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low prices.

Cherries 19c. can.

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We can duplicate any broken lens without the prescription,

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Two Stores 38 Dock St.—III Charlette St. opp. Dufferin Hotel

Corn 3c. can, \$1.00 per dozen. Peas, 9c. can, \$1.00 per dozen. Peaches 15c. and 25c. can. Strawberries 19c. can.

Best Red Salmon, 16c. can.

JAMS

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Our repair service is noted for promptness, accuracy and

New Canned Goods Tomatoes, 9c. can, \$1.05 per dozen. R. Hagerman. Finance committee—J. P. Mosher, Capt. A. W. Burns, A. R. Everett, Dr. E. N. Davis, S. H. Wanamaker, B. H. Dunfield, Morton Watt, Kenneth Gillies, Herbert Downie, Gordon Plummer, Fred Good Salmon, 12c. can, 3 cans for

Auditors-William Parent, Dr. E. N

Pure Jam in 5 lb. pails, 43c. pail. Pure Jam in large jars, 10c. jar. Marmalade, 10 and 12c. par.

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Yerxa Grocery Co. 443 Main St. 'Phone Main 2913 Free delivery to all parts of the lity, West End, Fairville and Mil-ord; also all boats and trains.

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ted: chief difficulty in the way of increasing wick and Prince Edward Island, there is in New York city, Ply yet plenty of room for improvement:— Cleveland, Buffalo and yet plenty of room for improvement:— Cleveland, Buffalo and yet plenty of room for improvement.	a recovers.
vnie. of the land is well adapted. The de- 1891 1901 1911 1912	1913 19
	66,361 67
	135,818 138
-A. A. measures in hand which it is confidently Other cattle	159,703 161

Assistant financial secretary—A. V. DeWolfe. Assistant financial secretary—A. V. Wilson. Trustees—Sheriff A. A. Wilson, K.C., A. D. Barbour, W. V. Barbour, Cept. A. W. Burns, Isase Erb, H. D. Syreet, H. Burns, Stase Erb, H. D. Syreet, H. Burns, L. B. Sorman, I. B. Sorman, I. B. Sorman, James I. Davis, John Bennett, Treasurer for communion fund—Dea-con J. J. Gillies, H. S. Cosman, I. and Music committe—A. D. Barbour, Miss Rheta Wilson, Mrs. B. H. Dunfield, Miss Gertrade Wilson, Mrs. William Curtis, Mrs. Hartley Waannaker, Mers. L. Nickerson, Edwin Davis, Offertory committe—A. V. DeWolfe, J. H. Parker, W. H. Downis, Arthur R. Fererett, Reginal Dean, Kenneth Willing David E. Smith, John Bennett, Aller Chestnut, H. S. Waannaker, Mers, R. Magerman, R. Hagerman, R. Ha

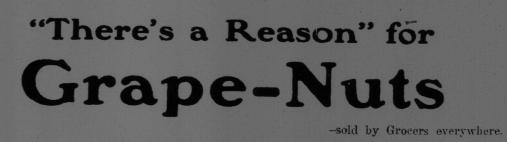
wheat foods-bread for instance and some so-called breakfast foods -require 21 to 3 hours for digestion.

Grape-Nuts food digests generally in about one hour.

Being highly concentrated, there's more actual food value, weight for weight, in Grape-Nuts than in some other foods sold in bigger packages.

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