



PURGEN
The Ideal
APERIENT.

A sure relief for constipation.
Very pleasant to take.
Exceedingly mild in action.

In 3 strengths:
"INFANT," "ADULT" and "STRONG."
Of Druggists, 30 c. per box or postage paid
for 35 c. direct from

LYMAN'S, LTD.,
474, ST. PAUL STREET,
MONTREAL.



H.P.
THE NEW
SAUCE

From England

H.P. has a new and delicious flavour, different—quite different—from any sauce you have tasted before.

Wouldn't it be worth your while to try a bottle right away?



Benger's Food is specially prepared to build up the weakened digestive system, and to promote a high state of bodily nutrition while doing so.

It is the only food enabling rest and regulated exercise to be given to the digestive functions.

Benger's is not a predigested food nor does it contain dried milk. It is made with fresh milk, and forms a dainty and delicious cream, with a delicate biscuit flavour. Patients never tire of

Benger's Food

but on the contrary continue to enjoy it.

Every householder should possess a copy of "BENGER'S FOOD, AND HOW TO USE IT—FOR INFANTS, INVALIDS, AND THE AGED." Post Free from:—

BENGER'S FOOD, LTD., Otter Works, MANCHESTER, ENGLAND.

Benger's Food is sold in tins by Druggists, etc., everywhere.

