$\frac{\text { PAGE FOUR }}{\text { THE ST. HELENS MIST }}$
$\square$
$\square$


The Energy Food for Stron Men and Women When you work harcyour need penty of meary aves tender brown roasts and juicy, thick appery Meat is good for you. We lave the very best meat to be bought-it and kept under the most sanitary conditices Eat more meat !

# MORTON \& WILSOM 

 Two Markets)You Will Enjoy

NOON DAY

## A Business Help

$\qquad$
$\qquad$



