## POOR DOCUMENT

## MC2034



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|  |  | The Evening Chit-Chat |  | A COLUMN FOR WO |  |
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|  |  | ance of the stock. Tomorrow when the store re-opens bar | $F=$ |  |  |
|  |  | when the store re-opens bargains such as have never been |  |  |  |
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|  |  | Coady \& Co., 61 chariotte street |  |  |  |
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## A Fine Time to Work Out the Food Problem

The wide spread "shriek" about 'high prices for meat will induce people to plan meals with more reason and better judgement of food strength and cost.

Many of our strong men, College Athletes and others, learned from actual experience that a vegetarian diet produced better results than a diet including meat

Many famous names appear in' the veg etarian list. Names whose owners are champions and prize winners in their chosen field of athletics.

After all the argument for and against any particular kind of diet, the question can best be solved for the individual by personal experiment.

Certain it is that those who bave never tried it, have some facts to learn by breaktasting this way:

## A LITTLE FRUIT

either fresh or stewed
A dish of

## GRAPE-NUTS and cream

A cup of some hot beverage
or Hot Milk
Some bread and butter
and thereyouare-
Plenty!
Plenty!
Plenty
for a strong
man, day worker or Brain Worker
Look "thin" you say. Our wordfor it, you will reach lunch time fully sustained food well digested - head clear and ready for the noon day meal.

Where is the sustaining power? You ask. In Grape-Nuts which we believe to be the strongest, most digestabie food known. Five important points should guide the wise selection of food.

Must be made of nourishing ingredients. -Grape-Nuts
Must be easily digested-Grape-Nut
Must taste good-Grape-Nuts.
Must be economical-Grape-Nuts. Must be guarantzed under the Pure ood Laws-Grape-Nuts.

As TO PRICE:-One 15c package of GRAPE-NUTS contains 14 portions, practically ONE CENT each. Sold ue same today as this food has always sold. No rise in price. There's a pathway to reasonable economy in food and that's not all--
"There's a Reason" for Grape-Nuts

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EIGHT
THE STAR, ST, JOEN N. B. MONDAY, JANUARY 31, 1910,

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|  | DYKEMAN'S |
| Ohildren's Wint |  |
| Underwear |  |
|  |  |
| Ladies' Winter |  |
| Underwear |  |
|  |  |
| F. A. DYKEMAN \& co., |  |

## GILMOUR'S

 Overcoat Sale
## Proves Popular

mond nown nix


Gilmour's, 68 King St. Tailoring and Clothing.
"A Good Place to Buy Good Clothes"
CANADIAN
Pocket and Dffice Diaries for 1910 'E. g. NELSON \& CO., Cor. King and Chariotte sts
VALENTINES
POST CARDS


 IF YOU WANT A WATCH


| THE Werater | MOTED P.M., A, YORKER | If you have tried Hair |
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|  | ARRRVES THIS EVENHIG | FO |
| LOCAL NEWS | R. A. Wate, Jt, of New York, Will Hoid Conferences With Those intarested in Work for Boys. | ir Success |
| 隹 |  |  |
|  |  | The Royal Pharmacy, <br> 47 King Street. |
|  |  | Bradisly ${ }^{\text {a }}$ Complexion Cream |
| Souc enain paut ame |  |  |
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Important Bargains PIDGEON'S POPULAR STORE

Fancy Suits to measure at $\$ 00$ off the price.
Ready-to-wear Overcoats at exactly
Half Price.
Black and Blue Suits to measure at
10 per cent. off.
Clearanco is the rule in every department of our
store. Come now while the sale is in the height of
its greatest success. Every article
portunity to you
C. B. Pidgéeon,

## Wall Paper <br> NOW ON.

Bargains will bo ofrired. No. Auction. Sale.
Comema and aet the best values ever offered. Inspection invitod. McARTHUR'S Book Store,


Recarioless of cost
UNDERWEAR $\frac{A}{\text { A }}$ SWEATERS, BOOTS $\underset{\text { N }}{\text { N }}$ RUBBERS AWAY BELOW COST - SEE OUR WINDOW J. WIEZÉL, Cor. Union \& Brussels Sts

Perfectly Tailored and Extremely Stylish Models For Particular Little Men
M. R. A. Suits for Boys have stood the tes of time and it is the certainty of getting boos clothes
that will give the most satisfactory kind of wear, that that will give the most satisfactory kind of
directs attention continually to this store.

These two-piece suits are particularly desirable These two-piece suits are particuiar ry desirable
from the viewopint of both tyly ishness and durabili-
ty. Made out of stout, dependable Tweeds and Cheviots in shades of brown, green and grey, they represent values extraorainary considerin.
ally low prices now placed upon them.
In double breasted style, with and without belt,
straight and bloomer pants.
This is a showing of carefully made suits that
conomical mothers will take pleasure in viewing.


Prices: $\$ 2.50,2.75,3.10,3.50,3.75,4.25$ and 4.50
Manchester Robertson Allison, Limited

