

## Keeping It On Top

The one breakfast cereal that has survived all the moods of public fancy and shows a steady increase in sales from year to year is

# SHREDDED WHEAT

It is largely through the loving favor of healthy boys and girls that Shredded Wheat is kept at the top of all breakfast foods. Being ready-cooked and ready-to-serve it is a boon to the busy housewife and mother, enabling her to prepare "in a jiffy" a nourishing, wholesome, appetizing meal without kitchen worry or kitchen drudgery.

Always heat the Biscuit in oven to restore crispness; then pour over it milk or cream, adding salt or sugar to suit the taste. Deliciously nourishing for any meal in combination with berries or other fruits of any kind. Try toasted Triscuit, the Shredded Wheat Wafer, for luncheon with butter, cheese or marmalades.

Made by  
**The Canadian Shredded Wheat Company, Limited**  
Niagara Falls, Ontario  
Toronto Office: 49 Wellington Street East 26-F

### EXPERT FAVORS

#### ALLIES' CHANCES

London, Aug. 18—Military experts commenting on the situation in the Belgian war zone agree in declaring that the position of the Allies is hopeful and that the Germans are fast being put at a disadvantage by their own tactics and the failure of their war plans.

The military expert of the Times regards all the news from the different frontiers as favorable to the Allies, although, he points out, hitherto nothing but preliminary movements have taken place. He believes that neither Germany nor Austria gained anything by their superior readiness in the East, for now the Russian avalanche has begun, and though not yet at full strength is strong enough to make itself exceedingly unpleasant for the Austrians and Germans.

"Austria," he points out, "owing to the occupation with Serbia and the restlessness of Italy, is not in a position to support Germany with more than a comparatively small contingent. The fact that the Russians will be able to assume the offensive before the Germans have secured anything of consequence in the West knocks the bottom out of the German plans and only hard success

ful fighting can relieve the situation which daily is becoming less tolerable from the German point of view."

#### RUSSIA NOT QUITE READY

The expert believes that Russia is not yet in a position to strike a hard blow at either Germany or Austria, but he hopes she will soon. He sees no indication of the Germans north of the Meuse in force and believes that if they are unable to cross the river they must face a parallel battle and try to burst through the allied lines between Namur and Verdun. He thinks that there cannot be more than thirteen or fourteen German army corps available for such an effort and that the Franco-Belgian army ought to be able to hold the lines and stop the Germans.

"But the Germans do not as yet show any signs of advancing," the expert says. "Much of the weakness of the German position will disappear if they can break the allies' line at Meuse, but the French here can count in the course of the next few days on strong British support and there are good hopes of resisting the German attack."

The expert admits that nothing has as yet happened to negative the possibility of a great German victory, but he says that there has been a very grievous burden laid on the Kaiser's army.

**Wood's Phosphodine**  
The Great English Remedy.  
Tones and invigorates the whole nervous system, makes new Blood in old Veins, Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. **THE WOOD MEDICINE CO., TORONTO, ONT.** (Formerly Winslow.)

Men and women wanted in all localities who are willing to work a few hours in their spare time showing samples to their friends and neighbors. Position will pay \$15 weekly and be permanent. Sample case with samples furnished free. The Consumers Association, Windsor, Ont.

## FAMISHED REFUGEES VAINLY STORMED LINER

(New York Sun.)

Her steerage crowded with the wealthy, most of whom had been in hardship because of the war, the Scandinavian liner United States arrived today from Christiania, Norway. The liner brought 1,043 passengers, of whom 734 were in the steerage.

Among the steerage passengers were many American women, all of them glad to get back to the United States by any means. Some of the passengers told of almost starving in Christiania while waiting for a ship; of being unable to get any money; of sleeping along the docks and in alleyways and even of going without food.

#### AMERICANS STRANDED.

When the ship left the Norwegian port, one of the passengers said, there were five thousand Americans stranded there. Some of them almost stormed the docks in an effort to get aboard the ship. Many of the Americans must be suffering hardships, the passengers said, for food itself was scarce in Christiania when they left and prices had gone sky high.

One of the passengers in the steerage was Mrs. D. E. Hartwell, who was travelling in Norway when the war began. Mrs. Hartwell is said to be wealthy. She told passengers that she had accounts in thirty-eight American banks, but that after the war started she was unable to get a cent in Norway. After waiting at Christiania for a ship she said she was glad to be able to get steerage back to America on the United States.

F. W. Blanchard of Los Angeles, said that he had slept on the floor in one of the saloon passages on the way over and that he had not had his clothing off for a week. He said that he had purchased a steamer ticket, but being unable to sleep in his berth, he made arrangements later to sleep on the saloon and was glad to turn in on the floor.

#### POTATOES \$8 A BUSHEL.

William R. Thomas of Boston, was the man who told of leaving behind five thousand frantic American refugees in Christiania. He said that he had waited in the Norwegian city for ten days before he could get passage to America. He could not get any money, he said, and toward the last food got so scarce that he was obliged to be satisfied with a few crusts.

He said that the price of food had gone up with a jump and cited as an instance that potatoes had jumped from \$1.50 a bushel to \$8 during the time he was there, so that they had come to be a luxury.

Miss Adele Anderson of 311 West 122nd street, said that she was in Hamburg when war was declared. She tried to get to Holland and was put off seven trains successively to make room for soldiers. Then she decided to get out of Germany and managed to reach Christiania.



Silver Black and Patched Foxes supplied for companies and private ranchers at reasonable prices.

For sure and prolific breeders and high quality of fur it is doubtful if Ontario foxes have any superiors and few equals.

#### JOHN DOWNHAM

STRATHROY, ONTARIO.  
Breeder of and dealer in Ontario silver, black and patched foxes, Fisher, Marten and Mink.

## WHY LITTLE JOHNNIE GETS TWISTED

Some Schoolboy Howlers and How They Originated

Schoolboy howlers are produced by four causes. First comes the inability to distinguish between the present age and the slow-moving centuries that preceded it. A scholar was asked what Prince Harry did when he heard of the illness of his father, Henry IV. He answered that he sent a postcard to say he was coming at once!

Another source of howlers is the confusion of mind caused by similar sounds. There is the case of the child to whom the words, "Lord, who hates nothing that Thou hast made," became "Lord, who hates nothing but the housemaid." Also the child who, having heard in church the words, "For in six days the Lord made heaven and earth, the sea and all that in them is," apprehended that besides the heaven, earth, and sea, which she knew, there had been created some mysterious creatures or things called "all the ninomies," which she vainly endeavored to depict on paper.

One child used to ponder with wonder the strange question in Cowper's hymn, "Can a mother's tender care cease toward the child she bears?" The tiny mite wanted to see a "child she bears."

The two other sources of howlers are undigested knowledge and pure guessing. Into these classes come the following. Attempts at an examination for the London County Junior scholarships to "explain as fully as you can how Londoners are supplied with coal and water" produced many fragments of undigested "science," such as, "Trees that are now on Clapham Common will be nearly coal in the twentieth century." "Water," wrote another candidate, "is put into large tanks and filleted."

No fewer than eighty-seven different spellings of "reservoir" were recorded, a list which, the report suggests, deserves scrutiny by advocates of reformed spelling and teachers of reading. The most remarkable rendering was that of the boy who wrote "These pipes lead to what we call a viceroi; this viceroi is filled with water."

Water was frequently stored in a "system," and released by a "tape." "Their water comes from a system which is called a Feudal system." Some quotations were significant of the unpopularity of water in too many of the poorer homes. "Some of us drink it." "Water has a lot to do with drinks, and teetotalers have very little to drink." "When people have no money to have a drink, they go to the tap, and have a drop of water."

The following were given as examples of the uses of ships: "To go to foreign countries and teach savages how to dress"; "To poets, who can get their living writing about ships." "If there were no ships people could not go and see models of them"; "Ships do not wear out the bottom of the sea, because they can't."

#### Farmers' Co-operation

The following is a list of some half dozen of the most active and important co-operative societies:

The Eastern Counties Farmers' Co-operative Association, the Southern Counties Agricultural Trading Society, Carmarthen Farmers' Co-operative Society, Newport and District Agricultural Trading Society, Midland Farmers' Co-operative Association, West Midland Farmers' Association. All show capital progress.

Now, in spite of such splendid object lessons as are furnished by these and other examples of agricultural co-operation, it is still difficult to persuade the average farmer that the movement holds out any advantage to him, and it is this inherent suspicion, this distrust and dislike of any pronounced change, which is responsible for the somewhat slow growth of co-operative methods among the farming community.

When I begin to enumerate the many advantages offered by association or membership with the Agricultural and Horticultural Association, Ltd., I cannot understand how it is that any progressive farmer or small holder can remain outside its beneficent fold.—"Agricultural Economist and Horticultural Review."

If breakfast isn't your best meal of the day try getting up with the sun and walking an hour before you sit down to the table. It may cost you more to live, but you won't be sorry.

Remember that a change of diet is often necessary as the warm weather approaches. Less meat and more vegetables and fruit will be wise. Lighter food is required in warm weather.

The buying value of a dollar is said to be decreasing. Moral: Spend your money now.

## War On Hats

We cordially invite you to come in and see our bargains before purchasing elsewhere.

See our upper window for trimmed hats at \$1.00.

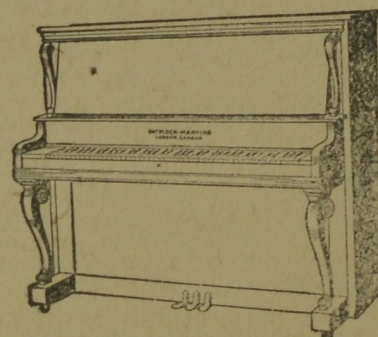
## The MISSES YOUNG

### First Showing of Fall and Winter Coats

All the latest novelties. Come and look them over. No space for description.

Special Sale of Waists and Dresses  
A lot of New Waists at 98c. each  
Summer Dresses at Half Price

**R. L. BLACK** - YORK STREET  
Agent for Standard Patterns



**SHERLOCK-MANNING**  
20th. Century Piano  
Canada's Biggest Piano Value  
It is the very Highest standard made

**E. O. MacDONALD**  
560 Queen St.

## W. E. SEERY

### Has Removed

to the Pitts Building 68 York Street  
Up One Flight.

All the Latest Goods to Pick From.

Clothes Cleaned, Pressed and Repaired.

### SECOND HAND WHEELS

One Gent's Wheel, \$20; One Gent's Wheel, \$18; both fitted with new Dunlop Tires and Coasters. One Ladies' Wheel, \$18; One Ladies' Wheel, \$15. All new tires and in first class condition. One second-hand Buggy, one second-hand Road Wagon. For sale cheap.

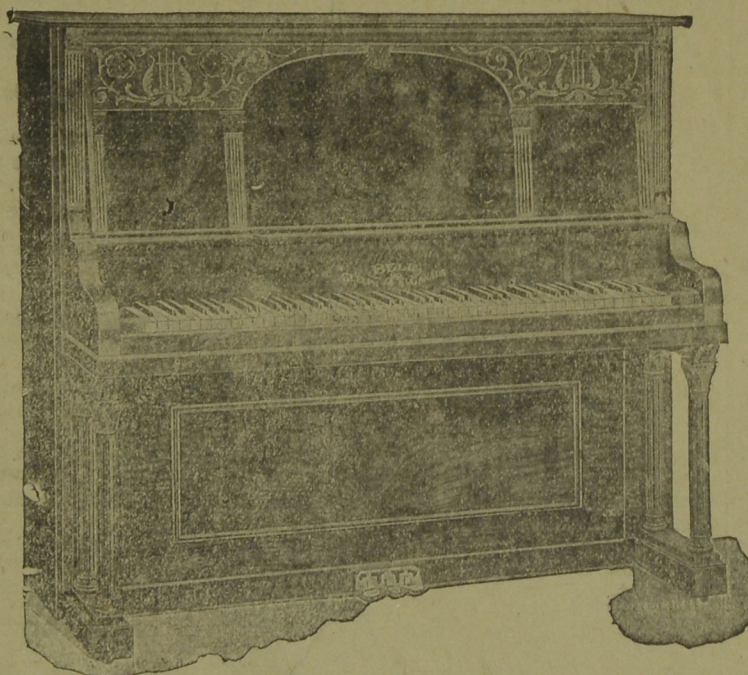
**Wm. C. Burt** - F'ton. N. B.  
625 QUEEN STREET

## The War

**THE** shutting off of imports from continental Europe into Canada, due to the war gives many home industries an unexampled opportunity for immense and immediate development.

Canada will prosper at the expense of Continental Europe. This is not a time in Canada for repining on the part of the business man. We must be careful, even frugal, but we must also be bold.

Victory is to him who has courage



## PIANOS

We have on hand a very large stock of High Grade Pianos

which we will sell at very low prices and on easy terms. Call and see them or write for prices.

No Agents Terms Easy

**McMURRAY & Co.**

**MAIL" ADDS  
BRING RESULTS**