HOW BENGER'S FOOD PROVIDES A CHANGE FROM LIQUID MILK DIET FOR INVALIDS.

Invalids gradually recovering strength and who yet require light diet will find the special recipes in Benger's Booklet a welcome change from liquid or semi-liquid foods. These dishes, consisting as they do largely of Benger's Food, will be found exceedingly appetising, most digestible, and very nutritious for Invalids.

Some of the Recipes :

Benger's Food with Chocolate. Benger's Food and Raw Egg. Arrowroot Pudding made Benger's Queen Pudding made with Benger's. Benger's Food thickened. Sago Pudding made with Benger's. Ground Rice made with Benger's, etc.

is unequalled when the digestive system is weakened through accident, pain or illness, and whenever a light sustaining diet has become a necessity.

Booklets and Samples may be obtained post free from the Manufacturers—BENGER'S FOOD, LTD., Otter Works, Manchester, ENG.

or from their Wholesale Agents in Canada:—
The National Drug & Chemical Co. of Canada, Ltd., Montreal, or any of their branches at Halifax, N.S.
St. John, B.C.
Toronio, Ont.
Victoria, B.C.
Ottawa, Ont.
London, On.
Hamilton, Ont.
Calgary, Alta.
Regina, Sask.
Through whom supplies may be obtained.



PHOTOGRAPH

brings pleasure and profit to those who know how to make good pictures. Our Home Study Course conveys the knowledge in abstract practical form. No guessing, no loss after taking this course. Better still, it costs but a trifle. We ask you to write for particulars. Address:

Art Department THE SHAW SCHOOLS, TORONTO, CANADA. R. W. MAGEE, Director.



WHAT RECOMMENDS ITSELF? WARRANTED INDELIBLE

REQUIRES NO HEAT. WARRANTED INDELIBLE
NEW METALLIC PEN WITH EVERY BOTTLE
NICKLE LINEN STRETCHER WITH EACH LARGE SIZE
Of all Stationers Chemists and Stores or Post Free for One Shilling (25c.) from the Inventors. COOPER DENNISON & WALKDEN LTD. 7&9 ST. BRIDE ST. ENGLAND