

ARTICLES FOR SALE ARTICLES FOR SALE

SPECIALS --- AT GAMMAGE'S --- SPECIALS

English Primulas

In bloom. Regular 75c each.

Special Price 49c

Tumbler Baskets

Filled with flowering plants and ferns.
Regular \$1.00 each.

Special, 49c Complete

Canary Cages

Beautifully finished in gold and green,
hand-decorated with birds and garlands
of flowers.

Regular prices \$30, \$32 and \$42. each.

Special, While They Last

\$22.50, \$25 and

\$32.50 Each

PHONE YOUR
ORDER TO

GAMMAGE'S

AND INSURE
SATISFACTION.

Phones : : 636, 637

Give Your Hens a Chance--Don't Keep Hens-- Make Hens Keep You.

make this possible, keeps your Hens in good health, keep them singing, happy, healthy, make them lay. The above is what Dominion Seeds, Limited, say. Now read what the folks say:
E. D. FOSTER, 253 Oxford Street, Cambridge and R. I. Red, says: The best quality of feed I have ever used.
W. C. BARON, Breeder of R. I. Red, says: I am well pleased; can highly recommend Dominion Feeds. Hens laying fine. Started feeding Dominion MR. GOLDWORTHY, 85 Wellington street, says: Started feeding Dominion Feeds Sunday, and my hens began laying the following Thursday.
ERNEST RIDDER, 855 Lorne avenue, says: Using Dominion Feeds, well pleased; great results.
W. H. WATT, Euclid avenue, says: Dominion Lay Food is the greatest hen feed ever put up in this city. My hens are all laying except one.
Rabbit and Pigeon Feeds, Straw, Oatmeal, Shorts, Bran and All Supplies for Pet Stock.

GET A BUCKEYE, THE ONLY HATCHER WORTH WHILE.
St. Thomas folks can get Dominion Feeds from E. D. FOSTER, Phone 1599.
Aylmer poultry people from H. L. CHARLTON. See his DOMINION FEEDS WINDOW.

Our Big New Poultry Book is Free. Write for it.
MAIL ORDERS PROMPTLY ATTENDED TO.

DOMINION SEEDS, LIMITED

Phone 550. 110 Dundas Street, 2nd Market Square.
Canada Food Board License 3-9544.

COCONUT, SCHEFFS, 35c POUND.
Tyler's, 35c 1/2 lb. Clarendon.

WEATHER PILLOWS, MATTRESSES,
renovated. Hunt & Sons, 593 Richmond street.

BLANCHARD'S NEW FISH MARKET,
529 Richmond street. Fresh fish
every day. Phone 1510.

THE JOYFUL SMOKE -- SMITH'S
"Joy" 10-cent cigar. S. Smith, man-
ufacturer, London.

TWO IRON TOWERS, WITH BASES
and caps, 911 Wellington street north,
79c.

GO TO ROBERTSON'S, RICHMOND
and Kent streets, for school books and
school supplies.

X-RAY MACHINE AND ACCESSORIES
for sale. For particulars apply J. J.
James, Owen Sound.

MEN'S HEAVY ALL-WOOL UNDER-
WEAR, all sizes; also bargains in
new and second-hand shoes at Sias
and Sons, 338 Richmond and 375 Clar-
endon. Even evenings.

NO HONEST PERSON IN LONDON
need be poorly dressed. If you cannot
pay full cash, see me about my con-
venient terms. Suits, coats, dresses,
desires, for many kinds. 74-75
store will convince you, as it has
others, or will bring samples to your
home. Phone 187, Goldenburg,
761 Dundas. Open evenings.

GAS PIPE AND WELL CASING, ALL
sizes. Apply Box 685, Petrolia.

I CAN SELL YOU ANYTHING IN
the line of wearing apparel for ladies,
men and boys on easy payments; also
furniture and house furnishings. My
reputation in the city is your guar-
antee for fair treatment. Call, write
or phone. L. Wolfe, 763 Dundas street,
phone 6112.

IF YOU WANT HELP, SITUATIONS,
buy or sell real estate, etc., insert an
advertisement in the Hamilton Herald,
the recognized want medium of that
city. Rate, 10c a word each insertion.
Minimum space, 15 words. Subscrip-
tions, Daily, 35c a month, \$2 yearly;
Saturday edition, 75c yearly. Sample
copy sent on application.

SEE ME ABOUT YOUR NEW SUIT,
coat, dress or anything in wearing ap-
parel for ladies, men and boys. Terms
arranged to suit your convenience. I
am also selling furniture and house
furnishings. Call, write or phone 3205.
J. Wolf, 821 Lorne avenue.

NEWLY-FRESHENED DUR-
HAM grade cows for sale. J. M. Ken-
edy, Thurston, No. 3.

OVER TYPEWRITER, NO. 5
model, almost new; bargain. E. O.
Graves, 110 Dundas.

KIM'S AUCTION ROOM--SOME
new mattresses and springs, splendid
john, square piano, and mostly any
thing you may need. 257 Tabbot street,
phone 4220.

ASSET-LARRIS BINDER, NEAR-
ly new, also six Durham cows. Ap-
ply H. Smith, lot 3, con. 5, London
Township.

HEAD OF CATTLE, COWS, HEIF-
ERS--Apply con. 6, lot 5, Westminster
Township.

HEINTZMAN HALL

SALE OF ORGANS

Almost every well-known
make of organ will be sold
here this week

From \$10 up to \$60

If you want a good cheap
organ come in and see what
we have.

Any of these organs can
be purchased on terms of
50 cents per week and up-
wards.

HEINTZMAN & CO.

242 DUNDAS ST.

D. 31, J. 2, 3, 4.

HEINTZMAN HALL

SPECIAL SALE of PLAYER - PIANO ROLLS

Waltzes, Songs, Jazz, Ha-
waiian Music and every
other kind of music written
in the past and present
from

15c to 80c

HEINTZMAN & CO.

242 DUNDAS ST.

D. 31, J. 2, 3, 4.

Secrets of Health and Happiness

How Loss of One Sense May Promote Growth of Others

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



Dr. Hirshberg

Man is a rational

being endowed,

like animals, with

senses. Of the

many senses he

has, we know but

few. He is taught to

take in many of

these through his

eyes, ears, nose, and

touch. He is also

taught to use his

hands, feet, and

voice. He is also

taught to use his

mind. He is also

taught to use his

heart. He is also

taught to use his

spirit. He is also

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Answers to Health Questions

J. R. R. Q.—Kindly advise me what

to do for a stomach that craves more

food than the body needs.

A.—Drink soups, broth, eat gelatin,

turnips, water, cabbage, krait, string

beans, spinach and fruits.

R. H. Q.—Kindly give me a good

hair tonic.

A.—Quinine 1 tablespoonful

Sage 1 ounce

Sulphur 1 ounce

Boric acid 1 tablespoonful

Rain water 1 pint

Steep the sage over-night after pour-

ing the pint of boiling water over it.

Strain and add the other ingredients.

Use this twice a day, strain and use

with massage every night, applying di-

rectly to the scalp. If the scalp is very

dry, use a few ounces of glycerine as a good

addition.

D. V. T. Q.—Kindly advise me what

to do for acne.

A.—Apply a little of the following to

the face:

Sulphur Precipitate . . . 1 dram

Pure camphora 12 dram

Pure trass 12 dram

Liquid albolene 1 ounce

MRS. J. J. K. Q.—Kindly advise me

what to do for falling hair and dan-

druff.

2. What could I do for dry, harsh

hands?

A.—Rub a little of the following into

your hands with a stiff bristle brush on

alternate nights:

Fluid Extract 1 dram

Tincture of Cantha . . . 1/2 dram

Tincture of Capsi- . . . 1 dram

Quinine sulphate . . . 1 dram

Rosa water 1 ounce

Distilled water 1 ounce

Use a little of the following on your

hands:

Peroxide of hydrogen . . . 1 ounce

Witch Hazel 1 wineglassful

You might vary the use of this by

rubbing the hands with olive oil.

Dr. Hirshberg will answer questions

for readers of this paper on medical

hygiene and sanitation subjects that

are of general interest. He cannot al-

ways undertake to prescribe or offer ad-

vice for individual cases. Where the sub-

ject is of general interest letters will be

answered personally, if a stamped and

addressed envelope is inclosed, and

inquiries to Dr. L. K. Hirshberg in

care of this office.

MY SOLDIER HUSBAND ADELE GARRISON'S CONTINUATION OF REVELATIONS OF A WIFE

What Mother Graham Said To Madge About Her Costume.

I dressed with unusual care for the

Sunday afternoon meeting at Howard's

Hall. I was painfully aware that my

appearance would be carefully scruti-

nized, and I did not wish Mrs. Gray

to regret that she had asked me to be

one of her "reception committee."

My vanity was not the only reason

for wishing to be sartorially correct.

That there was something in me, the

slightest thing of the romantic which

was colored my admiration for Major

Hugh. I had not been a normal woman

if I had not desired to look my

best for my first meeting with him after

his return from France.

There were no new gowns in my

wardrobe, for since Dicky's accident

there had been no place in my financial

budget for clothes, but as I am quite

a skillful needlewoman I had succeeded

in altering the one of former seasons

to a more modest appearance.

A careful selection.

I finally chose one which Lillian had

approved, a pale blue linen with ex-

quisite embroidered panels and neck

tie, and a white, white, white, white

with a few flowers of the hue of

the dress, smart, white, pumps, and

but I would not quarrel with her. This

But I will not quarrel with her. This

But I will not quarrel with her. This

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