

The Former Coffee Drinker

wakes in the morning with a clear head and realizes that "coffee bondage" is a thing of the past.

POSTUM

brings comfort and health—

"There's a Reason"

Postum comes in two forms.

Regular Postum—must be well-boiled. 15c and 25c packages.

Instant Postum—doesn't require boiling, but is prepared instantly by stirring a level teaspoonful in a cup of hot water. 30c and 50c tins.

The cost per cup of both kinds is about the same.

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-45
Chicago



Armour's GRAPE JUICE

It Is So Easy

to keep the house clean and shining if you use an O-Cedar Polish Mop. Over a million users have found this out, and would not think of being without an

O-Cedar Mop

Polish Mop

under any circumstances. No more need you climb on chairs or ladders, or get down on your knees to reach the hard-to-get-at places. The mop reaches everywhere, collects all the dust and holds it.

—Ask your dealer to show it to you, and also the O-Cedar Dusting Mop.

Channel Chemical Co., Ltd.
369 Spadina Avenue - Toronto, Can.



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, anti-septic 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," Drummond Bldg., Montreal

W. G. M. SHEPHERD, MONTREAL
Sole Agent for Canada

COLGATE'S RIBBON DENTAL CREAM