Butter Flavour!

It is the selection of rich, western wheats — the finest grown on the prairies — that gives extra flavour to bread and buns, and extra richness to cakes and pies, made from

PURITY FLOUR

Send 30c in stamps for our 700-recipe Purity Flour Cook Book. 264

Western Canada Flour Mills Co. Limited. Toronto, Montreal, Ottawa, Saint John.

Mar-Mill Chick Starter

Brings Health, Vigor and Quick Growth. Continues smooth the First eight weeks of a chick's life is a big factor in High Winter Egg-Production. MAR-MILL Higher QUALITY FEEDS bring the desired results.

MAR-MILL CHICK-STARTER is a well-balanced Mash, rich in vegetable and animal protein, containing essential foods for profitable growth and egg production, including Buttermilk, Skim Milk, Meat Scrap, etc.

Write to-day for our FREE Booklet entitled "Profitable Poultry Feeding." Address: MARKHAM MILLS (D. R. REESOR & SONS), MARKHAM.

MAR-MILL CHICK SCRATCH FEED should also be used. It is composed of specially selected high grade cracked wheat, cut corn and steel-cut oats.

Ideal Growth in Chicks, and early maturity in Pullets is the result of adequate amounts of protein, carbohydrates, fats, mineral salts, vitamins, etc. MAR-MILL FEEDS provide these requisites.

Do not overlook the fact that MAR-MILL COD LIVER OIL is pure, and of extraordinary quality. When using Cod Liver Oil be sure to get MAR-MILL quality.

Freight prepaid up to 25c per hundred, in 500-lbs. or more.

Ontario Distributors for Fasterfat Fish Meal (70 per cent. to 75 per cent. protein).

Fat and Fatality.

Diminished expectation of life attends those in whom the circumference of the abdomen exceeds that of the chest, according to The Lancet (London). Investigations carried out on a large scale in America have shown, says this medical authority, that the best weight for a man of forty-five years is about twenty pounds less than the accepted average weight for that age, at least from the standpoint of an insurance company. The writer goes on:

"The steady decline in physical efficiency which the carrying of twenty pounds of superfluous matter entails should in itself be sufficient antidote to the dangerous self-complacence with which the middle-aged man views an increase in his girth. If this is not enough, a perusal of Dr. Leonard Williams' new book on Obesity will quickly frighten him into a more satisfactory frame of mind. The infiltration of fat into the subcutaneous tissues may result in a raised blood-pressure from increased peripheral resistance, and against this high blood-pressure a heart embarrassed both on its surfaces and throughout its musculature has to work under diminished efficiency. Kidney disease is extremely likely to follow such a condition of affairs, and it is not surprising to learn that the mortality from diseases of the heart and kidneys among the obese is twice as high as in persons of normal weight.

"To make matters worse, it is notorious that such a diseased heart may give rise to very little in the way of symptoms, and nothing in the way of local physical signs, and yet, as Dr. Williams emphasizes, the fat man may die the next time he hurries to catch a train. Obesity does not stop at producing disturbances of the circulatory apparatus. The respiratory system may suffer, and it is well known that certain asthmatics may be greatly relieved by cutting down their weight. Various troublesome forms of dyspepsia may result from overweight, while invasion of the liver increases such troubles, and the pancreas itself may suffer, leading probably to the form of diabetes associated with obesity. Intertrigo (inflammation where two skin surfaces rub), varicose veins, hernia, and even deafness are some of the other disturbances for which obesity may be blamed, to say nothing of the increased gravity of acute diseases in the obese subject.

"The cure of obesity is largely bound up with the problem of its causation. Perhaps the most striking advance on the subject within recent times has been the proved complicity of the endocrines (internal secretions) leading to the broad classification of obesity into that caused by alimentary surfeit, and that caused by malfunction of one or more endocrine glands. The famous Daniel Lambert, who died at the age of forty weighing nearly fifty-three stone, may safely be put into the latter category; but it is admitted that most of the obesity commonly seen about middle age is due to overfeeding. 'To be serious,' wrote Vance Thompson, 'there is nothing so tragic on earth as the sight of a fat man eating a potato.' This quotation from Dr. Williams's book may give perhaps the key-note to the solution of the problem. It is not generally realized that it is the starchy carbohydrate foods rather than the more quickly and readily metabolized fats which are responsible for much of the alimentary type of obesity.

"More rational diet will go a long way to preventing this troublesome complaint, and in its cure this notion must be firmly established in the mind of the patient."

3000 Norway Maples and American Elms, 5" to 10" $1.50 to $14.00. Boston Ivy 40c to 75c. 2,000 Roses, 40c.

Tree Experts, Landscape Architects, Gardeners and Contractors. Write for Catalogue.

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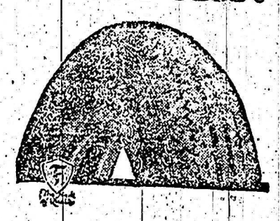
Leaders Of Them All!



The highest expression of Firestone quality and value is the Full-Size, Gum-Dipped Balloon. This pioneer among Balloon tires—and the leader proved by performance—was made possible by Gum-Dipping, Firestone's extra process for strengthening the walls to endure the extra flexing strain.

Learn from your Firestone dealer the many advantages of Gum-Dipping — the added comfort, dependability and greater economy.

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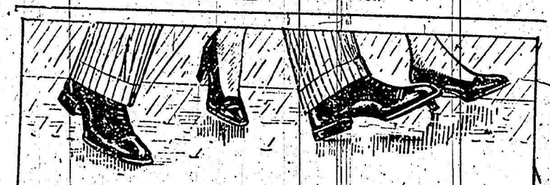

"Talk about water off a duck's back!—Just look at our shines, even after fifteen minutes in this downpour! There's certainly nothing quite like 'Nugget'."

"NUGGET" SHOE POLISH

There's a "Nugget" shade for every shoe made. 32

The Best Dairy Pail Value ever offered

We built this SMP Dairy Pail for the man who is "tired of buying new pails all the time." They are made of good heavy tin, highly polished; strong bottoms; heavy wire handles; and put together the way a pail should be. You'll get full value from every cent you invest in SMP Dairy Pails and other Dairy Tin Ware. Made by THE SHEET METAL PRODUCTS CO. OF CANADA, LIMITED. MONTREAL TORONTO WINNIPEG EDMONTON VANCOUVER CALGARY

SMP DAIRY PAILS and Dairy Tin Ware 282

OWL-LAFFS

BY O. W. L. (Owl With Laughter)

The Hostile Attitudes Company pays no dividends to its stockholders.

Many a man gets a reputation for being goodnatured because he is too timid to stand up for his rights.

The Two Streets.

Intention Street is a broad highway,
And those who follow, so they say,
Go down and up and up and down,
Trying to get to Nowhere Town.

Nowhere Town is a station fair,
On a railway that's always in the air.
None of its trains are scheduled through
Stop-over tickets will always do.

Attention Street is narrow quite,
And its dwellers work with all their might.
They feed the sick the poor they pity,
And finally get to Somewhere City.

The worst thing about a competitor is that he won't let us sleep in the daytime.

Being crooked never gets a person anywhere—and neither does a merry-go-round.

Here is a sample of the way the Chinese alphabet works. They have a symbol for "roof" and a symbol for "woman." The combination of a roof over a woman spells "peace"; a roof over two women spells "war."

"I'm going to marry a pretty girl and a good cook."

"You can't. That's bigamy."

Brute—"So you have never attended college?"

Brutus—"No, I got my knowledge through the mail."

Brute—"I see."

Brutus—"Yes."

Here's Good Advice.

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

It doesn't pay to save money for a rainy day and then blow it all in on a wet night.

Some people turn up their sleeves at work, others turn up their noses.

The way to grow old gracefully is to be able to change our minds easily.

Mrs. Brown—"When are you going to get that fence mended?"

Mr. Brown—"Let's wait till George gets home. He wrote the other day that he's taking fencing lessons this term."

"The doctor will see you inside," said the nurse to the patient as she helped him on the operating table.

An optimist is a man who jumps every time he hears a cork pop.

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child.

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the newborn babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Armour, R.R. 1, South Monaghan, Ont., says: "We have three fine, healthy children, to whom, when a medicine is needed, we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children."

Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Voice From College.

"My missus jes received a letter from her son saying he was about to cut cut-part of his curriculum."

"Another one of them college suicides, I bet."

Honesty.

For to concern ourselves in other people's affairs is a delicate matter. Yet Chremes, a character in Terrence, thinks, that there is nothing that can befall mankind in which he does not think he has a concern. Meanwhile, because we have the quicker perception and sensation of whatever happens unfavorably or untowardly to ourselves, than to others, which we see as it were at a greater distance, the judgment we form of them is very different from what we form of ourselves. It is therefore a right maxium, to do nothing when you are doubtful whether it is honest or unjust; for whatever is honest is self-evident, but doubt implies suspicion of injustice.—Cicero. "De Officiis."

Keep Minard's Liniment in the house.

WEAK AND NERVOUS

The Condition of a P. E. I. Lady Who Again Rejoices in Good Health.

"I can most heartily recommend Dr. Williams' Pink Pills to all weak people," says Mrs. Augustin Arsenault, Wellington Station, P.E.I. "Before I began their use I was very weak and nervous. I had always worked hard, with no thought of my health until suddenly my strength left me. I began to feel tired and depressed, and did not sleep well at night, feeling just as tired in the morning as when I went to bed at night. I began to feel discouraged when I would think of the work necessary for me to do. I got some medicine from the doctor which I consulted, but it did not appear to meet my case as I showed no improvement while taking it. Then a neighbor advised me to try Dr. Williams' Pink Pills and I got a supply of this medicine. I very soon found they were helping me, and I continued their use until I was well again, and I have been strong and well ever since."

Dr. Williams' Pink Pills do one thing—and do it well. They build up, purify and enrich the blood, and as the blood supplies the whole body, new life is given to the entire system. Better sleep, steady nerves, improved appetite, increased vigor—all these can be yours by taking Dr. Williams' Pink Pills. Begin to-day. Sold by all medicine dealers or by mail, post paid, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Quest and Conquest.

A railway worker, a lover of wild plants, recently told the writer how he walked thirty miles thrice for the purpose of finding a particular species of fern. He had heard of it growing in a certain district and, being of rare occurrence in the neighborhood, he set out on the quest. Twice he returned empty-handed. On the third attempt he found his treasure. He had walked ninety miles for it and thought himself amply rewarded.

A great lover of wild birds and a skilful photographer of them has for years given almost every hour of his leisure to that hobby. He has been out at as early as two or three o'clock in the morning to make his observations. Some of his photographs were the reward of almost endless patience. For birds do not pose for the photographer. If they know he is near he gets no photograph. He must needs hide himself.

But how great the joy when after long and patient seeking, he gets his pictures—birds on the nest, birds feeding their young, sometimes even standing on their backs to feed them!

A man must be prepared to put heart and strength into his quest. That is the spirit behind every discovery. All great discoveries have first of all been seekers, passionately keen and invincibly patient. Sir William Herschel, for instance, famous among other things for his discovery of the planet Uranus, used to continue his observations of the sky the night through. For some years he observed every single hour, when the weather was clear, and his observations were all made in the open air. Midwinter or midsummer he was there. The coldest nights were often the finest opportunity. His sister Caroline helped by writing down his observations as he made them.

They were keen. So was Burbank, so is Edison, so was and is every one who does anything worth while in any sphere.

Discoveries are the crown of patient and prolonged quests. They that seek find. That is the royal way.

Wouldn't Open Him Up.

Young Wife—"I'll make that husband of mine open up and tell what I want to know! I'm going to put the screws on him!"

Her Mother—"That will only tighten him, my dear."

Expert Advice.

Elmer, thirteen, was puzzled over the girl problem and discussed it with his pal, Joe.

"I've walked to school with her three times," he told Joe, "and carried her books. I bought her ice-cream sodas twice. Now, do you think I ought to kiss her?"

"Naw, you don't need to," Joe decided after a moment of deep thought. "You've done enough for that girl already."

A Careful Mother.

Little Willie arrived at school, and with him brought a letter addressed to the teacher. It was from the boy's mother, and read as follows:

"Dear Teacher; My son Willie is a very delicate, nervous and timid child, and if he should be naughty—a thing that has occurred more than once—I wish you would punish the boy next to him, for that will frighten him so that he'll behave himself."

For all pain—Minard's Liniment.

Secrets of glass-making, including the making of a brilliant scarlet, non-transparent glass, known to the old Egyptians and Chinese centuries ago and then lost, have recently been rediscovered in England.

The BEST FLOWERS &c.

Thousands of Flowering Shrubs, Rose Bushes, Boxwoods, Climbing Vines, etc. Write for Catalogue.

D. SPENCE, Importer. 82 COLBORNE ST. TORONTO

ISSUE No. 20—'27.

Late Inspector Pioneered First Aid.

Wilfrid Mansell
Inspector

With the death of Inspector Wilfrid Mansell, of the Canadian Pacific Investigation Department, which took place aboard a Montreal - Chicago train recently, there passes from the ranks of Canadian First Aiders an outstanding pioneer of St. John Ambulance work in this country. Very sad circumstances surrounded the death of Mr. Mansell for he passed away while journeying to Chicago to take part in an international First Aid competition held under the auspices of the American Red Cross Association.

The late Inspector Mansell's first aid work dates back to 1909 when St. John Ambulance work was first introduced in Canada. At that time he was assistant chief constable in the C.P.R. police force at Angus Works in Montreal, and realizing the great advantage of being able to render efficient first aid, began to study the work intensively. He was later appointed Fire Chief at Angus and police Inspector of the Investigation Department. His first aid promotions kept pace and after winning many awards was appointed instructor of St. John Ambulance work. Under his direction the Angus First Aid Teams have many times carried off the honors.

The First aid team of the C.P.R Investigation Department, under Inspector Mansell's instruction, won high honors at the recent American Red Cross Competition at Chicago.

Mortality Among the Classes.

Sir Arbuthnot Lane, in a review of Mr. Ellis Barker's work on "Health" published in the English Spectator, speaks as follows:—

The author gives convincing proofs of the advantage of plain living on natural food, combined with outdoor exercise. Farm workers and clergymen are the healthiest classes of the community, doubtless because both lead simple lives, with much exercise in the open air. Butchers and merchant seamen are among the most short-lived people. The mortality among butchers is twice as great, while that of merchant seamen is three and one-half times as great as that of clergymen and agricultural laborers. Butchers and seamen live largely on meat, preserved meat, preserved vegetables and other stale food which is only eaten sparingly or not at all by the clergy and rural workers; hence the high mortality of the sailors not withstanding the bracing air of the sea.

Many think cancer is an old-age disease. If there were a cancer age, cancer mortality would be higher among farm workers and clergymen, among whom longevity is greatest; but according to Mr. Barker, the cancer mortality is twice as high among the short-lived butchers and seamen.

Smallest Republic.

The quaint ceremony of the payment of tribute and taking the oath of fidelity to France has just been observed at Perpignan by the tiny republic of Andorra, the smallest republic in the world.

The annual tribute amounts to 960 francs, but as the expenses of sending a deputation to Perpignan would more than swallow up the amount of the tribute, payment is only made every two years.

The money was duly paid in the hard cash of the republic, which has no financial troubles, and, not having had to resort to inflation, is one of the few countries which have managed to keep on a gold basis.

Those of[illegible]ation, gas, acidity, pain and discomfort [illegible]on knocked for a fore-thing well by Seigel's syrup. Any drug store.

Having the right tackle and knowing how to fish constitute luck in fishing.

Treat corns with Minard's Liniment.

There is a fortune for the man who will invent a hog made up entirely of pork chops; such a hog would fully meet modern city demands.

Without Medical Examination

Select Male Risks, ages 15 to 45, may obtain insurance up to $2500 without Medical Examination.

Specimen Rates for $2500

Age	Rate
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30	53.25
35	65.40
40	83.75

Mail this coupon today

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Please send me particulars of your IDEAL Policy

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In the BARN.

No medicine chest is complete without Minard's. Fine for collar boils, chaffed spots and colic.

MINARD'S "KING OF PAIN" LINIMENT

Grown in the best gardens in the Orient.

Blended by men trained in the world's greatest tea market.

RED ROSE TEA "is good tea"

Packed in the best packet yet found for tea—*Aluminum.*

The Tree Crop.

With all the attention given to the farmer and his troubles, only a few people are turning their thoughts to what may well become before long the fundamental problem of crop raising.

The tree crop has never been treated as agricultural, but as population increases the country will be compelled to focus all its agricultural knowledge upon the planting and maturing of forests.

It is not merely that the supply of wood will become scarce if trees are cut faster than they grow. This cannot exist without great supplies of water, and this in turn depends upon huge areas of water-bearing lands, a characteristic of which is forest growth.

Every owner of uncultivated land should be a tree farmer, using every available acre for producing trees for the profit of himself and society.—Lebanon Reporter.

Minard's Liniment for dandruff.

No dog is clean in the mouth, according to a medical specialist, who condemns the practice of even holding a pet animal near the owner's face.

Better Chicks that will pay you. Bred to lay. Barred Plymouth Rocks, S.C.W. Leghorns, Barron and Wyckoff and Ginie etc. Ex. Bell-City White Wyandottes Pure-bred, healthy, vigorous, Smith Hatched. *Send for circular and prices*

BELL-CITY HATCHERY 14 Colborne St., Brantford, Ontario

Cuticura Soap and Ointment Keep the Scalp Clean and Healthy Promote Hair Growth

Deafness—Head Noises RELIEVED BY **LEONARD EAR OIL** "Rub Back of Ears" INSERT IN NOSTRILS At All Druggists. Price $1.25. Folder about "DEAFNESS" (in proof). A. O. LEONARD, Inc., 70 Fifth Ave., New York

Spring Time is CELERY KING Time

Brew a cup of this fine old vegetable tonic. It is all the spring medicine you need. It drives out winter's poisons, improves the appetite and makes you feel better right away. CELERY KING is good for the whole family. At druggists, 35c & 60c.

The Charm of A Velvet Skin —and the Pure Blood Under It

Tones the Blood—Clears the Skin

At this season, a safe, powerful alterative of proven merit is needed by most everyone. TRU-BLOOD corrects blood disorders and rheumatic conditions and ends Spring lassitude.

It is highly recommended for the prompt elimination of all skin affections, such as pimples, blackheads, blotches, ulcers, rash, abscesses, eczema, boils, salt rheum and all troubles arising from impure or below par blood. First known as a Doctor's prescription — now obtainable at most Drug Stores.

991 in every 1000 need TRU-BLOOD Butler PRODUCT 57

Classified Advertisements.

AGENTS.

SELL CAMPERS, MOTORISTS AND HOT SHOTS WITH handy Two in One Tool. Best season just starting. Big demand. Write for territory. The Chuck Wagon Street, Toronto.

FARM WANTED DESCRIBE, GIVE PRICE. Cash. Terms. F. Burden, 10234 80th Street, Edmonton, Alta.

DY-O-LA is unexcelled for Dyeing and Tinting. Professional Dyers use the Same Kind of **DYES**

CREAM You will secure more money for your cream by shipping to us. We supply cans and pay express. Prompt returns daily by money order. Highest prices paid for cream. References: Bank of Montreal. Write for particulars. CITY CREAMERY 780 Queen St. E. - Toronto

The 1927 Twin 74J.D. Model is the greatest Harley-Davidson of all—a new, and lower prices improved in many details but no radical departure from the time-tried Harley-Davidson design. Old timers and beginners alike will recognize in these 1927 Twins the last word in engineering achievement. Powerful speedy—built to take the road—the most dependable and satisfactory mount that ever split the wind.

Walter Andrews, Limited 346 Yonge St. - Toronto

DROPSY Thousands of people suffer with Dropsy and Brights Disease. If your limbs are swollen or you have any symptoms of this disease we guarantee that Cressy's Indian Herb Compound will give permanent relief. Money refunded if it fails. Information and testimonials supplied free. Write for particulars. JOHN R. CRESSY CO. 256 Gladstone Ave., Toronto, 3, Ont.

CARRIED WIFE TO BED

Suffered So She Could Not Walk. Restored to Health by Lydia E. Pinkham's Vegetable Compound

Mineaing, Ontario. "I am a practical nurse and I recommend Lydia E. Pinkham's Vegetable Compound to suffering women. For three months I was almost helpless and could not sit at the table long enough to drink a cup of tea. Many a time my husband carried me to bed. I was all in a weak. Then he read in the paper of a woman suffering as I did who got better after taking the Vegetable Compound, so he went and got it for me. When I had taken three bottles I was just like a new woman and have had splendid health ever since. When I feel any bearing-down pains I always take it; sometimes a half bottle or whatever I need. It is my only medicine and I have told many a one about it. Any one wanting to know more about Lydia E. Pinkham's Vegetable Compound, I will gladly write to her. I do all I can to recommend it, for I feel I owe my life and strength to it." — Mrs. NEAL BOWSER, R.R. 1, Mineaing, Ontario.

Do you feel broken-down, nervous and weak sometimes? Do you have that horrid feeling of fear which sometimes comes to women when they are not well? Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always helps, and if taken regularly and persistently will relieve this condition. C

BAYER — *Genuine* **ASPIRIN**

Proved safe by millions and prescribed by physicians for

Colds	Headache	Neuritis	Lumbago
Pain	Neuralgia	Toothache	Rheumatism

DOES NOT AFFECT THE HEART

Safe — Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid). "B. A." While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their genuine trade mark, the "Bayer Cross."