

Safety－Security．
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F．B．McCURDY \＆CO，
C．A C．BRUCE，Manager，St John＇s，NAd．

## The Surplus Earned．

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This is of importance to to policybolders，for theit Dividends must come from this account． CARAOA LIFE ASSURANCE CO．

C．A．C．BRUCE，Manager， Sh．Johner ：

DO YOU KNOW THE BEST UNDERWEAR IN NEWFOUNDLAND IS
NEW－KNIT？
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GARLAND＇S Bookstores，

December Patierns and Winter Fashion Book now on sale．
CHARLES HUTTON，
＂Three
Stafford＇s


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＂BARLER＂OIL HEATERS， BEST ON THE MARKET．
H．ximum of H．I with the Minimun Consumption of Oil．Filled with all

Bowring Brothers，Ltd．，

| Items of Interest <br> Cincinnati may establish a muni－ cipal fresh air farm for poor and <br> Little New Zealand，with a million <br> veople，is going to prepare for naval self－defence．Mr．Borden says that <br> with eight million people Canada can＇t． Los Angeles has illuminated signs <br> indicating the names of the streets， which are turned on and off by clock－ <br> work mechanism． <br> \＆Co．，packers，died at Chicago on <br> a year，aged 47 ．He leaves an estate <br> An exchange says：＂The cost of <br> do nothing to even up Woodrow Wil－ son＇s tariff，the United States has <br> the jug and we have the Edwin Boothby，44，a $\qquad$ <br> hcense，was sentenced at lancaster to five years＇penal servitude for <br> Purporting to be a Board of Trade Inspector，he agreed to buy a country <br> house．He stayed there three weeks <br> literary assistants in social investi－ $\qquad$ |  | Rough Weather in the Straits． |
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## A Keen

## Creative Brain

Has value far above money alone because such a brain ean win not only money，but－what money oiften fails to win－SUCCESS．

Brains are built－same as other parts of the body－from the food one eats．
The ordinary diet often lacks certain elements essentiat to the well－bal－ anced nourishment of both body and brain．Especially is this true of white
bread flour，which，to make it white，is deprived of valuable mineral salts in the bread flour，which，to make it white，is deprived of valuable
milling process．

## Grape－Nuts

made of finest whole wheat and barley，retains the mineral salts（grown in the grain）and other nutritious elements，and thus supplies perfectly what white －flour bread lacks．

This lack is often the difference between a weak body and dull，ineffective brains and the strong，keen，creative kind．

Grape－Nuts comes ready to eat direct from package－fresh and clean． Delicious with cream or good milk．

It is a concentrated，easily digested food，and as the cereal part of the usual meal has helped thousands toward a new and successful life．
＂There＇s a Reasnn＂for Grape－Nuts

