Clear Skin Clear Eyes Clear Brain

Superb Health and Mental Poise

Grape-Nuts

is a crisp, delicious food, made of whole wheat and barley — for those who want to feel the glow of Health, Vigor and Energy.

"There's a Reason"





We invite you to send for a generous size package of Brock's Bird Seed

—a cake of our special
Bird Treat (a fine tonic for your bird) and
Brock's Book of Birds, a book you should
have. All this will be sent postpaid for twenty
five cents (25c).

Give Dick this treat and he will sing his thanks.



Send to-day and mention the Canadian Magazine.

NICHOLSON & BROCK Frances St., Toronto, Ontario

