

# A Strength and Long Life Breakfast

Some fruit  
Grape-Nuts with cream  
Soft boiled eggs  
Some crisp toast  
Cup of well-made POSTUM.

That's enough until noon.

Surprising how well-fed and comfortable one can be on such a breakfast.

**"There's a Reason"  
for Grape-Nuts**

## A TOILET TREASURE



## Murray & Lanman's FLORIDA WATER

Without exception the best and most popular Toilet Perfume made

**I**N the Bath it is cooling and reviving; on the Handkerchief and for general Toilet use it is delightful; after Shaving it is simply the very best thing to use.

Ask your Druggist for it  
Accept no Substitute!



## FINE FURNITURE

Needs care and attention to keep it beautiful and new looking. Be careful of the polish you use. Do not take chances. Use

# O-Cedar Polish

(Made in Canada)

Use it on all furniture, woodwork and floors if you would have them admired. It dusts, cleans and polishes at the same time. It removes all dirt and scum and leaves that bright new looking appearance so much desired.

Order from your dealer 25c to \$3.00.

**CHANNELL CHEMICAL CO., LTD.,**  
369 Sorauren Ave. - Toronto, Ont.



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Original  
and  
only  
Genuine

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on the Merits  
of

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