REAL ESTATE FOR SALE

FIRST-CLASS FARMS WESTMINSTER, also 8 miles from Port Stanley. These farms can be had on easy terms. List your properties and do your insurance with Reely, 795 York street, London. 90bu

City Property.

TWO-STORY BRICK, CONVENIENCES, No. 24 Beaconsfield avenue. 91n

THE LOT AT 365 CHEAPSIDE street, south side, between Colborne and Maitland streets, frontage 165 feet, depth 132 feet, about one-half acre with frame cottage, concrete foundation, shingle roof; could be divided into four or five building lots. Inspect property and obtain particulars from The Canadian Trust Co., Richmond street. 90c

DANDY COTTAGE FOR SALE, $1,800, 5 rooms, gas, hydro electric light and toilet, good basement. Apply 16 Josephine street, Chelsea Green. 90n

A REAL NICE COTTAGE, WELL furnished, cheap, for part or all of September month, at Willow Beach, Port Stanley. Apply W. Trick, Thorne Bros.' Shoe Store. 90u

LIST YOUR PROPERTY WITH Reely (just discharged from army), 795 York. Agent, for first-class sick and accident insurance. y

THREE COTTAGE, ONE A DOUBLE one, and vacant lot, East London. Apply 93 Maple street. 90c

7 DWELLINGS, 5 to 11 ROOMS, 2 to 5 bedrooms; ten to forty dollars; 3 with garage; modern 21-room rooming house for sale. Parsons, 379 Wellington. yt

BARGAIN—TWO-STORY BRICK, PICCADILLY street, near Waterloo, fine lot, barn in the rear; must be sold. Apply 706 Waterloo. 891

TWO ALL-MODERN, 7 AND 8-ROOM brick houses. Easy terms. Phone 4670. 89n

$2,800—NORTH SIDE.
1½-story frame, all conveniences except furnace, 3 bedrooms, parlor, dining-room, kitchen. Lot 65x130. Terms.
ANDERSON & CO.,
12 Market Lane. zyxwv

Adelaide street, two-story modern brick, three bedrooms, nice lot; must be sold at once, and can be bought very cheap. Call for particulars.
THE THOS. C. KNOTT REAL ESTATE AGENCY,
117 Dominion Savings Building,
London, Ont. zyxwv

FOR SALE—NICE HIGH, DRY, pleasant and healthy well protected residential building, lot 40x145. 868 Wellington street. Terms liberal and agreeable to purchaser. Phone 5731. No agents. 88n

1½-STORY FRAME HOUSE
On Askin street, lot 35x170, cement foundation, water, gas, electric light, toilet, for quick sale.
APPLY 16 ERIE AVENUE.
Phone 6860. zyt

FARMS FOR SALE

$4,500—50 ACRES, FAIR BUILDINGS, best of clay loam, near church, school and this city. Will exchange for house in London. Patterson, 359 Richmond.

700 CHOICE FARMS IN ONTARIO—Catalogue sent free on application. Thomas Myerscough, 226 Darling street, Brantford; Bell phone 1322.

104-ACRE FARM AND TILE YARD, 2 large kilns, rich clay loam, tile drained, 2 good frame houses, large bank barn, hogpen and garage. Further particulars, apply Maurice Dalton, Dresden, Ont., R. R. No. 3. Sept.23

15 ACRES, NEARLY-NEW BRICK house, all modern, barn, henhouse, etc. This is a splendid property, 15 minutes' walk from city cars. Apply G. Colbert, 890 Dundas street. Phone 6207. Sept.27

FOR SALE—IDEAL LOCATION, 100-ACRE farm, bank barn, tile drained and tile silo, spring water, near school, church, store and station, natural gas available, easy terms. Frome, Elgin County. Apply Box 124, Advertiser. 87bu

150 ACRES—$12,000; LONDON TOWNSHIP, on county road, two miles from good town and station, two sets buildings, one extra good, consisting of good brick house, with stone foundation and slate roof, two basement barns, well tile drained, spring creek, rich clay loam. Faulds & Co., 59 Dundas. 89k-tywt

100 ACRES—$11,000; LONDON TOWNSHIP, 8 miles from London, elegant 2-story brick house, stone foundation, slate roof and furnace, first-class large basement barn extra well fitted up, steel stanchions, silo, large implement shed, windmill and water supply tanks, well tiled and fenced, 7 acres good woods, rich clay loam. Buildings on this farm could not be replaced at less than ten thousand dollars. Faulds & Co., 59 Dundas. 89k-tywt

50 ACRES—$6,000; LONDON TOWNSHIP, 6 miles from London market, on gravel road, 1¼ miles to school and blacksmith shop, 1¾-story frame house on stone foundation and basement, never-failing spring, good basement barn with water inside, garage, hen-house, 1½ acres good orchard, 250 young trees, consisting of pear, cherry and plum. This orchard, just starting to bear, worth $500. Well fenced and tiled; rich clay loam. Purchaser can buy crop also, if he wishes. This is one of the best farms around London. Easy terms. Faulds & Co., 59 Dundas. 98k-tywt

115 ACRES, NINE THOUSAND DOLLARS; one of the best farms in the county of Perth; twelve acres of choice bush, balance in first-class cultivation, tile drained, well fenced, spring creek at rear, drilled well at house, three acres orchard, mostly Spies, modern brick house, bank barn with cement stables, driving barn. Payments to suit purchaser. Stock and implements if desired. Opposite G. T. R. station, village of Gowanstown, three miles from Listowel. Owner on premises. H. Hemsworth, Gowanstown. 86bu

120-ACRE FARM, CON. 1, LOT 4, Westminster; fair buildings. Price $12,000. Yarmouth, 100 acres, fair buildings, 8 miles from Port Stanley. Price $5,000, $800 cash, remainder on mortgage, or will take London city property in exchange for this farm. Wanted—Real Estate to sell on commission. Apply Reely, 795 York. 86n

97 ACRES—GOOD LAND AND BUILDINGS, lot 19, Howard road, Howard township. Apply James J. Clark, R. R. 3, Northwood, Ont. 82bu

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THE MISSES WESTCOTT'S
Boarding and Day School
441 RIDOUT STREET,
Reopens September 9. Telephone 2821. 91n

"DOES IT PAY?" IS AN INTERESTING pamphlet published by Canada Business College, Chatham, that should be in the hands of every prospective business or shorthand student. It shows the wonderful successes attending those trained in this popular college. Write for it. b

OUR COMPLETE COMMERCIAL course will fit you for taking an excellent position, paying a good salary, with unlimited opportunities. Includes bookkeeping and business practice, penmanship, arithmetic. Begin now to better yourself. Send for particulars of this commercial course today. Canadian Correspondence College, Limited, Dept. A, Toronto. 90n

PRIVATE CLASSES FOR SMALL children in public school education. Terms on application. Priscilla Hall, 546 Talbot. Phone 3648. 89g

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STORE AND BAKERY—SITUATED IN one of the best business sections of London. Box 116, Advertiser. 91c

THOROUGHLY MODERN, RED BRICK house, hot water heating, north end. Apply Box 150, Advertiser. 91n

BARN, IN GOOD CONDITION—COULD be used as garage. Apply 246 Dundas street. 91c

ROOM FOR ONE OR TWO GENTLEMEN. 950 Queen's avenue. 91c

WELL-FURNISHED COTTAGE, WILLOW Beach, Port Stanley, for all or part of September. Thorne Bros.' Shoe Store. 91u

TO LET—FOUR-ROOM COTTAGE, 150 Oxford street. Apply 140 Ridout street south. 90c

FOR RENT—FURNISHED HOUSE in north end, November to May; no children. Box 143, Advertiser. 90c

75 ACRES, WITH BUILDINGS, NEAR city, for 5 years. Responsible, experienced farmer only need apply. 428 Dufferin. 88bu

WANTED TO RENT.

FARM, 30 TO 50 ACRES. APPLY TO John Stitu, 51 Briscoe street. 91c

WANTED TO RENT—FLAT SUITABLE for club rooms; must be heated. Apply Box 140, Advertiser. 89c

WANTED TO RENT BY OCTOBER 1, duplex house, or unfurnished up-to-date, heated rooms, by mother, daughter and son. Box 117, Advertiser. *86n

WANTED TO RENT—FURNISHED house for six months or longer, refined couple without encumbrance. Box 94, Advertiser Office. 86n

BOARD AND ROOMS.

WANTED BOARD FOR MAN AND two children. Box 135, Advertiser. 88n

WANTED BOARD FOR LADY AND child. Apply Box 134, Advertiser. 88n

BOARD WANTED FOR FAMILY OF five in good surroundings. Box 136, Advertiser. 88n

ROOMS TO LET.

COMFORTABLE ROOM, WITH OR without board. 394 Adelaide street, near Dundas. 91u

TWO UNFURNISHED ROOMS, ELECTRIC light, hot water heating, gas. Alfred Tyler, 355½ Clarence. 89c

FRONT BED - SITTING - ROOM, double or single, bath; very quiet. Phone 6932. 86n

ROOMS WANTED.

BY SEPTEMBER 15, ONE OR TWO, unfurnished rooms; South London preferred. Apply Box 153, Advertiser. 91c

WANTED BY BUSINESSWOMAN, sitting-room and bedroom; must be central; fireplace preferred. Box 149. 91c

SINGLE GENTLEMAN WANTS double room with bath, in vicinity of postoffice, for September. Box 151, Advertiser. 91u

WANTED.

THE Y. W. C. A. WOULD LIKE THE addresses of any homes willing to entertain young girls coming into London to enter school or business. Apply to Miss Helen Sutherland, 516 Wellington street. 86n

MOVING AND STORAGE

FOR REASONABLE CHARGES, TRY the Calgary Truck and Transfer Company, 345½ Clarence street.

LARGE MOTOR TRUCK FOR HIRE—Long and short distance cartage. Charges reasonable. H. Yott, 18 Gerard street. Phone 7043.

HAVE YOUR CHINA, CROCKERY, glass, packed by an experienced packer. H. Robinson, 316 Ridout street. Phone.

ON MOVING DAY REMEMBER "DAY, The Mover." Moving vans. Fireproof storage at reasonable rates. Residence 480 Maitland. Phone 2887. H. F. Day.

FURNITURE MOVING — DRAYING done promptly. Van or large truck. Dixon's. Phone 2839.

S. J. HENDERSON'S LARGEST MOVING vans and storage. Phone 1254. Residence 573 Adelaide.

BIGGS' FURNITURE STORAGE — Clean, dry; terms reasonable. Moving vans, Carling street. Phone 1162.

MOTOR DRAYING, LONG OR SHORT distances. C. G. Truesdale, 92 Chesley. Phone 6926.

BROUGHTON'S, THE MOVER—SPECIALTY, crating and shipping. Phone 1444.

WATSON & BALDWIN — NEW motor truck. Baggage and transfer moving. Blue Bonnet stand. Phones 6262 and 2301. Returned men.

FLOWERS' UP-TO-DATE MOVING vans—Teaming and draying. Lukings Bros., 863½ Colborne. Phone 2636.

LEGAL CARDS

T. W. SCANDRETT, BARRISTER, solicitor, notary. Money to loan. 98 Dundas street.

PURDOM & PURDOM—DOMINION SAVINGS BUILDING. First floor, corner of Richmond and King streets.

MACPHERSON & PERRIN, BARRISTERS, solicitors. Money to loan. Robinson Hall Chambers.

TENNENT & TENNENT, BARRISTERS, solictors, notaries public. Money to loan. 78 Dundas. D. H. Tennent, Gordon H. Tennent.

GRAYDON & GRAYDON, BARRISTERS, Bank British North America, 2 Market Square.

MURPHY & GUNN — BANK OF TORONTO Chambers. Phone 170.

JAMES B. McKILLOP, BARRISTER, solicitor and county crown attorney. Oak Hall Building.

U. A. BUCHNER, BARRISTER, SOLICITOR, corner Talbot and Carling. Phone 99. Money to loan.

W G. R. BARTRAM, BARRISTER, notary, etc. 59 Dundas street.

G. N. WEEKES (MAJOR WEEKES)—Barrister, etc. Huron & Erie Building, Market Square. Hours 10-4.

CRONYN & BETTS & COLERIDGE—Frederick P. Betts, K. C.; Thomas Coleridge.

J. M. McEVOY, BARRISTER, SOLICITOR — Robinson Hall Chambers. Money to loan.

GIBBONS, HARPER & GIBBONS — Barristers, etc. Imperial Bank Building. Sir George Gibbons, K.C.; Fred Harper; George S. Gibbons.

MARRIAGE LICENSES

MARRIAGE LICENSES ISSUED BY W. G. R. Bartram, 59 Dundas.

MARRIAGE LICENSES ISSUED BY H. J. Childs, druggist, 632 Dundas.

MEDICAL CARDS

DR. J. THORNLEY BOWMAN HAS returned from overseas and has removed from 138 Wortley road to 188 Wortley road. Phone 1108. 85bu

DR. JOHN S. SCHRAM, CORNER Kent and Talbot streets. Specialty midwifery, diseases of women and children.

DR. W. J. STEVENSON, 389 DUNDAS street—Specialty, diseases of women and surgery. Phone 510.

DR. H. A. STEVENSON — X-RAYS.

DR. J. E. KIDD, OFFICE AND RESIDENCE, corner Dundas and Maitland. Phone 889.

DR. CAMERON WILSON — 260 Queen's avenue. Diseases of women and surgery. Telephone 266. Night, 3386.

DR. ALICE JAMIESON, 369 QUEEN'S—Diseases of women and children.

DR. NORMAN R. HENDERSON, CORNER Dufferin and Clarence (formerly Park avenue)—Eye, ear, nose and throat.

DR. A. A. McLEAN, 485 DUNDAS street—Specialty, diseases of stomach and children, and non-surgical treatment of women.

DRS. FERGUSON & FERGUSON, South London. Phone 753. Dr. R. Ferguson, specialty midwifery and diseases of women. Dr. J. I. Ferguson, specialty, children's diseases.

DR. HOLMES, 344 RICHMOND—SPECIALTY, skin diseases, electro-therapy and X-rays.

GEORGE McNEILL, M. D. — 245 Queen's avenue. Specialist X-ray.

DR. SEPTIMUS THOMPSON, PARK avenue, corner Queen's. Eye, ear, nose and throat.

DR. CLIFFORD H. REASON, CORNER Dundas and William streets (phone 265), has resumed practice.

R. W. SHAW, M.D., L.R.C.P., AND M.R.C.S. (England), 287 King street. Phone 839.

DR. W. M. SHOEBOTHAM, 620 RICHMOND, corner of Hyman. Specialty, surgery, diseases of women.

DR. J. E. HETT, SPECIALIST—CANCER, tumors, etc. King street east, Kitchener, Ont.

DR. BROWN — EYE, EAR, NOSE, throat. 472 Clarence street. Appointments preferable.

DR. W. F. BABB, 205 QUEEN'S avenue—Eye, ear, nose and throat.

DR. D. H. ARNOTT, 226 QUEEN'S avenue, in addition to regular practice, will give special treatment for cure of liquor and drug habits.

F. L. BURDON, M.D., L.R.C.P. and S. (Edinburgh) — Diseases of women, children. 461 Waterloo. Phone 258.

DR. ROY ROUTLEDGE, CORNER Dundas and Waterloo streets. Hours: 12 to 1, 2 to 4, 6 to 8. Office phone 152. Residence 205.

DR. WEEKES — 436 WATERLOO street. Hours: 1 to 3, and 7 to 8.

DR. KARN, SPECIALIST, GENITO-URINARY and rectal diseases of men and women, 426 Richmond street, London.

JOHN G. HUNT—EYE, EAR, NOSE, throat. Hayman Court, Queen's avenue-Wellington.

DR. NORMAN G. SCHRAM, CORNER Dundas and Wharncliffe road. Phone 2336.

BARTER AND EXCHANGE.

WILL TAKE A GOOD TOURING CAR as first payment on pressed brick cottage. Box 146, Advertiser. 90c

FOR SALE—PONY, $20, OR WOULD exchange for poultry. Box 144, Advertiser. 90c

DENTAL CARDS

DR. HOCKIN, DENTIST—SPECIALIST pyorrhea and bleeding or receding gums. 606 Dundas street, corner of Adelaide, Bank of Toronto Chambers. Phone 2463.

DR. RUTLEDGE, 881 DUNDAS—OPEN Monday and Thursday evening. Phone 192.

DR. M. J. FREZELL, DENTIST — Over McLachlan's drug store, opposite old city hall.

DR. S. M. THOMAS—NEW ADDRESS, 212 Dundas street. Phone 2085.

DR. JARVIS, SPECIALIST—EXTRACTION, pyorrhea; painless method. 213 Dundas.

DERMATOLOGY

MARINELLO SYSTEM FOR FACE, scalp, chiropody. Removal of superfluous hair permanently. Miss Beattie, corner of Talbot and Fullarton. Phone 3027.

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HEAR THE
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and get its price before you buy any other phonograph. You'll be wiser and richer.
W. J. Wray & Co.
234 DUNDAS STREET. ywt

BUSINESS CHANCES

FURNITURE AND STOVE BUSINESS, also residence furniture, in Detroit, Mich. Will trade for business or farm around London. Apply 586 Piccadilly street. 91u

GOOD GROCERY BUSINESS AND corner store with residence attached; bathroom and hot water heated; extra choice stand and doing good solid business; owing to health must make change; stock and fixtures about $2,500; excellent chance for good man. If not sold by September 15, will lease. Don't apply unless you mean business. 435 Horton street. 89n

RESTAURANT AND QUICK LUNCH business in good town, established eight years. Prices good; $7,000 business last year; best reasons for selling. Box 162, Tillsonburg. 87n

FOR SALE

BOOT AND SHOE BUSINESS IN EAST LONDON.

SHOE REPAIR BUSINESS, IN GOOD CITY.

GARAGE, FIVE THOUSAND DOLLARS.

SUMMER HOTEL—PAY FOR ITSELF IN FEW YEARS.

Barber Shop, Milk Route, Flour Mill, General Store, and many other lines.

ASK FOR WHAT YOU WANT, IF NOT MENTIONED HERE.

Canadian Bureau of Credits
BUSINESS TRANSFER DEPT.
Dominion Bank Chambers, London.
Established 1910. ywt

USED CARS FOR SALE

SEASON CLEAN-UP SALE OF USED CARS

Ford Sedan, latest model, self-starter, only been used a short time. Taken in on a larger sedan.

One 1916 Ford Touring, a good buy.

One 1917 Ford Touring.

One Chalmers, Model 24, 7-passenger, 1914, in good condition, tires nearly new, two extra, new battery and top, especially adapted for hearse, chassis or taxi work. The price is low.

CHALMERS COUPE, 6-cylinder, Model 35A, especially adapted for doctor's use. Tires, paint and mechanical condition good. The price is right.

LONDON OVERLAND SALES
F. D. McLachlin, Prop. 86-90 King Street. Phone 8. 89-c

HERE THEY ARE

Some Real Bargains—the best in town.
1914 Ford Touring, in good running order $300
1916 Ford Touring, in good condition $350
1916 Ford Delivery, good tires $325
1917 Ford Delivery, in first-class condition $500
1917 Ford Touring, slip covers, shock absorbers $500
1918 Ford Touring, recently overhauled $550
1918 Ford Ton Truck Chassis, overhauled and painted $575
1918 Ford Coupe, genemotor starter, shock absorbers, two spare tires $850
1918 Ford Coupe. This car has been well taken care of $750
1917 Gray-Dort, in good condition $775
1918 Grey-Dort, in good running order $875
1918 Maxwell Touring, looks and runs like new $875
1916 Chevrolet Roadster, overhauled completely $500
You can obtain any of the above cars on our easy payment plan. See us before you buy elsewhere.
UNIVERSAL MOTOR SALES,
390 Pall Mall Street. Phone 6012.

FOR SALE—1918 HENDERSON 4-CYLINDER motorcycle. Auto Supply Company, 106 Dundas street. 87n

TIRES—FIRST QUALITY.
30x3½ to 27x5.
Carried in stock at 126 Carling Street.
We solicit your business.
Our Motto: Better Service.
MARK CUT RATE TIRE CO.
Phone 6182. 126 Carling St., London. tf

USED CAR BARGAINS.
1917 Ford Touring—extra equipment.
1918 Ford Ton Truck.
1917 Ford Roadster, with starter.
1917 Ford Ton Truck.
Hudson 33 Touring—a great bargain.
Chevrolet Roadster.
FERGUSSON & KIDD,
781 Dundas St. ywt Phone 45.

One Chevrolet 1919 demonstrator, bargain; one Ford sedan, with starter; one Ford Coupe, with starter, both in excellent condition. We also have a few second-hand Chevrolets at reasonable prices.
ONTARIO GARAGE AND MOTOR SALES, LIMITED,
Corner Colborne and Dundas Streets.
Phone 5459. ywt

AUTO ACCESSORIES
Guaranteed automobile tires and auto tubes at special prices.
CHOWN HARDWARE CO.,
111 Dundas Street, near Talbot Street. tyw

Warren's Accessory Store
We are agents for GABRIEL SNUBBERS MARVEL STEERING DEVICE. Makes your Ford steer as easy as a Packard.
Opposite Reliance Garage. Phone 4903. ywt

P.P.P. TUBES ARE GIVING PERFECT service. There is not much chance of a flat or saggy tire if you use P. P. P.s. Blowouts are practically impossible. Try one and you will soon realize the difference. The Mackenzie Electric Company, Sarnia.

PAIGE-DETROIT TOURING, 1917, just overhauled and painted, as good as new. 540 Adelaide. *83-tf

DODGE TOURING CAR, MECHANICALLY perfect. Equipped with Macbeth lenses, eight-day clock, windshield cleaner, bumper, mirror, and demountable rims. Price $1,050. Good reasons given for selling. Apply 352 Dundas street. 91-tf

MAXWELL LIGHT TRUCK, SUITABLE for light delivery, in good running condition. Price $200. Apply 352 Dundas street. 91-tf

FORD TOURING CAR, JUST REBUILT, electric lights and starter; all good tires. Price $500. Apply 352 Dundas street. 91-tf

OVERLAND TOURING CAR, IN GOOD running condition, must be sold. Price $350. Apply 352 Dundas street. 91-tf

FOR SALE—1920 MODEL MAXWELL touring car, only had two weeks; owner going West. Phone 4662. 86n

FIVE-PASSENGER OVERLAND, BIG Four touring, $850. Apply Box 332, St. Marys, Ont. 87n

RELIABLE REPAIR COMPANY, 217 North Front street, Sarnia. Guaranteed tires and tubes, batteries charged, electrical contractors, largest vulcanizers in Lambton County. Always reliable.

1 HUP 20 FOR $125; 1 STUDEBAKER 25 with 5 good tires, in good running order, $350. Royal Garage, 264 Horton. Phone 7463.

AUTO TIRE REPAIR COMPANY, Sarnia—The only expert vulcanizers in the city. Tires and accessories.

FOR SPEEDSTER—COME AND SEE our make of speedster bodies. Auto Sheet Metal Works, 244 King street. Phone 4133.

CITY GARAGE
Ford Roadster, 5 passenger.
Reo High-Tension Bosh-Remy and Spitdorp Magneto.
We have a good line of used parts for all makes of cars. Guaranteed repair work. Storage for 100 cars.
We buy, sell and exchange.
65 King St. Phone 6223
*86-tf

One 6-cylinder Chandler, cord tires. First-class condition. A bargain for quick sale.
One 3-passenger Reo roadster.
One Gray-Dort body.
TERRY FOR BARGAINS
150 Fullarton St. ywt Phone 534.

WHEN YOU HAVE TROUBLE
with your starter, generator or electrical equipment, bring it to us. Rewinding of commercial motors a specialty.
Electric Maintenance Co.
Rear 150 Fullarton St. Phone 534. ywt

SOMETHING NEW.
Armored Double Tread
GUARANTEE 5,000 MILES.
Bring two old tires and have them vulcanized into one. Will outwear two new tires. Come in and inspect sample.
Central Vulcanizing Co., Ltd.
394 Waterloo Street. Phone 724. ywt

Cooper's Auctions

TOMORROW MORNING.
91 INKERMAN STREET.
Remember this large sale of choice housefurnishings. Plenty of goods. Come.
SALE AT 10 A.M.

TOMORROW AFTERNOON.
CHOICE REAL ESTATE,
476, 478, 484 TALBOT STREET.
This high-class realty is to be sold at a great sacrifice. Ideal for apartment purposes. You will do well to attend. Terms day of sale.
SALE ON PREMISES AT 5 P.M.

TOMORROW EVENING.
374 DUNDAS STREET.
Large consignment of household effects. Something of everything to furnish a home.
SALE AT 8 P.M. b

Secrets of Health and Happiness

Why Even the Best Food Sometimes May Be a Poison

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D. (Johns Hopkins University).

The overworked allusion or phrase, "one man's food is another man's poison," can now be changed to read "all foods may be poisons and some poisons may be foods," if a multiplied series of scientific researches are correct.

You may remember that meats and albuminous victuals, such as the main parts of eggs, fish, green vegetables and nuts contain the nitrogen or "meaty" combination called protein.

One of the ways a person unfamiliar with physiological chemistry can be made to understand a protein is to think of a legion of varieties of the white of egg or the red or white fleshy part of meat, and poultry and wheat. There are a variety of proteins, just as there are many different kinds of fats, oils, sugars, starches and minerals.

If you can form a picture of meat as protein plus fibres, plus fat, plus water, plus minerals or of eggs as protein and fat—the yolk—you can have an intelligible image of these "nitrogenous" flesh-makers and tissue-builders.

It is the casein, the clot or cheese of milk which is its main protein. Wheat has several different proteins in it. So have most cereals, vegetables, fruits and other pabulum.

When you "break out," have a rash, suffer with hives, hay fever, swollen vocal cords called "oedema of the glottis," trythema or red blotches on the skin, any of these things may sometimes be symptoms of poisoning by special proteins of particular foods to which you have never become immune. Some medical scientists are convinced that in infancy and childhood each human person "learns to resist the poison part present in all proteins."

All Foods Poisons?

In other words, when you say that you "acquired a taste" for eggs, olives, oysters, lobsters, alligator pears or any food whatsoever, it is much the same as being "a yellow fever immune" or as if you had recovered from scarlatina or smallpox and were thenceforth in no further danger from attack by the same disease.

In brief, all foods are poison according to the new chemistry, and each human being is a potential victim who may either succumb to the poison, acquire a partial resistance to it with only occasional symptoms called hives, vomiting, hay fever or asthma, or who may become as strongly immune as a goat or an ostrich seems to be to tin cans.

Since meat and also vegetable substance contain proteins it must be plain that germs and microbes are likewise made up of these complex molecules of nitrogen.

In this conenction Dr Frederick P. Gay of Berkeley, Cal., has found that in making individuals immune to typhoid fever he could transfer the sensitivity of an immune creature by splitting or changing the whole protein of the bacilli.

He has split up the typhoid bacillus by grinding and macerating it and dissolving it in water. The sediment left had more power to vaccinate—to make immune to—typhoid fever than the whole dead germ itself.

Studies of Proteins.

Dr. R. C. Brown of Milwaukee has a notion that the protein of man's food is always a poison. The reason, he says, that it does little harm is that the tissues have developed certain defences to counteract the poison.

Among these antidotes and defences are to be found the "liquid nerves" or the juices of the thyroid gland and other glands.

It is the protein in meat which poisons. Similarly an excess of meat, soups, eggs and cheese will overcome the average quantity of gland juices—antidotes to the food poisons—and stomach and blood disturbances follow. This explains why disorders of the thyroid and other glands—according to Dr. Brown's theory—demand an altered diet and table. Persons with an active goitre demand more meats; those with "myxoedema or Grave's disease" have less thyroid, and should, therefore, be vegetarians and fruitarians.

These studies of proteins give a clew to the tuberculin reaction, susceptibilities to germs, likes and dislikes of foods, and peculiarities often blamed upon the weather, soil, climate and other scapegoats of tradition.

Answers To Health Questions

R. M. C. Q.—What is the cause of the small gelatine-like phlegm in my throat that I expectorate when I cough?

2 What can I do for small white blisters inside of my mouth?

A.—You should have a thorough examination made of your lungs to find the exact cause.

2. You should have your teeth put in good condition. Live on a milk diet for a few days. Touch the ulcers up with a stick of alum and wash with bicarbonate of soda.

J. C. Q.—What can I do for a boy 10 years old who wets the bed?

A.—Punishment, medicines or operation do no good. Patience, persistence, close attention to the child twice during the night, and education of will power will help. Reward the child for control, and praise him when successful. This will effect a cure in a length of time.

DOT. Q.—What can I do for freckles?

A.—Freckles are often a sign of good health and inheritance. You should be proud of them. Many envy girls who are freckled. Some so-caleld freckle remedies contain irritants such as mercury. These cause serious local as well as other trouble. Commonly, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more harm may be done than benefit received. As a trial try a little of 1 dram of salicylic acid to 1 ounce alcohol.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally. If a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

CLARA MORRIS
WRITES ABOUT
Wrong Remembering

Yes, lest we remember wrongly or too long, goodness deliver us.

"Gladness of heart is the life of man," but if we coddle, nurse and keep alive our sorrows for long years, bitterly resent loss, are respiring over errors long passed—if we knot our remembrances into whips, with which we flagellate not only our own, but also the shoulders of those who love us—we can feel little gladness of heart.

Remembrances are nothing short of blessing or curse.

"Tis good to recall the power of beauty, the brave deed, the kind act, the living word, to dwell upon precious friendships.

Remembered joys are never passed,
At once the fountain, stream and sea
They were, they are, they yet shall be.

But loss comes to all, death may claim our dearest, someone may despitefully use us, or we—bitterest of all—may have wronged another. How shall we remember these things? Rightly? Or wrongly?

When sorrow comes and the dear one is taken from us, we almost invariably cry in anguish, "I cannot bear it, oh I cannot!" And beneath all the clamor of our grief we hear the faint, small voice saying, "Nature is inexorable, you must bear your woe as others have done before you. Nothing happens to anybody which he is not fitted by nature to bear." This hard law may turn the mind to One always tender, who waits patiently at the fast closed heart for one word bidding Him enter there and turn black despair into glorious triumph.

Let us remember that to abandon one's self utterly to the nursing of a sorrow is to wound the hearts of those still left. From such wrong remembering may goodness deliver us.

A clever woman, of much skill and ability in her profession, is fond of saying, with a snapping of eyes and thinning of lips:

"I never permit myself to forget a slight, never, and an injury I keep hate-hot, till I can pay it back, with interest!"

Inviting Sorrows.

With such a memory, and an almost palpable chip ever on her shoulder, there can be nothing surprising in the statement that she is known as the most unhappy woman in a generally happy profession.

Ah, from remembering wrongly, or too long, dear goodness deliver us.

The most injurious form of wrong remembering is unbridled remorse, a cherished regret.

To feel pain and sorrow on account of something done, or left undone, is natural enough, but if reparation is impossible, if the one grieved or deeply injured by us has passed beyond the reach of our anguished pleadings, our remorseful love, if there is absolutely no remedy left for our wrongdoing, or our error, than, in the vernacular—FORGET IT.

It is The Book that says: "Sufficient unto the day is the evil thereof."

"Hard?" Yes, truly to forget is very hard. Comes one to me but now, who tragically cries:

"The hardest words human lips have ever to pronounce the 'Farewell, Good-bye.'"

The Right Remembering.

I smile a rather wavering smile and slowly shake my head. Then, in answer to her somewhat arrogant challenge to produce word or sentence more difficult to speak I say, sometimes, dear girl, the hardest words are "Thy will, not mine, O Lord," and see her, with tear-filled eyes, rush from the room. She is so young.

Let us remember tenderly, bravely, reasonably, since He who has taken also gave. We can make vicarious reparation for wrongs done by bringing a little brightness into some drab life, by offering a helping hand to one sinking from fatigue. Ah, let us not spoil our lives by remembering wrongly.

Rather let us remember in the spirit of the poet and find comfort.

Joys too exquisite to last
Are still more exquisite when passed.

Thus we may come to realize the good Book's words:

"Gladness of heart is the life of man, and the joyfulness of a man prolongeth his days"

MY HEART AND MY HUSBAND
ADELE GARRISON'S NEW PHASE OF
REVELATIONS OF A WIFE

What Dicky Demanded and Madge Refused.

Dicky is the most courtly gentleman I know when there are no jangled chords in his brain. But under the stress of any sudden elemental passion he can be as primitively brutal as any man. I saw that he was in the grip of such a passion when he demanded to know the reason of my emotion over reading the newspaper, and I was at my wit's end for a moment, how to deal with it.

I longed to tell him the whole miserable story of the unpleasantness I had endured at the hands of the jealous wife of my principal, but I knew that he was not poised sufficiently to listen to the tale without misinterpreting it. He would imagine at once that it was interest in Kenneth Stockbridge which had kept me teaching at the school—it was an old fancy of his which Lillian had effectively laid—but I didn't care to run the risk of arousing it to life again.

But I must do something, and that quickly, for I saw that he was rapidly working himself into one of his rages, and that spectacle is one I do not care to contemplate. There was but one recourse left to me, the rather contemptible trick of feigning ignorance and indignation.

"I understand neither your words nor your behavior!" I said icily, rising from my chair and stepping quickly to one side. "If you do not care to believe what I have told you I have nothing more to say. And if you will kindly excuse me I will go back to my room."

Dicky's face whitened, and there came into his eyes something which I had never seen before, a sort of deadly coldness, utterly foreign to his usual rages.

Dicky's Ultimatum.

"Do you mean," he asked, thickly, slowly, "that you are going to give me no other explanation of this weeping business over a newspaper?"

"The newspaper is there," I retorted disdainfully pointing to the floor. "You are at liberty to search it if you wish. But I shall certainly give you no other explanation. Your asking it is in itself an offence."

I had reached the door by this time. My husband stopped me with a phrase, its syllables metallic.

"Just a moment!"

I turned my head, looked at him steadily and waited for him to speak. To all outward appearance I was calm, but there was not a nerve in me but what was trembling, tingling.

"It is, of course, your privilege to do this thing if you wish. But it is also mine to resent it in my own way. And if you refuse to give me the explanation I have asked I must ask you not to address me upon any other subject. You will receive no answer if you do, nor shall I speak to you again until you have come to your senses."

Why Madge Refrained.

I felt an insane desire to laugh at the vision which suddenly rose before me of Dicky and me going through our daily routine of life without speaking to each other, of the wrath of my mother-in-law, the amazement of the rest of the family. But my husband's white face, his coldly wrathful eyes effectually precluded any idea of mirth, even though his threat was childish melodrama.

"That rests with you." I told him stiffly. "I shall follow your cue whatever it may be."

I waited for no further answer, but walked out of the door. I had gone but a step or two before I heard the rustle of paper, knew that Dicky was searching through the newspaper I had dropped for some clue to the agitation I had displayed after reading it. With my spirits at zero I went upstairs to my room, locked the door behind me, and sat down to consider this new dilemma which Dicky's anger had thrust upon me.

I knew very well that his pride would prevent him from carrying out the threat he had made. He would never endure Katie's wide-eyed amazement, Jim's furtive looks, my father's silent disapproval, his mother's voluble and caustic criticism of the course he had outlined for us.

But, on the other hand, I knew that his stubborness would keep him from receding in any way from the ultimatum he had given me. There would be but one thing that he could do. I was sure that he was even now planning the details of a sudden, apparently natural summons which should entail either his staying in the city for a while or his taking of some trip in connection with his profession.

The thought brought with it a certain relief. I felt that I could face whatever developed in the Stockbridge case much better if Dicky was twenty miles away.

The Adventures of Jimmy Coon

THE LUNCH.

Little William had caught a lovely pickerel, and you know that nothing is so good to eat as a fish just caught and cooked the very next minute, and eaten the next minute to that. You just try and see.

Fred was very much discouraged, for he didn't like raw fish, and the lunch was so soaked, and he didn't think even if it were dried out by the sun it would be very good.

But little William knew just what to do, and he set Fred to work picking up cones and dry wood. He took some flat stones and made a sort of oven and put a few sticks and a little dry grass on the top of the flat stone.

Then he rubbed two smooth sticks together for a long time, and after a while he made a tiny light and set fire to the dry grass and then to the dry sticks and then the pine cones.

Ranger sat down and watched, and Fred watched—and Jimmy Coon and Teddy Possum watched, but nobody knew that.

Ranger had seen William do it lots of times, but he never tried to make a fire. Fred rubbed two sticks together for a long time, but he couldn't seem to learn how little William did it; he couldn't make a light.

The porcupines were eating lily pads, and they didn't look at the boys. Only once in a while the white porcupine watched them, for he had never seen boys before.

Soon there was a good bed of coals on the flat stone, and William took his jack-knife and cleaned the pickerel. Then he took two long sticks and cooked the fish on both sides, and when the coals had turned nearly black, he wrapped the partly roasted fish in leaves and laid it in the hot ashes and coals.

Ranger looked anxious, but he didn't like fish, and he was hungry. But William never forgot Ranger, and soon he pulled out of his pocket a bone.

"Now, Fred, go over to that log and get the sandwiches and the cake and the cookies and the pie. They will all be dry and as good as ever."

So Fred started for the log, and little William began to unwrap the fish.

"I don't see any sandwiches or any cake or any pie or anything else to eat. Where did you put them?"

"Right on that old log. Hurry up or the fish will be cold," William called back.

"I can't find a bite of anything. Come and show me," said Fred.

So little William dropped the fish and went back to get the