

Wall Paper

Our spring stock, now opening, is replete with newest patterns and colorings for all kind of rooms.

O. B. GRAVES,
222 Dundas Street.

ELECTRIC Lighted HOUSES

are always brighter and more cheerful than those lighted by gas. It gives a soft, white, powerful light, and "lights up" the furnishings of a room wonderfully. Best to read by. The current cost, 10c. Phone 343 and our representative will call and give further particulars.

LONDON ELECTRIC CO.
309 Richmond Street.

Have You Stopped Baking?
IF SO, TRY OUR

HOME-MADE BREAD

You will find it easily digested and the flavor delicious. Guaranteed pure and wholesome.

DEAN & CO., 547 Hamilton Road.

Wall Paper

Our spring stock is now in and includes all the newest designs from the best makers. Get your Papering and Painting done before the rush starts.

H. & C. COLERICK,
443 Richmond Street.

Nature's Blood Purifier.

At this season of the year you must have something to make you feel well. Emerson's Sarsaparilla does all this. 100 doses 75c.

N. W. Emerson, Druggist
130 Dundas Street.

James F. Hunt & Sons

Bed and Mattress Cleaning Factory. We have New Mattresses, Feather Pillows, Cushions, Brass and Iron Bedsteads, sold by the pound. Ticks filled with feathers. Upholstering and repairing. Stoves bought and sold. 693 Richmond Street North. Telephone 692.

Conditions in the flooded sections of Louisiana, Mississippi and Alabama show some improvement, but the relief experienced is slight, because of difficulties of railroad communication.

TO CURE A COLD IN ONE DAY.
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure 25c. E. W. Groves' signature is on each box.

The ice on the Saskatchewan at Edmonton moved out on Friday, the earliest in years.

Mrs. Winslow's Soothing Syrup.
Has been used for over FIFTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE SLEEPING, WITH PERFECT SUCCESS. IT SOOTHES THE CHILD, PERFECTS THE GUMS, ALLEVIATES ALL PAIN, CURES WIND COLIC, and is the best remedy for DIARRHEA. Sold by Druggists in every part of the world. Be sure and ask for Winslow's Soothing Syrup, and take no other kind. Twenty-five cents a bottle.

Panama, Mexico, one of the most important trading towns on the east coast of the Republic of Mexico, 60 miles west of Tampico, has been entirely destroyed by fire. Panama is a town of 11,000 people. The loss is estimated at \$2,225,000.

To Save Her Child.
From frightful disfigurement Mrs. Annie Gallagher, of LaGrange, Ga., applied Bucklen's Arnica Salve to great sores on her head and face, and writes its quick cure exceeded all her hopes. It works wonders in Sores, Bruises, Skin Eruptions, Cuts, Burns, Scalds and Piles. 50c. Guaranteed by W. T. Strong & Co., druggists.

At Lockport, N. Y., William J. Jones received a verdict of \$3,000 against the Niagara Junction Railway Company for injuries received while in its employ.

LAXA-CARA cathartic tablets are an old and well recommended remedy for constipation and evils arising from disordered stomach and impure blood. At druggists, 25 cents.

There is nothing perfectly secure but poverty.—Longfellow.

A life of pleasure is the most unpleasing life in the world.—Goldsmith.

The great lung healer is found in that excellent medicine sold as Bickel's Anti-Consumptive Syrup. It soothes and diminishes the sensibility of the membranes of the throat and air passages, and is a sovereign remedy for all coughs, colds, hoarseness, pain or soreness of the chest, bronchitis, etc.

Foot Elm

cures tender feet, and prevents sweating. Mr. Schiller, White, Ont., says: "I would give \$5 a box for it rather than not get it." It's only 25 cents.

STOTT & JURY, Bowmanville, Ont.

Graham's "Bobs."

The Latest Collar,
Three Heights—2-inch, 2½-inch, 2¾-inch. Your Choice—

Two for 25 Cents.

GRAHAM BROS.

METEOROLOGICAL

Toronto, April 24—8 p.m.—High pressure from the northward has spread over the lake region and the Ottawa and St. Lawrence Valleys, indicating a continuance of the prevailing fine weather. Minimum and maximum temperatures: Victoria, 44—53; Kamloops, 44—58; Calgary, 28—36; Qu'Appelle, 40—74; Winnipeg, 42—78; Port Arthur, 26—56; Parry Sound, 36—64; Toronto, 46—62; Ottawa, 38—60; Montreal, 38—54; Quebec, 32—46; Halifax, 38—56.

Local temperature: The highest and lowest readings of the thermometer at the Observatory on Tuesday, April 24, 1900, were—Highest, 70; lowest, 39. Today the sun rose at 5:20 a.m.; it set at 7:12 p.m. The moon rose at 2:57 a.m., and sets at 3:15 p.m.

Bedding Plants!

Order before the rush. We have all the varieties—finely grown.

GAMMAGE & SONS.

Dr. John Hutehison,

DENTIST.
Office and residence 214 Dundas Street. Phone 1872. Gold work a specialty.

London Advertiser.

A LOCAL BUDGET

If it be true, as some sage folks have dared to say, That Shakespeare was a freak of nature on a spree, I wish the dame might lose her mind again some day. And play a prank or two of like import with me.

—Wm. Thompson, of the Canadian Express Company, is visiting his parents at Barrie.

—Lieut.-Col. A. M. Smith, of the Seventh Battalion, returned home from New York yesterday noon.

—Messrs. George Cameron and Albert Butler, of this city, left yesterday for Winnipeg, where they intend remaining.

—The following Londoners were in Sarnia yesterday: G. H. Belton, C. W. Nichol, G. S. Craig and F. A. Fitzgerald.

—The man who keeps hens and his neighbor next door who has a garden are getting worked up for their annual row.

—Mr. George McHattie, of Montreal, and of Mechanical Superintendent McHattie, of the G. T. R., is here on a short visit.

—The funeral (private) of the late Wm. Turville takes place from the family residence, 128 Central avenue, at 2:30 p.m. tomorrow.

—Mr. C. W. Hopkins, 69 Blackfriars street, has returned home from a visit to Collingwood, accompanied by his cousin, Miss Myrtle Jackson.

—Mr. John Callender, of York street, who has been recuperating his health in Colorado and Arizona for several months, returned home yesterday.

—Lieut. Winfield Brewster, of Hespeler, Capt. Genet and Sergis, Cole and Waithead, of Brantford, will report shortly at the barracks for a short course.

—Mr. E. B. McDermid, formerly book-keeper with John C. Green & Co., of this city, now with the Duncan Mines Company, of Nelson, M. C., has been appointed auditor for that city.

—Rev. Dr. Johnston took with him to New York, to be cabled to India, the Y. M. C. A. contribution of \$1.10, and that of the Hope Sunday school, West London, amounting to \$4. for the Indian famine fund.

—Peterboro Review: A representative of the George H. Heaman Mining Company, of London, is in town endeavoring to place one of their watering carts with the town and another with the village.

—At the annual camp on Carling's Heights this summer the men will be allowed to wear broad-brimmed straw hats and cotton blouses, instead of heavy tunics, besides other concessions in the matter of dress, in order that they may be as comfortable as possible.

—Percy Moore, of this city, formerly a student with Dr. Ziegler, and who passed his final examination last week, was the youngest graduate in the class. He passed the third highest in the province, and first of those from this city. Mr. Moore is to be congratulated on going together with such honors.

—Miss Daisy Dixon, of the trading stamp office, has, owing to illness, been granted two weeks' holidays, which she will spend with her mother, Mrs. Phillips, of the head office, Toronto, has been sent here to take charge during her absence.

—J. H. McFadden has been appointed city passenger agent at Duluth for the Northern Pacific Railroad. He resigned the position of traveling freight agent of the Duluth, South Shore and Atlantic Railroad to accept the new position, upon the duties of which he enters at once. His father formerly lived in this city.

—Pte. Woodward, with the first Canadian contingent, has sent his aunt, Mrs. Locke, Elmwood avenue, city, one of the chocolate boxes presented by the Queen to her soldiers. The box contained a number of bullets and shells picked up on the battlefield at Belmonville, together with a number of small ostrich feathers. Pte. Woodward was still in the hospital at Wymberg at time of writing.

3 BOOKS

That are being talked about.

"To Have and To Hold," By Mary Johnston.

"Joan of the Sword Hand," By Crockett.

"From Cape Town to Ladysmith," By Steevens.

Can be had at

ANDERSON'S.

See our society and office stationery.

More and More

popular every day is the Palace Cafe. Lunches and meals served at all hours. Business men's dinner from 12 to 1:30 o'clock—25c.

Richmond Street, Opp. City Hall.

—An iron railing has been placed across the boulevard on the north side of Dundas street, midway between Wellington and Waterloo streets. This boulevard is much used by bicyclists, as it offers a smoother surface to ride over than the block-paved roadway, and already several riders have come into violent contact with the new obstruction that now bars their way.

—On Thursday, the 28th inst., a grand benefit entertainment will be held in the Woodstock Opera House, given by the mayor and council and citizens of Woodstock, in aid of the boys of the Oxford Rifles now serving in South Africa. By request of the committee in charge, Mr. James S. McDougall's dramatic company are going down to put on the comedy-drama, "All for Love."

—The members of the board of works, Engineer, Graydon Manager, Cart, Vice-President Smallman and County Commissioner Talbot made a tour of the street railway system yesterday afternoon in a special car, en route to Springbank and Pottersburg lines. The track allowances were found to be in a generally good condition. A visit was made to the sewer farm properties near Woodland Cemetery.

—The West Baden Journal has the following complimentary reference to Mr. Alex. Harper, an old London boy: "Alex. Harper is a special case, a regular visitor, came in Saturday evening for a course of the waters. Mr. Harper is an exceedingly clever, bright and sociable gentleman, a man of business qualifications, and is an expert accountant of the Chicago City Hall, which position he has worthily held for a long time."

—Mr. Alfred Taylor, who leaves today for Hamilton, was yesterday afternoon presented with a gold-headed umbrella, suitably inscribed, by the staff of the firm here. Mr. Gibson, who succeeds Mr. Taylor as manager, in a short informal speech, voiced the esteem in which Mr. Taylor had been held by the staff of the firm.

—The following young men are writing on the London entrance examinations, which are being held at the First Methodist Church, St. Thomas: Fourth year, A. O. Alexander, Iona; W. E. Millson, Lambeth. Third year, J. P. Knight, Jonestown; C. W. Morrow, Florence. Second year, A. Bond, Pelee Island; J. E. Hunter, Berville; Ralph Steele, Dorchester. First year, Harvey Kendall, Sheddsville; A. Walden, Edwy's Mills; Anson Moore, Inwood; Clayton Moorehouse, Dunbrunne; and Thomas Philips, Elmville.

—The closing meeting of St. George's Literary Society of West London, which held last evening, and a most enjoyable time was spent. The last edition of their paper was read by the editors, Mr. Wm. Kennedy, Mr. G. B. Lloyd, and Mr. W. M. Phillips, who were followed by Mr. E. Parsons, and a speech by Rev. G. B. Lloyd, president. After which, the rector leading, the gentlemen escorted the ladies to an adjoining room, where a pleasant supper was awaiting them. The supper was tastefully decorated with flags, flowers, etc., and the tables were laden with good things. The meeting closed at a late hour.

—The attraction of the Auditorium Saturday afternoon and evening will be the wonderful biography, presenting life motion pictures of the Boer war. The exhibition includes the latest pictures actually taken on the battlefields, comprising a battle at Modder River, the charge of the Fifth Lancers, a captured Boer supply train crossing the Modder River, removing wounded soldiers from the Red Cross train at Durban, a detachment of the Royal Artillery firing the big 4.7 inch gun during the bombardment of Cradock's laager, and many other interesting scenes, promising to make it the best exhibition of its kind ever visiting London.

—The local suit of Waters vs. Manigault was taken up in the supreme court in Ottawa, and counsel for respondent took an objection to the jurisdiction. The proceeding were by appeal from an order made by the court in London, upon a motion for judgment made by the respondent, which would bring water down and injure appellant's land. The court held that the case did not involve any question of title to land or otherwise come within the operation of the act respecting Ontario appeals, and the appeal was quashed with costs of a motion, the court refusing costs of the appeal, as a motion could have been made to quash before the expense of printing the case was incurred. Folmes, of Chatham, for the appellant; Stuart, of London, for respondent.

—A concert was given last night in the Home for Incurables before a large audience, the proceeds being devoted to the building fund. Three occupants of the home, Mrs. Bloy, Mrs. McDiarmid and Mr. Alex. Lowry, assisted in the program. The program consisted of the opening hymn and the closing chorus of "God Save the Queen."

Mrs. C. B. Hunt was accompanied, Mr. C. F. Compin, who presided, introduced the following program: Solo, Barry Said, "Row, Boatman, Row," Miss Pickard, Miss Noble, Mr. Stockwell and Mr. Win. "I Want To Be a Soldier," Jean Lockhart; solo, "I'll Wait, My Love," Mrs. Bloy; pole drill, music by Bright brothers, by the girls of Mr. Bloy's class; solo, "The Banks of Loch Lomond," Miss Noble; sol, Jean Lockhart; solo, "Her Majesty," Miss Pickard; solo, "Oh, Happy Day," Mr. Winnet; duet, Mrs. Bloy and McDiarmid; quartet, Messrs. Stockwell and Winnet; Misses Pickard and Noble; banjo and autoharp selection, Bright brothers; duet, "Soldiers of the Queen," Miss

Jellied Apricots

are delicious. They're prepared from the finest selected fruit.

25c pound.

California Prunes

The finest packed. These prunes are prepared in a special way, making them retain much of their natural flavor.

2 pounds for 25c.

T. A. Rowat & Co.,
224 Dundas Street. Phone 317.

When You Need Footwear

next time, come to the

Bargain Shoe Store,

143 Dundas Street.

The question as to which got into this mundane sphere first, the hen or the egg, is still unsettled, but the FACT that up-to-date, correct style and durable

Boots and Shoes

for Men, Women, Boys and Girls, may be purchased here for at least 20 per cent less than elsewhere. Has Been Well Settled by our customers for the past two years.

See Our Men's \$2, \$3, \$3.50, and \$4 Shoes.

F. A. Brown

Pickard and Mr. Stockwell; solo, "The Maple Leaf," Mr. Winnet; duet, "Domestic Trouble," Mrs. Bloy and Mr. Ernest Bloy; duet, "On the Banks of the Wabash," Miss Pickard and Miss Noble; solo, "Buck Joe," Mr. Alex. Lowry. At the conclusion a vote of thanks was extended by Mrs. Carrara to those who assisted in the program.

A circular has been issued by the department of education announcing that the drawing examinations in art schools, ladies' colleges, public libraries and public and high schools will be as follows: Thursday, April 26—Advanced course, drawing from flowers, shading from the round, industrial design, shading from flat examples; mechanical course, machine drawing. Friday, April 27—Advanced course, outline from the round; primary course, freehand drawing, model drawing, mechanical course, building construction. Saturday, April 28—Primary course, practical geometry, linear perspective, blackboard or memory drawing, mechanical course, advanced perspective and advanced geometry; gold medal competition, original design for gold medal. In the event of a pupil being unable to attend on the timetable, for shading from flat examples (advanced course) on April 26, and for freehand and model drawing (primary course) on April 27, the presiding examiner may conduct the examinations in either of the subjects at any time most suitable to the candidate from April 26 to 28.

SALE OF CONFISCATED GAME BIRDS.

About two dozen sports were assembled in the driving shed at police headquarters yesterday afternoon, when the fourteen game cocks captured by the police at Wm. Watson's, on Regent street, Good Friday, were sold by auction. Police Court Clerk Moule acted as auctioneer, and Detective Nickle displayed the birds in a manner that showed off their best points. The bidding was not brisk, the minimum price being 50 cents and the maximum \$2. The total amount realized was \$12.70. Most of the birds were acquired by the original owners, Wm. Watson and James Murphy.

—W. Caven Barron, Miss Moore and Miss Patterson, of the Conservatory of Music, gave a recital at Woodstock on Monday evening, under the auspices of the Woman's Music Club there, S. A. SPECIAL MEETINGS.

The Salvation Army's special meetings are most successful. Yesterday three sessions of the council were held. In the morning the work of the district officers was considered, and the following papers were read: "Special Efforts," by Adjutant Orchard, of Stratford; "Furloughs," by Adjutant Blackburn, of Petrolia; "Junior Work," by Adjutant McAmmond, of Brantford; "Local Officers," by Adjutant McHarg, of Simcoe; "A Successful Soul-Winner," by Adjutant Coombes, of Chatham; "Health and How to Maintain It," by Ensign Wakefield, of London. In the afternoon Major McMillan and Staff Captain Phillips considered the matter of more reliable support being extended to the

Healthy Brains move the world.

Keep them healthy by

Grape-Nuts Food.

There is a reason,

but never mind that.

Prove it by use.

Welland Vale

Bicycles

(Perfect, Garden City and Dominion) excel in quality and finish. Fully guaranteed. Ladies' Dominion Bicycles—special bargains to unload.

STRINGER'S,

155 KING STREET.
Branch Showrooms—574½ Richmond St. Mt. St.

officers. At the evening session it was decided to change the time of the self-denial week from the fall to the latter part of May or early in June. The money thus obtained will be devoted this year to the officers pension fund, and the Indian famine fund. Two sessions will be held today, and tonight, farewell meeting will be held for the officers of the different appointments.

Y. M. C. A. DIRECTORS MEET.
The meeting of the Y. M. C. A. board of directors was held last night, and it was decided to proceed at once with the work on the athletic field. The members have devised a plan to help raise the necessary funds. One hundred and fifty dollars will be spent at once, and probably a larger sum at some future date. Baseball practice will commence on Friday night. Mr. COL. STACEY PROMOTED.

St. Thomas Times: Lieut.-Col. John Stacey, commander of the 25th Battalion, will return home from Ottawa this afternoon, and in his inside pocket he will have tucked away a nice appointment. The minister of militia has recognized the abilities of Col. Stacey as a military man, and has appointed him, it is understood, major of No. 1 district. He will probably have his headquarters in London. The position is worth about \$2,000 a year.

HAYES—HARRIS.
—The marriage of W. H. Hayes, manager of the Bell Telephone Company at Windsor, to Miss Stella Harris, takes place today, at the residence of the bride's parents, Pullman, Ill. Both the young people are well known in London, and many friends here will wish them every happiness and prosperity in their future life. Miss Harris up to two months ago was employed in the exchange office of the Bell Company here, and Mr. Hayes was for eight years chief operator at the office here, leaving a year ago to take the management of the Windsor office. Mr. and Mrs. Hayes will spend a part of their honeymoon in this city with the groom's mother, Mrs. Hayes, William street.

OAK HALL'S NEW MANAGER.
Mr. Wm. Gibson, of Oak Hall, has been promoted to the management of that establishment, a position left vacant by the removal of Mr. Taylor to Hamilton. Mr. Gibson has been connected with the staff of Oak Hall since its establishment here over twelve years ago, and his experience during that time has served to acquaint him with every detail of the business and familiarize him with the wants of his customers. Mr. Gibson will at all times be found ready to welcome his old friends to Oak Hall, where from the large and up-to-date stock carried all the wants of the clothing buyer can be supplied. The label of the W. E. Sanford Manufacturing Company is a sufficient guarantee of the quality of the goods.

BUSY BEES ENTERTAINMENT.
Wesley Hall was well filled last night, when an entertainment, presided over by Mr. Thomas McCormick, assisted by Mr. Gregston, was given by the Busy Bees. The proceeds were to defray the expense of decorating the large arch in the Sunday school room. The following programme was introduced: Singing, "We Are Little Soldiers," Busy Bees; presentation of motto text to the trustees, by Willie Mann, Dorothy Belton, George W. Little; dedicatory hymn, "If Ye Love Me," Busy Bees; recitation, "Christmas Time," E. Nellis Mann; quartet, "We Are Little Missionaries," four Busy Bees; recitation, "Dorothy's Lesson," Edith Greig; kindergarten song, "Little Raindrops," Busy Bees; recitation, "My Sick Dolly," Hilda Tume; recitation, Hazel Cole; recitation, "The Dolly's Funeral," Dithel Teasdale; solo, "I'd Like to Be Like Graham," May Graham; recitation, "Two Pictures," Lily Stratton; duet, "Tenting on the Old Camp Ground," Eva and Lily Harding; solo, "Little Black Man," Stella McConnell; recitation, "Dorothy's Opinion," Dorothy Belton; kindergarten song, Busy Bee song, Busy Bees; solo, "While the Village Bell Was Tolling," Ruby Sussex; recitation, Kate Tume; solo, "Little Mischief," Myrtle Poole; recitation, "Angry Rosie," Edith Stillson; solo, "Loved and Saved," Mrs. S. Bell Gilles; recitation, E. Madeline Gustin; solo, "Ride, Britannia," Mr. Newton Large; solo, "Her Majesty," Miss Fowler. Short addresses were also given by the pastor, Rev. Dr. Smith, and Mr. McCormick.

NARROW ESCAPE

Of an Ohio Man From Marrying His Own Daughter.

Toledo, O., April 25.—But for the accidental discovery of his dead wife's picture in his affianced wife's photograph album, Adam Cordiff, a middle-aged farm hand, living near Hopedale, Harrison county, would have been married, within 24 hours, to his own daughter.

Cordiff, when a young man, left home and worked for peach grower named Cole in New Jersey. Cordiff fell in love with Cole's only daughter, and against parental protests they were secretly married. Two weeks later the marriage was discovered and Cordiff was obliged to leave the neighborhood. The young man went to Jefferson county, Ohio, and wrote repeatedly to his wife, but could get no answer. Six months after he learned that Cole had become insolvent and that Mrs. Cole was dead. Within two weeks he received information of the birth of a baby girl and the death of his wife. The child, he heard, had been adopted by a Mrs. Cole, of Baltimore, Md. He found money enough to go on a search for his child, but failed to find her.

Four years ago Cordiff answered an advertisement in a matrimonial paper from a young woman in Charleston, W. Va., and a four years' correspondence ensued. Cordiff says that he was strangely moved by the letters he received. He went to see the young woman, and the impression deepened. They were engaged and the wedding was set for this month.

On the evening before the ceremony Cordiff was sitting in an album, looking at the portraits in an album. He was surprised into a sharp exclamation by seeing the picture of his wife, dead for more than eighteen years. Miss Cole, noticing the exclamation, said:

"That is my mother; she has been dead many years."

Then the whole story came out. Cordiff has returned to his home near Hopedale, where he hopes his daughter will come to make a home for him. Miss Cole, or Miss Cordiff, as she now is called, has not yet decided to leave her adopted home.

Worms cause feverishness, moaning and restlessness during sleep. Mother Graves' Worm Exterminator is pleasant, sure and effectual. If your druggist has none in stock, get him to procure it for you.

THE SWELL

GOVERT TOP COATS

bearing the Fit Reform

label are unequalled for style and service. We start with a splendid quality Govert Top Coat, made in a fashionable length, lined with English Beatrice Twill, and beautifully tailored, at

\$10.00.

Finer qualities in various shades of tan, olive, gray, and brown, with silk and mohair sleeve linings, at

\$12.00, \$15.00 and \$18.00.

These garments are ready-to-wear at once, and you will find them equal to any that you can have made to measure at your tailor's at double the price.

Fit-Reform Wardrobe,

ROBERT M. BURNS.

180 Dundas Street, - - - London, Ont.

WHERE YOUR MONEY GOES

Trout Lake, B.C., April 12, 1900.

Received of A. E. Welch, Managing Director of the Scottish Canadian Mining and Dev., the sum of \$882.75, being the balance in full due James Jordan for 1904 feet of tunnel work.

(Signed), J. W. WESTFALL, Supt.

Our mine advices are in this morning. If you are interested call. We have good news.

The Scottish Canadian Mining & Development Co. of B. C. Limited. Phone 1090. A. E. Welch, Manager, 207 Dundas St., London, Ont. Stock Not Subject to Calls.

A STOVE IN YOUR STOMACH

Ask your family physician's advice as to the effect of eating oatmeal in summer, and he will at once tell you that oatmeal is overheating for the blood, that it is as bad as having a stove in your stomach, and that wheat foods are best. Ask him what wheat foods to use and he will unhesitatingly answer that our GRANOSE and GRANOLA are unequalled for summer breakfast foods. A course of their use will strengthen and invigorate the system and rebuild the wasted tissues of the body. It is your duty to yourself and your family to try these foods. Dr. Arnott, one of London's well-known physicians, who has been a patient at the Sanitarium says:

It gives me pleasure to state that I have visited the Battle Creek Manufactory of Health Foods, and observed the care and cleanliness with which they are prepared. I can safely say that their various products are as represented, and worthy of the confidence of the public. Their GRANOSE BISCUIT is the best general food cure that I know of for constipation, and their GRANOLA is very valuable for those who cannot use the ordinary porridges. Respectfully, H. ARNOTT, M.D.

A Postcard to Us Brings You Particulars.

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Battle Creek Sanitarium Health Food Co.,