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The Bread We Eat.

The recent experiments by the United States Department of Agriculture have shown that the gluten and other nutrients in graham bread are less completely digested than the same nutrients in white bread, the bran and other wheat offals in the graham flour lessening its digestibility. This conclusion has been reached from a series of comparative digestion trials covering a period of six years. A number of men in sound health were experimented upon; some were workmen, others were students; men of both sedentary and active habits being included in the trials. A teamster, a college athlete, a naturally lazy fellow, and both corpulent, and lean men were subjects of experiment. In one set of tests the men were fed for several days upon graham bread and milk. Then the white bread was substituted for the graham, and for the same number of days the rations consisted of white bread and milk. All of the food consumed was weighed, and samples were analyzed, as we also all of the waste products from the body. The graham and the white flours were milled from the same lot of wheat. The conclusion reached is briefly stated as follows: "According to the chemical analysis of graham, entirewheat and standard patent flours milled from the same lot of hard Scotch Fife wheat, the graham flour contained the highest and the patent flour the lowest percentage of total protein (glutinous matter). But according to the results of digestion experiments with these flours, the proportion of digestible or available protein and available energy in the patent flour were larger than in either the entire-wheat or the graham flour. The lower digestibility of the protein in the graham flours is due to the fact that in both of these a considerable portion of the protein is contained in the coarser particles (bran), and so resists the action of the digestive juices and escapes digestion. Thus while there actually may be more protein in a given amount of graham or entire-wheat flour than in the same weight of patent flour from the same wheat, the body obtains less of the protein and energy from the coarse flour than it does from the fine, because, although the including of the bran and germ increases the percentage of protein, it decreases the digestibility. Those who really enjoy graham bread and find that it agrees with them should continue its use. The beneficial results arise not from increased nutrients secured from the food, but from the mechanical action of the food. —Harry Snyder, Chemists of the United States Agricultural Experiment Station, University of Minnesota, in Harper's Weekly.

**Are You Inviting
Pneumonia?**

**You Need Only to Neglect
Coughs and Colds. The
Great Safeguard is
DR. CHASE'S SYRUP
OF
LINSEED AND
TURPENTINE.**

Like other people, you dread the thought of pneumonia, consumption, or any form of lung trouble.

Did you ever wait to think that if colds were not neglected there would be no consumption or pneumonia?

These ailments start with colds, and any cough or cold can be cured by the timely use of Dr. Chase's Syrup of Linseed and Turpentine.

"Oh, it will wear away," you say, and in the meantime the cold is fastening itself on your system, and gradually creeping down the bronchial tubes towards the lungs.

This word of warning may be of priceless value to you if you heed it.

Dr. Chase's Syrup of Linseed and Turpentine has won the good-will of many thousands because of its wonderful promptness in curing serious colds and lung troubles.

Mr. John Clark, coachman, Port Hope, Ont., states:

"Last winter I was so bad with a cold that I could not speak above a whisper, and had great pains in the chest. At last I feared it would develop into consumption. A friend advised me to use Dr. Chase's Syrup of Linseed and Turpentine, and one bottle cured my cold, which I believe would have proved very serious if I had not used this medicine."

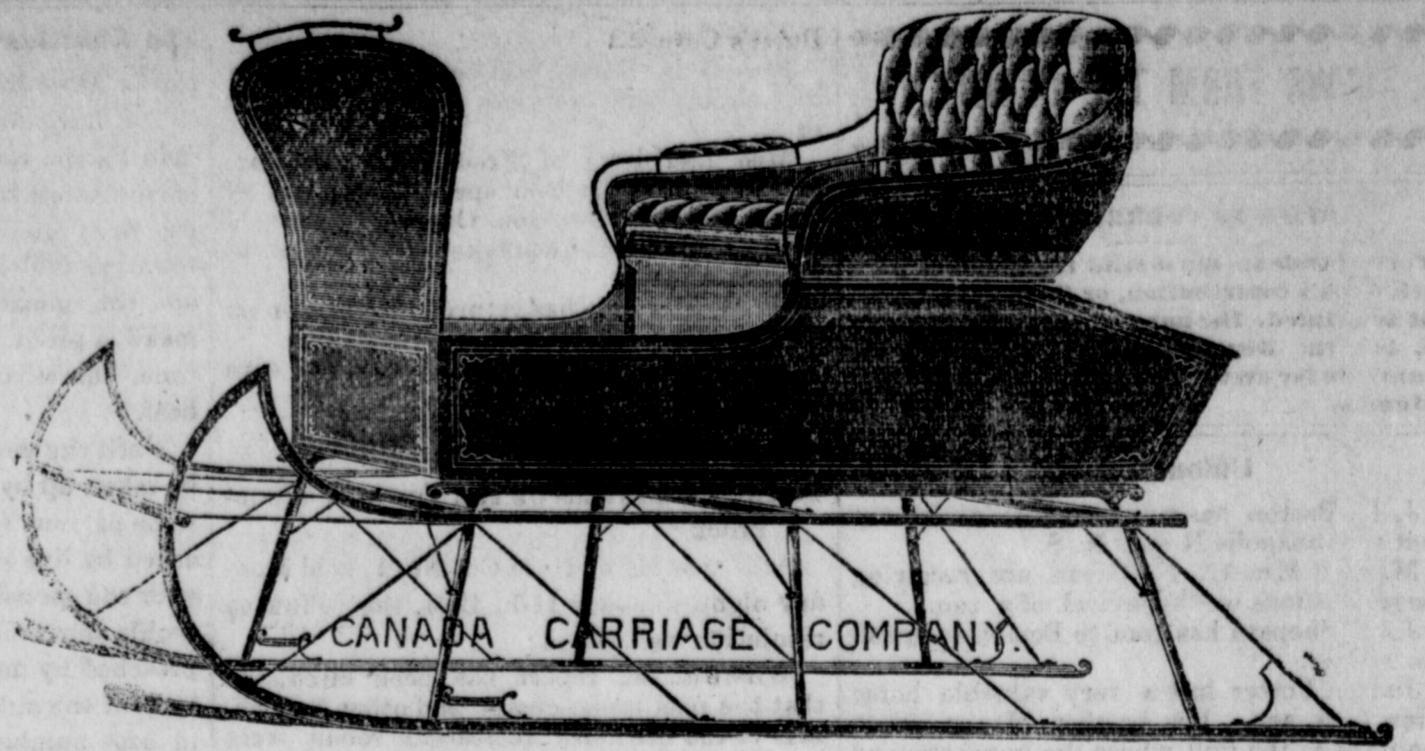
Dr. Chase's Syrup of Linseed and Turpentine is sold by all dealers at the advertised price, 25 cents a bottle, (family size three times as much), 60 cents. Edmanon, Bates & Co., Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every bottle.

A Friend In Need.

(Town Topics.)

"No," said Aunt Jane, "I ain't givin' no advice to no one nowadays. I ain't never hardly even dared express an opinion since that experience of mine with Eliza Boseley. Lord knows I warn't in favor of Eliza's marriage, but twa'n't because I had anything agin old Boseley. He was a nice enough old man, only I told Eliza eighty-four was too shaky to pay to marry, and she learned to her sorrow that I knew what I was talkin' about. They lived right next door,

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and when I went to visit Susan I might have expected to never see the old man again, only of course, knowin' old men as well as I do, I always looked forward to him and me buryin' Eliza together some day.

"So when I came back I was surprised to have Eliza come to the fence and tell me her husband was dyin,' and the doctor said he couldn't live through the night.

"Whatever did you have a doctor for? I asked (I knew all their affairs).

"Oh, he come for nuthin,' says Eliza; 'it's Mrs. Dodge's son, and he thought as there might be some interestin' complykations.'

"She looked so happy I couldn't bear to discourage her; but, of course, I wasn't so amazed the next morning when she hollered from the widow for me to come over, and that she didn't think much of Mrs. Dodge's son for a doctor.

"I went over and looked at the old man and he did look bad; he was all bunched up in the bed, like a spider that's been smashed.

"I should think you could hist him up a little or pull him down some,' I says. Eliza began to drag the pillows and quilts around, grumblin' how she'd expected to have the whole day to clean up afore the funeral, and when she began to tuck in I helped, and it was then that I see that he was a-layin' on a feather bed.

"Eliza! I says, don't you know as there can't no one die easy on feathers? They hold the life right in and it cant get out.'

"I never hear that,' says Eliza, openin' her eyes.

"Well, I stood around a little, but I couldn't do anythin,' an' I wanted to put the flowers Susan give me in water, so I went home and got out a vase, and I was just puttin' the leaves in when I hear Eliza screamin out of her winder.

"I dropped the flowers and run, but the minute I see her face I knowed everything was all right. She grabbed my hand so hard it hurt and just gasped: "I can't never thank you enough for tellin' me about the feathers. The minute you was gone I got him onto the sofa, and I dumped that bed out into the back hall. Then I hauled in a corn husk mattress and spread a sheet over it and put him back on the bed, and he no sooner laid down than he giv'e a kind of groan, and I knew it was over.

I never see anything act so quick in my life."

"Since that I never give no more advice to no one."

The Period Of Pledges.

These are the days when every man, no matter how reticent ordinarily, is given to confidences. He informs his friends that he has sworn off for a year; that there "is nothin' in it; that he has decided to take a rest. Coupled with these bald and unilluminated announcements are many acute moralizings, all of which are pronounced with portentous solemnity and aggravated earnestness.

And yet the habit of swearing off should not be ridiculed. Does the good resolution endure only one month? Then is the maker thereof entitled to credit for, first, the desire at the beginning of the month to improve himself; second, his strength of mind in carrying out his resolve for thirty calendar days, and third, for the good effect which his didactics may have had on his hearers. The same remarks apply to all cases of from two to twelve months.

The swearing-off habit has also a social aspect. It shows that the time is arriving when man shall be emancipated. A century ago, the citizen who swore off would have been regarded as half-dafy. It was not the custom of the time. Today it is in use all through the English-speaking world. It has its millions of devotees who have in common noble aspirations. They may fail, but it is better to have sworn off and lost than never to have sworn off at all.

CONTINUED PROGRESS.

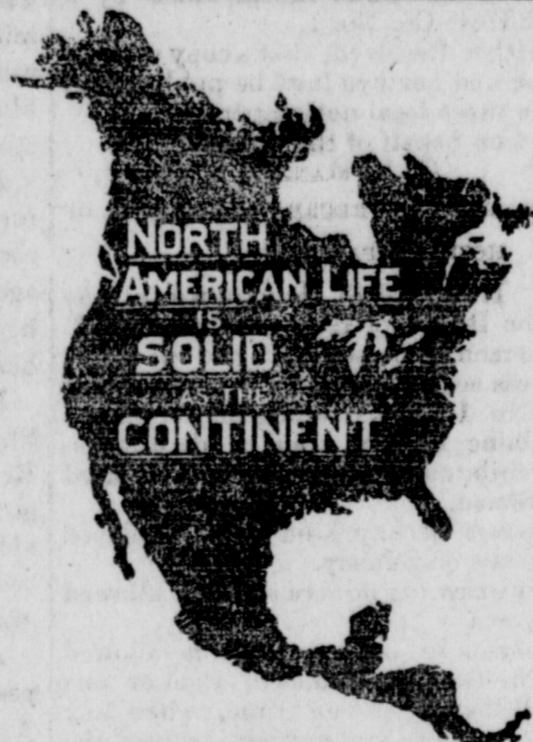
During the last few years the North American has made marvellous strides in all Departments tending to its up-building, which can readily be seen by the following figures, showing a comparison:

THREE SEPTENNIAL PERIODS.

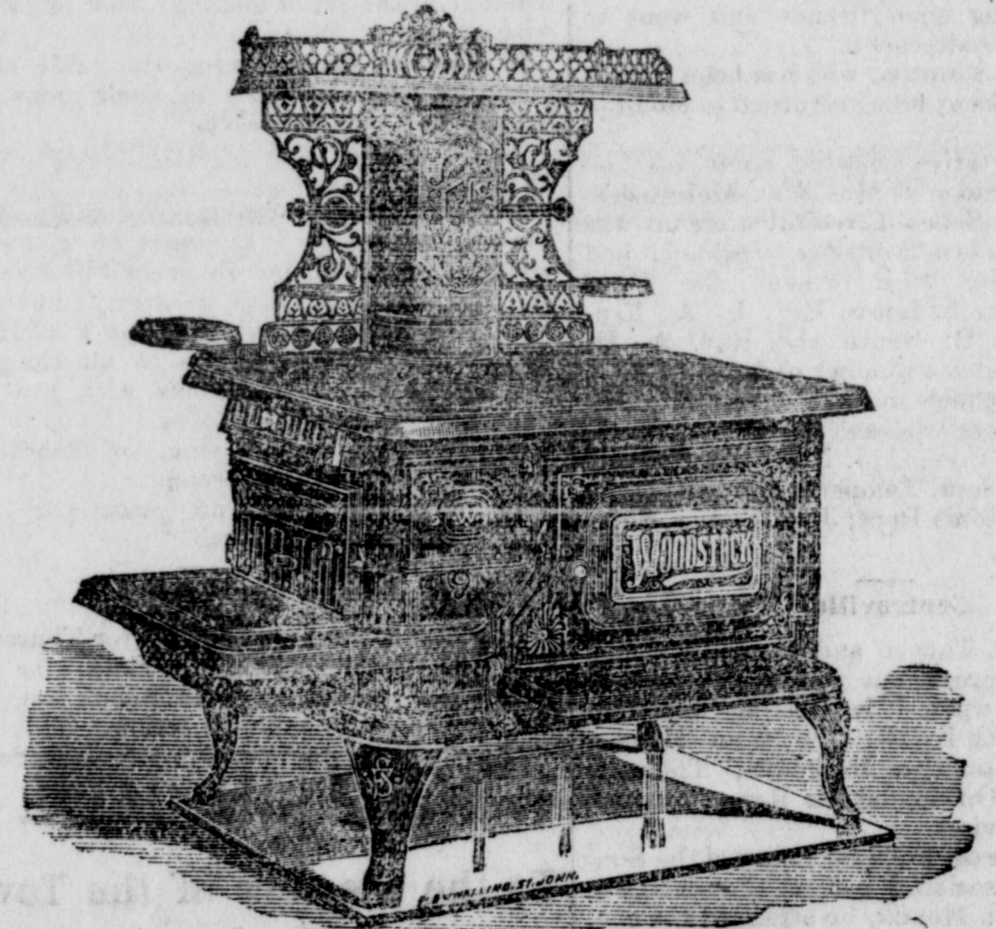
Year.	Cash income.	Assets.	Policies in force.
1881	\$39,613	\$88,763	\$1,221,712
1888	263,691	666,919	7,927,564
1895	581,478	2,300,518	15,779,385
1902	1,270,840	5,010,813	30,927,961

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**WRIGHT & EVERETT,
PROVINCIAL MANAGERS,
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THE WOODSTOCK RANGE.



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Yours faithfully,
JOHN C. BERRIE.

P. S.—I kept the fire going night and day from the 1st of October to the end of March with less than five cords of hardwood.—J.C.B.

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