

MOST PERFECT MADE

THE INCREASED NUTRITI

OUS VALUE OF BREAD MADE

IN THE HOME WITH ROYAL

YEAST CAKES SHOULD BE

SUFFICIENT INCENTIVE TO

THE CAREFUL HOUSEWIFE

TO GIVE THIS IMPORTANT

FOUD ITEM THE ATTENTION

TO WHICH IT IS JUSTLY EN-

HOME BREAD BAKING RE-

DUCES THE HIGH COST OF LIVING BY LESSENING THE

AMOUNT OF EXPENSIVE MEATS REQUIRED TO SUP-PLY THE NECESSARY NOUR-ISHMENT TO THE BODY. E. W. GILLETT CO. LTD.

TORONTO, ONT.

DRAMA AND COMEDY;

TITLED.

WORK OF THE PLAYGROUNDS

Statement From the Executive in Explanation of Its Work All the Year Round - Next Satur day Violet Day - Appeal To the Citizens

In connection with the Violet Day ampaign next Saturday to raise funds for work among the boys and girls of the city, the executive of the Playground Association makes the following explanation and appeal:

The Playgrounds Association, having

he assurance from members of the city council that it would receive a larger grant than that of last year, laid its

ROMANCE AND WAR a very considerable debt, but with the Boys' and Girls' Clubs on its hands, the director's salary to pay and not one cent in prospect, except what it might be able to get from a generous public.

The position of the association is thus very much worse than that of any other organization hitherto receiving civic

Teas that are full of Dust 3 Cost less and are injurious in use.

Teas are healthful in use and delicious in the cup —

Black, Green or Mixed - Sealed Packets only.

How Old is the Milk You Drink?

Do you know that there's all the difference in the world be-tween STRICTLY FRESH MILK and milk from two to

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'Phone 287.45 Primecrest Farm, . . South Bay, St. John

in a form that does not irritate the intestines. It is combined with carbohydrates and mineral salts that build the perfect human body-all prepared in a digestible form-more nourishing than meat and costs much less.

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Nature's laxative is cellulose—the woody fibre that is found in many vegetables and in the bran coat

of the whole wheat grain. It serves the useful function of promoting "bowel exercise." You find it in

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