This Is a
Good Breakfast!
Instead of preparing a
Lot meal, have some fruit;

## Post

Toasties

A soft boiled egg; Slice of crisp toast;
A cup of Postum. ch a breakfast is pretty The Memory Lingers"
W. L. DOUGLAS



## PILES




## 




## WESTERNCANADA'S

 Wheat Yield in Many Districts wiI
Be From 25 to 35 Bushels Per Acre


Stop Spending Money On Your Roof


