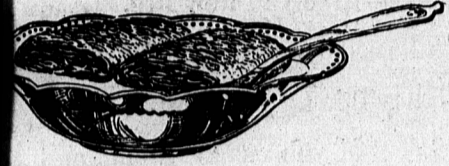


# Had Your "Roughage" today?

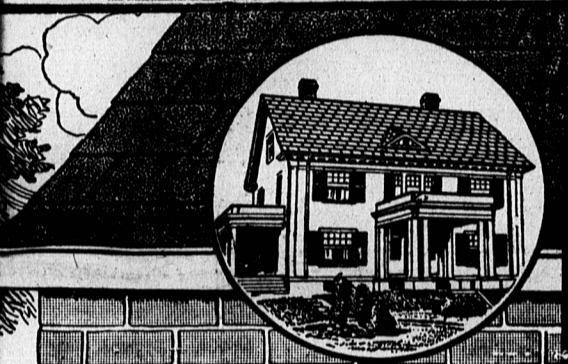
A high medical authority claims that eighty per cent. of all human ailments comes from undigested food that lies in the colon. To keep the bowels active food must contain some "roughage," such as bran, spinach or lettuce. Bran is Nature's best colon-cleanser. Shredded Wheat contains all the BRAN of the whole wheat grain. Two Biscuits a day will insure natural bowel movement, at the same time furnishing the body with all the nutritive elements it needs. It is delicious for any meal with milk or cream, or with fruits.



**TRISCUIT**  
is the Shredded Wheat cracker—a real whole wheat toast—eaten with butter, soft cheese or marmalades.

# Shredded Wheat

Made in Canada of Canadian wheat



## A handsome roof that defies the weather

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## Brantford Asphalt Slates

are being used more extensively every year. If you are going to do any building this year or have an old roof that needs replacing, it will be to your advantage to drop in and see our lines of roofing.

Two new colors added, Tile red and Blue Black. Highest quality farm seeds, priced right.

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## Fiery, Itching Skin Is Quickly Soothed With This Sulphur

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Do you know that you can add months to the life, appearance and wear of your shoes by shining them frequently? No one can be neatly dressed whose shoes are not properly polished. A few minutes daily or every other day, and the use of BLACK-O will keep your shoes in excellent shape. Before polishing, remove dust or mud, apply BLACK-O polish and you have a brilliant and lasting jet black water-proof shine—a shine which in a fine weather will remain for days. BLACK-O is waterproof.

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MONTREAL  
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**BEAR RIVER NORTH SCHOOL.**  
—The honor roll of Bear River North school for the month of

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## BRINGING UP FA!

