

THE  
PEOPLES  
BUILDING

# NESTLE'S FOOD

Write for large free sample and valuable book. LEEMING MILES CO., Limited 2 St. Lawrence, Montreal.

## Comfort in Hot Weather

Surprising how cool, yet full of energy and "go," one feels when the hot weather diet is selected *with reason.*

Try a breakfast of

## Grape-Nuts and cream;

- Some fruit,
- A soft boiled egg,
- Slice of crisp toast,
- Cup of well-made Postum

Such a meal keeps the blood cool and nourishes body and brain—

**"There's a Reason."**

Postum Cereal Co., Ltd.  
Battle Creek, Mich., U.S.A.

## A Delicious Drink

# Baker's Cocoa



Registered,  
U. S. Pat. Off.

made by a scientific blending of the best tropical fruit.

## 52 HIGHEST AWARDS WALTER BAKER & Co. Ltd.

Established 1780  
Dorchester, Mass.  
Branch House, 86 St. Peter St., Montreal, Can.

# THE Canada Lancel

\$2.00 PER YEAR

THE LANCET, the leading Medical Journal published in the Dominion. Articles by leading physicians appear in every issue, as well as selections from the best English, German and French Journals. Its personal news items are most complete and interesting and keep the physician in touch with the medical fraternity.

Published by THE ONTARIO PUBLISHING CO., Limited, Toronto, Ont.

popular form of investment. THE ASSOCIATION issues... term of from one to five years, with interest coupons attached thereto, payable half yearly, at the rate of 4 1/4% to 4 1/2% according to term. Write for further particulars and 16th Annual Report. The Peoples Building & Loan Association, Building London, Ont.



Baking triumphs are every-day occurrences with Purity Flour.

Highest grade in the world.

Home-made bread awarded first prize at the National Exhibition, Toronto, was made from Purity flour.

WESTERN CANADA FLOUR MILLS CO., LTD.

Mills at Winnipeg  
Goderich, Brandon

# PURITY FLOUR

# MELANYL

In one bottle. No Heating or Mixing required. Clean, Indelible and Harmless on any fabric. Once used, always used!

May be obtained from stores