Join the Home Defence

movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect, food given to man. In Shredded Wheat Biscuit you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits.

Made in Canada.

PATRIOTS ENFORCED.

Women of Russia Exercised Compulsion in Regard to Deserters.

When, during the immense and be when, during the immense and be-wildering confusion of the Russian revolution, many hundred soldiers de-serted, not from disloyalty, but mere-ly because they wished to go home and see their families, they did not always meet the reception they expect-ed. The women were no less weary of the war than they; but they had sometimes a clearer idea of the neces-sity of continuing it, czar or no czar, than had their men. There were fairly numerous instances when the men fe-turned to duty in abashed squads unturned to duty in abashed squads un-der the escort of an Amazonian guard of village maids and matrons; oc-casionally a lone husband would be marched back under the sole but suf-ficient compulsion of a resolute wife. The influence of women has always

been important in holding the soldiers of a nation to their duty, or discourag-ing them from it. Usually it has remained influence merely, and has not become compulsion. Sometimes it has been exerted in a manner halfway be-

tween the two. In the days of the American Revolution there was a patriotic matron of New England whose husband did not volunteer when his neighbors did. He "pindling" health and feeble constitution as an excuse. He was, in-deed, a slight and small man, but tough and wiry, and better able to endure the hardships of war than many bigger men, as his spouse well knew. But she did not remonstrate or shame him in the community by expressing her opinion. Instead, she devoted her her opinion. Instead, she devoted her attention to his diet. If he were not a well man, he ought not to eat like one, well man, he ought hot to ear inte one, she decided; and she reduced his rations to such as befitted an invalid. In vain he protested that he required extra nourishment; the hotter and angrier he got, the more firmly she inangrier he got, the more nimity she in-sisted that he was feverish and cho-leric, and that a light diet was the thing for him, with nothing solid or heavy or rich. In fact, his diet grew daily lighter and lighter. First, dough-nuts disappeared from his breakfasts, then flapjacks and cake from his suppers, finally even meat from his din-ners-and at that he gave in and enlisted.

He proved to be a good soldier, who was never sick, and recovered with unusual rapidity from the two honorto mis nittleness and leanness and to a gradual leaking out of the story of how he came to join the army, he bore through his military carcer and core sweetheart, who is serving in the to his littleness and leanness and to a

THE FROST KING.

The Frost King is surely coming, His spies are throughout the land; I can trace their stealthy footprints As I look on every hand.

saw where they camped in the low lands

This morning the ground was white With the ashes of their campfires the Where they gathered through

night. And everywhere there lingers

A smoke-like purple haze That must have come from the em

They left in the woodland ways. And every tree and thicket Bears a signal torch aglow, Where the vanguard of his army

Have blazed the way to go.

The birds are winging southward They love not the Frost King's

reign; The wee folks of the forest

Are hoarding their nuts and grain In garden, wood and meadow,

Wherever I may peep, The leaves are falling softly And whisp'ring "Down to sleep."

Tis wondrously, wondrously lovely This glorified Autumn land

But the Frost King is surely coming, I see it on every hand. Mildred M. North.

WEAK BOYS AND GIRLS

It is a mistake to think that anaemia is only a girl's complaint. Girls prob-ably show the effect of weak, watery blood more plainly than boys. De layed development, pale faces, aches, palpitation, and a feeling of listlessness, call attention to weak blood in the case of girls. But many boys in their teens grow thin and "weedy" and have pimples on the face, showing that they have not enough blood. The anaemic boy is just as likely to become a victim of consumption as the pale, breathless girl with her headaches and worn-out look. Let

health becomes precarlous. To prevent serious disaster to those of the rising generation, let both boys and girls be given the new rich blood which Dr. Williams' Pink Pills are fathe world over for making. nious these pills watch how When giving soon the appetite returns and how the languid girl or the weak boy becomes full of activity and high spirits. Re member that the boy has to develop too, if he is to make a strong hearty man. Give both the boys and girls a fair chance to develop strongly through the new, rich blood Dr. Williams Pink Pills actually make. You will then see active boys and girls, in-stead of weakly children around you. Dr. Williams Pink Pills are sold by all medicine dealers or may be ob-tained by mail at 50 cents a box or box or for \$2.50 from The Dr. six boxe

liams Medicine Co., Brockville, Ont. TELLS TALE OF TORTURE.

Belgian Girl Says Most Terrible Torture Was Inflicted on Youth.

A young Belgian lady, the daughter of wealthy parents, who for over anything wonderful."

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THE "SHOVEL V. C."

Wounded British Trooper Saved An

other Wounded Soldier's Life.

In the charge that the British made

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are a perfect medicine for little ones. They regulate

paign Trooper Potts and Private Andrews were wounded and, on account drive out constipation, indigestion, of the deadly fire of the Turks, were obliged to lie in a hollow between the lines away from their comrades for two nights and two days.
When darkness fell on the third night, says the author of Heroes of the Great War, the two men determined to make a dash for the British lines, cost what it might. At first Andrews was able to crawl with the help of Potts but soon was forced to

Williams Medicine Co., Brockvine, One Andrews was able to crawl with the help of Potts but soon was forced to give in. As Potts crouched beside his companion, wondering how he could carry him, he had an inspira-tion. He had seen near by a number of discarded shovels, and he now trawled over and got one of them. In a few minutes he was gently placing the wounded man on it. And-rews sat with his back to Potts and, with his hands over his shoulders, grasped Pott's hands. Although he was becoming weaker every minute, Potts braced himself for the heavy and dangerous task before him. Fix-ing the shovel to his equipment, he started, carefully and slowly, to drag his human freight down the hill. The journey was risky as well as tedious, for there was the ever-present possi-bility that they would be seen or heard

his human freight down the hill. The journey was risky as well as tedious; for there was the ever-present possi-bility that they would be seen or heard by the cunning Turkish snipers, who were always active by night. One of Andrew's legs was useless,

by the cunning Turkish snipers, who were always active by night. One of Andrew's legs was useless, and that added to the difficulty of get-ting him down the hill. As they pro-gressed painfully the Turks fired at them; but in spite of the need for haste Potts had to stop about every haste Potts had to stop about eve haste Potts had to stop about every six yards and lie down, owing to his weakened condition. At last Potts reached the foot of the hill and gained the shelter of a wood

At last Potts reached the foot of the hill and gained the shelter of a wood. Here he rested for a few minutes, then went forward to look for a path through the wood, leaving his com-panion seated on the shovel. He had not proceeded more than twenty yards when suddenly he received a sharp command to halt. He had struck the British lines and found himself facing her headaches and worh-out tool the boy in this condition catch cold and he will lose his strength and his a bayonet. A hurried explanation

saved his life. The first man to grasp him by the hand was Sergt.-Maj. Stub-bing, Sixth Royal Enniskillen Fusi-liers, who was on night duty. It was he who reported Potts's heroism to the captain, and the captain, in turn, laid captain, and the captain, in turn, laid the case before the authorities. Meanwhile, the sentry had gone to the trench and brought back several men. They carried a blanket, and accompanied Potts to the place where he had left Andrews. Potts had start-ed his journey, about riv in the

he had left Andrews. Potts had start-ed his journey about six in the even-ing, and it was now half-past nine. Both the wounded men were speed-ily conveyed to a field-ambulance dressing station, where their wounds were tended. Potts was invalided home at once and while on route to home at once, and while en route to England received the news that he had been awarded the great prize so dear to every British soldier. He had re-garded his thrilling exploit as an or-dinary incident, and was startled when he learned how highly it was esteem-

ed. "You could have knocked me down "Shovel the "Shovel with a feather," said the "Shovel V.C.," "for I never thought I had done

THE MOST VALUABLE BOOK

whence she journeyed to London, has related her experiences to a repre-sentative of the Central News. The girl was arrested as a spy because she had written letters to her sweetheart, who is serving in the army, and sent to prison for three "I had to work from seven o'clock in the morning until nine o'clock at"

ROYA Brides on Greek Island of Fano Await YEAST CAKES Husbands' Return From America The little Greek Island of Fano to the near Corfu, has become known KES THE WHITEST, LIGHTEN Entents fleets and armies as a place where women are forbidden to talk. The island has normally a population of 1824 persons, but most of the men are in the United States, where they ROYAL VEAST CAKES

FORBID WOMEN TO TALK

are in the United States, where they work as waiters. The custom of the island for many years has been for the young men to marry the girls they love best and then after a brief honeymoon, go to America to make their fortunes, re-turning in a few years to their brides. During this period of the absence of the hushand it has become a custom the husband, it has become a custom for their wives, women traditional for their beauty, never to talk to men. It is the business of the older women to watch over the young wives, and when strange men approach, as had happened frequently since the war, they are met with a shower of stones.

finard's Liniment Cures Dandruff.

jewelry, and which is known as pre-cious coral, is mostly obtained in the Mediterranean, the Barbary coast furnishing the dark red, Sardinia the yellow or salmon color, and the coast of Italy the rose pink. It is also found in the Red Sea.

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IF FOOD DISAGREES DRINK HOT WATER

UKINA HUI WAIEK when food lies like lead in the stom-ach and you have that uncomfortable distended feeling, it is because of in-sufficient blood supply to the stomach ion. In such cases try the plana wish to a stop in many hospitals and advised by many eminent physicians of taking a teaspoorful of pure bisurated magnesia in half a glass of water as hot as you can comfortably dria, the stomach and the bisurated magnesia, as any physician can tell you, in the food fermentation. Try this simple and you will be as-tonished stong plan and you will be as-tonished stong plan and you will be as-tonished stong plan and you will be as-tonished. Teople who find it inconvenient at times to secure hot water and travel-ers who are frequently obliged to take hasty meals poorly prepared, should al-ter stora the takenesia after meals to prevent fermentation and neutralize the acid in their stomach.

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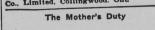
bread

The red coral, which is used in ly with a table knife. FUES

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Beyond His Means.

Billy had a serious misunderstand-

T. B. LAVERS,

St. John.

Saskatchewan and Albe (Manitoba, ta) is 225,778,700 bushels from 13,619 870 acres, as compared with 208,846, 000 bushels from 12,441,350 acres in in 1916; in Saskatchewan 130,356,000

ing with his elder cousin, Conrad, that "I know what I'd like to give him," said Billy, vengefully, "but I'm not big

The estimated total production of wheat in the three Prairie Provinces 000 bushels from 12,441,350 acres in 1916. In Manitoba the total yield of wheat for 1917 is 41,642,200 bushels, as compared with 27,943,000 bushels

bushels as against 131,766,000 bushels, and in Alberta 53,780,500 bushels, against 49,138,000 bushels. Oats yield

they know it's good for them

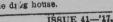


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crops land which is ploughed in the autumn, gives better returns than that which is not ploughed until spring.

Last year a Kansas canning team, consisting of a mother and her daughter, put up 827 quarts of food products. Of these 827 quarts 337 were fruit, 285 vegetables, 4 soup, 31 meat and 173 jelly. The total value of the output was \$274.20, the cost of production \$138,33, making a saving in that one town by the mother-daughter lub, consisting of 29 mothers with that one town by the mother-daughter lub, consisting of 29 mothers with that construction \$100 mothers. If your drug-that daughters. The sultry summer past, September comes, Soft twilight of the slow declining year, And therefore less the favorite of the world; But dearest month of all to pensive that daughters. Entard's Liniment for sale everywhers. Minard's Liniment for sale everywhape. ED. 7. their daughters.

been taken to Rome by Ceolfrid on his memorable journey. For 1,200 years the origin of this Volume has remained obscure, but now there is but little doubt that the Codex that Ceolfrid caused to be written in these ancient monasteries of England. The sultry summer past, September



F. King, M.D. your streng cent in two

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decided to try a bottle of Lydia E.Pink-ham's Vegetable Compound. It worked from the first bottle, so I took a second from the first bottle, so 1 took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now Lam just as well as any other woman. I ad-vise every woman, single or married, who is troubled with any of the afore-soid allments, to try your wonderful said ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles as they did me." -Mrs. ELSIE J. VAN DER SANDE, 36 No. York St., Paterson, N. J.

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