 This advertisement, submitted by Raymond A. Stevens, of
Syracuse University, was awarded second prize in The
PostumCercalCompan'suntercollegiateadvertisingcontest.景 $\begin{gathered}\text { Are You a } \\ -W i n n e r-~\end{gathered}$ or a Loser?

YOU have undoubtedly You are training your mind You are training your mind will. But But what of your body? Will it sustain you when the race becomes fast and
strenuous?
To keep in a winning condition, you must excreise every muscle and organ in the body The fue-supplying organs-the stomach and he of discing rough foods such as: whole whod wheat ond bran, hard cereals
Grape-Nuts not only excrcises these fuelsupplying organs, but its nutritive elements of whole-wheat and malted barley, toasted to a nutty crispness, make it the most dencious breakfast food you have ever tasted.
For a well-balanced diet, try Grape-Nuts -four teaspoonfuls sprinkled with sugar, half crean and half milk. You will call for it every morning. There's a reason.

The Postum Cereal Company battidecriek, michigan
"ROD AND REEL"
The Best Fishing Boots Made

Drop in Our Store and Look Them Over

Priced at $\$ 7.00$

## 20TH CENTURY SHOE CO.

Sweet and Dainty Through and Through

## Let Us Wash Your Bed P,illows

We will call for them, wash your feathers in their own tick, dry and fluff them in a gentle, warnil
brecze, and return your pillows swect and danty, all the way through.
They'll be ever so much downer and softer- the coziest of cushons for slecpy hends. And they'll be sanitary too, free from the dust which sifts
through the tucks and robs your fenthers fleceness, fragrant with robs your clenthers of then

Penn State Laundry

L. K. METZGER<br>L. K. METZGER<br>"The Fastest Growing Store in State College"

Suit Boxes
Wrapping Paper
Cord and Postal Labels
Have your Tennis Racket Restrung while home on your Easter vacation
Our work is done here at our store by an expert. No need to wait 6 to 12 days for your Racket OUR WORK IS GUARANTEED

Fishing Season is just about here
A Complete Line of Fishing Tackle

