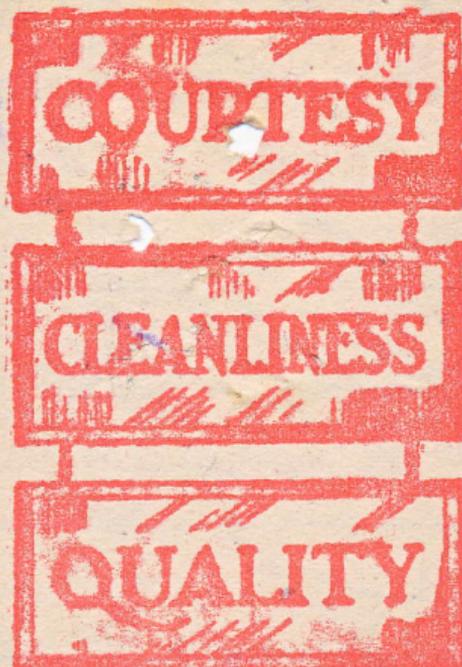


List of approved foodstuffs and grocer's supplies from which selections may be made in filling Relief Orders Issued on reverse side of this sheet.

Milk	
Eggs	
Meats	
Fish (Ontario)	
Cheese	
Butter	
Lard	
Oatmeal or Cornmeal or Cream of Wheat	
Rice or Tapioca or Sago or Barley or Cornstarch	
Macaroni	
Flour	
Bread	
Sugar	
Corn Syrup or Molasses	
Jam or Peanut Butter or Ontario Honey	
Potatoes	
Tomatoes	
Turnips or Parsnips or Onions	
Carrots or Cabbage	
Dried Beans	
Apples (fresh) (when in season)	
Tea or Coffee	
Cocoa	
Baking Soda	
Baking Powder	
Salt	
Pepper	
Matches	
Soap	

Kindly Specify
Ontario Grown Fruits
and Vegetables
when in season

NOTE:—Where the recipient of the Order may wish to obtain certain household necessities, he may be permitted to do so up to an amount which shall not exceed 10 per cent. of the total order. Such articles must appear in the itemized statement when rendered by the dealer.



We wish to thank you for your patronage and if you are satisfied with our service, be good enough to tell your friends, or if anything should prove unsatisfactory, just tell us - we will make it right.

PROMPT DELIVERY SERVICE

Telephone 31

J. A. WEBB