Wall Paper

A most complete and new line of artistic domestic and imported papers, in a range to suit the most fastidious.

O.B. Graves, Limited 203 Dundas Street.







10-kt, solid gold, set with doublets, from \$3.50 up. Manufactured on our

premises. WRAY'S 234 DUNDAS STREET.

R. K. COWAN

Gentlemen,—
Received your favor of March 27 re
advertising my store in the daily
papers; I will be pleased to accept
your contract. Kindly send me one
gross, assorted of your SANOL and
SANOL'S ANTI-DIABBETTES mentioned in contract, and advertise my
name as selling agent in the papers.

I will be retake the opportunity of name as selling agent in the papers. I will here take the opportunity of complimenting you upon the surprising results your two preparations have shown. Up to now you have not advertised my store in the paper, but nothwithstanding the fact. I have people coming in every day using both your preparations and telling us what wonderful results their friends have obtained from them; therefore, when a preparation is really good enough to sell on its own merits, and effect the a preparation is really good choose it is sell on its own merits, and effect the cures which several of my customers whom I could furnish the names, with out their objecting, have found. I thin it is my duty to recommend to the public such an article and will always do still the country surface of to anyone suffering from any kind kidney trouble or diabetes, and in ing so I am always confident of

uccess due to such meritorious reme ies as you have, yours very truly, DUNLOP DRUG COMPANY (Per W. S. Dunlop) Sanol Positive Cure

esults they will obtain. Trusting you will always have the

for Gall Stones, Gravel, Kidney and older Stones, Kidney Trouble and ailments of Uric Acid origin, Price SANOL'S ANTI-DIABETES has a

rd of complete cures of Diabetes, SANOL'S BLOOD SALT for any dis turbances of Digestion such as Dys-pepsia, Sour Stomach, Heartburn, Loss of Appetite, Constipation, etc.

THE SANOL MANUFACTURING CO. OF CANADA, LIMITED, 975 Main St., Winnipeg, Man. ANDERSON & NELLES,

W. T. STRONG. 184 DUNDAS STREET. TAYLOR DRUG COMPANY, 399 TALBOT STREET.

268 DUNDAS STREET

ED. WEST CHOICEST CUT FLOWERS

AND PLANTS. 249 Dundas St Phone 2187.

LONDON CONSERVATORY OF MUSIC AND SCHOOL OF ELOCUTION, LIMITED.

In affiliation with the Western University. Efficient staff of teachers, Thorough course of study. Up-to-date methods, Terms reasonable. Exams twice a year. Write for year book and curricula. F. Linforth Willgoose, Mus. Bac., principal; Lottie L. Armstrong, registers.

FOR STOMACH CURE

For indigestion, dyspepsia, heartburn, belching, sour stomach, etc., take one teaspoonful Bisurated Magnesia after eating to neutralize excess acid, which is the cause of nearly every stomach dis



TREATMENT For the liquor habit will break these shackles. A simple, safe and effective treatment.Write

or phone for particulars. NEAL INSTITUTE, 78 St. Alban's Street, TORONTO.

RESORTS, ATLANTIC CITY.

The Wiltshire Virginia avenue and Beach. Ocean view. Greatly improved. Capacity 350. Private baths. running water in rooms, elevator, etc. Music. Special. \$12.50 weekly: \$2.50 baths, running water in rooms, elevator, etc. Music. Special, \$12.50 weekly; \$2.50 up daily. Open all the year, Booklet, May19 SAMUEL ELLIS.

AWARD BIG CONTRACT.

[Canadian Press]
The Cook Com-Monireal, May 17.—The Cook Com-pany of Sudbury, Ontaric, was today (Warded the \$3,000,000 contract for enlarging Montreal's reservoir main.

LONDON AND DISTRICT

Motor League To Meet .- The Western Ontario Motor League meets to-night in the Tecumseh House to discuss matters affecting the league in his part of the province. The Ontario Motor League meets in London

Ocean Travel Brisk. - The outward as well as the inward ocean travel promises to exceed the best records. over 7,000 passengers arrived by the Canadian ports in one week on the different boats, according to reports received by F. B. Clarke, steamship agent. The number of bookings via lew York, Boston, and other ports,

Presented With Bible. - Mr. John M. Adams, of Queen's avenue, was presented with a handsome Bible Sunday afternoon at Dundas Centre Methodist Sunday school by the young ladies of his class, No. 38, on the eve of his departure for Goderich with Mrs. Adams and family. Mr. Adams was vice-president of No. 8 Club and also a member of the church choir. Gladman-Bogue. In the presence immediate friends at the home of the bride's parents, Mr. and Mrs. Jos. Nixon, 151 Oxford street west, on Satirday at 3:30, Mrs. Mary Jessie Bogue was married to Mr. Joseph George Gladman. The wedding ceremony was celebrated by Rev. Thomas H. Mitchell, B. D., of New St. James' Presbyterian Church. Mr. and Mrs. Gladman left on the 5:30 train for New York. On their return from their neymoon they will reside in Toronto Building Booming.—Building permits fere issued today to W. H. Ward for brick residence on Dundas street east to cost \$2,800; to S. R. Manness, for two brick-veneer houses on Johnston street, to cost \$1,150 each; to William McDonald, for a brick-veneer residence, to cost \$1,800, at 914 William street; to William Vaughan, for a brick-yeneer, to cost \$1,800, at 916 William street; to Taylor, for a brick-veneer, to cost at 303 Tecumseh avenue, and ne to H. E. Parker, for a brick-venee.

Still Blocking Crossings .- As the of a campaign on the part of the ce to stop the blocking of crossa number of trainmen will apin police court shortly. Numere police lately about trains blocking ossings, and although several crew ave been summoned to court and ned when found guilty, some of the way employees persist in breaking le law On several occasions the ma strate has threatened to deal severel th the next offender, and the last tw who were up were fined \$5 each me of the men to be summoned for e last infractions live in towns and ties some distance from London, and eir summonses have to be forwarded the chief constable there and served him, so that it will be several days

Place a Bible In Every Room

Commercial Travellers Form a Local Organization of the Gideons.

Organization of the Gideons.

The Gideons formed a local organi- were produced. Henderson said he got zation on Saturday evening at the YM. C. A. The Gideons are the Christian Commercial Travellers' Association Commercial Travellers' Commercial Travellers' Association Commercial Travellers' Commercial Traveller which was formed to place the that Henderson was intoxicated. Henin every hotel President, Mr. R. R. Smith; first vice-president, Mr. I. P. Marlatt; second has not yet been disposed of. Mr. Hegice-president, Mr. W. C. Clark; sec-etary-treasurer, W. E. Elliott; chap-the case is invalidated. The magistrate years ago he lost one leg when he

in, Mr. R. E. Gregory. The next meeting will be held on Saturday evening, May 31, and speakers will be present from out of town tending a convention of the superinto explain the work of the associa- tendents of training schools.

NEW MUSKOKA TRAIN.

outting on a new train from Toronto Muskoka Wharf, commencing Satarday, May 17, leaving Toronto, 10:1 a.m., daily, except Sunday, arriving Muskoka Wharf, 1:40 p.m., making direct connection with steamers for all

points on Muskoka Lakes.
A brand new train, consisting of baggage car, vestibule coaches and parlor-library-buffet car will be operated and passengers are assured of a comfortable ride along the most interesting route to Muskoka Wharf, which the original gateway to the farfamed Muskoka Lakes.

This train runs right to side of steamer at Muskoka Wharf, thus avoiding any inconvenience to passen-

Return connection is made with train leaving Muskoka Wharf at 10:45 a.m. daily except Sunday, arriving Toronto Tourist Tickets at reduced rates are

now on sale to Muskoka resorts, good for stop-over at any point and good to return until Nov. 30, 1913.
Full particulars and tickets from
Grand Trunk agents. R. E. Ruse, city passenger and tic-

TO VISIT QUEBEC

Prince Albert Is Expected at Citadel on June 5.
[Canadian Press.]

Quebec. May 17.-The Citadel vice egal quarters are being got ready for ccupation during the vi:it of Prince Albert, who is to arrive on board H. M.S. Cumberland on June 5. The Lieutenant-Governor, Sir Franis Langelier, and Mayor Drouin are making arrangements to welcome and entertain his royal highness during the week of his sojourn in Quebec.

Canadian Northern 'ATLANTIC ROYALS" Comfort for All Classes

at's the keynote of the service on the Atlantic Royals. It's the attentive regard for the comfort and pleasure of each passenger expressed in accommodation - meals - and un-to-the-minute equipment that has made the Turbine

R. M. S. ROYAL EDWARD R. M. S. ROYAL GEORGE deservedly famous among experienced travellers. Then in addition to being most modern, both are the fastest in the British-Canadian Service. But, write for descriptive booklets in colors. They're well worth reading.

Lv. Montreal. Royal George Royal Edward Royal Edward Royal Edward Royal George Tues July 1
Tues July 15
Sat. July 26
Sat. Aug. 22 Royal Edward Sat. Aug. 23 Sat. Sept. 6 Sat. Sept. 20

Ask any agent or write H C. Bourlier, general agent, 52 King street east, Toronto, CANADIAN NORTHERN STEAMSHIPS, LIMITED.

WITH IRON BAR IS

Latter Says He Threw the Bar rothers, Miss Broderick, Whealen, Miss Into Gang That Was Annoy-

Weak from loss of blood and sufferng from a deep scalp wound on the of his head, Thomas Cake, a onelegged man, who returned to this city rom Hamilton recently, staggered into ictoria Hospital Sunday afternoon and sked for treatment. He said that he ad been struck over the head with an on bar in the hands of the watchman

When he arrived at the institution face was covered with blood, and was quite weak, having walked all ne way from the rolling mills. It was hought at first that his skull was frac-Luton, of the hospital staff, it was found that such was not the case. A umber of stitches were necessary to lose the wound, and although Cake uffered considerably from loss of ood, he is reported considerably im-

he principals in the case lays a com

Both the injured man and the watch an tell different stories, the former aiming that the watchman deliberely hit him on the head and attempt

d to strike him a second time. The latter, however, says that Cake ecompanied by a number of compan-ons, came to the rolling mills Sunday fternoon, and that they annoyed him onsiderably. He ordered them off the oremises and they refused to go. Finalone of them picked up a bar of iron nd playfully threw it into the crowd, triking the watchman. He, becoming larmed, picked up the bar and threw of age, and he says that he has been that city in January, 1912. othered by gangs of men every Sunday afternoon for some time, and that special interest because of the promin-he was frightened Sunday when the ence of Mr. Wood and also because i Cake was one, refused Cake boards with his brother at 778 labor difficulties has been preferred Dufferin avenue, and has been in Ham-

ears ago he lost one leg when he was in over by a Grand Trunk freight

At tonight's meeting of the council largely-signed petition will be pre sented asking that Saturday, and not The Grand Trunk Railway System is Monday, be celebrated as Victoria Day.
The B. Y. P. U. will this evening enertain the Young People's Society of St Paul's Presbyterian Church, and the Methodist League will entertain Epworth League of Salford

The case of John Morello, charged

Miss Hodges, superintendent of the

Alexandra Hospital, is in Berlin at-

reserved his decision.

SATISFACTION GUARANTEED OR MONEY BACK.

Dermaline

Snow

374 RICHMOND ST. PHONE 1084.

Is a natural aid that nour-

ishes the skin and neutral-

izes impurities. It counteracts

the destructive work of sun,

wind and weather. Use it

daily and keep your skin

fresh and clear with all the

25 and 40 cent jars.

From Cairneross & Lawrence

Chemists and Druggists,

216 DUNDAS ST., LONDON, ONT.

Your Furs

Stored

Fined \$20 For Having

Whiskey in Dry Town

Ingersoll Man Said He Got His Supply

in Woodstock.

[Special to The Advertiser.]

case since Ingersoll passed local op-

tion was heard in the police court to-

day when Charles Henderson, colored,

appeared to answer to a charge of be-

Ingersoll, May 19. - The first liquor

natural bloom of youth.

Believed Wealthy but Died in Poverty

Death Ends Mystery of Silent House

on Broadway.

[Canadian Press.]

Yonkers, N. Y., May 19 .- In a spaous residence occupied by herself and r brother on North Broadway, a shionable residence street, Ada Dunsmbe, a middle-aged spinster, was und dead Sunday, a victim of starvaion, according to a coroner. So far as he searchers could discover there was no food in the house. The authorities stepped into the case when a physician whom S. Whitney Dunscombe, jun., 60 years old, the dead woman's brother had summoned, found Miss Dunscombe dead on a couch in her bedroom, her oody clad in mere rags, and notified the

The Dunscombe residence has been ouse of mystery to the neighbors for he twelve years since the family moved here, the blinds always being drawn, Miss Carrothers. no servants being employed, and no one ever being seen to visit the man-The officials who visited the house today reported that the costly old furniture seemed to be falling t dieces from neglect, while dust lirt had been allowed to accumulate apparently for years. Dunscombe was eticent as to himself and the family ffairs in general, only saying he would go to New Jersey to notify relatives there of his sister's death. Neighbors elieved the pair to be wealthy.

FEAR TROUBLE

Armed Party of Deputy Sheriffs Is Guarding Mine. [Canadian Press.]

Wharton, N. J., May 17. - Two hundred and fifty armed deputy sheriffs, under the command of a private detective agency in New York, guarded today the Mount Hope mine of the Empire Iron and Steel Company, and the wrecked roadbed of the little railroad leading thereto, where a strike of miners and railroad employees has been in progress for several weeks.

Daylight brought cessation of sporadic outbreaks and incipient riots, which prevailed since sunset. Five deputies are in a Morristown hospital and five ty jail in account of \$2,000 bail each. ne strikers want shorter hours and

ore pay. EDMONTON IS GROWING. [Canadian Press.]
Edmonton, Alta., May 19.—The figres of the civic census begun on May

give a population of 67,243, as against 3,611 last year. Taxicabs and carriages for every oc casion.—Hueston's Liveries.

Good Coffee Today

ls worth more money than good-coffee was a year ago. Notwithstanding that we pay more for it, we have refrained as yet from

T. A. ROWAT & CO. 250 Dundas St. Phones 3051, 3052. Wortley Rd. and Craig St. Phone 969.

HIT OVER THE HEAD CRIPPLE'S CHARGE

One-Legged Man Claims He Was Attacked by Watchman at Mills.

ing Him on Sunday.

the rolling mills.

The police have taken no action, and is not likely they will unless one of

Accounts Differ.

NINE RECOMMENDED Continued From Page One. Greek-C-G. Pearson. Ethnology-A-Miss Davidson. Second Year-Honors.

English and History (Moderns Op-ions) — III., Miss F. Munro. English and History (Classical Op-ions) — Old English — III., Miss Saunders. General Course.

Ancient History—A—R. E. Charles. B—Miss B. Fraser, F. Lewin, J. W. C. Belch. C—W. Wilkin, Miss Veda Carrothers, A. E. W. Ingram. English Composition -Liddicoatt, Charles, C. W. Cosens. B-Miss Carrothers, Lewin, Miss Still, Miss Fraser. C-Belch, P. W. Graham, English literature-A-Charles, Miss

iddicoatt. B-Cosens, Graham. Miss Carrothers and Miss Fraser, Miss Still, Ingram, Belch. French—B—Miss Liddicoatt, Cosens, Miss L. Bell and Miss Fraser, Miss Carrothers. C-Miss Still. German — B — Miss L. Bell, Miss Fraser. C—Miss Carrothers.

Hebrew-B-Charles, Graham. C-Foreman, Belch. Greek-A-Charles, B-Metcalf, C-Belch, Ryott, Hardy, Foreman. Latin — A—Charles, Cosens, Weir. B—Miss M. D. Bell. C—Miss Fraser, Miss Munro, Miss Carrothers, Belch, Graham, Ryott. Logic-A-Charles. B-Lewin, Miss

anner, Stephenson, Ingram, Simpson, Fraham, C-Miss Still, Lee, Belch and Psychology - A-Graham, Charles. Weir, Ryott. B—Lewin, Cosens, Stephenson, Belch, Miss Still, Ingram, Simpson, Miss Fraser. C—Miss Carrothers, Miss Bodkin, Wilkin. Geology—A—W. Wilkin, Miss Fra-er. B—Miss Carrothers, Miss Still.

-Miss Liddicoatt. Algeora-A-Graham. Geometry-A-Miss M. Bell, Graham. B-Miss Davidson, Tigonometry-A-Graham.

Mechanics - A-Graham, C-Little, Jerrom. First Year-Honors. English and History (Moderns Options)—I.—Miss K. Wardrope. II.—Miss M. Bell, Miss M. Weir. III.—Miss

E. Holland. English - I .- Miss Wardrope, Miss Weir. II.-Miss M. Bell. III.-Miss History-I.-Miss Weir, Miss Bell

and Miss Wardrope. II.—J. F. Weir. III.—Miss Helland, Miss Austin. French - II.-Miss M. Bell, Miss Wardrope. III.-Miss Holland, Miss Weir. German-I.—Miss Wardrope. II.—Miss Bell, Miss Weir. III.—Miss

Holland. First Year-General Course. Biology—A—W. C. Martin, Miss Weir, H. Payne, R. Bulteel, B—F. H. Paul, Miss K. Wardrope and J. H. Whealen, Miss Holland, C. M. Hallowell, Miss G. Wood, S. R. Hunt, E.

Garrett, W. F. D. Smith, E. Westby, R. Kain, C-Miss L. Foster, Miss D. ustin, G. Vrooman. English Composition - A fartin, Bulteel, Hunt. B-R. Hannah, Hallowell and Smith, Kain; Miss Foster, Paull and Whealen, C-Miss Wood, Dr. Matthews, Westby, F. G. Hardia,

English Literature-A-Martin, Bul

teel, Payne. B-Smith. Whealen, Hunt.

C-Hallowell, Miss Weed, Kain, Dr. Matthews, Miss Foster, Pauli, Hannah. French Composition—A—Miss Wood, Cosens. B—Miss Liddicoatt, Hannah, Vrooman, Dr. Matthews, W. Smith and Dr. Thomson, C-A. C. Nixon, Dr. Schram, Miss Foster. French Authors—A—Smith,

Liddicoatt, Cosens and Hannah. B-Miss Bodkin, Miss Wood, Dr. Schram, Miss Foster, C-Dr. Matthews, Vrooman, Dr. Thomson, German Composition - A - Miss

Wood, B-Hannah, C-Miss Bodkin and Miss Liddicoatt German Authors—B—Miss Wood, Miss Liddicoatt, Miss Bodkin, C—Han-

Hobrew-A-Payne, Bulteel. B-dunt, Martin, Stephenson. C-Kain, ngram, Westby. Latin-A-Miss Wardrope, Miss Weir, Payne, Smith. B-Miss Holland,

Bulteel, Miss Wood, Martin. C-Miss Eiddicoatt, Simpson, Hunt, Whealen, Matthews, Moulton, Lee, Dr. Morand, Miss Austin. Greek-A-Cosens, Smith. C-Vroonan, Simpson, Kain, Hallowell.

Algebra—A—Payne, Martin, Miss Weir, Miss Holland, B-Stephenson, Matthews, Miss Wardrope, C-Whealen, Miss Wood, Hunt, Westby, Miss

Carrothers Geometry-A-Payne, Martin, Miss Weir, B-Westby, Matthews, Miss Holland, Belch, C-Kain, Wilkin, Simpson, Hallowell, Miss Wardrope, Miss Car-

The Seashore.

The time is now opportune to plan for your summer outing, and to those who have enjoyed the seaside, the resorts on Long Island Sound, in the vicinity of New London, Conn., offer many attractions, and for those who have not experienced the delights of a stay at the seaside, we recommend their consideration to this charming territory for their vacation this year. A new booklet dealing with the district mentioned and entitled "The Seashore" has been issued by the Grand Trunk Railway System, and copies may be had for the asking. The descriptive matter in the booklet is interesting, and profusely illustrated with scenes from direct photographs. Hotel accommodation is available to suit al pockets, the rates running from \$10. per week to \$10 per day. The special features are warm sea bathing and deep sea fishing. The district is within a night's ride from Montreal. Reduced fares are offered and first-class train equipment will be at your service. Ask the Grand Trunk agent in your cit; for a copy of the book.

M 5, 12, 19, 26June 2

Accuse President of Attempt to Dynamite

Outcome of Trial Is Awaited With Unusual Interest.

[Canadian Press.]

Boston, May 19. - Wm. M. Wood, president of the American Woolen Company, and a textile manufacturer of international reputation, Frederick E. Atteaux and Dennis J. Collins were placed on trial today charged with back at the crowd, striking Cake on conspiring to "plant" dynamite at ne head. The watchman is 63 years Lawrence during the textile strike in

The trial has been awaited with is the first time in Massachusetts that ment and arrest of the mill man last August caused a sensation.

a friend of Mr. Wood. Collins is a dog fancier of Cambridge. It is charged that the three defendants conspired with John J. Breen, an undertaker of Lawrence, and Ernest R. Pitman, builder of Andover, to place dynamite in a house occupied by striking textile operatives for the purpose of prejudic-ing public opinion by making it appear that the strikers had possession of an explosive, which they intended to use in damaging mill property. The police discovered the dynamite and arrested several strike operatives who lived in the house. All subsequently satisfied the court of their innocence and were discharged.

Soon afterwards Breen, a member of the Lawrence school board, was arrested, convicted and fined \$500 for 'planting" dynamite. Pitman, who built the woolen mill of the American Woolen Company, committed suicide on the day the Suffolk County jury began an investigation of the alleged conspir- arose over the method of production O'Boyle, now of New Westminster,

His comments on

JUST ARRIVED Car Load

Furniture Suitable for Verandah, Porch or Lawn, Opened Up for Your Inspection.

Summer

Comprising Folding Steamer Chairs, Rockers and Arm Chairs, Folding Lawn Settees with roll seats, solid oak. Frames are selected white maple, and are not to be compared with the ordinary verandah chairs and rockers now on the market. Finished in the natural wood, grass green or red vermillion. Seats and backs are double woven cane. Strong and dependable goods. Prices range from \$1.25 upwards. Back posts are 3-inch, 21/2-inch, 2-inch and 11/2 inches thick. Reasonably priced as we don't intend carrying them over the season.

You will thoroughly enjoy their luxurious comfort. Coated with carriage varnish to stand the weather. Better see them before the well runs dry.



Just East of Richmond Street.

The White Grub Has Made Its Appearance

From various parts of this district reports are coming in that white grubs have made their appearance in the past few days in considerable numbers. Farmers fear that considerable damage may be done to the early

The splendid rains were just what were needed to help along the growth, and it is thought that much of the grain and fruit buds nipped by the recent frosts will be saved, with comparatively slight damage. Farmers are now very busy putting in their root crops and all are looking forward to a good season. There are man plaints regarding the scarcity of help.

JAILED FOR THREAT

S. Hansen on Remand for Violence Towards English Manager.

[Canadian Press.] London, May 19.-J. Salter Hansen, the American theatrical manager, was brought up at Bow street police court teday charged with threatening Arthur Bourchier, the English actormanager, with violence. He was renanded until Friday in custody. The attorney for the prosecution described Mr. Hansen as a man of very violent character, while the police testified that they had to throw him to the ground in order to search

The quarrel between the two men of a play at a London theatre.

MASONS BURY DR. H. J. NASH

Friends From All Over Lambton Attended Big Funeral at Forest.

WENT THERE IN

[Special to The Advertiser.] Forest, May 19 .- The funeral of Dr. Hutchinson J. Nash, held from the family residence here on Sunday afternoon Beechwood Cemetery, was conducted b the Masons, and about 50 of the brethren attended. Rev. D. J. Cornish, of the Anglican Church, had charge of the regular services. The pall-bearers were Char rson, Peter Campbell, John Green

ohn C. Livingstone.
Dr. Nash was the oldest physician in
Lambton, and people from Strathroy,
Sarnia, Watford, Wyoming and many other points were present. He was for many years past Forest's medical health officer, and had practiced here for ten years. He was 86 years old, and was born in Ireland. In 1847 he settled in Warwick Township, later coming to Nash was a member of the Church of England, in which he was a warden for a number of years. Of a family of twelve hildren only one is now living, Richardsh, of Detroit. Six grand-children su vive, Maggie, George, Blanche and Llewel-yn, children of Llewellyn Nash, deceased, and Misses Maude and Mamie Nash, daughters of Richard Nash.

FATHER WELCH RESIGNS.

native of Lindsay, Ont.

[Canadian Press] Vancouver, B. C., May 10,—Rev. J. M., Welch, president of the Oblat Fathers British Columbia has resigned astorate of Holy Rosary Vancouver, on account of ill-health, He

Harms Students

More Than Most Anyone Else.

The Chief of the Presbyterian Hospital in New York, Dr. Fisher, tells one very easy way to avoid some physical ills.

TEA and COFFEE

are most interesting (see letter in southeast corner)

If the subject appeals to you, try leaving off tea and coffee entirely, use Instant Postum and carefully note, day by day, the return to health and strength.

A level teaspoonful of Instant Postum in an ordinary cup of hot water dissolves instantly and makes it right for most persons.

A big cup requires more, and some people who like strong things put in a heaping spoonful and temper it with a large supply of cream.

Experiment until you know the amount that pleases your palate, and have it served that way in the future.

Postum comes in two forms.

Regular (must be boiled).

Dr. C. Irving Fisher, for a quarter century at the head of New York's great Presbyterian Hospital, says in the New York Times of March 23,

"Coffee poisoning is becoming constantly more common in this country, especially among students, whom it harms more than it would harm almost anybody else. "Coffee intoxication does not lead to

wife beating, but its physiological effects upon some of its victims are almost as bad as those of alcoholic pols-"We continually find at the various clinics signs of the harm done by the

excessive use of tea and coffee among "Surely this is quite preventable." "Children not infrequently appear whose nervous and digestive systems have been wrecked by these two

Instant Postum doesn't require boiling, but is prepared instantly by stirring a level teaspoonful in cup of hot water. "There's a Reason" for POSTUM

Canadian Postum Cereal Co., Ltd., Windsor, Ont.