There are no teas so entirely and so completely satisfactory in every respect, as the Pure, Clean, Delicious Teas of "Salada" brand.

Black-Green or Mixed-Sealed Packets only.

FREE samples cheerfully mailed on enquiry Address "Salada" Montreal. E68

A PERFECTION Smokeless Oil Heater gives just that touch of extra comfort you need in very cold weather.

PERFECTION SMOKELESS

It gives warmth where the ordinary heat does not go. It chases the chill from the breakfast-room or bedroom in a few minutes. Carry it wherever you need it. Light, easy to handle, clean; durable, and at the same time ornamental. Stock carried at all chief points.

THE IMPERIAL OIL CO., Limited



Ladies benefit by this oven test—

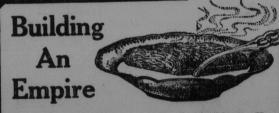
It allows you to use less flour.
For only flour that makes more bread and better bread in our oven test is offered you.

From each shipment of wheat delivered at our mills we take a ten pound sample. The sample is ground into flour in a tiny mill.
The flour is baked into bread. If this bread is high in quality and large in quantity we use the shipment from which it came. Otherwise, we sell it.

So your benefit from flour

So your benefit from flour bearing this name is sure.

"More Bread and Better Bread" and "Better Pastry Too"



Every loyal Canadian is an "Empire builder." He is anxious to add to the health and prosperity of the Dominion. But you can't build an Empire out of lands and mines and railroads alone. You have to build an Empire with men—and the way to make men is to give growing youngsters a food that builds strong and sturdy bodies. Such a food is

It contains all the material in the whole wheat grain made digestible by steam-cooking, shredding and baking. It is better than mushy porridges because it induces thorough mastication and thus develops sound teeth and insures perfect digestion. A food to study on, to play on, to work on.

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ont.
Toronto Offico: 49 Wellington Street East



Little Tasks Often Neglected

Jewels Women Will Wear

Tried Recipes



50 IN GOLD MONEY!

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Enduring Quality

847 ROGERS BROS.

NEVER CAUSED RHEUMATISM

At Regular Intervals—Says Lydia E. Pinkham's Vege-table Compound com-pletely cured her.

GIRL SUFFERED





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There Is No "Smoky" T About

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