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J. C. ELLIOTT, Embalmer and Undertaker 284 DUNDAS STREET. ne 1775. Night 'Phone 1907. , 368 King. Terms moderate.

Crystal Dining Hall. Go to the Crystal, 424 Richmond street, a new and up-to-date dining-room. Three regular meals served daily at 25c each. Quick lunches at all hours. Special rates

KANKKANKUNKKANKKKKKKKKKK HIGHEST GRADES OF BURNING OIL, LUBRICATING OIL

D. B. STEWART. Proprietor.

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R. K. COWAN. BARRISTER, SOLICITOR, ETC. County Bldgs., next Court House, London

Spring Housecleaning

Will soon begin. Arrange to have your house wired while your carpets are up. in your house. We can convert your gas fixtures to electroliers very cheaply. No

London Electric Co.

LIBRARY ADDITIONS

List of New Books Received During Past Week.

Following is a list of books received at the public library this week:
Pratt—The Body Beautiful.
Bullen—Denizens of the Deep.

Walker-Electricity in Our Homes and Horner-Hoisting Machinery. Thorne-Twentieth Century Bookkeeping and Business Practice.
White-English Illustration: The Sixties-1855-70. Birkmire—Architectural Iron and Steel. d Its Application in the Construction

Freitag — Architectural Engineering, with Reference to High Building Con-Dayis (compiler)-Commencement Parts

Orations, Essays, etc. Carman—The Friendship of Art. Brooke—The Poetry of Robert Brown De Windt-From Paris to New York

Beynon-With Kelly to Chitral. Atteridge—Towards Khartoum.

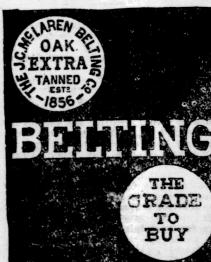
Laut—Pathfinders of the West.

Hamilton—Secret History of the Court
of England from the Accession of George
HI. to the Death of George IV. Two

Morice-History of the Northern In-Sichel-Women and Men of the French Justin McCarthy-An Irishman's Story.

Caine—The Prodigal Son.
Duncan—Doctor Luke, of the Labrador.
Herrick—The Common Lot.
Hocking—Meadow Sweet and Rue.
Jackson—A Daughter of the Pit. Jackson—A Daughter of the Pit. Lyall—The Intervening Sea. McCutcheon—Beverly of Graustark. Thurston-The Masquerader.

Mrs. Winslow's Soothing Syrup has been used for over FIFTY YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEETHING, with PERFECT SUCCESS. IT SOOTHES the CHILD, SOFTENS the GUMS, ALLAYS all PAIN, CURES WIND COLIC, and is best remedy for DIARRHEA. Sold by druggists in every part of the world.



Montreal and Toronto Sold by A. Westman, 121 Dundas St.

•++++++++++++++++++++++ Hospital Shoes

PCCOCK BROS. Keep the Famous HAGAR

Nurses' Footwear In this line J. and T. Bell

orand, over all other makers. PRICE, PER PAIR, \$2.50 IT'S SO EASY

To buy what you want, if you

find the right place. IT'S HERE.

•++++++++++++++++++

You Need Not Worry

About the Disposition of Your Estate if You Appoint As Your Executor

The Canada Trust Co London, Ont.

ROSS⁹ 196 Dundas Street



Sable,

Lamb

Alaska

all styles.

Persian

Mink and Fox, in

Jackets at lowest

MANHATTAN.

HIGHEST PRICE PAID FOR RAW FURS.

....... **Quality Store**

The Best That's Grown Is None Too Good,

you are drinking COFFEE, drink the best. It is our good fortune to sell the best coffee sold in London. Cream Cheese. Roquefort Cheese. Canadian Stilton Cheese

Canadian Old White Cheese. Pin Money Pickles. Melon Mangoes. Pepper Mangoes Chef Sauce. French Marrons

Lipton's Jams-Assorted. French Peas in glass. Mushrooms in glass. Beans in glass.

HARRY RANAHAN. 515 Richmond Street. Telephone 1024.

····

Diamond Hall Watches @

are everywhere, and wherever they are they're satisfactory. Our best paying advertisement is the watches we sell Every one is of Diamond Hall quality, and is thoroughly guaranteed. C. P. R. WATCH INSPECTOR.

W. G. YOUNG, DIAMOND HALL,

214 DUNDAS STREET.

LONDON AND DISTRICT

-Miss H. Charles, of this city, is at Burford, visiting her parents. -Mr. P. Morrison and family, Walkerville, have moved to this city. -Mr. Alex. Campbell, of this city,

-Mrs. A. J. Reid and daughter Louise, of Alvinston, are visiting Lon--Mr. John Walters, of Piccadilly street, has returned from a visit with his brother at Buffalo.

-Joseph Brown, auctioneer, Stratford today attending the funeral of the late Joseph Bankin. -Mr. A. M. Bethune, of the London branch of the Dominion Bank, has eft, en route for England. -Mr. Wm. Larway, of Hyde Park, has sold his farm of 90 acres to Mr. H.

J. Heath, of this city, for \$3,450. -Miss Kathleen Durand has left for Dallas, Tevas, where she will spend the winter with Mrs. Alex. McKenzie. -Mr. and Mrs. George F. Hardy, of oliday at the parental home, Brant-

The annual meeting of the London | Many gifts of unique design and chaste Old Boys' Association takes place to- workmanship attested the favor in Assessment Commissioner Grant's office. -Mr. and Mrs. V. Cronyn intend was held, after which Mr. and Mrs. pending the next three months in the man to the man to

-Mr. Charles Prescott, who has been away in the west for six years. is now the guest of his aunt, Mrs.

Take Care "Eyesight."

of life is "Eyesight." Be wise, therefore-HUSBAND

S IT NOW for "the evening of S A splendid stock of Everlasses S

ous to pain than the aborigines of Australia, Old Australian settlers are S and Spectacles. Eyes tested free.

S and Spectacles. Eyes tested free.

S fond of telling a famous story of a tribal chief who walked 60 miles with the spear sticking clear through his SUMNER, THE JEWELER.
380 Richmond St. S a spear sticking clear through his body before he could get help to pull it out.

S | high mass will be celebrated. Interment

No red Indians were ever mere call-

at St. Peter's Cemetery.

RIDDELL-BLAIKIE

BISHOP'S SOUPS

Clam Chowder, Chicken Gumbo,

Mock Turtle, Beef, Vegetable, Chicken Mulligatawny, Ox Tail, Tomato, Okra, Cream of Celery, Bean, Pea and Tomato.

The above at 15c or 2 for 25c.

These goods are very conveni-ent to have in the larder, as

they only require warming.
We have just received a direct

CALIFORNIA, WASHINGTON

and we will sell them at 25c per

JOHN LAWSON,

GROCER, ETC.,

Phone 565. 261 Dundas St.

++++++++++++++++++++++++

Reduced

FURS OF What we have

QUALITY we will sell at

•+++++++

Marshall Smith, Quebec street, this

-Mr. John Walters, of Piccadilly

street, has returned to the city after

spending four weeks with relatives in

-Mrs. Jos. Shrimpton, of Van street,

and her sister, Mrs. A. Warren, have

neral of their nieces, who were drown-

-Friends of Mr. and Mrs. D. B. Mc-

Vicar of Duncrief, to the number of 75

gathered and presented the worthy couple with a couch and a suitable ad-

lress. Mr. and Mrs. McVicar are mov

-Mrs. Mary Ann Barber, a respected

resident of London, died yesterday at the residence of her sister-in-law, Mr.

Mary Merritt, 55 Front street, South London. Mrs. Barber was 75 years of

age and a native of England. She cam-

to London many years ago, with her husband (now deceased), and had re-

The staff and patients of the Home

for Incurables were yesterday treated

to a sleigh ride by Mr. J. E. Vanderburg, of the east end.

Patrons of the Grand Opera House

vitnessing some first-class vaudeville,

Manager Kormann having secured

some well-known and popular attrac-

Park Commissioner Pearce is now

going over the city marking trees to

be cut down, and any persons who would like the trees for firewood should

make application to Mr. Pearce at

there is no rush for the trees for fue

The license commission held a meet-

ing last night, Messrs. Elliott and Jones

and Inspector Brown being present. The

application of Wm. Bernard to have

the license of the Bernard House trans-

ferred to Frank Babcock, of Chatham,

who recently purchased the hotel, was

considered and granted. Several mat-

ters were laid over for future consid-

The following is from the pen of

Mr. Harry Gorman, formerly a well-

known Londoner, and now owner of the

election as mayor of London. We are

upon an old-time typo who used to set

worked at case together in the long

Dr. A. O. Jeffery, O. Labelle, J. C. Hazard, James Egan and R. R. Bland

attended the meeting of the Public Li-

the amount of \$338 85 were passed. The

average daily circulation of books and

magazines for December was 278. The

fines amounted to 81 cents per day. It was decided to lay over Mr. James Egan's notice in regard to the Histor-

brary board last night. Accounts to

LIBRARY BOARD MEETING.

THE RAISON CASE.

WEDDED AT BARRIE.

this month.

'em up in the same alley when we

says that

VAUDEVILLE AT THE GRAND.

will tonight have the opportunity

tions for tonight and Saturday.

SHADETREES FOR FUEL.

once. The commissioner

LICENSE TRANSFERRED.

this year.

sided here continuously since.

gone to Akron, Ohio, to attend the fu-

ed in the Ohio Canal on Dec. 31.

ig to Lucan.

A KINDLY ACT.

NAVELS (seedless).

nipment of

Furs

A very pretty home wedding took place on Wednesday, Jan. 4, at high noon at the residence of Mr. James Blaikie, third concession of Westminster, when his youngest daughter, Margaret, was married to Mr. Samuel J. Riddell, son of Mr. George Riddell, the clerk of the township. The ceremony was performed by the Rev. Dr. McCrae. Only the immediate relatives of the two families were present as guests. The decorations were evergreens and carnations. The bride was attended by Miss Belle Riddell. and Mr. Archie Blaikie supported the groom. The bride looked very sweet in a gown of cream crepe de chine, and the bridesmaid wore peary gray crepe de chine. After a dainty wedding breakfast and congratulations, the young couple left by the afternoon train for Toronto and other eastern points. They have the best wishes of a great host of friends for their future happiness.

GIVEN-GUSTIN

At the residence of the bride's parents, Jefferson street, Forest, on the 4th inst., Miss Alice M., eldest daughter of Mr. and Mrs. C. A. W. Gustin, became the bride of William E. Given, night agent at the Grand Trunk station in Forest, Rev. Kenneth J. McDonald officiating, some 60 or 70 guests being present. The bride was given away by her father, and looked lovely in cream colored silk with silk lace and applique trimming. She was attended by her sister Lucena E. Gustin, attired in Parisian lawn with applique trimmings. Mr. Harvey Smith, of Ailsa Craig, was groomsman, and Miss Stella Thomas played Menlelssohn's wedding march. After the ceremony and congratulations a choice dinner was served, and from 9 to 11 clock a reception was held. Mr. and Mrs. Given left by the 11:30 express for Detroit and other points. A numer of relatives from Chicago, Detroit, Port Huron, London, Denfield and Georgetown were present at the wed-The bride is a niece of Mrs. C. E. L. Pratt, Hyman street, this city, who attended the wedding. She is also

LADIES,

When You Entertain Your Friend at Afternoon Tea Remember that what you serve hing else in making it a success LET US SUPPLY YOU.

Peanut Butter Makes delicious sandwiches, glass, 15c and Fancy Biscuits

We have a very large assortment of the nicest varieties, especially for teas.

Tryphosa Table Jellies The richest flavored and most delicious Jellies made. Fruit

flavors, package 15c

We can suit every taste in Olives. Having always made a specialty of handling good Olives, we can show you the greatest assortment from which to make a choice. Queen Olives, bottle, 25c to 50c Stuffed Olives, bottle 15c to 25c Pitted Olives, bottle Manzanilla Olives, bottle ...15c QUEEN OLIVES, quart ...50c

The Coffee you serve should be the finest, and it is well known that we have the best Coffee in London. The hundreds of customers that use it regularly is the best proof goodness. Our electric mill grinds it as you like it, a pound 40c Celery, Lettuce and Parsley, always on hand.

85c for

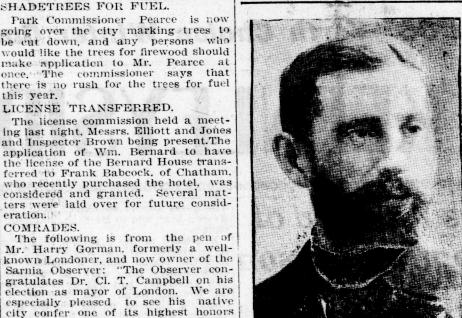
T. A. ROWAT & CO § 234 DUNDAS STREET. 'PHONE 317.

Canadian Manufacturers Entertained at a Banquet

tertained by the Members of London Branch.

related to Mrs. Swain and Mr. Noyes,

What was decidedly one of the vents of the season took place in the handsome dining-room of the London Club last evening, when the manufacturers of London entertained at dinner. The affair was given under the



Mr. W. F. Cockshutt, M. P. one of the Principal Speakers at the

auspices of the Canadian Manufacturers' Association, and the arrangements were exceedingly well carried out. Well-known manufacturers from Hamilton. Toronto and other places were present, as well as a large number of gentlemen of the same occupation in the Forest City. Col. Gartshore, of the The case of Robert Raison, who appealed against a conviction by the po- McClary Manufacturing Company, was lice magistrate for selling liquor to minors, came up again before Judge smallman, and the following commind Elliott. It was claimed that there was Smallman, and the following occupied has been visiting old friends in Peter- a flaw in the information, and that as places at the tables: S. N. Sterling, H. it had not been amended within thirty B. Elliot, E. Rechnitzer, Ald. Sam days, the case must fall through. Mr. Stevely, A. H. Brener, Arthur W. T. G. Meredith, K. C., for the peo- White, W. M. Govenlock, London; ion could be altered legally. The judge London; J. F. M. Stewart, R. J. postponed his decision until the 23rd of Younge, Toronto; J. E. Kerrigan, C. R. Hunt, John WEDDED AT BARRIE.

Smallman, Thos. Bryan, J. K. McDermid, C. W. R. Woodburne, T. W. late D niel Spry, postoffice inspector, formerly of this city, was married at the residence of her mother, at Barrie, head, C. W. I., Woodbrie, T. W. McFarland, E. S. Yeates, London; O. G. Carscallen, Hamilton; J. B. Aikenhead, C. W. Lewis, London; Jameson on Wednesday, to William Ross Cam- Sinclair, W. L. Edwards, Toronto; C. eron, manager of the Union Bank, Portland, Ont., son of Mrs. W. E. Rox-Streysing, Toronto; Thomas Knowles, W. E. Saunders, A. E. Reason, H. T. burgh, of Norwood, Rev. W. H. White, vicar of Trinity Church, officiated, in Reason, J. A. Cottam, C. R. Somerville the presence of members of the inter- H. J. Jones, A. E. Somerville, D. H. ested families. The bride was given Gillies, G. E. Hotson, J. R. Shuttleaway by her brother, Mr. F. McL. worth, London; Alex. Saunders, God-Spry, of Montreal, and was unattended. erich; John Labatt, J. R. Minhinnick, South London, spent the New Year's The wedding costume was a going- Sam Murray, N. H. Stevens, Chatham; Cl. T. Campbell, London; Lloyd Harris, Brantford; F. E. Leonard. away gown of navy blue camelshair oloth, with beaver mink-trimmed hat. London; James Maxwell, St. Marys; George White, London; F. E. Butcher, St. Marys; W. R. Manning, G. E. which the bride is held. At the con-Coombs, J. A. Carrick, George M. Reid, Philip Pocock, John Stevely, R. was due to the enthusiasm which charclusion of the ceremony, a reception C. Eckert, G. W. Armstrong, F. Mitchell, Edward Parnell, Wm. Geary, ther in an election-(laughter)-or any H. B. White, John Weld, John For- other thing.

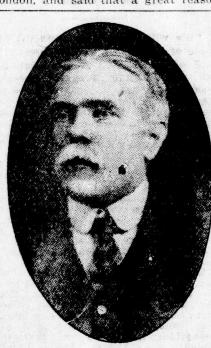
he enlisted in the army at an early age as a member of the Sixtieth Rifles, serving with that regiment in the Intables were tastefully adorned

Guests From Many Places In. | not yet joined the association, and said he hoped many of them would see their way to become members. The speakthen went on to refer to the manufacturing importance of London, and enumerated a number of the manufactures. In his opinion, London now stood second only to Montreal and Toronto, as a manufacturing center. The chairman also expressed the re-

grets of Hon. Mr. Hyman and others who were unable to be present. The toast of "The King" was loyally honored, and then the chairman called upon Mr. W. F. Cockshutt, of Brantford, to reply to "Canada and the Empire." This toast was drunk to the hearty singing of "The Maple Leaf

Forever" and three hearty cheers. Mr. Cockshutt referred jocularly to the list of London's manufactures read tion offered. Mr. Ellis then went on by the chairman, and said that he had to treat of the tariff question. He thought that Toronto was the only city said that perhaps the Canadian manuthat made "brass" goods to any ex-tent. (Laughter.) Turning to his im-they had not reasonable protection. mediate subject, he said: "Canada, sir, The manufacturers should unite to is now just upon the threshold of her educate the people that many goods greatness. Think of the vast resources that are now made outside of Canada of the Dominion, of the rolling plains should be made in Canada, to give of the west, 90 per cent of them still unoccupied, and the mountains of British Columbia filled with minerals. cheaper price. The speaker said that, Think, then, of the people who are flocking in, and the opportunities that are opening up for business men." He thought the manufacturers of Canada should rise to the opportunities offered in the west, and not allow foreigners to get in ahead of them. With a moderate tariff and intelligent work there was every reason why Canadian manufactures should flourish. The west was going to offer a great market for the older portion of Canada. When the broad agricultural acres of the west were peopled, and millions of bushels f wheat were being produced annually the money for which this wheat would be sold was to be distributed all over the Dominion. Let our thought 'Canada first, Canada last, and Can-

ada always." (Applause.) A very enjoyable recitation was then given by Mr. J. Cottam. "Canadian Industries" was the next said that the membership of the astoast, and it was given into the hands of Mr. P. W. Ellis, of Toronto. The speaker said some flattering things of London, and said that a great reason



Mr. P. W. Ellis, of Toronto, President of the Canadian Manufac-

turers' Association. for the success and growth of the city acterized the spirit of its people-whe-

Mr. Ellis then went on to give some bec 435, Nova Scotia 89, British Columbia 33, New Brunswick 89, Prince dian mutiny, and participating in the with flowers, foliage plants, palms and Edward Island 3, and Manitoba 5. The siege of Delhi, at the surrender of which he was also present. Mr. Byrne also came to Canada with Lord Wolcoursed sweet strains of music during facturers. As an instance of the asseley and took part in the expedition of 1870. He was a resident of London for 32 years. A widow and five children survive: James and William, at home; John, of Mitchell, and Mary and Kate, at home. The funeral will take place from his late residence, Christle street, on Saturday morning at 5:30 to St. Peter's Cathedral, where requiem

> Better stir up your liver a little! Not too much, just a little, just enough to start the bile nicely. One of Ayer's Pills at bedtime is all you need. These pills act directly on the liver. They cure constipation, biliousness, dyspepsia, sick-headache. Sold for over sixty years. Lowell, Hand.

SCREATON'S

Only Four Weeks Left Before Stocktaking.

And it is not our intention to take into stock anything that we can dispose of at Pre-Inventory Prices.

There is not an article or a piece of goods in our whole establishment that is bound to us by any Iron-Bound Price, and there is not a business day on the calendar, between NOW and February 4, on which we will not offer specials of genuine financial benefit to early-on-the-scene purchasers.

Today, and while they last, our special is

Table and Stand Covers,

An assortment of about 5 dozen in all-made from silk mixtures, mereerized and plain tapestry, felt, wool and chenille.

The regular and special prices, and the sizes, are:	
1x1 YARD SQUARE.	2x2 YARDS SQUARE
e for 40c 50c	\$1 25 for\$1 00 \$1 50 for\$1 25
2 for	\$2 00 for \$1 50 \$2 00 for \$1 35
50 for	\$2 00 for
c for	\$2 50 for
50 for \$1 25	\$3 00 for \$2 50 \$3 00 for \$2 00

Early Closing Notice.

Commencing tomorrow night (the first Saturday night of the New Year), we will close our store every night, including Saturdays, at 6 o'clock sharp.

A. SCREATON & CO.,

See Specials in Show Windows.

turers in the transportation line. Then

there was the insurance expert whose

services were invaluable, and who was

tion. The Minister of Commerce had,

with great kindness, offered to send

association a monthly report of Can-

ada's trade. There were many good

ciation in Toronto was accomplishing.

The association brought to a head all

the manufacturing forces in Canada.

The speaker urged every young manu-

facturer to join, and to take advantage

of the inspiration which the associa-

employment for more men, and to al-

low goods to reach the consumer at a

even though there was now a great

influx of immigrants into Canada, a

larger proportion were still going into

the United States. Why was this?

Because, in the opinion of the speaker,

the trade conditions in the States were

The toast of "Our Association" was

onnected with the names of Sir John

Cream. Senator Harris, of Brantford,

made some very happy remarks which

aroused much amusement. He hoped

that the proposed excursion to Eng-

Mr. Thomas Cream, of Toronto

then spoke briefly. As chairman of

the reception committee of the Manu-

hearty welcome to all present.

facturers' Association, he extended a

sociation had increased from 132 in

1900 to 1,600 in 1904. He was going to

help in the work of swelling the mem-

bership to the figure of 2,000. This

should not be difficult, when there

were nearly 5,000 manufacturers in

Sir John Carling declared that he was

delighted to see the success of the Manufacturers' Association, for he be-lieved that it had a great work to per-

form. He told in a reminiscent way of the days when Confederation was being worked out. The fact that all the Prov

inces had separate tariffs had been a great drawback to trade. Canada had not become a nation in a day. We had a great many things to be thankful for. We were getting a line of fast steamers to the company the great many

railway was being built across the north

rn country, to open up rich lands. Mr. Stevenson, Chatham, gave an out-

Secretary Young also spoke. Mr. John McIntosh and Mr. W. Cosby James sang

HYDE'S COMEDIANS.

Tonight and tomorrow, matinee and

night, Hyde's Comedians, a well-known

vaudeville entertainment at the Grand

at popular prices. The company in-

cludes such artists as Flo Irwin and

tled herself into fame, and into the

hearts of her audiences; and Katherine

Nugent, the clever mimic. There are

scope, the best and latest machine

"WHY GIRLS LEAVE HOME."

pictures

spectable family.

nine good acts, including the electro-

showing the most up-to-date moving

"Why Girls Leave Home" will be pre-

ented at the Grand next Monday

E. Wheeler was accompanist.

land next summer would be a great

Carling, Senator Harris and Thomas

more attractive.

success.

each manufacturer who joined

works that the executive of the

constantly working for the associa-

justment was a comparatively easy matter. The speaker praised the We have the best work of the railway commission, and assortment of said that, working in conjunction with it, th association would be able to accomplish a great deal for manufac-

HOCKEY SKATES

Hockey Sticks and Pucks

You can also obtain at Lowest Prices. Wishing you all a Happy New Year.

The Purdom Gillespie Hardware Company,

118 Dundas Street. Phone 461. ovens made for the purpose, and afterwards dissolved in boiling water. The

alum then crystallizes in layers. The seven principal Bibles in the world are the Koran of the Mahomedans, the Edas of the Scandivanians, the Tripitikes of the Buddhists, the Five Kings of the Chinese, the three Vedas of the Hindoos, the Zendavesta and the Scriptures of the Christians.

An imported colony of toads may be the salvation of a flower garden. Many gardeners give their children a ent apiece for every cutworm destroved. From May 1 to Aug. 1 a toad may destroy 2,160 cutworms which it would cost \$21 60 to destroy by hand. English gardeners are said o pay as much as \$25 a hundred for toads for colonizing purposes.

Exeter Cathedral, in England, contains the heaviest ringing peal of bells in the world. The tenor bell alone, including the box girder, stock, wheel and clapper, weighs nearly five tons. and as a rule for safety sake, two men are put on to ring this ponderous bell.

THE POST DISCOVERY

A Revelation in Human Food.

Previous to the discovery of the Post process of changing the starchy part of Wheat and Barley into a form of sugar, many people suffered from what o run across the ocean, and a great new is known as starch indigestion. That was shown by gas and all sorts of stomach and bowel trouble (sometimes ending in appendicitis), brought line of the late trip which the Canadian bowlers had taken to England. The speaker paid a tribute to the Grand Trunk Pacific Railway, in course of conon by the undigested starch oats, white bread, cake, puddings, etc.,

Nature ultimately punishes anyon who continually takes some medicine or drug to smooth over or nullify bad con-Mr. Chas. ditions of the body. The only safe way to cure such is to correct or remove the cause. Therefore it was plain to Mr. Post, in working out his discovery, that people who show some weakness in digesting the starchy part of, food which is much the largest part of all we eat), must be helped by having the starch digested or transformed Lefore being eaten. And of course the safest and truest way to do this would be to nitate nature and avoid all chemicals outside and unnatural things. The body digests the starchy food by the following process: First it is mixed with the moisture or juices of mouth and stomach, then warmth or organization, will give a high-class mild heat from the body grows or develops diastase from the grain. Time is also an important element and whe all work together and the human or gans operate properly the starch is Walter Hawley, who will appear in a clever sketch, "Caught with the Goods"; Alice J. Shaw, who has whistit must be before the blood will absorb it and carry the needed energy to different terms. it and carry the needed energy to different parts of the body. Of course if the body fails to do its work perfectly trouble sets in. So in the making of the famous food.

Grape-Nuts, moisture, warmth and time are the only things used to turn starch into sugar, thus imitating nature and keeping the human food in original purity, free things and just as Mother Nature innight. The scenes of the play are laid tends it shall be kept for advantage-in a lively little metropolitan city adous use by her children. The food is jacent to New York. Unusual as it fully cooked at the factories, may appear, there are no slum scenes, no uncalled-for profanity, no gun plays or impossible climaxes in "Why Girls" lt can be softened for people with

Leave Home," but on the contrary a weak teeth, but is most valuable wholesome narrative of the happenings others when it must be energetically n the household of a small and re-chewed, thus bringing down the saliva from the gums to go to the stomach and help digest the entire meal, besides

One of the recently discovered na- the use of the teeth strengthens and tural curiosities of China is an "alum preserves them. Nature blesses the mountain," 1,900 feet in height, and parts of the body that are used and about ten miles in circumference at not abused. Grape-Nuts food brings the base. The Chinese quarry the peace, health and comfort when peo-alum, or masses containing alum, in ple are in despair from the ails resultlarge blocks, which are heated in ing from undigested food.