BREAD MUST BE WHITE

inner consciousness they may recognize the fact that if white bread be used largely its effects may not be as healthful as those of

health, and could have lived indefinitely with no other food.

It is possible to walk from San Francisco to New York with no other food but sound wheat. The health, in the opinion of doctors familiar with the subject, would be in me wise impaired, and the vigor as satisfactory as ever. This feat, however, would be in mossible with nothing but the white bread supplied at the present time. Dr. Hammond of this dity on one occasion tried to live on starch, At the end of ten days he was forced to give up his attempt. An excess of starch will cause Bright's disease of the kidneys and paralysis. The reporter and statistics of the Massachusetts board of education abow that two-shirds of its children under 10 years of age in ever civilized community are found with diseased testh.

This is not the case with the Indian children in the Indian territories, and this fact is accounted for by the circumstance that the Indians live upon wheat, which supplies food for the teeth. With the wealthy of the metropolis bread does not form a very large constituent of the daily food. But with the poorer people it is the sine quance of existence, and in many miserable districts nothing cles is exten. The smaller bakers ape the peonliarities of their more thriving fraternity. They see that white bread is the Isshion in the upper part of the city, and they are determined not to be outdone. They adulterate their bread to markeitwhite, while, by heing the entire wheat invested of merely the kernel, their bread would be wholesome and health-giving, and its brown color, to which people would become speedily accustomed, would need no adulteration.

"The outside part of the wheat is most moral ious," said Dr. Carleton, "that its about the cleical assendancy over Frenchwomen is a hing of the page." Alady belonging to the upper middle class has just given to the city upon wheat, their bread headed on the cleical assendancy over Frenchwomen is a bright of the cline, and will be come speedily accustomed, would need no adulteration.

"The outside par

days after the fire two men from Cincinnatical called on Schumacher. They said they had heard that in the cellare of the mills was a vast quantity of grain damaged by amoke and water, and they had come with the intention of buying it. The matter was talked over, suce a bargain finally struck. The men drew their check for the purchase price, a sum running into the thousands, and were just about to hand it to Schumacher when one of them happened to glued together with glue and potash and

meaning and a very clear one, too. It is a selection from thieves' slang, which, translated into every-day English, means: "Look at the detective watching the pickpocket across the street! He will not catch him, because the pickpocket knows he is there and will make no wrong move."

From time immemorial it has been the outlone of confirmed lawbreakers to use a language with a hidden meaning. This is the case in every country; in fact it is universal.

the horse color, to which people would be come speedily accustomed, would need an adulteration.

"The outside part of the wheat is most my diversely and the color of the colo

Then Let Him be Anath The man who always leaves the door open ind him is first cousin to the one who

Richest Single Ladies in the Land.

The Misses Drexel have the reputation of being the richest single ladies in the United States. They inherited from their father about \$4,000,000 each. They have been charitable, but in a quiet way, and are not given to fashionable pleasures.

PLATTS, THE TAILOR,

NOMINATION

· CALL AT FOX'S

Market Jewelry Store WEST MARKET SQUARE.

DRESSMAKERS' SCALE MAGIC Price \$1 with Instruction Book.

Genuine scales, all marked, WILL C. ROOD, Inventor. Taught by MISS E. CHUBB. Sole Agent for Ontario, 179 King street west.

WALTER OVER

416 YONGE STREET,

REID'S O'CONNOR HOUSE, ATTHE HAY MARKET,

Corner King and York streets, Toronto. J. J. JAMESON, Propr OYAL ARMS HOTEL

CORNER YONGE AND EDWARD ST.

JOHN JAMIESON & SON'S IRISH WHISKY, Imported by S. Richardson,

OF THE RICHARDSON HOUSE. Mr. R. sells the Best Ale that is manufac-tured in the Dominion. It is far ahead of Bass or Allsopp, but not in price. COME AND TRY IT. FOR SICKNESS GET HIS 7-YEAR OLD

CORNER OF KING AND BROCK STREETS ST. CHARLES. 68 and 70 Yonge Street.

INFERIOR CIGARS When you can buy fresh Hav Cigars of direct importation at Rock Bottom Prices AT LITTLE TOMMY'S,

BILLIARDS!

CHARLES HIGGINS.

NOTED

EMPORIUM.

TO THE FRONT.

R. H. LEAR does not pretend to have doubled his trade in 1885, but selling retail at wholesals prices with 10 per cent. off for cash on all orders over \$20 does the business, and keeps him still marching on.

Note the address—

R. H. LEAR, 5 & 17 RICHMOND ST. W. J. GU PLUMBER. est work. Lowest prices. Always ready Estimates furnished.

527 QUEEN STREET WEST

BENNETT & WRIGHT

Iron Pipe, Fittings and Valves IN LARGE SIZES. Pipe Cut and Threaded to

Order. 72 QUEEN ST. EAST

JAMES FINN, PLUMBER, GASFITTER, ETC.,

501 QUEEN STREET WEST. PLUMBER,

No. 21 Richmond Street East. WALTER GRANT,

138 YORK STREET. Goods delivered all parts of the

The Intercolonial Railway OF CANADA.

The Royal Mail, Passenger and Freight Route SETWEEN CANADA AND CREAT BRITAIN

PULLMAN, BUFFET, SLEEPING and Day Cars run on through express trains.

Passengers for Great Britain or the Continent by leaving Toronto at 8.30a.m. Thursday will join Outward Mail Steamer at Halifax a.m. Saturday.

Superior Elevator, Warehouse and Dock accommudation at Halifax, for shipment of grain and general merchandise. London, Liverpool and Glasgov to Halifax, to be the QUICKEST FREIGHT ROUTE

between Canada and Great Britain, formation as to Passengers and Freight can be had on application to ROBERT B. MOODIE, Western Freight and Passenger Agent, 93 Rossin House Block, York st., Toront D. POTTINGER, Railway Office, Chief Superinten Moncton, N.B., November 13 1885.

DENTAL CARDS CHAS. P. LENNOX, DENTIST. ROOM
A and B Arcade, Yonge street; the bee
material used in all operations; skill equal to
any in the Dominion; no pain in extracting
artificial sets, upper or lower, \$8.

W. ELLIOT — DENTIST—43 AND 4

When the best of t

DENTAL SURGEON. REMOVED TO HIS NEW OFFICE CORNER OF KING AND BAY STREETS

FRANK E. CRYSLER. DENTIST,

278 Queen Street West, CONSULTATION FREE. Fees Moderate. Night calls promptly attended to. PAINLESS DENTISTRY.



the best teeth as plates at reasonable charges.

M. F. Smitte,
corner Queen and Berkeley Sta. Telephone
722, Hours at residence, corner Gerrard and
Berkeley, before 9 a.m. and after 3 p.m.
136—246wa

OARVILLE BAIRY. 481 YONGE STREET.

ROBT DAVIES QUEEN ST. EAST, TORONTO. Celebrated for the finest les, Porter and Lager Beer

in Canada. Special attention is directed to my India Pale and Amber Ales

in Bottle, which are noted for purity and fine flavor. A fine stock on hand for the Holidays. Ask for the Domi-nion Brands, and see that it has my label on it.

Wines & Liquors BEST DRAUGHT AND BOTTLED ALE AND PORTER.

OAKLANDS KOUMISS

So much admired in Russia.

IMPORTER OF

Liquors, Cigars

46 & 48 KING ST. EAST TORONTO.

Agent for GEO. GOULETS' CELEBRATED CHAMPAGNE

Boxes of Cigars Sold at Whole ale Prices.

Wines & Liquors FOR FAMILY USE

Cor. Teraulay and Albert Sts.

ULSTER T HOUSE, Cor. Arthur & Bathurst Sts. B. H. SCOTT FAMILY GROCERIES and Provisions, Etc. Teas and Coffees a Specialty

Goods at lowest cash prices, and delivered in all parts of the city promptly. WM. RYAN,

JUST RECEIVED-Juantity Choice Morrisburg Butter,

Bryant, Gibson & Co MANUTACTURED BY JOHN BULL, THE MARKET? HOUAS WHICH IS THE CHEAPEST & BEST VALUE

Messrs. O'Keefe & Co., BREWERS AND MALSTERS, TORONTO, ONT SPECIALTIES:

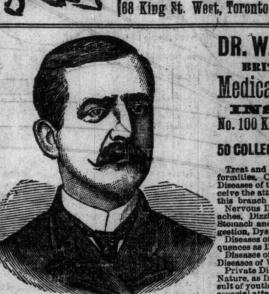
ENGLISH - HOPPED ALE THE PORTER Warranted equal to Guinness' Dublin Stout, and superior to any brewed in this country Danadien, American and Bavarian Hopped Alse and Porter. Our



TORONTO ano & Organ Warerooms. FISCHEE

our Immense FLATS Filled with Instru-

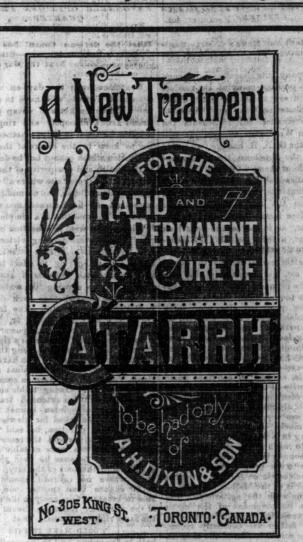
Assistants always in Attendance.



DR. W. H. GRAHAM'S BRITISH AMERICAN Medical and Surgical No. 100 KING ST. WEST, TORONTO

ORGANS

50 COLLEGE PLACE, CHICAGO, ILL



Opinions of the Press.

OBSERVE—Our remedy is easily applied—it is used only once in twelve days, and its application does not interfere with business or ordinary duties. We give every case our special attention.

None Genuine Without Our Signature.

A.M. Dixon & Sous

PETER McINTYRE, Telephone No. 3091.

27 ADELAIDE ST. EAST. Steamboat & Excursion Agent. Real Estate and Life Insurance. Several Island Cottages for Sale and Rentalso Island Lots for Sale,

ALL ABOARD FOR SASKATOON

overy scrip-owner, who has not already done o, should THIS SEASON take up the land is not carefully note the fact that the Society is no guarantee from the Government that ne for settlement will be extended.

C. POWELL.

Manager T. C. S. C.

T. FISHER, 539 YONGE ST.

Peters, "I think Menday newspapes their men all day newspaper is made most of its workers