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# ls Education Of Value To Farmers

Cris Jennes M Agriculture and Engine minders with a more service of the control o

Building **Empire** 

Every loyal Canadian is an "Empire builder." He is anxious to add to the health and prosperity of the Dominion. But you can't build an Empire out of lands and mines and railroads alone. You have to build an Empire with men—and the way to make men is to give growing youngsters a food that builds strong and sturdy bodies. Such a food is

It contains all the material in the whole wheat grain made digestible by steam-cooking, shredding and baking. It is better than mushy porridges because it induces thorough mastication and thus develops sound teeth and insures perfect digestion. A food to study on, to play on, to work on.

The Canadian Shredded Wheat Company, Limited Niagara Falls, Ont.

(The Journal of Agriculture and Horticulture, which comes to us as seed may go to the next generation as blossoms, and that which comes to the same blossoms, and the water of the same blossoms, and the work of the same blossoms, and the water of the same



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