

Had Heart Trouble and Shortness of Breath For Six Years.

Was Weak and Thin—Only Weighed Seventy-three Pounds. Now Weighs One Hundred and Thirteen.

When you find your heart the least bit out of rhythm, your nerves unsteady, your breath short, don't wait until you are prostrated on a bed of sickness. Take Milburn's Heart and Nerve Pills. They'll put you in such condition you'll never know you have a heart, make your nerves strong and your whole being thrill with new life. Milburn's Heart and Nerve Pills cured Mrs. K. E. Bright, Burnley, Ont. She writes: "I was greatly troubled, for six years, with my heart and shortness of breath. I could not walk eighty rods without resting four or five times in that short distance. I got so weak and thin I only weighed seventy-three pounds. I decided at last to take some of Milburn's Heart and Nerve Pills, and after taking eight boxes I gained in strength and weight, and now weigh one hundred and thirteen pounds, the most I ever weighed in my life. I feel well and can work as well as ever I did, and can heartily thank Milburn's Heart and Nerve Pills for it all."

Price 50 cents per box or 3 boxes for \$1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

A VARIED BUDGET OF EMBROIDERED INCIDENTS

Mr. Saunders' Lecture on Birds Was Appreciated—Knox Guild Meeting.

Embroid, Feb. 19.—The lecture on Wednesday evening by Mr. W. E. Saunders, of London, was well attended and proved very interesting and instructive. Mr. Saunders is exceedingly well versed on the subject of "Birds," and was listened to with marked attention for almost two hours.

Mr. G. W. Cooper has disposed of his boot and shoe business to Mr. Slater, of London, and it is understood, that Mr. Slater will take effect very soon.

The library board met on Thursday evening last and elected officers for the year.

The McIntosh Brothers, of Maplewood, have bought the flax mill, and will shortly proceed to tear it down. This will remove another of the old landmarks.

There was a very interesting time at the guild meeting of Knox Church on Monday evening when two rival programmes were provided by Messrs. Fred McDonald and W. H. Sutherland. On a close vote Mr. Sutherland was declared winner.

The box social given by the Ladies' Guild of the Methodist Church on Friday evening was exceptionally well patronized, and proved very enjoyable.

The guild are much indebted to Mr. and Mrs. Underhill for opening their commodious home for such a gathering.

Recruiting is being actively carried on for the North Oxford Squadron of the Twenty-first Cavalry Regiment, newly organized, with Col. W. M. Davis, of Berlin, at its head. It is believed that about 35 or 40 men will be recruited from the vicinity of Embroid.

Electric lighting is being installed at the C. P. R. station and platform.

Rev. Dr. Munro, of Blair, was a visitor here last week.

Miss McGinness, of Detroit, is the guest of her friend, Miss Louise Campbell.

Miss Leckie Clark, of London, has been visiting for a few days at her home here.

Mrs. Thomas Porter is visiting with friends here.

Granville Sutherland, who left here some twenty years ago, and is now located at Saskatoon, Sask., is returning to his home here.

Mrs. Hector Sutherland is visiting in Toronto.

Misses M. McDonald and Jessie Wilson, of Woodstock, are the guests of Miss Burnett McLeod.

Miss L. Matheson was the guest of Northfield friends for a few days.

Miss Olive B. Williams, of St. Mary's, Cornwall, has achieved remarkable walking records, although she is more than 70 years of age. She covered 2.88 miles last week, or an average of 46 miles a week, in visiting her employers, whom she helps with sewing.

PUBLIC SPEAKER
Advices Postum Instead of Coffee.

Some people think they must have a cup of coffee (or tea) before attempting any special work; some want it afterwards.

The harmful effects of the tea and coffee poison—caffeine—are soon or later made manifest in either case.

"As a public speaker," writes a Pennsylvania man, "I had been in the habit of drinking a cup of coffee after my evening work."

My nights were nearly always restless, or when I did sleep I would wake with a heavy, dull feeling and every movement became an effort. (Reaction of the coffee poison.)

My nervous system eventually became so unstrung that I was obliged to place myself under the care of a physician.

The doctor advised me to give up coffee and drink Postum, which I did. Postum not only assures me a good night's sleep but nourishes the system.

I have used it for a year and have taken great pleasure in inducing several families in our neighborhood to use Postum instead of coffee.

"One neighbor, a high-strung, nervous woman who had drunk coffee all her life, frequently had attacks of stomach trouble from which she suffered untold agonies. Since she dropped coffee and has been drinking Postum she is in good health."

A young man who had been used to coffee three times a day, found his nervous system calling for something stronger. He began to use spirituous liquors and was on the down grade.

He finally decided to stop coffee and alcoholic beverages and drink Postum. Not being made right at first, he did not like it, but when I showed him how to make it—boil it 15 minutes, he liked it.

"This young man is now prosperous, healthy and of good habits. He believes Postum made him from becoming a drunkard."

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

POLICE HAVE HAD A QUIET WINTER

Chief Williams Speaks of the Absence of Crime—An Old Robbery.

"This has been one of the quietest winters we have ever had," Chief Williams told The Advertiser this afternoon. "It is the same way all over the country. It is a long time since anything big has been pulled off. Of course there are always a lot of cases of petty thieving, particularly out around the country. This is the work of tramps."

A Big Robbery.
"It is a long time indeed since any big robbery was attempted in London. This robbery was situated at the corner of the Market Lane and Dundas street. Three notorious crooks, who had just got out of penitentiary came to London and we learned that they intended to hold up the bank in the noon hour. The men stopped at the Tecumseh House."

Watching the Bank.
"Detective Rider, Constable Lutman and myself were over to watch the bank, and we saw the three men hanging around all morning. It was a market day, and just as one of the men was passing close to me a market gardener said, 'Hello, chief!'"

"The man heard it and at once told the others, and they started to run away."

"Seeing that they were followed they all scattered."

"Detective Rider got his man, The man I was chasing ran down Elm street, and I lost him in some lumber piles."

A Slick Trick.
"Constable Lutman's man ran into the front door of the Grigg House and the man who was supposed to be carrying his own coat and put on a barber's coat and then walked out. He passed Constable Lutman, who did not recognize him in his barber's coat, and got away. We were unable to prove anything against the man Detective Rider arrested, but he was sent down for six months on vagrancy."

"This gun," said the chief, "was found in the valise the men left at the Tecumseh House. It is one of the best I have ever seen and I carry it with me always."

DIVISION COURTS HELD A SESSION

Oats Case Was Postponed for a Week.

There was a session of the first division court this morning with Mr. Maxwell D. Fraser, acting as judge, in place of Judge Macbeth, who is out of the city.

The case of Thomas Corsault, of London Township, who is suing John Tanton to recover the value of thirty pounds of oats which Mr. Tanton had bought from Joseph Davis, who had stolen them from Mr. Corsault, had to be postponed for a week.

Mr. Tanton's case is in the hands of Messrs. Fraser & Moore, and Mr. Fraser, a member of the firm, was presiding at the court.

NOTHING IN IT

Mail and Empire Story of Intercolonial Without Foundation.

Ottawa, Feb. 19.—The minister of railways says there is no foundation for the Mail and Empire's story that the Intercolonial Railway will be managed by a commission of three members.

FAINTED IN YARD LAY THERE ALL NIGHT

Aged Belgrave Woman May Die as a Result of Exposure.

Wingham, Ont., Feb. 19.—Mrs. Proctor, an aged woman, resident at Belgrave, a small village south of here, fainted while emptying the ashpan of her stove in the snow outside of her house in the evening, and was not found until 9 o'clock the next morning. She was nearly dead from exposure and cold when found, and it is feared will not recover from the shock to her system.

QUEEN OF THE SEAS

The Mauretania Breaks All Eastward Atlantic Records.

New York, Feb. 18.—The turbine driven Mauretania of the Cunard Line left New York for Liverpool on Monday night at 10:35 o'clock, tonight, thus completing a voyage in which several new ocean records were established. The steamer not only broke her own record for the long winter course of 2,890 miles by two hours and twenty-five minutes, but she also fainted down the figures held by her sister ship, the Lusitania, and has set the new record of four days and seventeen hours and fifty minutes, which is one hour and forty-six minutes better than the Lusitania's best time over the course. Another achievement of the voyage was a day's run of 671 knots, which breaks all records for a 24-hour run.

The one disappointment of the voyage was the failure of the ship to arrive in time to come up to her dock tonight, the fifth day of her voyage from Queenstown. Wireless reports of the marvellous speed the mammoth steamship was making on the trip had been received here, and it was hoped she would dock tonight, thereby establishing a bona fide five-day trip for her passengers. As it was, however, beyond establishing a record, nothing was gained, as the ship anchored outside the bar tonight, and must wait for daylight before attempting to navigate the channels leading to her pier.

S. P. STOCK ISSUE.

New York, Feb. 19.—Directors of the Southern Pacific Company, which controls and operates the Southern Pacific Railroad, today authorized an issue of \$2,000,000 20-year four per cent bonds, which are convertible into common stock at \$1.30 per share.

At the same time they increased their stock of the Southern Pacific Company by \$1,000,000 to provide for the conversion of the bonds.

IS CYRUS BUSH A MENACE TO PEOPLE?

Appeared Before Squire Chittick Today—Case Not Finished.

Cyrus Bush, the man accused of being too dangerous to be at large, came up for hearing before Squire Chittick on Friday. The information was laid by Charles Richardson.

Bush, it is alleged, has been too familiar with the children in the neighborhood, and it is feared that he might do them some harm.

Mr. Richardson told of hearing Bush say that he and his brother Charles could murder Jack Ardell, a neighbor of Mr. Richardson.

"The fellow who does that kind of talk," remarked Mr. Essery, the accused's counsel, "doesn't usually have to buy a graveyard to accommodate his victims."

Mr. Richardson acknowledged that there was some truth in this remark, but he nevertheless considered Bush dangerous.

Dr. Robinson, of the London Insane Asylum, testified that he had examined the man and thought that he might be dangerous. He was practically an imbecile, and had a bad heredity.

Dr. McArthur considered, from what he knew of the man and what he had heard, that he was a menace to the public safety and ought to be restrained.

The case was enlarged till this afternoon at Mr. Essery's request to allow the hearing of the evidence of the accused's mother and brother.

CORRESPONDENCE

A Champion of the "U."

To the Editor of The Advertiser.
May I be permitted to say a few words in support of those who advocate the retention of the "u" in such words as "honour," "colour," etc.?

Are you not rather unfair to those advocates, when, in your article of the 23rd ult., entitled, "Holding Down the Job," (following a somewhat unnecessarily vindictive article in the Globe of a week or so previous), dub them "funkeys," etc., and hold them up to public ridicule?

It seems to me that whatever may be the rights and wrongs of the matter, there can at least be no reason why it should not be discussed in a temperate and moderate spirit.

In your article you say: "The Peterboro Examiner compliments the spelling dictionary of the department on making the spelling more difficult. It says that the easy way of doing things sacrifices honour (with a 'u') to the moloch of modernity. Terrible! Therefore, let the spelling be made clumsy, hard, difficult, old-fashioned, for the sake of honest exercise."

Further on in the same article you say, "The doctors (Dr. Fyne, Seath and Goggin) will revive the useless 'u' because it's English, ye know."

If this means anything, it means that in your opinion every letter should be eliminated without regard to the pronunciation of the word, in order that our spelling may be saved from being "clumsy, hard, difficult, old-fashioned," and thus a national humbug being put to unnecessary trouble in learning to spell.

Very well. Then let us examine your own sentence quoted above. For a moment, why, may I ask, do you spell "old-fashioned" in that outlandish manner, instead of writing it "old-fashund" like a national humbug being put to unnecessary trouble in learning to spell.

Dr. Black makes the assertion that milk is not fit for food unless it is either sterilized or pasteurized. This, too, is a very serious assertion, and if the doctor is correct, we have only ourselves to blame if serious consequences occur through failure to take the proper precautions.

It would be very interesting, indeed, to learn the views of our medical men in London regarding the necessity of sterilizing or pasteurizing milk before use, and whether or not, in their opinion, it is not fit for food until this is done. I hope they may not be slow to advise us through your columns.

It is clear, therefore, that the action of the Government and particularly the individual members of Parliament regarding Dr. Black's proposal agent a grant of money for the betterment of public health. This is a much more important matter than immigration, naval defence, or graft.

WEAK KIDNEYS MAKE WEAK BODIES

KIDNEY DISEASES CAUSE HALF THE COMMON ACHES AND ILLS OF LONDON PEOPLE.

As one weak link weakens a chain, so weak kidneys weaken the whole body and hasten the final break-down. Overwork, strain, colds and other causes injure the kidneys, and when their activity is lessened the whole body suffers from the excess of uric acid.

Booth's Kidney Pills act directly on the kidneys and cure every kidney ill. London cures are the proof.

Mrs. Adah Browne, of 277 Ottawa avenue, London, Ont., says: "A bad kidney trouble has given me intense pain and serious annoyance for some months. The secretions were much too profuse and the hard bearing-down backaches were very severe indeed. Using several remedies without success I tried Booth's Kidney Pills, procured at the W. T. Strong drug store. The way that this medicine acted on my system was first-class and very soon the kidney secretions were made normal and the backaches had ceased. Mr. Browne has also used Booth's Kidney Pills with good results and joins in recommending and endorsing the use of this grand remedy."

Sold by dealers. Price 50 cents. The R. T. Booth Company, Limited, Fort Erie, Ont., sole Canadian agents.

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TO LIVERPOOL
From St. John, Halifax
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Corsican sails Mar. 5
Hesperian sails Mar. 13
Virginian sails Mar. 19

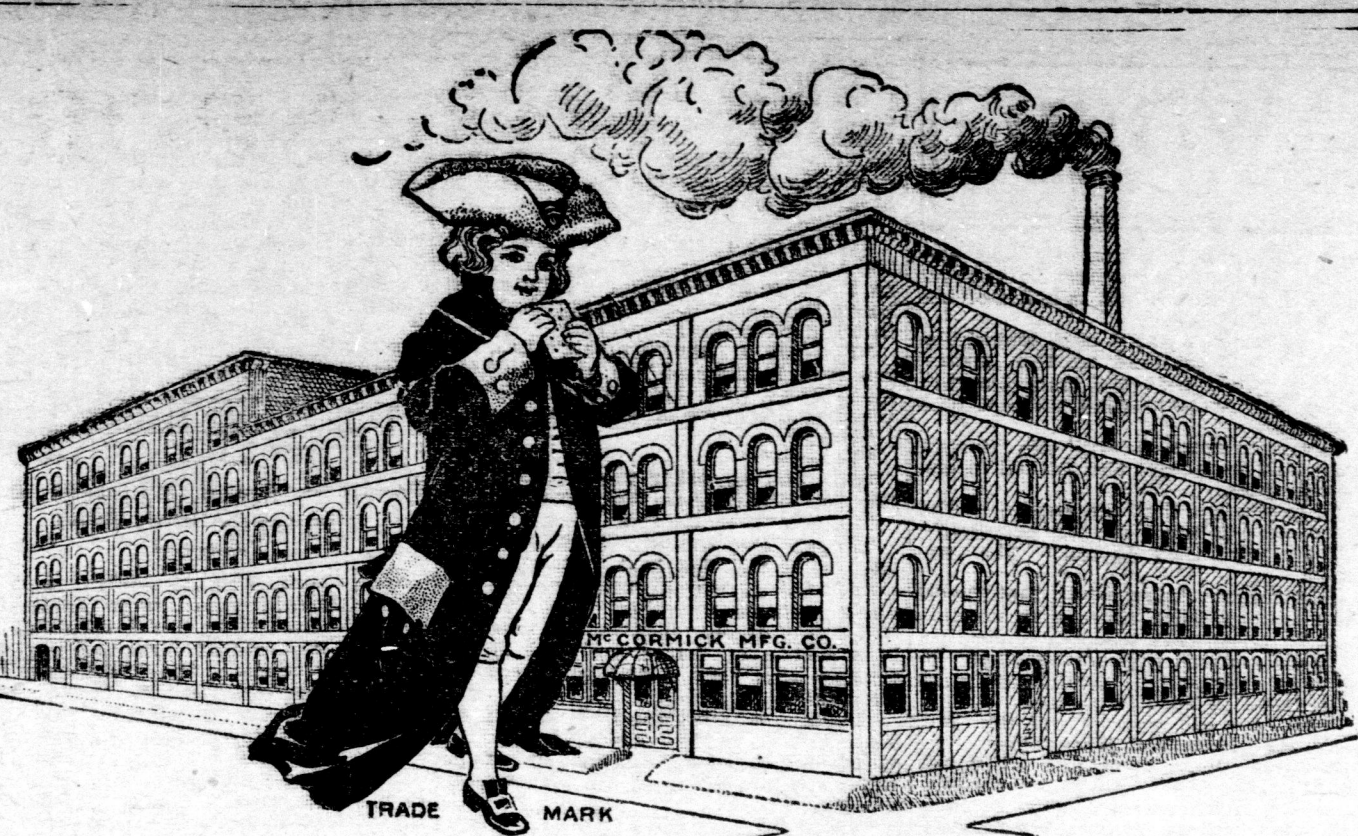
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A Rotterdam invention is a wicker lifeboat that has withstood unusually rough tests in a heavy sea. With the exception of the ribs and seats the boat is made entirely of wicker light wicker. It is absolutely unsinkable, and can stand five times as much pounding as wooden or steel lifeboats.



FACTORY AT LONDON. WAREHOUSES AT MONTREAL, OTTAWA, HAMILTON, KINGSTON, WINNIPEG, CALGARY.

This Enormous Plant is the Result of 50 Years' Experience in Making

JERSEY CREAM SODAS

and hundreds of varieties of Fancy Sweet Biscuits and Confectionery

Established in 1858 by T. McCormick in a very small shop, about 12 by 18 feet.

Now, look at the picture of the largest biscuit and candy factory in Canada, owned and managed by his three sons.

The factory is also the most modern on this continent—is thoroughly ventilated and kept scrupulously clean.

A wonderful business growth—won solely on the High Quality of McCormick's Products.

Water pumped from a well is much better for the cows in winter than that from frozen ponds or streams.

From one to the other, until it had served its dirty purpose, when, I suppose, it was discarded until the next time the cows were milked. The cow's udder was more or less covered with manure; the milk pails were set close to the cows, and, naturally, the dust of the manure fell into the pail, when it mixed up with the milk.

It is no wonder that under such filthy surroundings typhoid and kindred diseases should be generated.

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A Rotterdam invention is a wicker lifeboat that has withstood unusually rough tests in a heavy sea. With the exception of the ribs and seats the boat is made entirely of wicker light wicker. It is absolutely unsinkable, and can stand five times as much pounding as wooden or steel lifeboats.

McCormick's Biscuits are Exclusive in Quality and Pre-eminently the Best.

They are made from Best Blended Flour, First Quality June Creamery Butter, Fresh, Sweet, Whole Milk, Pure Sugar, etc.

All materials are analysed by an expert chemist and therefore McCormick's are in a position to guarantee the Purity and Quality of their biscuits.

No other Biscuit Factory in Canada employs a chemist to insure wholesomeness of its biscuits.

So perfect is the manufacturing system that McCormick's Biscuits are baked, packed, labeled, sealed and ready for shipment in about one hour from the time the dough leaves the mixing room. This, coupled with an enormous daily output, insures daily delivery of fresh, crisp biscuits to all parts of Canada.

To produce biscuits like McCormick's has taken a life time of study by expert bakers and large expenditures in experimenting.

Now, why don't you try McCormick's Jersey Cream Sodas and prove their superiority?

Ask your grocer for 3-lb. tin—or a 10-cent package.

And see that "Little Lord Fauntleroy"—our trademark—is on the package.

McCormick's
JERSEY CREAM SODA BISCUITS

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TRAVELERS' GUIDE

GRAND TRUNK RAILWAY. SARNIA TUNNEL TO SUSQUEHONNA BRIDGE AND TORONTO.

Corrected to January 10, 1909.
Arrive from the east—8:45 a.m., 10:50 a.m., 11:15 a.m., 11:35 a.m., 11:55 a.m., 12:15 p.m., 12:35 p.m., 12:55 p.m., 1:15 p.m., 1:35 p.m., 1:55 p.m., 2:15 p.m., 2:35 p.m., 2:55 p.m., 3:15 p.m., 3:35 p.m., 3:55 p.m., 4:15 p.m., 4:35 p.m., 4:55 p.m., 5:15 p.m., 5:35 p.m., 5:55 p.m., 6:15 p.m., 6:35 p.m., 6:55 p.m., 7:15 p.m., 7:35 p.m., 7:55 p.m., 8:15 p.m., 8:35 p.m., 8:55 p.m., 9:15 p.m., 9:35 p.m., 9:55 p.m., 10:15 p.m., 10:35 p.m., 10:55 p.m., 11:15 p.m., 11:35 p.m., 11:55 p.m., 12:15 p.m., 12:35 p.m., 12:55 p.m., 1:15 p.m., 1:35 p.m., 1:55 p.m., 2:15 p.m., 2:35 p.m., 2: