

Earning Power and Health

There are certain food elements placed in the field grains by Old Dame Nature for building a perfectly developed system—body, brain and nerves—accurately adjusted for highest efficiency.

These elements are scientifically incorporated in

Grape-Nuts

Every table should have its daily ration of this delicious food—

“There’s a Reason”

WHEN YOU USE

O-Cedar Polish

(MADE IN CANADA)

You use the best polish there is for hardwood floors, furniture and woodwork. A trial will convince the most skeptical. So sure are we that you will agree with what we say that we guarantee it absolutely. If you are not delighted your dealer will refund your money.



From your
Dealer

25c to
\$3.00

Channell Chemical Co., Ltd., Toronto, Can.

Tarnished Silverware—

There's the Rub



It is so beautiful when clean and brilliant, but what a difference when tarnished.

There is no practical way to prevent tarnish—to remove it there are many ways, good—bad, and indifferent. One way—(the best), proven by 50 years' experience is Electro Silicon. This great polishing powder does not injure the finest surface. Its fame is universal. Beware of the kind that takes off the silver with the tarnish—they work easy but—

You can now purchase Electro Silicon in cream form as well as powder. The cream form, which is wonderfully popular, comes in large glass jars, 25c. Powder form—full size box, 15c. Sold by dealers everywhere.



THERE IS NO SUBSTITUTE

Send for Samples—For two cents in stamps we will send samples of Electro Silicon Cream and Powder. Send to-day to

DAVIS & LAWRENCE CO.
MONTREAL - CANADA

Sole Canadian Agents for the
ELECTRO SILICON CO., 38 CHIF ST.
N.Y., U.S.A.



JAEGER

For Your Soldier Friend

If you have a friend at the front he will appreciate a Jaeger Sleeping Bag. Send it to him now for an Xmas gift. An undyed Camel Hair Blanket will also be appreciated.

These are useful gifts which he can use at all times and which will give him warmth and comfort.



A fully illustrated catalogue and Dr. Jaeger's Health Culture will be sent free on application.

DR. JAEGER Sanitary Woolen System Co., Limited
Toronto Montreal Winnipeg

“Incorporated in England in 1883 with British capital for the British Empire.”