



FACSIMILE OF TRAVELLERS' CHEQUES

ISSUED BY **The Canadian Bank of Commerce**

These cheques are a most convenient form in which to carry money when travelling. They are **NEGOTIABLE EVERYWHERE, SELF-IDENTIFYING** and the **EXACT AMOUNT PAYABLE** in the principal countries of the world is shown on the face of each cheque.

E D S PURE JAMS Made in Canada

on E. D. Smith's Fruit Farms in the Niagara District
None Superior—Few Equal

Bulletin No. 194 issued by the Dominion Government places these goods on a pedestal away above all Canadian makes in healthfulness and purity. :: ::

Write for a Bulletin to E. D. SMITH, WINONA, ONT.

Knox Pure, Plain Sparkling Gelatine

Is the secret of the cook's good cooking

It figures on every menu—in not one, but several dishes. Knox Gelatine garnishes the meats, gives body to the jells, stiffens the sauces and gravies, thickens the soup, gives consistency to the ices and ice cream, and is the basis for delicious desserts.

Each package makes one-half gallon

It is economical—goes four times as far as other desserts. It is pure—you add your own flavor, color and ingredients. You know what you are eating.

Send today for this Recipe Book. It's Free.

"Dainty Desserts for Dainty People," our new illustrated book of recipes for Desserts, Salads, Puddings, Ices, Ice Creams and Candies, together with a PINT SAMPLE, is free for your grocer's name. Address

CHARLES B. KNOX CO.
510 Knox Ave., Johnstown, N.Y., U.S.A.
Branch Factory: Montreal, Canada

Ganong's G.B. Chocolates

THE LAST PIECE IN THE BOX WILL TASTE AS NICE AS THE FIRST

CANADA'S GREATEST GROWING MARKET

Locate your Western Factory in the Central City of Canada where you can get *Cheap Power*, cheap sites, low taxation, plentiful supply of raw materials, best of labor conditions, unexcelled railway facilities, and the support of a community who recognize the importance of its industrial development.

Reports furnished free on the manufacturing possibilities of any line of industry by addressing **CHARLES F. ROLAND**, Industrial Commissioner, Winnipeg, Canada.

WINNIPEG

COWAN'S PERFECTION COCOA (MAPLE LEAF LABEL)

It Suits Them All

Old and young delight in the richness and deliciousness of

COWAN'S Perfection Cocoa.

It suits every taste.

The Cowan Co. Limited, TORONTO. 136

SHREDDED

Breakfast on Nature's Best Energy Maker.

A breakfast that starts you out "just fit" for the hardest day's work in the coldest weather—more nourishing than mushy porridge and meats—keeps the veins full of warm blood, and the bowels active and healthy.

Sold by all grocers, 13c. a carton; two for 25c.

WHEAT