



Whatever you do,
eat Krumbles
W. K. Kellogg

A MINISTER must nourish himself with foods which help his system restore the vital energy so heavily drawn upon in his work. Krumbles is popular with mental workers because it helps them "keep fit."

Krumbles tastes so good and is so good that those who eat it sometimes wonder what it is.

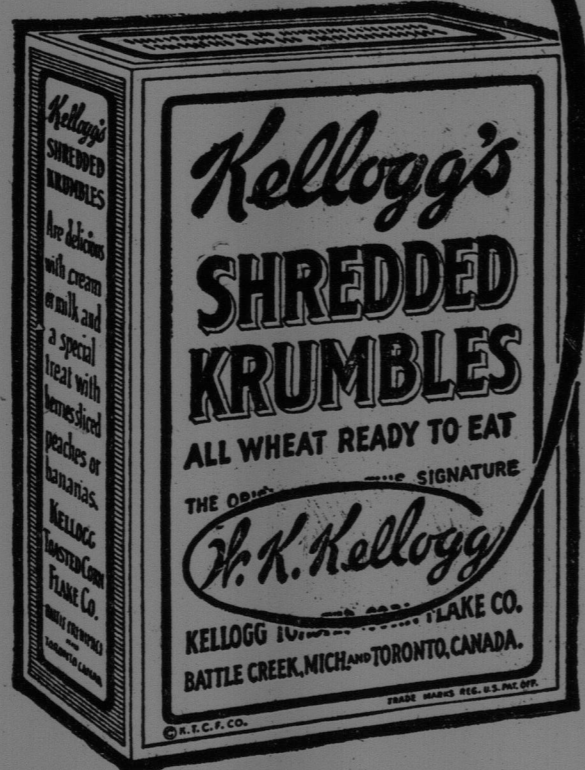
Nothing in the world but whole wheat bran and all-cooked, shredded, toasted, and given a doubly good flavor.

And, Krumbles being a compact food, a small quantity is enough for your breakfast. The nourishment in Krumbles, for example, is as carefully combined in each individual shred as Nature does when she hides so many elements in a single grain.

Ask your grocer for Kellogg's Shredded Krumbles—the only Krumbles made.

Krumbles is made in the same Kitchens at Toronto as Kellogg's Toasted Corn Flakes and Kellogg's Krumbled Bran—Always wrapped "Waxtite."

KELLOGG TOASTED CORN FLAKE CO. BATTLE CREEK, MICH. TORONTO, CAN.



A SALE EXTRAORDINARY
Highest Class Model Corsets
Thursday 10 a. m.

We want every woman who prides herself on having a good figure to join us in a big corset opportunity. We have been fortunate in securing one of the most beautiful sample lines we have ever seen. They are samples of the highest class American corsets of a celebrated make—all lovely fresh goods that would sell for \$5 to \$20 a pair in New York, and our prices will be 10 per cent. to 20 per cent. below these prices. They are silk brocade, fine coutil and fancy batiste in pink and white and are either front or back lacing. Note—These are such beautiful corsets that we have decided to give fittings if desired. Make your appointments early. Daniel, Head of King street.

CONVENTION.

The N. B. Temperance Alliance will hold an important convention next Tuesday, May 11, in Y. M. C. A. Hall, Fredericton, at 11 a. m. All who are interested in the success of prohibition are invited to be present. 1631-5-10

Save—Save!

"It's Now

or

Never!"

See Page 16



DON'T STRAIN YOUR EYES

Squinting, frowning and headaches are characteristic of eyestrain.

When this condition exists good health is impossible without the use of suitable glasses.

Arrange for an examination today and know the exact condition of your eyes.

If you need glasses you should wear them. If you don't need glasses we will tell you so.

D. BOYANER

111 Charlotte Street

SAYS COST OF LIVING IN NEW YORK HAS DOUBLED IN LAST FIVE YEARS.

Washington, May 5—Announcement is authorized by the department of labor that in five years the cost of living in New York city has more than doubled. The increase was 103.81 per cent. in the five-year period, which began December, 1914, and ended December, 1919.

Statistics showed in detail changes in the cost of living during this five-year period for fourteen industrial centres on the Atlantic and Gulf Coasts and the Great Lakes. The highest percentage of increase was 107.87 for Detroit. The next highest was 106.98 for Norfolk, New York ranked third. The total increase in each of the other cities listed is given as follows:

Portland, Maine, 91.53; Boston, 93.20; Philadelphia, 96.49; Baltimore, 98.40; Savannah, 98.68; Jacksonville, 102.14; Mobile, 94.54; Houston, 101.70; Chicago, 100.61; Cleveland, 95.05, and Buffalo, 102.65.

Here's a World Citizen.

Tulsa, Okla., May 5—Louis C. Minette, accepted for enlistment in the United States Marine Corps, said that his mother was an American who married a Frenchman in Italy. He was born on a ship flying the Spanish colors while lying in the English channel. When five his parents died in Sweden, he was adopted by a German and brought to the United States. His adopted father became a citizen. "I'd class him as a League of Nations," said the recruiting sergeant.

Seamen as War Preventers.

Sydney, N. S. W., May 5—The federal council of the Seamen's Union, after a long series of sittings, has decided to summon an international conference of seamen's organizations to consider the proposal of joint action to prevent future wars.

An Advertisement to Wives

Perhaps you don't want your husband to insure his life. The possibility of his dying suddenly seems too awful to think about. And getting money as a result of such a tragedy offends your conscience.

Well now, do you know two widows, one left comfortably provided for by life insurance money and another left destitute? Ask them what they think of life insurance. Then draw your own conclusions.

If what they say leads you to believe in life insurance—as we believe it will—ask for our free booklet "Safeguard your legacy." It will tell you about an Imperial Life Policy in which your husband can invest a few dollars each year. Then if he should die we will pay to you as long as you live—regularly—each month—a certain amount of money to keep you and the little ones from want.

Fill out and mail the coupon below.

Name.....Age.....

Address.....

Husband's occupation is.....

THE IMPERIAL LIFE
Assurance Company of Canada

HEAD OFFICE, - TORONTO

L. J. Lowe, Provincial Manager

Royal Bank Bldg. - St. John

HOME LIFE - THE BEST

People are realizing that the centre of their lives is home, and they want their homes better. Across the land, in city, town and country, is spreading the "Better Home" movement. Women's Clubs are discussing it, magazines are taking it up. People just like you have begun to say more often, "I want to make my home better."

MARCUS--THE HOME FURNISHER

invites you to buy here in the full confidence that at no other store can you obtain such value for your money in fitting out that "Better Home."

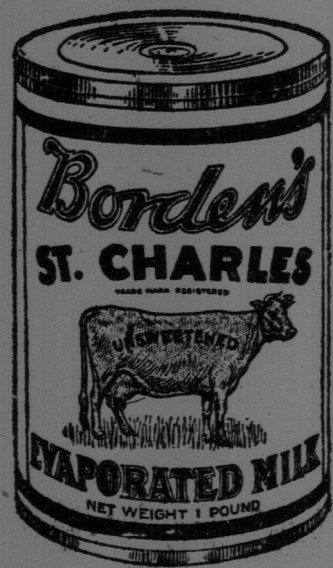
J. MARCUS, 30-36 DOCK ST.

The Best Way

to satisfy your guests and at the same time pay tribute to your own good taste is to let us worry over your table delicacies in the bake line.

The Busy Bee 143 Charlotte Street

Store Open Evenings



Just when you want it

Isn't it good to have an unlimited supply of milk for all your needs in cooking—when you want it? Fine country milk, rich and good, awaits your every use in

Borden's
ST. CHARLES BRAND
Evaporated Milk
WITH THE CREAM LEFT IN

It makes better gravies, richer chocolate, creamier white sauces for creamed dishes, whips to top your dessert and lends its cream to coffee.

Always have a supply of Borden's St. Charles Evaporated Milk on hand—you may purchase it from your grocer.

THE BORDEN COMPANY LIMITED
Montreal

A Good Combination
Hip-O-Lite
Marshmallow Creme
Ceylon Sun-Dried
Cocoanut

New Shelled Walnuts
and Almonds

— At —

McPHERSON BROS.

181 Union Street

Phones Main 506 and 507

TO LET

Large House, hot water heating, suitable for rooming or boarding. Also apartment, furnished or unfurnished, and garage. All near King Street. Apply to P. Knight Hanson, 10 Germain Street. Telephone M. 2173-14.



The Flight of Time

The passing days suggest to you that you ought to be looking after the many bargains we are offering in furniture and floor coverings.

Look in upon us. See where-in we benefit you. See how great is our desire to have you choose what you need and at Amland Bros.' low prices. English Linoleums in 4 yard width. Feltol, Feltax and Congoleum Squares.

BLINDS BLINDS
HOMES FURNISHED COMPLETE

Amland Bros., Ltd., 19 Waterloo Street