Page Six

## WuW RAISES 600 CHICKENS

 After Being Relieved of $\mathrm{O}_{\mathrm{r}}$ganic Trouble ganic Trouble by Lydia E
Pinkham's Vegetable Compound. Oregne, Ill- "I took L Lydias E. Pink-
hames Veretable Compound for an or



Without Food our Armies cannot advance on Berlin.


HOW TO OF RHEI "Fruit-a-tives" to Quic

IN ALLL YOUR BAKING

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## TUPPER \& CHUTE

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in La ther Shoes



## J. E. LLOYD



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Therefore the 1 effort you take for your individual use-the more will you leave in the national surplus for war effort. The war can be won only by the surplue The war can be won only by the surplus strength of the allied nations. The money each individual saves
represents that surplus strength So the truly loyal Canadian will So the truly loyal Canadian will use less, spend less,
and save more, to help to win the war.

 strength of each of the allied nations
must be put fort trained and disciplined to meet the organized, Powers-that gigantic, ruthless force which is tentral of fifty years of planning and preparation. And every ounce of every allied nation's strength is in the hands and brains and hearts of the individuals of each nation, because they are free peoples.
Now the individuals of each nation must live as well as fight, therefore a proportion of the effort and material living necessities. So the less each individual takes for himself or herself fighting and winning the war. Every cent you spend represents that much effort because somebody must do something for you in order to
earn that cent earn that cent-somebody's effort must be given to -

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