

HOW CAN WE COUNTER-ACT

THE INCREASED COST OF LIVING?

A second's reasoning will supply the answer. Beef and pork are dear and getting dearer all the time, and the cost is out of proportion with their food-value.

EAT MORE BREAD.

There is more nourishment in a shilling's worth of bread than a shilling's worth of beef or pork. But the problem is not done with yet. The shilling's worth of bread is not always the same value. Bread made from

ROYAL HOUSEHOLD FLOUR

contains more nourishment than any other, because it contains the greatest amount of gluten, the health-giving nutriment of wheat.

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Just Landed:

- 20 boxes SMOKED KIPPERS,
- 10 boxes SMOKED HADDIES,
- 100 boxes DIGBY HERRING,
- 10 brls Cape Cod CRANBERRIES,
- 10 cases FRESH EGGS.

At Wholesale Depot.

Edwin Murray.



Harry W. deForest.

This is the Man

Who studied the likes and dislikes of Newfoundland Tea drinkers, one of the reasons his **STANDARD** bulks, and **UNION BLEND** in packets are such good sellers.

Do You Handle Them? Wholesale by

H. W. deForest Tea Co.,

Exclusive Tea Merchants.

"Alligator" Chewing Tobacco.

The constantly increasing demand for "Alligator" Mahogany Chewing Tobacco is the best test of its superior quality.

We have another shipment to-day ex "Rosalin 1," from New York and will be pleased to have your further orders.

"Alligator" is put up in 5-lb. caddies, 16 sticks to the pound.

F. McNAMARA, Queen Street, Wholesale Distributor.

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We Lead in Good Rubbers.

SPECIAL:

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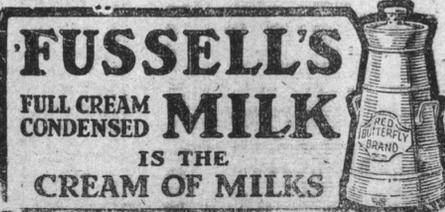
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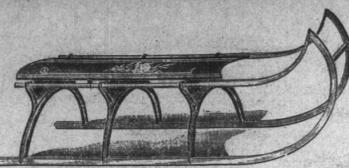
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