

Who's to Blame for the High Cost of Food?

It may be the farmer, it may be the middleman, it may be the weather—but never mind—you have **Shredded Wheat** at the same old price, the same high quality, the one perfect, complete food, supplying more real nutriment than meat, or eggs, or vegetables, costing much less and more easily digested. **Cut out the high-price foods. Eat Shredded Wheat for breakfast with milk or cream. Eat it for dinner with stewed fruits and green vegetables. A deliciously nourishing meal for only a few cents. Made in Canada.**

PAINTING ON GLASS.

How An Englishwoman Transforms Ordinary Glassware.

There is something supremely fascinating in glassware to women. They love it on their tables, their dressing-tables, and find its charm irresistible in lampshades, bowls and vases. But not many women have themselves engaged in the production of glassware—at least not in England, says London Answers.

One woman, however, is something of an exception. She cannot actually make glassware, for she has neither the plant nor the means, but she makes ordinary glass wonderfully beautiful. In an old little corner of London she has pitched camp in a little space, half studio, half shop, and here she works. She stains glassware with some secret material, flooding it with wonderful, rich colors. She catches the sunlight in her brushes, smatches the translucent tints from autumn berries, borrows ideas from the petals of flowers, and transfers all these lights and shades to her glass.

When she first started, people were sceptical of her art and craft. They thought such things could be done better abroad. Now they know better. Men who deal in such things show long and keen interest in it. She is probably on the road to help capture a trade that belonged to the enemy. If the demand continues to increase, an attractive and lucrative new occupation for women may spring up.

In the cabinets in her studio is a very world of fairy coloring. There is the homely jam-jar on which she made one of her first essays, transforming it ultimately into a thing of beauty. This is a precious souvenir. Then there are winecups, goblets, beautiful bowls, slender-necked bottles and exquisite vases, all stained with luscious coloring.

You pick up a bowl to look at the deep, rich grapes staining its rounded sides, and somehow the soul in the craft of this woman sends its message to you. You forget the little studio. Instead you are in the South of France during the purple season of the vintage. You can see the women in white caps coming home from the vineyards, bearing their baskets of grapes.

Or from a fruit bowl, through which shines the deep yellow of clusters of lemons, you get a vision of the scented lemon groves in Italy; while in a quaint two-handled cup all the fragrance of an English country lane seems stored, so vivid is the impression given you of pure, unclouded beauty.

What amazes people when they see these hidden stores of light and color is that their creator never makes her designs beforehand. She takes her clear-glass bowl or glass and commences to work right away. Yet every detail is perfect, and every design is repeated with perfect exactness.

Instant Postum

School teachers, doctors and food experts agree on two points—that the child needs a hot drink, and that the drink shouldn't be tea or coffee.

Postum fills the need admirably and its very extensive use among thoughtful parents, coupled with the child's fondness for this flavory, nourishing food-drink, show how completely it meets the requirement.

"There's a Reason"
No change in price, quality, or size of package.

PETS, INSECTS AND HUMAN.

Interests of the Native Quarter of Japan.

In Japan if one will leave the hotel and the tourist office and the cocktail-drinkers and go out into the real native quarter, there are enough things to interest any one. One old man passes with his load of crickets, which sing in hot weather and are kept in cages like so many canaries. These gentle creatures make a noise like a squeaky axle and one hid under the hood of a twelve-passenger car would subject the most careful chauffeur to scorn. They are caught with birdlime and make nice little pets, cheap to buy and not requiring gasoline for upkeep.

My rickshaw man is an old fellow whom I hired a year ago and who recognized me again. He is low-priced, speaks quite a little English, and has a sense of humor. I have him trained so that if we pass any one at unusual work or go near any novel scenes, he points out these things to me. He knows my fondness for Japanese children, who are the cutest tots on earth, with their gay clothes, slant eyes and bobbed hair, and if he sees an unusually bright dress or a fine child, he points them out with a sort of fatherly pride of race. At two years old the Japanese surpass all other nationalities in charm and attractiveness, and these sober, yet happy little folks look as though they had strolled out of a toyshop.—Christian Herald.

HOW TO CURE STOMACH TROUBLE

The Common Cause is Lack of Blood—Therefore You Must Build Up the Blood.

There is the most intimate relation between the condition of the blood and the activity of the stomach. The blood depends upon the stomach for a large part of its nourishment; while every act of digestion, from the time the food enters the stomach and is assimilated by the blood needs plenty of pure well-oxidized blood. The muscles, glands and nerves of the stomach work only according to the quality of the blood.

The most common cause of indigestion is lack of rich, red blood. Not only does impure blood weaken the muscles of the stomach but it lessens the product of the glands of the intestines and stomach, which furnish the digestive fluids. Nothing will more promptly cure indigestion than plenty of pure blood. Dr. Williams' Pink Pills are the safest and most certain blood-builder. A thorough trial of these pills gives a hearty appetite, perfect digestion, strength and health. Here is proof of the value of these pills in cases of indigestion. Mr. Daniel Dexter, Liverpool, N.S., says:—"For several years I was a great sufferer from indigestion. I was greatly troubled with gas on the stomach which caused disagreeable sensations. I was also frequently troubled with nausea and vomiting, which were very distressing. As a result of my trouble my appetite almost completely failed, and what I did eat caused me constant pain. I was continually doctoring but did not get any benefit, and had about made up my mind that I would suffer for life. One day a friend asked me why I did not try Dr. Williams' Pink Pills, and while I had not much hope of a cure I decided to do so. I had only taken a few boxes, however, when I found they were helping me. Very gladly then I continued the use of the pills, and in less than three months I was as well as ever I had been, able to eat a hearty meal, and to feel that life was again worth living. I had also been troubled from time to time with attacks of rheumatism, and the use of the pills cured this as well as the indigestion. It is now over a year since I took the pills, and in that time I have had no return of the trouble."

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

EVOLUTION OF THE GROCER.

"Engrosser" Was First a Dealer in all Kinds of Merchandise.

Nothing is so necessary in any community, nothing so unescapable as the grocer. It is the first business of the frontier settlement, and it plays the most important role in the business drama of any town. One can hardly imagine a city, in any age, in which there were no grocery stores, and yet the institution is a comparatively modern one. Do you know how groceries originated?

Only a few hundred years ago certain foresighted traders in France went about the country buying up bargain lots of merchandise. They bought fire damaged goods, bankrupt stocks, all sorts of commodities. They bought these things "en gros" and made money out of them. The trade was carried to England, where a man who bought hardware, thread, furniture, vegetables "en gros," or in large quantities, called himself an "engrosser." This was later shortened to "grocer," but the term was still applied to the proprietor of a general business. The grocer was a sort of racket shop, like the modern 10-cent store.

Gradually, it appears, the "grocer" found it more profitable to deal in tea, coffee, spices, fruits and non-perishable foodstuffs, and he confined his attention to these things. He took over the business of the "spicer"—and in France the shop we call a grocery is still known as an "epicerie." So far was the original meaning of the term lost sight of that a man who deals exclusively in fresh vegetables came to be known as a "green grocer."

Fashion Fads

Each day unfolds something new in the world of fashion, for many interesting novelties catch the eye of those who observe the women of fashion, from whose apparel may be gleaned every little detail and item of interest which create the atmosphere of good style.

Some of the new collars are large affairs rolled high at the back and low in front. These have been given the demure name of monk collar, and one is illustrated in the sketch. Sometimes they are fastened with little buttons and loops at the front, or the closing is made invisible. They are usually made of satin or the new figured silks to contrast with the dress material.

The loose side panels on skirts, with large pockets on each side, are also recognized as one of the newest style notes in skirts. The panels being loose flap about in the wind, often disclosing a bright lining of contrasting material on the reverse side. From the front, these side panels seem at first to be nothing but the familiar



With New Monk Collar and Loose Panels.

tunic which appears quite often in the new dresses showing the narrower underskirts.

Another treatment of side panels appears in some skirts where the panel extends to the lower edge of the skirt, is attached there, and falls softly over the edge in puffed or draped effect. Puffed all around in imitation of the Turkish trouser effect, are some of the skirts of evening dresses. In the supple taffetas and silver tissue cloths, dresses in this style are extremely graceful, the skirts devoid of any trimming whatever and the bodices fitting rather snugly in contrast. The bodices are in reality hardly more than deep bands suspended by straps of ribbon over the shoulders. Sleeves there are none, unless the bands across the upper part of the arms are so called. In other styles of evening dresses, however, sleeves begin to be more favored than they have been for some time. The flowing sleeves which form a kind of drapery reaching almost to the edge of the skirt is a style with great charm.

These patterns may be obtained from your local McCall Dealer or from the McCall Company, 70 Bond Street, Toronto, Ontario, Dept "W."

Bound to Find Out.

"A man came into my store the other day," said the druggist, "and handed me seven prescriptions to put up."

"These, I see, are all for the cure of a cold," I remarked to him casually.

Lucid.

Asked to define the word "deficit," a youngster replied: "It's what you get when you haven't got as much as if you just had nothing."

"Yes," he returned, "wud of theb cured by code last winter, but I'be haggid if I cad rebeber which wud."

When Your Eyes Need Care

Use Murine Eye Medicine. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Sore Eyes and Granulated Eyelids. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practices for many years. Now dedicated to the Public and sold by Druggists at six per Bottle. Murine Eye Salve in Aseptic Tubes, 50 and 60c. Write for Book of the Eye Free. Murine Eye Remedy Company, Chicago. Adv.

Help Wanted.

"Oh, doctor, if I could only die," sobbed the patient.

"I'm doing my best for you," replied the physician.

To Every Woman Who Is In Pain

Mrs. Williams Says Use Dodd's Kidney Pills.

She Suffered for Two Years, but Three Boxes of Dodd's Kidney Pills Made Her a New Woman.

Adamsville, Kent Co., N.B., Jan. 29th (Special).—"I can recommend Dodd's Kidney Pills to every woman who suffers." So says Mrs. Williams, a well-known and highly respected lady residing here. Mrs. Williams was a sufferer for two years till she used Dodd's Kidney Pills. She found in them quick relief and complete cure. That is why she is so enthusiastic in her praise of them.

"My troubles started with a cold," Mrs. Williams states. "I never seemed to get over the effects of it. I had cramps in my muscles and my joints were stiff. There were dark circles under my eyes which were puffed and swollen. I had a bitter taste in my mouth and I suffered from severe headaches.

"I felt heavy and sleepy after meals and had attacks of neuralgia. Heart flutterings and rheumatism were soon added to my troubles. I took just three boxes of Dodd's Kidney Pills. I cannot be too glad that I did so." Every one of Mrs. Williams' symptoms was a symptom of kidney disease. That is why Dodd's Kidney Pills cured her.

Awkwardly Put.

The other day a gentleman farmer having some pigs for sale offered to dispose of them to a pork butcher. The latter called at the farm where, before proceeding to the yard, he was hospitably treated and introduced to his host's daughters.

A gallant man is that porkist, and one who never lets pass an opportunity of paying a compliment.

"Now, sir," said he, on leaving the room, "I've seen your young ladies and I'm going to see your young swine, and if the two's much alike there won't be no difficulty about bringing off a deal."

"Hurry up, Tommy!" called mamma. "We're late. Are your shoes on?"

"Yes, mother; all but one!"

The publisher of the best Farmer's paper in the Maritime Provinces—in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unflinching remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

Twenty times between 1910 and 2000 Easter falls within the month of March.

Minard's Liniment Cures Diphtheria.

The deepest rivers flow with the least sound.



Sore shoulders, lame back, stiff neck, all pains and aches yield to Sloan's Liniment.

Do not rub it. Simply apply to the sore spot, it quickly penetrates and relieves. Cleaner than mussy plasters or ointments, it does not stain the skin.

Keep a bottle handy for rheumatism, sprains, bruises, toothache, neuralgia, gout, lumbago and sore stiff muscles.

At all druggists, 25c, 50c. and \$1.00.

Sloan's Liniment

KILLS PAIN

NEW HOTEL TRAYMORE

THE LARGEST FIREPROOF RESORT HOTEL IN THE WORLD

The Spirit of America at play! Magnitude and Cheerfulness

AMERICAN PLAN EUROPEAN PLAN

D. B. White, Pres. J. W. Holt, Mgr.

SMALL WONDERFUL FEATS.

Cling in Any Position to the Smoothest Objects.

That snails can pass over such sharp instruments as a razor's edge without the slightest harm has been demonstrated by a French scientist. The snail walks with the whole under-surface of his body, and it is provided with means to lubricate the road on which it travels. A peculiarly complex system of muscles enables it to cling in any position to the smoothest objects. In lifting itself over the razor's edge it clings with the hind part of its walking surface to one side of the blade and extends the fore part and bends it down over the other side. Then it draws itself over gradually and without exerting any pressure upon the edge of the blade. It could not, however, crawl along the sharp edge of a razor or knife.

It is a fact that while the common snail has lungs, heart and a general circulation, being in every respect an air-breathing creature, it is, nevertheless, able to live indefinitely without inhaling the least bit of air. Experiments have clearly demonstrated that any or all of the usual life conditions may be removed in the case of the snail without terminating its existence or indeed impairing its functions. The snail retreats into its shell on the approach of frosty weather, and causes the opening or mouth of its shell to be hermetically sealed by a secretion of silky texture absolutely impervious to air and water. In this condition, therefore, it is plain that the little creature is deprived of three of the four elements of life—air, water and nourishment.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

An epidemic of thrift and economy is sweeping over Canada.

The man who contracts it, will find it has been no misfortune, during the adjustment days after the war.

Minard's Liniment Cures Distemper.

When a man marries for money his wife never gets her money's worth.

TO FARMERS

All Over the Country Remember the Car Shortage

If You Wait Until the Last Minute To Order Out Your Fertilizer You Might Get Left!

There's Money In Your Stump Land

FIRST pull out the stumps, then pull out the profits. Change your barren stump lands into cultivated fields. Stop paying taxes on worthless land. Clear it; do it the quickest, easiest and cheapest way. Get the money from under your stumps with a

Kirstin One Man Stump Puller

It gives you a giant's power. No stump is big enough, no root deep enough, to resist it. Horses are unnecessary. Your money back unless the Kirstin pulls stumps from your land. Ten days' trial.

Send for Big, Free Catalog

See the pictures of stumps it has pulled; read the letters from the farmers who have bought Kirstin. Learn how the Kirstin Free Service gives all the information you need about land clearing. Don't buy a puller until you see this book.

A. J. KIRSTIN, CANADIAN CO. 8326 Dennis St. Sault Ste. Marie, Ont.

NO ALUM

MAGIC BAKING POWDER

MADE IN CANADA

Thirteen knots on the surface and sixteen submerged is the speed of the B class of British submarine.

Minard's Liniment Cures Colds, Etc.

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PROFIT-MAKING NEWS AND JOB PRINTING 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.

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SILK PIECES FOR FANCYWORK

Assorted colors, large bunch, \$50 postpaid. Wm. Forbes, 13 Giltion Ave. Sydney, N.S.

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Internal and external, cured without pain by our home treatment. Write us before it's too late. Dr. Holman Medical Co., Limited, Collingwood, Ont.

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FULLY GUARANTEED CREAM

AMERICAN SEPARATOR CO. Box 3208 Cambridge, N. Y.

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FIRST pull out the stumps, then pull out the profits. Change your barren stump lands into cultivated fields. Stop paying taxes on worthless land. Clear it; do it the quickest, easiest and cheapest way. Get the money from under your stumps with a

Kirstin One Man Stump Puller

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Send for Big, Free Catalog

See the pictures of stumps it has pulled; read the letters from the farmers who have bought Kirstin. Learn how the Kirstin Free Service gives all the information you need about land clearing. Don't buy a puller until you see this book.

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