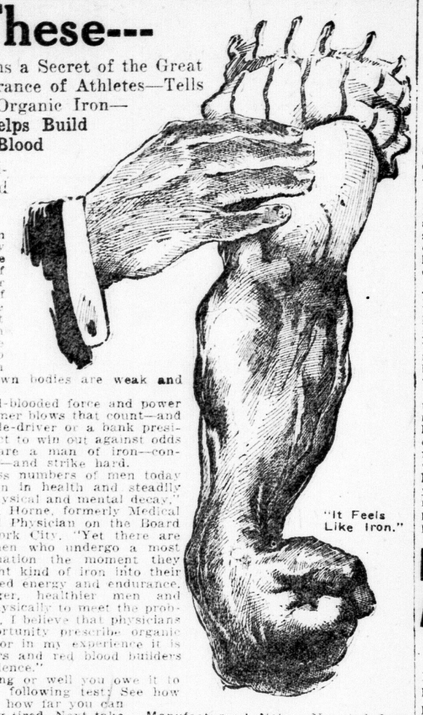
Is Iron In the Blood That Makes Iron Muscles Like These---

Physician Explains a Secret of the Great Power and Endurance of Athletes—Tells How Organic Iron—Nuxated Iron Helps Build Rich, Red Blood That Gives Physical Strength and Energy.



"It Feels Like Iron."

To touch the arm of a strong, sturdy man—to feel the steel-like firmness of those muscular sinews—to think of the tremendous force and power that must be behind such strength—these are thrills that come to the thin-blooded men and women whose own bodies are weak and physically unfit.

It takes men of red-blooded force and power to hit the sledge-hammer blows that count—and whether you are a pile-driver or a bank president you cannot expect to win out against odds forever, unless you are a man of iron—constantly able to strike—and strike hard.

"There are countless numbers of men today who at 40 are broken in health and steadily going downward to physical and mental decay," says Dr. John J. Van Horne, formerly Medical Inspector and Clinical Physician on the Board of Health of New York City. "Yet there are thousands of such men who undergo a most remarkable transformation the moment they get plenty of the right kind of iron into their blood, to give increased energy and endurance. To help build stronger, healthier men and women, better able physically to meet the problems of every-day life, I believe that physicians should at every opportunity prescribe organic iron—Nuxated Iron—for in my experience it is one of the best tonics and red blood builders known to medical science."

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of Nuxated Iron three times per day, after meals, for two weeks. Then test your strength again and see for yourself how much you have gained. Many an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance, which comes from having plenty of iron in the blood, while many another has gone down to inglorious defeat simply for lack of iron.

Manufacturers' Note: Nuxated Iron, which is prescribed and recommended above by physicians, is not a secret remedy, but one which is well known to druggists everywhere. Unlike the older inorganic iron products, it is easily assimilated and does not injure the teeth, make them black, nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser, or they will refund your money. It is dispensed by all good druggists.

NUXATED IRON

For Red Blood, Strength and Endurance

Your Hair Needs Danderine

Save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor and vitality. Get a 35-cent bottle of delightful "Danderine" at any drug or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs stimulating, beautifying "Danderine" to restore its life, color, brightness, abundance. Hurry, Girls!

A MIGHTY HELPING HAND

"Beat the machine and not the man" said Lord Leverhulme when asked his method of getting greater production.

Let a "London" Engine do the hard work. You'll find in it "Your RIGHT arm of Power"

You know that vertical type engines are used in all autos because they have proven best. Well, the "LONDON" is that kind of engine. No tank, no packed joints, no freezing—a compact, simple, willing worker, and a giant for power. Fully guaranteed and moderately priced.

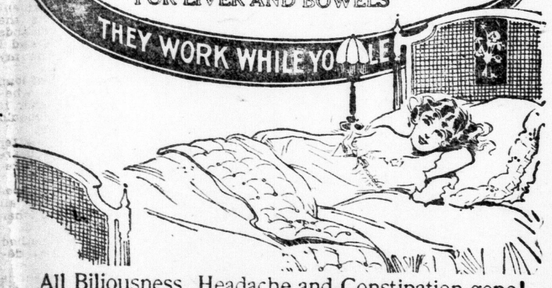
Write for Folder.

LONDON GAS POWER CO., Limited
22 York Street, London, Canada.

NEVER GRIPE OR SICKEN

Cascarets

FOR LIVER AND BOWELS



All Biliousness, Headache and Constipation gone!

Safe Milk for INFANTS and INVALIDS

Nourishing, Digestible, No Cooking.

For Infants, Invalids and Growing Children. Rich Milk, Malted Grain Extract in Powder. 1519

School and Church Leagues Show Promising Material

Juniors Nucleus Certain of Aid From These Leaguers To Build Up Strong 1921 Team.

Although the finals of the Public School League have not yet been decided, its effect on the hockey situation in the city has been obvious.

With the start of the league, a good many of the old fans, working quietly and unostentatiously, watched youngsters in the games, and without a doubt the work of the league thus far has been instrumental in making sure of junior material next year.

Some of the juniors can again play hockey next year, some of them for two more years, and Quennville, the long, lanky defence man of this year's youthful crew, for three years. Along with this encouraging news comes the news of real finds among the school boys, which assures the nucleus of a team for the season of 1920-21.

The church league, too, has contributed its share of potential junior material, and they have not been overlooked by those who have the interests of junior hockey at heart. London was never in any better shape to look forward to another season of splendid hockey possibilities than during this year, and with the coming of a new rink, the Forest City looks sure of a pin point on the hockey map of the province.

LONDON BOWLING CLUB AT ANNUAL BANQUET

The annual meeting of the London Rowing and Lawn Bowling Club, held last night at the Tecumseh House was preceded by a well-attended banquet tendered by the club. After about 75 members had catered to the inner man, the business for the coming year was taken up.

Secretary J. M. Farrow reported much progress in placing the London R. C. on the map in the way of prowess on the green, having carried off the lion's share of trophies and competitions during the past season at many tournaments throughout the province.

Treasurer W. J. Curran presented a report which denoted the healthy financial condition of the organization, having wiped off considerable indebtedness during the past year.

Chairman W. J. Ashplant of the special committee in charge of the installation of the six new greens, as well as the renovation of the many old ones, announced that the members of the club can look forward to bowling on one of the best equipped lawns in Canada during the coming season. While the new greens will not be ready to withstand much trundling until next August, it was his hope that there would be less club tournaments during the coming year and that more friendly games be put on. To this end it was decided to forego the weekly Wednesday matinees.

He also gave notice of a motion to be voted upon at the next annual meeting to increase the annual membership fee to $10 to all members.

The sporting editors of both papers were made honorary members and the annual pension of $75 was voted to Mr Richard Sparrowhawk, the veteran grounds keeper.

The officers elected were:

Honorary president, W. A. Casselman; president, W. J. Snelgrove; first vice-president, J. M. Hunt; second vice-president, Emerson Nichols; honorary secretary, J. M. Farrow; honorary treasurer, W. J. Curran; auditors, John Lochead and J. W. Griffith; house committee, W. J. Ashplant, W. Turnbull, J. S. McDougall, Edmund Weld, J. M. Farrow; special committee, E. Nichols, A. W. Fraser, J. MacPherson; bowling committee, H. V. Nichols, H. Hindmarsh, H. G. Wright, Capt. Bingle, F. St. Lawrence; membership committee, Walter Wright, A. M. Smith, Tom Jones, C. B. McLean, A. Branston, Capt. McDonald, F. St. Lawrence; tennis committee, F. Beltz, J. Lambie.

Mfrs. League Final May Be Played Monday Night

Officials Decide To Take Advantage of Any Sheet of Ice.

The sudden tightening up of the weather caused the Manufacturers' League officials to sit up and take notice last night, with the result that they decided to put on the finals between the Standard Drug and McClary teams on Monday night, unless the third flood of the river occurs.

Both teams are eager to get the affair off their minds and chests, and the decision of the executive of the league to arrange for a Monday night game strikes them both favorably.

Anything may happen from now on as far as weather is concerned, and in getting right on ice at the earliest moment, the officials of the league are apparently taking the wisest step. Whether it's played in a floor or on keen ice, the final game will average up to the winning team's form, and both are apparently satisfied to abide by that decision.

ON THE ALLEYS

MANUFACTURERS' LEAGUE.

Ford Motor Co.			
F. Hodges	191	175	168— 534
W. Wills	214	200	181— 595
L. Boyce	175	143	148— 466
Low Score	144	135	121— 400
R. Kerr	185	169	155— 509
Totals	909	822	773—2504
Lawson & Jones.			
McGowan	168	141	156— 465
Clark	172	159	172— 503
Hartry	144	135	140— 419
McGee	158	154	136— 448
Donohue	172	141	121— 440
Totals	814	736	725—2275

HYDRO LEAGUE.

Operators.			
Gilbert	157	130	125— 412
Rogers	77	94	106— 277
Dawson	171	112	102— 385
Bailey	158	203	251— 612
Low Score	83	74	77— 234
Totals	646	613	661—1920
Motors.			
Horton	175	212	161— 548
Heron	137	120	97— 354
McFadden	83	94	77— 234
Langford	159	176	161— 496
—— Gore	114	118	119— 351
Totals	663	700	615—1983
Line.			
Hamilton	82	113	119— 314
Jarvis	159	151	136— 446
Ivey	149	157	115— 421
Jarmain	74	143	105— 322
Costello	133	130	111— 374
Totals	597	694	586—1877
Waterworks.			
Wills	107	148	146— 401
Hodkinson	126	126	120— 372
Curnoe	145	111	160— 416
Hodkinson B.	139	153	107— 401
Murray	139	113	203— 495
Totals	656	693	736—2085

Standing Second Series.

	Won.	Lost.
Meter	3	0
Motor	2	1
Waterworks	2	1
Line	1	2
Operators	1	2
Sales	0	0
Accountings	0	0
Stores	0	3

ENTRIES FOR KING'S PLATE CLOSES NEXT MONDAY

Toronto, March 12.—Entries for the King's Plate, Stanley Produce Stakes, Breeders' Stakes and Maple Leaf Stakes will close with the Ontario Jockey Club next Monday. The King's Plate will be run ten weeks from tomorrow. Following are the stakes in question:

The King's Plate, $7,500 added and 50 guineas, the gift of his Majesty King George V., for 3-year-olds and upward, foaled in Ontario, 1¼ miles, to be run Saturday, May 2.

The Stanley Produce Stakes, $2,500 added, for 3-year-olds, foals of 1918, 1¼ miles.

The Breeders' Stakes, $2,000 added, for 3-year-olds, foals of 1918, foaled in Canada, 1 mile and 1 furlong.

Maple Leaf Stakes, $2,000 added, for 3-year-old fillies, foals of 1918, foaled in Canada, 1 1-16 miles.

CURES A COLD QUICK AS WINK!

Easy as Rolling Off a Log To Stop a Cough or Cold With

"CATARRHOZONE"

No more medicine for the stomach—that isn't where your cold is lodged. Just breathe in the healing vapor of **Catarrhozone**—a soothing, healing medication that acts instantly. Colds, sore throat and catarrh fairly flee before Catarrhozone.

Every spot that is congested is healed, irritation is soothed away, phlegm and secretions are cleaned out, and all symptoms of cold and catarrh are cured. Nothing so quick, so sure, so pleasant as Catarrhozone. Beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone, large size, which lasts two months, price $1.00; small size, 50c; sample size, 25c.

SIX-DAY BIKERS ARE FAR BEHIND USUAL RECORDS

In 119th Hour Seven Teams Covered 2,018 Miles Against 2,328 Record.

New York, March 12.—Seven out of eleven teams had covered 2,018 miles and 5 laps at 11 o'clock tonight, the end of the 119th hour of the six-day bicycle race at Madison Square Garden. They were: Goullet-Magin, Egg-Madden, Coburn-Kopsky, Buysse-Speissens, Kaiser-Hill, Godivier-Vannek and Dupuy-Hanley.

The record for this hour is 2,328 miles, made by McNamara and Moran in 1914.

Lang and Chapman were a lap behind the leaders, and three teams, Bello-Madonna, Bowker-Bowker and Byron-Markey, were four laps back.

PUBLIC SCHOOL LEAGUE

First of Final Championship Games Played Tonight in Westminster Rink.

The first of the final games for the championship of the Public School Hockey League will be played tonight between 6 and 7 o'clock at the Westminster Rink, between Ryerson and Riverview schools.

DUBLIN, March 12.—The police today raided the residence of Mrs. De Valera, wife of the Sinn Fein leader, in search of Countess Markievicz, Sinn Fein member of Parliament for the St. Patricks division of Dublin. They were unsuccessful, however, in the quest.

Any time of day

BAKER'S COCOA

is welcome

Do not make the mistake of thinking that cocoa is only an occasional drink. It is so valuable a food beverage, so rich in the elements of nutrition, so delicious in flavor, and so wholesome that it should be used regularly and often.

Booklet of Choice Recipes sent free.

WALTER BAKER & CO. LIMITED
ESTABLISHED 1780
MONTREAL, CANADA DORCHESTER, MASS.

Yes, the Pain goes!

The very first rub gives relief and as you massage in the healing, penetrating oils of Chamberlain's Liniment, you experience a feeling of ease, comfort, and relief, that assure you a real cure is taking place. This fine old family safeguard

Chamberlain's Liniment

has no equal for rheumatism, lumbago, neuralgia and all pains in the muscles and joints. Unequalled to rub on the throat and chest for the cure of colds and croup.

All Druggists

Everything About Cuticura Soap Suggests Efficiency

Soap, Ointment, Talcum, 25c. each. Sold everywhere. Can. Depot: Lymans, Limited, St. Paul St., Montreal.

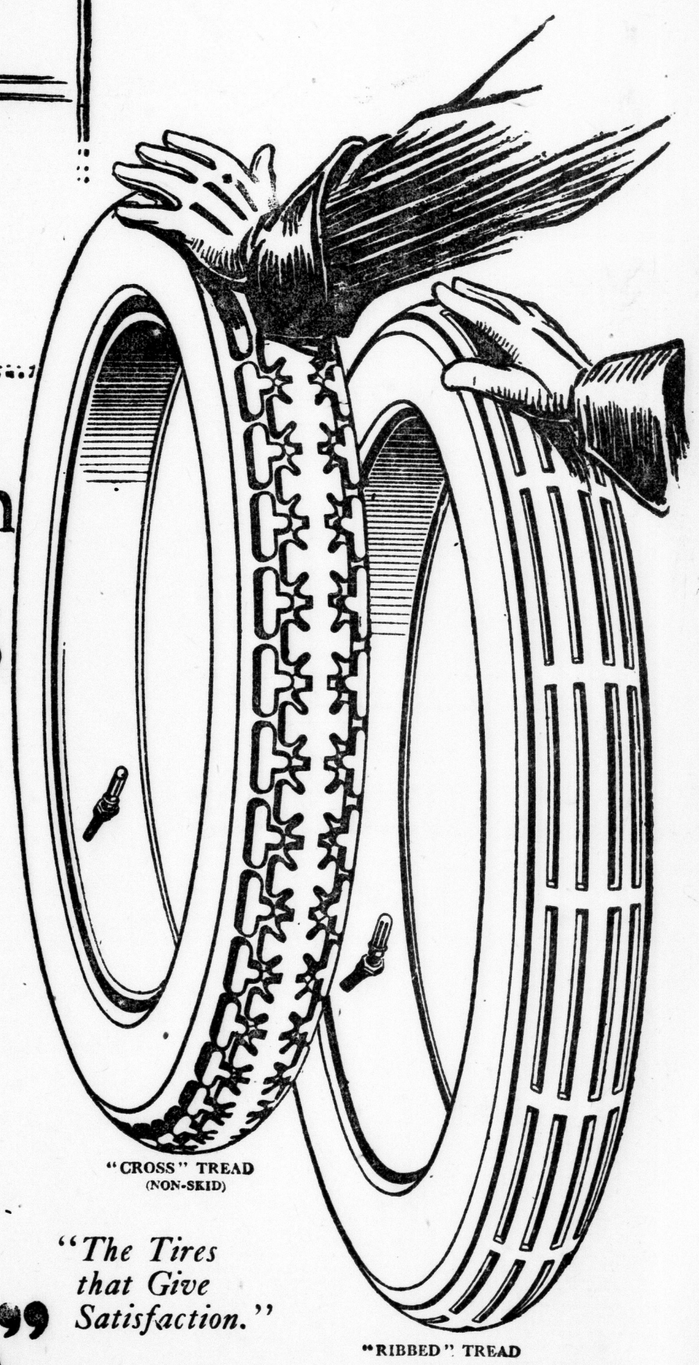
THE NEW FRENCH REMEDY.

THERAPION No. 1
THERAPION No. 2
THERAPION No. 3

No. 1 for Bladder Catarrh. No. 2 for Blood & Skin Diseases. No. 3 for Chronic Weaknesses.

SOLD BY LEADING CHEMISTS. PRICE IN ENGLAND 3s. DR. LECLERC Med. Co., Haverstock R., N.W.5, London. SEE TRADE MARKED WORD "THERAPION" IS ON BRIT. GOVT. STAMP AFFIXED TO GENUINE PACKETS.

How much do you care for your Car?



"CROSS" TREAD (NON-SKID)

"RIBBED" TREAD

Do you think enough of it to equip it with the best tires?

Every car owner is in love with his machine. It is his pal, his road comrade. He cherishes it for the jolly good times it gives him, and the valuable service he gets out of it. You love your car, don't you? Do you think enough of it to equip it with the Best Tires? Protect your car; safeguard its value to you and guarantee its continued service by fitting it out with those famous, long-mileage tires—Maltese Cross Tires—"The Tires that Give Satisfaction."

"GUTTA PERCHA" TIRES

"The Tires that Give Satisfaction."

Gutta Percha & Rubber, Limited
Head Offices and Factories TORONTO, Ont.

BRANCHES IN ALL PRINCIPAL CITIES IN CANADA