CHARACTER OF PEOPLE IS RULED BY RELIGION

ZION METHODIST

WATERLOO STREET U. B.

A Nation May be Elevated Church Services or Degraded by Its Religious Beliefs.

ASSIST THE POOR A COMMAND OF GOD

Dr. Lewellyn L. Henson in Strong and Intellectual Sermon, Tells of Duty of all Toward Fellow Men

Fruit-a-tives" Completely Restored New Brunswick Merchant to Health.



CASTORIA
For Infants and Children.

'CASCARETS" CLEANSE LIVER AND BOWELS

Feel bully! No headache, sour stomach, bad breath,

constipation.

Three Meals a Day

are three too many if they are not appetizing, wholesome and nourishing. Cut out heavy meats and starchy vegetables for a while—eat

with Sliced Peaches or Other Fruit

Shredded Wheat is a natural, elemental food made of the whole wheat, steam-cooked, shredded and baked a crisp, golden brown. For health and stomach comfort in the warm days nothing can equal this combination. It supplies the maximum of nutriment with the least tax upon the digestion. Make your meat Shredded Wheat.

Always heat the Biscuit in the oven to restore crispuses. For breakfast serve with milk or cream or fresh fruits of any kind.

MADE IN CANADA . A CANADIAN FOOD FOR CANADIANS

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

ARE YOU AS WELL AS YOU SHOULD BE? Or do you suffer from

The body derives its nourishment from the blood. When the

When your system is weakened by worry, overwork, illness or any other cause—when you feel listless and low-spirited, blood, webuild webuild.

Sleeplessness so



