



Canada Food Board,
License No. 11-608.

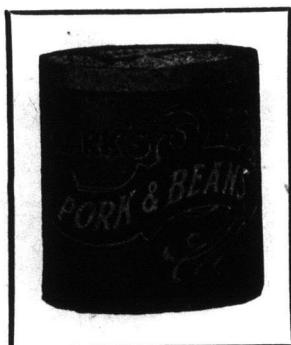
Little
Miss
MAIDEN
CANADA

Hand It Out To Them as They Pass—

Or better, send them half a dozen bars of this nourishing chocolate. There is many a brave fellow hungry today in the trenches, who will appreciate this highly concentrated food more than anything else. Positively the finest eating chocolate made, 5c. and 25c. sizes.

COWAN'S

ACTIVE SERVICE CHOCOLATE



CLARK'S PORK & BEANS

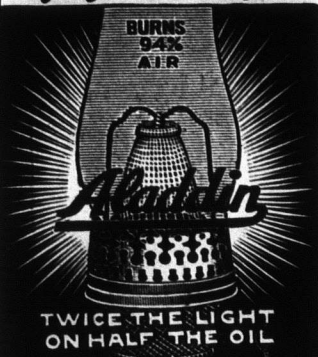
Will Save the Meats

And Give Just as Much Satisfaction
and Nourishment

W. CLARK, Limited : Montreal

CANADA FOOD BOARD—License Number 14-216

WHITE LIGHT FROM COAL OIL Beats Gas or Electric



You can now make your home bright and cheerful and SAVE ONE-HALF ON OIL. Tests by Government and leading Universities prove this wonderful new Aladdin is nearly five times as efficient as the best round wick flame lamps. BURNS 70 HOURS ON ONE GALLON common coal oil. No odor, smoke or noise, no pumping up, easy to operate, won't explode. Won GOLD MEDAL. Guaranteed.

TRY IT 10 NIGHTS FREE

Prove for yourself without risk that this remarkable white light has no equal. If not entirely satisfied, return it at our expense. \$1000 REWARD will be given to anyone who shows us an oil lamp equal in every way to this new Aladdin.

GET YOURS FREE!

We want one user in each locality to whom we can refer customers. In that way you may get your own without cost. Write quick for 10 DAY FREE TRIAL OFFER and learn how to get one FREE. MANTLE LAMP CO., 186 Aladdin Bldg., MONTREAL OR WINNIPEG

MAKE MONEY SPARE
TIME OR FULL TIME!

No previous experience necessary. Our trial delivery plan makes it easy. NO MONEY NECESSARY. We start you. Sample sent for 10 days' trial and GIVEN FREE when you become a distributor.

When writing advertisers, please mention The Western Home Monthly

they rang the bell, but their repeated rings met with no response.

"Come out into the garden, Betty, Mr. Gray Man always gives us flowers and he wouldn't mind if we took a few. Come on," he coaxed as Betty hesitated.

It was almost dusk when two tired, happy children trudged their homeward way carrying an armful of June roses.

"Bobby Masson, I'm positively ashamed of you," Madge scolded, when she heard the explanation.

The next morning two subdued little culprits bearing the evidence of their guilt in their arms and also a brief, business-like note expressing regret for the act committed and a promise that it should not occur again, started for Mr. Gray Man's. An hour later they returned laden with the choicest flowers of the wonderful garden.

"I just knew Mr. Gray Man wouldn't care a bit," declared Bobby triumphantly. "He's the nicest, bestest man in the whole world, isn't he, Betty?"

"Auntie Madge, are you going home to-morrow?" queried the twins almost tearfully, for Madge had announced her intention of returning to the city on the two-thirty train providing their mother arrived earlier in the day.

"Yes, dear," replied Madge, regretfully, "but we're going to have a nice, long car ride this evening." Madge was beginning to revel in the green freshness of the country, the broad fields and the blue sky, the sense of freedom too ap-

pealed to her. To-morrow she would be hemmed in by brick walls. More than likely, he who wrote it had in mind the tasty and nourishing corn breads made from the whole corn, because there is no better bread to be made than this.

At the present time, necessity demands that we should give up the use of wheat for breads, and that we should use substitutes, the best of which we have in corn. It is a great pity that mankind generally is not aware of the fact that the neglected corn is far richer in the nutritive elements than wheat, that it contains a greater amount of nitrates, and a greater amount of fat than wheat flour does.

When we mention wheat flour, we have in mind the whole wheat flour and not the denatured white flour which is totally deficient in food value and is, without doubt, the cause of the rapid increase of consumption, anaemia, cancer and other fearful diseases, because while these white flour products satisfy the appetite and fill the stomach, they fail to feed the system.

Stern necessity demand that we use substitutes in place of wheat, but even if this necessity did not exist, if there were no war to win, it would still be of the greatest importance to mankind generally to use corn, barley, rice and other products in place of the wheat flours formerly so extensively used, and if the American people learn to do this, they will thereby save more lives within a decade than will have been killed during the entire war.

This is saying much, but it is a great truth.

Bread, the Staff of Life

Whoever first said that "bread is the staff of life" did not have in mind the white bread to which man has become accustomed the last twenty-five or more years, but had in mind the real bread, that which was made from the whole grain



Prince Arthur of Connaught and party, with their catch, at Robinson Pool, Nipigon, C.N.R.