

# 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"*

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

The all-the-year-'round drink for health, comfort and satisfaction. Keep it on hand always.

Put up in quarts, pints and splits.

Armour & Company  
Dept. A-39  
Chicago



# Armour's GRAPE JUICE

# 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.,  
Limit d  
369 Sorauren Ave., Toronto, Ont  
CHANNEL CHEMICAL CO., Chicago



## A Better Talc Powder

**A**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

# COLGATE'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  
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Sole Agent for Canada.