

# WILLIAMS PIANO

The Williams Pianos will be found in the homes of the cultured and the leading musical colleges throughout Canada.  
The Williams Piano Co., Limited  
Oshawa, Ont.

## A Life Problem

Hurry, keen concentration,  
Hard, nervous Brain work,  
Either in Woman or Man,  
Does no Harm—or  
Does Terrible Injury.

If all depends on FOOD  
and the mental condition.

If you find yourself growing weak, or that stomach or any other trouble is setting in, it's a sure sign you are using up more gray matter than the food replaces.

How correct it?

*Change your diet! Quit coffee entirely.*

*Breakfast on a little Fruit,  
A dish of GRAPE-NUTS and Cream,  
A Soft-boiled Egg, Toast, and  
A Cup of POSTUM.*

There you are, nourished and happy until lunch time, and sure you have the food that the life forces use to fully rebuild the waste in gray matter in nerves and brain.

"There's a Reason." *Prove it, YOU.*

## Grape-Nuts

Postum Cereal Co., Ltd., Battle Creek, Mich., U.S.A.

1880 The Leader for 125 Years 1905

## Walter Baker & Co.'s Chocolate & Cocoa



Registered,  
U. S. Pat. Off.

It is a perfect food, highly nourishing, easily digested, fitted to repair wasted strength, preserve health and prolong life.

A new and handsomely illustrated Recipe Book sent free.

Walter Baker & Co., Ltd.  
Established 1780 DORCHESTER, MASS.

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FOR BREAD AND PASTRY

A trial will convince you  
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IN ONE BOTTLE.  
REQUIRES  
NO HEATING OR  
MIXING

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Indelible and Harmless  
On any Fabric.  
Try it once and you will  
use no other kind.

THEY ARE THE BEST  
SHIRTS  
FOR

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NEITHER SCRA  
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