## There's Solid Comfort

in having a clear brain and a continuous round of good health.

If you don't know what this means, try leaving off coffee 10 days, and use well-made

## POSTUM

"There's a Reason"
Postum Cereal Co., Ltd., Battle Creek, Mich., U.S A.

Canadian Postum Cereal Co., Ltd,, Windsor, Ont.

## It's Baker's and <br> It's Delicious



Made by a perfect mechanical process from high grade cocoa beans, scientifically blended, it is of the finest quality, full strength and absolutely pure and healthful.

Sold in $1 / 5 \mathrm{lb} ., 1 / 4 \mathrm{lb} ., 1 / 2 \mathrm{lb}$. and 1 lb . cans, net weight.
Booklet of Choice Recipes Sent Free WALTER BAKER \& CO. LIMITED ESTABLISHED 1780
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keeps my skin in healthy condition.
Sample Box for 4c. stamp.
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