

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 noon-time, and sure you have the food that rebuilds the waste in body, nerves and brain.

"There's a Reason" for

Grape-Nuts



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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.

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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, good—bad, 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—

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THERE IS NO SUBSTITUTE

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(The Original, Century-old)

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