

Let In Sunlight!

The coffee-habit clouds many a bright intellect.

Don't let it be a perpetual handicap to your ability for success!

Leave off coffee and drink well-made

POSTUM

"There's a Reason"

Postum comes in two forms.

Regular Postum—must be well boiled.

Instant Postum—doesn't require boiling, but is prepared **instantly** by stirring a level teaspoonful in a cup of hot water.

Grocers sell both kinds.



Good For Grown Ups, Too!

Nothing like hot bouillon made from Armour's Bouillon Cubes to keep the cold out and ward off chills. Drop a cube in a cup of hot water and you have it—a delicious bouillon, tasting of beef, vegetables and seasoning. Druggists and Grocers Everywhere.

For Free Samples Address Dept. 562 Armour and Company, Chicago

Armour's Bouillon Cube

Keeps the cold out

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



A "DRUGGY" taste is not necessary to make a dentifrice efficient.

The delicious flavor of Ribbon Dental Cream makes the regular care of the teeth a treat. Its thorough, antiseptic cleansing checks decay-germs and leaves the mouth wholesome and non-acid.

Send 4c. in stamps for a generous trial tube and our booklet "The Jungle Pow-Wow."

COLGATE & CO.,

Dept. P., Coristine Bldg., Montreal.

W. G. M. SHEPHERD, MONTREAL.

Sole Agent for Canada.

COLGATE'S
RIBBON DENTAL CREAM