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INVESTMENTS

**A.E. AMES & Co.**

ESTABLISHED 1889

UNION BANK BUILDING, TORONTO  
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SUGGESTIONS  
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# Keep Fit!

The remarkable record made by our boys "over there" was due largely to the fact that they were kept physically fit.

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The "fit" man does more work and does it better and with less effort than the man who always has some trifling ailment.

**Absorbine Jr.**  
THE ANTISEPTIC LINIMENT

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