REAL ESTATE FOR SALE PORT STANLEY-CHEAP, FOR AN immediate sale, a 6-roomed furnished cottage; good terms. W. Trick, Thorne Bros., shoes, London.

## HUGH DAY

\$6,500-HANDSOME NEW TAPESTRY Residence 3508. \$4,600—North, 2-story white brick, double parlors, dining-room, kitchen, 3 bedrooms, 3-piece bath, full size basement, with laundry tubs, furnace, hydro, gas, veranda, good lot. Office 751.

good lot.
00—South, tapestry brick bungalow
on paved street, reception hall, living-room, dining-room, kitchen, 3
bedrooms, bath complete, oak

ors throughout. \$4,000-North, 11/2-story white brick, 4 edrooms, every convenience, large

\$3,600—Central, 2-story white brick, on paved street, hall, living-room, den, dining-room, kitchen, 3 bedrooms, bath, full basement, furnace, fine electric light fixtures, expensively decorated, finished attic, front and back veranda.

\$3,000—NEW RED PRESSED BRICK bungalow, strictly modern, hardwood trim, oak floors, 3 bedrooms, oak mantel, large veranda. Choice location, south, A1 house. Faulds & Co., 59 Dundas. \$3,000—East, 1½-story white brick, 3 bedrooms, double parlors, dining-room kitchen, good basement, garage, large lot.

60-South, 2-story white brick, 4 bedrooms, every convenience, deep convenience, deep

\$2,200—East, white brick cottage, on paved street, 3 bedrooms, conveniences, good location. \$2,800—1½-STORY BRICK, ALL MOD-ERN, less furnace, north side, \$1,-000 down. W. B. Reid, Real Estate, 403 Richmond, upstairs. Choice property in all parts of the e or exchange. FARMS.

\$9,500—100 acres clay loam, good orchard, new white brick house, new barn 50x80, straw barn 40x70, silo, first-class stabling with cament floors, close to cheese factory, school and church. HOUSE FOR SALE, CEMENT BRICK.

\$4,000-50 acres clay loam, West Nissouri, 5 acres timber, brick house, good bank barn, drive barn, silo, farm well fenced and well watered. Call and see my fine list of other first-class farms with good buildings for sale or exchange.

## HOLLAND BROS.

217 DOMINION SAVINGS BUILDING. -North, near William street, new red brick cottage, 6 rooms, summer kitchen, fully modern, good furnace. Terms \$1,300 cash. Possesion in two works furnace. Terms \$1,300 sesion in two weeks. \$7.200—Richmond street north, ne two-story red brick, slate roof,

rooms, bath and sleeping porch, hardwood floors, fireplace, hot water heating. Terms arranged. A fine home. \$2,400-Elias street, 11/2-story frame

house, 7 rooms, city water and electric light, plumbing all in for bath, suitable for railroad man. Terms arranged. We only advertise a few of the prop-

erties we have for sale, so see us before you buy. Car at your service.
We have quite a number of clients for
houses to let If you have a house to 1%-story white brick on good lot, with driveway, fully modern, 9 rooms, separate bath and toilet; also extra toilet in basement, pressure pump, basement in three parts Will sell or exchange on 1918 or 1919 model car; must be in good condition. \$4,000—Special—Princess avenue

HOLLAND BROS.

#### Office ph. 7040, Res. 7072-7395

REAL ESTATE WANTED. WANTED TO BUY - MODERN OR semi-modern house or cottage; own ers only. Box 154, Advertiser. 55c

### FARMS FOR SALE.

Township, 10 miles from London, good frame house, barn 36x56, implement shed, pigpen, henhouse, well fenced and tiled, 2 acres orchard, 6 acres woods, arrive, creak at hack colored. and tiled, 2 acres orchard, 6 acres woods, spring creek at back, choice clay loam, some sand loam. Would sell 75 acres for \$5,000, and accept cottage in London. Easy terms. Faulds & Co., 59 Dundas. 56c-xvt 465 ACRES, LEVEL, CLAY LOAM, 380 acres virgin bush, choice birch, hem-lock, spruce, house and barns; rail-road spur on farm. Will sell timber separate. Box 153, Advertiser. 56c

CMALL PLACE FOR SALE - IN MALL PLACE FOR STATE HOLD STATE STAT 465 ACRES, LEVEL CLAY LOAM-380 acres virgin bush, choice, birch, hemlock, spruce; house and barns; railroad spur on farm. Will sell timber separate. Box 153, Advertiser.

Township, 10 miles from London; good frame house, barn 36x56, implement shed, pigpen, henhouse, well fenced and tiled, 2 acres orchard, 6 acre woods, spring creek at back, choice clay loam, some sand loam. Would sell 75 acres for \$5,000 and accept cottage in London. Easy terms. Faulds & Co., 590 Dundas. \*54c-zxt GLENWOOD STOCK FARM FOR

-150 acres of choice clay loam excellent fertility, fences and in excellent learning to the buildings first-class; convenient cheese factory, school and church; miles from Putnam, C. P. R. I. I. Howe, Mossley, Ont. xt Aug. 100 ACRES KENT COUNTY, IMPLE-MENTS, stock and crop. Talbot road, mile from Lake Erie. Price right for quick sale. Terms easy. 51h

120 ACRES, GOOD BUILDINGS, LOT 4. concession 1. Westminster Township. Good farm. You should see this property before you buy elsewhere. I can sell you this right. Other properties for sale. Wanted—Properties to sell on commission. Reely, 795 York street. Apply 61n

### LEGAL CARDS

GRAYDON & GRAYDON, BARRIS-TERS, Bank British North America, 2 Market Square. MURPHY & GUNN-BANK OF TO-RONTO Chambers. Phone 170.

JAMES B. McKILLOP, BARRISTER, solicitor and county crown attorney, Oak Hall Building. U. A. BUCHNER, BARRISTER, SOLI-CITOR, corner Talbot and Carling. Phone 39. Money to loan.

W. G. R. BARTRAM, BARRISTER, notary, etc. 59 Dundas street. G. N. WEEKES (MAJOR WEEKES)-Barrister, etc., Huron & Erie Building, Market Square, Hours, 10-4.

CRONYN & BETTS & COLERIDGE— Frederick P. Betts, K.C.; Thomas Coleridge.

J. M. McEVOY, BARRISTER, SOLICITOR, Robinson Hall Chambers. Money to loan.

GIBBONS. HARPER & GIBBONS— Barristers, etc., Imperial Bank Build-ing. Sir George Gibbons, K.C.; Fred Harper; George S. Gibbons. T. W. SCANDRETT, BARRISTER, solicitor, notary. Money to loan. 98

PURDOM & PURDOM—
DOMINION SAVINGS BUILDING.
First floor, corner of Richmond and
King streets. Dundas street.

MACPHERSON & PERRIN, BARRIS-RS, solicitors. Mone binson Hall Chambers. TENNENT & TENNENT, BARRIS-TERS, solicitors, notaries public. Money to loan. 78 Dundas. D. H. Tennent: Gordon H. Tennent.

VETERINARY SURGEONS WILLIAM J. WILSON, VETERINARY

-Horse and dog hospital, 84 King
street. Phone 788.

W. McDONALD, VETERINARY SUR-GEON, 360 York street, Phone 688. Phone 1786.

### REAL ESTATE FOR SALE

MARINELLA SYSTEM FOR FACE, scalp, chiropody. Removal of superfluous hair permanently. Miss Beattle, corner of Talbot and Fullarton. Phone 3027. City Property SPECIAL BARGAIN - 652 YORK modern conveniences, good barn or garage, fine lot. Don't delay. Call at house, or Sam D. Campbell, Bank of Nova Scotia Chambers, 422 Rich-mond. Phone 420.

\$1,300—COTTAGE, PIPE LINE ROAD,

nd. upstairs.

half cash; also full list of farms. W. B. Reid, Real Estate, 403 Rich-

11/2-STORY RED PRESSED BRICK,

new, all modern throughout, on paved street, \$3,600: \$500 down, balance like rent. W. B. Reid, Rell Estate, 403 Richmond, upstairs. 56c

seven rooms, 3 rooms upstairs, downstairs; cellar under whole house

electric light, good garden, \$1.600 Apply 405 Wharncliffe road. \*55c

59 JOSEPHINE STREET, SPLENDID JOSEPHINE STREET, STANDARD COTTAGE, 6 rooms, cellar, good shape, good lot. Offered at \$2,000, possibly loss for good cash payment. Call for

good lot. Offered at \$2,000, possibly less for good cash payment. Call for particulars without delay. M. D. Campbell, Bank of Nova Scotia Chambers, 422 Richmond street. 55u

\$2800

DANDY COTTAGE FOR \$1,750-FOR

sale—Parlor, dining-room, 2 bed-rooms and kitchen, hydro, gas and toilet; terms like rent; small cash payment. Apply 16 Josephine street,

North — Modern home, complete. Splendid location, Lot 60 by 330 feet.

Thos. C. Knott Real Estate Agency.

117 Dominion Savings Building.

London. zyxwy

TO LET.

COTTAGE TO LET-CENTRAL, \$23

TO LET-STORE AND DWELLING.

702 Dundas street; splendid opening for shoe business. W. H. Sanborn 379 Dufferin avenue. 56n

TO LET-REX CIGAR FACTORY, 288

ROOMS TO LET

FURNISHED ROOM TO LET - ALI

TO LET - THIRD AND FOURTH floors on Dundas street, for business purposes or light manufacturing, \$20 per month. Apply Box 124, Adver-

WANTED TO RENT.

September 1. Box 169, Advertiser.

FURNISHED HOUSE OR COTTAGE wanted by returned officer; no chil-dren; careful tenants. Box 164, Ad-

MODERN HOUSE OR APARTMENT,

possible. Box 146, Advertiser.

ROOMS WANTED.

YOUNG MEN REQUIRE

separate rooms and board, in refined, private family, near Richmond and Dundas. Apply Box 166, Advertiser.

MOVING AND STORAGE

MOTOR DRAYING, LONG OR SHORT

distances, C. G. Truesdale, 92 Ches-ley. Phone 6926.

FURNITURE MOVING - DRAYING

done promptly. Van or large truck. Dixon's. Phone 2938.

BROUGHTON'S, THE MOVER-SPE-

WATSON & BALDWIN - NEW

CIALTY, crating and shipping. Phone

motor truck. Baggage and transfer moving. Blue Bonnet stand. Phones 6262 and 2301. Returned men.

FLOWERS' UP-TO-DATE MOVING

LARGE MOTOR TRUCK FOR HIRE-

vans—Teaming and draying. Lukings Bros., 863½ Colborne. Phone 2636.

Charges reasonable. H. Yott, 18 Gerard street. Phone 7043.

HAVE YOUR CHINA, CROCKERY.

glass, packed by an experienced packer. H. Robinson, 316 Ridout

MOTOR DELIVERY-MR. BUSINESS-

ON MOVING DAY REMEMBER "DAY, The Mover." Moving vans. Mreproof storage at reasonable rates, Resi-dence 480 Maitland. Phone 2887. H. F.

BIGGS' FURNITURE STOR-

S. J. HENDERSON'S LARGES's MOV-ING vans and storage, Phone 1254, Residence 573 Adeiaide,

Wm. Archer (Original First)

overseas.

FURNISHED ROOM TO

tenant need apply.

rent.

Phone 6777.

56c-xvt

AUCTIONEERS McDONALD, FARMERS' AUCTION

EER-Sales conducted in any locality Write or phone R. A. McDonald brick and stucco bungalow, beautifully located on paved street, south, strictly modern, finished in chestnut, hardwood floors upstairs and down, built-in icebox, clothes chute, very large veranda, 4 bedrooms and large sun room, laundry tubs in basement, garage. First-class house, complete in every detail. Faulds & Co., 59 SEE H. VAN LOON, 261 DUNDAS

DERMATOLOGY

BUSINESS CHANCES 2,400 GROCERY STOCK AND FIX TURES in London for sale. Sydney Smythe, Business Broker, Talbot

\$1,700-GOOD FRAME COTTAGE, 4 good-sized bedrooms, gas, city water and electric light, extra lot included, near Adelaide south. Bargain. Faulds & Co., 59 Dundas. 56c-xvt A fine double-fronted store on Dundas street east, doing good business in groceries and ice cream. Must be sold this month on account of ill-health, for a real BARGAIN and paying proposi-

H. W. ASHLEY & SON 348 Talbot Street. Phone 4086 Real Estate and Auctioneers.

FOR SALE—FINE THRIVING BAK-ERY business, reasons for leaving city. L. E. Whitney, 1113 Military, Port Huron, Mich.

#### PAWNBROKERS

WE LOAN MONEY ON WATCHES, jewelry, diamonds, clothing, shoes, tools, etc. Julius Siskind & Co., most liberal pawnbroker in city, 338 mond street.

AUTOMOBILES AND TAXIS PHONE 3403 FOR PROMPT AND

ble 24-hour taxi service. Union Service, 651 Richmond. Bag-Taxi Service, 651 Richmongage track in connection. HUNTER'S LIVERY AND TAXIS— The old reliable. Don't forget the phone number, 157. \$3,300—MODERN BRICK HOUSE, north end, four bedrooms, large lot. Evenything in good condition. Easy terms of payment. Patterson's, 359 Richmond. MARLEY & HEXTER—TAXI SER-VICE. Phone 2859. Sedan cars. HOP TAXIS AND PRIVATE AMBU-LANCE service. Phone 3911, day and night.

LIST YOUR PROPERTY FOR SALE with Reely, 795 York street. Careful and prompt attention and quick action my motto. BLUE BONNET TAXI. PHONE 6262. tor truck in connection. never sleep. PHONE 6143 FOR UP-TO-THE-MINUTE taxi service. Two five and one seven-passenger cars. The Vimy Taxi Service (returned).

AUTOMOBILE OWNERS . made and repaired. Carriage and wagon painting. Cook's Repair Shop. REAL ESTATE—IMMEDIATE POS-SESSION, 484 Pall Mall street, four bedrooms, fully modern. Bargain Phane 4777 WHILE YOU WAIT WE WILL FIT up-to-date hood and shield on your Ford, repair your radiator, or straighten fenders. Auto Sheet Metal Works, 244 King. PHONE 2839 FOR PROMPT BAG GAGE transfer, furniture moving motorbus for picnics, etc. 1½-STORY SEMI-MODERN BRICK HOUSE Central. For sale or exchange, for a larger house. ANDERSON & CO., 12 MARKET LANE

## **MAGIC** RUBBER **MEND**

Will Splice a tube so that it will be stronger than the original splice, and does not require more than a half-inch

as securely as the original Will securely and permanent-

Will put on New Valve Pads

patch Valve Pads or Will quickly and permanently repair long Rents or Tears as easily as it will a Small Punc-

Cuts or Blisters in Tires or Casings are just as easily and as permanently healed as the damage to tubes.

MAGIC RUBBER MEND will repair your Horn Bulb, making it like new.

FURNISHED FRONT ROOM TO ONE or two business girls; reasonable privileges. Apply 567 Waterloo RELIANCE GARAGE FURNISHED ROOM, SUITABLE FOR light housekeeping, all conveniences 651 Richmond. \*54c

Selling Agents.

201 DUNDAS STREET. PHONE 1077. Artificial Teeth, \$8.00. Open evenings, 8 to 9:30 o'clock.

DENTAL CARDS

DR. FRED L. WOOD

DR. JARVIS, SPECIALIST-EXTRAC TION, pyorrhea; painless method. 213 Dundas. DR. HOCKIN, DENTIST-SPECIALIST pyorrhea and bleeding or receding gums. 606 Dundas street, corner of Adelaide. Bank of Toronto Chambers. Phone 2463. DR. RUTLEDGE, 881 DUNDAS—OPEN Monday and Thursday evening. Phone

DR. M. J. FREZELL, DENTIST Over McLachlan's drug store, oppo-site old city hall. DR. S. M. THOMAS—NEW ADDRESS, 212 Dundas street, Phone 2085.

over McLachian's dides of delty hall.

DR. S. M. THOMAS—NEW ADDRESS, 212 Dundas street. Phone 2085.

ACCOUNTANTS.

W. J. O'BRIEN (FORMERLY WITH Crehan, Mouatt & Co., chartered accountants, Vancouver), public accountant and auditor; specialist in cost accounting and systems. 361½ Richmond street. Phone 5875. 96td WORTMANTS—Audits, investigations and systems. 666 Queen's avenue. Phones 4987 and 2720.

WE AUDIT BOOKS, PREPARE FIN-WE AUDIT BOOKS, PRE

WE AUDIT BOOKS, PREPARE FIN-WE AUDIT BOOKS, PREFARE FIN-ANCIAL statements, install systems, write up books for small businesses and professional men not requiring permanent bookkeeper. The J. C. Stiles Accounting Service, Dominion Savings Building. Phones 6789-2765.

### MONEY TO LOAN.

MONEY TO LOAN AT LOWEST rates—Thomas C. Knott, real estate agency, 117 Dominion Savings Building (first floor up). 7. PRIVATE FUNDS TO LOAN—LOW-EST rates. U. A. Bucher, Talbot PRIVATE AND TRUST MONEY TO loan on farm and city property; low-est rates, terms to suit. T. W. Scan-drett, 98 Dundas street.

BUMPERS

NICKEL-PLATED National Brass, Limited

LONDON HOUSE — PHONE 4905— Remodeled, modern rooms by the day or month.

USED CARS FOR SALE

## REBUILT CARS

Cadillac 8 ........ 5 Passenger Pullman ....... 5 Passenger about six rooms, by returned officer locating here. Possession as soon as McLaughlin D 45 ... Passenger Gray-Dort ...... 5 Passenger McLaughlin D 45 .....Roadster Ford Roadster.

Beemer & Co., Ltd. 131-133 QUEEN'S AVE.

Distributors for Cadillac, Chalmers, Gray-Dort Cars and White Trucks.

shape, four new tires, with extras. Would take Ford as part payment. 150 Grey street. Phone 1086. \*b ROYAL GARAGE - 264 HORTON -Repairing, storage, washin omy and quick service. G. Auto Repairing

SUCH (LATE 18TH BATTALION), fast light delivery within 40 miles' radius. Phone 7374. Four years overseas.

OVERLAND CAR. IN FIRST-CLASS shape, four new tires, with extras, shape, four new tires, with extras, shape, four new tires, with extras, shape, four as part payment.

Try us for up-to-date overhauling nd repairing. "Service" our motto Stewart & Ball

Rear 69 Dundas Street. Phone 3079 CAR OWNERS

Try RELIANCE Garage for your car washing. Special arrange ments made for doctors by phone 6400 SEE THE TIRES BEFORE YOU BUY

ONE-HORSE DRAY FOR HIRE—
Phone 5788. R. J. Robinson (returned man).

Non-skid, guaranteed 4,000 miles \$18.50
Non-skid, guaranteed 6,000 miles \$20.50
Tubes, fully guaranteed .........\$2.65 MAN, I delivered the goods "over there." Let me deliver yours over here. Personal attention to outing

USED CARS 1918 Ford Coupe, electric starter. 1917 Ford Touring. 1917 Ford Panel Delivery. 1917 Ford Ton Truck. FERGUSSON & KIDD

781 DUNDAS STREET. AGE.—Clean and dry. Prices AUTO TIRE REPAIR COMPANY, reasonable. The Forest City Sarnia—The only expert vulcanizers in the city, Tires and accessories. Moving Vans. Phone 1162.

97 Carling street, zxv

J. HENDERSON'S LARGES'Y MOVING vans and storage, Phone 1254,
Residence 573 Adelaide,

In the city,

In the city,

PHILLIPS PROTECTED PEACE
Tubes, three times thicker than ordinary, heavily armored. Good as new when your car is worn out, No new when your car is

5-PASSENGER OVERLAND, IN GOOD ONE DAY'S SALE.

ONE DAY'S SALE.

We sold cars to customers in Tillsonburg, St. Thomas. Wallaceburg.
Sarnla and Grand Bend, and hundreds of out-of-town people are either writing or phoning us every day regarding our easy payment plan. Get busy and give us a call. We will be pleased to explain. explain.
UNIVERSAL MOTOR SALES. 390 Pall Mall Street. FORD TOURING CAR AT A SACRI-ORD TOURING CAR AT 162, Ad FICE for quick sale. Box 162, Ad \*55u

RELIABLE REPAIR COMPANY, 217 North Front street, Sarnia, Guaranteed tires and tubes, batteries charged, electrical contractors, largest vulcanizers in Lambton County. Always reliable.

## BRAND NEW FORD CARS

THE PROPERTY OF THE BRITISH GOVERNMENT.

These cars were ready for shipmen They are all brand-new Ford roadsters, with truck body on rear, in the original crates in which they left the Ford factory, and the price is \$560, f.o.b.. Toronto, We have only a few of these cars left, and if interested you must act quick.

OSTEOPATHIC PHYSICIANS. Send certified check, payable at par in Toronto, together with shipping in-

uctions to CLAUDE PEARCE SALES REPRESENTATIVE. 460 Bathurst Street, Phone Call TORONTO, 5

## Fresh Air One of the Very Real Aids to Well-Being

Secrets of Health and Happiness

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

Ventilation by means of an outdoor life and sunlit air assuages
pain and relieves
the human anatomy
from various mala-



ized, unhealthy air. Sunlight, proper temperature and husunight, proper temperature and numidity are as necessary as fresh outdoor air. The proportion of these in the air is determined by instruments. Thus a scientific doctor will go to the trouble to learn if each of his patients receives proper ventilation.

The relative humidity in buildings should be at least 50 per cent. The nearer it is to the temperature of the room the more comfortable the room will be. But if the weather outside is very cold and the amount of moisture in the room is great drops of water

will collect on the window panes, mak-ing it difficult to see through the Moisture may be imparted to the air by means of humidifiers. This ap-direction of a container which about a gallon of water, and

the room is great, drops of water

SIONS

GLINN BIOS., SION PAINTERS.

GLINN BIO

STEAM ENGINES, ELEVATORS, automobiles and all kinds of machinery repaired. E. Dutton & Sons, machinists. 74 Fullarton street. Phone 6815.

WOOLNOUGH CORSETS—FITTING A specialty. Miss I. Quinn, Marlin Court. 546 Richmond street. Phone 3151.

OXY-ACETYLENE WELDING OF ALL metals; machine work of all kinds. Axles or any auto part made quickly. Axles or any auto part made quickly. Repairing of all kinds. Terry, 150 Fullarton street. Phone 534. ZXY

DIMPERS

That has been made to account for the condition.

Sunlight and Fresh Air.

Those who live in houses whose doors and windows are only partially opened and windows are only partially op

### EDUCATIONAL

WHY ARE SO MANY RETURNED. disabled soldiers training in Canada Business College, Chatham? Its splendid practical courses and business confidence gained through its 42 years' uninterrupted success, and the help it can give its graduates, give the answer. Catalogue B gives details, while Catalogue I tells of home courses.

COBALT, July 22.—All indications camp tomorrow as inevitable. Some of the properties, notably the Larouse, Provincial and the Penn-Canadian, COMPLETE BUSINESS COURSE taught by mail, individual instruction. Write for free literature about this

Write for Irec and other courses. Canadian and other courses, Limited, Dept. zxt-tf WHY ARE SO MANY RETURNED

very ARE SO MANY REFUENED soldiers training in Canada Business College, Chatham? Because its 42 years' uninterrupted success is behind them when getting ready, and also when graduated, placing them with big concerns where best pay is available. Catalogue B gives particulars while Catalogue I fells of iculars, while Catalogue I tells

### ARCHITECTS

WATT & BLACKWELL, MEMBERS Ontario Association of Architects— Bank of Toronto Building, London, Lister Chambers, Hamilton. JOHN M. MOORE, Architect and Civil Engineer 415 RICHMOND STREET.

WILLIAM G. MURRAY, ARCHITECT —Dominion Savings Building, top floor. Phones: Office 1557, house 1584. H. C. McBRIDE, MEMBER ONTARIO Association of Architects, etc. Molsons Bank Building. Phone 262. ARTHUR E. NUTTER, ARCHITECT—Rooms 15-16, Dominion Bank Chambers, Dundas and Richmond. Telephone 656.

ARTHUR E. NUTTER, ARCHITECT—Waterloo, Tuesday and Friday, 7 to 9 p.m.

### MISCELLANEOUS GREAT WAR VETERANS' ASSOCIA-TION OF CANADA.

TION OF CANADA.
NOTICE.

The citizens of London are respectfully advised that ex-Sergeant-Major J. A. Cresswell, Imperial Bank Chambers, is not a member of, and has no authority to use the name of the Great War Veterans' Association of Canada. By order of the Executive Committee of G. W. V. A. By order of the Executive Committee of G. W. V. A. 54c

MORREN — REMOVED FROM 423 Wellington to 231 Queen's avenue. Pho.ie 2693. CHIROPRACTIC.

#### CLARA KILBOURNE, UNIVERSAL College of Chiropractic graduate, Office, 321 Queen's avenue. Telephone

ways undertake to prescribe or offer advice for individual cases. Where the 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



By Generieve Kemble THURSDAY, JULY 24.

bright home, than if you drink a carboy of well-thought-of medicines.

Answers to Health Questions

JANE. Q—How can I reduce my weight?

A—You must not get more than eight hours' sleep out of the 24. You must keep the intestines open and active, and get daily outdoor exercise. You should reduce the amount of sugars, starches and oils which are taken into

### MY HEART AND MY HUSBAND ADELE GARRISON'S NEW PHASE OF REVELATIONS OF A WIFE

talk."

His drawling voice with its touch of mockery made me furious not only because of his lazy, fun-making mental attitude toward me, but because he had managed to put me undeniably in the wrong. I felt suddenly childish, realpassing through a well-ventilated room not only reduces the temperature, but sweeps away harmful gases resulting from the combustion of candles, coal oil and illuminating gases. It also blows out dust, bacteria and foul odors. There

#### STRIKE INEVITABLE IN COBALT SILVER MINES

COBALT, July 22.—All indications late tonight pointed to a strike of the less drunkard had come to me for fully.

How shall I break myself of the highly feel as if a morphine flend or a hopeless drunkard had come to me for foundations. What on earth is there to tell fully. employees in the gilver mines of this camp tomorrow as inevitable. Some Provincial and the Penn-Canadian, closed down this afternoon, their employees being paid off when the day shift came off duty.

Efforts by the mayors and reeves the five municipalities of the district to mediate between the managers and the men were without effect.

### WELSH MINERS WILL CONTINUE AT WORK

ers at a conference today decided to continue at work, pending the settlements of the question of piece rates between the Government and the Min- by ers' Federation. SUMMER RESORTS

GRAND VIEW HOTEL, WEES
Beach, Sarnia—European and American plan; dining-room cuisine unexcelled. Cafeteria in connection.
Splendid bathing; motor boating parties arranged.

#### OSTEOPATHIC CLINICS. FOR CHILDREN — ST. GEORGE Apartments. Wednesday, 3 to 5.

the body. Food laxatives, such as uncooked bran and green vegetables, help in the reducing process. Drink lots of water only between times, but do not drink any with your meals. You must not partake of alcoholic beverages of any kind at any time. Do not eat any bread, except gluten, and it is better to have this toasted.

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

## Today's Fashion



Belgian Blue Linen Morning Dress Embroidered in Wool.



How shall I break myself of the habit?"

a woman like that?
Lying is such a ridiculous vice.
It doesn't do anything for anybody, anywhere, any time—that really counts.
The "Different" Fib.

me. A hopeless, helpless, outrageous liar — she says so herself, and has written to ask me what to do about it.

"I've lied for years," says this woman. "I was led into it by a man who taught me to deceive my parents and leave never told the

"And for years I have never told the they ask each other how she can think truth about anything.
"I've tried and tried, I've even prayed they will believe such a story—as if they mere did any shopping themselves they have the story—as if they never did any shopping themselves." But when they get outside the

and didn't know the market price highly intelligent woman to lie s

Fibs are sometimes something a good deal like a necessity.

If a girl asks you if you think her hat becoming, and you know she spent the last cent of her allowance on it, what's the use of making her uncomfortable by telling her that she looks a fright when she has it on?

Why not smile and say something agreeable, and change the subject?

This sort of thing isn't here is a trap waiting for you.

How shall you get over telling dies.

The janitor and the elevator boy an the garbage man and the grocery boy and the iceman and the procery boy and the iceman and the grocery boy and the iceman and the procery boy and the iceman and the grid and the iceman and the grid and the iceman and the procery boy and the iceman and the procery boy and the ic Why not smile and say something agreeable, and change the subject?

This sort of thing isn't lying, in the strict sense of the word. It is the small change of society, like telling the maid to say that you are not at home when you're too busy or too tired to see people.

How shall you get over telling lie my strange correspondent?

Why don't you punish yourself son way every time you tell one?

Humlifate yourself, go to the perse to whom you teld that faisehood at admit that you did not tell the truth. Do that once or twice, and you wor The born liar or the liar that is made y habit doesn't bother with such little till very many more unnecessary hoods.

# fictions as these. Born liars tell tales about the salaries world did you ever allow yourself to get The Adventures of Jimmy Coon

COUSIN BRUIN AS A SEAL.

COUSIN BRUIN

FOR RETURNED SOLDIERS — 444
Waterloo. Tuesday and Friday, 7 to
9 p.m.

PERSONAL.

\$1.000 REWARD WILL BE PAID TO
any person who can prove that we have not benefited the women of London by turning out the washing, well done, cheaper and with less truble than when done at home. Forest City Laundry.

\$2. REFINED WIDOW LADY WISHES to correspond with a refined gentleman between ages of 45 or 55 years.

\$3. REFINED WIDOW LADY WISHES to correspond with a refined gentleman between ages of 45 or 55 years.

\$3. REFINED WIDOW LADY WISHES to Correspond with a refined gentleman between heaver the provided the women of to the brook for a drink. But when to the brook for a drink. But when to the brook for a drink to the brook for a drink to the brook in the water he didn't know himself! He thought he looked just himself! He thought when the looked just himself! He thought he looked just himself! He thought of the water he didn't know brinks himself! He thought he looked just himself! He thought he looked just himself! He thought of the water he didn't know brinks himself! He thought he looked just himself! He thought of the water he didn't know brinks himself! He thought of the water he didn't know brinks he had watched hunters in their camps he had watched hunters in their camps and had been so quiet and curious that he had hidden and discovered all their he had hidden and

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