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## ESSAY COMPPITINON THEVICTORYLOAN

School Prizes for Collegiate Institute

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## FISH! <br> Canada's National FISH DAY

## THURSDAY, OCTOBER 31st

 EAT MORE FISHThree years ago the Canadiar Fisheries Association decided to start a National Fish Day and they chose the last day of Oetober. The idea is to make known, not so much in a commervial way, as a matter of National Ambition. If Everybody will eat Fish instead of meat on this day,
Canada will be able to export $3,000,000$ pounds of meat to the Allies. Be loyal and do your lit. There are a dozen classes of fish on the market now, and we will have a full supply on Thursday.


Fresh Oysters Every Day Benwell Fish Co.

IT SAVES MONEY
 $\square$

