## A GRATEFUL MOTHER

Letter From Mrs. Ayars Tells How Lydia E.Pinkham's Vegetable Compound Helped Her
 1



## 

A Milkman Who
Takes Water Out! One of the favorite themes of the Though the joke has lit
Buth manes. But have you ever thought of the milkman whio
does exactly the opposite-the milkman who take water out? Thats what the Carnation milkman does-and
here's why he does it: here's why he heesilions of people, Millions of peopie, all over the world, use Carnation
Milk regulaly; it tomes to them from some of the fines
dairying sections of Canada, dairying sections of Canada. It semm folisisto pory transportation on alt the
water in this milk, so most of the water is removed, Such removal serves to concentrate and enhance
food values in the milk, making it richer and smother It also explains the satisfaction with which so man
peoppe use Carnation Mills undiluted in place of costly cream
in coffee or on cereals and fruits. Remember, Carnation is simply pure milk, evaporated
sterilized; nothing is added, no sugar or preservative of
any kind. You can restore it fo. .ts original strength and consisis-
eney merely by putting back the water that has been take
away. by the case of 48 cans.

## Carnation Milk

The Label is Red and White Carnation Milk Products Company, Limi ylmer, Ontario.

Death to Flies Insects of all Kinds SAN-O-SPRAY Ellis\&Co.LId 203 Water St. SAN. O-SPRAY Certiticate of Approval WHAT IS SAIF-O-SPRAY Certain
ferous ins
of houser



THE PANGS OF REMORSE A COMPLICATED TANGLE.


 ard Clarence,
he approaned
corner. The
 Ansley-taking this new question as
at fresh proot of the tutors insantry.
"Have jou noted the ting the ruby



 Wotel, and Clarence tollowewh hima
"Now, str, sald Claude Ainsleg,

