

on Three Big Meals a Day What to do to help put on good firm flesh, increase weight, strength and energy and obtain a more beautiful form and figure

Since the discovery of an amazing food factor called Vitamines, science howshows why thousands may be thin, weak and undernourished on three big meals a day. No matter how much you eat if your food lacks as sufficient unatity of Vitamines, you become weak, thin, nervous, emaciated, easily atigued, run-down and "all-in", and may actually develop aerious disease

cially true of those who eat soups, white bread, fish, pally soups, white bread, fish, m toes, tinned fruits and vege-ss, pies and cakes, and other s which have been deprived of the throwing ay the husks and skins of the for tain the Vit

50c.

These

69c.

chance

chanic were killed

THE COAL STRIKE.

nout disturbances

ose for hance. Dark

69c.

bers.

get a

them

53.9

35e.

Hose.

a pair

75c.

rey.

uality

ey and eed for

59c.

from , lin-

trong

Col-