"Woe unto you that are full, for ye shall hunger."

Luke 6: 25.

Not spiritually (although even the penalty of remorse may follow your neglect of this national warning) but ye shall hunger in the trying physical sense in which hunger now grips the peoples of Europe.

We know "it is difficult to talk to the belly which hath no ears," and it is just as difficult to persuade a person who has a full dinner before him to-day that he may want for food next month.

But you may as well let this fact sink into your mind—the last people that Canada and the United States will allow to suffer for want of food are our fighting men, and if a sufficient expertable surplus of food cannot be raised and saved by voluntary efforts, then very drastic rationing measures will be enforced.

It may astonish you to learn that in 1917 Ontario did not grow enough wheat for its own needs. Consequently every Ontario farmer

whose land is suitable, has been urged to sow-5 acres more spring wheat this year so that Ontario's demand for wheat shall not be met at the expense of that portion of the Western crop that should more rightfully be shipped overseas.

For this same reason every householder who has a garden or a piece of vacant land is being urged to grow vegetables, because the more vegetables that are grown and eaten in Ontario, the less wheat and meat there will be consumed, and that being so, the Ontario wheat crop should then be sufficient to feed our own people, and leave more Western wheat and other foods available for export.

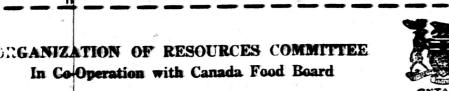
If you have not yet decided to plant a vegetable garden make up your mind to do so now. You will not regret it. There is still lots of time. Potatoes and beans may be planted up to June 1st and these are the best substitutes for wheat

For good, practical advice upon how to lay out and cultivate a Vegetable Garden, write for a free copy of the booklet entitled: "A Vegetable Garden for Every Home." This has been prepared by the Ontario Department of Agriculture for the guidance of citizens who will respond to this call for increased production.

Mail This Coupon

Organization of Resources Committee, Parliament Buildings, Toronto Dear Sirs:

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between grain grow-mais. Just new word has been re- -R. J. C. S.

(2) First Price . Angus Bull. of the increased pro- ing and live stock raising, but the sessing some of the largest and campaign in Western possibilities of quick returns with the valuable herds of parts are already noticeable. former have blinded many to the ad- of cattle, the Western Poor vantages of the latter. Notwith- Canada bid fair to been ving their herds, standing the high prices now being greatest cattle countries in the world. arm desiring to emu-obtained for wheat, oats and other They have every advantage for the ering mixed grainsJprices which a few years ago raising of cattle economically head Busides feeling were undreamed of mixed farming thy climate, low priced lands s duty to produce as is becoming Increasingly popular which grow neurishing foods, and more and among the farmers of Western Can-shundance of clear water, or Suding that mixed ada. Nothing is too good for them, markets, etc. And, what is more in a Careda pays. Of They have money to invest and are portant, these advantages are ful farmers of the the future. The country is continu- settlers, who are making use of them who have divided ally being scoured for well bred ani- to their own and the country's prefit.

lline's have been loaded for shipment to Western Canada. These are hoice specimens from the herds that ave been producing the grand chamon carloads and individuals at the international Live Stock Show; they vill become seed stock for the farms and ranches of the Prairie Provinces. movement of pure bred stock Western Canada is going on coninvally-from day to day, from week and Shorthorns, yesterday it was Jer--ys and Herefords; last week all these and others breeds as well. One day dairy cattle predominate an other day beef cattle, and another dual purpose animals. They are brought from Eastern Canada, from all parts of the States, from E land and Scotland, and even from other parts of Europe. Alread ting it wisely with an eye to ning to be fully recognized by the

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&p.m.-Are you appreciated. W.M.S. at Miss Abraham's on Saturday at 3 p,m,

Choir practice Friday 8 p.m. You are cordially invited to these ser

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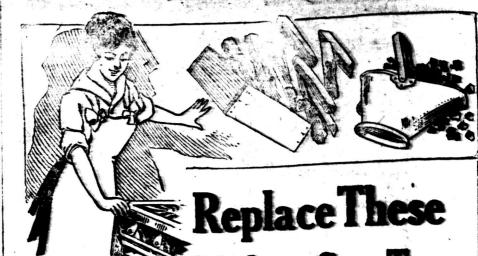
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