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BAKER'S CHOCOLATE



with barley and buckwneat

The chocolate covers the color and taste of the dark flour so it is practically as good as when made with all white flour.

This use of cocoa or chocolate increases the food value of the prepared dish.

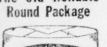
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Peace, But-KING ALBERT Huns Leave Belgium in Ghastly Misery; OUR Help Never So Sorely Needed ! Our troops find the Belgian population gaunt with hunger and suffering terribly for lack of clothes and shelter. Tens of thousands of homes have been blasted away! Peace to them means a cessation of the frightful brutality of the German soldiers; but more than TRAGEDIES IN EACH VILLAGE

that, it means that they are within our reach, and that we, their grateful Allies, can see that they are provided with food and shelter for the many months that must elepse before they can start Fix firmly in your mind that Peace does not mean immediate

happiness and prosperity to Belgium, who first stood in the breach,

and by so doing made this victorious peace possible. Help! Help Liberally! Help Quickly!

Make cheques payable and send contributions to

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ENTHUSIASTIC SUPPORT GIVEN TO indication of the sympathy and extent to which the Red Cross can depend for support in the chamber of commerce.

President George M. Redd briefly explained the war savings certificates and thrift stamp campaign to give everybody an opportunity to save and help along the country at the same time.

Sir Adem Beck brought the evening to a close by an address on the provincial highway in regard to which he had some new data to produce.

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Strong Addresses Given in Their Favor and, in Addition, War Savings Certificates, Thrift Stamps and Provincial Highway Route Discussed by Members at Big Meeting.

big questions were \$400 to make the bylaw known, and by endeavoring to enlist the co-operation of leading organizations of the city.

rom the commercial stanapoint, outside students have brought a large amount of revenue to the city in the amount they have spent on board, clothing, etc., apart from the fact that the presence of students has been a reason for shopping visits of their families, and sometimes responsible for the fact that families have taken up their residence in the city on account of the students. One hundred and seven of the graduates are practising in Canada, 14 in the United States, and 95 have served the Allied Governments in the war.

In moving the indorsation of the bylaw by the Chamber of Commerce, Mr. Leonard recommended, on behalf of his committee, that the Chamber of Commerce give publicity to the proposed bylaw by holding two public meetings, at which it can be presented to the electors; by personal letters to propertyowners; by advertising in the daily papers; by spending between \$300 and

munity and nation are judged not be what they accomplish for themselves but by their contribution to life an the community and nation," said Dr Tucker, in expressing his approval of the project, to build a new medica school on the ground of the service is will render. render. W. McFarland lucidly explained

T. W. McFarland lucidly explained the industrial area bylaw which involves expenditure of \$50,000 on property suitable for industrial purposes. Ho drew attention to what other cities have done in the way of providing areas with water, light, sewer connection and railroad facilities. In the cpinion of his committee London has lost good manufacturing propositions in the past for a lack of preparedness. The policy whereby the incoming manufacturer has been obliged to negotiate directly with the property owner and fight for utilities, pavements, water service, etc., has been a mistaken one. "Canada is due to have great in-iustrial expansion," said Mr. McFar-land. "If we want our share, we must

John Bridge asked if there was any roperty in view for purchase for an ndustrial area. Mr. McFarland replied hat several tracts of land are available n desirable locations at moderate price. n desirable locations at moderate price. These areas are partially under option. The purchasing of the land will be left to the city council if the bylaw passes. A motion that the chamber of commerce indorse the bylaw and give to it a certain amount of publicity was seconded by Peter Glen and unanimously passed. Major T. J. Murphy, taking the place of R. J. Webster, convener of the committee to report on the commission form of government bylaw, explained that the dea is to govern the city by electing government bylaw, explained that the as is to govern the city by electing e groups which will closely co-operate fluence group made up of four people works committee; an educational committee; utilities and health. The term of the committee of

ervice will be two years for each one lected, two dropping out each year, and elected, two dropping out each year, and the citizens expressing criticism or ap-proval by their voice in election each year. The mayor will be elected annual-ly. In 1917, the government of the city was in the hands of 63 men. If the com-mission form goes into force, it will be in the hands of 21, including the mayor. The ideal is to have four experts in each department.

Legislation Probable.
Concerning whether the Government ill approve the commission form, London has chosen, reference was made to the fact that for the city of Guelph, an act has been passed repealing all former Guelph city acts as it enters upon the commission form of Government. The same might be done for London.

"One of the inducements to move in the direction of commission form of government has been the magnificent success and results troduced by the utilities commission," statled the speaker. The motion to indorse the bylaw was seconded by C. H. Beard.

An earnest appeal on behalf of the Red on has chosen, reference was made to ed by C. H. Beard.

An earnest appeal on behalf of the Red Cross was made by Lady Beck, president of the London branch of the C. R. C. S., who declared the work is now more urgent than even before. It is being transferred from overseas to this military district, in which the London branch, with its auxiliaries and affiliated societies will work as auxiliary in truth

branch, with its auxiliaries and all nates societies will work as auxiliary in truth to the army medical service.

Must Not Be Refused.

"We are now going to look after the sick and invalided soldiers right at ou own doors," said Lady Beck. "The haven't been refused anything in Eng own doors," said Lady Beck. "They haven't been refused anything in England and France. We don't like to refuse them anything here. The Red Cross will hold itself ready to meet any emergency, as it was able to do in the epidemic."

Among the new activities will be serving refreshments at the stations to go!

Among the new activities will be serving refreshments at the stations to soldiers passing through the city.

Owing to the fact that the London branch received much less than was estimated as necessary to carry on the work for the past year, it is necessary to go to the citizens a few months earlier. The campaign for \$75,000 will be held in January.

Cords were distributed among the be held in January.

Cards were distributed among the members of the chamber of commerce asking those willing to give time to help in the campaign to sign and return them.

The majority of cards were returned, an

Emphasizing again that the Longserves the largest population, and is the most direct route from the international boundary to the Quebec boundary, he read a number of communications showing a large majority of citizens of West-ern Ontario as favoring the Longwood large taking it in this country large.



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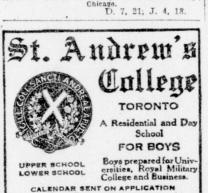
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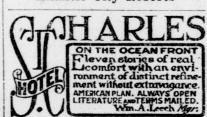
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Says That Nuxated Iron wood road is not only the shortest, but Is In His Opinion the Most Valuable Tonic, Strength and Blood

absolutely convinced me that it is a preparation of most extraordinary merit.

"If people would only realize that iron is just as indispensable to the blood as Is air to the lungs, and be just as particular about keeping up a sufficient supply at all times, there would, in my opinion, be far less disease resulting from anaemic, weakened conditions. For years it was a problem with physicians how to administer iron in a form that could be taken up by the system and increase the red blood corpuscles without upsetting the stomach, blackening the teeth or producing other disorders almost as serious as the lack of iron itself. But the introduction of Nuxated Iron has done away with all objectionable features of the old mineral salts of iron and gives to every careful thinking physicians a tried and valuable prescription which he can recommend nearly every day with benefit to his weakened and rundown patients. Nuxated Iron by cells strengthens the nerves, rebuilds the money if it doesn't.

MANIFACTURERS: Notze: Nuxated Iron by class is sufficient to more into dispensed in this city by Standard Drug cells strengthens the nerves, rebuilds the whole system whether the patient be received and prescription which he can recommend nearly every call thinking physicians a tried and valuable prescription which he can recommend nearly every day with benefit to his weakened and rundown patients. Nuxated Iron by cells strengthens the nerves, rebuilds the whole system whether the patient be whole system whether the patient be resemble."

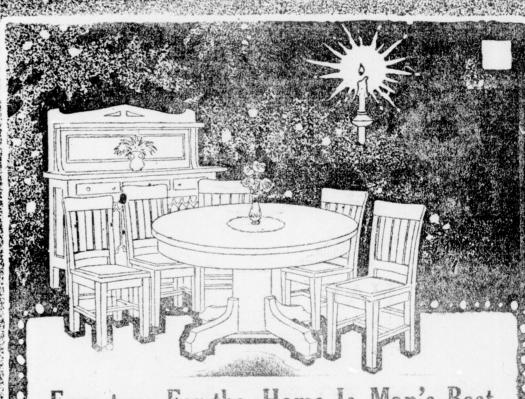
MANIFACTURERS: Notze: Nuxated Iron which is personal tonic, strength and blood builder any physician and there with the vim and endurance success in their practice. Two five-grain tablets of Nuxated Iron has done away with a prescription which is prescription which is prescribe."

MANIFACTURERS: Notze: Nuxated Iron by Standard Drug Indicated and other physicians has been drug for the veins of the weak, infirm, into the vim and entre via the vim and entre via the vim and entre via the vim and entre

Builder Any Physician Can Prescribe. Renew the Supply of Iron in the Blood of People in a Weak, Ner-vous, Rundown State?



where the second property of citagram and by the control of the London-Chamber of Commerces. But he shall be competed as my manufacturing the state of the London-Chamber of Commerces. But he will be control of the London-Chamber of Commerces and the Commerces of the London-Chamber of Commerces and the Commerces of the Commerces of the London-Chamber of Commerces of the London-Chamber of Commerces of the London-Chamber of Commerces of the Commerces of the London-Chamber of Commerces of the Commerces of the London-Chamber of Commerces. The commerces of the London-Chamber of Commerces of the Comme The Utmost in Cigars box of "OVIDO" CIGARS is sure to be appreciated by the man who knows fine quality and exquisite flavor. In boxes of 10, 25 and 50. In boxes of 10, 25 and 50.



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