

Restored by Tanlac
Years Ago and Has
Not Been Sick Since



"For eight years previous to taking Tanlac I suffered almost every day from stomach trouble, but this treatment restored my health completely. I am now healthy and happy, and I have not had a sick day since." is the striking statement made recently by Mrs. M. Gumbrell, Country Club, Barrie, Ont., Canada.

"Gas forming on my stomach after eating would make me gasp for breath, and sickening pains would force me to lie down to get relief. The odor of food cooking nauseated me, and I was so nervous I could hardly read the paper. I seldom slept much, and was so tired and weak all day my work was a burden."

"Tanalac gave me almost immediate relief, and soon had my stomach in perfect order. I eat heartily of anything I desire without pain or discomfort. My nerves are calm, I sleep splendidly, and work is a pleasure."

"Tanalac is for sale by all good druggists. Accept no substitute. Over 37,000,000 bottles sold."

Tanalac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere—Advt.

MURINE
Keeps EYES
Clear, Bright and Beautiful
Write Murine Co., Chicago, for Eye Care Book

Disease Germs Doomed

Many have lost terrors for the Scientist

The progress of recent years in medical science is little short of marvelous. Daily science kills germs by the million. Daily, new ones are being discovered, isolated and exterminated by the march of medicine.

Science is winning. What were once regarded as serious diseases are now laughed off of countenance by the doctors. Fearlessly they plunge naked hands into swarms of them, their only precaution being to rinse their hands afterwards with a reliable germicidal preparation. We are witnessing the birth of an era when the world will have little to fear from microbes.

Absorbine Jr., besides being the all-purpose liniment that removes pain and soreness, and hastens healing, is a powerful antiseptic that is death to the microbe world.

Absorbine Jr. is just what is needed in the house in case of accidents and to correct the many little household hurts that constantly occur. \$1.25, at your druggist.

WOODSTOCK METHODISTS
CONFERENCE ON MISSIONS

Special to The Advertiser.

Ingersoll, Sept. 20.—Keen interest was shown in the annual financial and missionary conference of the Methodist Church of the Woodstock district held in the Methodist Church today. The two sessions were well attended. Dr. Barber of Toronto gave an outstanding address on behalf of the educational fund, while Rev. Albers of Japan gave a stirring address on missionary work. Rev. S. Large of Central Methodist Church, Woodstock, presided, and Rev. M. E. Seemith, Ingersoll, acted as secretary. Among the matters discussed following the adoption of financial reports was the equipping of property recently obtained for summer school work.

SAYS RAILWAY UNION FREE FROM INTERNAL TROUBLES

Canadian Press Despatch.

Calgary, Sept. 20.—The biennial convention of the Canadian Brotherhood of Railway Employees had not developed anything to indicate that there was any internal trouble whatever, according to a statement made today by President A. R. Mosher. He said that everything was proceeding along in the most harmonious lines.

CLIFF ROBINSON

4 Cars. 202 DUNDAS ST. 2 Phones: 7111-7112.

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**LACK OF ADVERTISING
REDUCES STORE SALES**

Shopping Districts of Metropolitan Feeling Effects of the Pressmen's Strike.

Special to The Advertiser.

New York, Sept. 20.—Advertising is new.

A dearth of women shoppers at the height of the bargain season is laid to the fact that New York is without newspapers. Department store heads and shoppers interviewed confirmed the fact that shopping is decreasing each day the city goes without its morning and evening papers.

A visit to the larger department stores found them deserted in comparison to their usual rush. Line plunging tactics of football fullbacks, so helpful to the mere male in moving about department stores, and under ordinary conditions, were not necessary. It does not require the strategy of an aide marines to negotiate the paths through New York's great stores these days.

"The slump in shopping is caused by our inability to advertise in the newspapers," asserted the executive of one of the largest department stores.

"The first day of the strike was not so bad—the impetus of the previous day's advertising carried us over. Yesterday it was worse. Today it is awful. Tomorrow and each succeeding day we cannot advertise it will be even more noticeable."

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Our Family Food

Its Selection. Uses
and Preparation

**We Lead;
Others Follow**

Place your orders early for genuine home-made delicacies.

Miss A. Willits

572 Richmond. Phone 9971.
(formerly of Baxter & Willits)

Whole Wheat Bread

Is Appetizing, Nourishing Digestible.

Brighton's O. K. Whole Wheat Bread

Is recommended by doctors for its nutritiousness.

Sun Maid Raisin Bread

Is delightful for a change. Get them from your grocer or have them delivered from the plant.

BRIGHTON'S O. K. BAKERY

479 Emery. Phone 2160.

Proper Mixture of Foods Brings Health To the Body

Our family food has carried various suggestions for planning a balanced diet and the accompanying menus. These considerations are important, but the housewife weary of too much talk of the technical side of menu building, we propose to translate it all, in so far as is practicable, into terms of bread and butter.

What are the first considerations in making out a bill of fare? In the first place no hard and fast rules can be set down, broad principles being the only safe guide unless individual needs and conditions are known.

It is taken for granted that the housewife has supplied herself with the standard weight tables for men, women and children and that she uses these to check up the weights of various members of the family as part of the technique referred to above. At present we are to limit the discussion to the actual food stuffs, their selection and serving.

So far as the protein or body-building material is concerned, see that each child has a quart of milk daily and each adult a pint; allow from 2 to 4 ounces of meat per person, according to age, and alternate this with 2 to 3 ounces of cottage cheese or some other meat substitute. Use eggs carefully, giving young children only a half egg at a time. One protein calorie per pound of body weight is all that is required into the daily ration.

As to fats, allow 1-2 to 2-3 ounces of butter per person at each meal. This with the milk and cream, taken as well as salad oil, will provide an ample supply. In fact, the chief precaution to be observed is to be careful about serving too much fat.

The starches should be taken in the form of white and sweet potatoes and in unrefined grains. Cane sugar is irritating to the stomach if taken uncooked. Limit the quantity and use it in the form of fruit and honey. The sugars and starches to be found in the more common cereals are found in the grains, in fresh fruits and in green vegetables.

Finally, if the above mixed diet is provided, the housewife may rest assured that she has given her family all the vitamins needed for complete nutrition.

For the mineral salts that are to build bone and regulate the blood select plenty of whole grains, leafy vegetables, milk, greens, and egg yolk.

Roughage for the mechanical stimulus of the intestinal tract will also be found in the grains, in fresh fruits and in green vegetables.

When bran was first recognized as a valuable food it could be served only in combination with oatmeal, rice or cornmeal. It is now possible to procure preparations of bran that are delicious served as a separate cereal.

Remember that egg plant contains minute particles of a strong poison, and an irritating principle. Both of these may be removed by the simple process of parboiling for two or three minutes before cooking.

Sugars found in fruits are the least apt of any to cause digestive troubles. Another advantage possessed by fruits is the quality of being ready for immediate use by the digestive system. This accounts for the quick sensation of refreshment that follows the drinking of a glass of pure fruit juice.

Get in the habit of thinking of fruits as a necessity in the diet, not as a luxury. Buttermilk has practically the same composition as whole milk with one exception, the fat is reduced to about one-fourth the normal quantity. This makes it more easily digested than whole milk for those who have any digestive weakness.

The contractions of the stomach that produce the sensation of hunger continue as usual during sleep. This accounts for the fact that hunger will often awake a sleeper. Muscles of some of the organs is decreased during sleep.

Nutrition Nuggets

The three wholesome food acids are citric, found in oranges, grapefruit, lemons, strawberries, tomatoes and some other fruits; malic acid, present in apples, peaches, pears, cranberries, etc., and tartaric acid, as in grapes and in slight quantities pineapple.

Recent work in the laboratories of the food specialists indicates that the proteins or body building elements of the more common cereals are practically of equal value. Housewives may feel assured, therefore, of even results in the dietary balance, whether they select wheat, rye or barley porridge at breakfast.

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FAVOR ALBERTA COAL.

Glencoe, Sept. 20.—Shipments of Alberta coal have been received by local dealers, who report a brisk demand for it. Very favorable reports have been received from consumers who have tried it out, both for furnace and stove use.

LONDON D. S. C. R. PATIENT FOUND IN TORONTO HOTEL

Canadian Press Despatch. Toronto, Sept. 20.—A man who had registered as J. D. Campbell, Weymouth, N.S., was taken from a local hotel today by three men from the D. S. C. R. and placed under medical care in Christie Street Hospital, Toronto. He is an escaped charge of the London, Ontario, D. S. C. R. and will be taken back to London.

CLIFF ROBINSON

QUALITY MEATS AND PROVISIONS.

Just To Help You

We have made it easier to shop at Robinson's.

Just check off in the spaces those things you need. Then clip this ad, and bring it with you.

Watch our window for daily leaders. We have a real one for every day.

Make this Bright, Sanitary Store your store.

BIG PORK VALUES.

Shoulder Roasts 18c lb.

Fresh Hocks 8c lb.

Pork Kidneys 10c lb.

Spareribs 12½c lb.

Sweetbones 5c lb.

Ham Roasts 30c lb.

Loin Roasts 30c lb.

Stew Veal 10c lb.

Shoulders Veal 20c lb.

Breasts Lamb 15c lb.

Shoulders Lamb 30c lb.

BEEF SPECIALS.

Pot Roasts 12½c lb.

Oven Roasts 15c lb.

Rump Roasts 20c lb.

Steak Roasts 20c lb.

Bottled Horseradish 2 for 25c