MARKS IMPORTANT EPOCH IN TRADE HISTORY IN ST. JOHN

Arrival of "First Through Freight" Over Grand Trunk Pacific Railway -Thirty Cars of Canadian Milled Flour for Export to South Africa.





It is not easy to warm a poorly nourished body. Heat and strength do not come from over-coats or flannels. Bodily warmth and vigor come from foods that are rich in blood-making, tissue-building material.

is all fuel-food—no waste, no indigestible material to clog the system and tax the vitality. Two Shredded Wheat Biscuits, heated in the oven and served with hot milk and a little cream, for breakfast, will supply all the heat and strength needed for a half day's work. Not "pre-digested," but "ready-to-digest," not compounded, flavored or "treated" with anything—just plain, whole wheat, steam-cooked, shredded and baked a crisp, golden brown. It makes delicious combinations with baked apples, stewed prunes or other fruits, fresh or preserved.

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The Canadian Shredded Wheat Company, Limited

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Clever Milkman milk-wagon on cold days with a Perfection Oil He makes his rounds in comfort. Zero weather doesn't bother him. This milkman has

You may not drive a milk-wagon, but there are countless ways in which one of these heaters would be a convenience and comfort to you in your home. You can adapt it to your own requirements.

adapted this wonderful little heater to his own

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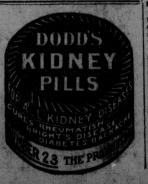


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