Eat Less-But There is no tter. nyone going hungry. s should eat foods ly the greatest nutriment at the wst. The whole kat grain is the most pert food given to man. the whole wheat grain epared in a digestible rm. Every particle of the hole wheat berry is usedthing wasted, nothing rown away. Two or three these biscuits with milk, ced peaches or other fruits ake a nourishing, satisfying real at a cost of only a few

Made in Canada.

GARDEN NOTES.

Madonna lily bulbs may be planted is month, but most other bulbs ould not be set until October. Protect cauliflower heads from the ot sun, thus: Gather some of the outr leaves over them and tie in place.
Won't take long to throw old blanets, cloths or papers over the tomaces in the garden when it looks like rost, and may save them for a number of days.

Whenever you have constant or re-

ter part of this month, or the first of next. It should now be "handled"—that is, straightened up and the soil drawn to it with the hoe. If boards, paper or other devices are to be used for blanching, handling is not necestary. A week or ten days after handling more earth should be plowed up to the plants, leaving only the tops

A PET CHIPMUNK.

With 2 Peanuts in Her Check Pouches in low the plants, leaving only the tops in warm weather celery is likely to popul, and it is safer to blanch only a proper to blanch only a proper to blanch only proper to blanch



The wholesome nutrition of wheat and barley in most appetizing form

OUR FRIEND IN THE GARDEN.

He is not John, the gardener, And yet the whole day long He makes himself quite useful The flower beds among.

He is not Tom, the pussy cat, And yet the other day,
With stealthy stride and glistening

He crept upon his prey.

He is not Dash, the dear old dog, And yet, perhaps, if you Took pains with him and petted him, You'd come to love him, too.

He's not a blackbird, though he chirps, And though he once was black; Yet now he wears a loose, gray coat, All wrinkled on the back.

He has a very dirty face, And very shiny eyes; He sometimes sits beside our door, And looks—perhaps is—wise.

But in a sunny flower bed He has his fixed abode; He eats the things that eat my

plants-He is a friendly toad.

-J. H. Ewing, in Our Dumb Animals

FREQUENT HEADACHES

People with thin blood are much

the digestive organs:

We have had good luck ripening at tomatoes by pulling the vines and letting them he with the fruit on and letting them he with the fruit on and vour efforts should be directed toand letting them he with the fruit on an old cool shed. A great many of the tomatoes turned out fine.

Late celery should be cultivated hroughout the month or as long as it is possible to get through without damaging the plants. But, remember, the roots are near the surface, and deep tillage will do more harm than good.

Spinach for the early spring market

caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of the transport of freezing weather cover with leaves or straw.

Like celery late cabbage should be cultivated as long as possible. A leaf broken off now and then will not matter. Fewer will be broken if the cultivating is done during the middle of the day.

Early celery will be wanted the latter part of this month, or the first of post. It should now that the state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

The Food Controller is lending his help to the farm labor situation in Ontain where it is acute. Representative of the large industries met in Teronto and considered ways and means of releasing men from their regular work to help with the harvest.

The Food Controller is lending his help to the farm labor situation in Ontain where it is acute. Representative of the large industries met in Teronto and considered ways and means of releasing men from their days he made eleven round trips in fifty-seven minutes.

Early one autumn morning a coyote, through numerous strata of air of different temperatures. He often sneezes violently. When you sneeze you lose all control of yourself for the moment, and if your don't catch yourself quick-presently gave up. Then she rejected about one third of the nuts, entered, and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected and if your don't catch yourself quick-presently gave up. Then she rejected the noise prese

ces our helpers, we can appreciate the good there is in them.—Lucy Larcom. Minard's Liniment Cures Dandruff.

Two Favored Designs



it is featured. In the smart dress illustrated above the long tunic, pressed into straight pleats and parted at the side, shows one of the favored designs. McCall Pattern No. 7919, Ladies' Dress, in 39-inch length. Pattern in 5 sizes; 34 to 42 bust. Price, 20 cents.

Ontario this year will have the biggest oat crop in the history of the province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province. "We will have 125 where army one might confidently predict its final defeat, but Russian psychology is capable of such extraording to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, "We will have 125 where the Sovereign can forget his army of the province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture for that province, according to Dr. A. C. Creelman, Commissioner of Agriculture tunic will be popular for the coming season, for in the very newest models it is featured. In the smart dress illustrated above the long tunic, press-



Albert of Belgium.

Albert of Belgium and shower of Belgium and shower of Belgium and shower of Belgium and of his soul, as revealed to the world in the glorious defence of his people under fire, has now been with in dellower of his people under fire, has now been with in dellower of his people under fire, has now been with in dellower of his people under fire, ha

KEEP CHILDREN WELL

Every mother knows how fatal the hot summer menths are to small children. Cholera infantum, diarrhoea, dysentry and stomach troubles are dysentry and stomach troubles are at this time and often a precious at this time and often a precious might—

And fields of amber grand.

Canada—my own land—Rise with the moaning sea,
Acclaim thy right to Freedom's might—

and sufficient be. little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if trouble comes suddenly—as it generally does the Tablets will bring the erally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BLAME SPIES FOR CRISIS.

Disaffection Among Russian Troops Due to German Agents.

Events of the greatest magnitude the heels of each or canada—my own land—respidity it is hardly live bound my soul to thee. other with such rapidity it is hardly possible to chronicle them, much less to give a reasoned statement. The futbound response to farthest sea. discipline in the regiments of ture of discipline in the regiments of the 11th Army, which let the Austro Germans through, was due entirely to the agitation of extremists which every day shows more clearly is the work of the hidden hand of German spies. The inquence of this propaganda is almost past belief. In the 11th Army the effect has been to nullify the advantages of the recent advantages. There is no doubt that the long vance to Halicz. In case the Russian

chology is capable of such extraordinary changes it may yet be possible that the situation may be saved. There is still left some common sense amongst the leaders of the ignorant amongst the leaders of the ignorant amongst the right in Petrograd. If amongst the leaders of the ignorant masses in the riots in Petrograd. If it is used properly it may just enable the government to save the situation, particularly as the provisional government has declared itself a Committee of Public Safety with the support of the vast majority of the Committee of Soldiers' and Workmen's delegates.

my horse last May, and after using one way we are apt to imagine there was but that one way.—Bentiey.

my horse last May, and after using one way we are apt to imagine there was but that one way.—Bentiey.

Minard's Liniment Cures Burns, Etc.

The Paris sewers are the largest and most complete in the world.

MENT I was perfectly cured, so that I could start on the road.

JOS. DUBES.

COMMETCE THATEOUS

delegates.

Kerensky, supported by Tseritelli,
Nakrassoff and Terestchenko, is virtual dictator. His disinterestedness is
beyond suspicion, while his fervor,
eloquence and driving force are what the crisis. The revolution and the State are undoubtedly in danger. Directly the situation was taken in hand with a strong grip the extremists vanished. The question of the reintroduction of the death penalty is already raised. As soon as it can become effective the Committee of Public Safegrown-ups' frocks. The little straight pleated frock with a deep yoke is particularly noticeable for the pockets in front, which are attached to both the front panel and the belt. McCall pattern No. 2000. The straight to oring kussia through the crisis. The revolution and the State are undoubtedly in danger. Directly the situation was taken in hand with a strong grip the extremists vanished. The question of the reintroduction of the death penalty is already raised. As soon as it can become effective the Committee of Public Safe-tective the Committee of Public Safeare necessary to bring Russia through the crisis. The revolution and the

EVERY MOTHER EVERY DAUGHTER



NOTE: NUKATED IRON recommonded above by Dr. Ferdinand King can be obtained from any good druggist with an absolute guarantee of success or money refunded. It is dispensed by all good druggists.

DURING HOT WEATHER Thou beautiful for sun, t skies, For spachous lake and plain; For mountains where the night

For mountains where the n deep, And fields of amber grain.

Thou beautiful for comradeship When move the pilgrim feet, Where tattered wigwams once spread, With star-hung roof to greet.

O Canada—my own land—
Thy mighty chorus sing—
The soul of Empire none can stay.
God bless our noble King.

Thou beautiful for heroes brave, With firm and valiant tread;
Who fear no unseen thrust, nor pain,
And naught of death do dread,

From sea too farthest sea. From sea to farthest sea. -Charlotte Carson-Talcott.

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. No Smarting, Just Eye Comfort Murine Eye Remedy mail 50 per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye - Free. Ask Murine Eye Remedy Co., Chicago a

Four things a man must learn to do If he would make his record true: To think without confusion clearly; To love his fellow man sincerely: To act from honest motives purely;
To trust in God and heaven securely.

Van Dyke.



PAIN ? NOT A BIT! T YOUR CORNS OR CALLUSES OFF.

No humbug! Apply few drops then just lift them away with fingers.

This new drug is an ether com-pound discovered by a Cincinnati-chemist. It is called freezone, and can now be obtained in tiny botfreezone, and can now be obtained in tiny bottles as here shown at very little cost from any drug store. Just ask for freezone. Apply a drop or two directly upon a tender corn or callus and instantly the soreness disappears. Shortfy you will find the corn or callus so loose that you can lift it off, root and all, with the fingers.

Not a twinge of pain, soreness or irritation; not even the slightest smarting, either when applying freezone or afterwards.

This drug doesn't eat up the corn or cellus, but shrivels them so they loosen and come right out. It is no humbug! It works like a charm. For a few cents you can get rid of every hard corn, soft corn or corn between the toes, as well as painful. Calluses on bottom of your feet. It never disappoints, and never burns, bites or inflames. If your drugsist hasn't any freezone yet, acil him to get a little bottle for you freezone.

hasn't any freezone yet, 1671 his get a little bottle for you freezo wholesale house.



Used for making hard and soft soap, for softening water, for cleaning, disinfecting and for over 500 other purposes.

REFUSE SUBSTITUTES. E.W.GILLETT COMPANY LIMITED

The King as a Clubman

The King is using the Marlborough Club a good deal when in London these days. It has the advantage of securing for him the same privilege of non-interference as belongs to the ordinary clubman. That is to say ordinary clubman. That is to say that no special notice is taken of his visits. When he wants to talk to fel-Ontario this year will have the bigfers to sit quiet and listen to any talk
that is going on, he can do so.

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

The Soul of a Piano is the Action. Insist on the "OTTO HIGEL!" PIANO ACTION

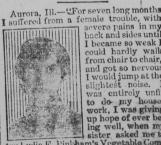


It's wonderful how quickly a hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves itching, burning eczemas, rashes and chafings, permits sleep for infant and rest for mother, and points to speedy healment in most cases when it seems nothing would do any good. This is only one of the many things Cuticura does for the skin when used for every day toilet purposes.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. N. Boston, U.S. A." Bold throughout the world.

MRS. KIESO SICK SEVEN MONTHS

Restored to Health by Lydia E. Pinkham's Vegetable Compound.



save your life.

ISSUE 37-'17.



Achievements

The click of a shutter and something of interest, - something you wanted to remember always, but couldn't, - is simultaneously transformed into a photographic record; a sort of human interest diary, authentic and signifi-

By the use of the Autographic Kodaks and now also by the use of the Autographic Brownies, you

can make these picture stories still more valuable and permanent, by dating and titling each negative at the time the picture is made. You can write the important WHO, WHEN and WHERE on the film, and the record remains as long as the record is intact.

It may be at home where the taking of pictures of the children forms an indispensible family record; on the vacation tour where one sees interesting places and still more interesting people, or the more serious work required by the architect or engineer, but to anyone who makes pictures, the autographic feature, found exclusively on Eastman cameras, offer a means of positive identification of each exposure, and at no extra oost for Autographic Fiim.

Come in and let us show you how simple an affair it is to take pictures and title them with an Autographic Kodak or

KODAKS 7.00 to 65.00 BROWNIES 75 to 12.00

The Star Grocery.

The Store of Quality.

J. N. Schefter

Terms-Cash or Produce.



Preserving Kettles.

Preserving time is here now. Grey Kettels 25e to Blue 40c to \$1.00

Aluminum 1.50 2.25

Creonoid Lice Destroyer and Cow Spray.

A good preparation for disinfecting and killing lice in Poultry houses.

Drives away flies on horses and cows. Animals will do better

with its use. Price half gallon 1.00 Sprayers 50c and 75c



Plymouth Twine Gives good satisfaction nes.

Hammocks

We have some good values. Price 2.00 to 3.00 Couch Hammock

Good springs and mattress. Price10.00

Perfection and Florence Stoves

Do canning, cooking, baking

Don't be without one this hot weather.

Price, 3 burner stove.....14.00

Pure Paris Green. Arsenate of Lead **Cherry Stoners**

Carborundum sto-

Liesemer & Kalbsleish THE CORNER HARDWARE.

Misses Anna Fritz and Jenkins (f Valkerville are spending their holidaya

Mr. Heidmiller of Riversdale is seriously ill at the home of his daughter, Mrs. K. Weiss.

Miss Minnie Kraemer of Chicago spent the past few weeks with her mother here and left on Saturday to visit relatives in Preston and Elmira.

Messrs. F. A. Heisz and J. H. Schef-

er were at Mildmay on Monday. Mrs. Jos. Dentinger spent a few days Hanover last week

Miss Zita Meinde of Buffalo is visiting with relatives here.

CARLSRUHE.

Mr. and Mrs. Willie Lambert of Brant visited Jos. Zettlers' and Mr. and Mrs. John Stroeder visited the latters parents Mr. and Mrs. Leonard Fischer on Sun-

Mr. and Mrs Alf. Weber of Otter Creek and Mr. and Mrs. Alex Oberle of Forness visited relatives here on Sunday. Mr. Louis. Weppler of Mildmay visi-

ted Jno. Russworm's on Sunday. Mrs. Jacob Hesch of Warren, Penylvania and Miss Lizzie Zettler of Bufalo, visited Peter Hesch last week.

Mr. Leander Schwan left last Friday or Kitchener to take up a course in St Teromes College.

Miss Nora Schwan is visiting her sis er, Mrs. Leo Wilhelm in Waterloo.

MOLTKE.

Mr. and Mrs. J. Weigel spent Sunday with the latter's parents at Drew.

Mr. and Mrs. J, S. Wagner, Mr and Ars. Wm. Baetz and Mr. Harry Baetz notored to Statford last Saturday and returned on Sunday. Mr. Ezra Reuber had a gang of men

nelping to get the wood ready for his ew driving shed. Mr, Justus Kaufman left for Sullivan

o spend the winter with his brothers Mrs. Chas. Holm spent Sunday with

er mother at Neustadt. Mr. and Mrs. Peter Green and Mr.

nd Mrs. Roszel visited at J. Rnhl's on Mr. Edgar Fischer has left for Wateroo to take a course in the College there.

Now that universal military service is the law of the land any suggestion of a stigma attaching to those who will be called up under the new rule as being ess patriotic than those who voluntarily offered themselves should be avoided. Those who have not volunteered may

have felt that the fair way was universal service and the new act will remove the feeling in a man's enlisting that many others should go before he does. Al honor to our volunteer divisions! All honor also to those who will serve their country under the new military service

Richard Coghlin of Paisley lost a fine olt on the farm of Wm. Schotts, near Atwood, where it was pasturing, through a most startling cause. It was found dead in an old barn after it had been nissing for a couple of days. The barn was used for the horses and cattle to go into for shade. This year it was necesary to use it for putting in hay. It is not known whether the animal was in the barn at the time the hay was put in or whether it went in afterwards, as the doors were left open. However, it was liscovered deep down in the hay on its It was nearly roasted from the heat of the new hay .- Paisley Advocate.

Major Moffat in Command. Col. Sutherland, who succeeded Col. Weir as commanding Officer of the 60th (Bruce) Battalion in England, has been recalled to France and the Bruce force has been placed under the leadership of Major Andy M. Moffat, with Major A. W. McNally second in command. An outbreak of chickenpox and diphtheria in the 160th has resulted in the Battalion being placed, for the time beng, in quarantine. Advices from the poys on Monday state that while they are straining at the leash to get to France and show their metal, yet they have no idea when they will be ordered

Conscription Exemptions.

Judge Klein has appointed Mr. Frank Rennie of Brant as one of the two men who will hear and decide appeals for exemption from conscription of the eligibles in the various classes in Walkerton and vicinity as they are called up for Board with Mr. Rennie will be a local man appointed by a joint Committee composed of twelve Liberals and twelve Conservatives in Ottawa. It is expected that this appointment will shortly be nade. In all there will be about eight Boards in Bruce County. The first class that will be called up for service will be the unmarried men between the ages of 21 and 35 years. Those in this class who have reasons why they should be exempted from going to Europe will soon have to get busy spreading them.

Helwigs Weekly Store News ...

New Fall and Winter Goods



New Caps

Warm Durable

and Stylish



Men's Heavy Tweed Caps without bands from Men's heavy tweed Caps with bands from 75c to 2.00 Boys heavy tweed Caps with bands, from 50c to 1.50



Winter Coats

"Northway Garments"

Ladies Coats 10.00 to 47.50 Misses Coats 8.50 to 20.00 Girls Coats 5.00 to 12.50

Childs Coats 3.75 to 7.50



Our showing in Winter Coats for ladies, girls and children is now at its best. We have a coat for you.

Sport Hats for young Ladies

Ladies sport hats in plain, navy, brown, and green, extra heavy velvet, also in twotone stripe at

Bring us your Butter, Eggs, Lard, Tallow, etc.

HELWIG BROS.

GENERAL MERCHANTS,

TME PEOPLE'S STORE

Fall and Winter Goods Arriving Every Day.

Ladies Fur Coats

Ladies Raincoats

Ladies Heavy Underwear

Ladies Underskirts

Ladies Hose

Flanelette Blankets

Woollen Blankets

Light and dark Flanelettes

Towelling, prints, cottons

Men's Fur Coats

Men's Coats fur collars

Men's heavy tweed Overcoats

Men's Raincoats

Men's Sweater Coats

Men's Caps and Underwear Men's Shirts and Ties

Men's Gloves and Mufflers

Men's Socks and Collars

Boys Overcoats Boys Suits

Boys Sweater Coats

Special Sale for One Week in Men's and Ladies Raincoats. Come and get your choice. Prices range from 7.50 to 15.00; Sale Price from 4 50 to 11.00

Cash or Produce

Weiler Bros., Prop.