## St. Ermin's Hotel

Close to Westminster Abbey.

LARGEST AND FINEST IN

LONDON, ENGLAND

Inclusive Terms, from \$2.50 per day, or Moderate Tariff.



GOLD MEDAL, PARIS, 1900

## Walter Baker & Go.'s PURE, HIGH GRADE

**Cocoas and Chocolates** 



Breakfast Cocoa. - Absolutely pure, delicious, nutritious, and costs less than one

Premium No. I Chocolate. -The best plain chocolate in the market for drinking and also for making cake, icing, icecream, etc.

Sweet German Chocolate. -Good to eat and good to drink; palatable, nutritious, and healthful.

### WALTER BAKER & CO. Ltd.

ESTABLISHED 1780.

#### DORCHESTER, MASS.

BRANCH HOUSE, 12 and 14 St. John St., MONTREA

TRADE-MARK ON EVERY PACKAGE

# Walpole Bros.

"BELFAST HOUSE"

Established 1766.

### DAMASK AND LINEN MANUFACTURERS.

For Excellence of Quality and Moderation of Price Stand Unrivalled.

ALL GOODS SOLD AT MANUFACTURER'S PRICES.

### HOUSE LINEN OF EVERY DESCRIPTION.

Ladies writing for samples and estimates to any desired amount will be pleased with what WALPOLE BROS. undertake to give.

All goods hemmed and marked in ink free of charge.

DUBLIN, BELFAST

80 New Bond Street, LONDON, ENGLAND.

### HOT MORNING BREAKFAST

Comfort Depends on Food.

It is not so easy to arrange a tempting breakfast for a hot morning, but everyone appreciates such a breakfast and enjoys the relief from the heated blood caused by a meat and coffee breakfast.

In fact by skillful selection of food, even the hottest day can be made quite com-

Start with fruit of some kind, then a dish of Grape-Nuts food with cold cream, one or two soft boiled eggs, a slice of bread and butter and a cup of cocoa or Postum Food Coffee. On that sort of meal one will be fully nourished until the

Grape-Nuts tood is concentrated and powerful, imparting to the user a sense of reserve force and strength. The strong man thinks the weather moderate and comfortable when the nervous, weak man thinks it unbearably hot. Grape-Nuts food is perfectly cooked at the factory and ready for instant use, cool and delicious, requiring no hot stove and cross cook on a hot morning. "Health is a matter of wise selection of food and a contented mind."

IN ONE BOTTLE.

MIXING

NO HEATING OR MELANY

Indelible and Harmless On any Fabric.