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## "The Better Bread Baker"

CHAS. W. CAMPBELL


FENCING MATERIAL
W. H. CLARK \& C0., LTD.

| Lines Pharmacy Jasper Ave, at 102nd St. PROMPTNESS <br> ACCURACY $\qquad$ <br> Phone 1633 | HILLAS BLECTRICAL CO. All lines of Electrical Repairs, Contracts, Fixtures, Supplies. Phone $4971 \quad$ Night Phone 2578 10823 Jasper Avenue |
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|  | BEDDING PLANTS sters, Stoeks, Snapdra Candytuft, Marigold, Phlox. All grown from the finest strains of Come and see our selection of GIANT PANSY PLANTS <br> A. PIKE \& CO. 10049 JASPER AVENUE Eacing Howard Avenue |
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| VALUE OF MILK <br> Milk is a nourishing food, not merely a drink. It is rich in body-building substances. It also sup- plies energy which enables the body and mind to plies energy which enables the body and mind to work. Body-building materials in milk are protein and minerals, such as lime and phosphorus. <br> A quart of milk has as much protein as seven unces of sirloin steak, 8.6 ounces of fowl, or 4.3 eggs. <br> A quart of milk supplies as much energy as 14 ounces of round steak, 14.5 ounces of fowl, or 9 eggs. BE WISE USE MORE MILK <br> Edmonton City Dairy Itd. <br> Telephones: 9264; 9262, 9261 |  |
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