

## 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-Cedar Polish

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

### Use O-Cedar Polish the O-Cedar Polish Way

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



The all-the-year-round drink for health, comfort, and satisfaction. Keep it on hand always.

Put up in quarts, pints, and splits.

Armour's Grape Juice Booklet, sent free on request, gives many household uses of Armour's Grape Juice.

Address Dept. A-13  
Armour and Company  
Chicago



## Armour's GRAPE JUICE

Send  
4¢



Write to-day—  
It's worth your while

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 trial 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