News From Western Ontario

JUNIOR AUXILIARY FORMED AT FOREST

Miss P. E. Elliott Was Elected Interesting Travel Talk Was President of New Anglican

Society. [Special to The Advertiser.] Forest, March 18. - A junior miscently, with the following officers: Honorary President-Mrs. Cornish. Superintendent-Miss P. Elliott. Assistant Superintendent - Miss May Proctor.

Treasurer--Miss Florence Bailey, Secretary-Miss Elise Hubbard. Organist--Miss Sara Hubbard. Miss Moore, of London, was present

and aided the organization. a very successful tea from 5 to 8 in the basement of the church last evening on the "serve-self" plan, each article costing 2 cents. The proceeds totalled \$42.

served in the Methodist Church school room last evening by the Ladies' Aid. The admission fee was 17 cents and the proceeds amounted to \$17.

Royal Oak Lodge, No. 108, I. O. O. F., officers and members, held an "at home" in the town hall last evening, the occasion being the 40th anniversary of the lodge. Euchre was played till 11 o'clock, when a short program was given. Mrs. F. A. Walters sang Killarney, Miss Jessie Steele 'Kathleen Mavourneen," and G. E. Clark gave several comic numbers.

The male choir and orchestra con supper was served to about 250 peo-

EXODUS TO THE WEST STOPS AT PT. ELGIN

Northern Town Is Now Steadily Increasing Its Population.

[Special to The Advertiser.] Port Elgin, March 18. - Assessor Vandrick has finished his rounds in assessing the town, and the result has shown that Port Elgin has had an increase in population. For some years this town has been on the slant, a great many hitting the trail for the west. But the report of the assessor looks as though the exodus had been stopped, and Port Elgin is now gaining slowly. The population last year was 1,160, while the returns for this year show 1,202. For the past three years no attempt has been made to hide the fact that Port Elgin has been losing steadily in population. However, this year's increase is encouraging to those who are hoping for industrial and more general activity in the fu-

FEOZEN TO DEATH

Israel Hildreth Went to Sleep With His Feet in Ditch. [Special to The Advertiser.]

Chatham. March 18.—Israel Hil dreth, of Mull, was found lying in a ditch near the Pere Marquette tracks about a mile and a half from Fargo tending to take an M. C. R. train for board. She explained that she in the water at the bottom of the ditch. wanted a private boarding-house. There was a sudden drop in the temperature Saturday night and on Sunday, and when he was found this morn-

|HARRISTON I. O. D. E.

Given at a Recent

Meeting. At the regular meeting of the General Wolfe Chapter, the I. O. D. E., held sionary auxiliary was organized in at the home of Mrs. James McMurchie, connection with Christ Church rethe regent, Mrs. Burrows, presided. the regent, Mrs. Burrows, presided. Twenty-three were present, and three new members were received. The program opened with a very pleasing plano duet by Mrs. Blacker and Miss V. Leighton. In a most entertaining manner, Mrs. Spotton gave the magazine subject, "Stratford-on-Avon," with its description of the beautiful Avon and the surrounding country, together with much interesting informa-The Presbyterian Young People held tion regarding the home and life of William Shakespeare. Photographic views added much to the pleasure of

this delightful travel talk. The recent "doings" of the suffra gettes made current events an animat-A most enjoyable Irish supper was ed item on the program. The Na tional Anthem closed the meeting.

BRUSSEL'S INDUCTION

Rev. A. J. Wood Becomes Pastor of the Melville Presbyterian Church. [Special to The Advertiser.]

Brussels, March 18.—At a largely-attended meeting of Maitland Presbyerians, held here this afternoon, Rev A. J. Mann, formerly of Woodsville, was inducted into the pastorate of Melville Church, Rev. T. M. Wesley. of Wroxeter, preached; Rev. D. Perrie, tributed several numbers. A splendid of Wingham, addressed the congrega tion, and Rev. Mr. McLean, of Ripley addressed the minister. Rev. Mr. Perrie, interim moderator for the conregation, was presented with an address and a purse of sold. A recep-tion was held for Rev. Mr. Mann in he evening, at which a musical and literary program was rendered.

> MET AT DORCHESTER Social Evening at the Parsonage Was Enjoyed by Mrs. Kerr's Class. [Special to The Advertiser.]

Dorchester, March 18.—Mrs. (Rev.) Kerr entertained her adult Bible class recently in a very delightful social man-ner at the parsonage. After spending the evening in amusing games, music, etc., a dainty luncheon was served. Mrs. Kerr was warmly congratulated on the excellent class she has built up since organizing, and the young people showed their appreciation by turning out in large numbers.

The funeral of Mrs. Watcher took place from the residence here Sunday afternoon at 2 o'clock. A large number of people from the surrounding places, as well as from Dorchester, attended. Rev. G. J. Kerr conducted the services.

Mrs. Watcher had been ill for a long time. She was in her 73rd year and leaves a husband and several step-chil-

LEFT HER BABY

Case at Guelph Seems To Be One of Desertion.

[Special to The Advertiser.] Guelph, March 18 .- The police are busy working on a strange case. Last The discovery was made by a evening between 5 and 6 o'clock number of sectionmen. Hildreth had well-dressed young woman, apparentbeen in Chatham on Saturday last, and by about 25 years of age, accompanied was intoxicated when he boarded a by a 2-year-old boy, called at a house train for Fargo. He got off at Fargo, on the Eramosa road and applied for Mull. He, however, wandered up the been boarding at the Wellington Hotel, crack and went to sleep with his feet but as it was too expensive there, she Satisfactory terms were arranged and the woman said she would leave the child until she went back to the ing he was frozen stiff, with his feet hotel for her luggage. The child was frozen in the ice that had formed in taken into the house, and the woman

Find Their Foundation

phate of potash.

Grape-Nuts

Because it is rich in the vital food elements, including the organic

This necessary element is lacking in white-bread flour, but faith-

Tens of thousands eat their regular morning dish of Grape-

phosphate of potash, that valuable mineral element stored by Nature

fully preserved in Grape-Nuts food which supplies true, well-balanced

Brains of Tomorrow

LEAVING WIARTON

DISCUSS SHAKESPEARE Dr. and Mrs. Foster Will Reside in Vancouver in Future.

> [Special to Tne Advertiser.] Wiarton, March 18. - A large number went to the noon train today to bid farewell to Dr. and Mrs. Foster, who left for Vancouver. Dr. Foster has lived in Wiarton over 15 years, and has occupied many municipal positions, having been mayor in 1911; he has also filled important offices in nearly every lodge in town, and has been a prominent Conservative and a warden in the Anglican Church. Mrs. Foster was quite a factor in the musical and social life of the town.

Mrs. Acton has gone to Toronto for

Mrs. Knox, of Allenford, is viisting ner sister, Mrs. Thomson. Mrs. Harry Walmsley gave a tea yesterday afternoon at which the decorations were all in honor of St. Patrick's Day. Little Miss Dorothy Suthrby admitted the guests, and Mrs. Walmsley was assisted by Mrs. Suiherby, Mrs. McEacheren, Mrs. Lawrence and Mrs, Nicol in the drawingroom, while Mrs. McKibbon and Mrs. McLaren presided in the tea room, where Misses Fielding, Ewing, O'Har and Sutherby served. During the afternoon Miss Lina, Ritchie, Miss Jones, Miss Lawrence and Miss aston gave vocal and piano selections.

GIVEN CLUB BAG

A. E. Hodgins, of Clandeboye, Was Very Pleasantly Surprised. [Special to The Advertiser.]

Clandeboye, March 17. - Neighbors, relatives and fellow-church-workers, to the number of 85, gathered at the home of Mr. A. E. Hodgins, one evening recently. Rev. Mr. George, on behalf of the friends, presented Mr. Hodgins with a club-bag, Mrs. Hodgins a suitcase, and Master Russell a pair of cuff links. After the presentation all enjoyed an oyster supper. Mr. Hodgins has left for Calgary.

Miss Anderson, of Ailsa Craig, is

visiting her aunt, Mrs. McKenzie. The Methodist choir and friends spent an evening at the home of Mr. Arthur Elliott recently, Mr. Elliott has I sold his farm and will leave this vi cinity in the near future.

As yet there has been very little sap from the maples in this district. Several tapped last week. For some reason the syrup is of a very poor



JOHN STANFIELD, chief Conser the ditch. An inquest was considered left, ostensibly for her luggage, but vative whip, in the act of rounding up unnecessary. members for a division.

in Food of Today.

Scientists have proven that the

Water and albumen exist plenti-

three vital elements of brain and nerve

matter are water, albumen and phos-

fully in everyday food—meat, potatoes,

etc., but phosphate of potash is often

Is the Food of Today

FOREST.

Forest, March 19.-Mrs. W. J. English and Miss Marguerite visited Sarnia rela-Miss McMullen, of Sarnia, visited Mrs Miss McMullen, of Sarnia, visited Mrs. (Dr.) C. A. Patterson recently.
Miss Langan, of Sarnia, spent Sunday here with Miss Loretta Roche.
Thos. Kennedy, of Detroit, is visiting his brother, M. Kennedy, Prince street.
The gentlemen of Forest have issued invitations for a ball, to be given in the Armories on Easter Monday night. The Alexandra Orchestra, of Sarnia, will furnish the music Mrs. Hiram Smith, of Detroit, Miss Lily Dier, of Cincinnati, and Harry Dier, Sarnia, visited their mother, who was dangerously ill this week.

J. A. Birmingham, of Toronto, travelling secretary of St. Andrew's Brotherhood, visited Forest last Sunday and addressed a young men's meeting in Christ Church in the afternoon.

HARRISTON.

Harriston, March 19 — Mr. Thos. Davidson, who a short time ago received a broken leg by falling on the ley walk, is recovering rapidly.

Mrs. J. B. Bingham, who has been on the sick list, has recovered sufficiently to take drives. to take drives.

Robt. Barton has accepted a position as express messenger on the Southamp-

Trunk.
W. S. Whaley is at present confined to he house suffering from the effects of a ore foot received in the cutting of a

on and Hamilton run of the Grand

Mr. and Mrs. Andrew Fisher have re-turned to the West. The members of St George's Church Pramatic Club are preparing for an en-ertainment to be given in the hall here Les. Merriam, of the Novelty Works, As seriously ill with pneumonia.

Miss Harford, of Otterville, is visiting with her sister. Mrs. John Mundy.

Grisch Bros. are preparing to remove their new premises recently purhased from the Wilson estate.

Mr. James Blebardson formerly in the to their new premises recently purchased from the Wilson estate.

Mr. James Richardson, formerly in the grocery business here, has purchased a business in Palmerston, where he will immediately take up residence.

The regular meeting of the board of trade was held Tuesday evening in the library hall.

Mrs. C. H. Carnahan, who has been visiting her parents, Mr and Mrs. Thos. Harrison, for the past few weeks, has returned to her home in Hamilton.

DORCHESTER.

Dorchester, March 18 .- Mrs. Foreman, of Grimsby, returned home recently af-er visiting with her parents. Mr. and Mrs. Joseph Wilson, for awhile. Mr. Jas. Ruddick, from near Ingersoll, s visiting his brother, Mr. Lawrence

Mr. Mullin is much improved in health. Mr. Lloyd Dale has left for the West, there he expects to remain for some

FLORENCE.

Florence, March 19.—J. Ross Webster was a Bothwell visitor yesterday.
Dr. W. A. Kelly and Wm. Lindsay were in Ridgetown Tuesday, when Dr. Kelly, deputy grand master, installed officers in the Masonic order.

A number of local young people at-

A number of local young people attended the St. Patrick's concert at the Huff's appointment, which was held under the auspices of the Women's Missionary Society.

Miss Hope Hill entertained her Sunday school class on Monday evening at day school class on Monday evening at the tea hour. A most enjoyable time vas spent.
Divine service will be held at St. Mat-

thew's Church on Easter Sunday at 11 a.m. by the rector. Holy communion will be administered. Floral decorations will be made. Special anthems will be rendered during the service.

Rev. F. G. Burrill, a former pastor, preached in the Baptist Church here on Mr. E. Mills has returned from Lon-LAMBETH.

Hartford, Conn. has come to spend the summer with her uncle, Mr. Harrison. Mr. and Mrs. James Leaker, from the Vest, who have been visiting friends ere, left for the West yesterday.

Miss Moore, of Toronto, is making reparations to build a fine house here his spring. this spring.

Mrs. Wilson is able to be out again.

after a long illness
Mr. and Mrs. John Kelly have left for
a trip to the West. DRESDEN. Dresden, March 18.—Mr. T. E. Laird spent Sunday at Woodstock College with Mrs. Coleman Walker and son Lloyd Mrs. John Francis visited friends in Sarnia recently.

A large number of friends of Clayton

A large number of friends of Clayton Walker met at his home recently and presented him with a handsome travelling case and Bible on behalf of the Baptist Church and choir, and a ten-dollar gold piece from his boy friends in town. He has left for Mortlake, Sask.

The Ladies' Aid of the Presbyterian Church gave an Irish tea last night in Wright's Hall. It was well attended and nuch enjoyed. Mrs. Jos. Pearson was in Chatham reently. Miss Gladys Tassie entertained at

ands recently.
Mrs. R. Heyland was the hostess at a harming thimble tea recently.

The new postoffice is rapidly nearing Mr. Henry Sheppard, an old-time resident of Dresden, whose home is now near Brandon, and who has been visit-ing relatives here for a couple of weeks, eturned to his home in the West yester.

day. Mr. Watson Neely has returned to To-ronto after spending a month with rela-Miss Vera Wells is at home from her chool in Dovez, and is ill with an attack

Miss Lay, of Rodney, is the guest of her sister, Mrs. A. J. Hitch.

Mr. Lorne Hoover is in Chicago.
The funeral of Edward Ryall, who died on Friday, aged 63, took place yesterday afternoon to Greenwood Cemery, and services were conducted by lev Mr. Shore.

Mr. and Mrs. Ches.

Mr. and Mrs. Ches.

urned from a three-weeks' trip to Bos-on and New York. Rev. Jas. Annesley, of Turin, was here yesterday.
Rev. G. M. Dunn and family were entertained by the members of the Presbyterian Church last night, prior to their leaving for their new home in Toronto.

ALVINSTON. Alvinston, March 18.—R. F. Rilett is spending several weeks in Detroit on business.

Miss Jessie White, of Detroit, is visting her parents, concession 4, of

Brooke, March 19.—Mr. and Mrs. Mr. Miller, of Guelph, was the guest of Waugh, of Moose Jaw, are visiting rela-Mr. And Mrs. Jas. Karr recently.
Messrs. Morton and Garth Daniels
have returned to Carberry, Man
Mrs. H. A. Gilroy is able to be out

again.

Rev. C. F. Logan, M. A., delivered a very fine address on "David Livingstone," the celebrated African explorer and missionary, who was born 100 years ago on March 19, at the evening service in the Methodist Church on Sunday.

Miss Charlotte Hathaway, of Chatham, a who is the guest of her sister, Mrs. Geo. A. Hadden, rendered a beautiful solo in excellent voice.

MELROSE.

Melrose Hall on Wednesday evening.

March 19.

Mrs. John Ferguson is visiting in Strathroy.

Miss Elsie Arrand has returned home from Strathroy, where she has been spending a few days.

Mrs. Andrew Ferguson visited in London, literature and full information of recently.

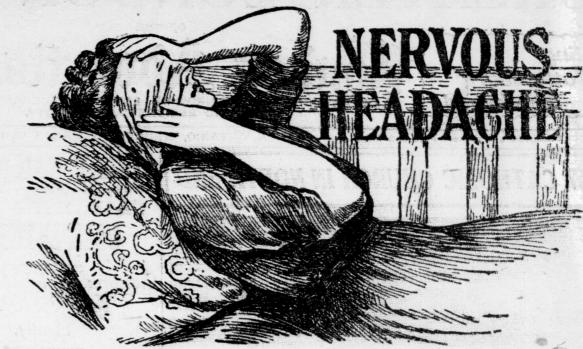
Miss Ella Stonehouse, of Gianworth, is Miss Ella Stonehouse, of Gianworth, is Miss Ella Stonehouse, of Gianworth, is The Literary Society will hold a debate.

Suspension Bridge, N. Y.

Good going March 20, 21, 22, 22 and 24, valid returning up to and including Epworth League, Cyrll Hayes gave a reading and impersonation on the Book of Job. A large crowd attended and thoroughly enjoyed the program.

A social evening was held by the Baptist young people in the hasement of the church last evening. A paper, given by visiting her sister, Mrs. John Hord

The Literary Society will hold a debate.



Is Headache a Blessing in Disguise?

HE better the human system is understood the more we realize the usefulness of pain as a sort of danger signal.

Headache is said to be the most beneficial of ail ackes and pains, because it comes as a warning with so many ailments. Rarely is the cause found in the head itself, but usually in the condition of the system.

The most persistent and most painful head. aches are caused by exhausted nerves, and are of a neuralgic nature. The nerves are in a starved and wasted condition, and a little extra strain or excitement brings on an attack of sick, nervous headache.

Nervous headache is said to be the cry of starved nerves for more rich, nourishing blood. The brain is the centre of the human nervous system, and there is manufactured the nervous energy which controls the action of the members of the body.

Consequently, when nervous headache comes it is a warning that the nervous system is in a run-down condition, and must be restored if some form of paralysis is to be avoided.

It is a mistake to use powerful headache powders to relieve the pain and then neglect to remove the cause of trouble, which is of far more consequence if you value life.

You can restore and revitalize the wasted nerve cells by the use of Dr. Chase's Nerve Food. This treatment is not recommended as a relief for headache, but it does positively cure by removing the cause of trouble.

Nervous headaches will disappear only when the nervous system is nourished back to strength and vigor by use of such a restorative as Dr. Chase's Nerve Food.

Mrs. T. Gray, farmer's wife, Earlton, New Ont., writes: "I had nerve and heart trouble, and was very much run down. I suffered terribly from headaches, and my eyesight was so bad I could scarcely read or sew. The pain in the top of the head was almost constant. Two doctors found they could not help me, and wanted a surgical

"I had heard of many being cured by Dr. Chase's Nerve Food, and decided to try it. Altogether I used six boxes, and with the most marked benefits. They did me good in every way. It was not long until I was about and doing my own

No one wants to take chances with locomotor ataxia or paralysis. And yet it is to such ailments as these that neglected nervous troubles naturally lead.

How much better it is to be warned by such symptoms as headache, sleeplessness, irritability, lack of vigor and energy, and feelings of fatigue and discouragement.

Dr. Chase's Nerve Food is bound to benefit you under such conditions, for by forming new, rich blood it works hand in hand with nature, and supplies the very elements which are necessary for the restoration of health and strength. The benefits of this treatment are both thorough and lasting.

Dr. Chase's Nerve Food

live than travelling," in Melrose Hall on Melrose Church on Sunday morning.

Mr. and Mrs. John Alder entertained
a few of their friends here recently.

Mr. Hick and family are moving to their new home in Delaware this week.

Miss Nellie McKellar, of Strathroy,
visited friends here on Sunday.

Miss Lelia McLean spent a few days Chatham recently. Mrs. G. Seward has returned from hatham Hospital much improved after Mr. and Mrs. George Faber, of Wyan-

otte, are visiting Mrs. J. Lee.
The river is clear of ice, and several
asoline boats have been running.
Miss Mandy Little has returned to her ome after spending a few weeks with Mrs. Frank.
The glass workers gave a dance in ramer's Auditorium on Monday evening. Mr. C. Swainson has left this week to ttend the A. O. U. W. grand lodge meet-

thurch on Sunday.

A special service was held in the Meth. odist Church on Sunday, Rev. J. Reed spoke on "The Model Young Woman." oung lady ushers and music by a choir f young ladies.

Mrs. Fred Benedict died on Friday afer a long illness. The funeral took lace on Monday from the Catholic

hurch Rev. Father Brady conducted he service. Interment was made in the Wallaceburg Cemetery.
Mrs. Judd, of Detroit, is the guest of
Mrs. C. B. Jackson.
The E. W. W.'s gave a tea on Tuesday at the home of Miss Mabel Lillie.

Mrs. Colin McKinley has returned from short visit with relatives in Delaware. Mr. and Mrs. D. Campbell have reurned from visiting in Woodstock disrict.
Mrs. Ed Waugh is still confined to her

home through illness.
Mr. Jas, Spence and Miss Lon Smith
were quietly married at the Methodist rarsonage, Delaware, on Tuesday even-ing of last week, by Rev Mr. Hiles, and will reside in Komoka.

KOMOKA.

tives here.

Mr. Barrett was in London on business Mr. Dave Luce, who has been very ill, is slowly improving.

Mr. and Mrs. Edward Waugh are still under the doctor's care.

Rev. Mr. Smith. of London, occupied the pulpit of the Presbyterian Church on Sunday Miss Isabel Waugh has been spending a few days at her home here.

Low Rates For Easter Via Grand Trunk Railway System. Tickets will be issued at SINGLE

Meirose, March 18.—The farmers have been busy making maple syrup, but the tions in Canada east of Port Arthur, cold snap has put a stop to it for a time. Bengough, of Toronto, will lecture in Meirose Hall on Wednesday evening.

Suspension Bridge, N. Y.

Good going March 20, 21, 22, 23 and

here the latter's broth-been very ill, and is ARKONA.

Arkona, March 19.—Mr. L. F. Jackson, of Toronto, visited at his home here re-Mr. Hick and family are moving to heir new home in Delaware this week.

Miss Nellie McKellar, of Strathroy, disited friends here on Sunday.

WALLACEBURG.

Wallaceburg, March 18.—Miss Stasia McRae, of Detroit, is spending the week with Mrs. W. McRae.

Rock Glen, and some nice bauls are being made.
Up to date, the season is a very poor

one for the making of maple syrup here.

Mrs. J. Geo. Brown is spending a
spending a work of the making of maple syrup here.

Mrs. J. Geo. Brown is spending a
spending a
www. C. McCarty, of Thamesford.

Mr. and Mrs. Grier (formerly Erie Pressey) have left for their future home in Imperial. Sask and Mrs. Arthur Butler and family have returned after spending two months with friends in Ingersoll. The annual Sunday school concert will

Friday nigh AILSA CRAIG.

Ailsa Craig, March 19.—Miss Johnston, of Blyth, will take charge of MacKay millinery parlers for the coming buyer, is here picking up a number of Mr. W. Yelf, hardware merchant, has secured the services of a first-class finsmith from Aurora. Rey. A. H. Brown delivered a very eloquent address on Sunday evening on eloquent address on Sunday evening on "The Life of David Livingstone." R. D. Croft attended the meeting of

the executive of the Greater Middleses s. B. Gillie, and wife were Guelph vis-Mr. Geo. Sampson has secured a posi-

ion on the Grand Trunk section here. Miss Lizzie McKellar and little neice re Forest visitors this week. Ailsa Craig has every prospect of seuring a basket factory.
Mr. Dan, McKellar has returned after nending the last two weeks at Berlin, Waterloo, Galt and Guelph Mr. Milton Mathews has left his posi-ion on the section here and is moving Denfield, where he has secured a Mr. John Hanson intends moving to Forest the first of next month, where he will manage a fruit farm for Mr. Shaw

EMBRO. Embro, March 19.—Mr. R. McDonald, f Kintore, was here recently Mr. E. L. Sutherland visited friends in Miss Adda McKay, of Woodstock, spen Mrs. J. A. McKay.
Mr. Harper, of Woodstock, was here

Mr. W. H Sutherland, of Ingersoll visited friends here yesterday. Misses Eva Vannatter and Hazel Mc-lay, of Woodstock, are visiting with

MAPLETON.

Mapleton, March 19.-Mr. and Mrs. Herbert Brown, of Belmont, spent the week-end with relatives here.

Mr. and Mrs. Roy Wolfer, of Jamestown N. D., who have been visiting the latter's mother, Mrs. D. O. White, have returned the latter's mother, Mrs. D. O. White, have returned.

Rev. A. McCracken occupied the pulpit of the Church of Christ on Sunday last and delivered two excellent sermons on "The Life of Jesus Christ."

Mr. and Mrs. Henry Wismer, of St. Thomas, were recent guests of Mr. and Mrs. Andrew Wismer.

y day at 5 o'closek in John the Evangelist, Friday, when the service will be held at 11 a.m., the rector, Rev. Rural Dean Robinson, giving a short talk on the theme of the epistle each day.

Mr. Sam Keeper is spending the week at his home here.

years in the council, and a prominent Mason and Oddfellow, is dead at his

home in St. Catharines Rev. R. J. Whitlaw, of Brantford, has been appointed commissioner to pre Charles Meilintz, of Berlin, known s the "King of the Mutes," was given hree years in Kingston for swindling number of his fellow mutes by sell

ng them fake stocks. St. Thomas board of education i sking for \$65,000 this year to run the ity schools and collegiate, an increase \$5,000 over last year.

Rev. Dr. McGillivray will be inductd as pastor of Knox Church at Guelph on April 3. Kent County is in Ottawa asking the Government to dredge the Thames in order to prevent the heavy annual

Andrew T. Fotheringham, one of Merritton's pioneer residents, is dead at renfell, Sask. Peter A. Cavers, postmaster Homer for 47 years, is retiring, and

vill be succeeded by George Cushman



ilverfat men and women, mortified and humilisted by the publicity of conspicuous rolls and billows of fat, are gradually learning that through the discovery of an eminent physician the burden of overfatness is taken from them, leaving the figure attractively proportioned, the fiesh firm, the skin smooth, and the general health vastly improved, without disting, exercise or resulting wrinkles or flabbles. There is no equal and no substitute for the famous Marmola Prescription, but there is a new and more convenient form—a tablet form of this safe fat remover. Marmola Prescription Tablets contain the same harmless, effective ingredients as the original prescription that has enabled so many thousands of uncomfortable men

"There's a Reason"

Grocers everywhere sell Grape-Nuts.

under the outer shell of wheat and barley

nourishment for body and brain.

Nuts and cream.

Made by Canadian Postum Cereal Co., Ltd., Pure Food Factories, Windsor, Ont.