DIET CAN BALANCE

Whole Wheat Product Is Healthier, Dr. W. H. Hill Asserts.

To the average man who eats a fairly well mixed diet, white bread is W. H. Hill, dean of the institute of public health. On the other hand, he admits that white bread lacks certain things which are found in whole wheat bread. He puts it this way:

"It is not that white bread is in the dead of the puts in the set but the set of the puts in the set but the set of th itself a dangerous thing to eat, but that certain salts and the vitamines which are, of course, essential for the proper nutrition of the body, are

proper nutrition of the body, are lacking. If you are eating a properly mixed diet you will get these salts and vitamines in other things.

Dr. Hill does not agree with Dr. H. T. Crossley that white bread is one of the chief causes of constipation, although he says that if cread was to be practically the only diet of people, or one of the main things, white bread might have this tendency.

"Of course," he says, "If the ques-ion were whether a person could ive solely on white or wholewheat bread, then the answer would be that bread, then the answer would be that could not live on the white bread. But that is not a practical way of looking at the question. As I said, when it constitutes a reasonable portion of the whole diet white bread will do no harm."

In this connection Dr. Hill remarks that malnutrition among children is more in evidence among the well-to-uo than among the poorer classes, and gives as a general reason the

and gives as a general reason the fact that the first class does not get as nutritious food for its children as he poorer people

327 INDIGENT SICK CASES ARE REPORTED IN 1924

During 1924 there were 321 indi-gent sick cases reported to the city health authorities and all but 90 of these were admitted to hospitals and sanatoriums. According to the annual report of Dr. W. S. Downham, medi-cal officer of health, 177 indigent sick were sent to Victoria hospital, 17 to St. Joseph's hospital, 21 to the Queen Alexandra sanatorium, 22 to the preventorium, and 90 cases were Sighteen were sent to Victoria hos-

AUTOMOBILES

WINDSHIELDS We have special plate glass for windshields and closed cars. Replace

Hobbs Manufacturing Co. RIDOUT AND YORK STS.

THE LONDON ADVERTISER CLASSIFIED ADS. Standardized and Indexed for Quick Reference.

Phone 3670.

THE LONDON ADVERTISER
eserves the right to classify properly
il advertisements submitted for publi-

CLASSIFIED RATES. Cash.

lephone,
DISPLAY ADVERTISING,
TRANSIENT.
Amusementa-150 per its each inser-

THE LONDON ADVERTISER WANT AD DEPARTMENT.



This Lassie Has Her Colds "Rubbed Away"

The mother of this attractive little sirk Mrs. E. E. Emmans of 215 Seventh Ave. N. E. Portiger la Prairie, Man. is one of the many Canadian mothers who are enthusiastic about the van-trailed sirk the var. Hat of the show definitely set as May 6 and 5.50 for 'ine stray cats.

BASKETBALL IS POPULAR AT EAST END TOWN HALL through the van-trailed sirk through a single of the bill to be \$14.80 for the down town district. Jack Magnit of Teventow as sected as May 6 and 1. Judges of all breeds for this extent where "My little girl had crown at nightly by baskerthal" the war of the show definitely set as May 6 and 5.00 for 'ine stray cats.

BASKETBALL IS POPULAR AT EAST END TOWN HALL through the van-trailed single of the Richen of a home with towels of the Richen of a home with the war of the Richen of a home with the war of the Richen of a home with the war of the Richen of a home with the concert of the Trinity Methodist of the Richen of a home with towels of the Richen of a home with the war of the Richen of a home with the war of the Richen of the Richen of a home with the concert of the Trinity Methodist of the Richen of a home with the war of the Richen of a home with the war of the Richen of a home with the war of the Richen of the Richen of a home with the war of the Richen of a home with the war of the Richen of the Richen

THE GUMPS-SAY IT WITH SALVE

I KNOW YOU WILL THINK I AM SILLY BUT I'M JUST MAD OVER CHILDREN - THE GIRLS LET ME BUTTON UP YOUR 1 SEE THE LITTLE DARLING - HE IS SO TEASE ME FOR HAVING OLD FASHIONED MOTIONS COAT HONEY - I DON'T WANT AFRAID YOU LIKE INTELLIGENT AND GENEROUS - 1 BUT IT'S MY NATURE TO PRIZE A HOME AND THAT WICKED OLD JACK FROST TO YOU'RE AM SURE HE WILL BE A LITTLE CHILDREN ABOVE ANYTHING IN THE CHESTER PINCH MY LITTLE SWEET HEART-REMARKABLE MAN - EVERYBODY SPOILING WORLD - SOME WOMEN ARE CLEVER AND T00 -AMBITIOUS - THEY LONG FOR A CAREER AND THE APPLAUSE OF THE MULTITUDE - I DON'T PRETEND TO BE CLEVER - I ALWAYS SAY THE WOMAN WHO HAS WON THE LOVE OF A GOOD MAN HAS FOUND A GOOD MAN HAS FOUND SAYS HE IS THE IMAGE OF ARE YOU SURE YOUR FEET HIM-HIS UNCLE - HE'S JUST TOO ARE NICE AND WARM? I KNOW SWEET FOR WORDS -I'D JUST DIE IF ANYTHING EVER HAPPENED TO MY DEAR LITTLE BOY-REAL ENDURING HAPPINESS. OH 804. RIGHT-0 SIDNE 1





CASPER, TOMORROW IS OUR WEDDING

BUY ME ANY PRESENT!

ANNIVERSARY, BUT PLEASE DON'T

Plenty of Courage, But No Speed.



NO! I MEAN IT! I'LL BE MAD IF

T CAN HARDLY

BELIEVE YOU'RE

MUST DO MAINS



By GENE BYRNES



TOOTS AND CASPER

Yes, There's a Catch to It—and Casper's Caught!



DON'T BREATH IT CASPER, JERRY BUT I'VE ALREADY BOUGHT THIS DIAMOND WRIST-WATCH AS MY ANNIVERSARY GIFT FROM HIM, AND HE'D THROW NINE CAT-FITS IF HE BOUGHT SOME THING ELSE FOR ME, TOO!



By JIMMY MURPHY

urday's MUTT AND IEFF

(THIS IS A GOOD ONC!

A WORD OF FOUR

LETTERS MEANING

ON A HEAD! THE

ANSWER IS HAIR,

OF COURSE!

SOMETHING YOU SEE

Jeff Confuses Mutt With a Bit of Reverse English.

JUST A MOMENT

AT YOUR BEAN!

TILL I LOOK



CANINE ASSOCIATION PLANS BANNER YEAR

Attended Meeting Held Last Night.

At a well-attended meeting of the London Canine association, held in the club rooms last night, the program for the year was outlined, and plans completed for what promises to be the most successful year in the history of the organization. Complying with the wishes of the Western Fair association, with which the club is closely ailied, it was decided not to have too many evening shows throughout the year, and for 1925 only one evening show will be held under the club's sanction. The date for this show is set for Jan. 23 and will be

club was held in this city many years ago and that organization, which is now the most powerful of its kind in he world, was formed here.

BUT HAIR AIN'T ON

BALD! THAT GIVES

ME AN IDEA OF

A WAY TO CONFUSE

MUTT! HE CLAIMS

TO BE AN EXPERT

AT CROSS WORD

PUZZLES!

ALL HEADS ! I'M

FIFTY ANIMALS SUFFER Program Is Outlined at Well PAINLESS DEATH IN MONTH

A bill just received from Inspector George Tustin of the London Society for the Prevention of Cruelty to Animals shows that there are 42 fewer

Threads Needle ByMoon When 81

MUTT, A WORD OF FOUR

SOMETHING YOU SEE ON

LETTERS MEANING

SOME HEADS!

WHAT IS IT?

Special to The Advertiser. Woodstock, Jan. 8.—One of Ox Woodstock, Jan. 8.—One of Oxford county's remarkable old women is Mrs. Stephen Wooton of Brownsville, who was born in Brockley, Northamptonshire, England, 81 years ago, and is still able to thread a needle by moonlight without the use of glasses. When a young girl Mrs. Wooton was sent to a lacemaking school, and still pursues her hobby of making lace for her grandchildren and great-grandchildren. She works equally well by gaslight as by daylight.

DRAWING AWARDS WON BY 3 EMPRESS PUPILS

and Janet Sonley Are

TEACHER HONORED.
Special to The Advertiser.
Wallaceburg, Jan. 8.—At a most Ivah Steele was a prize winner in CUIT FOR INCOME enjoyable Sunday school banquet and Class A competition on her drawing

CHESLEY SCHOOL ARTIST DURATION OF EDUCATION BOARD LAUDS At the suggestion of Trustee Mrs

on last night passed a resolution to forward a letter of congratulation Question of Reappointment I Claire Armstrong, Ivah Steele to Maurice Day, pupil at Chesley ave nue school, and also the school, upon Winners.

Three pupils of Empress avertue school have been successful in winning prizes in drawing contests under the auspices of the Ontario safety league. Mrs. Hands motion to the above effect was seconded by Trustee B. N. Campbell.

Maurice Day, 12-year-old son of Mr. and Mrs. J. C. Day. Hamilton road, was successful in winning third prize on a pencil drawing depicting an automobile accident on a sharp carryed at the discussion on the subject, however, the decision was automobile accident on a sharp chine having failed to heed the warning sign posted near the curve.

STRATHROY TOWN WINS

The question of the continuance of the survey committee of the board of the sur winning a prize in a provincial poster

ohn I. A. Hunt, the board of educa-

Left in Hands of Executive Body.

RADIO

TOMORROW'S LIST SATURDAY, JAN. 10.

WEAF, NEW YORK-492. 4 p.m.—Bruno orchestra.
6 p.m.—Waldorf orchestra.
7 p.m.—Boys' stories; Alfred Orner.
tenor; Rudolph Luks string ensemble
Sara Alter, planist.
11 p.m.—Vincent Lopez orchestra.

WNYC. NEW YORK-526. WJZ, NEW YORK-455.

WGBS, NEW YORK-316. 6:30 p.m.—Cameo collegians. 7:30 p.m.—Veesey's orchestra. 9 p.m.—Rayway bargl. 10 p.m.—Talks, vocal numbers 11 p.m.—Russian Eagle orches WFI, PHILADELPHIA-395.

WIP, PHILADELPHIA-509 p.m.—St. James' orchestra. m.—Uncle Wip's stories. p.m.—Transportation club dinne 5 p.m.—Coogan's orchestra.

p.m.—Bonawitz, organist. WCAE, PITTSBURG-462. KDKA, PITTSBURG-326. m.—Church's period.
p.m.—Westinghouse band.
WRC, WASHINGTON—469

6:45 p.m.—Children's hour. 7 p.m.—Boernstein's orchestra. 8 p.m.—Talk, lecture, music. 9:30 p.m.—Dinner to French ambas-11:30 p.m —Otto Beck, organist. WGY, SCHENECTADY—380.

30 p.m.—Romano's orchestra.

WBZ, SPRINGFIELD—337,
p.m.—Markets, stories.

30 p.m.—Kimball trio.
p.m.—Concert program WWJ, DETROIT-517. WCX, DETROIT-517. PWX, HAVANA-400.

m.—Fausto Alvarez, tenor; Jose violinist, Nana Plana, soprano; WTAM, CLEVELAND-390 —Ev Jones' orchestra.
WLS, CHICAGO—345.
m.—WLS Midnite Rev

WMAQ, CHICAGO-447.5 n.—John Marshall glee n.—La Salle orchestra. p.m.—Radio photologue

WGN. CHICAGO-370. WQJ, CHICAGO-448. WHAS, LOUISVILLE-400.

WOC. DAVENPORT-484 p.m.—St. Francis orchest p.m.—Watsonville artists. p.m.—Industrial exposition

KPO, SAN FRANCISCO-423. 8 p.m.—Weidner's orchestra.
KGW, PORTLAND—492. KHJ. LOS ANGELES-395

KFI, LOS ANGELES-469 7 p.m.—Dance program. 8 p.m.—Concert period. 10 p.m.—Packard Radio club.

SUNDAY, JAN. 11. WEAR, NEW YORK-492 WJZ, NEW YORK-455.

WGBS, NEW YOUK-316. WFI, PHILADELPHIA-395.

p.m.—Central YMCA meeting WIP, PHILADELPHIA—509. .m.—Germantown YMCA meeting WOO, PHILADELPHIA—509. p.m.—Bethany church service WCAE, PITTSBURG—462.

WCAP, WASHING ON-469. p.m.—Program from WEAF WGY, SCHENECTADY—380.

- Waldorf orchestra. WWJ, DETROIT-517 —Detrol. News orchestr m.—St. Paul's Cathedra WCX, DETROIT—517. (Central Standard Time.) WMH, CINCINNATI-309.

WLW, CINCINNATI-423. MLS, CHICAGO—345.

m.—Emerson, organist.—Centennial church orchestra-rtet. Bloomington. KYW, CHICAGO—536.

WGN, CHICAGO-370. WFAA, DALLAS-476.

p.m.—First M. E. churc p.m.—Midnight frolics.

cific Coast Standard Time.) KGO, OAKLAND-312, m.—Bible class a.m.—Tenth avenue church p.m.—Little Symphony orchestra p.m.—Tenth avenue Baptis

KPO, SAN FRANCISCO-423. m.—Seiger's orchestra. KGW, PORTLAND—492.