

The Three Essentials for a Good Meal. GOOD BREAD, GOOD BUTTER, GOOD TEA. Buy what flour you like, where you like. Buy your butter where you like. Buy your tea where you like, Bu: Win TMEA.

## Where you buy

## VIM IEA

you are very apt to find good flour and good butter"BIRDS OF A FEATHER," Ltc.
yIMTEA CO.
ST. JOHN N. B.

## ABBEY'S <br> Recommended by the FACULTY

Used by the masses, who, unsolicited, certify to its worth.

Tones the Stomach and Stirs the Liver to healthy action.

## Effervescent

Is Nature's Remedy for Tired, Fagged-out and Rundown Men
If taken regularly contributes to the Perfect Health, Makes Life Worth Living.

## ALL

Flour - White
Bread - Light Price - Right Then HOME'S BRIGHT

All Essentials for a Bright Home found in
FIVE ROSES FLOUR

Artificial bleaching' not required.
Lake of the Woods Milling Co. Ltd.


