

"Eat More Bread"

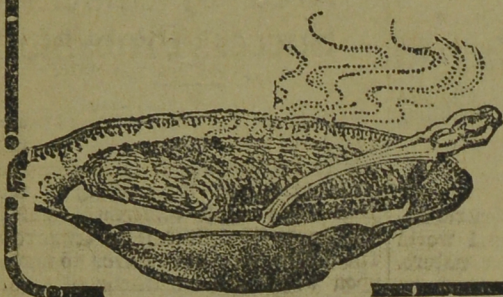
Of course you should "eat more bread"—and less meat—but be sure your "bread" contains all the body-building material in the whole wheat prepared in digestible form. The only "bread" that fulfils all these requirements is

SHREDDED WHEAT

It is made in Canada of Canadian whole wheat steam-cooked, shredded and baked. It is a natural, elemental food and is not treated or compounded with anything. Its purity, cleanliness and food value stand unchallenged, being endorsed by the highest health and dietetic authorities in Canada and the United States.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted Triscuit, the Shredded Wheat wafer, for luncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



Niagara Falls, Ont.

Toronto Office:
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It is a great mistake to experiment with unknown, untried remedies, if there is any trouble with Kidneys or Bladder. It usually results in a waste of time and money, and serious injury to the health. GIN PILLS have cured thousands of cases of Kidney and Bladder Trouble, Backache and Rheumatism. GIN PILLS have proved their value. GIN PILLS will cure you. Be guided by this letter and take GIN PILLS.



GALETTIE, ONT.

"My husband used GIN PILLS for Backache and Kidney Disease which formerly troubled him a great deal. The pain in his back was dreadful and the kidneys failed to do their work properly. As he became worse, we found it necessary to begin treatment and unfortunately, wasted time and money on remedies that were little or no good.

After taking one dose of GIN PILLS, he found them to be exactly what he needed, and after taking two boxes of GIN PILLS, was completely cured. We heartily recommend GIN PILLS at every opportunity to our friends and relatives."

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GIN PILLS are known from one end of Canada to the other. They are recommended by thousands of those who—like Mr. Milford—have tried them and can testify by actual experience to the good that GIN PILLS do.

Remember this—GIN PILLS are sold on a positive guarantee to give prompt relief or money refunded. Get six boxes at your dealer's—take them according to directions—and if they do not do exactly as we say they will, return the empty boxes to your dealer and your money will be promptly refunded. 50c. a box—6 for \$2.50. Sample box free if you write us, mentioning this paper. National Drug and Chemical Co., of Canada Limited, Toronto.

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ELECTRICITY AND PLANTS

Growth of Vegetation Accelerated by High Frequency Currents

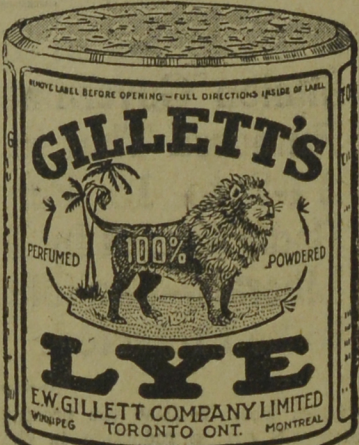
At Mordaine Farm, in the fertile valley of the Miami River, about four miles south of Dayton, O., experiments were conducted to discover the effect of electricity and artificial illumination on the growth of vegetation. Plots were marked off for exposure to different kinds of electrification. In one plot, a network of wire was stretched about 15 inches above the ground. One of the plots in the farm was illuminated by a large tungsten lamp with a ruby bulb, while still another was illuminated by a mercury vapor lamp. A fourth plot received no artificial stimulation, while still other plots had the electricity applied in various ways. The plots tested were planted with radish and lettuce seed. Electric stimulation was begun thirteen days after the seeds were planted, and three weeks later ten plants each of radish and lettuce were selected and weighed. The plot subjected to the high-frequency current showed a greater increase in yield than any of the others. Ruby light ranged second for radish, while violet light was second for lettuce.

It was found that the edible portion of lettuce grown was 75 per cent. greater in the case of electric stimulation than that grown under natural conditions. The electrification by means of high-frequency currents on a larger scale showed that almost all the vegetables grown under the wires were better than those grown under natural conditions. The plants stimulated included radishes, lettuce, beets, cabbage, cucumbers, turnips, musk melons, water melons and parsnips, and the gardener picked the vegetables at least two weeks earlier under the wires than those in the un-electrified portions. Sufficient energy was radiated from the lines to give the birds attempting to alight on the wires a shock that felled them to the ground partially stunned.—Electrical World.

Light and Milk

Milk spoils quickly when kept in a strong light and investigators have found that the rays of light near the violet end of the spectrum seem to have the most detrimental effect. Strong light acts in the same manner upon sterilized milk and upon pasteurized milk as upon pure, fresh milk; after being exposed in plain glass bottles to full sunlight for a day, all three kinds of milk were found to be completely spoiled and unfit for use. On the other hand, says The Scientific American, red rays are beneficial, and milk that is put in bottles of red glass or in bottles wrapped with red paper, will keep in good condition much longer than milk bottled in glass that permits the passage of all the light waves.

GILLETT'S LYE EATS DIRT



A little carbolic acid added to the water in which burns, bruises and cuts are washed greatly lessens the soreness.

In China a man cannot, by will, dispose of his land in favor of any one person, whether relative or stranger; it must be distributed among all his male children without exception. In France one man in twenty is entitled to wear a decoration.

Listen!

Have you heard about Peps? Peps is a new scientific preparation put up into tablet or pastille form, which provides an entirely new and effective treatment for coughs, colds and lung and throat troubles.

There is no connection between the lungs and the stomach.

Suppose something were wrong with your stomach—say indigestion, or ulceration—would you think of taking some medicine which went not to your stomach, but to your lungs? Certainly not!

Why then, when your lungs and chest are affected, should you dose your stomach—an absolutely separate organ—with medicine? Is it not far better to treat the ailing organ direct?

Peps provide a direct treatment for coughs, colds, bronchitis, and all lung, chest and throat troubles. Peps contain highly medicinal essences and pine extract condensed into tablet form. You put a Peps on your tongue, and as it slowly dissolves, these volatile essences turn into vapor. You BREATHE the remedy to your sore ailing lungs direct—not swallow it to your stomach, which is not ailing. (See diagram.) The healing fumes, thus breathed down, bathe the delicate, inflamed membranes of your breathing-tubes and pass right on to the tiny passages of the lungs—a course no liquid or solid medicine could possibly take. Peps fumes are healing and anti-septic. They heal sore tissue and kill disease germs. Peps bring pine-forest fumes to your home, instead of you going to the pine forest!

For that cold, that night cough, that touch of bronchitis, don't dose your stomach! The trouble lies in your lungs. Peps go to the lungs direct and will cure you. All druggists and stores 50c. box. Write for free sample to Peps Co., Toronto, or 52 Princess St., Winnipeg. Send only 1c. stamp for postage and enclose this advertisement.

Ad Wogast's brother Johnny is to box in one of the preliminaries when the former champion meets Joe Rivers in Milwaukee next week.

Bombardier Wells is not discouraged over his recent defeat by Carpentier and is planning to take another fling at the game.

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