

There are Advantages in being Well.

A change from tea and coffee to well-made

POSTUM

will tell its own tale—

“There's a Reason”

Postum comes in two forms.

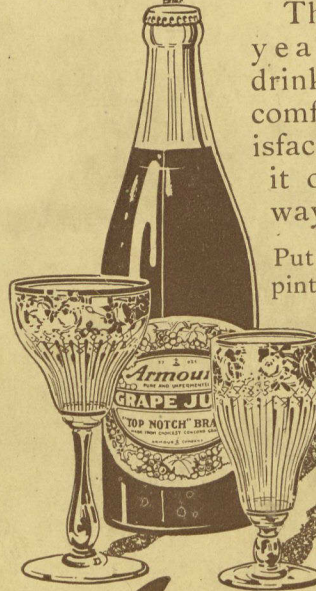
Regular Postum—must be well-boiled. 15c and 25c packages.

Instant Postum—doesn't require boiling, but is prepared **instantly** by stirring a level teaspoonfull in a cup of hot water. 30c and 50c tins.

The cost per cup of both kinds is about the same.

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

Put up in quarts, pints and splits.



Armour and Company
Chicago

Armour's GRAPE JUICE

O-Cedar Polish

gives all furniture and varnished wood-work new-like appearance and lustre. More than that, it cleans as it polishes, making the furniture hygienically clean.

The hard, dry, durable lustre it gives never becomes foggy or hazy, sticky or gummy, or dust-collecting, but is hard and dry.

Most economical, because you use half O-Cedar and half water.

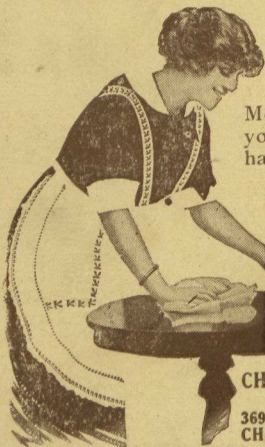
Read directions on the bottle

Your Satisfaction guaranteed or money refunded.

25c. to \$3.00

Sizes at
All Dealers

CHANNEL CHEMICAL CO.,
Limited
369 Sorauren Ave., Toronto, Ont.
CHANNEL CHEMICAL Co., Chicago



**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., Coristine Bldg., MONTREAL
W. G. M. SHEPHERD, MONTREAL
Sole Agent for Canada