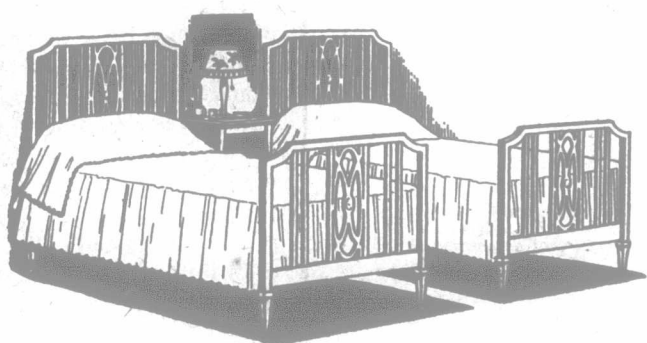


ch or Twitch
ASS.Farms Note.)
perennial, propagated
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olowed lands and in
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rt rotation of crops
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ars duration is pre-
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er or spring. This
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the procedure in
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ps are very useful.
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satisfactory degree
attained.—W. L.
Dominion Field

Your day's work- and your need of sleep



Simmons Limited, 1920

WITH a good rest and sound sleep every night, the healthy man or woman ought to feel fresh, bright, ready for anything the next morning. If you feel "tired" any considerable part of the time, it may be the fault of your bed. Or you may have a sturdy, noiseless bed but with a faulty *spring*, or a lumpy *mattress*.

A BED is bought to sleep in.

Yet you will go into store after store—inspect beds beyond number—be told everything about styles and prices, but never hear a word about *sleep*.

Sound sleep is a state of absolute repose.

The body is relaxed—digesting food, eliminating tissues used up during the day's work, rebuilding for tomorrow.

The nerves are composed—but always alert.

No matter how sound asleep you are, your nerves catch the slight rattle of your bed, the little squeak in the spring, or feel it tremble or give. They tense the muscles. And while you may not actually wake up, there is a feeling the next morning of being "all tired out."

THERE is one organization in Canada that knows this subject from start to finish. For thirty years they have been thinking about *sleep*—producing beds that *invite* sleep.

Simmons Limited, of Montreal, makes metal beds—*good beds*—four square, steady, with not the slightest rattle or squeak. Beds you can sleep on—soundly—all night.

Their beds, springs and mattresses cost no more than the average.

SIMMONS LIMITED are the inventors of the practical *corner lock* of the Simmons bed. They are the inventors of the Waldorf Box Spring—the one spring that really *does* give freely to all the contours of the body, yet supports the spine in any sleeping position.

They are the inventors of the new *Three-piece Bed*—the spring combined with the side rails into one unit.

They are producers of beds and bed springs complete—not mere assemblers of commercial "parts."

They own and operate immense plants in Montreal, Toronto, St. John, Winnipeg, Calgary, and Vancouver.

They have given more thought than any other manufacturer to the *Twin Bed* idea, the principle of a sep-

arate bed for each sleeper—urged by physicians for years and welcomed by people of nice feeling everywhere.

The Twin Bed makes for deep repose and sound sleep. One sleeper does not disturb the other. Colds and other infections are not communicated. One sleeper does not draw on the vitality of the other. Twin Beds make for better health.

SIMMONS Metal Beds and Waldorf Box Springs are known and sold from Coast to Coast and have been for more than thirty years. Not by every dealer, certainly—but wherever there is a merchant who has given thought to *sleep* in choosing his beds and springs, you will find Simmons Beds.

The Simmons principle is that a bed is made to sleep in. This is worth remembering the next time you buy a bed, a spring, a mattress, or pillow.

And when you are selecting your Simmons Beds with an eye to their appearance in the room, you will see that Simmons has for the first time established *beautiful and authoritative design* in Metal Beds.

Sleep is a big subject! Write us for the brochure, "What Leading Medical Journals and Health Magazines say about Separate Beds and Sound Sleep." Free of charge.

SIMMONS LIMITED

ST. JOHN

TORONTO

WINNIPEG

MONTREAL

CALGARY

VANCOUVER

SIMMONS BEDS—Built for Sleep