

COOKS!

You will immensely improve the tastiness of dishes and add tremendously to their nourishing value if you use plenty of

BOVRIL

-and Seal Brand Coffee-

Nothing else will do

No other can compare with Seal Brand. Made only from the finest mountain-grown beans, which have developed slowly, absorbing goodness from the air, the sun and the luxurious soil of the cool wonderful Tropic Uplands.

Perfectly Blended and Roasted, the rich aroma and rare flavour sealed into the Tins.

In ½, 1 and 2-lb. sizes. Whole, ground, and fine-ground. At all good grocers. Write for "Perfect Coffee—Perfectly Made", Mailed free on request.

CHASE & SANBORN, MONTREAL.

