

"ABBEY'S EFFERVESCENT SALT" Used Daily Gives Health.

ROYAL YEAST CAKES

MOST PERFECT MADE.



CHICAGO-ILL.
1893

HUDSONS BAY COMPANY



INCORPORATED A.D. 1670

The Great Stores
OF
The Great West
Complete Outfits supplied for
**TOURISTS,
HUNTERS,
PROSPECTORS,
and SETTLERS**

Circular Letters of Credit issued on all the Company's Posts.

Further particulars on application to

HUDSON'S BAY COMPANY,
Winnipeg, Manitoba.

GOLD MEDAL, PARIS, 1900

The Judges at the Paris Exposition have awarded a

GOLD MEDAL
to

Walter Baker & Co. Ltd.

the largest manufacturers of cocoa and chocolate in the world. This is the third award from a Paris Exposition.

**BAKER'S
COCOAS AND CHOCOLATES**



are always uniform in quality, absolutely pure, delicious, and nutritious. The genuine goods bear our trade-mark on every package, and are made only by

Walter Baker & Co. Ltd.,
DORCHESTER, MASS.

TRADE-MARK ESTABLISHED 1780.

Branch House, 12 and 14 St. John St., Montreal.

FRAGRANT GRAIN FIELDS.

Food That Takes One Back to Childhood

"The delicious odor that comes when you pour hot milk or cream over Grape-Nuts, takes one back to childhood and the wide, golden harvest fields when the wind blew in your face the scent of ripened grain, and made you, oh so hungry!

"Of all the appetizing foods, Grape-Nuts food is the chief. I was led to change my diet and take up Grape-Nuts, from the fact that I had a very serious, long-standing case of constipation, which originated from coffee drinking. Constant headaches, backaches, and a stomach that felt like lead, was the condition; while the mind was filled with misgivings of all sorts, and I verily believe I would have gone insane if it had not been for the temporary relief from various cures for constipation, but there seems to be no permanent relief except in good food like Grape-Nuts.

"This food is the same to a weak stomach as kind words and a gentle touch to an aching heart. All my doubt and fear and distress of mind disappeared as soon as I found a food that I could digest and which relieved my difficulties. Life became brighter and better, my home a 'sweet home.' I have proved conclusively that the food is really predigested, and that it is a great nerve and energy builder. Of course I can hardly express my gratitude for the relief I have had."—Emma Kauffman, Bismark, Mo.

IN ONE BOTTLE.
REQUIRES
NO HEATING OR
MIXING

Melanyl

Indelible and Harmless
On any Fabric.
Try it once and you will
use no other kind.

Inventors.

MARKING INK FOR LINEN.

"PLASHWATER"
 ENVELOPES TO MATCH OREAM AND WHITE-SMOK
 AND KID SUREFACE.
 Manufactured by
THE BARBER & ELLIS CO.,
 Limited, TORONTO

DUNN'S PURE MUSTARD