

Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs.

FOOD SAVING IN ONTARIO. Community Canning Marks a New Epoch in Rural Life. Ontario is making rapid strides towards food saving.

BABY'S OWN TABLETS PRIZED BY MOTHERS. Mrs. Henry Vanreder, Rodney, Ont., writes: "I have used Baby's Own Tablets for the past five years and prize them very much."

THE ROAD OF DEATH. Who shall say the road of Death Falseth sheer or harroweth? See how glad they march along.

GILLET'S SOAP. HAS NO EQUAL. It not only softens the water but doubles the cleansing power of soap.

THE LION ROCK OF CEYLON. Wonderful Natural Fortress Remarkable For Its Curious History. Among the many relics of ancient civilization now to be seen in Ceylon none is more interesting than Sigiri.

NERVOUS TROUBLE. The nerve system is the governing system of the whole body, controlling the heart, lungs, digestion and brain.

A Hay Building. Farmers in the vicinity of Sunny-side, Yakima County, Wash., did a distinctive thing when they erected a "palace of hay."

MONEY ORDERS. The safe way to send money by mail is by Dominion Express Money Order. One's Ancestors. Willie—Pop, who are ancestors?

WANTED. IN A GOOD HOME, MODERN AND situated in a quiet neighborhood, a family of three adults would like a girl or young woman, Presbyterian, Methodist or Baptist preferred.

When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION. DODD'S KIDNEY PILLS.

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 100% in Ten Days. In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach, liver or kidney disease.

THE SEA HORSE. One of the Most Ancient of Fishes and a Strange Creature. If mermaids were no bigger than some fairies, they might have horses to ride.

Minard's Liniment Co., Limited. Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains.

CUTICURA HEALS ITCHING BURNING Rash On This Little Baby Over Face and Head. Quite Disfigured.

Stimulate crysanthemums with liquid manure. Like other fishes, the sea horse possesses an air-bladder, which is always distended by a quantity of gas.

WOMAN COULD HARDLY STAND Restored to Health by Lydia E. Pinkham's Vegetable Compound. Fulton, N. Y. — "Why will women pay out their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vegetable Compound will make them well?"

City Eye Specialists Tell How To Strengthen Eyesight 50% in a Week's Time in Many Instances. A Free Prescription You Can Have Filled and Use at Home.

POSTUM has been adopted as the table beverage in many a home because of its pleasing flavor and healthful nature. Each year the Canadians throw tons of rice at uncomfortable brides and bridegrooms.

Minard's Liniment Cures Hand-ruff. Hearts Easy to Break. In the simpler forms of life the heart is a mass of pulsating cells, which, as the creature grows to maturity, lengthen out into a tube.

POSTUM has been adopted as the table beverage in many a home because of its pleasing flavor and healthful nature.

