Tumaty, Jomany 15t, 1924

## OUR



Milk-fed Children
Are Healihiest And Sturdiest



TO DEPRIVE a child of the milk that it needs is to rob
it of its God-given heritage-the right to be bealihy and weful in body and mind

## extano Mand

 to each gallon of water will stiffencurtain
cloudy appearance siven by totatch.
the growing chlld MUST have milk or it will perisb.

HOME COOKING


GET THE HABIT

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## england.

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## Consider

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WE result of the best thought of many ge-
niuses covering a period of about 150
years and the expenditure of millions years-and the expenditure of millions yon buy for a most modest sum when you turn with light or gives you power for a hundred usees, for which we of the present age should be duly thankful. And the citizens of Ottawa have a further cause for gratification in their own elec trie service, which
present low level.

## Ottawa Hydro-Electric Commission

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