

Don't Forget!

An eminent physician lays down these simple rules for better health:

- 1.—Drink a great deal of water.
- 2.—Eat very much more slowly.
- 3.—Always chew your food well.
- 4.—Be sure to have plenty of chewing gum on hand. Begin chewing shortly after the meal and chew until all "fullness" disappears from the region of the belt.

Be sure of the Perfect Gum in the Perfect Package—made clean, kept clean—sealed airtight:

WRIGLEY'S

(Two Flavors)



MADE IN CANADA

Wm. Wrigley Jr. Co., Ltd., Toronto

after every meal

has the flavor of mint leaves.

has the new double strength Peppermint flavor.

C12

BELIEVE SOURCE LIES IN BAKERY

Outbreak of Spinal Meningitis May Have Originated Where Bread is Made.

SUPPLIES FROM OUTSIDE

No More Baking Until Matter is Fully Investigated by Officials.

While nothing definite has been ascertained there is good reason to believe that the source of the outbreak of spinal meningitis has been discovered in the field bakery. Operations in this department have been suspended and the bread supply for the camp is being obtained from outside sources. How long it will be necessary to do this is not certain, but the men are being kept under close supervision. Owing to the seriousness of the outbreak night operations have been abandoned. Seven cases have now been reported, one of which has proved fatal. Private Benjamin Matheson, No. 2 Company of the 19th Battalion, being the first to die from the disease. The funeral will be held privately from his home at 36 Vermont avenue this afternoon. It will be attended by two platoons from No. 2 Company of the 19th, to which he belonged. Six of the soldiers will act as pall-bearers. Rev. W. L. H. Rowland of Avenue Road Presbyterian Church will officiate. Interment will be made at Prospect Cemetery.

Others Doing Well. It was reported late yesterday afternoon that all the other cases are progressing as favorably as can be expected. Lieut.-Col. J. T. Fotheringham paid a visit to the General Hospital where he found the condition of the men satisfactory. Two more detachments have been placed in the isolation camp on Strachan avenue as a result of the two additional cases discovered.

Trench Digging. During next week the troops will be given instructions in trench-digging. The men will be taken in companies, each taking half an hour. Fire trenches and all the other types will be tried out under the direction of officers on the warren common.

Major F. C. McCordick, now with the 19th Battalion, has been recommended to command an infantry battalion of the third contingent. His appointment is being considered by the militia department at Ottawa.

Private Robert McDonald of the Scots Guards adds to the list of Toronto men who have been killed in action. The news was received by his brother at 678 Lansdowne avenue. He was a reservist and rejoined his regiment at the outbreak of the war. He was killed in action on December 19. Target practice for the artillery will commence at 10 o'clock this morning.

WHOLESALE DRUGGISTS PROTEST AGAINST TAX

Will Wait on Finance Minister on Monday to Ask Consideration.

Canadian Press Despatch. MONTREAL, Feb. 19.—Deputations representing the wholesale druggists and the patent medicine dealers of Montreal, as well as of Toronto and other cities, will wait on the minister of finance at Ottawa on Monday to enter a protest against the war tax on patent medicines. The druggists claim that in the new war tax they are being called upon to bear more than their fair share of the extra revenue to be raised.

COAT-OF-ARMS SPOONS For World Readers

Coupons Tomorrow

Tomorrow, Sunday, comes the big opening announcement in the Sunday World of the greatest spoon offer ever made in Toronto.

Newspapers report wonderful public interest. Thousands of reservations for The Sunday World have been made. Most news stands will be sold out early.

Buy a Spoon for the Lad at the Front

He'll be glad to receive such a useful, beautiful and patriotic gift. He'll be proud to show it to his overseas friends.

Read in To-morrow's Sunday World how easily you can secure the entire set of 11 stunning spoons

MADE IN CANADA

by the World Famous Silversmiths

WM. ROGERS & SON

in their Canadian plant at Niagara Falls, Ont., by Canadians for Canadians.

The Complete series of 11 spoons—Dominion and Provincial Coat-of-Arms—add new interest to the Table Silverware

50 penny-weight of pure silver to the gross on 18 per cent. nickel base. The name WM. ROGERS & SON on the back is guarantee of the extra heavy—extra durable plate of Pure Silver. Patterns extra-heavy deep cut. They'll be snapped up like hot cakes.

A SPOON FOR EVERY PROVINCE
A SPOON FOR EVERY WEEK
A SPOON FOR EVERY READER

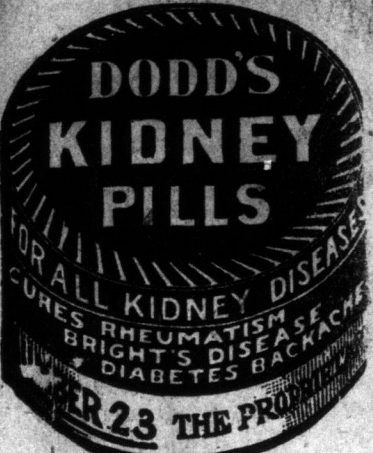
Name on Every Spoon. Guarantee With Every Spoon

CANADIAN SOUVENIR SPOON CO.
WORLD BUILDING, TORONTO, ONTARIO, CANADA

Clip "Dominion" Spoon Coupon in Tonight's Sunday World

INSURANCE INSTITUTE.

The regular monthly dinner of the Insurance Institute of Toronto, was held last evening in Dunlop's Hotel. M. F. Langstaff spoke on the subject of "Collateral Reading," and was followed by I. H. Ewart with a paper on "Plate Glass Insurance."



BIG EXPENDITURES LAURIER LEGACIES

Railway and Other Obligations Involve Outlay of Many Millions.

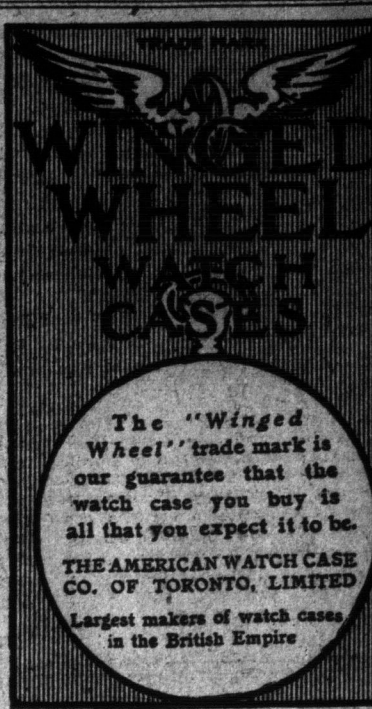
By a Staff Reporter. OTTAWA, Feb. 19.—In view of criticism that is being made, of the expenditures of the government since it came into power in 1911, it is felt that it is only justice to the government to make clear that a very large part of these expenditures have been made on works that were undertaken by the late government. For the last four years these expenditures include the following amounts: National Transcontinental Railway, \$55,000,000; Hudson Bay Railway, \$9,000,000; Quebec bridge, \$10,000,000, making a total of \$75,000,000. G.T.P. Obligations. Moreover, as a result of the implementing clause in the G.T.P. contract,

the finance minister has had to pay \$5,000,000, besides spending \$35,000,000 on G.T.P. guaranteed debentures, and afterwards lending the G.T.P. \$15,000,000. For these various purposes, legacies of the late government, the minister of finance has had to find a total of \$175,000,000. And as the large works referred to are unfinished, the government will still have to spend considerable sums on them at a time when there are other heavy demands on the finances of the country.

BOARDS OF TRADE TO HOLD SESSIONS

Representatives From Associate Bodies in Ontario Will Be on Hand for Annual Event.

Opening ceremonies in connection with the annual meeting of the Ontario Associated Boards of Trade will take place Thursday at 11 a.m. in the local board of trade assembly room. Sessions will be held Thursday and Friday, and it is expected that Hon. W. H. Hearst and Mayor Church will welcome the various delegates. Thursday evening a banquet will be held.



The "Winged Wheel" trade mark is our guarantee that the watch case you buy is all that you expect it to be. THE AMERICAN WATCH CASE CO. OF TORONTO, LIMITED. Largest makers of watch cases in the British Empire.

PATRIOTIC ADDRESSES TO MASONIC CHAPTER

St. Andrew and St. John Chapter R.A.M., held a patriotic night in the Temple Building last night. Patriotic addresses were given by Henry T. Smith, and A. G. Horwood, E. D. Grant and W. H. Shaw. Several communications were read from Masons who were at present at the front and a musical program was given. Visiting companions from King Solomon and St. Patrick's were guests.

MANCHESTER STEAMER SIGHTS HUGE ICEBERG

Canadian Press Despatch. NEW YORK, Feb. 19.—An iceberg, 110 feet high and 200 feet long, was sighted by Capt. Johnson of the S.S. Lackawanna, which arrived tonight from Manchester, Eng. The berg was one of a group of five in the midst of a field of ice into which the Lackawanna ran on Feb. 14 in latitude 46, longitude 47.19. The steamer cleared the field in latitude 45.18, longitude 49.42.

That Son-in-Law of Pa's

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By G. H. Wellington