HEALTH

SOFTENING WATER-FOR MAKING

HARD AND SOFT SOAP -

DIRECTIONS WITH EACH CAN.

Nuxated Iron increases strength and endurance of delicate, nervous, rundown people in two weeks' time

Iowa; Former United States Senator and Vice-Presidential Nominee, Charles A. Towne; General John L. Clem (Retired), the drummer boy of Shiloh, who was sergeant in the United States Army when only 12 years of age; also United States Judge G. W. Atkinson of the Court of Claims of Washington and others. Ask your doctor or druggist about it.

A real cough remedy

There's a remedy that will help you conquer it—a remedy that speedily relieves all irritation of the respiratory organs and gives bodily strength for

MAJESTIC

ENTIRE WEEK December



CAPTAIN BRUCE BAIRNSFATHER'S

The Better Ole!

With Old Bill, Bert and Alf

The picture which is packing the Allan Theatre, Toronto, every performance in the third week. Coming direct from Toronto here.

SPECIÁL ORCHESTRA

2:30 to 5:00 o'clock. Continuous 7:00 to 9:00 o'clock 5:00 to 7:00 o'clock : Show : 9:00 to 11:00 o'clock

Prices: BEFORE 6:30 | AFTER 6:30 | Lower Floor: 50c

FURNITURE, ETC.. FOR SMALL

GRAMOPHONE. WITH 106 RECORDS.

—Apply 490 Pall Mall street. *56c

TEN EXTRA GOOD HOLSTEIN COWS

January. Box 210, Advertiser.

A LADY'S WHEEL, IN GOOD CONDITION. 2 Eastman, off Hale street.

*55c

I HAVE A QUANTITY OF

SOLVAY COKE

cafe—Store to rent; good stand. Alfred Tyler, 355½ Clarence. ywt

ARTICLES FOR SALE NEW WOOD YARD, 241 OTTAWAY avenue. Phone 2208. \$2.75 o \$5.50 per load. CHAMBERLAIN WEATHER STRIP— Fuel-saving, draftproof. Charles A. Smith. Phone 1504. THE WONDER COAL OIL BURNER THE WONDER COAL OIL BURNER fits any stove; cheaper than gas or coal. See it at Lewis', 101½ King. BUY YOUR CLOTHING ON CON-VENIENT terms — Ladies' suits, skirts, dresses, waists, silk sweaters, men's, boys' suits. See me before buying. Terms to suit. This is also the cheapest place to buy ladies' hats. Call, write or phone 1987. W. Goldenberg, 761 Dundas street, next wood's Fair. CHEISTMAS TREEYS. CHRISTMAS TREES, BRANCHES OF cedars for decorating, thousands of cedars for decorating, thousands of evergreen trees, many sizes, from 25c up. Shade and ornamental trees, flowering shrubs, many kinds, rose bushes, Christmas roses. Three varieties maple trees, basswood, mountain ash, horse chestnut, Charles Baker, nurseryman, Ridout south, Phone 2222.

McKIM'S AUCTION ROOMS-SOME splendid baseburners, furniture, rugs, etc.; mostly anything you need. Stove repairing done. Phone 4820. 357 Talbot street. STOVE PARTS NICKEL-PLATED National Brass, Limited. *91tf NOTICE. We are making all kinds of FANCY BRICK ICE CREAM

for afternoon parties and weddings.
Delivered to all parts of the city.
Guaranteed first-class.
C. J. LEACH.
PHONE 1035.

OAK FLOORS

Now is the time to place your order and have them put down during the winter. Estimates furnished free. L. H. MARTYN & CO. Phones 218-3707. 807 Princess Ave.

Mammoth Purchase of 1,000 FUR FELT HATS Worth Up to \$2.50 Value, for

These Hats Escaped the Submarine. SEE WINDOW DISPLAY. WEGNER CLOTHING CO.

THE HEART OF LONDON, 371 Talbot Street. Open Evenings.

For the Soldier Boys! Leach's English Plum Pudding ... 40c Overseas Fruit Cake, pound ... 40c

Do not forget the Mincemeat Patties o complete the box. Ask for LEACH'S at your grocer's. FOR SALE-TWO WILTON RUGS, nearly new. Apply 377 Eva street, ofty.

ROSE-COMBED RHODE

ARTICLES FOR SALE

FURNACES, GENERAL TINSMITH-ING, eavestrough and furnace re-pairs, alterations. W. G. Arnold, 220 Clarence. Phone. WE REMAKE MATTRESSES—CHAS. M. Quick, upholsterer. 725 Richmond street. Phone 1497.

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, 1c a word each insertion. Minimum space, 15 words. Subscriptions: Daily, 25c a month, \$2 yearly; Saturday edition, 75 yearly. Sample copy sent on application. WOMEN'S NEW WINTER COATS, suits, dresses, furs, skirts, also men's and boys' clothing on credit. Phone 4214 or write and I will bring samples. Satisfaction guaranteed. S. Samitt, 407 Dundas street.

ROYAL TYPEWRITER, IN FINE condition; bargain price. E. O. Graves, 110 Dundas street. GO TO ROBERTSON'S, RICHMOND and Kent streets, for school books and FANNING MILL FOR SALE-WM. Gray & Sons, 351 Talbot. NORDHEIMER PIANO — LATEST model, practically new; special price to spot cash buyer. Apply 613 Wellington.

SEE ME ABOUT YOUR NEW SUIT, coat, dress or anything in wearing apparel for ladies, men and boys. Terms arranged to suit your convenience. I am also selling furniture and house furnishings. My patronage is the largest in the city. I guarantee satisfaction. Call, write or phone 3208, J. Wolf, 821 Lorne avenue. FEATHER PILLOWS, MATTRESSES, renovated. Hunt & Sons, 593 Rich-mond street.

LADIES' SUITS, DRESSES, WAISTS and skirts on credit; newest styles, and fashions; also men's and boys' clothing. Drop me a line and I will bring down what you require. Lewis Wolf, 769 Dundas street, in grocery store. Phone 6112. store. Phone 6112.

I CAN CLOTHE ANY MEMBER OF your family with the season's latest suits, coats, furs, dresses, waists, skirts, sweaters and shoes; also furniture and house furnishings, with \$1 per week. Call, write or phone 1267. M. Lerner, 502 Hill street. ABOUT FORTY 3-INCH BY 12-FOOT

BOUT FORTY 3-INCH BI Label for boiler tubes at 75c each, suitable for fence posts. Yourn-Faust, Limited corner Piccadilly and St. George 55c

THOROUGHBRED WHITE WYAN-DOTTE cockerels for sale. 15 Euclid from different manufacturers.

nd cockerels, learly hatched, full wn, good laying strain. Apply 232 cheap for quick sale. Box 212, Advertiser. DOMINION SEEDS, LIMITED

POULTRY AND PET STOCK SUPPLY STORE.

ESTABLISHED YESTERDAY Everything New, Bright, Clean, Cheerful, right up to (TODAY). New management, new fixtures, new show window, new grains, new mixtures, new ideas, new LAY FOOD, new SCRACH FEED, new FATTENING FOOD, new SINCUBATORS, new BROODERS, new drinking fountains, new meat and grain grinders, new legbands, new medicines, new talk, new information, new catalogue (free), new Rabbit food, new Pigeon feed.

NEW AND PROPERLY NEW EVERYTHING NEW MORNINGSTAR, BALANCE MIXTURES. NEW EVERYTHING ASK HIM. We have discarded old antiquated ideas about care and feed of Poultry because this is a new DAY, even the HENS want better FEEDS. Middlesex hens are critical analyzers, until we received from the CANADIAN LABORATORIES expert analysis. We'll leave it to the HENS.

ASK MORNINGSTAR about Buckeye Incubators and Brooders. We do not give FLOOR SPACE to any other Hatching Machine. WHY? ASK MORNINGSTAR. Buy this side of the New Year and save money. FREIGHT PAID. Ask MORNINGSTAR anything pertaining to Poultry.

SEE OUR MARKET SQUARE WINDOW. DELIVERY: North and East morning; South and West afternoon

Dominion Seeds, Limited

119 Dundas Street, 9 Market Square,

ARTICLES FOR SALE FOR SALE OR EXCHANGE ON A 50-ACRE farm, five acres adjoining city limits, with good solid brick house, bank barn, hog pen and chicken house; never been rented. Apply Box 223, Advertiser. GAS STOVE AND BABY BUGGY nearly new. 488 Elizabeth. *57c

ROLL-TOP DESK AND CAMERA-2 Euclid avenue. *57c COW, DUE TO FRESHEN; ALSO young heifers. Apply 454 Salisbury street.

MISCELLANEOUS.

DEBTS DUE MERCHANTS AND others collected anywhere. No collection, no charges. Rates and references on application. Canadian Bureau of Credits, Dominion Bank Chambers. MORREN — REMOVED FROM 423 Wellington to 231 Queen's avenue. Phone 2698.

HEALIT A quick remedy for PILES and RUNNING SORES. It will positively relieve that distress. Have many testimonials. For sale by all drug stores or by mail on receipt of price, 50 cents. OXFORD SPECIALITIES TILLSONBURG, ONT.

ROOFING SLATE, GRAVEL AND CEMENT roofer. Paint for iron roofs. Walter Scott, 506 York street. SLATE ROOFING—OUR SPECIALTY is slate blackboards. J. Whittaker, 551 King street.

MARRIAGE LICENSES MARRIAGE LICENSES ISSUED BY H. J. Childs, druggist, 632 Dundas.

MARRIAGE LICENSES ISSUED BY W. G. R. Bartram, 59 Dundas. MONEY TO LOAN.

RIVATE FUNDS TO LOAN-LOW-EST rates. U. A. Buchner, corner Talbot and Carling. MONEY TO LOAN AT LOWEST rates—Thomas C. Knott, real estate agency, 117 Dominion Savings Build-ing (first floor up). \$80,000 LEND-6-CITY. FARMS.-Reynolds, 77 Victoria, Toronto. PRIVATE AND TRUST MONEY TO loan on farm and city property; low-est rates, terms to suit. T. W. Scan-drett, 98 Dundas street.

FUR-LINED OVERCOAT, OTTER collar, muskrat lining, size 40, hardly ever used. Room 5. London Loan b.

MECHANO THERAPY CHARLES SIDNEY IRELAND
Mechano-therapist and chiropract
Chronic and nervous diseases. Off
of late Dr. Drake. Phone 1146.

RUFUS RED BELGIAN HARES— Doe, 7 months old; buck .5 months; \$14 takes the pair; strictly unrelated stock. Full pedigrees and ear tags with each animal. Box 77, Exeter, Ont. 57u CHILE CALLS ARMY NO. 9 SOUVENIR COOK STOVE, IN good condition, used short time only. Apply mornings, 656 Lorne. 57c RESERVES AS WELL ONE GURNEY OXFORD WOOD stove, in good condition, also King hand vacuum cleaner. Phone 1790. 284 St. James. **AS NAVAL LEADERS**

HEAVY HORSE, 7 YEARS OLD, sound and right, weight about 1,500.

18 Horton street.

Output

Out

for sale, coming in December and January. Box 210, Advertiser. 56c Santiago, Chile, Dec. 2.-The Chilean army from the districts of Iquique, Serena, Antofagasta, Tacna and Copiapo, who were released from service in 1917 and 1918, have been recalled to the

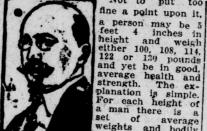
> The naval commanders in all parts of the republic are reported to have been called to Santiago for a naval confer-ence today.

Items Of Interest to Everybody

Secrets of Health and Happiness

Simple Exercises That Will Increase Your Vitality

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



weights and bodily measurements one of five vigorous, healthy classes. These groups are designated by doctors who specialize in physique as slender, slender-medium, medium-heavy and heavy. Puglists, boxers and fistic fighters accordingly divide their champions into bantamweights, lightweights, medium lightweights, mediums, medium heavy-weight champions.

What you wish to know is "to which class" you are nearest and how can you find the standard measurements of your calves, thighs, waists, hips, arms, chest and shoulder girths for each. Anatomists have worked out a standard set of meanurements. Guided by these you can work up to the standard of your height and weight by means of correct exercises.

Consult Physician First.

Consult Physician First. An erect posture, with the heels together, shoulders back and arms at the side is one to employ for chest development. Raise the arms overhead, take a slow, full breath, bring the arms down and exhale. Keep the air in until the arms are down. A dozen such movements two or three times a day will help the chest measurements. No exercise, no matter how trivial,

the side, and with the back straightened out, your weight resting upon the forearm. Now raise the hips from the floor and allow them gently to sink back. Do

this until you feel a bit tired on one side, then turn over and repeat the ex-To help hold your neck firmly as well as to make yourself actually taller, "the apoplectic's exercise," as I call it, should be used. This manoeuvre is particularly pleasant and helpful to short, fat-necked individuals, as well as those with double chins and "bull-necks."

Your hands are classed helpful your

double chins and "bull-necks."
Your hands are clasped behind your head and fingers interlaced. Now pull firmly forward with the hands and at the same time resist and force the head backward. The head has a better leverage, and should slowly overcome the pressure of the hands. Reverse the riotion, repeating the exercise until the neck muscles begin to feel fatigued.

The faithful practice of these various



MY SOLDIER HUSBAND ADELE GARPISON'S CONTINUATION OF

REVELATIONS OF A WIFE What Mother Graham Said to Madge When They Were Alone

After Dicky Left.

SCREENINGS
SCREENINGS
JULY HIS CREATER CONTROL OF THE HIRARY OF LONDON
JULY HIS CREATER CONTROL OF THE HIRARY OF LONDON
JULY HIS CREATER CONTROL OF THE HIRARY OF LONDON
THE HIRA

and Jack-in-the-pulpits are two things that are perfectly harmless. I dare say your brothers can tell you who needs the most watching around these

woods."
"Dogs and guns!" cried Dumpsy and Fluffy together.
But Tripsy had never seen either, and declared he wasn't afraid of anything.
That night when Mamma Raccoon awakened her children to give them a lesson in food hunting she found Tripsy away from the hollow of the tree on a limb right where a bright moonbeam fell upon him, sitting up admiring his bushy tail.

fell upon him, sitting up admiring his bushy tail.

Just then there was a quick shuffle under the tree, then the sound of a shot, and Tripsy, frightened for the first time in his life, instead of hiding in the hollow of the tree, jumped to the ground right in front of a great big thing that danced around on four legs wagging his tail and making a terrible noise.

"Run up the oak tree!" screamed Mamma Raccoon, who had seen the whole affair. For once Tripsy Raccoon forgot all about his beautiful bushy tail and darted across the ground, followed by the noisy thing, quickly scaled the oak tree and hid in a hollow. There he stayed until the terrible racket was over.

When Tripsy Raccoon court had to Answers to Health Questions

stayed until the terrible racket was over.

When Tripsy Raccoon crept back to his mamma's side he was a very different little raccoon. He had found out there was more for little raccoons to learn than he'd thought, and from that day on Tripsy was the best pupil Mamma Raccoon had. He found that no matter how bushy his tail, it couldn't help him in the hour of danger. BLUE EYES. Q.-Kindly advise what BLUE FYEN. Q.—Kindly advise what to lo for pimples.

A.—Apply a little of the following to the affected parts:
Sulphur loti 2½ drams
Balsam peru ½ dram
Camphor ½ dram
Green soap 1 dram
Lanolin ½ ounce

"stars" are particularly active or

aculties on all lines to such a degree as

forecast successful achievements

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office. By Genericue Kemble WEDNESDAY, DEC. 4.

to forecast successful achievements, born of large enterprises and unusual initiative. This stimulus comes from the two flery planets, Sol and Mars, in aspect and operative through the Lunar transit of Mars in semi-sextile position. Moon and Uranus also being in strong aspect incites to boldness and adventure, leading to important changes, removals or journeys of a beneficial nature. There is some slight hint of deception or fraud, but the benefic influence of the foregoing portents should be a protection.

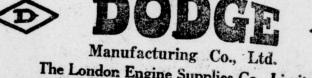


AFTER 6:30 Lower Floor: 50C Balcony: 25c AFTULES FOR SALE LANGE OAK BUFFET WITH MIR: LANGE OAK BUFFET WITH M In all that the word implies, the Dodge is the Universal Hanger. are machine-moulded from metal patterns. The Dodge Universal Hanger may

It is strong, has wide adjusta-bility, and insures perfect align-ment of shafting.

It is easy to erect and pleasing in appearance. The castings are accurate, well-finished and sound.

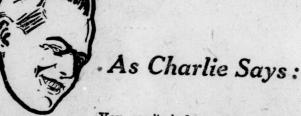




The London Engine Supplies Co., Limited. 107. 83-85 Dundas Street. Stockers for London and District.

When Toasting the **Allies Don't Forget** the British Navy Give it a Toast with John Labatt,





You can't judge everything by the price, or Arabelas would cost at least a dollar-for-three. It's so satisfying for a mild cigar.

SCALES & ROBERTS LIMITED, TORONTO.

