## POOR DOCUMENT

## WC2034

THE ETAR, EST, JOHM N. B FRIDAY; FEBRDARY 41910
two


Use griaal Gatiten

## High Beef

A Benefit
If it makes you think---then make trial and see if Better Health

## Greater Strengith

Keener Brain
Come from

## Grape-Nuts

Try the change
You will feel as "fit as a lorp" in a week's time by breakfasting on Grape-Nuts and cream, a ittle fru
If yous erer try this experiment, you will al always bless the day you woke up.
Therée a reason why Grape-Xuis food furnithes power to body pad brin
of the feld grains that furnish phosphate of potash in a natural state that can. be assimilated by the huma
body. Feed akilltully and yon can "do things."
Ask one or two, they'll tell you.
You meat eaters who are ailing
A prominent authority says:
There is no doubt of the fact that
"I tunk the statement may bea accepted without question thit, as as a rule, we eat too much, not only of meat
"At the early breakicasts which Amercicans are wont to indulige in, that is a hearty meal before goling to

You can depend on th
"tritere's a Reason" for

## Grape-Nuts

Made at pure food factories of: the Post
Read "The Road to Welville," in pkgs.


NICKEL--The Conspirators. CHHISTILNMARTYRS OF OLD' "FAR TOO BEAUTIFU"" "RALLY AROUND THE FLAG" "A NOBLE SAGBIFIGE" farmwail

Two days Gertrude LeRoy \begin{tabular}{c}
indian <br>
LYRios <br>
\hline

 E"THBOUGH A MICROSCOPE" I EDWARD CARSON, BAATTONE 

SPECIAL MATINEE ON SATURDAY <br>
MOn. Holmes and <br>
Bucananan in <br>
\hline
\end{tabular}

STAR "THE RANCH KING'S DAUQHTER" Swoot and Twenty' Two Blocraphs 'A Joalous Man
 BE EARLY TONIGHT AND SATURDAY ohildrén's Carnival. \$10-Prizos in Cold-\$10


| - "THE GEM" $]$ |  |
| :---: | :---: |
|  |  |
|  |  |
| he VIC. | SPORTS Tonight |
|  | dex |
| TONIGHT | Tat 7 |


| ORPHELM. | The Great Couture |
| :---: | :---: |
| 2 IIf Mcis | Miss D. Hall |


| Ontario Spies | Opera House |
| :---: | :---: |
| A A ithoce to of these apples jum | mo mentioiri |
| t for table wse on the markect. | M |
| Charles A. Clark <br> Tel $80_{3}$. 18 Charlotte St . |  |
| The Flood in Paris, Franoe," | OPERA house |
|  |  |
|  | Stock Co." |
|  |  |
|  | ARIZONA |
| THE Maritue Restaurant | yeasmicent semenc Atrre |





and



## JOE KELLY WILL ATTEND

 THE MONTREAL MEETING


## THE







$$
\begin{aligned}
& \text { SPREAOS OVER FRAMCE } \\
& \text { Paris, Espocially, sems th the Girip of }
\end{aligned}
$$









| Say It. |  |
| :---: | :---: |
| Scy $=$ |  |

