What is a perfect food

T'S the food that develops both tissue and energy in the right proportions. And science says the right proportions are $5\frac{1}{2}$ to 1.

Why do babies thrive on milk?

Because milk is the perfect food. It furnishes 5 1/2 pa energy to 1 part tissue.

Why do both youngsters and frewn-ups thrive on porridge? Because it also furnishes almost exactly 5 parts energy to 1 part tissue. And it is about the only food besides

milk that is practically perfect. But use the right and of Oas for your porridge. Tillson's Rolled Oat hake porridge that is porridge.

Not a flake broken. That means porridge that is not a sticky, jellied mass, but inviting and delicious.

Every flake rolled so this that Tillson's cooks perfectly in 15 minutes—no more



ur grocer has Tillson's. Two sizes-10c and 25c. Each 25c package contains a handsome piece of English Porcelain Tableware.

CANADIAN CEREAL & MILLING CO., Ltd. Toronto, Ont.

Try Tillson's tome

The Moncton city council has invited citizens of Sunny Brae, Lewisville and Humphreys Mills to a conference to discuss a proposal to include these places in the city. This would add about 2,000 to the population of Moncton.

Donald B. Winslow, retiring secretary of the provincial public works department, received a handsome travelling bag, and Miss Mary Thompson, who is leaving the education office after thirty years of serv-

Miss Mary Thompson, who is leaving the education office after thirty years of servive, was given a cameo brooch in Fredericton yesterday. The presentations were made by Hon John Morrissy and Dr. W. S. Carter on behalf of the staffs. Mr. Winslow is going to Regina and Miss Thompson to Ottawa.

Phil deClamecy, also known as "Duke De Nevereu" was yesterday sentenced to between six and ten years imprisonment in state prison by Judge Sanderson of Boston, for swindling and cashing a bogus check. He had been unwittingly entertained by Mayor Fitzgerald; and other well known men about the city.

According to Chinese papers received at San Francisco, Princess Lai, mother of the baby emperor of China, and wife of the prince regent, has cloped with an actor, Yung Shu Lu.

That the Liberal government was defeated by Ontario is shown by the official figures, complete except for the Yukon. Ontario gave the Conservatives a majority of 66,000, while the rest of the Dominion gave the Liberals a majority of 23,000. The Liberals carried New Brunswick, Nova Scotia, Quebec, Alberta and Saskatchewan. The figures in New Brunswick were Liberals. 40,194; Conservative, 33,068.

Premier Borden may have to hold an investigation into the cement merger in which Sir Max Aitken and others were declared interested. It is said that Sir Sanford Fleming, a life-long Conservative, is pressing the matter, and has submitted a statement to a foremost member of the government.

GOOD RUN TO BARBADOS. The schooner Annie M. Parker, owne by R. C. Elkin, arrived at Barbados ye

PILES QUICKLY CURED AT HOME

Instant Relief, Permanent Cure-Trial Package Mailed Free to All



FREE PACKAGE COUPON PYRAMID DRUG COMPANY, 40 Pyramid Bldg., Marshall, Mich. Kind

NEW VIENNA AUTO OR OUTING CAP



MORNING LOCALS

work.

Friends of Wm. F. Skillen yesterday presented to him a goldheaded cane. He is going to Boston, possibly to make his home there.

Wilfred McKenzie a carpenter, fell from a staging in Rockland road yesterday afternoon, and besides being internally injured, suffered a dislocated shoulder blade. He was taken to the hospital.

D. Tilley and others. A musical and litter and other the News, Please

(Hartland Observer.)

Our subscribers will carn a blessing if they will telephone items of news that deut on the S. S. Shenandoab, was resumed they will telephone items of news that they know about. The editor works eighed they will telephone items of news that they know about. The editor works eighed they how about. The editor works eighed they how about. The editor works eighed they how about. The editor works eighed they will telephone items of news that they know about. The editor works eighed they have remined and this port in time to allow the officers to be present to give evidence.

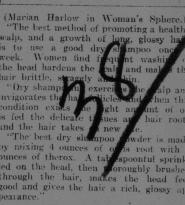
In the home of John Seabury, at No. 9 Duke street last evening a lamp exploded and an alarm was rung in from Box and an alarm was rung in from Box and an alarm was rung in from Box and all little damage was done.

Let's Have the News, Please

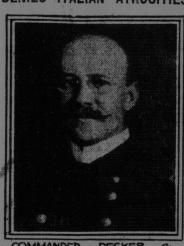
(Hartland Observer.)

Our subscribers will carn a blessing if they did me no sood, the times as greated. Our ministers receive state the firm and for incompt, successful remedy for incompt, successful rem

FREQUENT WASHING NOT GOOD FOR THE HAIR



DENIES ITALIAN ATROCITIES.



Commander Decker, of the U. S. cruiser Chester, arrived at Marseilles a few days ago from Tripoli.

Adverse newspaper criticism of the Italian action in Tripoli, he thought, could only be based upon fabricated news owing to the strict manner in which the censorship is applied.

OPENING OF CONGRESS OF MEN WORKERS

Laymen's Mission Convention in St. John Given Good

Conditions in New Franswick and the Lure of Glowing Pictures Half True, Half False, of the West-Canon Gould and Sir Andrew Fraser

The Laymen's Misisonary Congress for New Brunswick opened yesterday with a

crease today more than 1,000. Sessions were held in the afternoon and evening in Centenary church.

The formally registered commissioners occupied the body of the church last evening but the galleries were nearly empty and the committee wish to have it known that all men are welcome to attend from the city or province, whether or not they have paid any fee.

A choir was organized last evening from the delegates and will sing at the evening meetings during the convention. C. A. Munro assisted last evening with a solo.

When the convention opened in the afternoon the body of the church was well filled, a remarkably good showing for the opening session. T. H. Bullock presided and those on the platform included Rev. Canon Gould, the speaker of the afternoon, Rev. C. R. Flanders, D. D., chairman of the executive committee, H. K. Caskey and Rev. J. T. Tucker.

After the devotional exercises, the chairman introduced the speaker in a brief address. Such a convention, he said, could not have been held three or four years ago and was only made possible by the work of the laymen's missionary movement. An awakened heathen world.

Rev. Canon Gould, general secretary of

Bishop Richardson

Thousands Now Use This Bishop Richardson, when introduced said directly that the one difficulty is connection with the laymen's missionar movement was that in thinking so much Low-Cost Cough Syrup

PREMIUMS FURNISH

> TOYS TOYS TONS

OF ALL KINDS

Wednesday, November is a Special Toy Day

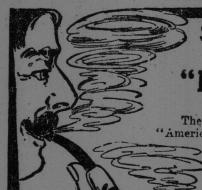
Mechanical, Friction and Bell Toys at prices that will surprise you. On Wednesday, Nov. 2, for that day only, our Toys will be sold on a special premium pl

It Will Pay You

To call and examine them. Don't miss this opportunity, and remember that Asepto products are the best and our premium plan a great money saver.

Cor. Mil and Union Sts.

TOYS



Smokers Who Know Will Always Select Master Mason"

The reliable brand cut fi "American Navy" Plug; mad selected American lea SOLD BY ALL DEALERS Manufac

ROCK CITY TOBACCO CO., QUEBEC.

TOYS



S p. m.—Chairman, Bishop Richardson, Devotional exercises, led by Rev. D. Macodrum, Moncton. The Canada of Today and Tomorrow, the Ven. Archdeacon Renison, diocese of Moosonec. Personal Experiences With Missions in India, Sir Andrew Fraser, K. C. S. I. Offertory, The Call to Service, J. Campbell White, New York.