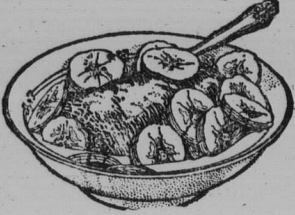


In These War Times you want real food that contains the greatest amount of body-building material at lowest cost. The whole wheat grain is all food. **Shredded Wheat Biscuit** is the whole wheat in a digestible form. Two or three of these little loaves of baked whole wheat with milk and a little fruit make a nourishing, strengthening meal.



Made in Canada.

THE WORLD ON RATIONS.

Food Restrictions in Some of the European Countries.

Just how world-wide is food rationing is shown by the French Echo de Paris, which publishes the following review of the food restrictions now in effect:

Germany.

The figures in regard to German food restrictions are known to us in detail. Among the commodities on short allowance in Germany worthy of mention are bread, meat, grease, oil and potatoes.

The bread allowance differs in various cities from four pounds a week for every person to five pounds (about ten ounces a day for every person).

The meat allowance is nine ounces a week for every person. As far as grease and food oils, including butter, are concerned, the weekly allowance is two ounces, and even these are not always distributed.

The official allowance of potatoes is seven pounds a week for every person. But the distribution varies in different localities.

As to milk, adults can receive none till needs of children, sick people and nursing women are satisfied. The theoretical allowance for these three classes was formerly a pint and a half; recently it has been reduced to a pint. As to others, in most cities they receive no milk at all.

Austria-Hungary.

The situation in Austria is no better than in Germany. The daily allowance of bread is ten ounces. Meat has not been put on allowance in Austria; only two meatless days are prescribed by the law. At present the question of increasing the number of meatless days is under consideration.

The weekly allowance of butter, grease and food oil is four and a half ounces, and consists of two and a half ounces of butter, one ounce of margarine and one ounce of bacon. In reality, however, nobody receives more than one ounce of butter.

The allowance of potatoes is three pounds per week, but the press believes that this will soon be reduced to two pounds, on account of the failure of the potato crop.

Bulgaria.

Very little is known about Bulgaria and Turkey.

In Bulgaria the allowance of bread has been set at eighteen ounces a day for every person. On the other hand, there are three meatless days each week.

Turkey.

In Turkey the theoretical bread allowance is supposed to be nine ounces a day, but it rarely exceeds five ounces.

Denmark and Sweden.

In Denmark the daily allowance of

bread is eleven ounces a person. In Sweden it is nine and a half ounces. Netherlands.

The daily allowance of bread in the Netherlands is nine ounces a person, the meat allowance seven ounces and the potato allowance fifteen ounces.

EATING NUTS KILLS ANIMALS.

Fed to Livestock in Holland Because of Shortage of Fodder.

Because of the shortage of fodder in Holland farmers have been feeding their live stock with nuts, and as a result many of the cattle have died and the health of a large percentage has been affected seriously.

The United States Consul at Amsterdam writes that all kinds of substitutes for fodder have been fed to animals. The death of stall-fed animals has been frequent and is attributed to spoiled or otherwise unwholesome food. In many such cases the animals have been freely given acorns, chestnuts and beechnuts, unshelled and uncooked. All of these nuts, it is averred, in their natural state have poisonous elements, especially in the shells. It is said that horses have died within two hours after eating raw and unshelled beechnuts in considerable quantities, the stomach and intestines being fatally disordered.

Experts advise that nuts be fed to stock in limited quantities, not more than a kilogramme (2.2 pounds) at the utmost daily, and then only after they have been shelled and boiled, care being taken to throw away the boiling water. It is remarked, however, that nuts can be fed more freely to pigs than to other animals, and that, besides, they are very fattening.

SERIOUS ILLNESS AVOIDED

Many a serious illness has been avoided by the prompt use of Dr. Williams' Pink Pills. These pills actually enrich and purify the blood, and in this way build up the system, tone and strengthen the nerves and invigorate the vital organs.

Serious diseases generally come from some simple disorder that has been neglected. Therefore any thinning of the blood should be looked upon as a warning sign, and more serious illness should be avoided by the use of Dr. Williams' Pink Pills. In the case of young girls and women the blood is peculiarly liable to get out of order—to become thin and watery—and to lead to a general breakdown in health. This can be avoided by the occasional use of Dr. Williams' Pink Pills, which are suitable for the most delicate constitution. These pills will give you a new appetite, improve your digestion, tone and strengthen weakened nerves, banish depression and lack of energy, clear the complexion of pimples and blotches, cure pain in the back and general weakness, cause the disappearance of headaches, dizziness and heart fluttering. Give these pills a fair trial and you will soon note a wonderful change in your condition.

Your spirits will brighten, good health and strength will return, and you will feel like a new person. You can confirm these statements by enquiring among your friends almost anywhere, as thousands and thousands of hopeless sufferers have been restored to new health and energy by using Dr. Williams' Pink Pills.

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

A "LINGERIE CHRISTMAS."

Convalescent Soldiers Work on Womanly Garments.

The bored civilian who gazes at the tinselled shop windows to-day and groghes that every Christmas is the same, needs to look in on the boys in the military convalescent hospitals.

Tucked under the sheets with the hoops poised on their knees they are sewing white flowers to table doilies, red silk roses on cushion tops, and wondering whether tucks or gathers would be more becoming to Arabella. Last year they were ducking Fritz's shells, and potting the Boches across No-man's Land.

Embroidery is receiving a great impetus these days, and the vocational officers who order supplies for the occupational work—under which head crocheting and embroidery come—are gazing with amazement at the orders for material for ladies' nightgowns, boudoir caps, camisoles, etc., which come to them to be filled.

Tommy is on to all the technical names, and his "lingerie Christmas" is going to be made an epoch of note in the family annals. There is no doubt that along with great grandmother's "sampler," posterity will find among its heirlooms the boudoir cap which Uncle John embroidered for Aunt Mary when he was a soldier in the hospital.

"At any rate the needlework is irreproachable, and even though they never sew another stitch, the boys have proven that they can embroider as well as they fight," declared the matron in one of the hospitals who has directed this occupational work.

In some of the western hospitals the work has been put in special stores for Christmas sale and others are being taken for winter work. Some men have become so expert as to fill orders for monogramming bridal linens and are making tidy little incomes.

Cow's milk contains from 3 1/2 to 4 per cent. of fat. Whales' milk contains 13 per cent.

Frocks for Winter



Two materials, blue serge and a blue and green plaid, are charmingly combined in this quaint little dress. McCall Pattern No. 8088, Girl's Dress. In 6 sizes, 4 to 14 years. Price, 15 cents.



The double collar and the wide girdle or sash are unusually attractive features of this simple pleated tunic dress. McCall Pattern No. 8064, Misses' Dress Pattern in 4 sizes, 14 to 20 years. Price, 20 cents. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

An Occasion For Grief

After shoveling the snow from the sidewalk for two hours little Patsy, began to cry.

"What's the trouble, my little man?" asked a sympathetic neighbor. "A bad tramp came along and stole the snow shovel from the boy next door."

"Well, my lad, it's a very nice thing to be sympathetic," said the neighbor, "but you mustn't worry so over other people's affairs."

"It ain't that," said the boy, "I'm crying because he didn't steal my shovel, too."

LEMON JUICE IS FRECKLE REMOVER

Girls! Make this cheap beauty lotion to clear and whiten your skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

Camellias require very careful watering; not enough or too much water causes the buds to drop. When buds drop withhold manure water. The time to feed is when the flowers have faded and when the new shoots are growing. Forty-five to fifty-five is the right temperature.

Minard's Liniment Cures Garget in Cows

New Air Raid Alarm.

The London authorities have begun using sound bombs, or rockets, as a means of warning the populace of approaching air raiders. These bombs consist of cylinders about eight inches long, weighing one pound each, which are fired from small mortars by pulling a lanyard attached to a fuse at the nose. They rise some 300 feet in the air. More than 200 of them were sent up from seventy-nine fire stations the first time they were used and the result was pronounced very satisfactory. The public was informed about the rocket in advance so that the significance of the peculiar sound which they produced was understood.

Minard's Liniment Cures Distemper.

YES! LIFT A CORN OFF WITHOUT PAIN

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like magic every time.

Tommy's Watch.

A Tommy on furlough entered a jeweler's shop and, placing a much-lattered gold watch on the counter, said: "I want this 'ere mended."

"After a careful survey the watchmaker said: 'I'm afraid, sir, the cost of repairing will be double what you gave for it.'"

"I don't mind that," said the soldier. "Will you mend it?"

"Yes," said the jeweler, "at the price."

"Well," remarked Tommy, smiling, "I gave a German a punch on the nose for it, and I'm quite ready to give you two if you'll mend it."

Minard's Liniment Cures Diphtheria.

Cupid's Machine Gun.

An amorous British youth was being taken to task for his flirtations. "Engaged to four girls at once!" exclaimed his horrified uncle. "How do you explain such shameless conduct?"

"I don't know," said the graceless nephew. "Cupid must have shot me with a machine gun."

MURINE Granulated Eyelids, Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try It in your Eyes and in Baby's Eyes.

YOUR EYES No Smarting, Just Eye Comfort

Marine Eye Remedy At Your Druggist's or by Eye Bottle, in Tubes 25c. For Book of the Eyes—Free. Ask Marine Eye Remedy Co., Chicago

England's Self-Confidence.

Baron Plener, a German, speaking before the Upper House of the Reichstag, said he was sceptical regarding the peace feeling in enemy countries. "England," he declared, "will not be ripe for peace for a long time yet. Her military self-confidence has been so enormously increased through the creation of a great army in such a short period that one cannot imagine anything diverting British public opinion from its war policy."

Evening Up With Haig.

Sir Douglas Haig was, some weeks ago, in a great hurry to get to a certain place. He found his car, but the chauffeur was missing. So Sir Douglas got in the car and drove off by himself. Then the driver appeared and saw the car disappearing in the distance.

"Great Scot!" cried the driver, "there's 'Aig a-driving my car!"

"Well, get even with him," said a Tommy, standing by, "and go and fight one of 'is battles for him."

MONEY ORDERS

Dominion Express Foreign Cheques are accepted by Field Cashiers and Paymasters in France for their full face value. There is no better way to send money to the boys in the trenches.

"Fishy" dishes and utensils naturally retain their odor, but you can remove this by soaking the dishes in tea leaves and leave stand for a while before washing. Boil tea leaves in a little water in the frying pan and that, too, will loose the repugnant odor.

Minard's Liniment Cures Garget in Cows

Minard's Liniment Cures Distemper

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Minard's Liniment Cures Distemper

Minard's Liniment Cures Garget in Cows

Minard's Liniment Cures Distemper

Fats in The

There is no fat in butter. Lard is nearly 90 per cent. fat. Butter is the best food of fat for children.

The fat of plants is contained in the seeds. At least a third of the body's food should be fat.

Cocoa is the only popular beverage which has "fat." The colder the climate the greater the craving for fat.

Body fat is of three kinds—stearine, palmitin and oleine. Oats are the "fattest" and most "heating" of the cereals.

A loin of mutton has more fat nutrient than any other joint. Fats yield glycerine, an essential component of high explosives.

Athletic training does not rid of "fat," but of the excess water in the tissues of the body.

A famine in fat (as in Germany) is more terrible than a famine in bread.

A man doing sedentary work requires three ounces of fat daily in some form. Linseed oil is the most important vegetable oil in the production of glycerine for explosives.

American meat is the richest in fat; British home-grown meat is second.

A Cure for Bad Breath

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowel." If your teeth are good, look to your digestive organs at once. Get Seigel's Carative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and \$1.00 Bottles. Do not use substitutes. Get the genuie.

The Jordan Valley

In Southeastern Oregon is a beautiful, fertile district that you ought to investigate. Many shrewd farmers are buying there, because their keen business foresight tells them that investment will pay big returns from the natural increase in the value of the land alone, to say nothing of the big crops that they can produce. Prices for farms very low.

For more information, write to Room 112, Union Pacific Building, Omaha, Neb. See our excellent and extensive exhibit of products grown in the Union Pacific Country.

R. A. SMITH, Colonization & Industrial Agent, Union Pacific System, Room 1140 U. P. Bldg., Omaha, Neb.

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

ABSORBINE

Reduces Strained, Puffy Ankles, Lymphangitis, Puff Swellings, 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 man, child, reduces Strains, Painful, Knotted, Swollen Veins. Concentrated—only a few drops required at an application. Price \$1 per bottle at dealers of delivered.

W. F. YOUNG, P. D. F., 516 Lyman Bldg., Montreal, Can. Absorbine and Absorbine, Jr. are made in Canada.

Exposure Aches

Cold rain, winds, and dampness bring out the rheumatic aches. An application of Sloan's Liniment will soothe the blood circulating and the pain will disappear. For neuralgia, lame back, stiff neck, sprains, strains, and all muscle soreness.

Sloan's Liniment can't be beat. No rubbing, it quickly penetrates and does its work without stain or clogging of the pores. Better than plasters or ointments. For cold feet or hands try an application of Sloan's Liniment.

Generous sized bottles, at all druggists. 25c., 50c., \$1.00.

Sloan's Liniment

KEEPEE PAIN

Machinery For Sale

1 WHELOCK ENGINE, 18x42.

New Automatic Valve Type. Complete with supply and exhaust piping, flywheel, etc. Will accept \$1,200 cash for immediate sale.

1 ELECTRIC GENERATOR, 30 K.W., 110-120 Volts D.C.

Will accept \$425 cash for immediate sale.

1 LARGE LEATHER BELT. Double, Endless. 24 inch x 70 ft.

Will accept \$300 for immediate sale, although belt is in excellent condition and new one would cost about \$600.

PULLEYS, Large size.

28x66—\$30; 12x60—\$20; 12 1/2x48—\$12; 12x36—\$8.

2 BLOWERS OR FANS, Buffalo make.

One 10 inch, other 14 inch discharge—\$30 each.

REAL ESTATES CORPORATION, LTD.

60 Front St. West, Toronto

MAGIC BAKING POWDER



NO ALUM. MADE IN CANADA. CONTAINS NO ALUM. E.W. GILLET COMPANY LIMITED. TORONTO, ONT., MONTREAL.

Which? Teacher—Name the chief exports of Canada. Prompt Pupil—Soldiers! Second Pupil (indignantly)—Soldiers are not exports; they are transports.

Minard's Liniment Cures Colds, &c. Ayrshires, Jerseys and Guernseys are the best milk cows.

NEW LAID EGGS, POULTRY, PEAS, beans, honey, onions wanted. Highest prices given. J. D. Arsenault, 1195 St. Catharine East, Montreal.

NEAR BUFFALO—WONDERFUL Farm bargains; exceptional opportunities awaiting immediate purchasers; descriptive catalogue free. Buffalo Farm Exchange, Brisbane building, Buffalo, New York.

"HEAVEN AND HELL"—Swedish home's great work on a real world beyond and the life after death; 400 pages; only 25 cents postpaid. W. H. Law, 4869 Euclid Avenue, Toronto.

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

CUTICURA HEALS ECZEMA ON BABY

Spread Covering Body. Awful Disfigurement. Itched and Burned. Had to Scratch.

"My baby was troubled with eczema which began on her face and spread all over her body. It was in a rash and was very sore and inflamed, causing awful disfigurement. The rash itched and burned making her scratch terribly and she was cross."

"Then I used Cuticura Soap and Ointment. Baby was healed with six cakes of Cuticura Soap and three boxes of Cuticura Ointment." (Signed) Mrs. Henry Richard, Murray Harbor, P. E. I., April 2, 1917.

You may rely on Cuticura to care for your skin, scalp, hair and hands.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Hundreds of Thousands of WEBSTER'S NEW INTERNATIONAL DICTIONARIES

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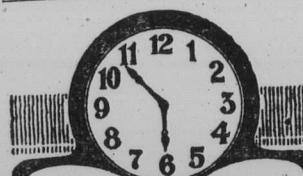
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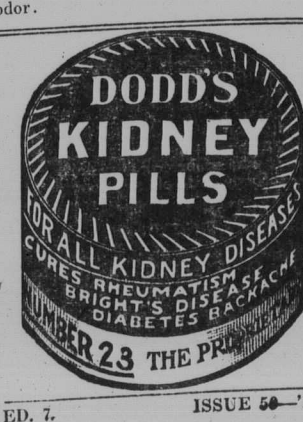
Six Minute Pudding

Here's a new one—a most delicious dessert that can be made in a hurry.

To one and one-half cups of milk add one cup of

Grape-Nuts and one level tablespoonful of sugar, boil six minutes, cool and serve with milk or cream. Add raisins if desired.

Get a package of Grape-Nuts from your grocer and try this pleasing recipe.



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