## Try lt Out

If coffee affects you unpleasantly, try leaving it off 10 days.

To do this with comfort and beneficial after-effects use the new food-drink

## Instant Postum

No boiiing required-stir a level teaspoonful (more or less for strength desired) in a cup of hot water-add sugar and cream to taste, and a delicious beverage is ready instantly.

"There's a Reason"

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

## It's Baker's and It's Delicious



Made by a perfect mechanical process from high grade cocoa beans, scientifically blended, it is of the finest quality, full strength and absolutely pure and healthful.

Sold in $1 / 5 \mathrm{lb}$., $1 / 4 \mathrm{lb} ., 1 / 2 \mathrm{lb}$. and 1 lb . cans, net weight.
Booklet of Choice Recipes Sent Free WALTER BAKER \& CO. LIMITED ESTABLISHED 1780
MONTREAL, CAN. DORCHESTER, MASS.

which contains no free caustic, and enjoy a cool, comforlable shave.

Mennen's Shaving Cream makes a lather which requires no "rubbing in" with the fingers to soften the beard. You lather and then you shave. Saves time, and does away with tender faces.

For sale everywhere 25 c.
Sample Tube Free. GERHARD MENNEN CO. Newark, N. J.
Makers of the celebrated Mennen's Toilet Powder.


