

BOVRIL Is Concentrated Nourishment

For years Beef tea was in every sickroom. It was thought to be nourishing but doctors have shown that it has no food value.

BOVRIL has replaced it because :

- BOVRIL nourishes where beef tea only stimulates-
- BOVRIL enriches the blood where beef tea only pleases the palate—
- BOVRIL is always ready, but beef tea requires great care and hours of preparation.
- BOVRIL costs a mere trifle compared with its valuebeef tea is expensive.

Economise by buying the $\frac{1}{2}$ lb. or 1 lb. bottle.

A-1-10

"The Montreal 'Witness'

is a clean newspaper"

EDITED BY EXPERTS

Special Departments of interest to the whole family : : : :

Daily "Witness," - - - - \$3.00 a year. "Weekly Witness and Canadian Homestead," \$1.00 a year.

JOHN DOUGALL & SON, Publishers.



"CRYSTAL DIAMONDS" For The Tea Table

My lady wears her diamonds, to beautify her hands, My lady wears her diamonds, in rings and gorgeous strands. My lady now has "Diamonds," of sparkling purity, These brilliant "Crystal Diamonds," for coffee and for tea.

"Crystal Diamonds" are the finest table sugar ever produced and are the result of 30 years experience in sugar refining. In attractive 5 pound cartoons and also by the pound. 31