

HE WAS THIN

Weighted 135 Pounds, Now Weighs 160
—A 25-Pound Increase.

"When I started taking Sargol my weight was only 135 pounds," writes H. E. Henninger. "Now my weight is 160 pounds, and I am the picture of health and strength that I never was before. You may say my letter, for I am sure it will help somebody in the same shape. I was. Would not take 100 for the good it has done me." "When I commenced taking Sargol I weighed 115 pounds, have been taking it only 26 days, and weigh 130 pounds," writes Miss Lillie Davis. "I gained 15 pounds in ten days," states W. P. Thackeray.

And so it goes. Some folks take little stock in testimonials because they say people are apt to take treatment for some disease and just imagine they feel better. But Sargol is not a treatment for any disease, simply puts firm, healthy, "stay there" fat and muscle tissue on men and women who are thin, run down and underweight. It increases in weight ranging all the way from ten to forty pounds.

Sargol is just a tiny tablet which you eat at meals. It mixes with your food and turns all the fats, sugars, starches and oils of your food into rich, ripe, flesh-producing nourishment for the tissues and blood. The result is quickly noted as the hollows of the body fill out with healthy flesh.

You risk no loss in taking Sargol, as leading druggists everywhere sell it with a positive guarantee. The weight gain is contained in every package. Absolutely harmless. Costs little if it succeeds and nothing if it fails. If you are ten pounds or more underweight you owe it to yourself to try it.

Sold in London and vicinity by all leading druggists.

GERMAN TREATMENT OF PRISONERS IMPROVES

No More Solitary Confinement as "Retaliatory" Measure.

BERLIN (via London), June 14.—(11:45 p.m.)—As a result of the exceptional treatment which has been accorded German submarine-boat prisoners in England and an equal number of British officers-prisoners in Germany, has been discontinued. Germany today notified the American embassy that the British officers who were selected for a factory treatment here would, like the submarine prisoners in England, hereafter be confined with the other prisoners of war and given the same treatment.

With this incident out of the way it is hoped that the negotiations between Germany and Great Britain for the release by them of the enemy civilians who are incapacitated for military service, which were interrupted when the captured crews of submarines were placed in confinement, may be resumed. The negotiations at that time were virtually complete.

FATHER OF DENTISTRY IN ONTARIO IS DEAD

Dean J. B. Willmott of Dental College Passes Away at 78.

TORONTO, June 14.—Dean J. B. Willmott, of the Royal College of Dental Surgeons, died this afternoon at the general hospital here. Dean Willmott was 78 years of age and had been connected with the Provincial Dental College since its foundation. He was the father of dentistry in this province, and was largely responsible for the legislation now governing this branch of medical science in Ontario.

ALLIES ACCEPT ROUMANIAN TERMS

Declaration of Leader of Conservatives in the Balkan State.

WILL SOON ENTER WAR

Greece and Serbia Object to the Partition of Macedonia.

ROME, June 14, via Paris, 11:15 p.m.—A dispatch to the Giornale d'Italia from Sofia says: "M. Filipesco, leader of the Rumanian Conservatives, declared today that the quadruple entente powers (Great Britain, France, Russia and Italy) have agreed to the demands of Rumania. Therefore, a definite conclusion of an understanding for the intervention of Rumania in the war is imminent.

"Greece and Serbia will send an identical note to the Bulgarian Premier, M. Radoslavoff, and his cabinet, declining the proposals of the quadruple entente powers for the cession of Macedonian territory to Bulgaria."

The correspondent of the Giornale d'Italia in his dispatch adds:

"I am assured that Greece and Serbia are sending a note of protest to the great powers, declaring that it is impossible to accept a Balkan understanding on such terms. M. Radoslavoff and his cabinet will use pressure on Serbia and Greece because in the end the conception of the quadruple entente is based on right, and a just consideration of national aspirations in the Balkans must prevail."

HEARST PAPER HEARS SIR EDWARD GREY IS IN BUCHAREST

NEW YORK, June 15.—A dispatch from a staff correspondent in London to the American press, says: "Sir Edward Grey, secretary of state for foreign affairs, according to official announcement, is taking a vacation to rest his eyes, but is not likely to get much rest, if current reports in diplomatic circles here are based on truth. It is said Sir Edward has gone to Bucharest to bring about the intervention of Rumania in the war on the side of the Allies, exactly in the same way that he went to Rome about Easter time to bring in Italy, although it was then announced he had 'gone fishing.' He landed a big fish on that visit, and is expected to be equally successful in his present venture.

"It is a safe prediction that in a week or so something will be heard from Rumania that will be pleasant news for the Allies."

C. O. F. MEETS. ST. CATHARINES, June 14.—Delegates from throughout Canada to attend the annual convention of the High Court of the Canadian Order of Foresters, which opens here tomorrow, are arriving. On Wednesday afternoon they will be given a trip to Niagara and Welland ship canal construction camps. Six hundred delegates will attend.

German Station in West Africa Is Surrendered

Gives Up to Anglo-French Force After Eleven Days' Attack.

LONDON, June 14.—10 p.m.—Garu, an important German station on the Benue River, German West Africa, surrendered unconditionally to the Anglo-French force, June 11, says the governor-general of Nigeria in a telegram to the colonial office. The attack against the station began May 31.

METHODISTS DEPLORE SENDING OF TOBACCO TO TROOPS AT FRONT

Conference Fears Result of Wet Canteen Among Soldiers Fighting for Empire.

TORONTO, June 14.—The encouragement of smoking among soldiers at the front was unanimously condemned by the members of the Toronto Methodist Conference this afternoon. The resolution, against which not a single dissenting voice was raised, ran as follows:

"That while we admire the spirit of loyalty which has actuated the young men of our Sunday schools and homes, who have gone to the front, and while we would see them supplied with every possible form of comfort and equipment, at no matter what cost, we deeply deplore the too prevalent presence of the wet canteen, and also seriously fear the results from the wholesale manner in which response is being made to the pressure of certain interests in sending tobacco and kindred supplies to the soldiers, knowing that many whose lips were pure before have been led to the habit, which otherwise might have been avoided."

The resolution was brought before the conference by Rev. George E. Purcell, secretary of the Sunday school committee.

ALLEGED GIRL SPY ATTEMPTS A DASH FROM THE POLICE

Jumps Thirty Feet From Window But Is Unhurt—Authorities Mystified.

TORONTO, June 14.—Louisa Markesfeldt, the alleged girl spy now held on the charge of vagrancy, is still a source of mystery to the local police authorities. It is stated that the girl was sent by the Barnardo Home of London to Canada in 1907, when she was ten years of age.

It is believed the war had unsettled her mind, or that she had fallen into the hands of Germans in Toronto who had used her to their own ends. The girl today made a determined dash for liberty from Court street police station, but was caught before getting very far away. By some means she outwitted the matron and jumped through an unguarded window to the ground, thirty feet below, but escaped without injury.

A Guelph dispatch says the prisoner was employed in that city two years ago and paid a visit there early this spring, though whether the location of the troops in training had anything to do with her visit has not been ascertained.

FOE SHELLS LIFEBOATS AFTER SINKING VESSEL

Crew of British Steamer Sunk by German Sub. Tell of More "Kultur."

CARDIFF, June 15.—1:20 a.m.—The crew of the British steamship Hopewell, which was sunk by a submarine off St. Ives, has arrived here. The men report that the Germans shelled them while they were taking to their boats and that the captain and three members of the crew were wounded.

SHE RECOMMENDS "FRUIT-A-TIVES"

Mrs. Corbett Read the Advertisement and Tried It

AVON, Ont., May 14, 1914. "I have used 'Fruit-a-tives' for indigestion and constipation with most excellent results, and they continue to be my only medicine. I saw 'Fruit-a-tives' advertised, with a letter in which someone recommended them very highly, so I tried them. The results were more than satisfactory, and I have no hesitation in recommending 'Fruit-a-tives'."

Time is proving that "Fruit-a-tives" can always be depended upon to give prompt relief in all cases of Constipation and Stomach Trouble. Fifty cents a box, six for \$2.50, trial size 25 cents. At dealers, or sent on receipt of price by Fruit-a-tives, Limited, Ottawa.

MANITOBA WILL TRY TO RECOVER THE LOST MONEY

Caveat Placed Against All the Property of the Contractors.

WINNIPEG, June 14.—A caveat has been placed against all the property of Thomas Kelly & Sons, Limited, in Manitoba, by the Provincial Government. This step is the first formal move towards a suit to recover for the province any money that may have been improperly received by the firm of contractors in connection with the Parliament buildings construction. The caveat covers some seventeen parcels of land and buildings, aggregating in value more than one million dollars.

The Cabinet ministers of the late Government will be called to the stand before the royal commission as soon as the evidence of Sir and Horwood, taken at Minneapolis, is transcribed and this may be tomorrow. It is probable that either Sir Roderick Holm or Hon. J. H. Howden will be first to testify. Messrs. Hook and Elliott will be put on the stand again, in light of statements made at the Minneapolis hearing on the connection of these two men with the contracts for the Parliament buildings.

There was no session, this afternoon, but the C. P. R. Telegraph turned over its entire file of telegrams asked for by the commission.

AUSTRIANS FORESTALLED BY SPEEDY ITALIANS

Forced to Abandon Original Plan to Invade the Peninsula.

LONDON, June 15.—3:30 a.m.—The "Times" Milan correspondent, in an article printed today purports to show how in the present campaign Austria has been obliged to abandon her original plan of invading Italy, and compelled to act on the defensive. The correspondent says that the Italian frontier would have lent itself to such an invasion by reason of its configuration, especially along the Isontz River, but Austria was forestalled by the developments at the opening of the Italian campaign, and therefore recalled all her forces under the protection of her forts, and entrenched camps, relying above all upon her defences to oppose the Italians.

ELEVEN MILLIONS SPENT TO RELIEVE THE WEST

Further Amounts Likely To Be Paid Out Before The Fall.

OTTAWA, June 14.—The Government has spent \$11,674,958 in relief works in the West. The Minister of Finance makes the statement that the August issue of the Dominion Government had advanced for the purchase of seed grain for settlers in Saskatchewan and Alberta, the sum of \$8,159,958.25, for the relief of the drought-stricken districts of those two provinces, the sum of \$3,515,000, making a total of \$11,674,958.25. It is expected that further amounts will be paid out on these accounts before the fall, and to cover the probable additional expenditure a further sum of \$750,000 will be required.

INTENSE HEAT RUINS CROPS IN HUNGARY

Hopes for Favorable Harvest of Oats and Barley Abandoned by Peasants.

ZURICH, Switzerland, June 14 (via London, June 15.—2:25 a.m.)—The drought here and to the effect that intense heat continues in many parts of Hungary and that already serious damage has been done to the crops. It is added that the hopes entertained for a favorable harvest of oats and barley must be abandoned. Grain, generally, has suffered considerably in Moravia, Bohemia and Lower Austria.

READ OUT OF REGIMENT AND SENTENCED TO JAIL

Private of 36th Battalion Discharged in Ignominy.

NIAGARA ON THE LAKE, June 14.—Discharged in ignominy and sentenced to three months hard labor in the Lincoln county jail, Private D. J. Kane, of the 36th Battalion, was publicly read out of his regiment at noon today. Kane, who enlisted at West Toronto from the 36th Battalion, was convicted of desertion and sentenced to three months hard labor in the Lincoln county jail, and was publicly read out of his regiment at noon today. Kane was ignominiously dismissed, and was sentenced to three months hard labor in the Lincoln county jail, and was publicly read out of his regiment at noon today.

This is the first instance of the kind in years. The desertion was committed in front of the battalion by a picket. The charge sheets, conviction and sentence were read and the battalion was told that Kane was ignominiously dismissed. Kane was sentenced to three months hard labor in the Lincoln county jail, and was publicly read out of his regiment at noon today.

PORTUGUESE CABINET TIRED OF ITS JOB

Tenders Resignation After Short Existence—Has Not Been Accepted.

LONDON, June 15.—4:24 a.m.—A dispatch to the Havas Agency from Lisbon says the Portuguese Cabinet has presented its resignation, but that it has not been accepted.

The Portuguese Cabinet was formed May 18, following a revolt in which the Cabinet of Pimenta Castro was overthrown. Joao Chagas was made premier and minister of the interior in the new Cabinet, but he was shot during the revolt incident to the revolt, and the Cabinet has since been headed by Joao Castro.

HOMES IN WESTERN ONTARIO OFFERED FOR SICK SOLDIERS

London Council of Women Extends Use of Property—Col. Smith Offers Residence and Grounds—Ladies of Windsor to Purchase a Home.

OTTAWA, June 14.—The following is a further list of offers of convalescent homes and assistance for invalided soldiers returning from the front, which have been received by the department of militia and defence to date:

First Divisional Area, Headquarters, London, Ont.—The Local Council of Women, London, convalescent home, Lieut.-Col. A. M. Smith, London, his residence and grounds at Deseronto, Ontario, a large home free of charge and furnished, in North Rosedale, Toronto; Mrs. C. W. Beatty, Toronto, a large home free of charge and completely furnished on North Yonge street, Toronto.

Third Divisional Area, Headquarters Kingston—Mrs. E. W. Rathbun, Deseronto, her home at Deseronto, Ontario, an offer at Gannaco, details not yet available.

Fourth Divisional Area, Headquarters Montreal—Mrs. J. B. Stewart, secretary King George, Chapter 1, O. D. E. St. John, Que., their assistance in providing comforts; Mr. Alfred Baumgardner, Montreal, his residence, 241, St. Louis street, Montreal; Mr. Louis Doucet, mayor of Coteau Station, Que., desire to sell a property at Coney Island Park, St. Lawrence River, Coteau du Lac, for convalescent home purposes; Mr. Simard, St. Lambert, Que., St. Louis Lodge, St. Lambert, as a home; Mr. P. Mindey Cole, honorary secretary of the Western League, Montreal, to assist in supplying comforts; Mr. H. L. Rutherford, his residence on Belvedere road, Westmount, as a home; Mrs. Gordon Strathay, a house at Belleville, Que.

Fifth Divisional Area, Headquarters Quebec—Mr. Hume Blake, Toronto, his offer at Murray Bay, Que., for a home.

CANADIAN CASUALTIES

Winnipeg. Major E. J. Ashton, Dundas, Ont. (serious).

THIRTEENTH BATTALION. PRISONER OF WAR—Pte. John A. McLeod, Riley, Ont. Corp. R. E. Stewart, Martindale, Ont.

SUFFERING FROM SHOCK—Pte. F. Ingalls, Cornwall, Ont.

WOUNDED AND MISSING—Pte. George Jones, Cranbrook, B.C.

FOURTEENTH BATTALION. KILLED IN ACTION—Pte. D. Freeman, Toronto.

FIFTEENTH BATTALION. SUFFERING FROM GAS FUMES—Pte. J. Nagle, Ireland.

SERIOUSLY ILL—Pte. S. P. James, England.

WOUNDED—Pte. C. Simpson, Elmsdale, N.S.

SIXTEENTH BATTALION. DIED OF WOUNDS—Pte. J. F. Chaisson, Margaree Forks, N.S.

SEVERELY WOUNDED—Pte. J. A. Munroe, Cape Breton, N.S.

SUFFERING FROM GAS—Pte. W. W. Nelson, Edmonton, Alta.

SUFFERING FROM SHOCK—Pte. R. G. Roe, England.

STRATHCONA HORSE. SERIOUSLY WOUNDED—Col. F. F. Hutchinson, Wapella, Sask.

ROYAL CANADIAN DRAGOONS. WOUNDED—Pte. W. Bailey, England.

Pte. F. Isherwood, England.

FIRST FIELD ARTILLERY BRIGADE. WOUNDED—(But on duty)—Lieut. C. S. Craig, Cobourg, Ont.

SECOND DIVISIONAL AMMUNITION COLUMN. SERIOUSLY ILL—Pte. P. H. Harbeck, St. Blaise, Quebec.

FIRST FIELD COMPANY CANADIAN ENGINEERS. SEVERELY WOUNDED—Sapper H. B. Gillespie, Woodstock, N.B.

SECOND FIELD COMPANY CANADIAN ENGINEERS. WOUNDED—Sapper C. M. Low, Scotland.

GERMANS PROPOSE THEIR AGENTS VISE CARGOES OF SHIPS

Would Relieve Americans of Trouble—Then Halt Submarines.

FRANKFORT, via London, June 15.—2:55 a.m.—The Nachrichten proposes as a method of modifying the hardships of submarine warfare that the United States Government consent to the stationing of German commissioners in American ports to examine ships sailing for Europe so that those which carry no armaments, munitions or troops may be exempt from attack by German submarines.

The newspaper cites as a precedent for such action the fact that similar commissioners are maintained by the British Government in various neutral countries to examine and certify with regard to cargoes bound to neutral ports.

The Berliner Tageblatt expresses its approval of the suggestion of the Nachrichten.

French and Germans Join in Dedication Soldiers' Monument

SEDAN, France, June 14.—9:50 p.m.—A Franco-German monument erected to the memory of the German and French soldiers who fell in the battle of the crossing of the Meuse, was dedicated yesterday at Noyes, near here. The German army commander, Gen. Von Sinsheim, and many higher officers, and detachments of German troops who were engaged in the battle, were present at the exercises.

Gen. Von Elnem, in an address in French, intimated the monument, which is inscribed in French and German, "For the Fatherland," to the care of the French residents. The French district president in replying to the address of Gen. Von Elnem, expressed his appreciation of the fact that the Germans had recognized not only their victorious battalions but that those who had died for their country were worthy of honor.

GOVERNMENT HAS LOST CASH REGISTER CASE

Fails to Secure a Conviction Under the Sherman Act.

WASHINGTON, D.C., June 14.—Refusal of the supreme court today to review the action of the sixth circuit court of appeals in reversing the conviction of National Cash Register officials of violation of the Sherman law spelled another defeat for the Government in what its legal officers regard as the most important prosecution ever instituted under the criminal section of the anti-trust law.

At the Department of Justice tonight, while no official statement was issued, it was frankly admitted that the Government had considered the Cash Register case the strongest that could possibly be brought under the criminal provisions of the Sherman law, and that failure of this case was accepted as meaning that criminal prosecution under the law would almost certainly fail.

DON'T USE SOAP ON YOUR HAIR

When you wash your hair, don't use soap. Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle.

The best thing to use is just plain, mulsified coconut oil, for this is pure and entirely greaseless. It's very cheap, and beats soap or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months. Simply moisten the hair with water and rub in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh-looking, bright, fluffy, wavy, and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff.

BERLIN PAPERS ATTACK JINGOES

"Typewriter Heroes Preaching War to the Knife Against Everybody."

TIME FOR CURTAILMENT

Inspired Articles Plead for a German-American Understanding.

[Canadian Press.]

BERLIN, via London, June 14.—9:50 p.m.—The Lokal Anzeiger prints a noteworthy article on German-American relations by its general director, Eugene Zimmermann, which, coming on the heels of Friday's conciliatory article, is taken to mean that influential representatives of politics and business are standing behind this paper and exerting their efforts for a "German-American understanding."

"President Wilson," says Herr Zimmermann, "desires nothing more and nothing less than an understanding between Germany and England concerning the forms of maritime warfare, which, at the same time, will insure the safety of American passengers. The task is not light, considering the developments of naval war, but it can be solved if all interests display goodwill."

Suggests a Compromise. A new form might be given to naval warfare, Herr Zimmermann continues, on the basis that passengers on ships with special marks of identification and sailing under the Government guarantee that they are unarmed, should receive proper consideration at the hands of submarine commanders.

The compromise must also involve the withdrawal of the British admiralty's instructions to merchantmen to attack and ram submarines on sight.

The article ventures to indicate for the first time to the German public, that there may be a second side to the question of arm shipments, on which the press for months has been harping. Herr Zimmermann pays his respects to what he terms "typewriter heroes," the great forerunners, are preaching war to the knife against everybody," and concludes:

"We wish to act and write with blood and iron, but just because we are fearless and determined we may look for possible ways by which to arrive at an understanding with America. We need not close up our department of incoming and outgoing declarations of war, which heretofore has worked nobly, but it seems to me that we can curtail the output somewhat, without incurring a reputation for excessive caution."

The editor of the Tageblatt, Theodore Wolff, also publishes an article in favor of a policy aimed at the avoidance of the new conflicts and the bringing in of new adversaries. He urges as a suitable method for giving German diplomacy adequate authority and prestige to stand firm against "Jingo and whip-the-world enthusiasts," the creation of a council to the foreign office, in which former ministers and secretaries of foreign affairs, ambassadors and leading members of parliament should have seats.

PEACE SIGNS PLEASE WILSON.

WASHINGTON, June 14.—President Wilson feels encouraged by reports that the pending negotiations between Germany and the United States must likely result in a suitable method for giving the President and other officials in the last day or two have found a better prevailing mood of opinion for an amicable understanding with Germany than at any time since the Lusitania tragedy.

This feeling is understood to be based on both official and unofficial reports from Berlin, telling of the favorable reception there of the American note and on the hope, too, that the dispatches carried by Dr. Anton Meyer-Gershard for Count Von Bernstorff, the German ambassador here, will impress German officials with the American point of view.

It was learned that the President does not plan to send another note to Great Britain protesting against the interference with commerce between the United States and neutral countries of Europe.

GIRLS HAVE BEAUTIFUL, LUSTROUS, FLUFFY HAIR—25 CENT DANDERINE

No more dandruff or falling hair—A real surprise awaits you.

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice soft hair and lots of it. Just get a 25-cent bottle of Knowlton's Danderine now—all drug stores recommend it—apply it little as directed and within ten minutes there will be an appearance of abundance; freshness, fluffiness and an incomparable gloss and lustre and try as you will who tries this.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

BUY MATCHES AS YOU WOULD ANY OTHER HOUSEHOLD COMMODITY—WITH AN EYE TO FULL VALUE!

WHEN YOU BUY EDDY'S MATCHES YOU RECEIVE A GENEROUSLY FILLED BOX OF

Sure, Safe Lights

Ask for

Eddy's 'Silent Parlor' Matches

H.P. SAUCE

England's most popular

has not advanced in price.

There's economy in using H.P.—the odds and ends are made simply delicious with just a few drops of the—

One and Only H.P. SAUCE from England

until the discussion with Germany has shaped itself more clearly. This does not necessarily mean, it is said, that the President will wait until a reply is received from Germany, though the British note will scarcely go forward until some definite idea has been given of the character of the next communication from Berlin.

"TIZ" FOR TIRED AND SORE FEET

"TIZ" for Puffed-Up, Burning Aching, Calloused Feet and C

"My feet just ache for 'TIZ'"

Why go limping around with aching, puffed-up feet—feet so tired, chafed, sore and swollen you can hardly get your shoes on or off? Why don't you get a 25-cent box of "TIZ" from the drug store now and gladden your tortured feet?

"TIZ" makes your feet glow with comfort; takes down swellings and draws the soreness and misery right out of feet that chafe, smart and burn; "TIZ" instantly stops pain in corns, callouses and bunions. "TIZ" is glorious for tired, aching, sore feet. No more shoe tightness—no more foot torture.

A well-known medical writer says: "I always first prescribe Bisurated Magnesia in every case of hyperacidity (sour acid stomach) that comes to me." A teaspoonful in a fourth of a glass of hot water usually gives INSTANT RELIEF. Sold by all druggists in either powder or tablet form at 75 cents per bottle.

BISURATED MAGNESIA

MADE IN CANADA.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

"An Old Man at 40"

How often you hear that remark! How many such men there are! And how needless it is!

Wrong food is the big cause.

When one feels old at forty the first thing is to correct improper diet. The main fault with the dietary is often a lack of the vital mineral salts in food. Without these mineral elements old age steals on rapidly.

To meet this very condition a food was devised which supplies those mineral elements, such as phosphorus, iron, sulphur, etc.

That food is

Grape-Nuts

Made of whole wheat and barley, this delicious food retains all the nutrient of these grains, together with the priceless mineral elements—notably lacking in white flour foods—which the system must have to build and maintain vigor and elasticity of body, brain and muscle.

One can avoid this "old-age-at-40" business by proper eating and living.

"There's a Reason" for Grape-Nuts

MADE IN CANADA.

—sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.