SATURDAY MORNING

THE TORONTO WORLD

FROM THE FIELD TO THE TABLE

SPECIALLY REPORTED FOR TORONTO WORLD.

The domain of the cook and house-freeper has been invaded by the makers of prepared foods for breakfast, pre-pared foods for dinner, prepared foods for supper. The invalid has his pre-pared foods and the well man has his repared foods. These are generally and generously advertised. They are attistically and inartistically present-ed through the usual mediums. If matters continue, the cook, like Othel-to, will "find her occupation departed." But right here a great mistake is being made, as it is generally acknow-deged by the medical profession that beeneficial to the human system. It is difficult from among the le-

It is difficult from among the le-gions of "Foods" to decide which have the happy combinations of health-giv-ing and taste-satisfying qualities. The whole question is one of research, in-vestigation and equipment.

vestigation and equipment. In regard to the general merits and the relative merits of Breakfast Foods, there is no better authority in Cariada than the firm of P. McIntosh & Son, of the well-known "Crown Mills," Toronto. Mr. Reginald K. Mc-Intosh represents the third generation of Food Manufacturers in this Com-pany, so that it can be readily under-stood that their products have long since passed the experimental stages. It is long since they reached the era of success.

WHAT MR. MCINTOSH SAYS.

Mr. McIntosh gave your correspond-ent a most interesting sketch of the history of their business and some valuable insight into the history and mystery of food-making. Summarized,

"We have a large number of Break-fast Foods on the market; we do not say, however, that ours are exclusively valuable, but would say that a great number of the foods that are sold have

To begin with, the principal cereals, Wheat, Corn and Oats, have distinc-tive properties. All three are nutri-cious, but the composition differs in kind and proportion, and to produce satisfactory results each one required ears of study.

THERE MUST BE CHEMICAL KNOWLEDGE.—A full understanding of chemical values, combined with an equally full knowledge of what the human body requires for its susten-ance, what elements are tissue mak-ers and body builders; what consi-tuents feed the tissue, the nerves, the blood, and the bone, is essential.

We know. Mr. McIntosh sold, that hare we are stepping over into the field of the Physiologist-the Physician if you like-but it is his investigations and his conclusions that gavern us in

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 Note and knowing the qualities for the series of the series is removed there is neither adds.

 Normo works.

 Normo works what the body of the control of the series our work. Knowing what the body requires, and knowing the qualities of the cereals, our practical work begins, and that is THE TREATMENT OF THE GRAIN BY ELIMINATING THOSE PROPERTIES THAT HAVE NO FOOD VALUE, WHILE RETAIN-ING THOSE THAT HAVE FOOD VALUE, and presenting the product in its palatable form. You may call this chemical treatment if you like, but it is only chemical in so far as the dissociation of particles and the re-



moval of the unnecessary is concern-ed. How this is done is, of course, one of the secrets of our business. Take some of our manufactures to illustrate what I say. imagine no condition under which would not be valuable. It is a brain food and a muscle food, a blood-mak er and a body builder.

one of the secrets of our business. Take some of our business. Take some of our mannatures to do and a muscle food, a blood-mak to business. It is some of called and a body buildet.
A STRIKING' ILLUSTRATION.
First there is our best, and I may say our greatest product. "SWISS FOOD." It is seldom that the public endorses any food so rapidly as they have a flood find the delight of the shifts. It is simply the dapolation of the show and a body buildet.
Those are not extravagant state ments. It is simply the adoptation of the show and so dot so the knime is sold on the market for many years, it has today a larger sale than a find on this continent, and for the pass any other breakfast food of its kind on this continent, and for the pass to the which several brave firemer than the previous one, which conclusting each month being greating in the large premises formering than pleased with its good quality increasing, each month being greater than the previous one, which conclusting is is built the grains to the save at a decided and the which several brave firemering than pleased with its good quality increasing each month being greater than pleased with its good quality increasing each month being greater than pleased with its good quality increasing each month being greater than pleased with its good quality is uperior to American for these purposes hat are shriver for the several to a the same principle goor and the cataging the cataging the adoptation."
Mile Wheat as CANADIAN wheat is been steading and the which several principle goor the save all doods are prepared with the save care—the same principle goor and at the paint the plantable and nurther superior to at the previous data there and the grains that are shriver the save care. The same principle goor are sold in strong and at the deal strong the plantable and nurther superior to at the save are more data the plantable and nurther superior to at the save are more data the save aread to a strong and at the deal st

TORONTO DOCTOR ELECTED



Our Self Rising Buckwheat Four a akin to our Self Rising Pankake Flour just as palatable, just as delicious, jus as satisfying to those who like buck where the set of the set o

We have many other foods, but mention these four to illustrate full what I have said-that the desirab qualities of cereals can be scientifical retained while eliminating all the u necessary or objectionable features.

AN INTERESTING VISIT.

AN INTERESTING VISIT. After discussing cereal foods alon pour correspondent through his Cere Mills, showing the details of the pri-correspondent through his Cere Mills, showing the details of the pri-operation. The mills are large, we lighted, well ventilated and perfect in the wonder of the process in and practically no hands touch the product in transit. The machines d will the work from receiving the grad-atil the food is boxed and ready for the sight to your correspondent was their system of cleaning, which if ruly wonderful-absolutely everything in the way of foreign matter and for or it goes to the Kiln. In the Kil Room immense steel pans or plates. I the market. Mills is an enthusiast about the market is an enthusiast about

under municipal control, and asking for legislation that will require rail-road and steamship companies and hotels to furnish pure drinking water.

TIKED DR. LORENZ OUT. e Operation Occupied Forty Minutes_His Endurance Taxed. Philadelphia, Dec. 12 .- Dr. Adolf nspector Stark Speaks of the Vote Lorenz treated four cases of congenital hip dislocation in the Jefferson in Toronto on the Medical College Hospital this after-Referendum. noon. The last case was an unusual NO RECOUNT IN SOUTH TORONTO NO RECOUNT IN SOUTH TORONTO dents of Jefferson College's senio Alfred W. Cooper, Charged With a It had been the intention of Dr

Alfred W. Cooper, Charged With a serious Offence, on Trial in the Sessions. The five personation charges were adjourned by Magistrate Denison yes-terday for a week. Speaking of the crises, Inspector Stark said: "From all accounts, impersonation was carried on openly and unblushingly in many sec-tions. The matter has become a pub-lic scandal and a vigorous effort will be made to punish all the oftenders."

Boston, Mass., Dec. 12 .- In the Blondin trial to-day, the trend of proceedends, preparatory to resting its case. Inspector Chapman of the Boston po-lice force was cross-examined, but his

 he torte was cross-examined, but his testimony was not shaken.
 After the introduction of some minor evidence the prosecution rested.
 In outlining their case, attorneys for the defence indicated that an alibi will be above. Joseph Christle Convicted. The General Sessions court room was cleared yesterday afternoon by order of Judge Morgan, when the trial of Alfred W. Cooper was begun. Cooper is the waterworks inspector who is charged with an indecent assault upon Beatrice Botham of Hazelton-avenue. The case for the Crown had not been concluded when the court adjour.ed. T. C. Robinette, K.C., appears for the accused. Burt Taylor was indicted by the grand jury for the alleged theft of a yearling helfer and a Jersey bull from Sarah Travis of East Gwillim-bury. be shown. Alfred Carroll, the two alleged imper

bury. In the street car strike riot case, Joseph Christie was found guilty, and William Brown not guilty. Christie, who was recommended to mercy, will appear for sentence this morning. After Judge Morgan's charge to the jury. T. C. Robinette, K.C., counsel for the pris-cners, said:

"Some of the judiciary, but not your Honor, and it has been a matter of considerable public comment, lean too much to the side of capital as over against labor.' Judge Morgan made no reply to this, and Mr. Robinette then said that the

and Mr. Robinette then said that the employes of the Toronto Railway Com-nany had offered to arbitrate but the ompany would not agree, and that's what started the trouble. PRISON REFORM MEETINGS. Barrows of New York Will

Visit Toronto.

CAMPAIGN ON RAILWAYS.

is Transportation.



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material belonging to the city to be taken to their own premises, while Will'am Glen-deld and James McBride submitted signed statements that Moor's statement that hey were witnesses who could prove that Alien and Lil'ie had taken city material to their premises was unrue. Member of the New Executive Com mittee of American P.H.A.

Civic Employes Who Are Affected Must Make Their Statements Under Oath. WHERE IS MR. SHERLOCK'S PULL? The Fleming Investigation Wordes

 itons. The matter has become a public is scandal and a vigorous effort will be made to punish all the oftenders. Any citizen who has knowiedge o. Hiegal practices at the polling booths on referendum day will assist in the administration of just.ce by giving the intermation to this department."
 The application made by Alexander Mills for a recount of the votes cast on the referendum in South Toronto has been denied by Judge Morgan. His decision, in brief, is basedd on the fact that the legal provision for taking a recount in the present instance is, accoring to the Liquor Act, the sume as that provided in the case of a regular election for the legislature. The clauses of the statute applying to recounts lim its the granting of an application for the successful candidate is under 200. In the case of South Toronto the majority of the successful candidate is under 200. In the place of individual candidates in a provincial election. A recount is therefore illegal under the circumstance. the place of individual candidates in a provincial election. A recount is there fore illegal under the circumstances. In connection with the irregularities mentioned in Mr. Mills' application, it may be mentioned that A. J. R. Has-sard some days ago picked up a blank ballot similar in every respect to those ballot similar in every respect to those ballot similar in every respect to those ballot should be floating around the street is a mystery, in view of the stringent provisions of the law regard-ing the keeping of surplus ballots. Joseph Christic Convicted. The General Sessions court room was

The Fleming Investigation Worries

The Fleming Investigation Worries Along and May Be Finished To-Day_City Hall Notes. Topony_City Hall Notes. The provide the Board of Control Frida afternoon on the charges made by John Moor against Foreman McCormack and others in the Works Department, Engineer Kust produced statements of McCormack and his men-C. Dobbin, Thomas Allen, B Hille, William Glenfield and James Mc Bride-containing a flat den'al of the meeting, and he referated his charges. Sasistant Engineer Clement reported himself a furstworthy and efficient foreman for years and that Moor to merly worked for the department, but his services were dispensed with since while hes frequentity made

artment, but his services were dispensed

60 DAYS' FREE TRIAL



Trade Mark. Not a penny down. Simply call or write and I will arrange to deliver to you my fan ous Herculex.

DR. SANDEN ELECTRIC BELT.

Use it 60 days, then pay only if cured. ell it on these terms, simply bedoes what I claim for it. Worn mfortably about the waist nights it sends a pleasant, strength giving current through the system, curing while Specific remedy for Nervous Debility, Weakness, Lost Manhood, Varicocele, Lame Back, Rheumatism, Kidney, Liver and Stomach disorders. Descriptive pamphlet, blanks for filling in symptoms, testimonials, etc. free, sealed, by post. My latest model embodies the hundreds of improvements since my first Electric Belt of 30 years ago.

DR. A.B. SANDEN

140 YONGE STREET Entrance on Temperance-street) TORONTO, ONT, Office Hours. 9 a.m. to 6 p.m. Saturday Evenings until 9 o'clock. Mayor Says Prohe It.

department, but his services were dispensed with, since which he has frequently made application for reinstatement, but owing to his conduct not being satisfactor; he has been refused employment. Mr. Clement has looked into the charges as to neglect of work and waste of material, and he ex-plains them in detail with apparent satis-iaction. **Signed Statements.** Mr. McCormack signed a statement mak-ing explanations, and C. Dobbin did like-wise. Thomas Allen and B. Lillie, over their signatures, faity d-nied the charges made by Mr. Mcor that hey had caused

The board was threatened with legal p eddings in the case of Shetlocs, and a finnemore, the painter, and the contr ers decided to let the proceedings go of Id. Loudon said the city was to llowing contractors to escape and a halt had to be called some

The New Steel Works A protest was received from the Ma onell Rolling Mills against the city give l company propesition was a they will recommend Council The Mayor wanted it to go to again, but Co don insisted that it should go on to cil. The controllers favorel the upon which the new industry is to o

rom the

from the solicitor. City Can Do Nothing. The City Engineer, in response to a r quest from the board as to why and un der whose authority the premises belongin to A. A. Macdowaid and R. Y. Fills are permitted to be connected with the U.C. sewer, reported that he could not find tha any permission was ever given to these gentlemen to have their premises connected with this sewer, but as the property a ot is department to prevent these connect tions being made.

New Police Cells.

The board approved of the plans for the plans for the plans and the plans will be asked at once. Chief of The Grasett and a deputation from the Prisoners' Aid Association were present with the plans.

The Street Commissioner while brids, \$4000 to settle up his scave aging a till the end of the year. Control he end of the year. Controller predicted that the Works Depart d finish the year within its appr

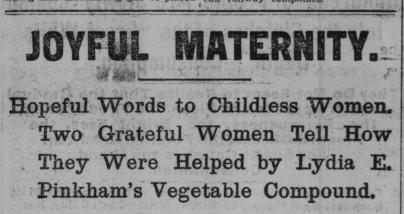
A Big Addition.

A building permit has been granted for a three-storey and attic brick and stone addition to St. Michael's College. Very Rev. Father Teefy took out the permit. The addition is to cost \$55,000. Fleming Investigation.

Fleming Investigation. Fleming Investigation. The charges made by the Ketali Me bants' Association against Assessme commissioner Fleming and his departmenty vere further pressed by Mr. Trower fiday afternoon before the Investigan g Committee composed of Ald. Burp-tiver, W. T. Stewart, Lynd and Shep-nrd. Mr. Fleming made his defence f vere charges, and the attitude of the variou dermen was decidedly in his faver. A veral functures the proceedings were in resting, owing to tiffs between Mr. Trow-n and the members of the committee a document almost as long as the time vered by the investigation. Nearly all e members of the Assessment Depart-mut were present with an enormous quan-y of big books and documents. An ad-rument was made until 1 p.m. today i the committee hope to conclude the testigation this afterngon.

318 Uniformed Cadets.

Inspector J. L. Hughes gave out unl-forms to 318 Public School Cadets yes-terday afternoon. The uniforms are of the same style as those used by the Royal Grenadiers.



How shall a mother who is weak and sick with some female trouble bear healthy children?

How anxious women ought to be to give their children the blessing of a good constitution !

Many women long for a child to bless their home, but because of some debility or displacement of the female organs, they are barren.

Preparation for healthy maternity is accomplished by Lydia E. Pinkham's Vegetable Compound more successfully than by any other medicine, because it gives tone and strength to the parts, curing all displacements and inflammation.

Actual sterility in women is very rare. If any woman thinks she is sterile, let her write to Mrs. Pinkham, Lynn, Mass., whose advice is given free to all expectant or would-be mothers.

REWARD Owing to the fact that some skeptical people have from time to time questioned the genuiness of the testimonial letters cell on Monday, with a further rep we are constantly publish-ng, we have deposited with the National City Sank, of Lynn, Mass. 5,000, which will be paid any person who will low that the following als are not genbefore obtaining the writers' special per-mission.- LYDIA E. PINKHAM MEDI-CINE CO., Lynn, Mass.

The Story of Mrs. De Bett and Her Baby Girl.

The Story of Mrs. De Bett and Her Baby Girl. "DEAR MRS. PINKHAM: - Before I took your medicine I suffered for years. Life to me was a torture. I often wished I were dead. I had no children, and the doctor said I never could have. Menstruation was very painful, also suffered with severe pains in left ovary, had pains in my back and heart, terrible headaches, and weakness of the kidneys. I tried everything, had womb dilated twice but that did no good. I got discouraged and concluded to let the doctors go and try your medicine. After writing to you explaining my case, I followed your advice carefully and with the result that I never felt so well in all my life. I an indeed a new woman and have a loving little baby girl which is the happiness of my home. I feel that I owe my life to Lydia E. Pinkham's Medicine, and feel very proud to recommend it to others. I hope that many others will follow my example and that homes may be brightened as mine has." - MRS. LUCY DE BETT, 80½ S. Halstead St., Chicago, Ill. (March 1, 1901.) "DEAR MRS. PINKHAM: - I must write and tell you what your Vegetable

"DEAR MRS. PINKHAM: -- I must write and tell you what your Vegetable Compound has done for me. Before taking your medicine I was unable to carry a babe to maturity, having lost two -- one at six months and one at seven. The doctor said next time I would die, but thanks to Lydia E. Pinkham's Vegetable Compound, I did not die, but am the proud mother of a six months old girl baby- She weighs nineteen pounds and has never seen a sick day in her life. She is the delight of our home."-MES. A. D. JAERET, Belmont, Ohio.

Get Mrs. Pinkham's Advice.

It is free as the air. She has been the means of making many a miserable life turn into one of joy — no other living person has had such wide experience with woman's ills. Her address is Lynn, Mass.

Hon. S. J. Barrows of New York ecretary of the N. Y. State Priso ciation, and U. S. Internationa

Association, and U. S. International Association, and U. S. International Prison Commissioner, will arrive in the city this afternoon or evening to take part in the meetings of the Prison-ers' Aid Association on Sunday, Mon-day and Tuesday. Mr. Barrows' en-gagements while in Toronto are as fol-lows: On Sabbath, Dec. 14, he will speak in the Central Presbyterian Church at 11 a.m.; at 7 p.m. he will give an address in the Carlton street Methodist Church. He will also give a short address at the Metropolitan Methodist Church. He will also give a short address at the Metropolitan Methodist Church at the close of the moning service. On Monday, at 1.30 p.m., he will address the menbers of the Canadian Club, and at 8 p.m. will attend and take part in the annual meeting of the Prisoners' Aid Associa-tion in Old St. Andrew's Church, Cael-ton-street. He will also attend and probably give a short address at the Prison Reform Conference in Confed-cration Life Building at 3 p.m., and will probably accompany the deputa-tion to sit upon the Ontario govern-ment at 5 p.m. ated. "Your 'Golden Medical Discovery' and Dr. sage's Catarrh Remedy have been of great benefit to me,"writes (Prof.) Pleasant A. Oliver, of Viola, Fulton Co. Ark. "Before I used the above mentioned rentedies my sleep was not sound; digestion bad: a continued feeling of misery. I now feel like a new man. Any one in need of medical treatment for nasal catarrh cond do no better than to take treatment of Dr. R. V. Pierce. I know his medicines are all right in this class of diseases." Sometimes a dealer tempted by the little more profit paid on the sale of less meritorious medicines will offer the cus-tomer a substitute as being "just as good" as the "Discovery." It is better for him because it pays better, but it is not as good for you, if you want the medicine that has cured others, and which you believe will cure you. Dr. Pierce's Pleasant Pellets cleanse the clogged system from accumulated impurities. of General Election in Natal London, Dec. 12 .- The approaching general election in Natal, says The Pimes' Durban correspondent, is hang-Prize Medal Philadelphia Exhib tion PRIZE MEDAL, PRILADELPRIA EXHIBITION 1878

Times' Durban correspondent, is hang-ing on the railway policy. There are two schemes, one favored by the gov-ernment, the other by the opposition. Both are based on the hypothesis that further railway facilities will be re-quired in the Rand. The government scheme is to double the track of the main line between Durban and Lady-smith, while the opposition advocates an alternative and more direct line from Durban to Waschabank Station, below Glencoe Junction. A third pro-ject, not enjoying political support, is for a line from Umlatoosi thru Zulu-land and newly acquired territory to Firmelo, joining the eventual line from the Rand to Delagoa Bay. Both partles are willing to spend £5,000,000. WELLINGTON KNIFE BOARDS

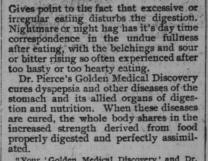
Pertable Church Pews. Melbourne, Dec. 12.—The Rev. Arch-deacon Hindley, speaking at the Dio-cesan Festival in the Melbourne Town Hall this evening, gave some interest-ing experiences of early church work in the back blocks. Referring to the well-known "Kelly country," he nar-rated the sircumstances of the estab-lishment of the first little church there, to which "the people used to bring their own pews," shingles, with angu-holes bored at the corners, into which sections of saplings were thrust. The reading-desk was a sapling and piece Pertable Church Pews.

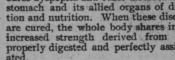
sections of saplings were thrust. The reading-desk was a sapling and piece of quartering, the latter covered with freshly-stripped bark. "And," said the Archdeacon, "when a lady from Mel-bourne came one day and brought a red-covered cushion those Puritans of the hills were very much disturbed, wondering in their inner hearts whe-ther they were not becoming too High Church!"

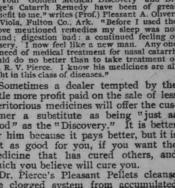
Massey Hall Sunday. It will surely be a case of "come early" if one is to secure admission to the gospel temperance meeting of the Canadian Temperance League in Massey Hall to-morrow, Sunday. The Westminster Abbey Coronation Choir-fourteen artists—have agreed to give a special song service at this meeting. The speaker of the afternoon will be the Rev. J. L. Gordon of Bond-street Congregational Church, and the chair will be occupied by the Hon. George A. Cox. Massey Hall Sunday.

Four Firemen Hurt. Scranton, Pa., Dec. 12.—A large five-storey structure, occupied by J. L. Connell & Co., wholesale grocers, at 115 Franklin-avenue, was burned to day, with its contents. Four fire-men were slightly injured. Estimated loss \$125,000; fully insured.





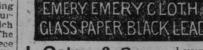




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PERVENT PRICTION IN CLEANING AND INJURY THE KNIVES.

POLYBRILLIANT METAL POMADE NEVER BECOMES DRY AND HARD LIKE OTHER METAL PACTES. SILVERSMITHS SOAP JOHN OAKEY & SONS,



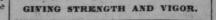
J. Oakey & Sons, LIMITER Lord in, England



An admirable ford, with all natural qualities intact, fitted to build up and maintain robust health, and to resist

winter's extreme cold Sold in i lb. tins. labelled JAMES EPPS & Co., Ld., Homoepathic Chemists, London, England.

EPPS'S COCOA



MAPLE SYRUP The "Empress Brand" put up by us 1 guaranteed pure and wholesome. Ask your greeer for "Empress Brand." THE CANADIAN MAPLE SYRUP CO.,





