



Why don't some flours behave?  
Why don't they keep good?

Because they contain too much of the branny particles, too much of the inferior portions of the wheat—may be little pieces of the oily germ.

Which act on one another—that's why some flours "work" in the sack. FIVE ROSES is the purest extract of Manitoba spring wheat berries.

Free from branny particles and such like. 'Twill keep sound, and sweet longer than necessary.

Keep it in a dry place, and when needed you find it even healthier, sounder, fresher, drier than the day you bought it.

Buy lots of FIVE ROSES.  
It KEEPS.

# Five Roses Flour

Not Bleached



Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

tory, Belgium will remain neutral during the remainder of the war.

A French aviator dropped five bombs on the German headquarters at Mezières-Charleville, on buildings occupied by the Imperial General Staff. Also fifteen French aeroplanes dropped bombs on the Railway station at Freiburg, and on the German military buildings at Ostend.

## The Ingle Nook.

[Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month in this department for answers to questions to appear.]

### Some After-thoughts.

Dear Ingle Nook Friends,—Not long ago we talked something about Growth. Following up the subject, does it ever occur to you to wonder why it is that, in the inevitable progression of things, some things that appear so very clearly progressive take such a long time to obtain a foothold? One may have all the confidence one chooses in the slow processes of unforced evolution, one may be absolutely convinced that the unflinching trend of all that is, is upward, yet one cannot but feel, at times, an impatience to see things "move," a wonder at the negligence, or stupidity, or whatever it is, that keeps them from moving with more appreciable speed.

How long did it take for Responsible Government to win out—or, at least, such substructure of it as we have. How long for a reasonable degree of free speech and liberty of the press? How

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long for some recognition of the democratic ideal? How long for the higher education of women?

And, indeed, in looking back over all those movements one cannot but remember that evolution in its real sense of gradual development by unfolding has not always been sufficient, perhaps because people have grown over impatient through long suffering. Occasionally the bold stroke appears to have been necessary, the daring of great minds, sacrifice even to life itself, noble ideals that have sometimes run amuck and lost themselves in a welter of brutality,—and so revolution has become a step in evolution. It required the horrors of the French Revolution, in which the pendulum swung appallingly to its farthest extreme, to bring some degree of justice to the working populace of France. The United States was deluged with blood to buy the freedom of the black slaves. Countless martyrs suffered and died to purchase liberty in religious and scientific thought; even the Carpenter Himself became a victim to the crystallized orthodoxy of His time.

—First the idea, then the slow and steady elaboration of it in one mind or in many, then, perhaps, insurrection or calamity to bring about the fruition.

But let us look at the whole matter a little more closely.... Has it really been "necessary" that calamity should come in order that right should be established? Has that been in very truth the "natural" order of things?—Or has something been dreadfully amiss in the minds of men that catastrophe has been thus piled upon catastrophe that the heights might be attained?

If you think about it long enough you are likely to come to the conclusion that, despite some philosophers who have argued otherwise, this last has been the