

NA-DRU-CO Headache Waters

A Grain of Wheat

A grain of wheat contains all the elements that are needed to completely nourish the human body and to sustain at top-notch efficiency all the mental and physical powers. When you eat a wheat food be sure you get all the wheat in a digestible form. In making

we make all these elements digestible by steam-cooking, shredding and baking into crisp, golden brown Biscuits. Two Shredded Wheat Biscuits with sliced peaches or other fresh fruit will supply all the nutriment needed for a half day's work.

ways heat the Biscuit in the oven to restore crispness. For akfast 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



1863—50 YEARS—1913

THE GOLDEN JUBILEE OF New Brunswick's Biennial Fair

WILL BE CELEBRATED THIS YEAR

Sept. 15, 16, 17, 18, 19 and 20 The Big Maritime Show of 1913

\$15,000 — IN PREMIUMS — \$15,000

OPEN TO CANADA AND STATE OF MAINE Industrial, Agricultural, Horticultural, Live Stock, Poultry, Dairy, Fine Arts, Ladies' Work, etc., etc.

4 DAYS-RACING-4 DAYS

SENSATIONAL SPECIAL ATTRACTIONS! Special Fares on all Railways and Steamers.

For further, information, Prize Lists, etc., write the Secretary

New Life and New Health

For the Weak and Ailing

The sufferer need suffer no longer. The weak need be weak no more. Because "Wincarnis" (the wine of life) creates new health, new strength, new vigor, new vitality and new life. Every wineglassful of "Wincarnis" makes you stronger, healthler and happier than you were before. From even the first wineglassful you can feel it doing you good. You can feel it surcharging your whole body with new energy can feel the rich revitalised blood dancing through your veins. And as you contin ue taking "Wincarnis" your allments will completely disappear, and in their place you will have an abundance of renewed health, strength, vigor, vitality, and reserve strength. Qon't suffer needlessly. Today is the best day to commence taking "Wincarnis."

AGRICULTURE

Bettering The Social Life Of The Country

By President K. L. Butterfiled,
Massachusetts Agricultural
College.

It has sometimes been said that isotion is the main characteristic of pantry life, as congestion is the main characteristic of other part of the findividual and unwillingments a good many things. Trais, it as a sond many things. Trais, it de as loneliness, it may apply to great city more completely than the average country community. If means lack of contact with one's ighbors, it may apply far more truly the great city than to the representive country community. The fact mains that in the city people live country community. The fact mains that in the city people live country community. The fact mains that in the city people live country town live and the representative country town one another. Farms are separated from one another, for the mass. We urge the seem for a numb an active Grange is a difficult of the community interest the cooperation of the findividual and unwilling, and to neighborhood prejudices and to neighborhood in his mode of living. In the best farming regions the first is builting a distinct advantage. In the less farming regions the isolation has been for a numb preticularly to work to get lead to be a social aspect of our human life we are very apt to minimize the individual. We are over the prevention of the first main the city people live owded closely together. In the constant of the first main the city people live owded c

Fundamental Facts About Wool

The Natural Sifting Of Farmers

If Fields Could Speak

Veterinary Notes

Flea-Beetles And Their Control

There's no fuss or bother about getting a meal, with Kellogg's Toasted Corn Flakes in the house.

Always ready to serve, fresh, tasty and nutritious.

Sold by all Grocers at 10c the package. Look for this

CORN FLAKES

Drawing Competition!

Open to All School Children in New Brunswick

THE COWAN CO., Limited

MANUFACTURERS of COCOA and CHOCOLATE, TORONTO, offer TEN PRIZES as under, for the BEST DRAWINGS of

Tin of Perfection Cocoa

This competition is absolutely FREE to enter, and is open to all School Children resident in New Brunswick. The Name, Age, Address and School attended must be plainly written on each Drawing.

THE COWAN CO., Limited care Fredericton Exhibition Office, Fredericton, N. B.

Fredericton Exhibition

3rd Prize 5 lbs. Maple Buds. 3 Prizeseach 1 lb. Assorted Chocolates 4 Prizes each 1 lb. Tin Perfection Cocoa

COWAN'S PERFECTION COCOA



Are You aware that Labatt's Lager aids digestion?

It is not only an enjoyable beverage for the summer months, but a useful article of diet.

It not only quenches the thirst but also induces better nutrition.

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