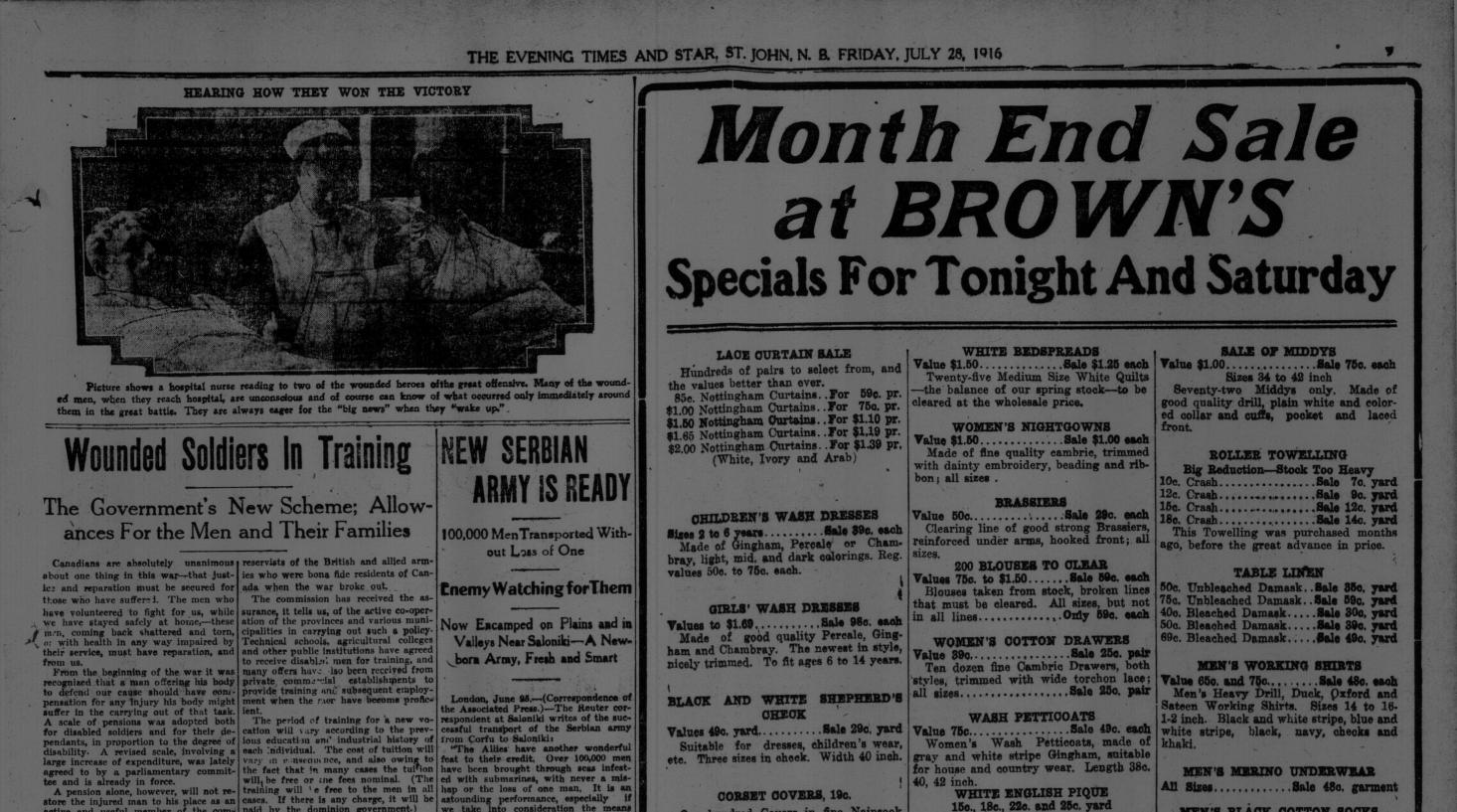
MC 2035 POOR DOCUMENT



happy way.

enjoyable way.

Efficiency

It's a fine thing to gain this end in an enjoyable,

The food one cats should not only contain the

maximum of body, nerve and brain building qualities,

Grape-Nuts

is unique in both these properties. Made of whole

wheat and malted barley, it retains the wonderful nutriment of these grains, including their mineral elements which are vital for health. At the same time Grape-

Nuts is a delicious food, possessing a natural sweet-

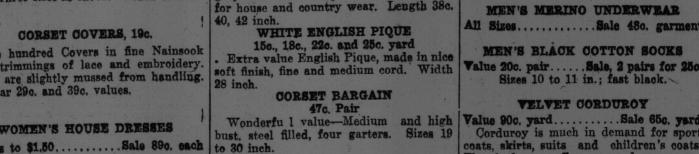
taining the system for the demands of life in a pleasant,

"There's a Reason"

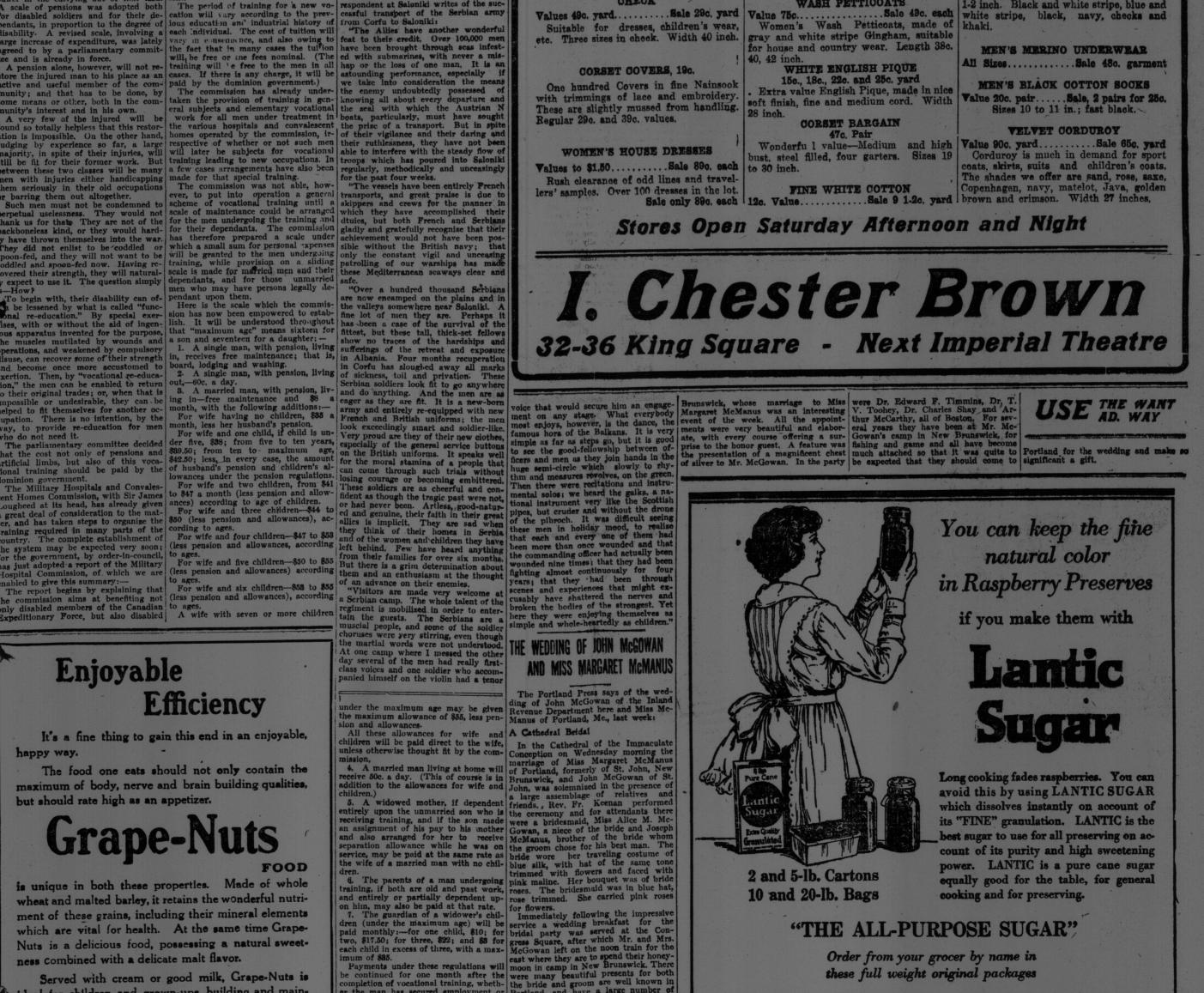
Served with cream or good milk, Grape-Nuts is ideal for children and grown-ups. building and main-

ness combined with a delicate malt flavor.

but should rate high as an appetizer.







PRESERVING LABELS FREE - Send us a red ball trade mark cut from a bag or carton and we will send you a book of 54 ready gummed printed labels containing. 6 for each of the following fruits: strawberries, raspberries, blackberries, curranta, grapes, cherries, plums, peaches, and pears. Address

Atlantic Sugar Refineries Limited, Power Bldg. Montreal

ther the maximum allowance of \$55, less pen-and allowance.

under the maximum age may be given ion and allowances.
All these allowances for wife and children will be paid direct to the wife unless otherwise thought fit by the com-mission.
A married man living at home will receive 80c. a day. (This of course is in addition to the allowances for wife and children.)
A widowed mother, if dependent entirely upon the unmarried son who is receiving training, and if the son made an assignment of his pay to his mother and also arranged for her to receive separation allowance while he was on service, may be paid at the same rate as the wife of a married man with no child dren.
The parents of a man undergoing training, if both are old and past work and entirely or partially dependent up-on him, may also be paid at that rate. T. The guardian of a widower's child dren (under the maximum age) will be each child in excess of three, \$22; and \$3 for each child in excess of three, with a max-imum of \$38.
Payments under these regulations will be continued for one month after the completion of vocational training, wheth et the man has secured employment or not.
The president of the Military Hospitals Commission asks us to say thet aming further information desired by our read-ers will be gladily given on application to the secretary, at 22 Victoria street, and use of the training offered, by pro-viding for their families while the rate information desired by our read-ers will be gladily given on application to the secretary, at 22 Victoria street are sub each is bride are to make their home.
The president of the Military Hospitals Commission asks us to say thet annor further information desired by our read-ers will be gladily given on application to the secretary, at 22 Victoria street are sub active and file and Game club gave a farewell dinneer in honor of John McGowan of St. John. New

