## HIGH GRADE GROCERIES,

 FOR THE LENT SEASON.
## CEORGE KNOWLING

 Offers the following at his East, West and Cen ABERDEEN HERRING in 17c. tin. ABERDEEN BLOATERSABERDEEN FRESH HERRING



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G. KNOWLING

## EveningTelegram <br>  <br> Notes and Comments.

## 121 Doctors

Wrote us within 60 days in praise of

## POSTUM

These doctors represent but a fraction of the thousands of physicians who use Postum in place of tea and coffee in their homes and in their practice.

Cases of shaky nerves, irritable hearts indigestion, biliousness, headache and sleep lessness, due to tea or coffee drinking, are observed in the everyday experience of medical men everywhere

Following the change from tea or coffee to Postum. the ailing one quickly discovers that the Doctor's advice to "quit tea and coffee and use Postum" was sound.

Better health follows; then one friend tells another.
There's a Reason"

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## Had to Return.



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BABY SLEIGHS, Boys' \& Girls' Sleds,

## Champion Coasters,

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teads, considerably below the usua have reached us at the beginning of the year, but owing to the weather conditions were delayed.

TWe are pushed for space to store these Bedsteads, so with the idea of getting them out in a hurry they are marked at ridicuously low prices. Now is the time to purchase a Bedstead for your spare room, or for your own room.
\|Remember, these Enamel Bedsteads are first-class goods, Strong Wire $\begin{gathered}\text { pighest grade Enamel finish. In all } \\ \text { sizes, price from } \$ 4.20 \text { to } \$ 20.00 \text {. }\end{gathered}$ Mattresses, \$2.00, \$2.50, \$3.30,

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