

## FOR SLEEPLESSNESS

AVOID A LATE HEAVY MEAL AND TAKE A CUP OF "OVALTINE" IMMEDIATELY BEFORE RETIRING.

THIS PRESCRIPTION HAS PROVED IN NUMBERLESS CASES OF GREAT HELP IN SECURING LIGHT, HEALTHY AND REFRESHING PERIODS OF SLEEP

"OVALTINE" IS HIGHLY NOURISHING, BUT CAUSES NO ACTIVE DIGESTIVE FUNCTION. IT IS PREPARED BY SIMPLY DISSOLVING THE GRANULES IN HOT MILK OR MILK AND WATER. THERE IS NO TROUBLESOME COOKING OR OTHER PREPARATION.

Manufactured by A. WANDER Ltd., 45, Cowcross Street, London, England.  
Toronto 27, Front Street East (Main 7768).



SEKER  
God of Night

"Ovaltine" is composed of a highly concentrated extract of the vitalising and building-up properties contained in Malt, Milk and Eggs, and presents the essential elements of diet in well-balanced proportions

Supplied by all Druggists. Specially low prices are quoted to hospitals and kindred institutions on direct application to the Toronto Office.

# OVALTINE

TONIC FOOD BEVERAGE