## MC2035



Instant Postum
appeals to those who like coffee.
Its attractive flavor usually satisfies the "coffee taste"- yet Posium contains none of coffees harmful elements.
Then again Instant Postum is more
Then again Instant postum is more
economical than coffeee. It is made
more quickly, with less trouble more quickly, with less trouble and there is no waste.

## Postum Helps

 Where Coffee Hurts"There's a Reason" for Postum
Sold by grocers everywhere
Canadian Postum Cereal Co.,Ite., Windsor, Ont. TT




## Xmas Shopping

Furniture for Xmas presents this year will be more popu-
lar than ever. Now is the time to select your Xmas sift for
father, mother, sister, brother or sweetheart while stocke are father, mo
complete.
Dining Room and Chesterfield Suites in a large variety to
select from. USEFUL CHRISTMAS HINTS:
Morris Chairs, Leather Chairs and Rockers, Willow Chairs,
Rockers and Settees, Library Tables, Dressers, Hall Stande,
Rockers and Settees, Library Tables, Dreseers, Hall Standar
etc
Amland Bros. Ltd., 19 Waterioo st.


The Sweetness of
Giape:NutS
is a natural sweetness developed from wheat and. malted barley by processing malted barley by processing add no sugar. The rich Яavor appeals The rich flavor appeais and the lood is botn eco
Try Grape:Nuts for breakfast
It builds health and strength


