Bound To Win

in the turmoil of business competition because fortified with a practical business education such as is obtained in this college.

Bookkeeping, Stenography, Typewriting, Penmanship and Business Practice.

FOREST CITY BUSINESS COLLEGE,

Y. M. C. A. Building, London, Ont.
J. W. Westervelt, Principal.

SPRING GOODS...

An excellent display of Spring Overcoating and Suitings awaits your pleasure.

O. LABELLE
372 Richmod St.

W. C. BABRON
LONDON CONSERVATORY of MUSIC ELOCUTION
240 DUNDAS ST. LONDON

These tables are adapted for games equally interesting and instructive to young and old. The games, many of them are of a mathematical character, and afford an opportunity for the exercise of those faculties which strengthen and discipline the mind. Light weight, and can be used on any table, large or small, in any room, on veranda or lawn, and after playing may be stood away in a closet or behind a door.

Brock's Gun Store,
192 Dundas St., London, Ont.

PHYSICAL STRENGTH
Means
Mental Power

Does not increased physical force, improved digestive power, make the blood more pure? And does not the better blood make the brain clearer and better in every way? It is exercise alone that supports the spirits and keeps the mind in vigor.

The Whitely or McFadden Exercisers, used a short time each day, will give physical strength and mental power.

Pleased to explain it.

GURD'S, 185 Dundas St.

"A Word to the Wise is Sufficient."

Provide for old age a competency, and establish a nucleus for a fortune by starting an account with the

YORK COUNTY LOAN AND SAVINGS CO.

Collectors call weekly for deposits of 5 cents or more. Interest paid, 4 per cent.

ROOM 8, DUFFIELD BLOCK. ywt

How Is It That
Johnston Bros XXX Bread
Takes the Lead?
BECAUSE IT IS GOODNESS ITSELF.

Phone, 818.
JOHNSTON BROS.

A Genteel Air

about the clothes that come from us. We show that the suit was made for the man.

Southcott's, 361 Richmond St

Eyes Growing Dim?

As age creeps on they naturally will, but there is no reason why young people, as well as those of middle age, should suffer as a result of impaired vision. A pair of glassed fitted by our expert optician will bring instant relief at a small cost. Consultation free.

WARD, Jeweler and Optician, 374 Richmond Street.

A DEPOSITORY FOR SAVINGS

Executors and trustees are legally authorized to invest *TRUST FUNDS* in the *DEPOSITS* and *DEBENTURES* of the

Ontario Loan and Debenture Company

Paid Up Capital - $1,200,000.
Reserve Fund - - $550,000.

3½% on Deposits
4% on Debentures

Office, Cor. Dundas and Market Lane.

WILLIAM F. BULLEN, Manager.

METEOROLOGICAL

Toronto, Feb. 26—8 p.m.—The mild weather continues everywhere from Manitoba eastward, but there has been a change to somewhat colder conditions in the Northwest Territories. Rain is falling in the Maritime Provinces.

Minimum and maximum temperatures: Dawson, 14 below—4; Victoria, 40—50; Calgary, 20—26; Edmonton, 14—22; Prince Albert, 10—22; Qu'Appelle, 18—22; Winnipeg, 24—40; Port Arthur, 30—36; Parry Sound, 14—46; Toronto, 28—36; Ottawa, 22—36; Montreal, 24—36; Quebec, 24—36; Halifax, 32—40.

Local temperatures—The highest and lowest readings of the thermometer at the observatory on Wednesday, Feb. 26, were 44 and 20.

Today (Wednesday) the sun rose at 6:58 a.m. and sets at 6:03 p.m. The moon rises at 11:40 p.m. and sets at 9:19 a.m.

Thos. Wilson
Merchant Tailor,
213 Dundas St. Phone 596.
NEW SPRING STOCK COMPLETE.

London Advertiser.
TYPOGRAPHICAL UNION LABEL LONDON

ENJOYABLE CONCERT AT LAMBETH.

Entertainment of the Season Given by Court Lambeth, I. O. F.

The event of the season at Lambeth was the concert given last night in Union Hall, under the auspices of Court Lambeth, No. 143, I. O. F. The large hall was packed to the doors, and the proceeds, after all expenses have been paid, will be in the neighborhood of $100. The concert was one of the most enjoyable ones ever given in Lambeth. Among the artists who assisted were Alice Calder Stock, soprano soloist of the First Methodist Church of this city; James Fax, the well-known Toronto entertainer; Miss Saywell, of St. Thomas, and Master Teddy Williamson and sisters, of this city. Dr. Routledge occupied the chair, and at the close of the entertainment a warm vote of thanks was tendered him. The concert was closed by the hearty singing of "God Save the King."

Mr. William Finch was chairman of the energetic committee which arranged the affair; Mr. A. K. Sadler acting as secretary.

FAMOUS FENIAN LOSES A FOOT.

Colorado Springs, Colo., Feb. 27.—O'Donovan Rossa, famous for his connection with the Fenian raid in Canada, has had his left foot amputated, the operation being necessitated by gangrene. Some doubt is expressed of his recovery.

A LOCAL BUDGET.

—The firemen were called to a harmless chimney fire at No. 439 Horton street.

—Mrs. W. G. Thomas and son Gordon, of Wingham, are spending a week with friends in the city.

—Miss Mary Sifton, of Palmyra, and Miss Frances Pearce, of Wallacetown, are visiting at A. M. Hunt's, South London.

—The meeting called for local fishermen, at the London House, last night, was poorly attended, and was postponed till a later date.

—Mr. George Howe, of the Fire Underwriters' Association, visited the central fire station yesterday, and in the afternoon inspected the pumping-house outfit at Springbank.

—Mr. R. C. Brown, proprietor of the well-known Brown's shoe store, who has for several years occupied the shoe store at 145 Dundas street, has had to vacate the present premises on account of an intended change in the building. He has secured the store just vacated by W. J. Reid & Co., in the Crystal Hall block. The store is at present undergoing alterations, and will in a week or so present a very handsome appearance. Mr. Brown expects to be in the new store in a few days.

LOST THREE FINGERS.

Fred Mossley, switchman on the G. T. R., lost three fingers Tuesday night while working in the yards. He slipped, and his hand fell under the wheels of a car.

VETERANS CELEBRATING.

The local veterans of the South African campaign last night celebrated the surrender of Cronje on the morning of Feb. 27, 1900, by the holding of a supper at Barrell's hotel, Arva.

MR. HARPER'S HEROISM RECOGNIZED.

The secretary of state has received a letter from Lord Strathcona, dated Feb. 12, in which he states that, "I am requested by the Royal Humane Society to transmit an In Memoriam Testament, which has been awarded to the relatives of the late Mr. H. A. Harper, who was drowned in an attempt to rescue the late Miss Blair." The secretary of the society forwarding the testimonial states that "The heroism of this young Canadian was set out in The Times newspaper lately, and the committee was desirous of recording their appreciation of it." The under secretary of state, Mr. Joseph Pope, forwarded the testimonial yesterday to Miss Harper, of North Bay, a sister of the late Mr. Harper.

BELVIDERES GAVE DANCE.

The Company Was Large and the Enjoyment Very Keen.

'Twas One of the Most Successful Social Functions of the Season—Those Present.

One of the most enjoyable social functions of the year took place last night in the Duffield block, when the ability of the Belvidere Club to give a large number of guests a pleasant evening was amply demonstrated. A large amount of work was necessary to arrange and carry out such an extensive programme, and the way in which the members of the club managed matters was indeed praiseworthy.

From the top of the first landing to the dancing hall on the next floor, the rooms, ante-rooms and stairways were a mass of tasteful decorations. About 150 couples were present and the variegated colors of the ladies' attire added additional livelines. to the scene. Much praise is due the members of the committee for the way in which they handled the large company, and carried out the programme without a hitch. The music was furnished by Tony Cortese's orchestra. The dancing began shortly after 9 with over a hundred couples on the floor, while many others were engaged in cards and various other forms of amusement in adjoining rooms.

Among the guests, including many from outside places, were:

A—Miss N. Anderson, Miss E. Addison, Miss E. Archer, Mr. W. Avey, Mr. J. Aitchison.

B—Miss Branston, Miss Beaton, Miss E. Bryant, Miss A. Boyd, Miss T. Bryant, Miss Black, Miss J. Brown, Mr. N. Brown, Miss B. Boyd, Miss M. Bryan, Mrs. Burgess.

C—Miss Cave, Misses Carter, Miss Culbert, Dr. Clark, Mr. F. Carter, Mr. George Campbell, Mr. J. Collison, Mr. Chambers, Mr. D. Clark.

D—Misses B. and L. Dowell, Misses E. and W. Drake, Mr. and Mrs. F. Dewar, Mr. and Mrs. Doye.

E—Miss Edwards, Mr. Edwards.

F—Mr. F. Fitzgerald, Mr. and Mrs. W. Ferguson, Mr. J. Ferguson.

G—Miss Gordier, Miss Gleason, Mr. F. Gruber, Mr. A. Galbraith, Miss Gerry, Miss Golding.

H—Miss Hammond, Miss M. Henry, Miss Hyslop, Misses L. and M. Hornsby, Miss A. Harper, Miss K. Hevey, Mr. C. Hevey, Dr. Hutchinson.

J—Miss Jeffries, Mr. A. Johnston, Mr. M. Jackson.

K—Miss A. Kennedy, Mr. Kennedy, Mrs. Kicham, Mr. O. Keene.

L—Miss Leake, Mr. R. Logan.

M—Miss N. Mitchell, Mr. M. Madden, Mr. G. Morgan, Mr. A. Moffatt, Mr. and Mrs. Millard, Mrs. Mowatt, Misses Mason, Miss L. Mann, Miss A. Miner, Miss Mulhall, Miss McGuire, Miss McCully, Mr. C. McDonald, Mr. M. McDougall, Mr. J. M. McGuire, Mr. C. McLeod, Miss Mackenzie, Mr. and Mrs. James McCormick.

N—Miss K. Newell, Miss Neilson, Mr. G. Nightingale, Mr. L. Nightingale.

O—Miss O'Hagan.

P—Miss E. Penwarden, Miss C. Pickary, Miss J. Porteous, Miss T. Peacock, Mr. W. Pugsley, Mr. W. Paladino, Mr. R. Penwarden, Mr. Phalen, Miss Clara Pike.

R—Miss K. Richardson, Miss Rider, Miss Reynolds, Mr. Rooney, Mr. Rumball, Mr. Roughley.

S—Miss Stanley, Miss E. Stevenson, Miss Secord, Misses A. and M. Selkirk, Mr. H. Simons, Miss Stenberg.

T—Miss M. Thorne, Mr. A. Treleaven, Mr. A. Tucker, Mr. W. Thompson, Mr. L. Tilley, Mr. A. Toe.

W—Miss Wrightman, Miss L. Wilson, Misses Warren, Mr. and Mrs. Wylie, Mr. W. Wilson, Mr. Geo. White, Mr. Waddell, Mr. Webb (Toronto), Mr. Winkley, Miss A. Webb, Misses J., B., M. and E. Wilson, Miss Wonnacott, Miss Wyatt, Mr. Webb (Boston), Mr. B. Webb (Boston).

Y—Mr. C. Young.

The members of the club, of whom a large number were present, are: Chas. Ellis (president), H. J. McPetrie (secretary), H. Peacock, J. Lush, J. Pollock, R. Wray, J. Reid, J. Symons, E. Stinson, W. Portwood, H. Burgess, T. Bryans, D. Bullard, W. Cook, W. Fraser, E. Culbert, W. Taylor, W. Templeton, W. Burns, H. Acton, R. Johnston, F. Cox, R. Rider, R. Bending, R. Hill, W. Petrie, C. Tyrell, H. Robinson, E. Moule (treasurer), J. Fitzmaurice, P. Kingsnorth, J. Roberts, J. Banks, R. Southcott, G. Martin, A. Petrie, C. Perrin, J. Porteous, M. Brown, J. McDougall, J. Lindsay, E. Efner, W. Wiley, G. Wyatt, J. Sipple, E. Ardiel, E. Haskett, C. Eby.

The following energetic committee made the necessary preparations for the event: Messrs. Chas. Ellis (chairman), W. Wiley, W. Coak, T. Moule, W. Templeton, E. Culbert, J. McPetrie (secretary), E. Stinson and J. Fitzmaurice.

TRY SOME
PARNELL'S BREAD
It Is Surpassingly Good.

GRATEFUL WORDS

A Quebec Gentleman Who Found in Dodd's Dyspepsia Tablets a Perfect Cure for His Dyspepsia.

One who has never had to endure the dreadful pain and depression of Dyspepsia cannot understand the wonderful gratitude of the slave who has found freedom from the bonds of this torturing monster.

This feeling of gratitude is so overwhelming that its expression is often hard for these inexperienced ones to understand. It lends a color to the letters received in praise of Dodd's Dyspepsia Tablets which makes them seem almost overdone.

"I thank Providence for having been so good as to put Dodd's Dyspepsia Tablets in my way," is a sentence selected from a recent letter. This is a sample of what thousands say in different ways.

F. C. Hunt, the assistant postmaster at Opemican P. O., in Quebec, tells of his deliverance in this way:

"Dyspepsia had me for a victim for some time—I suffered very severely—I saw an advertisement of Dodd's Dyspepsia Tablets and the cures they were making of very bad cases.

"I decided that if they could cure others so promptly and effectually they would be worth trying and so I began to use them.

"From the very start I was benefited and now I am completely cured.

"My thankfulness to Dodd's Dyspepsia Tablets is too great for words to express, but I will always recommend them to those who may be suffering with Stomach Trouble or Dyspepsia."

Such warm expressions of gratitude are won by very few medicines and testify in the most eloquent manner to the genuine curative qualities of Dodd's Dyspepsia Tablets.

There are many today enjoying the glad blessing of good health who but for Dodd's Dyspepsia Tablets would still be the melancholy and miserable victims of Stomach Troubles of one kind or another.

Is it any wonder then that strong language is used in expressing the thankfulness of these liberated captives.

MUSIC AND DRAMA.

"PEG WOFFINGTON."

Eugenie Blair and her capable company will return to the New Grand next Saturday (matinee and evening), presenting the comedy "Peg Woffington," a dramatization of Charles Reade's famous story. In "Peg Woffington" Eugenie Blair has a role which may be said to be the most notworthy in her stage career. The production is complete in every detail. The scenery was especially designed and executed by Rehn, and the handsome costumes furnished by Van Horne and Dazian. The jeweled boots and slippers were made by the renowned Azzimonti. The antique furniture was especially imported for the occasion. The sale of seats opened this morning.

CHAUNCEY OLCOTT TONIGHT.

The attraction at the New Grand tonight will be Chauncey Olcott, "the sweetest singer on the stage," in his new comedy, "Garrett O'Magh." Last Tuesday's Toronto Globe said concerning the performance: "'Garret O'Magh,' a new Irish comedy, with Chauncey Olcott in the title role, began a short engagement at the Princess Theater last evening. Mr. Olcott was accorded an enthusiastic reception, and his new songs were most successful. The scene of the play is laid in Dublin in 1812, and gives a fairly good representation of the mannerisms of the Irish people of a century ago. Humor abounds in the dialogue, and the suspicion of a plot centers around the love affairs of half a dozen leading characters. Mr. Olcott sang with his old-time sweetness, eliciting encores after every number. In depicting the adventures of the gay but earnest Garret, he was no less acceptable. Miss Edith Barker was his romantic sweetheart, and she shared the honors with Mr. Olcott. The scenic effects, particularly in the first act, were handsome and well arranged."

"THE TIDE OF LIFE."

Thrilling situations, new mechanical effects, electricity and a lot of funny comedy, with plenty of singing and dancing, are all to be found in "The Tide of Life," which will be presented at the New Grand next Monday evening.

GROSSMITH NEXT WEEK.

The New York World thus speaks of George Grossmith, the inimitable English entertainer, who comes to the New Grand on Tuesday evening next: "A most graceful and amusing man, who is never dull, ponderous or tiresome." The New York Herald says of his entertainment: "Two minutes after he had appeared on the stage a broad smile crept over the faces of his audience. It stayed there all the evening."

MARKS BROS. AT THE LONDON.

Marks Bros.' company continues to please their audience nightly at the London. Tonight's offering will be "Under Two Flags," which met with such success on its former presentation here. Last night's special prize of a marriage license, given by C. D. Johnston, was won by Willie West, of South London.

DIAMOND DYES
Give Surprising Results.

All Garments and Materials Made to Look as Good as New.

Do not for a moment imagine that because goods are colored over with Diamond Dyes that they will look shabby or old. When Diamond Dyes are used, your garments or goods, be they heavy or light, will have "the freshness of new materials," and their bright and beautiful colors cannot be surpassed by anything direct from the drygoods store. With a little care in following the directions for using the dyes, and thoroughness in pressing the goods, you will be delighted with the perfect success following the use of Diamond Dyes.

Have you seen the pretty designs in Diamond Dye Mat and Rug Patterns? If not, send a Postal Card with your address, and The Wells & Richardson Company, Limited, 200 Mountain street, Montreal, P. Q., will mail you free of cost sheets of designs to choose from.

The Vatican is annoyed by the refusal of the British authorities to recognize a papal representative to the coronation.

puffing under eyes, frequent thirst, scanty, cloudy, highly colored urine, and all urinary troubles lead to Bright's disease, dropsy, diabetes, etc. Doan's Kidney Pills are a sure cure w

During the last twenty years the consumption of eggs has enormously increased in Great Britain, and now represents annually an estimated sum of £13,000,000, £5,500,000 of which go to foreign importers.

Infants too young to take medicine may be cured of croup, whooping cough and colds by using Vapo-Cresolene—they breathe it.

Sixty-two miles an hour is to be the average speed maintained by a new train to run on the English service between Paris and Calais. The journey will only occupy three hours.

There's a Story in Morning Tiredness

A story of poor blood, weakened nerves, of a starved brain. Plenty of food, mind you, but perhaps poorly prepared, and too poorly digested to maintain a vigorous body. Ferrozone quickly makes blood, gives strength to the nerves, cures the fagged feeling that prevents vigorous thought and action. Use Ferrozone, it makes blood, and good blood feeds the nerves. Strong and vigorous nerves are just another name for good health. If you seek health, and a relief from the tired morning feeling, use Ferrozone. Sold only by W. T. Strong & Co. tractor. At druggists'.

There are 10,000 men engaged in fishing on the great lakes, and the total capital invested is $6,000,000. The number of vessels engaged is 208, and of small boats 3,300.

The Hour of Need

is at hand, for with aching corns a prompt, safe and painless remedy is required. Putnam's Painless Corn Extractor exactly fills the bill. Sure, safe and painless.

P. McPHILLIPS, Barrister Etc.
NEW OFFICES—110 Masonic Temple Bldg
Office 'Phone 299. House 'Phone 881.

R. K. COWAN,
BARRISTER, SOLICITOR, ETC.,
County Bldgs. next Court House, London.

H. C. McBRIDE
Architect and Surveyor,
213 Dundas Street.

CALL AND SEE US AT OUR
New Factory and Showrooms
32 to 40 Dundas Street.

The Electrical Construction Co. of London, Limited,
Dynamos, Motors, Electric Light Fixtures and Wiring Supplies
Phone 1103.

FAIRBAIRN,
THE TAILOR,
Richmond Street, Opposite City Hall

SMITH & SON,
Undertakers and Embalmers.
Calls promptly attended to day or night. Residence on the premises.
113 Dundas St. Phone 586.

JOHN T. STEPHENSON,
The Leading Undertaker,
104 Dundas St. Phone 459.

Stylish Spring Hats

GENTLEMEN,—We can now show you the largest assortment of new shapes from the leading English and American makers we have ever had, at very close prices.

GRAHAM BROS.

J. H. CHAPMAN & Co.
"THE BUSY STORE"

--FRIDAY--
OUR BIG BARGAIN DAY

Women wait for it, men wait for it, and are never disappointed. Tomorrow, the rivalry between spring and winter goods will be very marked. Spring goods are gaining prominence, and goods with the least hint of winter about them are shoved to the front for quick riddance.

Friday, Feb. 28, Will Be the Last Day for the Offer of Making Fancy Waists for $1.00.

All orders in tomorrow wil be filled. The workrooms are full to overflowing, but the work is turned out promptly, too. Friday will be particularly busy this week, and if you are in to be waited on Friday morning you will receive better attention.

Fancy Waists Made for $1.00 Is the Offer.

Not More Than 6 Yards to One Customer.

Double-Fold Dress Goods—For skirts, house dresses, children's dresses, **10c a Yard.**

Corduroy Velvets—Regular price 50c yard, tomorrow, **25c.**

5c Cambric Linings—Brown only, tomorrow, **3c a Yard.**

250 yards Colored Satins — Assortment of splendid colors, regular price 40c a yard, tomorrow, **19c.**

Furs.

Not many left, but the few we have are marked at exceptionally good values. Every garment is marked at a bargain price for tomorrow.

Ladies' Caperine — Persian Lamb and Alaska Sable combination, long fronts of sable, first quality fur, stylish garment, one only, regular price $50 00, Friday **$35 00**

Black Thibet Muffs— Regular price $5 00 and $6 00, reduced for Friday **$3 00**

Bell Fibre Chamois Moth Bags—Wire rack with each bag—For the preservation of furs and woolen goods, each..... ..... **25c** and **50c**

Carpets.

English Tapestries — Reached us late in the fall. Although the patterns are really new we cannot class them as spring goods. The regular selling price is 65c a yard. We give you your choice tomorrow at, per yard..... **52½c**

Smyrna Rugs—Reversible, good size, fringed ends, some are bordered, regular value $2 75 each, tomorrow..... **$2 35**

Linoleum—One piece Extra Heavy Cork Linoleum, thoroughly seasoned, block and tile pattern in the much-sought-for blue, regular price 45c square yard, tomorrow..... **37½c**

Men's Ready-Made Clothing.

8 only Men's Venetian Coats and Vests—Regular price $6 50, Friday..... **$3 95**

Men's Suits—All-wool tweeds, single-breasted coats, well-made serviceable suits for early spring wear, Italian linings, deep facings, value $6 50, Friday..... **$4 95**

Men's Working Pants—All-wool Canadian tweeds, and they are the tweeds to wear, regular price $2 00 pair, Friday..... **$1 25**

Men's Raincoats—Chesterfield style, gray and fawn covert cloth, odd lots of lines that sold from $3 50 to $5 00, Friday..... **$2 25**

Vaselines.

Vaseline Camphor Ice and Vaseline Cold Cream..... 10c
Vaseline Soap, worth 20c a cake, for..... 5c
Capsicum Vaseline..... 5c
Vaseline Boot and Shoe Paste, waterproof..... 5c
Carbolated Vaseline and Camphor Vaseline..... 15c
Petroleum Vaseline Tubes..... 10c
Bottle Vaseline, 2 for..... 5c
Cases containing 50c worth of Vaseline Toilet Requisites for 25c. Contents: Tube Petroleum Jelly, cake of Vaseline Soap, jar of Camphor Ice, and Cold Cream, Capsicum Vaseline; special, each..... 25c

Sewing Cotton, All Numbers, 3 Spools 10c.

Notions.

Narrow, All-Silk Ribbon, 4c yard, Friday..... 1c
All-Silk Hair Ribbons, 8c yard, Friday..... 4c
Black and Shell Bone Hair Pins, 25c and 30c dozen; Friday, each..... 1c
Jet, Enamel, Gilt, Silver Brooches, big assortment, 25c to 50c; Friday, choice..... 10c
Embroidery Collar Turns, each..... 5c
Patent Leather Belts, each..... 19c

J. H. CHAPMAN & Co.
"THE BUSY STORE"
126, 128, 128½ DUNDAS STREET.

Machine Type-Setters.

Said to be Hard on Operators.

The work of a typesetter in a modern printing office is very exacting, particularly if he runs a linotype or typesetting machine. It requires the closest attention and rapid and sympathetic action of both brain and hand. This machine works much like a typewriter. Such workers fed on ordinary food give up because of nervous prostration, some in short time, and some are able to stand it longer.

One of these workers says: "I have been at the linotype three years. It has made a great change in my once robust health. About three months ago, after long expecting it, I completely collapsed, from indigestion and extreme nervousness. The daily physic I had not dared to omit for years, now and then, refused relief and a physician was consulted.

"'Change of occupation and diet,' read the prescription, 'advise eating Grape-Nuts food twice daily.' I had often set up the advertisements of the Postum Cereal Company, but somehow printers are apt to think advertisements are not intended for them to make use of. I could not well change my occupation, but did change the diet.

"Since then have used Grape-Nuts, both at breakfast and supper, daily. The results are truly remarkable. The first perceptible change was in the matter of digestion. It has been six weeks since I have had to swallow an aperient of any kind. At the beginning of my experiment with Grape-Nuts I weighed 124 pounds; last evening I tipped the beam at 157½.

"My nerves, which were completely shattered three months ago, are now strong and steady, and I do not tire easily, though I go to bed an hour later on an average than formerly, and have increased my capacity at the machine fully two columns of type a day. I am convinced that Grape-Nuts food is the food for persons of sedentary occupation, especially for those who work with brain in lieu of brawn." CHAS. H. ECKHARD, 177 N. Chambers street, Galesburg, Ill.