

Permanent, 6% Dividend. Paying Stock of a progressive established Loan Company. There is now invested in Canadian Loan Companies \$240,604,737, the safest, therefore, the best form of investment for those who DO NOT speculate. Write for 16th Annual Report. THE PEOPLE'S BUILDING & LOAN ASSOCIATION, LONDON, ONT. CHARTERED 1892



How in the World

Can you expect your health to take care of you unless you take care of your health?

Grape-Nuts

Contains the "vital" phosphates and other food essentials for certainly rebuilding worn Nerves and Brain.

"There's a Reason"

Postum Cereal Co., Ltd., Battle Creek, Mich., U.S.A.

HIGHEST IN HONORS

BAKER'S COCOA



Registered, U. S. Pat. Off.

50
 HIGHEST AWARDS
 IN EUROPE
 AND AMERICA

A perfect food, preserves health, prolongs life

WALTER BAKER & CO. LTD.

Established 1780.

DORCHESTER, MASS.

Branch House:

86 St. Peter Street, Montreal, Canada

ALABASLINE

sanitary and durable, too. Doesn't decay or peel off. 5 lb. package 50c. at hardware stores.

Light as a feather



YOU'LL be proud to slice the light, snowy-white bread made from "PURITY" flour.

Costs more than the other kind, but worth the money. Results prove this.

"More Bread and Better Bread"

Western Canada Flour Mills Co., Limited

Mills at Winnipeg, Goderich, Brandon

PURITY FLOUR

IN ONE BOTTLE,
 REQUIRES
 NO HEATING OR
 MIXING

Melanyl

Indelible and Harmless
 On any Fabric
 Try it once and you will use no other

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Cooper, Dennison & Walkden, Limited, London, England