

LONDON GIRL MARRIED.
WINNIPEG, March 5.—The marriage of Miss Elizabeth Taylor, only daughter of Mrs. Grace L. Taylor and the late Herbert M. Taylor of London, Ont., and Richard Clayton Waram, of the bank Toronto, Transcona, was quietly solemnized yesterday in the Augustine Presbyterian Church by Rev. John Mc-Kay, D. D. of Vancouver. The bride wore a smartly tailored suit of navy blue and brown hat to match. Mrs. James Storey was matron of honor, Mr. and Mrs. Waram will reside in Transcona.

MAKE YOUR PATRIOTIC MEALS ENJOYABLE

Our armies and our allies need every pound of wheat we can spare them.

Three times a day you can help to save wheat by eating Kellogg's Toasted Corn Flakes instead of bread.

It is no sacrifice either, for Kellogg's Toasted Corn Flakes are delicious, palatable and nourishing. They make a wheat-saving meal enjoyable.

Sold only in the original red, white and green package.

Kellogg's

TOASTED
CORN FLAKES

LICENSED BY THE FOOD CONTROLLER UNDER NUMBER 2-055

ONLY MADE IN CANADA BY

The Battle Creek Toasted Corn Flake Co., Limited
Head Office and Factory: London, Ont.

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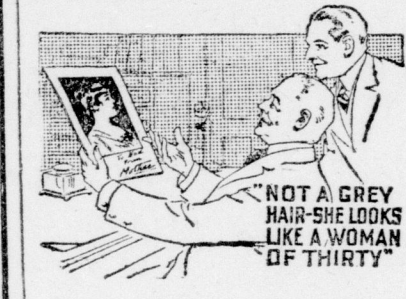


50¢ a box
6 boxes for \$2.50

FEW FOLKS HAVE GREY HAIR NOW

Druggist Says Ladies Are Using Recipe of Sage Tea and Sulphur.

Hair that loses its color and lustre, or when it fades, turns grey, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmothers made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.



Nowadays we get this famous mixture improved by the addition of other ingredients by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair, grows naturally, so evenly, that nobody can possibly tell it has been applied. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the grey hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur Compound is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance. Wyeth's Sage and Sulphur Compound is a delightful toilet requisite to impart color and a youthful appearance to the hair. It is not intended for the cure, mitigation or prevention of disease.

Cocoon Oil Fine For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain unscented coconut oil (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and leaves it fine and silky, bright, fluffy and easy to manage.

You can get unscented coconut oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.—Adv't.

HOW TO GET RELIEF FROM CATARRH

If you have catarrh, catarrhal deafness, or head noises go to your druggist and get 1 oz. of Pains Expeller (double strength), take this home, add to it hot water and just a little sugar as directed in each package. Take 1 tablespoonful 4 times a day. This will often bring quick relief from the distressing head noises. Closed nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to make, tastes pleasant and costs little. Every one who has had catarrh should give this treatment a trial. You will probably find it is just what you need.

Make Your Own Cough Syrup and Save Money

Better than the ready-made kind. Easily prepared at home.

The finest cough syrup that money can buy—costing only about one-fifth as much as ready-made preparations—can easily be made up at home. The way it takes hold and conquers distressing coughs, throat and chest colic will really make you enthusiastic about it.

Any druggist can supply you with 2½ ounces of Pinex (30 cents worth). Pour this into a 10-oz. bottle and add the bottle with plain granulated sugar syrup. Shake thoroughly and it is ready for use. The total cost is about 50 cents, and gives you 16 ounces—a family supply of a most effective, pleasant-tasting remedy. It keeps perfectly.

It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the inflamed or swollen throat membranes, and gradually but surely the annoying throat tickle and dreaded cough will disappear entirely. Nothing better for bronchitis, spasmodic croup, whooping cough or bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract and it is now the world over for its prompt healing effect on the throat membranes. Avoid disappointment by asking your druggist for "2½ ounces of Pinex" with full directions and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation. The Pinex Co., Toronto, Ont.

BROTHERS IN SERVICE



Two brothers in arms, William Nicoll, with 12 years' services in the Royal Navy to his credit, and his brother, James Nicoll. William Nicoll has passed through a number of big naval engagements. His brother enlisted here with the Army Medical Corps in July, 1915, when but 17 years of age. Before that time he had been working as a carpenter with Hyatt Bros., and resided with his aunt, Mrs. Chevis of 74 Chesley avenue. The two fighting brothers have three sisters in London, Mrs. Mel. Evans and Miss Eva Nicoll of 916 Lorne avenue, and Mrs. Arthur, King street.

LIBRARIES BEING ESTABLISHED AMONG UNITS OF DISTRICT

Educational Classes Are Also Under Way Here.

Will Help Soldiers Good Work Is Undertaken—Assistance Needed to Carry Plan Through.

Taking the initiative in this direction as far as Canada is concerned, educational classes and libraries for the men who have not had advantages of education, and secondly, to give the men sufficient groundwork in their own language so that they will fall in with the plans in use overseas and thus profit by the instruction being given there to better fit them for their reabsorption into civil life after the war. At present, the work is being held every Saturday in the week at Queen's Park Camp, at Carling Heights, and the barracks of the 1st Canadian Division, Princess avenue.

The co-operation of the ladies of the city is being sought in establishing libraries for the different units here. Already a good start has been made. The Depot Battalion, W. O. R., Queen's Park Camp, and there are also small libraries at the Headquarters of the Canadian Engineers and the 63rd Depot Battalion, Carling Heights. Many more books are needed, however, and it is felt that if the people of the community could be induced to donate the military officers were trying to do, they would co-operate in the work. In many houses books are read and laid aside as of no account. They are to be turned over for the use of the men in khaki.

TO PICK ARBITRATOR

City Will Likely Choose Ex-Adm. Richter for Jail Dispute.

The city will name an arbitrator shortly to deal with a similar appointment of the county council on the county jail and court house making some of the familiar with the work, will not earlier than the year 1933 and are married, or are widowers who have a child or children, and who will be employed as a farmer, so there would appear to be nothing to prevent your hiring as a farmhand if you so wish.

FACE NOTHING BUT RUNNING SORES FROM ECZEMA

No rest day or night for those afflicted with that terrible skin disease, eczema, or, as it is often called, salt rheum.

With its unbearable burning, itching, torturing, day and night, relief is gladly welcomed.

There is no remedy like Burdock Blood Bitters for giving relief to such sufferers. Burdock Blood Bitters can do so much for those who are almost driven to distraction with the terrible torture. Apply it externally and it takes out the stinging, itching and burning, and promotes a healthy healing.

Take it internally, and it gets at the source of the disease in the blood, and completely and permanently drives it out of the system.

Miss Mary V. Chambers, Annapolis, Md., writes: "I used Burdock Blood Bitters for eczema. I had it when an infant, but it left me. Two years ago it came back. I used doctors' medicine, but it did nothing. I was told to use Burdock Blood Bitters, and I did. At last my face was nothing but a running sore. I saw in the paper what B. B. B. did for people. I took it, and today, I am free from that terrible disease."

Manufactured only by The T. Milbur Co., Limited, Toronto, Ont.

NEW Y. M. C. A. HUT IS OFFICIALLY OPENED

The new Y. M. C. A. hut which was recently completed at Carling Heights Camp was officially opened Tuesday night, when a band concert by the Henderson Klite band was given to mark the occasion.

The hut is a large, roomy structure, and should provide ample space for the needs of the men at the camp, both in summer and winter months. The hut was located across Oxford street, to the north of the camp grounds, but the new structure is on the camp grounds proper, being situated a short distance west of the Army Dental Corps building.

Following the concert refreshments were served through the kindness of Mrs. C. W. Leonard and other ladies from the city.

URGES WOMEN TO VOTE INTELLIGENTLY

ST. THOMAS, March 5.—The Liberal Club rooms were well filled tonight to hear Miss Isabel Armstrong of London. She said she realized the new responsibility that had been placed on the shoulders of the women of Ontario as something more than a mere privilege.

WOMAN'S DANGER PERIOD

The period between forty-five and fifty-five years of age is said to be a crisis or danger period in a woman's life which tests her for her fitness to continue in the race. It is then that she suffers from such annoying symptoms as heat-flashes, nervousness, headaches, "the blues," or dread of impending evil, or some dormant disease in the system becomes active. When a woman is passing through this crisis there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound, which after forty years of success is now considered the standard remedy for women's ailments.

A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is tongue coated, breath feverish and stomach sour?

"California Syrup of Figs" can't harm tender stomach, liver, bowels.



Mother! Your child isn't naturally cross and peevish. See if tongue is coated; this is a sure sign of little stomach, liver and bowels need a cleansing at once. When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember, a gentle liver and bowel cleansing should always be the first treatment given.

Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful, and in a few hours you will see the child's bowels moving. It is a pleasant, nourishing food which is clogged in the bowels passes out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages, and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," then look and see that it is made by the California Fig Syrup Company.

RETURNED SOLDIER NOW TELLS ABOUT HIS EXPERIENCES

Trouble of Five Years Standing Ended—Gains Twelve Pounds.

"If my testimonial will be the cause of others taking Tanlac you are welcome to it, for I certainly feel sorry for anyone suffering like I did, and am glad to do what I can to help them," said James Benson, who resides at 683 Rymmede road, Toronto, in a conversation with a Tanlac representative, recently. Mr. Benson is a returned soldier, having gone overseas with the York Rangers. He is now employed by the Harris Abattoir Company.

"Tanlac has relieved me entirely," continued Mr. Benson, "of a case of stomach trouble that had been bothering me off and on for five years, and that is why I so willingly recommend it. My appetite seemed to be fairly good—that is, I could eat—but nothing agreed with me. My food would just stay in my stomach undigested, and the gas formed by it would blow me all up, causing severe pain, not only in my stomach and sides, but around my heart. I was so nervous I couldn't rest well, and often had dizzy spells. I was badly constipated, and all day at my work I had that tired, tired feeling. I had lost several pounds in weight, and was getting worse all the time."

"My wife had been reading the Tanlac testimonials, and she finally succeeded in getting me to try a bottle. I didn't stop at one bottle. It helped me so much that I bought another, then another, and when my third bottle was gone my stomach trouble was gone too. I'm never bothered now with any kind of pain or discomfort, and I eat just what I want. My food digests perfectly, and the best proof of this is the fact that I have gained twelve pounds, which is several pounds more than I had lost. In fact, I'm simply feeling fine, and can certainly praise Tanlac for the way it has relieved my troubles and built me up."

Tanlac is sold in London by Standard Drug, Limited, under the direction of a special representative, and by an established agency in every town.

Miss Armstrong, who was given a splendid hearing, urged all women to take an earnest interest in the questions of the day, so that they might exercise the franchise intelligently and clearly. Women would undoubtedly by their votes determine the great questions.

Girls! Make Beauty Cream! Lemon Juice Whitens Skin

Prepare a quarter pint for few cents and massage face, neck, arms and hands. Try it and see!

Any grocer will sell you two fresh lemons and your drug store or toilet counter will supply you with three ounces of orcein white. Put these in a bottle and shake well. Here you have a whole quarter pint of the most wonderful lemon lotion at about the cost one must pay for a small jar of the ordinary cold creams.

Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothen and beautifier.

Used by day, this sweetly fragrant lotion protects the skin from the evil effects of the weather and prevents roughness, redness, chafing and smarting. At night it works in the pores while you sleep, and is intended to bring a freshness and peach-like beauty that wins envy and admiration.

Just try it! Make up a quarter pint and massage it daily into the face, neck, arms and hands. It works marvelously on rough, red hands.

We Save You \$5 to \$8 On Your Spring Suit or Coat!

Consider for a moment, madam, this startling announcement. Think what it means to you, 25% to 35% saved on your spring suit or coat. How can we do it? Listen! We are content with small profits, have no large store to keep up, no heavy overhead expenses which force other stores to tack on many dollars to the suit or coat. Come, be convinced that we can save you money.

WE ARE NOW READY TO SHOW YOU THE SEASON'S NEWEST STYLES IN

Suits, Coats, Hats, Skirts, Waists, Dresses, Raincoats, Etc.

Balance of Fall and Winter Suits and Coats on sale at below cost. Buy next winter's Coat now while these prices prevail.

Metropolitan Suit Mfg. Co.

232 DUNDAS STREET.

PLANT STEELE BRIGGS SEEDS FOR INCREASED PRODUCTION

Packets listed are contained in our boxes supplied Merchants throughout Canada.

Variety	Pkt.	Oz.	1/4 lb.	1 lb.
Beans Black Seeded Wax\$0.10	\$0.20	\$0.65
Beet Early Blood Turnip
Cabbage Early Jersey Wakefield
Carrot Scarlet Nantes
Corn Extra Early Cory
Cucumber Improved Long Green
Lettuce Toronto Gem
Onion Yellow Globe Danvers
Parsley Fine Triple Curled
Peas Premium Gem
Radish Scarlet Turnip White Tipped
Squash Hubbard
Tomato S. B.'s Earliest of All
Turnip S. B.'s Selected Swede
Sweet Peas S. B.'s Best Mixture
Nasturtium Tall Mixed

Above prices all include postage. Order now, either direct or through your local merchant.

Write for Catalog STEELE BRIGGS SEED CO.

"CANADA'S GREATEST SEED HOUSE" HAMILTON TORONTO WINNIPEG

CAREFULLY SEALED IN GERM PROOF TUBES PURITY OATS

BRINGS TO YOUR TABLE THE DELICIOUS NUT LIKE FLAVOUR OF THE FAMOUS ALBERTA OATS MANUFACTURED BY Western Canada Flour Mills Co. Limited

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Regular Inspection Must be Deferred

So many skilled telephone workers have gone overseas that we have found it impossible for the present to keep up the practice of making a regular inspection of all subscribers' telephones.

It is important, in the interests of your service, that such defects as broken mouthpieces, frayed cords, etc., be reported to us promptly.

We therefore ask that subscribers promptly notify the "Trouble Department" (no number necessary) of any such defect in their telephone equipment so that we may remedy it promptly and protect the service.

Your kind co-operation will be appreciated.

The Bell Telephone Co. OF CANADA

"Good service" our true intent."

