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Made to preserve the fullest food values of the choicest grains.

## Goldenvis

today represents all that is best in cereal foods conforming to our govern ment's requirements.

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Migration Within the Empire.

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|  | with fingers |
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## "War-Time Cookery" FREE

 Send name and address for new "War-time Cookery" This book contains recipes chosen by the judges as the best and most practical recipes suhmit ted in our recent cash prize competition. It is intended toassist in the conservation of food and to effect savings i home cooking and baking.
E. W. Gilleft Co. Ltd.
toronto, casada

The children of the neighborhoo
had been greatly interested by the
news of the arrival of a
One of them, meeting little Jona-
than Newcome carrying some milk very carefully, asked:
"Wrat is your new brother's
name?"
$\qquad$

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WHEN NEURALGIA ATTACKS NERVES
the conmer scalt
congestion and
relieves pain
A litule, appliced ucithout oubbing




