

Canadian Wheat Best

Among cereals that are commonly used for human food, such as rice, corn, oats, barley, etc., there are none to compare with the whole wheat. Canadian wheat thoroughly cooked and taken with milk is a perfect food for the human system. Bread and milk make a good food, but usually bread is not cooked enough to get the best results. By chemical analysis there is found a great difference between the bread crumb and bread crust. Owing to the action of heat the bread crust contains about one-third less moisture than the crumb; six times more fat; 40 percent more proteid; twice the quantity of soluble matter; 60 percent more maltose, and three times more dextrine, all due to heat action.

Orange Meat (which contains the whole wheat) is so prepared that every ounce will be affected like the bread crust. No kitchen with ordinary apparatus can produce this effect.

To persistent users of Orange Meat a large reward is offered. See their private postcard enclosed in every package of Orange meat detailing particulars of how to win a cash prize of seven hundred dollars or a life annuity of fifty-two dollars.

If you enter this contest, send postcard to Orange Meat, Kingston, giving full name and address, and mention the paper in which you saw this advertisement.

HOUSEHOLD.

Teaching Purity.

(By Frances E. Willard.)

'How early shall we teach? The age will vary, but be sure to let purity have the first word. The child will ask questions early; let not the coarse reply get in its work before the chaste one comes.'

Household Hints.

Dissolve two pounds of alum in three quarts of water, and to clean bed bugs out of your furniture paint every crack and hole with the alum. They will not live in it. Keep the alum boiling hot while you are using it.

It is said that if stove polish is mixed with turpentine instead of water it will not only be very black and glossy, but will last longer.

Two or three lumps of sugar added to starch made with boiling water will make it stiffer and more glossy. A teaspoonful of turpentine added to every quart of starch, either hot or cold, will give a brilliantly polished surface and prevent the iron sticking.

Untimely Words.

A frightened child is to be soothed, not scolded. Any rebuke which it deserves is not to be given while it is almost wild with terror. A despondent man needs, for the hour, words of cheer rather than merited reproof. A clergyman who valued highly his loving wife's criticisms upon his words and manner in the pulpit, asked her not to tell him what she had noticed out of the way when he was

You cannot possibly have a better Cocoa than

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A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

COCOA

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fresh from his exhausting service, but to say all the encouraging words she could to begin with, saving her list of blunders until he had recovered sufficient nervous force to meet bravely their disheartening array. If a husband would find fault with his wife, or a wife with her husband, let it never, never be done before others. A rebuke under such circumstances is always untimely. To do it fittingly at any time requires wisdom, tact, and grace. If an author shows you a book of his, or an artist invites you to look at his latest painting, do not first point out the errors your quick eye observes there, but speak all the pleasant words you can of the

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Tailored to order. Beautiful Dress Skirts, \$3 to \$9; Shirt Waist Suits, \$4.75 to \$12. Send to-day for cloth samples and new style book. They are free. SOUTHCOTT SUIT CO. London, Can.

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16 Humorous Recitations, 15c. 20 Humorous Dialogues, 15c. 150 Songs with Music, 15c. Famous Dramatic Recitations, 15c. 110 Comic Recitations, 15c. 1400 Riddles, 15c. 100 Tricks in Parlor Magic, 15c. Home Amusements, 15c. By mail postpaid, two books for 25c.

USEFUL NOVELTIES CO., Dept. N., Toronto, Canada 1312.

SEND \$1 Receive 4 Wool Remnants, suitable for Boys' knee pants up to 11 years. Give age, and we will cut pants free; add 25 cents for postage. N. SOUTHCOTT & CO., 23 Coote Block, London, Ont.



Synopsis of Canadian Northwest Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties. — Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent), and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price, \$3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. CORY,

Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

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work before you, and then, unless you have some very good reason for saying something else, unless there is some positive gain to be hoped for through your speaking, keep silence. 'He that refraineth his lips'—at such a time—is wise. And if you find that you have had trouble, or have made it, through what you have spoken in hearty sincerity to others, do not console yourself with the thought that they are true words, kindly-intentioned words, but consider well if they were fitting words, timely words—hence, prudent words. The speaking of untimely words may be a crying fault of yours—a fault to be recognized and battled, and by God's help corrected. The more you think it is not so, the greater is the probability that it is your besetting sin.—Christian Globe.

THE NORTHERN MESSENGER.

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