

As Nourishing as Beefsteak

at $\frac{1}{2}$ the cost!!

The nutritive elements contained in certain fish are well known to all professional men but not so well to the general public.

“Thistle” Brand Finnan Haddie

contain the maximum amount of nutrition in Fish, are most readily digested and assimilated and a tin of genuine “Thistle” Fish contains one full pound of eatable fish without skin or bone. A tin of Thistle fish at 15c. is cheaper than a dried up cured Haddie at half the price and goes farther and is far more digestible.

NEW PACK are now in the hands of the Trade. **All lined tins. Warranted genuine Haddock.**

Arthur P. Tippet & Co., Sole Agents
MONTREAL and TORONTO

Note—**Beware** of Fish packed to sell at 10c.! **Genuine Haddock** cannot be sold at the money.