

She invested \$495
—She has had over \$40 interest on it each year and her principal is now worth more than \$525.

Royal Securities Corporation, Limited
58 King Street West, Toronto

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58 King Street West, Toronto

STOMACH MISERY, GAS, INDIGESTION
"Pape's Diapepsin" Corrects Sour, Upset Stomachs, at Once

HEALTH EDUCATION
BY DR. J. I. MIDDLETON
Provincial Board of Health, Ontario

As never the world as the present... **HEALTH EDUCATION**... **What is good health worth to you?**

What is good health worth to you?

HEALTH is priceless. You wouldn't knowingly part with it for anything in the world.

Why then do you risk it needlessly for the sake of a few cups of tea or coffee?

Tea and coffee contain Caffeine, a drug which often interferes with nerves and digestion.

There's an easy, pleasant way to avoid this menace to health, without any sacrifice to comfort or satisfaction. Drink Instant Postum instead of tea or coffee.

Instant Postum is a pure, wholesome and delicious beverage made from choice wheat. It is most convenient and economical, too. Just level teaspoonful to each cup, add boiling water and stir thoroughly. Then add cream and sugar to taste.

Instant Postum FOR HEALTH

"There's a Reason"

Canadian Postum Cereal Co., Limited, 45 Front St. E., Toronto, Factory: Windsor, Ontario

THE HUMAN FACTORY

Its Motive Power is Rich, Red Blood.

The human body is the busiest factory in the world. There is no eight-hour day, no plant vacation, no holidays, no cessation of its labor at any time. Day and night work is carried on in the workshop of your body and it never ceases until the engine—your heart—stops forever.

Stupid Man.
The inspector called to see why Johnny Window had not been to school...

GUARD THE BABY AGAINST COLDS
To guard the baby against colds, mothers can equip Baby's Own Tablets...

MOTHER! MOVE CHILD'S BOWELS
"California Fig Syrup" is Child's Best Laxative

Young Grief.
Run from me, wind, to the far west... You must not make little guesses about me...

"Howlers."

FARMER GETS IT ALL BACK AGAIN

Among some delightful schoolboy misdeeds recorded in the "University Correspondent" are:—
A grass widow is the wife of a dead vegetarian.
Tertium quid is a legal term meaning "So So."
Hayche was a black boxer who fought Carpenter.
A circle is a round straight line with a hole in the middle.
The bacchus first taught the Greeks to get drunk, and Raleigh named tobacco after him in honor of the Virgin Queen.
The hospital of Norway is Christ-fallity.
Guy's Hospital was built to commemorate the Gunpowder Plot.
Teaching is a sedentary profession.
Wells's history is a veritable millstone of the road to learning.
Seeing it Through.
The farmer had engaged a Scottish plowman, and placing a cheese on the breakfast table, told him to help himself.
When the farmer returned, some time later, he found the man still eating.
"Sand!" he exclaimed, "you take a long time to breakfast, don't you?"
"Awful," replied the man, "a cheese of this size is nae sae soon eaten as ye may think!"

CORNS

Lift Off with Fingers



MOTHER! MOVE CHILD'S BOWELS
"California Fig Syrup" is Child's Best Laxative

"Cascarets" 10c

For Slimmer Layer or Constipated Bowels
Clean your bowels! Feel fine! When you feel sick, dizzy, upset, your head is dull or dulling, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping, no laxative cathartics on earth for constipation and children. 10c a box. Taste like candy.

Black Knight STOVE POLISH



Children Delight In Cuticura Soap Baths
Because they are soothing and refreshing for tender skin, especially if afflicted by Cuticura Ointment on first signs of redness or roughness. The Cuticura Talcum also, delicately medicated and exquisitely perfumed, is excellent for little ones.

Classified Advertisements.

SEED FOR SALE.
AGENTS WANTED.
HAIRDRESSING
DOG DISEASES
WOMEN OF LARGE FAMILY

Poultry & Feathers

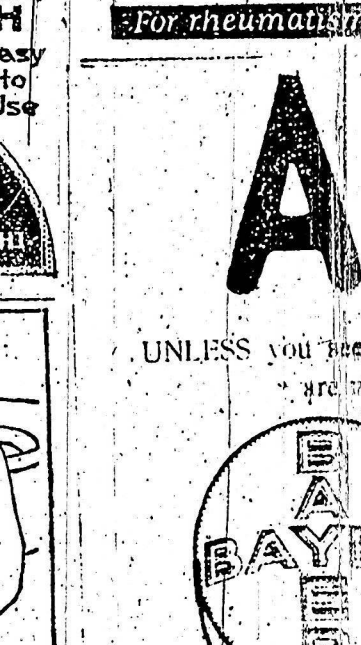
Rheumatism?
Minard's Liniment is the reliable relief for Rheumatism.

Corrugated Galvanized Steel Roofing
The Metallic Roofing Co. Ltd.

Cause of Early Old Age

PETRIE'S MACHINERY TORONTO
Backaches?—welcome relief!
Sloans Liniment

Aspirin
UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all.



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