The WILLIAMS PIANO COMPA

OSHAWA, ONT.

Brain Machinery

must be kept clean and perfectly repaired, for it is the tool of the mind.

Every living thought means the death of many brain-cells. These must be replaced promptly by new ones.

Grape-Nuts food contains the essential elements to repair and energize Brains.

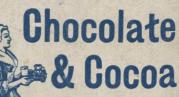
"There's a Reason" for

Grape-Nuts

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

The Leader for 125 Years

Walter Baker & Co.'s



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

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

45 Highest Awards in Europe and America Branch House, 86 St. Peter St., Montreal, Can.

First Aid to Beauty

Beecham's Pills are Nature's first aid to beauty. They strengthen the digestion, create appetite, free the blood of all impurities, clear the complexion and tone the entire system. Used in every land for over sixty years, Beecham's Pills are a blessing to womankind for those recurring ills which frequently sap the strength and undermine the general health. Taken at the first signs of derangement, Beecham's Pills soothe and regulate the functions and create health, beauty and happiness by their prompt and beneficent action.

Beauty is largely a matter of health. Bright eyes, clear skin, rosy cheeks, red lips are charms that make the plainest features attractive. These are the secret of womanly beauty and Beecham's Pills do more for the maid or matron than any other medicine. A healthy stomach, active liver, regular bowels, sound sleep and clear complexion are the reward of every woman who lives reasonably, eats moderately and takes Beecham's Pills when there are symptoms that indicate any disturbance of the stomach, liver or bowels.

lear the Complexion

SOLD EVERYWHERE IN BOXES, 25 CENTS

BOTTLE. ONE

HEATING OR WELANV

Try it once and you will