

## It's Great Fun To Feel Well—

To be healthy all the time.

You will make a fine start towards this when you quit coffee and drink

# POSTUM

Coffee contains a harmful drug—caffeine. Postum is a healthful, nourishing food-drink.

Postum comes in two forms:

**Regular Postum**—must be well-boiled.

**Instant Postum**—soluble—no boiling—made in the cup with hot water, instantly.

Both kinds are delicious—cost per cup about the same—sold by Grocers.

**"There's a Reason" for Postum**



### Economy With COLGATE'S STICK

When the one you now have is nearly used up, wet it and press it on the end of the new stick. It stays—you use every bit instead of having to throw away the last half-inch or so as usual.

## COLGATE'S SHAVING STICK

At all good Druggists and Stores.

If you prefer, send us 4c in stamps for a trial size—enough for a month's use.

**COLGATE & CO.**  
Dept. P Drummond Bldg. Montreal  
**W. G. M. SHEPHERD, Montreal**  
Sole Agent for Canada



## Social Evenings

During the Winter mean that the house must be spic and span—no dust anywhere. By using the

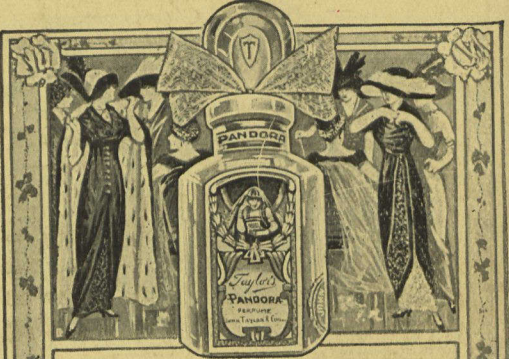
# O-Cedar Mop Polish

this is accomplished in a few minutes. It dusts, cleans and polishes all at the one time. No stooping or bending or hard rubbing. Puts a hard dry lustre on all floors, furniture or woodwork.

*Ask your neighbor or your dealer.*

**Channell Chemical Co., Ltd.**

369 Sorauren Avenue - Toronto, Can.



The very soul of the flowers is caught and held captive in this exquisite perfume of

## Taylor's

—the first perfumers of Canada, and the creators of distinctive perfumes that rival the choicest of the old world.

# PANDORA

PERFUME

is a fascinating fragrance—alluring, subtle and thoroughly feminine. The Perfume, par excellence, for dainty women.

**JOHN TAYLOR & CO., LTD. TORONTO**