A Life Problem

Hurry, keen concentration, hard, nervous work, do no harm-or do! great injury. It all depends on FOOD and one's general condition.

If you find yourself growing weak, or that stomach trouble is setting in, it's a sure sign you are using up more energy than the food replaces.

How correct it?

Change your diet! Quit coffee. Breakfast on Fruit. A dish of Grape-Nuts and Cream. with perhaps a soft-boiled Egg, Toast, and A cup of Postum.

There you are, nourished and happy until noontime, and sure you have the food that rebuilds the waste in body, nerves and brain.

"There's a Reason" for

Grape-Nuts

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, goodbad, 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 Scilicon Cream and Powder. Send to-day to

DAVIS & LAWRENCE CO. MONTREAL - CANADA

Sole Canadian Agents for the ELECTRO SILICON CO., 30 Cliff St. N.Y., U.S.A.



Your Children

Your children's health is of the first importance. Start them right by clothing them with Jaeger Garments. We stock Jaeger Underwear and Night Wear, Dressing Gowns, Knitted Suits, Golfers' Coat Sweaters, Jerseys, Raglan Camel Hair Fleece Coats, Gloves, Stockings, etc.

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

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WOMEN OF REFINEMENT

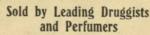
thousands of them throughout the world make daily use of the genuine

MURRAY&LANMAN'S

(The Original, Century-old)

Florida Water

Widely regarded as an indispensable aid to beauty and comfort. Its sprightly fragrance is acceptable to the most discriminating taste, and its delightful, refreshing effect best attained when it is added to the bath. : : :



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