# M C 2035 



How much bread do you eat? Two with every meál?
One slice with every meal?
The bread - consumption of this community is only half what it Tould be for the best health and vigor of the people.
Eating twice the amount of bread means twice the strength and vi-
ality-and saving money while you win it.
Maybe you've never sat down and figured on paper the money savMaybe you've never sat down and lig,
ing of bread compared with other foods.
A pound-and-a-half loaf of bread is the equivalent of 6 pounds of A pound-and-a-hall
It is not "heavy" food, but the simple, nourishing food that creates strength and energy.
Eat more bread-and see that your children eat more. Some day hey will thank you.

St. John and Fairville baked Bread is Bread at its Best - always pure, tempting and nutritious.


ST. OHM ANDFARNULLEBAKERS' ASSNI.

Has your wife a trade?
"Impertinent question!" yóu say. Well, perhaps. But it brings to mind the fact that unskilled femate lab likely to become a bread inner, you should put her in training now. Then, shơuld the necessity arise, she to supable to produce an children, if any-in port
There is only one other way to make sure that your wife and kiddies will not come to want after
you're gone-that is, by means of adequate life yosurance.

Before you forget, ask us to send you our
booklet entitled ine
THE IMPERIAL LIFE ASSURANCE Company of Canada

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, Rer, Rooral Bank Bldg., ST. JoHN


Special Sale!
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HEAVY BLUE ART TICKIN
Sizes: $3 x 6,4 \times 6,4-6 \times 6$.
MATTRESSES $\$ 8.25$
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