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We are showing a variety of artistic and original designs in WALL PAPERS and other desirable materials for rendering homes beautiful and attractive.

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O. B. GRAVES,

222 Dundas Street

CHEAP—GOOD!

That describes our Gold-Filled Spectacles. Frames with solid gold end pieces. Glasses complete only \$2.50. The best and the cheapest.

GLOBE OPTICAL CO.,

227 Dundas Street.

W. R. BISHOP, optician.

Harding Hall Girls' School,

Limited.

661 Talbot Street.

Next term begins Nov. 22.

LIGHT Electric lights give

WITHOUT you no trouble No

EFFORT danger of a bad

light—or a troublesome light—when

you use electricity. It's a light that's

all right.

London Electric Co.,

350 Richmond Street.

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BARRISTER, SOLICITOR, ETC.

County Bldg., next Court House, London.

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Architect and Surveyor.

213 Dundas Street.

THE APIARIANS

Annual Meeting of Ontario Beekeepers' Association Held at Woodstock.

Woodstock, Ont., Dec. 4.—The annual meeting of the Ontario Beekeepers' Association opened in this city yesterday. No business of importance was transacted at the morning session. In the afternoon John Newton, president of the association, who superintended the Canadian honey exhibit at the Pan-American, gave a short address.

H. G. Stobald, of Claude, Ont., read a very practical paper on "The Management of Our Apiaries and the Prevention of Swarming." The paper was discussed at length and much valuable information thus elicited.

The question of catering to the demands of the British market was then introduced, and an address on the subject made by Andrew Pattullo, M.P.P.

It was resolved that the directorate of the association confer on the advisability of forming a guild for the purpose of furthering the interests of beekeepers and deciding on a uniform price for honey each season.

Prof. Harrison, of the Ontario Agricultural College, gave an interesting talk on "The Bee as a Pollinator of Brood." The convention will be in session Wednesday and Thursday.

FOOD FACTS

How to Properly Feed the Body.

Physicians nowadays realize how necessary it is that the food contain the right elements that the body requires to rebuild itself, and replace the loss that occurs each day from activity and energy.

If one lifts an arm, that means the expenditure of a small amount of energy, and the burning up, so to speak, of certain deposits from the food. This means a certain loss, and this loss must be made up each day from food. If the food does not contain the things required, nature hoists a flag of distress; aches, aches, sickness of some sort sets in, meaning that there is something lacking in the food.

The reason physicians so generally advise the use of Grape-Nuts Breakfast Food is that they know from what it is made and what it contains. The medical journals in various parts of the world have given the analysis. The famous "London Lancet" went so far as to make a very careful analysis by its own chemist. Its remarks are worth repeating:

"The preparatory process undoubtedly converts the food constituents into a much more digestible condition than in the raw cereals. This is evident from the remarkable solubility of the food. The following is the analysis of the food as it is prepared for use. Half of it being soluble in water. The soluble portion contains chiefly dextrin and no starch. According to our analysis the following is the composition:

Moisture 6.02 per cent

Mineral matter 2.01 "

Fat 1.80 "

Proteins 15.00 "

Soluble Carbohydrates 4.00 "

Unaltered Carbohydrates 25.97 "

"The mineral matter is rich phosphoric acid. Our analysis shows that it is a nutritive of high order, since it contains the constituents of a complete food in the right proportions, and in an easily assimilable state."

Notice the carbohydrate total is about 75 per cent. These produce energy and warmth. The phosphoric acid in the mineral matter comes, as do all of the other ingredients, from the field grain, not one particle being introduced as a drug.

Physicians know that the soft matter in the brain and nerve centers throughout the body are made from the elements of albumen acted upon by phosphate of potash. Albumen is a very common article in almost every food, but phosphate of potash does not exist in all foods, nor is it found in easily digestible form always. However, in Grape-Nuts these elements exist, and are presented to the body in an easily digestible form, and explain the reason why users feel the new spring of life, the brain and nerve power increase, after they have been using Grape-Nuts for a time. There is a reason for it. The doctors know it, therefore they prescribe Grape-Nuts.

FLORAL DESIGNS FOR FUNERALS

We take pride in our Floral Design Work, and it is a well-known fact that the Gammage productions are the most artistic, tasteful and original.

The flowers used are always healthier, fresher and more lasting.

J. GAMMAGE & SONS',

207 Dundas Street.

COAL for Furnaces,

Ranges and

Baseburners.

Best Lyken's Anthracite

Coal, egg, stove and

chestnut, per ton.....

\$6

2,000 lbs to the ton,

weighed on city scales, free of

charge, if desired.

GEO. McNEILL, Richmond St.

227

The Canada Trust

Company

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MONEY RECEIVED

IN TRUST

for investment in proper

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come the property of the in-

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further information.

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Select & Standard Oysters

515 Richmond Street.

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TILLMANN

Stands for that is best

in tailoring. If

made by TILLMANN

it is all right.

415 Richmond St.

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A LOCAL BUDGET.

—Mr. A. B. Gordon, of Detroit, is

home on account of the serious illness

of his sister.

—Miss Parkinson, of Pall Mall

street, has returned home after an

extended visit in Detroit and Sarnia.

—Mr. Gillespie, of this city, has been

appointed chief train dispatcher at

Durand, Mich., to succeed Mr. C. N.

Culmer.

—Miss Nellie Schmidt, of Victoria

Hospital nursing staff, who has been

seriously ill with typhoid fever, is now

convalescing at her home, 486 Oxford

street.

—Grafton & Co., clothing manufactur-

ers, have prepared a host of at-

tractive goods for Thursday, Bargain Day.

Intending purchasers would do well to

read their announcement on page 7.

—At the December meeting of the

Mission to Lepers, held at the Y. M. C.

Clark gave a Bible reading on "Power

in Prayer." Miss Anderson read two

papers, one relating the story of Amelia

Keller Burder, the other on "How Lep-

ers Live." The present officers were re-

-elected.

—This year's meeting of the Associ-

ated Musicians of Ontario will be held

on the afternoon of Dec. 13, the ob-

ject being to approach the music com-

mittee of the Toronto University and

discuss the relationship between Or-

chestra musicians and those of the Uni-

versity in the coming examination in

music.

—Mr. and Mrs. John R. Moore, of

Los Angeles, Cal., have returned home

after a very pleasant three months' visit

with Mr. Moore's sister, Mrs. Wm. Ham-

bley, 583 Pall Mall street, and

with other friends. After an absence

of fourteen years Mr. Moore sees many

changes, and was agreeably surprised

at the progress and improvements

made in the city. After an absence

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HAMILTON'S

LONDON

PORTER

Always far ahead of any brewed

on the continent. Your dealer

has it.

Kent Brewery, London, Ont.

GREAT CLEARANCE

Sale of Games

FOR THE LONG EVENINGS.

For One Week.

100 and 150 games going at 50 each.

200 and 250 games going at 100 each.

\$1.25 games going at 250 each.

We are making these prices to clear out

the stock and make room for new goods.

Jas. I. Anderson & Co.

183 Dundas Street.

SATISFACTORY INCREASE.

Returns of the inland revenue for the

month of November, 1901, aggregate

\$38,832 10, showing an increase over

November of 1900 of \$2,612 88. The col-

lections for November, 1900, were \$34,

219 12. The following are the returns:

Spirits, ex-warehouse, \$8,051 48; malt,

ex-warehouse, \$8,897; tobacco, ex-ware-

house, \$1,867 83; tobacco, ex-factory,

\$27 40; raw leaf, ex-warehouse, \$5,027 60;

cigars, ex-factory, \$11,021 31; methyl-

ated spirits, \$203 08; other licenses, \$1.

Total, \$36,832 10.

FREE COOK BOOK.

By sending your name and address

on a postcard to J. Hewitt, 61 Front

street east, Toronto, and mentioning

The London Advertiser, you can get

a fine cook book, containing 262 recipes,

sent to your address, absolutely free

of charge. Besides the recipes, this book

contains much information valuable to

the careful housewife. Send for it to-

day. You will be delighted with it.

LAY WORKERS' ASSOCIATION.

The Sunday School and Lay Work-

ers' Association of the Deanery of Mid-

dlesex met yesterday in St. George's

Church, West London. The afternoon

programme comprised: Rural dean's

address; the consideration of deanery

matters and reports; paper by Rev. J.

Downie, B.D., subject, "The Teacher

and Scholar;" discussion, opened by

Rev. C. J. Owen, "Mistakes of the

Teachers;" discussion, opened by Rev.

A. H. Rhodes, subject, "The Work of

Laymen." In the evening addresses

were given by lay workers on the sub-

ject, "Methods of Teaching," which

was ably discussed, and another dis-

cussion upon the subject, "Church

Work," was opened by Rev. J. Downie,

B.D.

THE CONVALESCENT HOME.

At the usual monthly meeting of the

Convalescent Home, it was decided, in

accordance with the recommendation

of its advisory board, that a notice,

announcing the property to be for sale

should be affixed to the building, but

that no further steps in the matter of

the purchase of any other property be

taken at present. But for the desir-

ability of obtaining larger space out-

side the house, which is large and

comfortable, meets all the re-

quirements for such an institution, and

will not be parted with without regret.

There was a gathering of the friends

of the home, and the following donations

were gratefully acknowledged: Mrs. Bullen, two

volumes to library; Mrs. Kidner, \$1

and kitchen utensils; Mrs. G. B. Brown,

Memorial Church, cake, bread and

sandwiches; a friend, \$5.

A QUIET HOUR.

The Bishop of Huron held a quiet

hour for the clergy of the Deanery of

Middlesex yesterday morning in Bishop

Cronyn Hall. The Holy Communion

was administered in the cathedral by