

To be "IT"  
Make yourself FIT!

Right food makes clear brain and strong frame.

One gains quickly in physical and mental strength on **Grape-Nuts** which supply the natural elements from grains, such as Albumen, Phosphate of Potash, etc., which Nature uses to rebuild wornout cells in brain and nerves.

A scientific fact, easily proved by a 10-days' use of

# Grape-Nuts

"There's a Reason"

Postum Cereal Company, Ltd., Battle Creek, Mich.  
Canadian Postum Cereal Company, Ltd., Windsor, Ont.

The Advantages of Drinking

# BAKER'S C O C O A



Registered Trade-Mark

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.



## Taylor's Tooth Paste

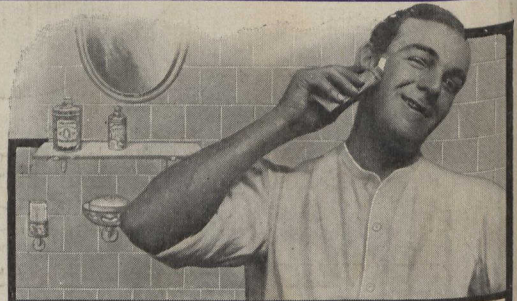
The tooth paste with the new flavor.

It whitens and preserves the teeth, sweetens the breath by its refreshing flavor and exerts a stimulating and hardening influence upon the gums.

25 cents—All Dealers.

JOHN TAYLOR & CO., LTD. - TORONTO

Oldest and Largest Perfumers and Toilet Soap Makers in Canada.



A Half Inch of Cream  
A Few Movements of the Brush  
A Perfect Lather

## Mennen's Shaving Cream

"The Perfect Shaving Medium"

Applied directly on the face—lathers freely and instantly. Contains no free caustic and absolutely will not dry on nor smart the face—softens the beard without the usual "rubbing-in" with the fingers—extremely economical—100 shaves per tube—no waste—sanitary—antiseptic.

Mennen's Shaving Cream is not the hasty product of a day, but the result of three years careful investigation and experimenting. The name Mennen is behind the cream.

For sale everywhere, 25c.

Sample Tube, Free

GERHARD MENNEN COMPANY

Newark, N. J.

Makers of the celebrated Mennen's Toilet Powder.

