Don't be "Dozy"

during business hours — the wide awake man, with good digestion and a clear brain will pass you, sure!

Grape-Nuts

contains the natural, vital elements from wheat and barley—Albumen, Phosphate of Potash, etc.—that keep brain and nerves in perfect repair, and make easy digestion.

Note the difference after 10 days use of Grape-Nuts.

"There's a Reason"

The Advantages of Drinking

BAKER'S COCOA



The Cocoa of High Quality

lie in its absolute purity and wholesomeness, its delicious natural flavor. and its perfect assimilation by the digestive organs.

Walter Baker & Co. Limited

Established 1780

Montreal, Can.

Dorchester, Mass.



