

## **And His Family Medicines**

MOST people first knew Dr. Chase through his Receipt Book. Its reliability and usefulness made him friends staged at Port Stanley on Saturday. everywhere.

Kidney-Liver Pills and other medicines on the market they

means of regulating the liver, kidneys and bowels and curing constipation, biliousness, kidney disease and indigestion.

One pill a dose, 25c a box at all dealers,

# Dr.Chase's

# DANGER SIGNAL-TENDER AND BLEEDING

Healthy teeth cannot live in diseased ue. Gums tainted with Pyorrhea are dangerously diseased. For not only the teeth are affected, but Pyorrhea germs seep into the body, lower its vitality and cause many ills.

Pyorrhea begins with tender and

ling gums. Then the gums recede, the teeth decay, loosen and fall out, or must be extracted to rid the system of the poisonous germs that breed in pockets about them. Four out of five people over forty

have this disease. But you need not have it. Visit your dentist often for tooth and gum inspection. And keep Pyorrhea away by using Forhan's For Forhan's For The Gums will prevent

Pyorrhea—or check its progress—if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums hard and healthy, the teeth white and clean. If you have tender or bleeding gums, start using it today. If gum-shrinkage has already set in, use Forhan's according to directions, and consult a dentist nediately for special treatment. 35c and 60c tubes in Canada and U.S. If your druggist cannot supply

you, send price to us direct and we will mail tube postpaid. FORHAN'S, LTD., Montreal

Ithaca, N.Y.—"Three years ago I suffered from pains in my right side, so severe that I could



from the floor. Pains would shoot down my imbs and through loctor said I had an abscess. I was in bed two weeks with have to go to a hospital for an opera-tion. A friend came

not raise my feet

to see me and told me of your won-lerful medicine—Lydia E. Pinkham's Vegetable Compound. I began taking t, and after taking six bottles I feel well and strong, do my own work and do iressmaking for others. I cannot speak noon recitals at the London Institute too highly of your medicine and recommend it to others who suffer with female trouble. It is a Godsend to ailing women, and you may use my name at any time."—Mrs. PERMILLA HULSIZER, any time."—Mrs. PERMILLA H 218 E. Fall St., Ithaca, N.Y.

. Women who suffer from any such ailments should not fail to try this famous root and herb remedy, Lydia E. Pink-nam's Vegetable Compound.



#### Everybody Knows SHERLOCK-MANNING **OUTING IS ONE LONG** TO BE REMEMBERED

Old 'Uns Beat Youths in Fast Game of Baseball.

FISHING CONTEST

Some Would-Be Anglers Wait Sixteen Hours For

The most successful picnic ever held by the Sherlock-Manning Piano Company employees of this city was tha With ideal weather conditions, and a good program of sport in their favor, the merrymakers left London by the When he put his Nerve Food, 9:20 a.m. train, armed with horns and other noisemakers. Upon arrival at the lakeside a baseball game was played between the old men and the youths. received a hearty welcome, and their exceptional merit has kept them high in the public esteem.

Take Dr. Chase's Kidney-Liver Pills for example. There is no treatment to be compared to them as a ment to be compared to the former demonstrating their support to the former demonstrating their support

where they sat down to dinner beneath the trees. When the youngest kiddle was satisfied, the races and other events on the program were run off. The firm provided all the prizes, fee cream and gum in abundance for the children, a box of chocolates for each lady present, and cigars for the men.

Fishing Contest.

A salient feature of the sports bill was the fishing contest, some of the employees taking up positions on the pier at 5 a.m., and remaining on the job until 9 p.m. without having a bite. The prize for the oldest couple on the grounds was awarded to Mr. and Mrs. E. Kemp, 1054 Florence street, who are aged 76 and 80 years, respectively. The huge success of the pienic was mainly due to the efforts of the executive committee.

During the day numerous clowns in costume, namely, W. N. Manning, Bert Kemp, John W. Jewett, Lloyd Sumner and George Nye, aided and abetted by A. Bull and C. Comber, guised as police constables, provided fun for everyone present, their ludicrous actions driving away all signs of the blues. The Sherlock-Manning Band also provided entertainment, rendering an excellent musical program, The attendants at the outing totaled 250. The employees also sat down together for supper.

The Sports.

Following are the winners in the

Boys' sack race—Harold Chowen, W. Bezzo, Clifford Kelly.
Small boys' sack race—Harold Cudmore, John Sherlock, John Ellwood.
Boys' race under 6 years—G. Cudmore, M. Lake, D. Hopkins,
Girls' race, under 6 eyars—Marjorie Lutton, Dorothy Bartlett, Alma Bartlett. race, under 10 years—Vera Kathleen Westlake, Nora Boys' race, under 10 years—Harold Hopkins, Harold Cudmore, Fred Ste-

Boys' Shoe race—Norman Fishleigh,
John Ellwood, Howard Copeland.
Girls' shoe race—Margaret Clark,
Eleanor Manning, Vera Sumner.
Young ladies' race, employees only—
Fern Nash, Love Lake, Verda Belbeck.
Ladies' and gentlemen's pin race—
Love Lake and W. Hirschleber, R.
Sasche and J. Lee.
100 yards dash, employees only—
W. Hirschleber, W. Anderson, R. Ellwood.
Married ladies' race, wives of employees only—Mrs. R. Lark, Mrs. W.
McFarland, Mrs. Welsh.

McFarland, Mrs. Welsh.
Sack race, igirls—Marian Manning,
Kathleen Westlake, Eleanor Manning,

Claire Allen.
Toy balloon race, girls—Mrs. Ellwood, Fern Nash, Verna Belbeck,
Blind race, ladies and gentlemen—
A. Sasche and Elsie Wonch, W. Hirschleber and Verna Belbeck, Mr. and Mrs.
R. C. Ellwood.

t. C. Ellwood.
Relay race, ladies and gentlemen—
Mrs. McFarland and Harold Chowen,
Elsie Wonch and P. Sasche, Fern Nash
and W. Anderson.
Committees' race, three-legged—Love
ake and W. McFarland, Mrs. Sasche
and J. Lee, Bell Robson and B. Kemp.
Following is the executive committee,
which was responsible for much of the

game between picked teams, captained by Frank Tucker and Ormie Smith. The former won by the score of 20 to 17, mainly through the excellent pitching ored both sides in umpiring, assuming a "safety-first" attitude.
Following are the winners in the

other events: Ladies' dash-N. Page. Throwing baseball-N. Page. Chum race-Erie Parkinson and G.

and expected any Tucker.

day that I might Men's dash—W. Lance Men's dash—W. Lang. Three-legged race—Blanche Roberts and C. Milligan.

#### SATURDAY AFTERNOON RECITAL AT INSTITUTE

Although more recitals are to come, the last of the regular Saturday afterof Musical Art was held on June 26.
The program was as follows: "Merry Bells," Jean McMullen; "Robin's Lullaby," Jack McMullen; "La Fountain," Genevieve Carmichael; "Prelude and Fugue," Gladys Lowes: "Le Toubillon," Dorothy Watson; "Petite Waltz," Nerissa Downham; "Study," Lucy Harding:
"The Publican," Miss Lottie Martin;
"Twilight," Kathleen Yeates; "In the
Park," Will Baldwin; "L'Avalanche," Will Baldwin.

The following teachers were represented: Miss Irvine, Mrs. Jordan, Miss Raymond and Miss Burnip. A warm day with prospect of a pic-nic ahead, and summer holidays after that, took nothing away from the ren-dering of the selections, which had been in course of careful preparation for some time.

A recital will be given on Wednesday evening. June 30, by the pupils of Miss Edith Irvine.

#### STEEL PLANT CLOSES DOORS AT HAMILTON

HAMILTON, June 26.—The Steel Company of Canada will close their entire Hamilton plant on Monday, the president of the company announced today. Shortage of coal and oil for fuel is the explanation. Two thousand

## ST. PAUL'S CLASSES PICNIC BIG SUCCESS

Boys' and Girls' Ball Games Features of Affair At Springbank.

The Sunday school classes of St. Paul's Cathedral picnicked at Springbank Park on Saturday afternoon. An excellent sport program was arranged, and with the good weather as an aid everything was run off without a hitch. Rev. Clarence W. Foreman, P. Mitchell. superintendent of the Sunday school Fred Kingsmill and Charles Sears, the committee in charge of the outing, deserve credit for arranging such an enjoyable affair. The results in the sport

events were:

Girls, 6 to 8 years—Madeline Wright.

Relay race, girls, 10 to 17—Winning
team, Dorothy Scott, Lucille Scott, May
Nottage and Mary Britton.

Sack race, boys—Beverly Mortimer.

Boys, 8 to 12—Alexander Cook.

Running broad jump, boys, 12 to 15—

Eddia Hammond. Eddie Hammond.

Girls, 12 to 14—Dorothy Scott.

Three-legged race, boys, 6 to 12—
George Scott and Eddie Hammond.

Three-legged race, girls—Lucille Scott and Dorothy Scott.
Girls, 8 to 12-Mildred Warner.

Wright.

Mounted tussle, boys—Ernest Cook and Arthur Rowcliffe. and Arthur Roweliffe.
Tug-of-war, girls—Winning team,
Lucille Scott (captain), Dorothy Scott,
Marguerite Forbes, Lucy Ford and
Kathlyn Eddy.
Tug-of-war, boys—Winning team, Ed Hammond (captain), Billie Rooks, Jack Whitton, Charles Baines and Fred Britton.
Consolation race, boys and girls-

Consolation race, boys and girls—Wilfred Shelaw.
Special race, girls—Josephine Loney.
Two baseball games were played, one by the girls, and the other by the boys.
Both were picked teams. The scores were too big to mention. At times the games became so exciting that the official umpire, Rev. C. W. Foreman, forgot to lot down the runs.

#### **YOUNGER MEMBERS** OF W. C. T. U. PICNIC

R. C. and Golden Glove Clubs Unite in Annual

The A. R. C. and the Golden Glove Clubs, composed of the younger members of the W. C. T. U., united in their annual picnic at Springbank Park on Saturday afternoon. A big sports program was arranged, which was run off after the girls had done full justice to the lumber provided. the luncheon provided.

The winners in the sports events vere: Girls under 12—Vera Wood, Ethel Speller.
Girls under 15-Ivy Cotterill, Ivy Girls under 20—Elsie Vantassell, Gladys Hill. Three-legged race—Ivy Cotterill and Irene Speller.

Irene Speller,
Time race—Hilda Lupson.
Needle and thread race—Irene Speller and Ivy Cotterill.
On Friday the Mothers' Club of the W. C. T. U. plenicked at Springbank Park. About 65 mothers and their children were present. They were not to be beaten by the younger members' clubs, because they, too, had an excellent sports program. The results were:

were:
Three-legged race, boys — Douglas
Coleman and Bert Crawford.
Three-legged race, girls—Ivy Martin
and Mabel Martin. Three-legged race, boys—Douglas Coleman and Bert Crawford.
Three-legged race, girls—Ivy Martin and Mabel Martin.
Wheelborrow race—John Martin and Mabel Martin, Douglas Coleman and Mabel Martin.

Control Smith.

Douglas Coleman and Bert Crawford.

With the assistance of the orderlies, the two remaining nurses attended to the factory girls and the office men defeated the factory girls and the office men defeated the factory men. Both games were excitant and marking but an adding machine would have the factory men. Both games were excitant and marking but an adding machine would have the factory men. Both games were excitant and farmers.

The Outside Nurses.

With the assistance of the orderlies, the two remaining nurses attended to the whole hospital on Saturday, and last evening twelve new nurses arrived from London, Toronto and Kingston. Men's race, 60 years and overGeorge Bull, R. Barrett.
Coat and shoe race, open—R. Ellwood and Elsie Wonch, W. Hirschleber and Mrs. McFarland, J. Stephenson and Mrs. McFarland, Mrs. McFar

ball, open-Douglas Coleadults were: Needle and thread race — Mrs. Strangleman, Mrs. Coleman. Time race—Mrs. Miles, Mrs. Kerton. Fat ladies' race—Mrs. Everingham,

Mrs. Coleman.
Thin ladies' race—Mrs. Strangleman,
Mrs. Miles.
Hopping race—Mrs. Strangleman,
Mrs. Miles.

## LONDON BOLT WORKS FARMERS AFTER HOLDS THIRD OUTING

Married Men Win in Baseball -Forging Department Victorious in Tug-of-War.

The employees of the London Bol Works held their third annual picnic at Springbank Park on Saturday afternoon. About 150 were present. In the baseball game, which proved to be very exciting, the married men defeated the single men by a score of 12 to 7.

The results of the sport events were
Girls under 6 years—L. Burnette, O

Boys under 6 years-A. Webb, Surnette, W. Overton.
Girls 7 to 9 years—J. Roberts, Boys 7 to 9-W. Brooks, C. Forsight, Girls 10 to 12-D. Prodgers, E. Bro-

Girls 13 to 15-D. Austin, M. Vary, A Boys 13 to 15-D Horrocks, M. Adair. . A. Brooks. Girls 16 to 20-Miss Horrocks, Miss Arbuckle, Mrs. Cambridge, Boys 16 to 20—E. Lattimore, F. Sol lieux, Mr. Robins.

Boys 10 to 12-F. Moore, H. Overton,

Mr. Blake.
Ladies 21 to 25—Mrs. E. Cambridge, Mrs. M. Clinton, Miss M Horrocks, Men 25 and over—B. Guymer, Day, H. Wand. Ladies 25 and over—Mrs. L. Austin Miss F. Miles, Miss J. Root. Men over 50 years-Mr Brown Guest, H. Roberts.
Single men's race—E. Lattimore,

Men 21 to 25-G. Clinton, J. Su

Blake. Single ladies' race-Miss L. Lee, Mis Married men's race-G. Clinton, Married ladies' race-Mrs. L. Kavan agh, G. Clinton

Boot and coat race—G. Summers, F. Moore, A. Jones. Moore, A. Jones.

Blind pig race—Mr. Clinton, Mr. Clark, Mr. Thompson.

Nail driving competition, ladies—Miss E. Root, Miss Chute, Miss J. Root.

In the tug-of-war competition between the forging and the threading departments, the wielders of the hammer were the victors. were the victors.

The committee responsible for

uccess of the picnic was composed of: G. Guymer, chairman; G. Overton, J. Prescott, C. Burnette, B. Guymar, J. Morgan, J. Berry, F. Moore, Mrs. M. Maxwell, Mrs. E. Horrocks, Mrs. G. Serlock, Mrs. L. Austin, Mrs. C. Chute.

# **SOMERVILLE PICNIC**

Aggregations in Exciting

Baseball Games.

It probably the best organized outing of the season at Springbank Park was the Somerville Paper Box and O-Pec-Chee Gum Company picnic held on Saturday. A meeting was held and a settlement arrived at regarding the work ling in the diet kitchens, but when the ployees, leaving the corner of Adelaide and Dundas streets at 9 o'clock. They encamped at the west end of the park. All prizes for sport events were cash. There were 20 different events, including everything from a blind pig race to a biscuit-eating contest. For some reason the office employees seemed to be the best handlers of baseball and bat, for the office girls defeated the best handlers of baseball and bat, for the office girls defeated the best handlers of baseball and bat, for the office girls defeated the best handlers of baseball and bat, for the office girls defeated the best handlers of baseball and bat, for the office girls defeated the best handlers of baseball and bat, for the office girls defeated the base of the parts.

With the assistance of the parts, which latter and dhern that the chief danger to the Government lies. There are featly seven parties in the field: Norris Liberals, Laurier Liberals, Conservas tives, Great War Veterans, Labor, United Farmers and Ruthenians, the latter a sectional faction of former residents of Austria who want separate to take her turn in the kitchen. Dr. Alexander was immediately notified and set-liberals, Conservas tives, Great War Veterans, Labor, United Farmers and Ruthenians, the latter a sectional faction of former residents of Austria who want separate to take her turn in the kitchen. Dr. Alexander was immediately notified and set-liberals, Conservas tives, Great War Veterans, Labor, United Farmers and Ruthenians, the latter of the old regime, that the chief danger to the Government lies. There are featily seven parties in the field: Norris Liberals, Conservas tives, construction the kitchen. Dr. Alexander that the chief danger of the day the return in the kit

committee was composed of the Misses anticipated that there would be trouble Friend, M. Partridge, Daisy Horner. Edith Palmer, Cora Clarke, Florence Dixon, Ethel Simpson, Isabel Wyatt, Viola Patterson, Eva Hoyt, Eva Crocker. Dorothy Hutchinson, M. Johnston, Irene Gramlick, Irene Dowdell, Lillian Finlayson, Lillian Hilton, Lillian Grant, Ella Ogglesby, Edna Patterson, Rachel Joves, Lillia Allen, and Ida Wilmot. The arrangement committee was com

# SUGAR TRUST, IS TORONTO REPORT

Whole Situation Is To Be Shown Up.

TORONTO, June 26.-United Farmers of Ontario have issued a writ Medland Bros., wholesale grocers, for damages for failure to de-liver to the United Farmers' Co-Operative Company thirteen carloads of sugar at \$16.50 per cwt., contract price. The writ has been served. In connection with this action, the

In connection with this action, the Toronto Telegram today says:

Show Up Situation.

"The farmers are after the sugar trust in Canada.

"The whole sugar situation from coast to coast, according to reliable authorities, is to be shown up, and the inside dealings of wholesalers, refiners and especially the doings of the speculators on an immense scale are to be dragged before the courts of Ontario.

tario.

Tons in Store.

"When the case comes to court, it is understood allegations will be aired that the Dominion Sugar Company at Wallaceburg has tons of sugar in store in various buildings in Chatham and Wallaceburg, and that the refinery has been forced to close owing to the fact that there is no place to store the raw material, which is now blocking the yards at that point. "Furthermore, it is now openly stated that there is an enormous speculation in sugar on this continent by international speculators, who are carrying ample stores of sugar for the public use with the help of London and New York bankers."

#### **EIGHTEEN NURSES AT GUELPH ON STRIKE**

Protest Against Doing Work in Kitchen Was Ignored.

GUELPH, June 27 .- Conditions at Speedwell Hospital yesterday were in very unsettled state, owing to the fact that eighteen nursing sisters refued to go on duty because the medi-cal authorities would not make a sat-isfactory settlement of certain griev-ances which have been brewing at the institution for some time past.

More than a month ago the nurses registered a complaint to Dr. Alexander, of London, chief medical officer IS SUCCESSFUL ONE

IN SUCCESSFUL ONE

IS SUCCESSFUL ONE

Of M. D. No. 1, regarding certain duties which they had to carry out in the diet kitchens, the nurses claiming that the detitians should attend to the work in the kitchens. They were promised by Dr. Alexander that the matter would be investigated, but as nothing had been done they gave notice of their leaving.

The committees appointed to make arrangements for the picnic deserve great credit for its success. The refreshment committee was composed of the Misses Friend, M. Partridge, Daisy Horner, Edith Palmer. Cora Clarke Florence in sympathy with the patients, who appeared to be Edith Palmer. Cora Clarke

## HOLD ROSE EXHIBITION

The London Horticultural FOR THE GUMS

FO posed of J. K. McDermid, president; D. will hold a rose show in Hyman Hall on H. McDermid, vice-president; J. G. Tuesday and Wednesday. The recent silver cup to be competed for, and to be won three times before becoming the property of the exhibitor. The cup donated by the late Thomas Gillean, now held by Mr. William McNaughton,

# **OUITE EASILY**

Toronto Newspaper Says the Complex Situation Includes Proportional Representa-

FOUR WOMEN ON BALLOT

In Winnipeg Forty-One Candidates Fighting For Only Ten Seats.

[Special to The Advertiser.] WINNIPEG, June 27 .- Will the Norris Government, which came into power when the corrupt Roblin Government went down to a terrible defeat in 1915, following the exposure of graft and corrupt practices in building Mantoba's new Parliament Buildings, which have cost already eight millions and are now about completed, come back into power following the elections in this province, which are to be held on Tuesday of this week?

It is one of the most uncertain and Tuesday of this week?
It is one of the most uncertain and complex elections ever held in Canada. complex elections ever held in Canada. Keenest experts in political prophecies are puzzled. There seems to be the agreement that the Norris Government will be returned, but by a greatly reduced majority. There were only five in the Opposition in the last Legislature. This year there are 53 seats in the Legislature, and 51 elections will be held, polling in the two northern seats being deferred. Winnipeg will elect ten members under the proporelect ten members under the propor-tionate system of voting, and there

tionate system of voting, and there are 41 candidates running for ten seats, representing the Government, the Conservatives, Labor and Independents. With three soldier candidates in the latter list. There are four women among the candidates, the first time the sex has been represented, and the Labor candidates consist of one of the leaders who is in penitentiary, Russell, and five others who are on the prison farm, all for seditious conspiracy arising out of the strike of a year ago.

Tried First Time.

This is the first time proportional

This is the first time proportional voting has been tried in the British Empire, outside of Australia and New Zealand. The splendid record of the Norris Government along the lines of support to schools, good roads, mothers' pensions, establishing hospitals and nursing staffs in outlying foreign setlements, rural credits to farmers (over \$1,500.000 having been loaned this year already), industrial conciliation board, and advanced methods of raising loans, have all helped to make friends for th farmers' movement in certain localities

is very strong. It is in this farmers' movement, abetted by the remnants of the Conservative party, which latter consists mainly of farmer adherents of the old regime, that the chief danger

Seats will be lost to Farmers, the Government will have a good ma-jority, is the confident prediction of its friends. In Winnipeg the Government looks for six seats, Labor for three and Independents one, or one may go to the Conservatives, but the outlook for the last named is not very strong, judging by the attendance at meetings held in the interest of the Conservatives. One of the latter is W. J. Tuppe and former premier of Canada. John T. Haig, another candidate for the Conservatives, is very ill following an op-eration for appendicitis last Friday. Both these men are lawyers. The polls are open from 9 in the morning to 5 in the afternoon, and definite results from all Winnipeg will not be known until the next day. Clarence Morden dentist is running

## **ACCEPT ENGLAND'S** WARCRAFT GIFT

Declares Canada Cannot Afford an Ambitious Naval Policy.

OTTAWA, June 27.-The introduction by the minister of marine of supple-mentary estimates of \$1,700,000 for naval expenditure during the coming year, precipitated a spirited debate which lasted for hours in the oHuse of Commons last night without a vote being

William Duff (Lunenberg) was the principal opponent. He suggested that England's gift of war craft be declined on the ground that Canada cannot af-ford an ambitious naval policy. He proposed that naval dockyards and establishments at Halifax and Esquimault be turned over to Great Britain.

Hon. Rudolphe Lemieux, J. J. Denis and Ernest La Pointe opposed the appropriation, their objections coinciding with those of the leader of the Oppowith those of the leader of the Oppo-sition, who moved that the entire vote be rejected and the House only adopt original naval estimates of \$300,000 which was being asked for along with

Progressives Support.

Hon. T. A. Crerar spoke briefly in support of Mr. Mackenzie King's amend-

ment.

Hon. C. C. Ballantyne said he hoped that Canada would adopt a naval policy more consistent with her dignity after the imperial conference of 1921.

Meanwhile Canada was committed by after the imperial conference of 1921. Meanwhile Canada was committed by the Laurier naval bill of 1910, to the defence of her own shores, and the interim policy of the Government, based on the acceptance of a gift of war craft from Great Britain, required the appropriation of the sum now submitted to the House.

J. E. Armstrong (Lambton) supported the Government.

The debate continued vigorously until midnight, when Fernand Rinfret was about to speak in support of the Opposition amendment, when Hon. W. S. Fielding remarked that it was Sun-

was about to speak in support of the Opposition amendment, when Hon. W. S. Fielding remarked that it was Sunday morning, and the debate was adjourned.

Tabled Correspondence.

During the afternoon the prime minater tabled the correspondence relative to the resignation of Hon. H. A. Robson last March from the Board of Commerce. The House finally concurred in the Senate amendment to the civil service bill, abolishing a number of holidays hitherto observed in the service because they are holidays of the Catholic Church. An amendment

to the franchise act was concurred in by granting the same salary and superannuation allowance as that of a supreme court judge to the chief elec-toral officer, charged with the adminis-tration of the franchise act. Hon. W. L. Mackenzie King gave no-tice of an amount to the act. Pro-Hon. W. L. Mackenzie King gave notice of an amendment to the act, providing election advertisements in any form appearing in a newspaper shall disclose the name of the person or organization paying for it, and this amendment will be considered on third reading of the bill, which was reported from committee. Estimates for mail and steamship subventions to the amount

steamship subventions to the amount of \$1,294,300.66 were adopted by the House in committee.

An act to validate excess borrowing under the demobilization act, was given third reading.

SEVEN BURNED TO DEAT Elwood City, Pa., June 27.—Sever sons were burned to death in which destroyed Kraus block in rence avenue here early today origin of the fire is tunknown dead are a mother, Mrs. James and her six children, ranging from 11 years to 5 weeks.

## Administration That Does Not Lapse

If you leave your trust to be administered by an individual a crisis may come when that individual is ill or abroad. His absence may mean the loss of thousands of dollars.

By appointing this company as administrator of your estate you are assured of prompt and efficient action. No loss can be sustained because of the absence, illness or death of the administrator.

## The London and Western Trusts Co. Limited

ARTHUR T. LITTLE. JOHN S. MOORE, President Manager. DUNCAN McARTHUR, Assistant Manager.





You like the best, don't you? Then why not get the best!

# POST TOASTIES

have a flavor, substance and general satisfaction to appetite which mark them as distinctly superior among corn flakes.

There is no waste to Post Toasties. They do not crumble in the package nor do they mush down when milk, cream or fruit juice is added.

Try these marvelous corn flakes but be sure to specify Post Toasties by name.

Made in Canada Canadian Postum Cereal Co., Ltd., Windsor, Ontario.