## Play Life's Game Well

Small matter how humble one's position on Life's Ladder, he may always strive for a better place.

Improper food, by consuming energy to digest it, and manufacturing poisonous ferments in the blood, robs many a man of the ambition and ability to "climb higher."

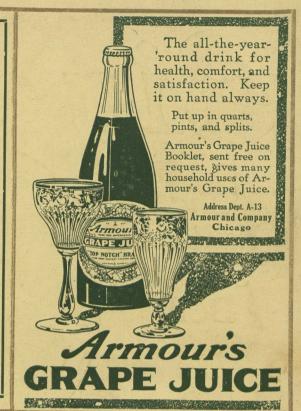
A ten day's trial of

## Grape-Nuts FOOD

Generally shows improvement in mind and body—

"There's a Reason"

-Grocers sell Grape-Nuts

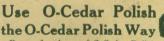


## Cleans the Woodwork

Makes it hygienically clean—preserves the varnish and adds to the life of the furniture.

## O-Gdar Polish

the varnish food. Gives a hard, dry, durable lustre. A cleaner—not a coating or veneer.



Pour a few drops of O-Cedar Polish on a damp cheese cloth. Clean the furniture and polish with a dry cloth. Cleaner, brighter and prettier furniture is the result.

Buy a 25c bottle as a test, use it the O-Cedar way. Your money back if you are not delighted.

25c to \$3.00 sizes at all Dealers.

Channell Chemical Co., Ltd., Toronto Channell Chemical Co., Chicago





You may be one of those who are looking for a dentifrice that is pleasant to use as well as efficient. If you are, send us 4c. in stamps and we will post you a generous tria tube of Colgate's Ribbon Dental Cream—the dentifrice without a "druggy" taste.

Ribbon Dental Cream checks decay-germs, corrects excessive acidity and cleans the teeth thoroughly and safely.

COLGATE & CO., Dept. P, Coristine Bldg., Montreal
Makers of the famous Colgate Shaving Stick

W. G. M. SHEPHERD, MONTREAL, Sole Agent for Canada