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 THE IRON-OX REMEDY CO., Limited, Walkerville, Ont.

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**WITH THEIR PATENT'
 ILLIMITABLE REPEATING
 ACTION**

**Give in Upright Form the
 Satisfying Qualities for-
 merly confined to Grands**

**THE ART BELL
 IS CANADA'S BEST**

THE BELL CO.


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TORONTO ————— MONTREAL

GOLD MEDAL, PARIS, 1900

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PURE, HIGH GRADE
Cocoas and Chocolates



Breakfast Cocoa.— Absolutely pure, delicious, nutritious, and costs less than one cent a cup.

Premium No. 1 Chocolate.
 —The best plain chocolate in the market for drinking and also for making cake, icing, ice-cream, etc.

Sweet German Chocolate.
 —Good to eat and good to drink; palatable, nutritious, and healthful.

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DORCHESTER, MASS.
 BRANCH HOUSE, 12 and 14 St. John St., MONTREAL

TRADE-MARK ON EVERY PACKAGE

BARNEYS' INK

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 "BELFAST HOUSE"
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It is a known fact that many people fail to digest the starchy part of bread and other food. **Grape-Nuts** (a delightful breakfast food) is made of the grape sugar which results from preparing the starchy parts of the cereals, in the same way artificially as the body should do by natural processes. Therefore, **Grape-Nuts** furnish food all ready for immediate assimilation into blood and tissue. They are made by the Postum Co., at Battle Creek, Mich., and are ready prepared; require no cooking whatever and will be found most valuable by athletes, brain worker or invalid.

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 Indelible and Harmless
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