The Food You Eat
Makes You What You Are

Let your choice of foods be pleasing to the taste but *more than that* have them building foods.

Among cereals,

Grape-Nuts

will delight your palate and give you healthful strength through nourishment.

Try *Grape-Nuts* at breakfast — It's worth while.

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd. Winsor, Ont.

CLOSES JULY 31

Information and Service Branch of D. S. C. R. to Close Doors.

The information and service branch of the D. S. C. R. will go out of existence at the end of July, according to a dispatch received by F. Fisher, unit service officer, of the department in this city. Special men detailed in the governmental labor bureaus, to act for the unemployed returned soldiers, will also be withdrawn.

Headquarters of the information and service branch for F Unit, which corresponds with Military District No. 1, has been located in this city since the inception of the D. S. C. R. During the time it has been operating it has served many returned soldiers to gain a fresh hold on civilian life.

W. Ruddick has been acting as a representative of the information and service branch in the provincial labor bureau, located on Talbot street.

That Terrible Croupy Cough

You know how dangerous it is. You will want to check it, at once, of course. Rub the chest well with Chamberlain's Liniment and give a dose of Chamberlain's Cough Remedy. The soreness and pain in the chest will go—the cough will stop—the danger pass. Chamberlain's remedies are safe and do not disappoint.

CHAMBERLAIN'S LINIMENT

Cleans Thoroughly--Polishes Brilliantly

THE remarkable, beautiful effect obtained from the O-Cedar treatment, is due to the fact that O-Cedar "cleans as it polishes."

It is important that all dust and grime be removed from any surface, in order to give it that lustre which is something more than a mere surface polish.

This O-Cedar accomplishes. A few drops of O-Cedar on a wet cloth will form a soft lather that removes all scum and dust.

The final operation consists of a brisk rub with a dry cloth. The result is all that could be desired—a hard, dry lustre on furniture and floors; a dazzling radiance on your automobile.

O-Cedar Polish, 25c. and 50c. a bottle; $1.25 and $3.00 a can.

O-Cedar Polish Mop, without handle, $1.50. The handle, 54 inches long, is 25c. extra.

Both Polish and Mop at your Hardware or Grocery Shop.

CHANNELL CHEMICAL COMPANY LIMITED TORONTO

O-Cedar Polish

KING'S CHAPLAIN TO SPEAK HERE

At Mass Meeting To Be Held May 6.

Brig.-Gen. (Rev.) —. Penry Davey, C.M.G., chaplain to King George V., is to address a mass meeting in London on Thursday evening, May 6, under the auspices of the local Christian Men's Brotherhood movement.

Arrangements have been made for him to speak in Talbot Street Baptist Church, but on account of this also being the date of a mass meeting or banquet, which was to have marked the close of the United Welfare campaign, the London Chamber of Commerce today is endeavoring to have the two meetings combined in some way, and has suggested a joint mass meeting in the Masonic Temple, to be addressed by Gen. Davey, following the final reports and announcement of the United Welfare campaign results.

LOCAL NEWS

MARCONI CLUB FIRE.—The fire department was called to the Marconi Club, Pullarton street, at 2:30 o'clock this afternoon. The fire started in the lower floor of the building.

ACCEPTS AWARD. — Another local painting and paperhanging concern has accepted the award of the Industrial Trade Council regarding the increased wages demanded by the men.

DR. CRANE TO SPEAK.—Dr. Crane of the Western University will address the Lord Roberts Mothers' Club on Thursday evening at 8 p.m. A musical program has also been arranged and the public will be invited to attend.

WRITS ISSUED.—A. G. Chisholm, acting for Sophia Stonefish, living in the county of Kent, has entered a writ in the county court here, against Allan McQueen, claiming damages on behalf of his client, for malicious prosecution and false arrest." A writ issued by Graydon & Graydon on behalf of James McFarlane against John E. McVicar, claims $135 for a bull sold last January by the plaintiff to the defendant.

FOURTEEN LONDONERS TO ATTEND SOCIAL SERVICE COUNCIL ANNUAL MEETING

To Be Held in Hamilton May 9, 10 and 11.

Fourteen London delegates will attend the annual meeting of the social service council of Ontario, to be held at Hamilton, May 9, 10 and 11, in conjunction with the annual meeting of the Canadian conference on public welfare. Among the speakers will be the Hon. Walter Rollo, minister of labor, Ontario; Rev. Peter Bryce, Toronto; Thomas Adams, housing and town planning adviser of the department of conservation, Ottawa; S. B. McCready and Prof. T. R. Robinson of Toronto University.

The convention headquarters will be the Royal Connaught Hotel.

The London delegates will be Rev. Dean L. N. Tucker, James Gray, Rev. Dr. Peever, Rev. D. C. MacGregor, Rev. J. G. Stuart, W. E. Kelly, J. H. Labatt, Raymond Smith, Miss Macklin, Miss B. Smith, Mrs. Tutt, Mrs. Harrison, Miss Hossack and Rev. J. A. Agnew.

RELIEF FOR PRUSSIANS.

Berlin, April 28.—The German communities of Sao Paulo, Brazil, have sent to Field Marshal von Hindenburg a gift of 321,895 marks for the relief of the East Prussian population.

NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day. If you are a victim, try

Templeton's Rheumatic Capsules

Nothing else brings relief so quickly and so surely.

Send for free sample to Templetons, 142 King St. W., Toronto. 66a

For sale at reliable druggists for $1.06 a box.

Ask at Taylor's Drug Store, London; Liggett's Drug Store, Chatham; McDonald's Drug Store, Tillsonburg; Smith's Drug Store, Ailsa Craig; Ingersoll Bros.' Drug Store, Sarnia; Watson & Ruckel's Drug Store, Thamesville; A. D. Bruce's Drug Store, Ridgetown.

W. C. T. U. MEETING

Business Session Held on Tuesday Afternoon.

At a meeting of the W. C. T. U., held on Tuesday by the trustee board in respect to the business of the Park avenue rooms, Mrs. Patterson, the treasurer, gave the total receipts of the past year as amounting to $1,582.42. The ladies elected to the trustee board were Mrs. A. Patterson, Mrs. J. Jones, Mrs. (Dr.) Weekes, Mrs. John Cottam, Mrs. May R. Thornley, Mrs. Younk, Mrs. Gregory, Miss Ingram and Mrs. Sussex.

The annual meeting of the union takes place in June. Mrs. I. Harrison will give a report of her social service work on the second Tuesday in May.

OFF THE RAILS

To facilitate the settling of claims made by shippers for goods lost or destroyed while in transit, a copy of the original invoice is always demanded by the claims department in the head offices of the railroads. In the fire which destroyed the local G. T. R. freight sheds, goods shipped by the Canton Company in this city to other Chinese merchants in Montreal were destroyed.

When the Chinaman put in his claim the clerk in the local office, following the custom of the company, asked for a copy of the original invoice. He got it. To his disgust, it was written lengthily and carefully in Chinese characters. As far as the clerk was concerned, however, the requirements of the company were filled, so he forwarded the documents to Montreal. In a few days he was informed by a letter, politely, but icily, that Montreal was in Canada, not in China.

APPOINTED FOREMAN.

Albert Edwards, who has been employed in the local C. P. R. roundhouse for several years, has been appointed foreman of the company's roundhouse in St. John, N. B. He has left this city to take up his new duties. His departure is regretted by his former fellow-employees, but it is felt by them that the promotion is well deserved, as Mr. Edwards is an exceedingly skillful mechanic.

A SLIGHT MISTAKE.

Ten or so women delegates to the convention of the I. O. D. E., which is being held in the First Methodist Church of this city, gathered in a chattering group on the Grand Trunk platform, this morning, after they alighted from the incoming train. They were quite sure that the convention was being held in the First Street Church, wherever that was. John Gillean, walking near, was puzzled at the sight they mixed and abused his beloved city.

"Ladies," he said, approaching with a touch of old-time chivalry, "you surely do not mean the First Street Church. We have a First Methodist Church. 'Oh, is that it?' they asked in a chorus. "Well, where is the First Methodist?" "Why, 'way up on Dundas street," replied Mr. Gillean with an ease that denoted long familiarity with the city.

BALL LEAGUE.

An attempt is to be made to organize an apprentice inter-class baseball league among the railroad shops located in Sarnia, Stratford, Toronto and London. C. Goddard has been appointed manager of the London team.

APPOINTED MANAGER.

T. Boyd has been appointed manager and J. Mills secretary of the G. T. R. baseball team, which has been entered in the local manufacturers' league.

SURE OF A WELCOME.

Robert Logan, for many years the popular chief constable at the Grand Trunk depot, is back on the job after being confined to his home with illness for several days. All of his fellow employees expressed satisfaction on his return. Mr. Logan was as busy as ever this morning directing the crowds and answering their many questions.

STILL SERIOUS.

W. G. Davidson, general superintendent of the western lines of the Grand Trunk, passed through this city last evening en route to Montreal. According to Mr. Davidson the situation on the western lines, as the result of the strike, was still serious and that few men had returned to work.

LIFTED AT BUFFALO.

The embargo against Buffalo, which has been in force from the time the switchmen first went on strike, was lifted by the Grand Trunk this morning. Embargoes are still existing on several lines connecting at Buffalo, however. Freight traffic is almost back to normal at all points of entry on the Niagara frontier, according to local officials.

Conditions are still bad on the frontier points of Port Huron and Detroit, G. T. R. It was reported this morning that practically nothing was moving on the western lines. Only a few cars are crossing at Detroit on the C. P. R. lines.

Some meat is moving out of Chicago. The only cars, however, that are being moved are privately-owned ones. These cars, owned by the different big packing companies, are looked after by the companies themselves after they are brought through the yards of the city by the officials of the railroads.

SHIPPING POTATOES.

Potatoes are once more being shipped to Windsor by the Grand Trunk, the embargo having been lifted. Several cars daily are being forwarded from local points.

DIES IN MONTREAL.

J. E. Duval, general superintendent of transportation on the G. T. R., died in Montreal at noon today.

To Burn Grass.

The long dry grass of last season bordering the tracks of the right of way of the local division of the C. P. R. is to be burned immediately. Men will be sent out to supervise the burning and to see that it does not get beyond control. The grass is burned to prevent grass fires later in the season.

MORE PRIZE-WINNERS

Made-in-Canada Announces Window Display Winners.

Prizes for the window display during "Made-in-Canada" week was given out by the committee in charge as follows: First prize, $15, Ontario Furniture, for display of housefurnishings; second prize, 10, T. A. Rowat, grocers, for display of Neal's bread; third prize, $5, F. W. Woolworth, for display of O-Pee-Chee confections. A complete list will be published in Thursday's edition of The Advertiser.

INCREASED ACTIVITY IN CIVIC CIRCLES

Following Acceptance of City of London Bill Clauses.

Increased activity in municipal circles will follow the favorable acceptance of most of the clauses in the city of London bill by the private bills committee of the Legislature Tuesday.

Plans for a new bridge at Ridout street will be drawn up immediately and work will be commenced at once. It is expected that this will be done with all speed possible, as last year, when estimates of the cost were being obtained, contractors stated that they wer anxious o commnce operations as soon as the ice in the river had broken up in order to complete the bridge this year. This indicates that work will be at least three months late, and every eqort will be required to complete it before the winter sets in.

The storm sewer program will be got under way, but as this will be spread over the remainder of the year it will not mean any great addition to city work at present. Plans for ertensive storm sewer systems have been drawn up, and it is now a question of reducing these within the $100,000 allowed by the Legislature committee. The program as submitted to the people involved $200,000.

This work will be centred chiefly in South and West London, as East London is already supplied with storm sewers to a great extent, and North London is also afirly well drained. It is possible that a storm sewer will be laid on the eastern section of Dundas street.

At Once.

Arrangements for the building of a new home for incurables will likely be made immediately by the Women's Christian Association. The Legislature committee authorized the council to lend $100,000 for this purpose on a first mortgage. In spite of opposition from the Labor delegation this clause was approved by a large majority of the committee. Arthur Mould from London claimed that the present quarters were quite adequate. He asserted that the new building was being built because the city was looking after cases from other cities.

This was denied by Mayor E. S. Little, who warmly supported the clause. He stated that every effort was made to have each municipality look after its own sick, but that London did not believe in leaving anybody on the street when it could look after them.

He pointed out that the Women's Christian Association had come to the council asking a grant of $75,000 to build the new hospital. The council did not think it could grant this much, but suggested instead that they advance $100,000 as a loan in the form of city debentures. The hospital would pay the interest and sinking fund on these, so that the hospital would be amply aided while the city in general would not have to bear the cost, as it would if the original grant of $75,000 was made. The committee supported him in his contention.

Approval of $85,000 on water mains extensions has been given, as well as $80,000 for electric light extensions. This work will be spread throughout the year. In the waterworks, the chief operation will be laying a main from the river to supply the C. P. R. This main will connect with the river near Blackfriars bridge. It will be built along Central avenue and Elias street to the C. P. R. tanks at the end of the latter street. It is possible that arrangemens will be made for obtaining river water from this main to water the streets.

TO AVERT STRIKE

L. and P. S. Commission to Do Everything Possible.

That the Port Stanley Railway Commission will do all it is possible to do in order to avert a strike of its employees, is stated by Philip Pocock. Sir Adam Beck, speaking at a banquet last Friday night in St. Thomas to mark the opening of the new depot there, said, "We will try to go just a little further to meet their demands."

That the road may be able to offer the men a little more than it has yet offered them is suggested by the hope that greater revenue will be provided under a new agreement to be made this year with the Michigan Central and other steam roads for hauling freight. At present a carload of freight is hauled from St. Thomas for $3, under an agreement made at the time the road was electrified. Popular fears were entertained then that the Michigan Central would abandon connections with London entirely, and so the Port Stanley commission was at a disadvantage in making terms with the steam companies in the matter of handling freight to and from London. A fair working arrangement prevails, however, in the matter of passenger traffic, and the new freight charges to be collected by the Port Stanley from the other roads will be much higher after this year. The increased freight revenue will go towards providing higher wages for the men.

The Michigan Central last year obtained $50,000 worth of passenger traffic from London to the east, admitted by on account of convenient L. and P. S. connections, and the Port Stanley commission will bear this in mind in asking for more favorable terms under the new agreement.

IN THE POLICE COURT

For the first time in years attendants at the police court this morning heard the sentence of life imprisonment imposed on an offender against the law of the country. During the trial the prisoner wandered about the courtroom, but seemed unconcerned as to his fate, although for a while his life hung in the balance. His address was said to be Byron avenue.

While a four-year-old child was crossing the road on Byron avenue he attacked her and wounded her. It was claimed that the defendant, who did not employ professional counsel, was mad when he committed the crime. If this could have been proved he would in all probability have been executed.

Although he is not deaf, the defendant is dumb. He can neither read nor write, and no one seemed to know his name. Thus he will go down in police court records as "unknown."

He was brought into the courtroom on a chain. This is a precedent established, for not even murderers have suffered that humiliation.

Evidently the news of the trial had not been circulated very widely, as the audience was a very small one.

The prisoner did not seem at all perturbed when sentence was meted out by Magistrate A. H. M. Graydon. Although he could hear the magistrate talking, he could not understand him. This may seem strange, but his appearance explained the matter, for he is not human, but a member of the class of animals known as canines.

M. Pryor of Byron avenue is his owner. She was charged with keeping a vicious dog. It was said to have bitten the child of E. Marti, also of Byron avenue. Dr. J. D. Wilson stated that he dressed the child's injuries.

The physician said that the dog attempted to attack him when he walked down the street.

Mrs. Pryor said that the child had a bone in its hand and that the dog jumped and grabbed it, and in so doing injured the child's hand. The dog was ordered to be kept away from the general public for the rest of its natural life.

She had brought the dog to court, and was allowed to take it away again. If it is found at large it will be destroyed.

OVERSEAS SECURITIES CORPORATION FORMED

New York, April 28.—Formation of the Overseas Securities Corporation, with an authorized capitalization of five million dollars, to place foreign securities in the American market by Canadian and New York financiers, was announced yesterday. The principal function will be the investment of its capital in securities of foreign countries or of industries or corporations located in foreign countries.

DEATHS AND FUNERALS

MATTHEW MARSHALL.

Matthew Marshall, 85 Wilson avenue, died this morning after an illness from pneumonia. He was 83 years of age. A brother died just three weeks ago as a result of a fall down a flight of stairs. The funeral will be held from his residence on Thursday afternoon at 2:30 o'clock. Interment will be made in Mount Pleasant Cemetery.

SCOTTSVILLE RESIDENT.

Walter Hunt of Scottsville died at his home there on Tuesday. He had lived in Scottsville for many years, but for the past three years had been confined to his bed with a lingering illness. He was in his 79th year. Four sons survive him, Edward and Wesley at home, James of Dorchester, and Frank of Cleveland.

The funeral will be held on Thursday afternoon from his residence at 4 o'clock. Interment will be made in Scottsville Cemetery.

GEORGE KEYS.

George Keys died on Tuesday in Victoria Hospital after a brief illness. He was 36 years of age, and is survived by his wife. The funeral will be held from his residence, lot 12, concession 3, London Township, on Thursday afternoon at 1 o'clock. Interment will be made in St. John's Cemetery. Rev. John Morris will conduct the services.

MISS McDERMOTT BURIED.

The funeral of Miss Annie McDermott was held on Tuesday afternoon from the residence of her parents, 893 Hamilton road, at 2:30 o'clock to St. David's Church. Rev. R. E. Charles conducted the service. Interment was made in Woodland Cemetery. The pallbearers were Sam Lettler, K. Whitlow, J. Wigley, W. A. Wilson, George Pieman and W. Atkinson. The casket was covered with numerous floral tributes.

MRS. CAROLINE SULSTON.

The funeral of Mrs. Caroline Sulston will be held from her residence in Kilworth on Thursday afternoon at 2:30 o'clock. Interment will be made in Woodland Cemetery.

Mrs. Sulston was the widow of William Sulston, and well known in the district of Lobo, where they had resided for more than 25 years. Mrs. Sulston was in her 75th year. Five sons survive ser, Horace in British Columbia, Rev. Jonah of Washington, Albert of Copestone, and Thomas and Percy of Kilworth. Two daughters also survive her, Mrs. W. Noxell of Komoka and Miss Nellie of Kilworth.

FUNERAL OF F. J. TIBBS.

The funeral of Frederick J. Tibbs was held on Monday afternoon from his residence, 53 Clarence street, to Woodland Cemetery. Rev. Canon C. R. Gunne conducted the services. The pallbearers were Bert Parkinson, Cecil Carrothers, Earl McKenzie, Jack Dickenson, Walker Long and Clarence Selway.

Frederick Tibbs was 18 years of age, and prior to his illness was employed as a clerk in the Bank of Montreal. He is survived by his parents, one brother Gordon, and one sister, Vera.

LEWIS R. MARTIN.

Lewis R. Martin, son of Mr. and Mrs. Edwin J. Martin, died on Monday in his 28th year. He was a machinist by trade. His parents survive him. The funeral will be held from the residence of his parents, 583 Oxford street, on Thursday afternoon. Interment will be made in Woodland Cemetery.

BURIED AT ST. JOHN'S.

Miss Mary Jane Shoebottom died on Monday at the residence of her brother Isaac in London Township. Miss Shoebottom was 73 years of age. Three brothers—Wesley, James and Isaac—survive, and two sisters—Mrs. Ardiel of this city and Mrs. Freilis of London Township. The funeral was held this afternoon to St. John's Cemetery. Rev. John Morris conducted the services.

STANDARD STOCK SALES.

[Special to The Advertiser.]

Toronto, April 28.—Morning sales: Apex, 2000 at 2⅛; Dome Lake, 1500 at 7½; Dome Mines, 20 at 11.25, 60 at 11.00; Hollinger, 200 at 630; Keora, 1000 at 20½; Kirkland Lake, 500 at 56, 200 at 56½; Lake Shore, 500 at 108, 500 at 107; McIntyre, 100 at 204, 800 at 203, 1200 at 202; Porcupine Crown, 100 at 30; West Dome, 666 at 8; Adanac, 1000 at 3¾; Hargraves, 1000 at 2¾; McKinley, 500 at 63, 300 at 62, 600 at 61; Mining Corporation, 200 at 197, 100 at 200; Ophir, 3500 at 3½, 1000 at 3⅝; Peterson Lake, 1000 at 16¼, 2000 at 16; Trethewey, 3000 at 37, 500 at 36½, 500 at 36; Temiskaming, 1500 at 42½. Total sales, 27,110 shares.

MONEY.

New York, April 28.—Bar silver, $1 14½ per ounce.

LIVE STOCK.

Chicago, Aril 28.—Cattle—Receipts, 5,000; beef and butcher cattle mostly 25c to 50c higher ;top yearlings, $14 50; bulk of sters at $11 75@13 50; most she steep $9 25@11; canners mostly $5@$5.50; calves steady; most vealers at $13@14; feeders more active, strong to higher.

Hogs—Receipts, 19,000; light, 15c to 25c higher; top, $15 50; bulk, $15 25@15 50; medium and heavy steady to $1 15 higher; bulk of 250 lbs up, $13 75@14 50; pigs strong to 25c higher; bulk, $13 75@14 50.

Sheep—Receipts, 8,000; slow, few sales 25c lower; best lambs unsold; good shearing lambs, $13 75; good shorn lambs, $17 75; few shorn ewes, $12@13 50.

CHICAGO GRAIN FUTURES.

[Jones, Easton, McCallum Company.]

Chicago, April 28.

Corn—	Open.	High.	Low.	Close.
May	$1 73	$1 73⅝	$1 70	$1 73
July	1 64	1 65	1 60¾	1 65
Sept.	1 57	1 58	1 54¾	1 58
Oats—				
May	97	99	97	99
July	87½	88⅝	86⅞	88⅝
Sept.	74	75½	74⅝	75½

COTTON.

Liverpool, April 28.—Cotton—Futures closed barely steady; April, 25.30d; May, 24.99d; June, 24.93d; July, 24.83d; August, 24.64d; September, 24.37d; October, 24.07d; November, 23.68d; December, 23.33d; January, 23.23d; February, 23.08d; March, 22.93d.

MONTREAL STOCK EXCHANGE.

Montreal, April 28.—The local market opened somewhat irregular and weak this morning, although some strength was lated developed during the first hour. Brompton again held the centre of the stage. It opened at 91, which was ⅛ below last night's close, and after falling off fractionally, it firmed up and advanced to 91½ under good trading. Brazilian was among the weaker issues, opening at 43¾ and subsequently dipping to 42¾. Spanish firm at 91, while the preferred stood at 138, which was last night's closing figure. Dominion Steel weakened ¼ to 69¼. Breweries was steady at 50. Oother issues opened at about last night's close.

Morning sales: Abitibi, 15 at 315@320; Ames, pfd., 50 at 102; Asbestos, 22 at 75; Brazilian, 200 at 42½@43¼; Brompton, 1650 at 91@91½; Cottons, 5 at 89¾; Breweries, 135 at 50; Cement, 150 at 65⅛@65¼; Steamships, 150 at 76⅝@77½; do. pfd., 25 at 83; Canadian Locomotive, pfd., 1 at 91; Smelters, 25 at 27¼; Macdonald, 35 at 20; Bridge, 55 at 102; Dominion Steel, 225 at 68¾@69½; Textile, 15 at 130; Laurentide, 125 at 95; Power, 60 at 85⅞; Price, 55 at 300; Quebec Railway, 95 at 24½; Riordon, 10 at 155¼; Shawinigan, 15 at 106; Spanish, 440 at 89@91; do, pfd., 175 at 135½136; Dominion Glass, 25 at 64; Riordon rights, 17 at 9½; Wayagamack, 100 at 88@89; War Loan, 1925, $500 at 94¼.

LONDON STOCK EXCHANGE.

London, April 28.—Closing prices today were:

British 5 per cent loan	84⅛
British 4½ per cent loan	77¾
Consols, for money	47
Atchison, com.	102
Baltimore & Ohio	42
Canadian Pacific	152
Chesapeake & Ohio	67
Chicago Great Western	9
Chicago, Milwaukee & St. Paul	44
De Beers	25¾
Denver & Rio Grande	9
Erie, com.	16½
Erie, 1st pfd.	24
Grand Trunk	5⅞
Illinois Central	110
Louisville & Nashville	130
Missouri, Kansas & Texas	10
New York Central	92
Norfolk & Western	117
Ontario & Western	23
Pennsylvania Railway	52
Rand Mines	3⅛
Reading Railway	112
Southern Railway	27½
Southern Pacific	122
Union Pacific	152
United States Steel	126

TORONTO STOCK SALES.

Toronto, April 28.—Sales: Brazilian, 305 at 42¾ to 43¼; F. N. Burt, 15 at 91; do pfd, 7 at 96; Canada Bread, 425 at 24⅞ to 26; Canada Steamship, 110 at 76¾ to 77¼; do pfd, 145 at 82¾ to 83; C. P. R., 24 at 132; Cement, 205 at 64¾ to 65; General Electric, 25 at 104½ to 105; Maple Leaf, 15 at 160 to 161¾; do pfd, 35 at 99½ to 99 3-5; Mackay, 132 at 73½ to 74; N. S. Car, 50 at 36; Porto Rico, 12 at 33; Quebec, L. & P., 25 at 23¾ to 23⅞; Riordon, 10 at 155½; do rights, 30 at 9; Spanish, pfd, 25 at 135½; Steel of Canada, 75 at 78½ to 79; do pfd, 11 at 97½; Toronto Railway, 20 at 46¾; Twin City, 40 at 34¾ to 35; London & Canada, 27 at 125; Canada Permanent, 20 at 177; Commerce, 10 at 190; Dominion, 14 at 199 to 200; Imperial, 10 at 190; Royal, 9 at 224½; War Loan, 1931, $5,500 at 92¼; do 1937, $1,500 at 95 to 95½.

IF BACK HURTS BEGIN ON SALTS

Flush your kidneys occasionally if you eat meat regularly.

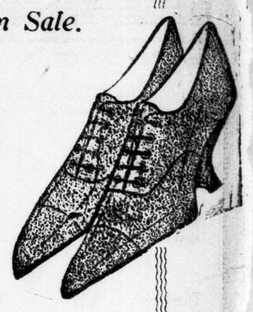
No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores, so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine, so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

Grey Kid Oxfords $2.98

A Seasonable Shoe On Sale.



Pearl Grey Kid Oxfords, in every size, made with French Louis heels, plain, pointed toes and Flexible Soles.

The regular selling price of this quality Shoe is about $7.50.

Mail orders receive prompt attention.

Ashplants

THE HOME BANK OF CANADA

BOND DEPARTMENT.

Every Branch Office of the Home Bank is in ready communication with the Bond Department at the Head Office. Information regarding Government bonds or the more stable securities willingly and freely supplied upon request.

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IONA STATION KOMOKA LAWRENCE STATION
MELBOURNE MIDDLEMISS THORNDALE WALKERS

THE JOY OF MOTHERHOOD

Mrs. Phillips Sends an Encouraging Letter to Expectant Mothers

West Philadelphia, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for five months before my baby was born and it has made me much better in health. I was always very ill when my other children were born, but with this one I had a much easier time. He is a big healthy boy now three years old, and I believe it was Lydia E. Pinkham's Vegetable Compound that made me so well. It is certainly a good medicine for every woman. I cannot say too much in its favor, and you may publish my testimonial."—Mrs. W. PHILLIPS, 5439 Kingsessing Avenue, West Phila., Pa.

The reason that thousands of women from all parts of the country write such letters is that this famous old root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has brought health and happiness into their lives, once burdened with pain and illness.

For special advice in regard to such ailments write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its many years experience is at your service.

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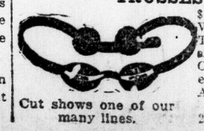

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