

## SHREDDED

### A Quick Breakfast for Dark Mornings.

When you rise late the only breakfast is Shredded Wheat—ready to serve, easily digested, fits you for half a day's cheerful work—none of that grouchy feeling usually attendant on "hurry-up" breakfasts. Try with hot milk and salt to taste.

Sold by all grocers, 12c a carton; two for 25c.

## BRADSTREET'S REPORT FROM CHIEF CENTRES

### The Present Commercial Situation From Coast to Coast.

Montreal reports to Bradstreet's say: The general situation holds fairly steady. While the approach of spring has to some extent increased wholesale orders, retail trade is still quiet and will no doubt continue so as long as cold weather lasts. Shipments of spring goods are going forward fairly well but heavy lines generally are awaiting the opening of navigation. From reports of the coast it would appear this event would not be late as the ice has not yet started to move. Orders for drygoods are fairly good although retailers still show a tendency to await some indication of the state of later trade before placing full orders. Values are generally steady. Hardware houses report a better demand for all seasonable lines. Building promises to open up well in all parts of the country and orders for heavy goods are coming forward quite briskly. Canned goods are active and firm. Sugar is steady to firm at recent quotations. Trade in flour is quiet and hides and leathers continue light. Collections are only fair, being hardly up to those of last month.

Toronto reports to Bradstreet's say: There has been rather a better movement to general lines during the past week. Retailers have, as a rule, been buying lightly, and they evidently feel that the near approach of spring makes necessary some additions to their stocks. The volume of trade is not heavy, however, nor is it likely to be so until warm weather starts spring goods moving at retail. The general outlook is cheerful and there seems to be a feeling of decided confidence regarding future trade. Orders for drygoods continue to cover a wide range of lines. Clothiers report much better prospects for the trade than existed a year ago. The hardware trade is hardly as active as might be expected, but the opening of navigation is expected to bring on a brisk business. Building permits issued here and at many points in the country total considerably ahead of last year and there is already a good demand for building material. Groceries are fairly active with values generally firm. Stocks of canned goods are reported to be large. Produce comes forward well. Collections are generally fair with here and there an improvement noted.

Winnipeg reports say: Spring trade is opening out well with the wholesalers. As far as the retailers are concerned it is yet a little early to expect much of a movement but there has already been some demand for clothing and for general drygoods. The hardware trade has been stimulated by the commencement of building operations in all directions. Elements of hardware and generally heavy lines will be large once navigation opens on the lakes. Collections are only fair but prospects for the future are considered excellent in all lines of trade.

Vancouver and Victoria: Trade in all lines holds a steady pace and there are little changes to report. Retailers are placing good orders for spring and summer lines and the outlook for business is bright. Local industries are fairly busy. Collections are generally good.

Quebec: Good roads are having the desired effect in business, the latter is reported slowly improving and in some instances very fair orders have been received for immediate delivery. Travelers on the route report a situation encouraging and expect spring trade will show up well. Local industries are showing signs of activity.

Hamilton trade reports to Bradstreet's say business continues quiet. Retail trade is awaiting the arrival of warm weather and, while wholesalers are sending out fair parcels of goods, the movement is not expected to be brisk until the sorting trade opens out. Local factories are moderately busy and are now generally employing full staffs. Produce has been offering freely and there has been an easier tone to prices. Collections are only fair. London reports say business there keeps moderate in volume. With the retailers it is pretty much between seasons and until spring definitely arrives business is likely to be light. Prospects are excellent for a large turnover of goods when once the trade opens out. Collections are not so good as those of a month ago.

## SHE SEEKS HEALTH BY STARVING HERSELF

### At End of Ten Days Although She Has Lost Weight Her Condition Was Normal.

Berlin, March 20.—To prove that complete abstinence from food for indefinite periods is not only conducive to good health, but also to perennial youth, Miss Claire de Servat, niece of the famous "fasting" Dr. Tanner, has submitted herself to a remarkable series of experiments at the Royal Charity Hospital in Berlin.

Miss de Servat ended at noon yesterday in perfect health a fast of ten days without nourishment of any kind, either food or solid. During that time she has lived in a glass cage, into which fresh air was pumped by a motor. Today she was removed from the cage, and was placed in the ordinary ward, but she intends to abstain from food for another twenty days, living in the meantime on mineral water. Her weight has decreased from 114 pounds to 101 pounds, but her condition otherwise is perfectly normal.

Most of the time Miss de Servat has communicated with the outside world by means of a telephone, but latterly she has written messages to the medical men who are observing the experiment, and held them to the side of her glass prison.

She informed an interviewer that she never once felt ill from lack of food and drink, and was entirely free from fever or headache. The young woman says that she was induced to become a "faster" in order to cure herself of chronic headaches and lack of appetite, and also because she finds she emerges rejuvenated after a period of self-imposed starvation.

Prof. Kraus, the celebrated physician, under whose auspices the experiment is taking place, hopes that the results will be of much scientific value.

## STRATHROY LIT. SOCIETY

Large Audiences Attend an Open Meeting—Interesting Addresses.

Strathroy, March 20.—The Literary Society of the Strathroy Collegiate Institute held an open meeting in the assembly room of the school last evening. Quite a large audience was present, and the excellent programme was thoroughly enjoyed. Mr. E. J. Corkill, B. A., president of the society, was chairman for the evening.

Rev. H. C. Priest, B. A., gave an interesting address on India dealing with the different features of home, school, and church life in that country. He showed the ignorance and degradation prevailing there, and making such a contrast with the flourishing condition of our own country. On the other side, he told of the remarkable progress made in the last 50 years, and how this had been accomplished.

Two editions of the school paper, the Spirit of Youth, were read by Miss M. Smith. The first issue, 124, black and white, was read by Misses J. Buttrey, A. Davidson, and R. Moe, and Mr. Goodburn. The meeting was closed by singing the National Anthem.

## COSTLY STAMPS.

London, March 22.—At a recent sale the following prices were realized for stamps: Canada, first issue, 124, black wave pattern, £50; 1858, 6d, purple brown, perforated, £3 17s 6d; New Brunswick, 1851, 1s, violet, brilliant color, £2 25s; Newfoundland, 1857, 4d, scarlet vermilion, £13; do, 1s, scarlet vermilion, £54; 1860, 1s, orange vermilion, £50; Nova Scotia, 1851, 1s, violet, £31.

## IRISH POTATOES FOR PHILLIES.

Philadelphia, March 21.—Sixty thousand bushels of foreign potatoes, the largest consignment ever brought to Philadelphia, were landed by the steamship Buenos Ayrean, from Glasgow and Liverpool. The tubers came from England, Ireland and Scotland and the shipment was made possible by means of the short crop in the United States. Other ones are due with big shipments of potatoes.

## This Tells How Female Ailments Are Best Treated and Cured

Ask any intelligent physician what causes nine-tenths of all female disease, even including anaemia, nervousness and consumption—Back comes the answer—"Constipated bowels."

There is a single female ailment that had not in its earlier stages symptoms of constipation. How much clearer the complexion, how much fresher one feels when the system is pure and clean. Think of it, young ladies, it is a sure sign of good health, of liver stimulant like Dr. Hamilton's Pills is sure to you good? Gay spirits, good looks and happy health have returned to many a sick woman through Dr. Hamilton's Pills.

Better get a few boxes today: purely vegetable, free from injurious ingredients, healthful and antiseptic, Dr. Hamilton's Pills will assist you in a thousand ways.

As delay is always dangerous, your plain duty is to follow the example of Mrs. F. Rowe, who sent the following letter from Gravel, Ontario, Port, Newfoundland: "Four years ago I got kidney and bladder trouble. I thought it was female trouble and treated it accordingly. Even my doctor in St. John said it was so. Day after day: purely vegetable, free from injurious ingredients, healthful and antiseptic, Dr. Hamilton's Pills will assist you in a thousand ways.

In reading about Dr. Hamilton's Pills I noticed symptoms like mine and I bought six boxes. These pills went right to work on my sick condition and helped me from the first. My supposed female trouble, which was bladder disease, was cured. My weight increased eight pounds, and my pangs were as I as well as today. Dr. Hamilton's Pills did it all."

All dealers sell Dr. Hamilton's Pills 25c per box or five boxes for \$1.00.

No. 56 March 22, 1909

## EUROPEAN TRIP CONTEST OF THE LONDON ADVERTISER

This Vote Is Cast For

(Name of Candidate.)

As the most popular lady in District No. .... of The London Advertiser European trip Contest.

VOID AFTER 15 DAYS FROM DATE.

## MISS MAUD ALLAN'S IDEALS IN DANCING

### Famous Canadian Dancer, Who Originated "Salome," Says Her Art Is Spontaneous.

London, March 21.—To a crowded meeting of the O. P. Club, held at the Criterion Restaurant, Miss Maud Allan, the famous Canadian dancer, who originated the modern Salome dance, discoursed on the Attainable Ideal in Dancing. She has a pleasant voice—soft and low—an excellent thing in woman, though not so excellent in a lecturer.

A few weeks ago the crown prince spent a day at the Alexander-Platz, Berlin's Scotland Yard, inquiring keenly into police and detective methods. He has also found time to attend lectures on mechanics and engineering at Charlottenburg. Aeronaautics also interest him keenly. He has been up in the army ship twice, and has looked over the Zepplins a number of times at Friedrichshafen.

Galt, March 21.—The new Sunday school which Knox Church has built, was opened today, when Rev. Dr. Ross of St. Andrew's Church, London, delivered two eloquent sermons.

At the afternoon service Rev. R. E. Knowles delivered the invocation. Addresses were given by Dr. Ross, Mr. Knowles, Mr. Superintendent James R. McGregor, M. S. McKay, M. Gibb and Dr. Moyer and Superintendent James R. McGregor.

The building, which was commenced early in 1908, the corner-stone being laid May 25 by Rev. R. E. Knowles, pastor, is one of the finest Sunday school buildings in Canada. It is of local limestone, roofed with slate, and the interior is finished with Georgia pine. It is 60 by 113 feet over all. There is a basement under the whole building. It is well lighted, comfortable and tastefully furnished throughout. When the class rooms are opened and the assembly hall arranged for lectures or other entertainments, it, with the gallery, will seat 1,000. The total cost of the building, with furnishings, is \$25,000. The exercises marking the dedication drew very large congregations.

## A Spontaneous Art.

"Dancing is not an acquired art," Miss Allan declared. "It is a spontaneous art; revealing, perhaps, more than any other, the temperament of the dancer. Without that undefinable quality which is called temperament, the dance is meaningless. Dancing is the spontaneous expression of spiritual state. The dancer's art is the dancer's life."

"Natural dancing expresses the music of which life is a part; it is not drilled or compelled by the music, and the dance are one, undivided, inseparable."

"These conditions throw a tremendous, a terrifying, responsibility upon the dancer. She feels that she is interpreting an art, in which the least error of fact or of feeling is a hopeless and repellent vulgarity. It is dreadful to think that dancing may be made to illustrate—and perhaps not can illustrate—the fact of the lowest and the most brutish passions that sway humanity. Such things should not be mentionable in the same breath with natural dancing, which is primarily capable of expressing only what is healthful and beautiful."

## The Religious Ideal.

"In the dawn of art, dancing was purely religious in character. Every-thing pointed to the fact that I am reverently proud to find myself in a position to say it—that we are returning to the religious ideal, to the ideal of the Greeks. It is a religious ideal; let us once more cultivate the beauty of movement, and dedicate the results to the service of beauty and of truth, which is the highest expression of civilization, Miss Allan brought her address to an end at 10.15.

So, with the claim that really beautiful dancing is the highest expression of civilization, Miss Allan brought her address to an end at 10.15.

As one of the subsequent speakers admitted, it was a bit above his head. Most of the congregation felt, perhaps, that they had been listening to a sermon, and were vaguely disappointed. Aristotle and Dr. Johnson and the Niebelung legend and Theotricus are a little remote for the "star turn" at the Palace Theatre.

## KAISER NOT LIKE FATHER

Berlin, March 21.—Evidence is constantly accumulating that the German crown prince, contrary to popular expectations, has inherited very much of his father's versatility. The boyish-natured, slender young man promises to outlive the Kaiser in the versatility which has made the latter the most picturesque of monarchs.

A widespread movement is afoot in the Fatherland to interest young men in outdoor sports to the extent prevailing in England and America. The crown prince has put himself at the head of this crusade. He has just organized an indoor skating club in Berlin. He has erected a covered tennis court at Monbijou Palace, where he plays hard for several hours a day during the cold months. He and his wife also find time during the winter to take part in fencing classes, which have induced hundreds to follow their vigorous example.

In spring and summer the crown prince is an untiring patron of sport. He rows and sails well, is a daring and clever horseman, goes to foot races, and never misses a regatta or athletic exhibition if he thinks his attendance will encourage popular interest in athletics generally.

At the Prussian home office, the finance minister, and latterly at the admiralty, the prince has proved an earnest and apt pupil, and as conscientious in his duties as the most

## NEW SUNDAY SCHOOL OPENED AT GALT

### Will Seat a Thousand People and Cost \$25,000.

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## SICILIANS AROUSED

At Failure of Police to Run Down the Slaying of Petrosino.

Palermo, March 21.—The people of Sicily are becoming aroused at what they characterize as the inefficiency of the police in its efforts to run down and arrest the persons who are responsible for the assassination of Joseph Petrosino, head of the Italian branch of New York detective service. The Giornale di Sicilia today publishes a strongly worded article attacking the authorities on their failure to arrest the person or persons who are believed to be preparing for a huge manifestation against the criminal societies.

In the meantime there is much activity at police headquarters here, looking to the apprehension of the murderers of Petrosino. The opinion prevails that there is some connection between the Black Hand of New York and the Sicilian Mafia.

Arrests are being made every day, and Signor Cecla, chief of the local police, is busily engaged with his subordinates carrying out the new plans to capture the murderers. It is reported that Premier Giolitti has ordered the arrest of the person or persons who are believed to be preparing for a huge manifestation against the criminal societies.

## PROMINENT METHODIST DEAD.

Oswego, N. Y., March 22.—Mannis Worth, for the past half century a prominent Methodist Episcopal layman, died here yesterday, aged 84 years. He was one of the founders of the Thousand Island Park on the St. Lawrence.

## DOCTOR SAID

Much Sickness Caused by Coffee Drinking.

It is wise to use care in the selection of your table beverage. The experience of several Illinois families proves this and one of them is a very interesting story.

"We were induced to quit coffee about eight years ago because of its injurious effects. The doctor advised us to stop it entirely and we began to use Postum."

"While we drank coffee we had headache, sleeplessness, stomach troubles, palpitation of the heart, etc. We have found no injurious effects from Postum, and are clear of all the old coffee troubles. It has a fine color, a delicious flavor, and we feel free to drink all we wish of it."

"My brother's family has used Postum for eight years, and has been benefited as we have. A Swedish family, neighbors, used to drink coffee for years, but finding it harmful, have quit and now use Postum."

A number of other families we know here who were habitual coffee drinkers, with the usual results, have now taken up Postum. The doctors here say much sickness is caused by drinking coffee.

"Some of them did not like Postum at first, but when we showed them how to make it dark and rich, according to directions on package, they liked it better than coffee, and it agreed with them."

Name given by Postum Company, Battle Creek, Mich. Read "The Road to Wellville," in packages. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

WEATHER PROBS: FAIR.

SMALLMAN & INGRAM LIMITED

DUNDAS AND RICHMOND STREETS.

## Spring Reception in Coat Section

An enthusiastic greeting has already been tendered the new spring styles. They are now on parade and receiving in their spacious quarters, the new Richmond street section on the third floor, where you can view them at your leisure and study out quietly the most becoming style and coloring. You will view in this display styles that will be seen at all fashionable gatherings, the opera, the smart tea, the horse show, all street styles, dressy black silk and satin coats, elegant broadcloth coats, braided net and lace coats, pongee coats, all of unusual elegance and in great variety. Also smart top coats and jackets of many materials and in great variety of styles.

Better pick the one you want, the smartest styles will slip away quickly.

## Ladies' New Style Coats in Silk and Braid

Black Taffeta Silk Coats, three-quarter length box style, collar, front and back braid trimmed. Lined with Italian, for \$20.00

Another style lined with silk and embroidered around collar, arms and fronts for \$23.50

Black Beau de Soie Coat, three-quarter length, box style and silk lined, turned back cuffs, fronts, collar and cuffs embroidered fronts. Finished with chiffon.

Price ..... \$28.50

New style in Braid Coats in ivory, white and black ..... \$14 to \$32

## Covert and Broadcloth Coats for Street Wear

28-inch length Semi-Fitting Covert Cloth Coat in fawn, cuffs and back trimmed with braid and buttons. A smart style for only ..... \$5.00

36-inch length trimmed with braid and buttons, hip pockets of fawn covert cloth. Handsome style for ..... \$10.50

38-inch length coat of fawn covert cloth, lined, semi-fitting, with patch pockets, trimmed with buttons. Handsome style for ..... \$14.50

36-inch length in black broadcloth, semi-fitting, trimmed with buttons ..... \$13.50

## New Spring Coats for the Misses

Stylish tweed effects in the new spring colorings, made in the new box styles. All are lined and double-breasted, and some have velvet, others green or brown broadcloth collars and cuffs, giving a natty finish to the garment. They are in grey and fawn mixtures, some in two-tone stripe effects in sizes for girls from 8 to 15 years. Prices ..... \$4.75, \$5, \$6.50 and \$7.50 each

THIRD FLOOR.

## For the New Directoire Sash or Scarf

We have just received our new Silk Chiffon Scarfing. Some colors that we have had many inquiries for are now here. Ivory, pink, sky, old rose, tan, mauve, navy, new blue, peacock and black. 22 inches wide only ..... 50¢ yard

## About Sewing Machines

Little things so called count most with women, and that is why The Standard Rotary Sewing Machines always prove the most satisfactory. It has so many dozens of little advantages that make all of the hardest kind of sewing so much easier to accomplish.

Our way of merchandising has brought the price of this machine (one of the best in the world), within easy reach of every young woman or housewife. That is our part; it is now your privilege to take advantage of the price.

STANDARD SEWING MACHINES ON THIRD FLOOR.

## TRICKED SULTAN Baldness Will Be Unknown in 20 Years

One of the most prominent druggists of Canada made a statement a few weeks ago which has caused a great deal of discussion among scientists in the press.

He said: "If the new hair grower, Parisian Sage, increases its sales as it has during the past year, it will be used by nearly every man, woman and child in Canada within eight years."

"And when Parisian Sage is used almost everywhere, baldness, itching, dandruff, and all the other troubles of the scalp will be a rarity. There is only one way to cure dandruff, and that is to kill the germs. There is only one hair preparation that will kill the germs, and that is Parisian Sage. It is the most pleasant and invigorating tonic, is not sticky or greasy, and is used extensively by ladies of refinement who desire to have and to keep their hair soft, lustrous and luxuriant."

The girl with the auburn hair is on every package of Parisian Sage. Only 75¢ cents for a large bottle, at W. T. Strong's, 184 Dundas street, London, or direct all charges prepaid, by the Canadian makers, G. I. O. u. x. Manufacturer, Ltd., Company, Fort Erie, Ont.

ur East Williams, \$1.75, for gravel; D. J. Donaldson, treasurer Canada town, \$14.25, work done on town line, London and Carleton.

Adjoined to meet April 12, at 11 a.m.

E. R. BARCLAY, Clerk.

## HARRIETSVILLE.

Harrietsville, March 20.—Mr. and Mrs. James Venning celebrated the fifteenth anniversary of their marriage on March 15. Guests to the number of forty were present, hailing from Galt, Ingersoll, Belmont, Dorchester, Springfield and Gladstone. A pleasing feature of the gathering was the presentation of an easy chair to the host and hostess.

Misses Shirley and Katherine McCallum are spending a few days the guests of Mrs. Angus McEwen, of Putnam.

Miss Jean Carruthers and Miss Angela McCallum, of Ingersoll, are visiting here.

## Why Does It Cure

Not because it is Sarsaparilla, but because it is a medicine of peculiar merit, composed of more than twenty different remedial agents effecting phenomenal cures of troubles of the blood, stomach, liver and bowels.

This Hood's Sarsaparilla cures scrofula, eczema, anaemia, catarrh, nervousness, that tired feeling, dyspepsia, loss of appetite, and builds up the system. Get Hood's Sarsaparilla today. Prepared by C. I. Hood Co., Lowell, Mass.