cago, recital, rocking chair time. 3.45 p.m.-WHN (361.2) New York,

4 p.m.-WEAF (491.5) New York, re-

Trio. WQJ (447.5) Chicago, househeld hints, music. WRC (468.5) Washington

4.15 p.m.-WCX (516.9) Detroit

4.30 p.m.-CKAC (425) Montreal, "Ilo

lesson. CNRS (400) Saskatoon, Sask., music, markets. WCAE (461.3) Pitts

theaters program. WLIT (394.5) Phila

Royal Canadian Orchestra.

6.30 p.m.-WCAE (461.5) Pittsburg,

7 p.m.-WEAR (389.4) Cleveland

7.15 p.m.—KDKA (309.1) East Pitts-

7.30 p.m.-WCAE (461.3) Pittsburg.

cago, Blackstone Quintet. WLW (422.3) Cincinnati, dinner hour concert.

WNYC (526) New York, police alarms,

7.45 p.m.-WCAP (468.5), Washing-

Schenectady, musicale. WHN (361.2),

8 p.m.-KGW (485.1), Portland, chil-

dren's program, Aunt Nell. KSD (545.1),

New York, musicale. WEEI (475.9),

Boston, Lansing Mandolin Club. WLIT

WHB (365.6), Kansas City, automobile

talk, music. W.JZ (454.3). New York

Wall Street Journal, N.Y.U., WNAC

(405.2), Newark, musicale. WSAI

(325.9), Cincinnati, musicale. WTAM

WBZ (331.1), Springfield, Mass., Mc-

(461.3), Pittsburg, A. & P. M. Gypsies

burg, "American Foreign Pol

(394.5), Philadelphia, Arcadia orchestra.

ton, concert, 11/2 hours. WGY (373.5).

nusic from Loew's State Theater.

dinner dance.

WNAC (280.2) Boston, Copely

popular songs, Uncle Robert.

book review, tea music

Total of 141,609 New Citizens In Last Ten Months

MANY ARE FROM U. Exceeded Total From Britain In December and January

OTTAWA, March 1 .- Immigration t Canada, including Canadians returning from the United States, has averaged a little over 14,000 a month for the 10. months of the fiscal year up to and including January, according to a state ment just issued by the department of immigration and colonization. The total is 141,609.

Regular immigration, not including returning Canadians, amounted to 102, 577, of which 49,363 were British, 13,-721 from the United States and 39.493 from other countries. For seasonal reasons, January represents a low point in Canadian immi-

gration. The efforts of the department of immigration and colonization are directed toward encouraging immigration of farmers and farm laborers, who do not arrive in numbers during the winter months. January immigration totaled 2.007, of whom 543 were British, 632 from the United States and 832 from other countries. It is of interest that for December and January immigration from the United States has ex ceeded that from Great Britain.

Canadians, who in January returned to Canada after a residence months or longer in the United States and declared their intention to remain permanently in the Dominion, totaled 1,715. The number of such returning Canadians since the beginning of the fiscal year is 39,032.

#### CALEDONIA MINSTRELS STAGE FINE CONCERT

bridge here with a view to improving train service through this territory.

Mrs. James Douglas left on Tuesday for Carlyle. Sask., to visit her sister,

Mrs. E. Mills who is very ill

practicable.

Mrs. E. Mills, who is very ill.

Mrs. M. Nellson and children have returned to their home at Jarvis after a pronounced sensation here. visiting relatives here. Many are taking advantage of the good skating at the arena, the ice having been improved by the recent

Stuart B. Smith, Osgoode Hall, To-onto, spent the week-end with his Andrew Kerr, of Sault Ste. Marie, is

During stock taking, any article in our north window -values up to \$6.00-at

See if you can pick them!

C.H. WARD & CO. Diamond Merchants.

Jewelers, Opticians. 386 Richmond Street.

To Merchants and Salesmen

phone door.

help you.

MAKING FRIENDS

It doesn't take long to count up a scowler's friends. Frowns and serious looks not only give a bad start to acquaintances in business and everyday life they generally mean a bad fin-

Notice how the men of just usual ability who make a habit of being pleasant to everybody get along. They travel ahead while more accomplished men are marking time and complaining about it.

The business of life is made simpler by understanding the business of smiles. They're both on a give-and-take basis and good things come the way of the fellow who makes it pleasant for you to cross his

You never met a more cheerful lot of buying and selling offers than you'll find regularly among the A-B-C Ads.

#### INSULIN TREATMENT FOR CANCER SUCCESSFUL

Experiment Made On Mice By Prof Silberstein, of Vienna VIENNA, March 1 .- (Associated Press Cable.)-Successful use of insulin in CALEDONIA, Feb. 28.-The Caledonia preventing the recurrence of cancer in Minstrels' concert given by and in aid mice is reported in a paper read by class. of the Caledonia Baseball Club in the Prof. Frederich Silberstein, of the opera house on Thursday and Friday Vienna institute of experimental path- Pittsburg, morning exercises. evenings was a decided success. The cast was made up of 75 entirely local performers under the direction of Mr. Raymond Howe, of St. Catharines. It is said to have one of the best amateur production by the continued treatment with maximum doses production by the continued treatment with maximum doses of insulin for mice not operated upon production put on here for some time.

Two gangs of men are engaged in reinforcing the C. N. R. Grand River bridge here with a view to improving the conditions of insulin for mice not operated upon.

The physician apepaled to his colleagues to administer to human patients

Prof. Silberstein's report has caused

# SET DOWN FOR HEARING

TORONTO, March 1.-Appeals from organ. Andrew Kerr, of Saute Ste. Marie, is the resisting relatives in this vicinity.

The W. C. T. U. held a successful Justice Riddell in the case of Thomas tearoom orchestra. WQJ (447.5) Chi
Sentences registered in London by tearoom orchestra. WQJ (447.5) Chi
Sentences registered in London by tearoom orchestra. WQJ (447.5) Chi
Sentences registered in London by tearoom orchestra. WQJ (447.5) Chisale of homemade baking at the resi-lence of Mrs. Corman, on Saturday Fox and Salvatore Sansone, both con-cago, home economics, 1 hour. victed of serious offenses have been set The annual Caledonia Shorthorn Club down for hearing by the appellate di- Hotel Statler orchestra. sale was held here February 25, and was attended by Mr. Robert McEwen, of the live stock branch, Ottawa, who years and 10 lashes.

Hotel Statier orchestra.

12.15 a.m.—WNAC (280.3) Boston, noon services, King's chapel. visited the numerous Shorthorn years and 10 lashes. misdirection to the jury and the admission of certain evidence as well as land, music, 1 hours, 1 hour

# **BURFORD VETERAN OF**

Charles Cornelius Kent Was One Of Ark., markets, orchestra.

Pioneers of Simcoe

Ark., markets, orchestra.

1.36 p.m.—WGBS (315.6) New York, WCAY (266), Milwaukee, Wis., musical

You wouldn't slam the door in their faces!

Every business has two doors,

the street door and the tele-

Those people who are prevented

from visiting your store — are

you making it easy for them to

Would a polite, intelligent,

cheerful voice answer their

ring? Would the experience be

such a pleasant one that they

We have helped many stores to

successfully organize their tele-

phone departments for such

trade. It would be a pleasure to

would wish to repeat it?

buy from you by telephone?

Many of them would like to.

Government To Send Ship To Magdalen Islands

QUEBEC, March 1.-Entirely cut off burg, markets, Sunshine Girl. WDAF from the outside world since the clos- (365.6) Kansas City, New and Royan ing of navigation on the St. Lawrence delphia, artist recital. River, the residents of the Magdalen Islands have waited and waited for the elusive "postman." But no mail has been forthcoming for the very good reason that postmen do not, as a rule, take it upon themselves to risk their lives in walking from the parest main.

4.45 p.m.—WLS (344.6) Chicago, homemakers' hour. WOO (508.2) Philadelphia, organ and trumpets.

5 p.m.—WLIT (394.5) Philadelphia, educational talk, Peirce School of Music. lives in walking from the nearest main- WHAS (399.8) Louisville, Almo Theater and for a distance of a 100 miles or organ, "Home Folks." WLS (422.3) to to deliver mail matter. For some Cincinnati, reports, music. WMAQ nths now these letters have been (447.5) Chicago, mothers-in-council, ng up at Louisburg, N. S., and "English." ther points in that vicinity.

But now comes the news that in- musicale. WCX (516.9) Detroit, Goldvoyage to the Magdalen Islands.

#### Radio Programs

CJGC (330), The London Free Press, noon program, 1 to 1.45: Music and the latest foreign and domestic news bulletins. WBZ, Springfield (333.1M), 8 p. m.

(E. S. T.): Radio ball. KSD, St. Louis (545.1M), 8 p. m. (C. S. T.): St. Louis University Orchestra and Glee Club. KOA, Denver (322.4M), 8.10 p. m. (M. S. T.): KOA Players in comedy

WCBD, Zion (344,6M), 8 p. m. (C. S. T.): Varied concert program. WEAF, New York (491.5M); WOO, Philadelphia (508.2M); WCAE,

Pittsburg (461.3M); WJAR, Providence (305.9M). WCAP. Washington (468.5M): (E. S. T.): Gypsy Orchestra.

7 a.m.-WOR (405.2) Newark, gym phia, Dream Lady. WGN (270.2) Chi-7 and 8 a.m.-KDKA (309.1) East 7.30 and 8 a.m.-KYW (535.4) Chi- health talk. WOO (508.2) Philadelphia, cago, exercises, "World Crier" every dinner music half hour except from 7 p.m. to 12. 8 a.m.-WWJ (352.7), Detroit, set-9 a.m.-WLW (422.3) Cincinnati, set- New York, Roseland orchestra. ting-up exercises.

9.30 a.m.-WWJ (352.7) Detroit, tonight's dinner, health talk.

10 a.m.—WGBS (315.6) New York, timely talks with Terese, music. WJAR St. Louis, Mo., Missouri Theater pro-gram. WAAM (263), Newark, home and heart problems. WAHG (315.6). night's dinner, health talk. R. I., household hints, styles. WJZ (454.3) New York, household menu, fashions, 10.30 a.m.-WNAC (280.2) Boston, popular readings, women's talks. 11 a.m.-WAAM (263) Newark, talk agriograms, music. WLIT (394.5) (280.2), Boston, musical program. WOR Philadelphia, daily almanac, organ.

WOO (508.2), Philadelphia, grand p.m.-WWJ (352.7) Detroit,

12.30 a.m.-WGR (319) Buffalo, Hotel The usual grounds for appeal as to Statler ensemble. WHK (283) Cleve-1 p.m.-WFI (394.5) Philadelphia. the severity of the sentences have been Davis orchestra. WJZ (454.3) New York, Ambassador trio. WLS (344.6) Chicago, noonday R. F. D. program.

1.05 p.m.—WJAR (305.9) Providence, Oakland, organ, educational program. FENIAN RAIDS DEAD 1.15 p.m.—WLW (422.3) Cincinnati, melly's singing orchestra. WCAE 1.25 p.m.—KTHS (374.8) Hot Springs, orchestra. WCAP (468.5), Washing-

Pioneers of Simcoe

SIMCOE, March 1.—Word has been received here of the death of Charles Cornelius Kent, of Brantford, the last of his family and one of the pioneers of Simcoe. The deceased was 82 years of Simcoe. The deceased was 82 years of Simcoe in 1820 and who owned and operated a farm on which the greater portion of the business district here now stands.

The market place here was a gift of this pioneer and one of the business streets is named in his honor. He served in the Fenian raids with the millitary band of the Fenian raids was an outstanding of Simcoe, and was an outstanding of Simcoe, and was an outstanding of Simcoe, and was an outstanding of the served was an outstanding of Simcoe, and was an outstanding of the served was an outstanding of Simcoe, and was an outstanding of the served was an outstanding of the served was an outstanding of the served was an outstanding of Simcoe, and was an outstanding of Simcoe, and was an outstanding of the served was an outstanding of the served was an outstanding of the served was an outstanding of Simcoe, and was an outstanding of Simcoe, and was an outstanding of the served was an outstanding of the served was an outstanding of Simcoe, and was an outstanding of the served was an outstanding o

oe, and was an outstanding Drake ensemble, Blackstone quintet; Philadelphia, Stanley Theater features. 9.30 p.m.-WMC (499.7) Memphis, 3 p.m.-WHB (365.6) Kansas City, Hctel Gayoso orchestra.

10 p.m.-KOA (322.4) Denver, Rialto Theater orchestra, 3-act comedy, "Come Out of the Kitchen." WGR (319) Buffalo, "Enoch Arden." WHN (361.2) New York, music from Radio Shack. WMH (325.9) Cincinnati, Blue Grass entertainers.

10.03 p.m.-WOO (508.2) Philadelphia. p.m.-WEEI (475.9) Boston, 10.45 p.m.-WOR (405.2) Newark. dance program.

11 p.m.—KFI (467) Los Angeles, Coso Indian orchestra, baritone. KGO (299.8) Oakland, educational course in agriculture. WCAE (461.3) Pittsburg, flight of mythical dirigible. WGR (319) Buffalo, Hotel Statler orchestra. 11.30 p.m.-KFOA (450.2) Seattle, address, music. KJR (384.4) Seattle, Souder's orchestra. 11.45 p.m.-WSB (428.3) Atlanta,

dance program. 12 p.m.—KFI (467) Los Angeles, Murphy Motor program. KLX (509.9) Oakland, dance program. KPO (429.5) San Francisco, vocal 12.30 a.m.—CJCM (306) Mount Joli, Que., vaudeville. KLX (509.9) Oakland, music from American Theater. 12.45 a.m. — WDAF (365.6) Kansas City, Mo., Nighthawks, 14 hours.

1 a.m.-KLX (509.9) Oakland, meeting of Lake Merritt Ducks. KNX (336.9) Hollywood, musicale program. KGO (299.8) Oakland, St. Francis orchestra. KPO (429.5) San Francisco, James' orchestra. WBAP (475.9) Fort Worth, Swayne's Southern Serenaders, 2 a.m.-KNX (336.9) Hollywood, Ambassador Hotel orchestra

#### LONDON FIRM AMONG THOSE INCORPORATED

TORONTO, March 1 .- The Ontario Gazette, issued to-day, announces incorporation of the following companies: Chick Land and Building Company, Limited, \$40,000, Windsor; vey & Sons, Limited, \$400,000, London Hamilton Provision Company, Limited, \$40,000, Hamilton; The Charles C. Phillips Company, Limited, \$100,000,

#### ANOTHER B. C. DOUKHOBOR SCHOOL IS DESTROYED

GRAND FORKS, B. C., March 1 .-Following the commitment to jail re-cently of two Doukhobors, for two keeks in default of a \$5 fine for failure to send their children to school, the Spencer school building in the Doukhobor colony, five miles from Grand Forks, was burned late Friday night. This is said to be the ninth Doukhoschool in the Kootenay boundary district to be burned in the last three

# Two Men Shot Down While Attempting Robbery At Los Angeles.

Grand Black Chapter and L. O. B. A. Grand Lodge To Convene

Grand Orange Lodge and Grand Black a former policeman. Chapter of Ontario West at North Bay 6 p.m.-KGO (300) Oakland, short this month. The committee on arrangetructions have been issued by the kette's Ensemble. WEAF (491.5) New ments will provide every comfort and DIRECTORSHIPS HELD BY ederal department of marines and York, dinner music, Hotel Waldorfdisheries to the commander of the G. Astoria; talk, followed by musical pro-interesting meetings ever held in the by S. Montcalm, which is now at Louis-gram, A. and P. Gypsies. WEEI (475.9) Jurisdiction. On Monday and Tuesday, overse to the Magdalen Islands. (283) Cleveland, radiograms, music, stories. WTAM (389.4) Cleveland, 6.05 p.m.-WIP (508.2) Philadelphia, their program will be of a most im- follows: 6.15 p.m.-WOR (405.2) Newark, music

while you dine. KDKA (309.1) East portant character. The Royal Scarlet Council of Toronto, Pittsburg, KDKA Symphony Orchestra, rebroadcast by KFKX (288.3) Hastings, Scarlet chapters of the Orange Order here, has accepted an invitation from musicale. WWJ (352.7) Detroit, news, work will be one of the principal fea- and Investment Society.

Hon. Dr. W. J. Edwards, grand mas- Cataraqui Electric Railway Company. ter and sovereign of the Grand Orange Hon. Mr. Price: 1-The Cordova Lodge of British America, will be in Mines, Limited; the Commonwealth burg, Stockman reports, children's attendance, and Trustee Loftus H Life and Accident Insurance Company; stories. WGY (379.5) Schenectady, farm Reid, grand master of the Grand Black Simplified Accounting, Limited. Chapter of British America, will officially attend the sessions of the Hon. Mr. Martin: 1-The Regal Uncle Kaybee. WLIT (394.5) Philadel- Provincial Grand Chapter.

#### DOUKHOBOR SCHOOL IS BURNED WHEN MEMBERS OF SECT ARE JAILED

GRAND FORKS, B. C., Feb. 28 .- Fol- Insurance Company. lowing the committment to jail last Hon. Mr. McCrea: 1—(and 2)—The Asquith Gold Mining Company, Limitweek of two Doukhobors, for two weeks, ed, holding one share as trustee for in default of a \$5 fine for failure to client to qualify as director to represend their children to school, the sent his interest professionally. Since Spencer School building in the Douk- registered.
hobor colony, five miles from Grand Hon. Mr. Lyons: 1—The Lyons Fuel Forks, was burned late last night. This and Supply Company, Limited; Nationis said to be the ninth Doukhobor school al Discount Corporation, Limited; in the Kootenay boundary district to Everett

#### WEALTHY DETROITER SUCCUMBS SUDDENLY

(389.4), Cleveland, WTAN Symphonic Orchestra, WWJ (352.7), Detroit, News DETROIT, March 1.-Charles Palms, member of one of Detroit's oldest and wealthiest families, died sud-8.05 p.m.-KDKA (309.1), E. Pittsdenly this afternoon at 4 o'clock in his 8.15 p.m.-WBZ (331.1), Springfield, home in Grosse Pointe farms. Mass., musicale. WGR (319), Buffalo, recital.

San p.m.—CICM (306) Mt. Joli Que

During the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who, although only 52 years old, had been retired from active busing the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, who was although the past four weeks Mr. Palms, 8.30 p.m.—CJCM (306), Mt. Joli, Que., concert. WBAP (475.9), Fort Worth, Partiet shurch chair WCAE (461.2) Baptist church choir. WCAE (461.3), trouble, which was complicated by an and was obliged to take shelter in the WNYC (526), New ently been recovering when a fatal re-York, song recital. WOO (508.2), Phila- lapse occurred on Sunday. 9 p.m.—KFKX (288.3), Hastings, Neb., U. Six Orchestra. KLX (509.9),

## WILL ARRAIGN INDIAN

ST. THOMAS, March 1 .- Next Friday Charles Sturgeon, an Indian residing near Ridgetown, will be arraigned

Robbery At Los Angeles. Grand Lodge To Meet In North
Bay On March 11, 12

up men met death here last night when they attempted to rob a residential district drug store in which four police detectives, forewarned of the attempt, were lying in wait with sawed-off shotten was \$222,691,523. For the correspondup men met death here last night when year ending to-day, as compared with EXPECT 700 DELEGATES were lying in wait with sawed-off shotguns. One of them was instantly killed,
the other died at the receiving hospital.
According to detectives, the pair attempted to "shoot it out" when they saw they were trapped, but were cut down before they could pull a trigger. On the person of one of the men was an envelope addressed to James E.

TORONTO, March 1.—Over 700 dele- In the other man's pockets were parers gates will attend the sessions of the bearing the name of James W. Morlez. Both men appeared to be about 25

### MEMBERS OF CABINET

years of age

New York, Uncle Geebee, music. WHK (283) Cleveland, radiograms, music, including the control of the will convene with the grand master, asked in the Ontario Legislature by Mr. A. McCallum, South Bruce, as to (283) Cleveland, radiograms, music, children's stories. WNAC (280.2) Boston, children's half hour, dinner dance. WRC (468.5) Washington, Pebby Albion stories WTAM (280.4) Cleveland stories WTAM (280.4) Cleveland master, officiating. The Provingrand master, officiating. The Provingrand master, officiating. grand master, officiating. The Provin-cial Grand Lodge of the Ladies' Orange Consider they were sworn in as members of the Government, and what directorships Benevolent Association will also meet at North Bay on March 11 and 12, and been answered by Premier Ferguson as

Hon. Mr. Ferguson: 1-The Advance Printing Company, Limited, Kempt-

2—The same as above. Hon, Mr. Henry: 1—The Farmers 6.30 p.m.—WCAE (461.5) Pittsburg dinner concert, Penn Hotel. WEEI (475.9) Boston, Sinfonians Orchestra. WGN (370.2) Chicago, Skeczix Time, organ. WIP (508.2) Philadelphia, Uncle Wip. WJZ (454.3) New York, Levitow's Wip. WJZ (454.3) New York, Levitow's degree captain, and under his leader-Portsmouth and Cataraqui Electric Orchestra. WMAQ (447.5) Chicago, ship an impressive demonstration of the Railway Company; the Frontenac Loan

2-The Kingston, 2-The Cordova Mines, Limited.

Poultry Feed Company, Limited, of Port Dover. 2-The same as above. Hon. Mr. Godfrey: 1-Toronto Cas-

ualty Fire and Marine Insurance company; Ontario Sewer Pipe Company, 2-Toronto Casualty Fire and Marine

Limited 2-The same as above. Hon. Leeming Carr: 1-The Whistle Bottling Company, Limited, of Hamil-

#### 2-Out of business. SEIZE DISABLED SHIP WHILE SEEKING HAVEN

PROVIDENCE. Feb. 28 .- The coas lee of the old harbor at Block Island. The Pesaquid, according to the coast guard men, has 3,500 cases of liquor aboard. Her skipper, it is understood, will protest the seizure on the ground ON CHARGE OF ASSAULT that it was illegal because his ship was disabled and was seeking shelter. He made no effort to dispose of any of th liquor while at Block Island.

RECOVERING FROM INJURIES PERTH, Ont., March 1 .- Engineer Bourne and other victims of Thursday's train accident at Glen Tay are making steady progress towards re covery from their injuries, it was stated at the local hospital to-day.

#### DROP OF \$51,593,215 IN CUSTOMS RECEIPTS

OTTAWA, Feb. 28 .- (Canadian Pre-Dispatch)-A decrease of \$51,593,215 in customs and excise revenue of the Do LOS ANGELES, Feb. 28 .- Two hold- minion for the 11 months of the fiscal

Customs import duties collected dur-Grayson, General Delivery, Los Angeles, or \$37,571,401 less than during the 11month period last year. There was an increase of \$4.500,000 in excise duties collected, which amounted to \$36,034,814 When figures for February are con pared with those of February a year

ago a decrease of \$3,196,442 is shown. Total customs and excise revenue for 233 Dundas street. the month ending to-day was \$18,379,447.

# Brown Optical Co.

# QUALITY BEYOND QUESTION

Wholesale and Retail Dealers In Wholesale and Retail Dealers in Overalls, Sweaters, Coats, Gloves, Mittens and Raincoats.
LONDON'S LARGEST HIGH-CLASS WORKINGMEN'S OUTFITTERS Exclusive Manufacturers' Agent for the Best Canadian Makes of Overalls.
WEGNER, "The Heart of London," 271 Talbot Street. Phone 1849.
OPEN EVENINGS. Biltf



# Billy Atwood is sure of an Education —

out a \$5,000 North American Life Child's Endow-

ment Policy for his baby son, Billy.
"Some day," said Mr. Atwood, "I'm going to send Billy to University—going to give him a good education. 'Of course the best laid plans might go astray, but Billy's Child's Endowment Policy provides for

every possible contingency. "For instance, I might die to-morrow. In that case, there would be no more premiums to paybut Billy would receive his \$5,000 in 1940, just as

"If Billy died before the age of fifteen, I would, receive back every cent I'd paid in-plus interest, "If Billy died after his fifteenth birthday, I would receive the full amount of the policy. Is your child's future provided for as securely as Billy Atwood's? It might pay you to investi-gate this unexcelled "Savings, Protection and In-

vestment" policy.

The attached coupon will bring our booklet, "Child's Endowment." Write for it to-day. LONDON BRANCH OFFICE. 205 DOMINION SAVINGS BUILDING.

#### LONDON - ONTARIO. NORTH AMERICAN LIFE **ASSURANCE COMPANY**

"Solid as the Continent" Head Office-Toronto, Canada.

Send me your booklet, "Child's Endowment" Address Occupation Age .

# Though You Eat Heartily You Still May Be Undernourished



"Since it is necessary for normal metabolism that the greater number of calories of body heat be produced by carbohydrate foods, it is essential that some kind of cereal food form a part of the daily food allowance. -Food and Its Preparation.

Grape-Nuts is made of whole wheat and malted barley. More than three-fourths of the content of Grape-Nuts are the precious carbohydrates. -0-

"Only that portion of the food that is digested and absorbed can serve the purposes of growth and maintenance of the vital func--Principles of Human Nutrition.

In Grape-Nuts the carbohydrates have been dextrinized, that is, scientifically broken down into the form your body most readily and smoothly digests and transforms into strength and vitality.

"Proper mastication is always a signal to the secretions of the stomach and intestines to be ready for their share in the work." -Food Facts for the Home-

Grape-Nuts is in the form of crisp, golden kernels you must chew. This makes your mouth do its work, which otherwise your stomach must do in addition to its own.

MALNUTRITION—the failure of the body to secure sufficient nour-ishment from its daily foods—is the real source of most of our present-day ills. Not only the poor suffer from it. It takes its toll from those whose tables are loaded with food as well as from starving people.

Food in plenty, yet undernourished — what, then, is wrong? It is the inability of the body to extract from the food the nourishment it needs. Carbohydrates are the nourishing food-elements your body must have.

They are your greatest source of strength and vitality. Most foods contain carbohydrates to a greater or less degree. But very few contain them in a form in which your body can readily use them.

Grape-Nuts does. In Grape-Nuts carbohydrates are available for your body in a form which it can easily assimilate. The vast store of them contained in the whole wheat and malted barley from which Grape-Nuts is made, comes to you in the form of dextrine—the most acceptable of all to your body.

Try this delicious food for breakfast or lunch tomorrow. Serve Grape-Nuts just as it comes from the package, with milk or cream. It is delightfully appetizing and very inexpensive—four teaspoonfuls, which is sufficient for each serving, costs less than one cent. All grocers have it in the wax-wrapped package.

"There's a Reason"

Grave=Nuts Made in Canada

Free Samples of

Grape-Nuts!

Send the coupon for four of the individual packages of Grape-Nuts—free. Enough for four nourishing breakfasts. Free offer also includes book of 10% tested recipes for making dainty Grape-Nuts dishes.



C. H. BEARD, Manager

EACH NEW SUBSCRIBER ADDS TO THE VALUE OF YOUR TELEPHONE