

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Fresh Milk Among the Most Precious Vitamine Bearers

By DR. LEONARD KEENE HIRSHBERG, A. B. M. A., M. D. (Johns Hopkins University.)



The vital flame of health will burn less and less, however much you eat, if milk and other fresh foods are not present in your diet.

Answers to Health Questions

M. R. H. Q.—Kindly give me something to reduce the size of my legs.

MY SOLDIER HUSBAND REVELATIONS OF A WIFE

ADELE GARRISON'S CONTINUATION OF

What Madge Remembered.

As I drew back, a bit ashamed of my impetuous exclamation, a whimsical look flashed into the expressive countenance of Mr. Stockbridge.

SKIDMORE APPEAL TO BE HEARD BY TORONTO JUDGE

TORONTO, Dec. 29.—An appeal will be heard before a supreme court judge in Toronto on January 7 from the decision of the police magistrate of Stratford, who sentenced Arthur Skidmore, the Stratford machinist, to a year and a half in prison.

OSTEOPATHY.

DR. CATON, OSTEOPATH, 171 KENT ST.—General practice. Lady attendant. Phone 1572.

DR. BARKLE, OSTEOPATH AND CHIROPRACTOR. Magnificent electro-therapeutic equipment, current, ultra-violet rays, etc. 226 Central avenue. Phone 2565.

Good Night Stories

By Charles Selous

PEGGY LEARNS A LESSON FROM DADDY HOP TOAD.

"Oh, dear!" exclaimed Peggy, as she climbed the stairs to the attic. "I hate to get old clothes ready for the ragman."

To-morrow's HOROSCOPE

By Genevieve Kemble

TUESDAY, DEC. 31.

The calendar, but not the astral calendar, wakes with peculiarly strange faces. The peculiar, the eccentric and the baffling horoscopes of the New Year, in its strong operations, are closer with both Sol and Mars.

THE WONDER COAL OIL BURNER

Use any stove; cheaper than gas or coal. See it at Lewis', 101 1/2 King St. E. Call, write or phone 3208.

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The Following are Nominated for Office for 1919

Aldermen—Ward One—O. J. Cunningham, J. J. Harding, L. S. Holmes, M. D., F. S. Oan, E. R. Seabrook, Wm. W. Scott, Thos. Stephenson, F. J. Watt.

Aldermen—Ward Two—M. J. Donohue, F. E. Harley, O. G. Keene, W. A. Wilson.

Aldermen—Ward Three—John Colbert, G. B. Drake, F. R. Wilkinson, H. A. Winnett.

Aldermen—Ward Four—Maurice Baldwin, D. H. Flannigan, E. S. Little, S. R. Manness, C. G. Moorhead, E. T. Robertson.

Members of Board of Education—James Colerick, Joseph Dean, Fanny D. Edwards, J. C. Fitzgerald, L. G. Hayman, A. Langford, W. A. Williams.

CLERA KILBOURNE, UNIVERSAL College of Chiropractic graduate. Office, 221 Queen's avenue. Telephone 2558.

DR. R. K. DEWILSON, PHYSICIAN—Chiropractic, electro-therapy, X-rays, etc. 257 Piccadilly. Phone 4099.

DR. W. MACPHEE, CHIROPRACTOR, Dominion Savings Building, corner King and Richmond, has resumed practice.

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ARTICLES FOR SALE

FOR SALE—NEW HOLSTEIN milk cow with calf. Apply 454 Bala street.

FOR SALE—HEAD OF CATTLE, COWS, HEIFERS—Apply con. 6, lot 3, Westminster Ave. Weekly.

FOR SALE—LARGE GREY WOLF collar and muff. Also milk tie, all newly new. Apply Box 104, Advertiser, London.

FOR SALE—THE JOYFUL SMOKE—SMITH'S Toy 10-cent cigar. S. Smith, manufacturer, London.

FOR SALE—MCKIM'S AUCTION ROOM—SOME new mattresses and springs, splendid violin, square piano, and mostly anything you may need. 257 Tabbet street. Phone 4820.

FOR SALE—NO HONEST PERSON IN LONDON need be poorly dressed. If you cannot buy full cash, see me about my convenient terms. Suits, coats, dresses, skirts, waists, fur, etc. My store will convince you, as has others, or will bring samples to your home. Phone 1887, W. Goldenberg, 781 Dundas. Open evenings.

FOR SALE—I CAN SELL YOU ANYTHING IN the line of wearing apparel for ladies, men and boys on easy payments. My furniture and house furnishings. My reputation in the city is your guarantee for fair treatment. Call, write or phone. L. Wolfe, 789 Dundas street. Phone 4820.

FOR SALE—NORTHAMER PIANO—LATEST model, practically new; special price to spot cash buyer. Apply 613 Wellington. Phone 8422.

FOR SALE—IF YOU WANT REAL ESTATE, buy or sell real estate, etc., insert an advertisement in the Hamilton Herald. Minimum space, 15 words. Subscription, \$25 a month, \$2 yearly. Saturday edition, 75 yearly. Sample copy sent on application.

FOR SALE—LEATHER PILLOWS, MATTRESSES, renovated. Hunt & Sons, 433 Richmond street.

FOR SALE—ELANCHARD'S NEW FISH MARKET—Fresh fish, fresh fish, fresh fish. 1211 Dundas street. Phone 1610.

FOR SALE—MEN'S HEAVY ALL-WOOL UNDERWEAR, all sizes; also bargains in new and second-hand shoes at S. Klein's, 335 Richmond and 275 Clergmont. Daily, 12 to 6 p.m. Phone 4212.

FOR SALE—BELTING, REPAIRING AND LIME-THROW BELTING. Phone 1061, Mills manufacturer, 152 Carling.

FOR SALE—OLD WALNUT TABLE AND BUREAU for sale. Apply 412 Princess avenue. Phone 2217.

FOR SALE—CHRISTMAS TREES, BRANCHES OF cedars for decorating, thousands of evergreen trees, many sizes, from 1/2 up. Shade and ornamental trees. Flowering shrubs, many kinds, rose bushes, Christmas roses. Three varieties maple trees, basswood, mountain ash, horse chestnut, Charles Baker, nurseryman, Edouard street. Phone 2922.

FOR SALE—LADIES' HOUSE, VELVET COATS, suits, dresses, furs, men's boys' suits, overcoats, hose-furnishings, woollen shaker, framed baskets, confectionery, rugs at one dollar per week. A telephone call will bring to your house anything you need; no obligation to buy. Satisfaction guaranteed. J. H. Hill, 452 Dundas. Phone 5555.

FOR SALE—CANCERS CURED BY PLASTER method—Established in 1898. Henry Edwards' Cancer Hospital, 388 1/2 Edouard street. Phone 2628.

FOR SALE—GLENWOOD PRIVATE HOSPITAL—Nervous cases specialty. 455 Edouard. Phone 1705.

FOR SALE—SCIENTIFIC PALMISTRY AND PHRENOLOGY—Accurate, scientific and reliable advice on business, health, love, marriage, travel, money, etc. Changes, choice of occupation, etc. When in doubt consult Mrs. Morris, 510 Dundas street, opposite the grounds gates. Hours of consultation, 10 a.m. to 10 p.m.; Saturday to 5 p.m.

FOR SALE—"FLU" PREVALENT IN LOBO. ILBERTON, Dec. 29.—The "flu" is still prevalent in some parts of the district. It has also spread as far as the fifth concession, Lobo.

FOR SALE—Gerald Calvin, who lately returned from overseas, has come back to the military hospital for treatment for his wounded leg, and expects to remain there all winter for treatment.

FOR SALE—CONGOLEUM RUGS—All sizes and designs. Suitable for all rooms in the house; 50 cash, balance 50 per week.

FOR SALE—COLLETT FURNITURE CO. 95 King St., between Talbot and Edouard. Phone 2817.

FOR SALE—LANTERNS—Short or Long Globes, \$1.25 each.

FOR SALE—BROWNLEE'S OPOSITE MARKET. 2817

FOR SALE—McPherson's Lightning-Hitch HOCKEY SHOES—Automobile skates, Hockey Sticks, Pucks, Etc.

FOR SALE—GURD'S, 185 Dundas Street. 2817

FOR SALE—ICE CREAM for New Year's—You enjoyed our Ice Cream at Christmas-time.

FOR SALE—SPECIALS FOR SATURDAY—Other Tomatoes, per can ..... 20c Other Peas, per can ..... 15c Biscuits, per tin ..... 10c

FOR SALE—LONDON PURE FOOD MARKET. Good Goods. Right Prices. 610 DUNDAS ST. PHONE 955. 2817

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