Treasures of Hair and Skin Preserved by Cuticura

If you use Cuticura Soap for every-day toilet purposes, with touches of Cuticura Ointment now and then as needed to soothe and heal the first pimples, redness, roughness or scalp irritation, you will have as clear a complexion and as good hair as it is possible to have.

Sample Each Free by Mail

Address post-card: "Cuticura, Dept. N, Boston, U. S. A." Sold throughout the world.

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 100% in Ten Days

In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach, liver or kidney disease or some other ailment when their real trouble was lack of iron in the blood—How to tell.

New York, N.Y.—In a recent discourse Dr. E. Sauer, a Boston physician who has studied widely both in this country and in great European medical institutions, said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin; another is burdened with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night, others are sleepy and tired all day; some fussy and irritable; some skinny and bloodless, but all lack physical power and endurance. In such cases it is worse than foolishness to take stimulating medicines or naracotic drugs, which only whip up your fagging vital powers for the moment, maybe at the expense of your life later on. No matter what any one tells you, if you are not strong and well you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time double, and even triple their strength and endurance and entirely get rid of their symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated Iron for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE: The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit $100.00 to any charitable institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 100 per cent. or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed by all good druggists.

Doctors and Eye Specialists Agree That Bon-Opto Strengthens Eyesight 50% In a Week's Time In Many Instances

A Free Prescription You Can Have Filled and Use at Home.

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 it: "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 eye strain 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: "A patient came to me who was suffering from Blepharitis Marginalis with all the concomitant symptoms, as morning agglutination of the lids, chronic conjunctivitis and ephiphora. Her eyes when not congested had the dull, suffused expression common to such cases. Having run out of her medicine a friend suggested Bon-Opto. She used this treatment and not only overcame her distressing condition, but strange and amazing as it may seem, 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%. I have since verified the efficacy of this treatment in a number of cases and have seen the eyesight improve from 25 to 75 per cent in a remarkably short time. I can say it works more quickly than any other remedy I have prescribed for the eyes."

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 treatment I prescribed Bon-Opto and in 24 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 collyrium. The tightened external muscles yielded to the soothing and anodyne effects of Bon-Opto. I always instil Bon-Opto after removal of foreign bodies and apply it locally to all burns, ulcers and spots on the eyeball or the lids for its therapeutic effect. 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. Conner 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 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.