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Here's A Flour!

The Call of the Open

The call of the open is particularly alluring in Canada with its vast areas of wild woods, lakes and streams. To get the full joy of the outdoors, however, you must leave household care and business worry at home and take

TRISCUIT

with you. A box of this crisp Shredded Whole Wheat wafer will supply all the strength-giving nutriment needed for a day's tramp in the woods or an excursion on land or sea. It is delicious when toasted and eaten with butter, soft cheese or marmalades. The maximum of nutriment in smallest bulk.

> MADE IN CANADA A CANADIAN FOOD FOR CANADIANS

The Canadian Shredded Wheat Company, Limited Niagara Falls, Ont. Toronto Office: 49 Wellington Street East



althy Mothers and Chilren Make Happy Homes

herhood is woman's highest sphere It is the fruition of her dearest and greatest desires; yet thouof noble women through some dement have been denied this blessingnary homes once childless there are hildren because of the fact that E. Pinkham's Vegetable Compound women normal, healthy and strong. sevidenced by the following lettere are conving and truthen :

on, Ont.-"I wish to thank you benefit I received by taking your

Vegata ble Con baby was born I was so ill I could no bis van born I was so ill I could no bis van born I was so ill I could no bis down near all the time. Afte I took your medicin I took your medicin I felt like a new w

morning till night and was happy ell. I cortainly think it relieves at childbirth and recommend it to woman who is pregnant. You may is testimonial if you like. It may ome other woman."-Mrs. FRANK N, 132 Adelaide St., London, Ont. oklyn, N.Y.-"I was ailing all the and did not know what the matter I wanted a baby but my health not permit it. I was nervous, my tched and I was all run down. I that Lydia E. Pinkham's Vogetable ound was good and took the medi-I have now a beautiful baby and Compound has helped me in every

All Yours for Coupons and 70c 0 Each Pattern Worth 10 cents Retail Value Over \$1000 Cleaning may be done with any on Fire Blight Of Apple Trees The 6 Coupons will show you are a reader of this paper. The 70 cents is to cover the express, clerk hire, checking, handling and the overhead expense of getting the package from the factory to you. **Prompt Action Will** Save Disappointment Work Of The Dominion Department Of Agriculture **Coupon Printed Elsewhere Daily** nd Hor- in Council that were passed affecting al Congres Out-of-town readers will add 10 cents extra for postage and expense of mailing



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