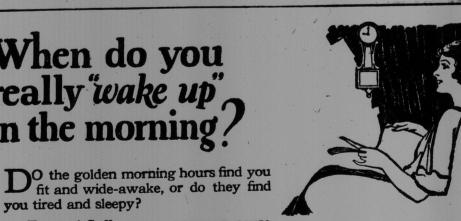
POOR DOCUMENT





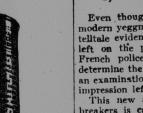
Tea and Coffee are a common cause of sleepless nights, which bring drowsy days with their usual train of neglected opportunities.

Why not get a new, firm grip on your-self, by leaving off tea and coffee for awhile, and drinking Instant Postum a wholesome, delicious, mealtime beverage, with a fine, full-bodied flavor you will like.

You can enjoy it any time, day or night, without interference with nerves

IMPRINT OF PORES LEFT BY ROBBERS GIVES CLEW

New Method of Detection Discovered by Police Director in France



POSTUR

THE tufted bristles reach between the teeth and Even though he wear gloves the into depressions caused by uneven or crooked teeth. The curved handle makes it easy to brush the hard-to-Even though he wear gloves the modern yeggmen can no longer prevent telltale evidences of his presence being left on the premises he robs. The French police have found a way to determine the identity of a criminal by an examination of the skin pores in any impression left behind. This new advance in baffling law-breakers is called "poroscopy." The man to whom society is chiefly indebt-ed for this development is Dr. Edmund Locard, director of the police labora-tory at Lyons. reach places. Buy the Pro-phy-lac-tic Tooth Brush

wherever tooth brushes are sold. Pro-phy-lac-tic Tooth Brushes come in three sizes —adults', youths' and chil-dren's; and in three degrees

Tooth

Brush

Yor Perfect Yourtain Pen niet C CARTER'S

Fountain Pen Ink

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Prophy lacitic really

cleans between the teeth

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60,000 YOUNG AMERICANS DIE Each Year-From Old Age Diseases -Due Largely to Faulty Food

PROFESSOR McCOLLUM, of Johns Hopkins University, says these old age deaths, from diseases of the heart, blood vessels, kidneys, brain, digestive organs etc., have doubled in thirty years, and that younger persons are every year being attacked. McCollum also says 10% of all deaths are due to tuberculosis, and "this con-dition is largely due to faulty food."

Conditions are identical in Canada and all civilized countries where the same foolish food habits prevail.

The food mistakes of civilization and therefore of us Canadians-of me and mine-of you and yours-are too much "denatured," "deficiency," "excess acid," white flour, refined cereals, meats, and sweets; too little whole grain cereals, milk, eggs, leafy vegetables and fruits, the immemorial natural food of the human race.

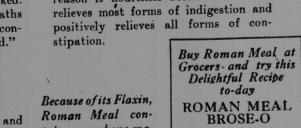
McCollum has demonstrated that a combination of whole grains is even superior to one whole grain-because bet-

Add ROMAN MEAL to Your Daily Diet.



ROMAN MEAL is the only balanced combination of whole grains—wheat, rye, Flaxin, and comminu-ted bran. It is a delicious family food, to be used as ted bran. It is a delicious family food, to be used as porridge, or baked into anything half and half with flour. By using Roman Meal in some way every day, with plenty of milk and some leafy vegetables (preferably uncooked) you provide your body— and the bodies of your children—with every ele-ment necessary to sturdy health and long life, and correct the "deficiencies" of modern "excess acid" and "deficiency" foods. Roman Meal aids digestion, positively relieves constipation. positively relieves constipation.

ter balanced. Roman Meal is the only combination of whole grains cereal known. It supplies the deficiencies of white flour, other cereals, meats and sweets. It was designed by a food scientist for that purpose. For this reason it nourishes better than meat, relieves most forms of indigestion and positively relieves all forms of constipation. Buy Roman Meal, at



tains more bone macy-Cold! Steaming Ho king salts and protein than even milk, thus it is the best possible food for your child and for the nursing and expectant mother.

Icy-Cold! Steaming Hot Stir 1. rounded cup Roman Meal into 4 cups boiling, salted water, Boil slowly for 10 minutes. Set in a cool place to jell, or in ice chest. Serve cold with milk or cream and sugar, honey, preserves or jelly or bananas or berries, etc. (If hot foods are preferred, reheat in are preferred, reheat in double boiler after it has jellied by standing ove night.)

to-day

