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Here is the greatest  
Free Offer  
Ever made to Housewives!



Maple Leaf Flour  
Best

**FREE**  
Nutritional Parties

EVEN without a kitchen, you can have a course of Maple Leaf Flour. Now having every cent it costs you. Maple Leaf Flour gives superior baking results, either for bread, cake or pastry.

Maple Leaf Flour is made from the finest selected Canadian hard wheat, carefully milled and tested at every stage of its manufacture. A written guarantee of uniformly high quality goes with every bag—it must be satisfactory or you get your money back.

For the purpose of more quickly introducing Maple Leaf Flour to the housewives of Eastern Canada, we are making an unheard-of special offer for the return of coupons enclosed in every bag. These coupons entitle you to a wonderful Free Course, the equivalent of a college course in Domestic Science, that would be low-priced at \$200.00.

A course by mail, written by one of the leading cookery and household experts in Canada—Anna Lee Scott—Director of the Maple Leaf Club.

It is impossible to buy this course, yet you can secure it free. All lessons are sent post-paid. There are no examinations to answer. The only correspondence invited is for any help you may desire on subjects relating to household problems or the cooking or serving of special dishes for special occasions—such inquiries will be promptly answered personally by Anna Lee Scott—without charge.

HOW TO ENROLL  
As a Member of the Maple Leaf Club and obtain this Free Course

Send only four Maple Leaf Flour Coupons (1 coupon in 24 lb. bag of Maple Leaf Flour—2 coupons in 49 lb. bag—4 coupons in 98 lb. bag) to the Maple Leaf Club, Maple Leaf Milling Co., Limited, Toronto, Ontario. This entitles you as a member of the Maple Leaf Club and the first four lessons of this remarkable course will be mailed to you at once, the remaining lessons—four each month—without charge.

See your dealer about this unusual free offer, to-day.

MAPLE LEAF MILLING CO., LIMITED  
HEAD OFFICE - TORONTO, ONTARIO

MAPLE LEAF FLOUR  
FOR BREAD, CAKE & PASTRY

Weekly Fashion Hint



2694

IRRESISTIBLE FOR STREET WEAR

No style that Paris has created has been accepted with greater enthusiasm this season than the one pictured, because the dress lends itself to development in such a variety of fabrics—in fact it may be duplicated in practically every material worn at present. The circular skirt is attached to a long-waisted bodice trimmed with buttons, a two-piece collar and narrow cuffs of self-fabric. Medium size requires 4 1/2 yards 36-inch material.

Pictorial Review Pattern No. 2694. Sizes, 14 to 20 years and 34 to 42 inches bust. Price, 45 cents.

Almost every man would feel crushed if he knew the ideal man his wife hoped to get. —Port Hope Times.

FACTS ABOUT MEAT

INTERESTING TO THOSE WHO RAISE AND THOSE WHO EAT.

Why Meat Is Tough — Sources of Meat — Nutritive Value — Inspection — Late Blight of Potato.

(Contributed by Ontario Department of Agriculture, Toronto.)

The annual per capita consumption of meat has almost doubled during the last fifty years. Refrigeration, and increased facilities for transportation have been important factors in the development. In the United States and England as late as 1850, the average man consumed only one pound of meat a day. In this country, the average man consumes about one and one-half pounds a day. In the United States, the average man consumes about one and one-half pounds a day. In the United States, the average man consumes about one and one-half pounds a day.

Meat is due to the fact that the animal will, for the most part, eat what it is given. It is not a matter of choice, but of necessity. The animal will eat what it is given, and it will eat it whether it is good or bad. The animal will eat what it is given, and it will eat it whether it is good or bad. The animal will eat what it is given, and it will eat it whether it is good or bad.

Nutritive Value.

The nutritive value of meat depends upon the presence of proteins and fats. The meat bases, or nitrogenous extracts have little food value. These meat bases are the principal substances in beef extracts. Beef extracts, while of no great nutritive importance, are valued because their ingredients are in a state of solution and therefore easily absorbed by people whose digestion is at fault.

Meat Inspection.

So long as animals are permitted to be slaughtered in any barn or cellar, it is impossible to exercise a proper control over meat as sold by butcher shops in the smaller cities and towns. In the large city abattoirs in Toronto and Montreal, the Government inspectors send to the tank carcasses that are not fit for human food, approximately one per cent. of all slaughtered. No one is inspecting the cut in the country, or small town kill, and apparently everything goes to market. It is unpleasant to close one's teeth on a scabbed, tubercular lesion, or on the cystic form of a tape worm, while eating dinner. But we are doing it, and in our ignorance do not seem to mind. If all meats were Government inspected, the per capita consumption of meat would increase. People must have meat, all like it, and all are interested in the conditions under which it is prepared.

L. Stevenson, Dept. of Extension, O.A.C., Guelph.

Late Blight of Potato.

The damage done by this destructive vine disease is largely dependent upon weather conditions. During cool and wet seasons it spreads rapidly, doing great destruction to the potato foliage if not checked through the timely application of Bordeaux Bordeaux spray.

The first symptoms of the disease show up as small, irregular, yellowish green spots on the leaves which quickly turn brown, and may cover the leaf in two days. On the under surface a white mildew-like growth appears bearing the spores which spread the disease to other plants. With climatic conditions just right a crop may be destroyed in three or four days. One infected plant will infect a field. If the weather is wet and cool watch for symptoms and, if noted, spray with Bordeaux at ten day intervals.—Dept. of Extension, O.A.C., Guelph.

Relieved by Lydia E. Pinkham's Vegetable Compound

F. Verdun, Montreal, Quebec. — "I am one of thousands who have taken Lydia E. Pinkham's Vegetable Compound and I have great faith in it. I can safely say it has relieved my troubles and I shall never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backache and would feel so tired I could not do anything in my home. Since I have been taking the Vegetable Compound and Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to all my friends and hope it will cure other women who are suffering from the troubles I had." —Mrs. THOS. H. GARDNER, 821 Evelyn Street, Verdun, Montreal, Quebec.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for the new mother. It is prepared from roots and herbs, contains no harmful drugs and can be taken by the nursing mother. Its worth in restoring the mother to normal health and strength is told again and again in just such letters as Mrs. Gardner writes.

A recent canvass of women users of the Vegetable Compound shows that 98 out of every 100 women taking the medicine are benefited by it. They write and tell us so. Such evidence entitles us to call it a dependable medicine for women. It is for sale by druggists everywhere.

MURINE  
FOR YOUR EYES  
Refreshes Tired Eyes  
Write Murine Co., Chicago, for Eye Care Book

THE LIGHT OF OTHER DAYS.

Some Amusing Stories of Well-Known People.

Many stories are told of the journalist's ingenuity and resource in gathering news for his paper. One of the best concerns the famous De Blowitz, a former correspondent of the London Times.

At the time of the Conference at Berlin in 1878, the utmost precautions had been taken to prevent news leaking out, and every journalist in Berlin was at his wits' end to discover anything. De Blowitz had an "accomplice," a young man attached to one of the diplomats. He was to bring De Blowitz word of all that happened.

It would have been fatal to success for the pair to have been seen speaking together, so the following ruse was arranged: Every day the young man came to lunch at De Blowitz's hotel with the news of the day in the lining of his hat. When he left he took De Blowitz's hat instead of his own, and the correspondent thereupon took possession of the hat containing the news.

One day the conspirators had a scare, for one of De Blowitz's rivals took the hat by mistake! Luckily he returned it without finding what was hidden inside. Thus "the Times," one of the newspapers, had accounts of the conference as they were being told in "The Light of Other Days," an interesting book by the anonymous author of his stories.

De Blowitz is as follows:—

Burnt by the Berlin Conference in 1878, De Blowitz was anxious to obtain the news that was to be signed. He managed to get a copy of part of it, and persuaded one of the diplomats to read the missing portions to him. He then went back to his hotel and dictated to his secretary all that he had heard word for word.

De Blowitz left Berlin with the treaty stitched up in his waistcoat, and the Times published it before it was signed, one of the greatest "scoops" in the history of journalism.

The author tells an amusing story of Lord Palmerston, the famous Victorian Prime Minister. "The wife of a poor agricultural laborer had been awarded by the Laborers' Encouragement Association fifteen shillings for her praiseworthy domestic energy during the year. The Scriptures have it," said 'Pam,' when presenting the prize, "that a virtuous wife is a crown to her husband; but here is one who is worth three crowns to her helpmate."

The author tells several amusing stories of Sarah Bernhardt. She was playing at the Gaiety Theatre in London and was in the habit of catching the train back to her hotel at Richmond after the play. Once, however, she missed it.

So she hired a cab and set off. After a time it occurred to her that they were not making much progress, and on being interrogated the driver informed her that they were lost and that he would go no farther. The actress had to get out of the cab and try to find her way as best she could.

After a walk of some minutes she met a fire-engine returning from a fire. Without a moment's hesitation she hailed it and persuaded the officer in charge to take her home. Thus she arrived at her hotel perched on the engine. Someone shouted "Fire!" and in a twinkling the whole place was in confusion. It took a great deal of explanation before Richmond settled down to sleep again.

KEATING'S KILLS

BUGS, FLEAS, MOTHS, BEETLES  
PACKAGE NO. 20, 40c

Sprinkle in chicken houses and on chickens and fowls to KILL LICE

Relieved by Lydia E. Pinkham's Vegetable Compound

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1/2 lb  
Package



KRAFT CHEESE

Now your grocer has the cheese you like so well in this handy size.

KRAFT K CHEESE

21-25

AFTER ALL  
There's Nothing  
To Equal  
Zam-Buk  
FOR THE SKIN!

Rheumatic Pains Go  
Swollen Joints Vanish

Twisted, swollen, unsightly joints are rapidly freed from pain and brought back to normal with Rheuma-Lame people walk without aid; sleep comes to those who have been unable to lie in beds; hands that were helpless because of terrible rheumatism are now able to do their share for the support of the family.

Rheuma is a wonderful remedy for rheumatism, gout, neuritis, lumbago and neuralgia.

It is a wonder-worker; it never falters, never gives up until every vestige of poison is expelled from the body.

Rheuma acts on stomach, liver, kidneys and bladder all at once and quickly brings long prayed for comfort to distressed sufferers. J. W. McLaren and all good druggists sell it with guarantee of money back if it isn't satisfactory.

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