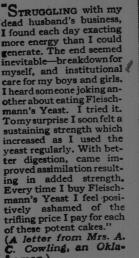


POOR DOCUMENT



"I AM a mail-carrier, and it may sound strange that a man walking twelve miles a day, six days a week, should suffer from constipation. But I did for over three years. Laxatives gave me only temporary relief. Then about eleven months ago, a friend of mine said 'Black, why don't you try Fleischmann's Yeast?... After the first month I noticed a remark-able difference, and when Saturday night came I still had some pep left... Fleischmann's Yeast has relieved me completely of constipation, and I feel tip-top all the time."

(Extract from a letter of Mr. J. F. Blackburn of Oakland, Cal.)





"I was willing to attempt anything to get rid of the terrible pimples on my face and back. Doubting, I ate yeast regularly for one month—and now—no more blues over my complexion—no more a wall flower, but just a healthy college girl who advocates Fleischmann's Yeast to set one right with the world."

(A letter from Miss Corinne Wiltrout of Logan, Kansas.)

NATIONAL PACKING CO. 14 CHARLOTTE ST. Phone M. 5015. Free Delivery

Use the Want Ad. Way

3-15

"I AM a traveling man. Indigestion is a dreaded foe of my fraternity, but I boasted that I had abused my stomach for years. Then Indigestion landed a knockout!... I grew moody, discouraged, and my work suffered ... When a friend spoke to me of Yeast, I had no faith in it. But its effect was rapid, and one day I ordered a big steak, and potatoes, and coffee-a wonderful meal, and no bad after-effects! I again eat anything, at any time and any place!" place

(Extract from a letter of Mr. W. L. McGahan of Dallas, Texas.)

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Meats-	– For Saturday
Sugar-Cured Corned Beef lb. 12c	Choice Boneless Hams lb. 35c
Lean Flat Bacon— Ib. 28c	Pressed Meat- Ib. 20c
Sirloin Steak- lb. 25c	Our Own Hamburg Ib. 14c
Round Steak— Ib. 20c	Fresh Strawberry Rhubarb lb. 20c
Standing Rib Roast Ib. 20c	Strictly Fresh Eggs 45c
MAIN 5015. National P 14 Charlot	
1 Cl in 25c can	DINLINANS
cans Sardines 25c pkgs Jelly Powder 25c	443 Main St. 'Phone 1109 151 City Road Best Dairy Butter, by the
A Main St. Phone M. 2913 The East End Grocery 189 WATERLOO STREET PHONE M. 3992 10. Bag Five Crown Flour Stacs 10. Bag Five Crown Flour Stacs 10. Bag Purity Flour Stacs 10. The Corned Beef (Clark's) 23cc 10. The Corned Beef (Clark's) 23cc 11. The Corned Beef (Clark's) 23cc 12. The Corned Beef (Clark's) 23cc 13. The Corned Beef (Clark's) 23cc 14. The Corned Beef (Clark's) 23cc 15. The Corned Beef (Clark's) 23cc 16. The Corned Beef (Clark's) 23cc 17. The Corned Beef (Clark's) 23cc 18. Choice Large Prunes 30cc 19. Jar Pure Jam (Rasp. or 25cc 19. Choice Large Prunes 30cc 10. Jar Pure Jam (Rasp. or 25cc 10. Beet Onions 40 (Oranges, Sweet and Juicy, per doz 15. Boette Onions 40 (Oranges, Codfish 25cc 15. Choice Boneless Codfish 25cc 15. Choice Boneless Codfish 25cc 15. Choice Boneless Codfish 25cc 15. Schoice Boneless Codfish 25cc 15. Schoice Boneless Codfish 25cc	City, Carleton and Milford. THE 2 BARKERS, LTD, 100 PRINCESS STREET Phone M. 642. The following list comprises only a few of our many money saving prices. Satisfaction Guaranteed or Money Cheerfully Refunded: Strictly Fresh Eggs, per doz. (at the store) 900 (at per lb. 900 (at 100 b) 100 (at a b) 100 (at 100 b) 100 (at a b) 100 (at 20 lb. Pail Pure Lard 1.79 20 lb. Pail Pure Lard 1.79 20 lb. Pail Pure Lard 1.79 20 lb. Pail Shortening 1.55 2 Cans St. Charles Milk (large) 266 Best Sweet Julcy Navel Oranges per dozen, from 236 up targe, Julcy, Florida Grape Fruit, 3 for 266 4 lb. tin Strawberry Jam. 766 4 lb. Good Bulk Tea. 496 Plonie Hams, per lb. 916 Roll Bacon, per lb. hy the plece. 256 Good Apples per per charmed from \$1.50 up 5 lb. Box Special Associed Leader Chocolates 9200

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