

NEWCASTLE NOTES.

has returned from Toron
It take charge of the armo
a few days.
Hambly, who has been to
of her mother, Mrs. Jame
(or the past three mouth





Warmth and Strength

on a cold day come from foods that are easily digested and are rich in heat-making elements. For the out-door man or the indoor man, for children to study on, to grow on, to play on, there's nothing so nourishing and satisfying as

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