NIGHT SCHOOL
IN THE
F.C.B.C.

REOPENS OCT. 3.

Progressive young people will be given an opportunity to improve their time during the autumn and winter evenings. Six regular teachers.

Call at College (Y. M. C. A.), or 'phone 823.

J. W. WESTERVELT, Principal.

When you want to look your best, wear good-fitting clothes—the kind we have a name for making. Order your fall suit now.

O. Labelle, Oddfellows' Block Corner.

How about that Gun you are going to buy this season?

Call and let us show you better value that you have ever been offered. Our stock is now complete. One of our bargains: A top-lever, double-barrel, breech-loading gun, choke-bored, Damascus finish barrels, treble-bolted, with Greene's cross bolt, matted extended rib bar, rebounding locks, checkered, pistol grip, with horn tip, 30-inch barrels; price $12. Twelve-bore only.

Hunting Coats, Vests, Hats, etc. Ammunition of every description.

Brock's Gun Store,
192 Dundas street - - - London, Ont.

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

MOUNTING BOARD
for Passe Partout work. Brown, black, gray and red. Reasonable in price.
W. A. McKENZIE, Photo Supplies, Opposite City Hall, Upstairs.

D. A. STEWART,
Successor to JOHN T. STEPHENSON,
FUNERAL DIRECTOR ... AND EMBALMER.
Charges moderate. Open day and night. Residence on premises.
104 DUNDAS ST. 'PHONE 459.
George E. Logan, Assistant Manager,
Fifteen Years' Experience.

W. J. SMITH & SONS
Undertakers and Embalmers
113 Dundas St Phone 586. Open day and night. Residence on premises.

217½ Dundas St.
London College of Commerce
Masonic Temple Building.

Evening Classes on Mondays, Wednesdays and Fridays, from 7:30 to 9:30.

Bookkeeping, Shorthand, Typewriting and all English branches thoroughly taught.

Now is the time to enter.

W. N. YEREX, C.B., PRINCIPAL.

The Food

that strengthens the body against the enervating heat of the summer is the safest food to eat during the change of seasons and the right food to fortify the constitution against the winter's cold. Eat

LIFE CHIPS.

MAGIC BAKING POWDER
PURE AND WHOLESOME.
ONE POUND CAN 25c
E.W. GILLETT COMPANY LIMITED
TORONTO, ONT.

It's the best help a home cook can have.
DAISY FLOUR

CHOLERA MORBUS, cramps and kindred complaints annually make their appearance at the same time as the hot weather, green fruit, cucumbers, melons, etc., and many persons are debarred from eating these tempting things, but they need not abstain if they have Dr. J. D. Kellogg's Dysentery Cordial and take a few drops in water. It cures the cramps and cholera in a remarkable manner, and is sure to check every disturbance of the bowels.

ITHACA GUNS.

The one quality a gun must possess is that of shooting in the very best manner, and the Ithaca system of choke-boring gives better results with the different sizes of shot, from the finest up to buckshot, taken under all conditions to which a general purpose gun is subjected, than any other system in use. With this system of boring the purpose is accomplished with less than the usual taper or contraction, giving greater strength to the barrels throughout, greater penetration and less recoil.

GURD'S GOOD GUNS
185 DUNDAS STREET.

AIR SHIPS.

This toy delights everybody—is durable and harmless in every respect. The boys and girls run after it. Will fly 50 to 200 feet in the air. 25c and 35c.

Mailed to any address for the price.

JOHN MILLS' BOOKSTORE.
'Phone 1,065. Wholesale and Retail.

REMOVAL NOTICE.

Thomas Wilson
Merchant Tailor,
Removed to 212 Dundas Street
North Side, Opposite Old Premises.

SPECIAL SALE ....OF.... **OPAL RINGS.**

Three fine opals, set in solid gold. Special this week..... **$3.50**

THOS. GILLEAN
402 Richmond Street.

THE GOOD QUALITIES OF BREAD

are developed to the highest degree in Johnston Bros.' XXX Bread. A trial never fails to win it a fixed place on the daily menu. At your grocer's.

'PHONE 818. JOHNSTON BROS.

8 Excellent Second-Hand PIANOS

that must be sold at once to make room for new pianos.

SPECIAL BARGAINS.

W. McPhillips,
189 Dundas St., London.

A new message each day —watch for it.

SHIRTS TO FIT.

It's all in the ironing. You'll find perfect neck-comfort in wearing shirts ironed by us.

Then there's the satisfaction of wholesome, sanitary methods, guaranteed by the FOREST PROCESS.

'Phone 1,043, or postal card will bring one of our white wagons.

FOREST CITY LAUNDRY,
"The Careful Laundry,"
72-74 King Street.

Simply ask your grocer for Parnell's Bread 'Phone 929.

HAMILTON'S ALE AND PORTER Are not excelled. They have been made for years and have become superior to all others. Try from your Dealer.
Kent Brewery
LONDON, ONT.

A Diamond Ring is worth all you pay for it, if it's genuine. You can get your money back after you have worn it for several years. Invest in a Diamond now, while prices are reasonable.

WARD, THE JEWELER, 374 Richmond Street

BEGIN WITH $1

Are you aware that you can open an account with this Company with one dollar and that you will receive the same rate of interest and the same careful attention as if it were a thousand?

The Canadian Savings and Loan Co
420-422 Richmond Street, M. H. ROWLAND, Manager.

LONDON AND DISTRICT

—The solos rendered by Miss May Peate, of Chatham, in the First Methodist Church on Sunday were much appreciated. Miss Peate has a beautiful contralto voice.

—Capt. W. E. Brown and Lieuts. Ferguson and Higman were in command of the uniform rank, Woodmen of the World, at the initiation ceremonies Friday night.

RELIGIOUS CONFERENCE.

The Western Association of Congregational Churches begins its conference in Forest tomorrow. Rev. D. S. Hamilton, of this city, is the president of the association.

ONETIME LONDONER WEDS.

Mr. James J. Lewis, brother of the late ex-Mayor Lewis, of this city, was married at Alma, Mich., last week. Mr. and Mrs. Lewis spent their honeymoon on Balloon Lake, and then went to Chicago.

THE LATE REV. R. WILSON.

The funeral of the late Rev. R. Wilson, of Birr, took place yesterday afternoon and had a very large attendance. The Bishop of Huron conducted services in St. Andrew's Church, assisted by Rev. Messrs. Brownlee, of Ridgetown, and Dobson, of Tilbury. The funeral was to St. George's Cemetery. and Messrs. R. M. Hobbs, T. H. Martin, and Wm. W. Robson, members of deceased's parish, and Messrs. J. S. Waddell, W. A. Shaw and James Burgess, were the pall-bearers.

O'BRIEN'S CONFESSION.

Anthony Bielski and Anthony Kopaoz, two foreigners, appeared before Justice Sellers in Detroit on the charge of receiving the property stolen by Gus Henkelmann and Pat O'Brien, the latter of whom was arrested the other day in this city, and confessed to the robbery. O'Brien himself was taken from Mount Clemens (where he is to be tried), to Detroit, and gave evidence against the accused. He said that he and his companion brought the furs which they had stolen from the Michigan Central to the two defendants, and had arranged to sell them the plunder.

A LITERARY BANQUET.

A literary banquet was given by the Dundas Center Methodist Church Epworth League last night. Soups, canned goods, vegetables, etc., were placed on tables, and upon the menu card were printed the names of meat, bread, pie, fruit, etc. As each item was read from the card by the chairman, one of those present responded with some appropriate reading or song. A toast list followed, and then the provisions were donated to the Children's Shelter. Mr. Joseph Saunders was present to thank the league.

ANNIVERSARY PREPARATIONS.

Great preparations are being made for the Sunday school anniversary services in connection with the Askin Street Methodist Church, which take place next Sunday and Monday. A special committee are busy preparing the decorations for the church. Rev. Theodore T. Parr, M.A., of Guelph, will preach morning and evening, and with Rev. S. G. Livingston, of Wellington street, will address the Sunday school in the afternoon. Rev. Mr. Parr will also give an illustrated talk on Monday, subject, "Jesus as a Boy in Nazareth." There will be music by the scholars and selections by members of the choir. As the Rev. Mr. Parr has lately been to the Holy Land special interest is attached to this entertainment.

GONE TO THE WEST.

The induction of Rev. W. A. Wylie, B.A., into the pastorate of St. Andrew's Presbyterian Church, at Kamloops, B. C., took place recently, when Mr. Wylie received a very cordial welcome from the members of the presbytery, his fellow city pastors and St. Andrew's congregation, says the Kamloops Sentinel. The reverend gentleman was formerly pastor of Hyde Park congregation, near this city, and for some time was in charge of St. Andrew's Church, this city. Mrs. Wylie and family have left for the west, and some time this month a reception will be tendered to her.

THE LEPER MISSION.

The October meeting of the Leper Mission was held in the Y. W. C. A. rooms Monday afternoon, Mrs. Robertson the president of the society, occupying the chair. The opening devotional exercises were conducted by Rev. J. J. Ross, who gave a most helpful and instructive talk on the eternal life. A short report of the convention, held at Guelph in June, was presented by the secretary, Miss Davis. The treasurer, Mrs. Stevenson, of London South, reported that donations amounting to $40 had been received since the last meeting in June.

HALLAM—BEST.

As will be seen by the notice in another column, Rev. Thomas William Hallam, formerly of London, was married on the 29th ult., at Collinsville, Conn., to Miss Lillian Best, of Grafton, Nova Scotia. He is the son of Mr. Thomas Hallam, a well-known C. P. R. engineer, who lived a number of years in this city, but has recently been stationed in Toronto. His son William, who made rapid progress here as a pupil in the public schools and Collegiate Institute, decided to study for the ministry, and took a course in Dalhousie University, Halifax, and also in Wycliffe College, Toronto, in each case graduating with high honors, leading his classmates in various branches of study. Since ordination, Rev. Mr. Hallam has been preaching acceptably at different places and is now stationed at Lindsay, Ont. In addition to other attainments the young minister is a good musician, and has more than once, when the organist failed to appear, taken his place at the keyboard of the instrument. The young clergyman's numerous London friends wish him success in the profession he has chosen, and that he and his helpmeet may have a happy and prosperous career.

YOU SHOULD HAVE A GOOD WATCH

It is not worth your while to have a Watch that does not keep good time, when you can get a first-class timekeeper at such low prices. Note the prices that we can sell reliable Watches at:

Gold-filled, ladies' or gentlemen's sizes, $10, $12, $15, $18, $20.

WILLMOT'S

October "Four-Track News.

Best 5c magazine on the market. For sale at all newsdealers.

Historical facts in concise form in the "Four-Track News," 5c a copy. Get the October number.

Work of Fire Chief Clark And His Men Was Splendid

They Had a Fierce Fight With Blazing Oil in Wholesale Drug Store.

Late yesterday afternoon a boy in the wholesale drug warehouse of W. S. Bryers-Barkwell & Co., on Richmond street, near York, was draining turpentine from a barrel, when he placed the vessel full of the liquid on a barrel near a gas jet. Instantly the fumes caught fire and the lad ran for his life upstairs. Meanwhile the flames spread with startling rapidity, licking their way along the joists of the first floor (which had caught fire at once) to the street, and by the time the firemen reached the scene—but a minute after the alarm had been sent in, tongues of flames were shooting outward six feet from the front of the wholesale.

Chief Clark and his men were equal to the occasion, however, and they did not lose a second in grappling with the flames. With splendid alacrity the chemical engine was brought into play, and soon had two streams playing, and a few seconds later three lines of hose were laid from hydrants. One line was taken to the rear of the building as a precautionary measure, while two lines were kept in play at the front. The steamer also laid a line of hose in a minute, and stood ready for duty, but its services were not required.

In Deadly Peril.

The smoke meanwhile was pouring out of every window of the wholesale in dense volumes, and though the chief and his men kept close to the fire, they fully realized that there was grave danger at every turn, for the basement was filled with oils and acids, and they did not know the minute an explosion might occur.

The fire being mostly in the cellar, the chief directed his men to work from the lower floor, but the iron gratings set in the flagstone walk gave the fire fighters no end of trouble. The fumes from the burning oils were also stifling, and made things uncomfortable for the men.

Conquered the Flames.

Slowly but surely, however, the water did its work, and in a very few minutes it was seen that the flames were under control. It was a splendid stop of what for a while threatened to be a very serious fire, and the chief and his men are entitled to the greatest praise for the work they performed.

Today a member of the firm stated that the loss will likely be somewhere in the neighborhood of $2,000, covered by insurance. When the manager returns the building will be repaired and put in shape.

"The work of the fire chief and his men was splendid," said the member of the firm referred to. "We are greatly pleased with the way the fire was handled."

No. 2 company made a splendid run to the fire, but one of the men, Fireman Swanwick, had a close call for his life. The team attached to the hose wagon were galloping west on Dundas street at a furious rate, when at the corner of Lyle street, the wagon "slewed" on the street railway tracks, which turn south there, and Swanwick, who was sitting on top of the hose in the wagon, putting on his rubber coat, was thrown heavily to the pavement. It was thought at first that the fireman was badly injured, but he pluckily got on the wagon and continued to the fire. Today he made light of the affair, remarking that he was only slightly injured.

George Primrose Joins His Old-Time Manager

London Minstrel Cannot Keep Out of the Glare of the Fascinating Footlights.

The Cincinnati Enquirer of Monday has the following of George Primrose, the Londoner who began life as a bell boy in the Tecumseh House here:

James H. Decker, known throughout the country as the most experienced and successful promoter of minstrel enterprises, "the man who has kept minstrelsy at the top," as the professional lingo has it, and Lew Dockstader, the widely popular black-face monologist, have agreed to disagree.

Differences of opinion have existed between them almost from the beginning of the present season, and last week, at the Grand, the climax was reached.

Thursday night, after the performance, Messrs. Dockstader and Decker practically decided to cancel their partnership.

PAPERS DRAWN AND SIGNED.

Yesterday the papers were duly drawn and signed, and each became a free man to go his own theatrical way.

On the heels of that announcement came the news that James Decker had returned to his old friend, George Primrose, in whom he has the utmost confidence as an artist and a judicious caterer to the tastes of the public in matters minstrel.

The difference between Dockstader and Decker came about directly through Lew's airship monologue act and the employment of a man at $40 a week to travel ahead of the show and gather material for Mr. Dockstader's local jokes.

Seven years ago Mr. Decker took Dockstader out of vaudeville and made the firm Primrose and Dockstader, connecting the two men, Dockstader in Chicago, and Primrose in Portland, Ore., and jumping into Butte, Mont., to complete the contract.

SUCCESSFUL BUSINESS MOVE.

This season, however, the ideas for the betterment of the performance held by the partners were divergent, and when they clashed in the neighborhood of Mr. Dockstader's individual act there was a consequent severance of relationship.

Manager Decker's present intention is to outdo himself and to give the public more and better things than it has ever seen in connection with a burnt-cork outfit.

ON CHRISTMAS DAY.

Under a title which is not yet to be made public Primrose and Decker will open their season in New York Christmas Day with a performance which shall have all the characteristics and essentials of minstrelsy and yet be a distinct departure from conventional methods.

Negotiations are now on with three of the most talented comedians of the American stage. These men are not mere minstrel artists, but have made reputations for themselves in light opera and musical comedy.

"I am not going to attempt to give the public a black-face vaudeville show," said Mr. Decker yesterday. "To ask $1 50 for a variety show, masked in burned cork, which is not to be classed with a performance which can be seen 'round the corner for one-third the money, seems foolish. The public won't stand for it."

Mr. Decker has set his determination on another point. He will have no more monologists.

PARTNER AND FRIEND.

His partner, George Primrose, will bear to him more of the relation of a business partner and fellow manager than a star performer, and the performance which they will present will be an masse, an ensemble, in which the stage will be always full of entertainers, full of life and action

Contracts already have been let to a number of artists in New York for the designs, for the lavish scenery and costumes which are to be features of the show, and an order was left with a local printer yesterday for $15,000 worth of printing, just to demonstrate that Decker and Primrose are in earnest.

In addition to the list already published, Manager Kormann announces the following attractions at the Grand: Stella Mayhew, James J. Corbett, in "Pals;" David Harum, Marie Wainwright, as Viola in "Twelfth Night;" Guy Bros. Minstrels, Chauncey Olcott, "The Way of the Transgressor," "Mummy and Humming Bird," "On the Bridge at Midnight," "The Crisis," "On the Suwanee River," "Earl of Pawtucket," "A Little Outcast," Al. H. Wilson, "Under Southern Skies," "Uncle Tom's Cabin," "Sherlock Holmes," "San Toy," "Marriage of Kitty," "Secret of Polichinelle," "Bonnie Brier Bush," "Devil's Auction."

"The Real Widow Brown" drew a fair audience at the Grand last night. It is a barn-storming production, however, and does not amount to much. There was a day when it was funny, but all things have their day.

"THE SILVER SLIPPER."

The Toronto News has this to say of "The Silver Slipper," which comes to the Grand tonight:

"The Silver Slipper," a musical extravaganza, which was seen here last season, is the attraction at the Princess Theater this week, and last night it was greeted by a very large audience. The feature of the performance was the comedy work of Snitz Edwards. "Stella," the girl from the Planet Venus, whose lost slipper causes all the trouble, was sung by Lora Leib, while Beatrice Golden was the "Wrenne." The chorus is as vivacious and as well-gowned as ever, while the champagne dance created a sensation.

"THE SMART SET."

The Toronto Globe commenting on "The Smart Set," which comes to the Grand next Friday and Saturday, says:

The company called "The Smart Set," which appears at the Majestic this week, are strong in singers of the robust school, and in S. A. Dudley they have a comedian who is resourceful and clever. The spectacular extravaganza they present is called southern enchantment. Among the vocalists Miss Hopkins and Miss Emerson were very good. John Bailey and Marion Smart, ragtime and shadow dancers, were immense favorites with the spectators, who simply stopped the rest of the show until Mr. Bailey, in a short speech, pointed out the necessity for a rest. Mr. Mills' skate dancing was a novel feature, and William Johnson, as Buster Blue, presents some funny contortions in his dancing. Altogether the show is lively, and possesses many original features that seemed to please.

HYDRANTS TO BE MOVED

Will Be Placed Outside of Walks—Plants for Springbank.

Little matters of importance came up at the meeting of the water commissioners held yesterday. The meeting did not start until 5:30 and was concluded at 6 o'clock.

Mr. Patterson, one of the firm which is building the new bridge at Byron, asked to buy a quantity of gravel on the waterworks property to be used in the work. There were about 300 yards and the board agreed to let the firm have it for 15 cents a load if he agreed to leave the property in good order. This Mr. Patterson agreed to do and the deal was closed.

The secretary of the Civic Improvement Society wrote, asking the board to move a number of hydrants which were on the inside of the sidewalk to the outside. The board agreed to do this, but wished to have it known that before the new sidewalks had been laid the hydrants had been on the outside.

The engineer was instructed to purchase $100 worth of plants, which would stand the weather of the fall and spring, for Springbank Park.

Engineer Simmie's report showed an average of 3,461,000 gallons per day during the past two weeks.

SUNDAY SCHOOL INTERESTS

Important Matters Discussed at a Meeting of Superintendents.

Plans were also made for the visit of the touring committee of the Sabbath School Association of Ontario, which will be on Thursday, Dec. 1.

It was decided to invite the annual convention of the Sabbath School Association of Ontario to meet in London in 1905, and Mr. H. Bapty, on behalf of the First Presbyterian Church, asked that the convention meet there.

Mr. Eamon, of the Y. M. C. A. staff, announced that a teachers' Bible class was about to be organized in connection with that institution, and the opening meeting will be held on Tuesday evening, Oct. 11.

A meeting of superintendents of Sunday schools of the city was held on Monday evening in the Y. M. C. A. building at which several important matters were discussed. Mr. D. A. McDairmid, of Dundas Street Center School, was appointed chairman.

Arrangements were made for a meeting of the officers and teachers of all the city Sunday schools to be held in Wesley Hall, First Methodist Church, on Sunday afternoon, Oct. 16, at 4:15 p.m. to be addressed by Mr. E. A. Hardy, B. A., the newly-appointed teacher and training secretary of the Sabbath School Association of Ontario. As this is Mr. Hardy's first official visit it is hoped that those interested will be present in large numbers.

—The name of the foreman of the grand jurors in connection with the assize court was printed "Jenkins"—it should be Charles Johns.

NOTE.—The following article has been widely published and is one of the most remarkable illustrations of the value of careful marshaling and analysis of facts in presenting a subject to the public.

LEVELERS.

The Mission of Whisky, Tobacco and Coffee.

The Creator made all things, we believe.

If so, He must have made these.

We know what he made food and water for, and air and sunshine, but why Whisky, Tobacco and Coffee?

They are here sure enough and each performing its work.

There must be some great plan behind it all; the thoughtful man seeks to understand something of that plan and thereby to judge these articles for their true worth.

Let us not say "bad" or "good" without taking testimony.

There are times and conditions when it certainly seems to the casual observer that these stimulant narcotics are real blessings.

Right there is the ambush that conceals the "killing" enemy.

One can slip into the habit of either whisky tobacco or coffee easy enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances when the narcotic effect of these poisons is for the moment beneficial, but the fearful argument against them is that seldom ever does one find a steady user of either whisky, coffee or tobacco free from disease of some kind.

Certainly powerful elements in their effect on the human race.

It is a matter of daily history testified to by literally millions of people, that whisky, tobacco, and coffee are smiling, promising, beguiling friends on the start, but always false as hell itself in the end. Once they get firm hold enough to show their strength, they insist upon governing and drive the victim steadily towards ill-health in some form; if permitted to continue to rule, they will not let up until physical and mental ruin sets in.

A man under that spell (and "under the spell" is correct), of any one of these drugs, frequently assures himself and his friends, "Why, I can leave off at any time I want to. I did quit for a week just to show I could." It is a sure mark of the slave when one gets to that stage. He wiggled through a week fighting every day to break the spell, was finally whipped, and began his slavery all over again.

The slave (coffee slave as well as tobacco and whisky) daily reviews his condition, sees perfectly plain the steady encroachments of disease, how the nerves get weaker day by day and demand the drug that seems to smile and offer relief for a few minutes and then leave the diseased condition plainer to view than ever and growing worse. Many times the Coffee slave realizes that he is between two fires. He feels bad if he leaves off and a little worse if he drinks and allows the effect to wear off.

So it goes on from day to day. Every night the struggling victim promises himself that he will break the habit and next day when he feels a little bad (as he is quite sure to) breaks, not the habit, but his own resolution. It is nearly always a tough fight, with disaster ahead sure if the habit wins.

There have been hundreds of thousands of people driven to their graves through disease brought on by coffee drinking alone, and it is quite certain that more human misery is caused by coffee and tobacco than by whisky, for the first two are more widely used, and more hidden and insidious in the effect in nerves, heart and other vital organs, and are thus unsuspected until much of the dangerous work is done.

Now, reader what is your opinion as to the real use the Creator has for these things? Take a look at the question from this point of view.

There is a law of nature, and of nature's God, that things slowly evolve from lower planes to higher, a sturdy, steady and dignified advance toward more perfect things in both the physical and spiritual world. The ponderous tread of evolutionary development is fixed by the Infinite and will not be quickened out of natural law by any of man's methods.

Therefore we see many illustrations showing how nature checks too rapid advance. Illinois raises phenomenal crops of corn for two or three years. If she continued to do so every year her farmers would advance in wealth far beyond those of other sections or countries. So nature interposes a bar every three or four years and brings on a "bad year."

Here we see the leveling influence at work.

A man is prosperous in his business for a number of years, and grows rich. Then Nature sets the "leveling influence" at work on him. Some of his investments lose, he becomes luxurious and lazy. Perhaps it is whisky, tobacco, coffee, women, gambling or some other form. The intent and purpose is to level him. Keep him from evolving too far ahead of the masses.

A nation becomes prosperous and great like ancient Rome. If no leveling influence set in she would dominate the world perhaps for all time. But Dame Nature sets her army of "levelers" at work. Luxury, over-eating and drinking, licentiousness, waste and extravagance, indulgences of all kinds, then comes the wreck. Sure! Sure! Sure!

The law of the unit is the law of the mass. Man goes through the same process. Weakness (in childhood), gradual growth of strength, energy, thrift, probity, prosperity, wealth, comfort, ease, relaxation, self-indulgence, luxury, idleness, waste, debauchery, disease, and the wreck follows. The "levelers" are in the bushes along the pathway of every successful man and woman, and they bag the majority.

Only now and then can a man stand out against these "levelers" and hold his fortune, fame and health to the end.

So the Creator has use for whisky, tobacco and coffee to level down the successful ones, and those who show signs of being successful, and keep them back in the race, so that the great "field" (the masses) may not be left too far behind.

And yet we must admit that same all-wise Creator has placed it in the power of man to stand upright, clothed in the armor of a clean-cut, steady mind and say unto himself, "I decline to exchange my birthright for a mess of pottage.

"I will not deaden my senses, weaken my grip on affairs and keep myself cheap, common and behind in fortune and fame by drugging with whisky, tobacco or coffee; life is too short. It is hard enough to win the good things, without any sort of handicap, so a man is certainly a 'fool trader' when he trades strength, health, money, and the good things that come with power, for the half-asleep condition of the 'drugger,' with the certainty of sickness and disease ahead."

It is a matter each individual must decide for himself. He can be a leader and semi-god if he will, or he can go along through life a drugged clown, a cheap "hewer of wood or carrier of water."

Certain it is that while the Great Father of us all does not seem to "mind" if some of his children are foolish and stupid, he seems to select others (perhaps those he intends for some special work), and allows them to be thrashed and castigated most fearfully by these "levelers."

If a man tries flirting with these levelers awhile, and gets a few slaps as a hint, he had better take the hint or a good solid blow will follow

When a man tries to live upright, clean, thrifty, sober and undrugged, manifesting as near as he knows what the Creator intends he should, happiness, health and peace seem to come to him. Does it pay?

This article was written to set people thinking, to rouse the "God within" for every highly organized man and woman has times when they feel a somehing calling from within for them to press to the front and "be about the Father's business"; don't mistake it; the spark of the Infinite is there, and it pays in every way, health, happiness, peace, and even worldly prosperity, to break off the habits and strip clean for the work cut out for us.

It has been the business of the writer to provide a practical and easy way for people to break away from the coffee habit, and be assured of a return to health and all the good things that brings, provided the abuse has not gone too far, and even then the cases where the body has been rebuilt on a basis of strength and health runs into the thousands.

It is an easy and comfortable step to stop coffee instantly by having well-made Postum Food Coffee served rich and hot with good cream, for the color and flavor is there, but none of the caffeine or other nerve-destroying elements of ordinary coffee.

On the contrary, the most powerful rebuilding elements furnished by Nature are in Postum, and they quickly set about repairing the damage. Seldom is it more than two days after the change is made before the old stomach or bowel troubles or complaints of kidneys, heart, head, or nerves show unmistakable evidence of getting better, and ten days' time changes things wonderfully.

Literally, millions of brain-working Americans today use Postum, having found the value and common sense in the change. C. W. POST.

Get the famous little book, "The Road to Wellville," in each package.

ROUTE MARCH OF THE SEVENTH

Crack 7th Regiment, With Two Bands, Parade and Delight Crowds of Citizens.

The Seventh Regiment held its first route march of the season last night, and the large attendance, coupled with the enthusiasm and interest shown by the men, gave further attestation, if that were needed, that the coming year is to be one of the most successful in the history of London's crack corps. The men have certainly not forgotten their manual drill, and last night they fully upheld the well-known record of the regiment on this score.

When the call to ranks was sounded by the bugle corps, every man sprang to his place with an alacrity that showed that one and all of he rank and file are determined to do their very best, individually, to make their regiment stand at the top in the way of smart, intelligent drilling. After all, it is the interest taken by each individual in the work that scores in the long run. This is the strong point of the Seventh, and without it a corps is no good, no matter how fine its equipment and regimental buildings. These two latter things are, of course of great auxiliary importance, and, as can well be seen, no money is being spared to give the Seventh every advantage in this line. When, during next month, the fine new armories will be added to the regiment's already excellent equipment in the way of rifles, busbies, uniforms and instrumental music, it will be hard to find any weak point in the regiment in respect of external advantages.

Last night the commands to come to the order, to slope arms, and to move off in the marching order of fours were obeyed with a smartness and military spirit which could not but have been very encouraging to Colonel Little and the other officers. The route of march was as follows: From the shed through the park to Dufferin, to Richmond, to Dundas, to Ridout, to King, to Richmond, to Dufferin, to Wellington, to the shed. Citizens were glad to hear once more the familiar sound of the regiment's crack band and bugle corps on the city's streets, and crowds lined the way to see the regiment pass. The march occupied just an hour, and a number of the men remained in the shed afterwards to practice indoor baseball, or to watch the drilling of the recruits.

The strength of the regiment is being materially increased by new members who are being sworn in. Last night Lieut. Gregory had a batch of a dozen whom he was initiating into the mysteries of drill. Every young man who can possibly do so should join the battalion, and should join without delay, for there is not much time to get the corps in good shape as a unit before the opening of the new armories.

After the drill last night, meetings of A Company and of the head officers were held, the former to discuss plans for practice in indoor baseball, and the latter to deliberate upon matters which were, for the present, of a secret nature.

Following are the regimental orders for the week, which were read to the regiment last night:

Officer for the week, Major Hayes. Next for duty, Capt. Reid.

The following men having been duly attested, are taken on the strength of the regiment from the dates following, and posted to companies set opposite their names: From May 23, 1904—Pres. H. A. Morrow, B Company; E. M. Dann, J. M. B. Dillon, J. G. Lang, J. Yarker, H. B. Smith, Ambulance. From Sept. 26, 1904—Pres J. Duff, Band; W. Duckworth, H. Singleton, E Company; G. W. Armstrong, W. Northcott, A. Williams, F. Nettleship, D Company; E. Complin, B Company; A. Little, J. R. Dobson, E Company; F. Burgess, Band.

The following men having left limits, or in other ways become non-effective, are struck off the strength of the regiment from this date: Color-Sergt. G. R. B. Sippi, B Company; Color-Sergt. A. Treleaven, Sergt. J. A. Ferguson, Sergt. L. F. Green, Corp. J. A. Edwards, Corp. Wm. Sussex, E Company.

A non-commissioned officers' class will be held at the drill shed on Tuesday, 4th inst., at 8 p.m., and each succeeding Tuesday until further orders.

The annual rifle matches of the regiment will be held on Friday, the 21st inst.

The commanding officer has been pleased to make the following promotions and appointments, to take effect from this date:

B Company—To be color-sergeant, No. 18, Sergt. N. S. Hannah, vice G. R. B. Sippi, discharged. To be sergeant, No. 421, W. V. Brown, vice N. S. Hannah, promoted. To be corporal, No. 463, Lance-Corp. A. R. Skelton, vice W. V. Brown, promoted.

E Company—To be color-sergeant, Pte. J. Duckworth, vice A. Treleaven, discharged. To be sergeants, No 521, Corp. M. Ferguson, vice J. A. Ferguson, discharged; No. 315 Corp. F. Gard, vice L. F. Green, discharged. To be corporals, No. 827, Pte. C. Carmichael, vice J. A. Edwards, discharged; No. 653, Pte. H. Bears, vice Wm. Sussex, discharged.

THE HOO-HOOS.

Mr. Donald Ferguson, of this city, has been confirmed in his appointment to the office of vice-regent snark of the Concatenated Order of Hoos-Hoos for Eastern Canada. Mr. Ferguson now has charge of the society's work in all parts of Canada east of Manitoba.