

So economical...



KRAFT Salad Dressing covers everything anyone could ask for in exquisite, refreshing flavor...

KRAFT Salad Dressing

Made in Canada by the Makers of Kraft Cheese and Velveeta

"Knights" Meaford Flooring It's Good It's Even Better IT'S THE BEST The Knight Mfg. & Lbr. Co. Ltd., Meaford

Such a Contrast!

Laura Allan I was waiting to be served at a restaurant table when an attractive young woman and a three-year-old boy took the opposite chairs...

with an oatmeal cookie, and a small cup of properly cooked cocoa. A spoonful of strawberry ice-cream was a festive finish.

Short-Temper One Way of Reducing That Surplus

"Never lose your temper" is a maxim that has been impressed on countless generations of young people.

For it has now been proved by science that the emotions of anger and fear burn up fat.

So losing your temper may be good for you—and just as good for other people.

The mother calmly ordered a vegetable salad for both, which the boy snarled at.

Obedience

One way to know is to obey. Even our primary conceptions of moral duty depend for their vigor and clearness upon our practical attitude toward duty.

Other processes may bring us to conclusions which we cannot deny, but which have no power over our lives.

A Prince Among Merchants

Leeds Yorkshire Evening Post (Cons.): Though it is true the Prince is not engaged either in manufacture or in the export trade...

WOOL HIGHEST PRICES PAID The Canadian Wool Co. Ltd. 2 CHURCH ST., TORONTO

Baby's Own Soap 10 cents Individual Cartons



Eagle Brand Milk CONDENSED

The Borden Co. Ltd. 115 George St., Toronto.

TO IMPROVE YOUR APPETITE Feeling indifferent to food? Out of sorts? Depressed? Stimulate your digestive tract with Dr. Carter's Little Liver Pills.

The Tonic He Needed



Jim Hatherton was right in the middle of his final examinations at Varsity when he told himself something snapped and he was just a bundle of nerves.

Owl Laffs

Wife—"You don't love me any more." Husband—"Why, dear, I certainly do."

After vacation comes recuperation. Nothing tones down a trouble maker so quickly as to run into someone he isn't sure he can lick.

Why the Farmer Needs the Rain The farmer needs the rain, you know; it helps him quite a lot.

The rain saves farms from damages, it does, and that's a fact; it keeps the plowmen away.

Shopping to some women is so trying. Now is the time to go out and in for gardening. Most folks want things to be different, no matter how different they are already.

A Vacation Thought The bee, though it finds every rose has a thorn, comes back loaded with honey from his rambles.

A kind-hearted gentleman saw a little boy trying to reach the doorbell. He rang the bell for him, then said, "Gentleman—" "What now, my little man?"

Contractor (to his lawyer)—"Judge, the doctor says I've got about a month to live. I want to make my will. 'Fix it so my over-draft in the First National Bank goes to my wife—she can explain it to them."

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Black—"I know they can't. Once I managed to borrow a dollar from a Scotchman. A week later he died, and I haven't heard a word since."

One commodity in the world not yet defatted is trouble. If you don't talk too much about your troubles most people won't think you have any—and that's worth a good deal.

Conductor—"She seemed like a good sensible girl." brakeman—"Yeh, she wouldn't pay any attention to me either."

Seasonable Poem Mary had a bathing suit, She carried in her purse, And every time she wore the thing It shrunk up worse and worse.

Reasonable prudence is the beginning of wisdom.—Benito Mussolini.

Water Hemlock Declared Deadly by Scientists

Children should beware of the deadly poisonous hemlock or water hemlock weed, which is sometimes mistaken by them for wild pansy during the Spring and early Summer.

"Keep live stock away from ditch banks or swampy places where this dangerous plant grows, and caution children against tasting any pansy-like plants," Dr. Durrell warns.

"Poison hemlock is a tall perennial weed growing three to six feet tall, with a hollow, smooth stem, and characteristic thick bunch of spindle-shaped roots.

"Poisoned animals suffer convulsions and die in great agony. Death occurs in a very short time. A small piece of root the size of a person's finger has been known to kill a horse within an hour.

"No antidote is known, but animals or persons poisoned should be given raw linseed oil or potassium permanganate in solution with water.

World's Housing Problem Growing as Cities Beckon

The world's housing problem, acute in many countries because of the virtual cessation of dwelling construction during the war years, 1914-1918, has been further accentuated by the almost universal shift in population from rural to urban centers.

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Tennis Was Once A Royal Game

Major Walter Wingfield of England, the "father of lawn tennis," applied for a patent for a court in February, 1874.

While lawn tennis is a modern game, its prototypes are found in medieval history. There was the French "jeu de paume," played in courts which the nobles built as parlors for their estates.

Three hundred years ago the courts in Paris were legion. Even earlier, Charles V. owned a court at the Louvre which occupied two stories of the palace, and his nobles played the game for large stakes.

England also had its courts of the Middle Ages. There was a court at Windsor Castle, an open enclosure with a line or cord stretched across the court.

Which quickens anew the winged seeds of the primrose and marigold.

I, who have loved the yearly spring of budding leaf and stem, Shall lay me down with no sad regret, nor wish a requiem.

Alberta Place-Names The first reference to coal in Alberta is contained in a map of Aaron Arrowsmith. It is that of Edgemoor creek, known today as Rosebud river.

FLIES are sure to get in

AEROXON FLY CATCHER Gets the fly every time

London's Large Appetite

Figures can be actually interesting, at times even thrilling. Here, for example, is the story of London's appetite, the story of what the world's largest city eats in a year, told in figures by the Port of London Authority.

London's breakfast bill for last year included 43,480,000 pounds of bacon and ham, and 73,000 tons of eggs. Besides the butter supplied by English farms, 358,400,000 pounds of butter had to be imported.

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There will be

No Increase in the price of RED ROSE TEA OR COFFEE

on account of the New Duty and increased Sales Tax

T. H. ESTABROOKS CO., Limited Toronto Ontario

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BABY CHICKS AI BABY CHICKS—BARRED Leghorns, 10c each. Assorted, 5c. PULLETS six weeks old, 55c. Catalogue, H. Switzer, Granton, Ont.

PERSONAL MARRY, HELIABLE MATRIMONY. Full particulars about our "Special Get-Acquainted Offer" sent free to anyone over 18 years of age. Write International Distributors, P.O. Box 2022, Toronto.

SALESMEN DO YOU WANT TO GET OUT OF THE RUT? Are you ambitious to get ahead, and unable to see how to do it? Have you ever thought of salesmanship—the highest paid profession in the world?

"What is ignorance?" asked John-ny's teacher. "It's when you don't know something, and somebody finds it out" came the immediate reply.—Christian Science Monitor.

A MILLION FAT FOLKS CAN'T BE WRONG

And that's a low estimate of the number taking Kruschen to keep down superfluous fat. When you take vitalizing Kruschen Salts for a few days that old indolent arm-chair feeling deserts you—it doesn't matter how fat you are—the urge for activity has got you—and you're "stepping lively!"

Apply Minard's freely. It washes out poison and cleanses. Any use, cleans quickly after its use.

MINARD'S "KING OF PAIN" LINIMENT



If baby has COLIC

A CRY in the night. Colic! No cause for alarm if Castoria is handy. This pure vegetable preparation brings quick comfort, and can never harm.

Fletcher's CASTORIA

DOCUMENT BOX This new, patented, Fireproof Document Box (small safe) will supply your need of fire protection for all your valuable papers, and costs only \$18.75.

Fireproof Cabinets & Safes Ltd. 353 Greenwood Avenue, Toronto 8 (Mention this paper.)

Prevent Summer Upsets Warm weather and changes of food and water bring frequent summer upsets unless healthy elimination is assured.

Fee-n-a-mint laxative For Adults and Children No Harsh Bowel Movements

Fee-n-a-mint FOR CONSTIPATION INSIST ON THE GENUINE