



**Benger's Food with Milk**  
forms a Dainty, Delicious, and  
most Easily Digested Cream.

It assists Nature without imposing  
a task upon the digestive organs.  
Benger's Food is a great restora-  
tive, and rich in all the elements  
necessary to sustain life.

The British Medical Journal says :—

" Benger's Food has, by its excellence,  
established a reputation of its own."

*Benger's Food can be obtained  
through most wholesale druggists  
and leading Drug Stores.*

## THE GREAT DIGESTIVE

# The **A1 SAUCE**

**Excellent with "FISH, FLESH OR FOWL"**

Sole Manufacturers—**BRAND & CO., Ltd., Mayfair, London, Eng.**  
Agent, **H. HUBBARD, 27 Common Street, Montreal, P.Q.**

IT HAS NO EQUAL  
FOR KEEPING  
THE SKIN  
SOFT,  
SMOOTH,  
AND WHITE  
AT ALL SEASONS

"The Queen of Toilet Preparations"

BEETHAM'S  
LAIT  
*Parola*  
Regd

**SOOTHING AND REFRESHING**

after Cycling, Motoring, Skating, Dancing, etc.

**M. BEETHAM & SON, Cheltenham, England**

It Entirely Removes and  
Prevents all

**ROUGHNESS,  
REDNESS,  
IRRITATION,  
CHAPS, Etc.**

INVALUABLE  
for Preserving  
THE SKIN  
AND COMPLEXION  
from the effects of the  
FROST, COLD WINDS  
and HARD WATER.

Ask your Chemist for it, and accept no substitute.