## 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**

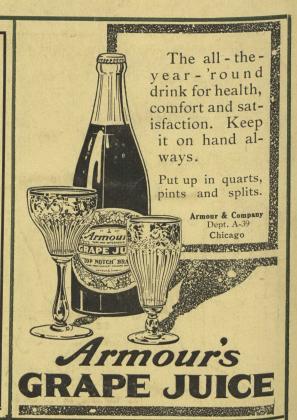
and cream

Some fruit A soff 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"

Read the little book, "The Road to Wellville," in packages.



gives all furniture and varnished woodwork 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



CHANNEL CHEMICAL CO...

369 Sorauren Ave., Toronto, Ont-CHANNEL CHEMICAL Co., Chicago

Limited Toronto, Ont.

A Better Talc Powder



LL talcum powders are not alike.

There is just the right proportion of that mild and efficient antiseptic boric acid and other sanitive ingredients in

## **COLCATE'S** TALC POWDER

A wide choice of perfumes insures the satisfaction of all preferences. Our new "Baby Talc" is a joy for mother and babe. Trial size sent for 4c. in stamps.

COLGATE & CO., Dept. P., Drummond Bldg., Montreal W. G. M. Shepherd, Montreal. Sole Agent for Canada,