


## Make Your Food Serve You Well

Why not cut out costly foods which yield littlemeal.service. and replace them with "working" food-

The delicious, ready-cooked cereal Grape-Nuts Inexpensive ahd a heavy yielder of physical and mental energy.
Try Grape-Nuts "Thereśa Reason"

| Currants | Rid. Oass | ${ }^{1}$ Flour | Bran | Oats |
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|  | 400 barres. ${ }^{\text {a }}$ |  | 1000 sacts | 1000 |
|  |  |  | Canadian. | full 4 bose |
|  | Osmine | ${ }_{\text {mout }}$ | Ofrine |  |
|  | Harvey \& Co., Ltd. |  |  |  |

## SHOES FOR EVERYBODY

## We are now showing son

## Rubbers for Everybody !

We have just finished opening up our big stock of Rubber Footwear. Black Rubers, Tar nuburn, white Rubbers, Low. Rubbers, Storm Rubbers, High Heel Rubbers, Low Heel

SRe RUBBERS
EVERYBO

Ladies' black satin pumps.
MENS BOOTS
LADIES BLACK SATIN OXFORDS. in Black \& Tan Leath
ers,
$\$ 9.00$, 87.00, , 8.00
$\$ 11000$
$\$ 10.00$,
$\$ 1200$ h, \$9.00. $\$ 10.00$,
$\$ 14.00$, $\$ 15.00$.

Have you seen our New Styles in Ladies' High Cut Footwear? They're absolutely perfect models of High Class Footwear. Also a big assortment of Misses' and Children's High Cut Boots.
all mail orders receive prompt attention.

## F. Smallwood, <br> THE HOME OF GOOD SHOES,

218 and 220 WATER STREET, ST. JOHNS.


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|  | Have you tried Etew Arts |  |
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|  |  |  | Just the thing for evening wear; also a big stock




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"Reg'lar Fellers"


