LOGICAL SERMONS HEARD LAST SUNDAY

Rev Dr. McLaren, Secretary of Presbyterian Home Missions, Heard at St. Andrew's—Rev. Mr. Phelps, of Queen-st., Spoke on Temperance—Other Sermons.

From Evening Post, March 26.

AT ST PAUL'S.

The Rector preached at both services yesterday. In the morning he took his text from 1st chapter Mark, 35th verse, "And in the morning, rising up a great while before day, He went out and departed into a solitary place, and there prayed." Rev. Mr. Marsh said that especially during this Lenton season, we should draw more closely to God in prayer, than thinking merely of earthly things. As Christ prayed, so earnestly, especially before His crucifixion, how much more should we, who are greater in need of prayer, pray. A great many of us think of only fame or position in this life, but how much better is the favor of God rather than the approval of men? The Rector concluded with three principals: 1 "Admit" Christ in our lives; 2 "Submit" our lives to Him and He will lead and teach us; 3 "Commit" our path and destiny to Him, and He will make all things to work together for good.

The evening sermon was a continuation of the morning, the text being taken from St. Luke, 2nd, v. 1; "When ye pray, pray Our Father, which art in Heaven." We remember how Christ frequently, on the Cross, with His disciples and at Gethsemane, prayed; so we ought to ask God to teach us how to pray, "Our Father." How very close it brings us to the Infinite One. But is He everyone's Father? Yes, no matter how far we are from His love, we are all His children. We think of Him very often only as high and mighty, and approach Him with fear and yet everyone can lift up his heart to Him; for He healeth all our diseases. Not always does God lead us, in pleasant places, but He knows what is best for our welfare.

AT ST. ANDREW'S.

The Presbyterians yesterday had the pleasure of a visit from the General Secretary of their Home Mission, Committee, in the person of the Rev. Dr. McLaren. It is some three years since Dr. McLaren was here before. Coming after such a giant in the cause as his predecessor, the Rev. Dr. Robertson was, Dr. McLaren had a hard row to hoe to keep up the reputation of the office. The very fact that he is booked as the convenor of the Committee in the place of the late Dr. Warden shows that he has not hoed in vain. Dr. McLaren is a man rather under the average height and of rather slight build. What he lacks in bodily presence he makes up in mental calibre, and the fact that he is persona grata to the miners and lumber jacks, than whom none appreciate true manhood more, would seem to indicate that it is not always necessary to have avordupois to be a success in missionary work. The congregation at both services were only average ones, there being many empty seats, which taken in connection with the same fault at Rev. Dr. Johnston's lecture last week, must be rather disappointing to those Presbyterians who are interested in the welfare of their church.

The morning sermon was entirely of a home mission character. The speaker took as his text Deuteronomy, 8th chapter, verses 7 to 11, and from them built up a very striking parallel between the Israelites of old and our own Canada. The doctor held the attention of his audience throughout and many were surprised when he apologized for speaking so long, to find that he had spoken 15 or 20 minutes longer than usual.

In the evening Dr. McLaren took his text from Isaiah, 32; 2, "And a man shall be as the shadow of a great rock in a weary land." All familiar with this passage know that the coloring of these flowers of fancy is extremely oriental, and can only be appreciated by those who in any way have seen such landscapes as are here described. The prophet is looking out on a scene of blinding fury —wind, sand and storm—with not a spot of green to relieve monotony; and with an abounding wealth of beautiful illustrations the prophet's description is such that a weary traveller would drink in new life and energy from the scene.

"A man shall be as the shadow of a great rock"—a marvellous picture. But the material is only a symbol for the storm-tossed life in the pernicuousness of its undeveloped powers. We all need just what the prophet has described here, and the speaker went on to say that the universal need is and is to be supplied by force of individual character. The speaker garphically described how vegetation started to grow on the edge of a desert and progressed until the wind arose and covered everything with sand. But if a rock were set down in this sand, in the course of time vegetation would grow more or less on the leeward side, protected as it was from wind and sand. He mentioned a few of the drifts that overcome humanity—superstition, selfish and sinful indulgence, dishonest commercial practices, prostitution of public offices, etc. What can arrest such things? Not the philosophy of Ancient Greece; not even the carrying out of the common saying that honesty is the best policy; not even statutory enactments, although some people seem to think that anything and everything can be regulated by law. Law can never bring about radical changes. Dependence on these and the race must ever be beaten down by storms, but thank God, evils may be withstood. By tact and tears, and at times the heart's blood, germs of good may be implanted in other hearts to influence the character of individuals throughout the world. There is a wonderful field for reflection along those lines. He instanced Knox, Carey, Judson, Livingston, Moffat and other missionaries, and through the example of such men as Havelock and Chinese Gordon. British soldiers have found courage to show their colors and acknowledge the great Captain of their salvation.

The history of the world is the history of its great men. Others have their part to play, but the real makers of history are not the utilitarian statesmen or the ambitious warriors. Their influence was only superficial, and did not get into the hearts of the people. It was merely evanescent. The speaker instanced the influence of Alexander as compared with Moses and of Napoleon as compared with Paul. The real epoch-makers were men who have cherished a high view of life and duty, men who were prepared to stand out amidst all the fury of the tempest in order that others might enjoy shelter — "the shadow of a great rock in a weary land." You may say this is all true, but we are not all Shaftesburys or Booths and cannot hope to stand faith as they did, but you can be a rock for some one. He related as an example the protection Tom Brown gav eto Arthur the first night he said his prayers at bed time, where no one had that courage to do so, and how from that time the whole school was gradually permeated with a spirit of loyalty to Christ that was not there before.

Our own personality—what purpose does it serve? Everyone must be either sand or rock, either blighting or protecting. We all know those whose very presence in anything is inspiration. It is very easy to be as the sand. Anyone can be that—all one has to do is to drift and be carried hither and thither as the wind blows—simply has to let himself go, but it takes a man to act the rock, to stand four-square to every wind that blows. But there is a deeper thought even than this. The fiercest storm is sin, and from it man needs shelter. There has loomed up before wondering eyes the Rock of Ages—the man Christ Jesus. Only beneath His shelter can safety be found. Tis only there we have liberty and power to grow up. We cannot do so by ourselves—only through the higher power of one who loved us and gave Himself for us.

QUEEN-ST. METHODIST.

Yesterday morning at Queen-st., Methodist church, Rev. Mr. Phelps spoke on the Sunday School temperance lesson, taking as his subject, "Should the christian church, as an organized force for righteousness, oppose the liquor traffic, an organized force for evil?" (Proverbs 24, 11 and 12). This was a subject for the christian to deal with. The earliest effect of alcohol is not found on the physical, but on the moral nature. Well before it has time to act upon the man, to cause him to stagger and stumble, it has benumbed the brain benumbed the sensibilities that make people truthful, moral and straight. The first glass affects his moral sense—it acts as a deadener of the conscience. The liquor traffic would not let the christian church alone, therefore the christian church could not afford to let it alone. The liquor traffic affected the pulpit in a number of ways and the pulpit now was almost alone as the champion of christendom. The rev. speaker liked the moral tone of the press, but the secular press was secular—that is its business. The secular press will not champion spiritualism. It cared for such things that are only found on a lower level, but the pulpit stands for loftier things. The secular press of Ontario was largely dumb to the evils of the liquor traffic. Mr. Phelps referred to the way in which the two leading daily papers of Toronto gave whole pages to the describing of ladies' costumes at the Woodbine. The press was not paid to champion spiritualism, and so if the pulpit doesn't take the stand it would go unchampioned. If we cannot employ the gospel to remove some of these worldly ends, then it was not worthy to be called a gospel to uphold to man. There was no more important question than the liquor traffic; as citizens were are compelled to think about it and compelled to take action. Dealing with the question of man's use and abuse of intoxicating liquor and referring to acts of parliaments, Mr. Phelps stated that, whether morality was helped or hindered by legislation, no man was ever made vicious thereby.

The speaken said he couldn't understand the strange action of the people of Lindsay in regard to the liquor question. Is it for cause that people are so acting in this question? The general feeling is that Government now uses the liquor question to their own personal interests, but he was pleased to see that lately they had not been entirely inactive. Drink selling has become more socially respectable, and people say, "It means business to us if we overlook this social custom—why stir up strife?" Let sleeping dogs lie. Mr. Phelps had met with that spirit in Lindsay. But while we were on such terms we can-

not forget that the traffic is doing its deadly work. The men who go into the hotel business do it for the money they can get out of it, not because they like it. There were eight hotels in Lindsay and eight bars—couldn't we do with less just as well? "I would close two if I couldn't close all, and one if not two." The liquor traffic says, "I have the legal right to sell to your sons, and you gave me that right." There was scarcely a church to-day that did not pass resolutions against the traffic. But has the church been wise in bringing the forces of organized work against the liquor traffic, in taking the part of the unprotected? Has she lost many friends? The license system of to-day was a covenant of death. The liquor sellers to-day couldn't get into respectable fraternal or insurance societies—they wouldn't have them. They are all profane and careless of the people's best interests. God was with the temperance movement, and the people should do all they could to overthrow this great evil and curse.

In the evening the monthly evangelistic service was held. Large congregations were present at both services.

Shirt Sleeves.

This paper feller's crazy, w'y Mandy,
he's jes' wrote(
"W'en men sets down t' dinner they
ort t' wear a coat!"
Haw, haw, haw! By crickty, it's purty middlin' plain
Th't folks up in th' city has soft'nin'
o' the brain!

W'y, ding my hide now, Mandy, a
coat's so gosh blame tight,
It binds a feller's shoulders an' spils
his appetite:
It makes his hand git crampish—he
can't t' save his life,
Keep all th' vittles stiddy an' balanced on his knife.

Long live th' good ol' shirt sleeves
th't leave a feller free
T' feed hisself in comfort—an' Mandy, you'll agree
Th't cont's keeps gittin' spotted with
apple suss an' such—
Me wear my coat t' dinner? Wall,
no siree — not much—
—Charles B. Barnes in N. Y. Sun.

For Thin Babies

Fat is of great account to a baby; that is why babies are fat. If your baby is scrawny, Scott's Emulsion is what he wants. The healthy baby stores as fat what it does not need immediately for bone and muscle. Fat babies are happy; they do not cry; they are rich; their fat is laid up for time of need. They are happy because they are comfortable. The fat surrounds their little nerves and cushions them. When they are scrawny those nerves are hurt at every ungentle touch. They delight in Scott's Emulsion. It is as sweet as wholesome to them.

Send for free sample.

Be sure that this picture in the form of a label is on the wrapper of every bottle of Emulsion you buy.

Scott & Bowne
Chemists
Toronto, Ont.

50c. and $1.00
All Druggists

MERRY WEDDING BELLS

Grills—Coutermanche.

A very quiet, but pretty wedding took place March 21st, at the residence of Mrs. C. Courtemanche, south ward, when her daughter Pearl was united in marriage to Mr. Arthur Grills. The bride looked charming in white net over taffeta, and was assisted by Miss Eliza Grills, of Argyle, sister of the groom. The groom was ably assisted by Mr. Lockie Calder, town. Rev. C. H. Marsh performed the pleasing ceremony, at which only the immediate relatives of the bride and groom were present.

The groom's gift to the bride was a parlor suite, to the bridesmaid a sunburst, and to the groomsman a garnet stick pin. The happy couple left on the 6.20 train for Toronto, Hamilton and Arnprior.

The Post join with their many friends in extending congratulations to the happy couple.

ATTACKED EMPLOYER'S WIFE.

Murderous Assault by Young Englishman at Mt. Horeb.

Lindsay, March 21.—The citizens of Mount Horeb have been thrown into a state of great excitement by what might have proved a murder. It appears that a young Englishmen was engaged by a farmer. The farmer left home and left orders to feed the stock at noon time. The farmer's wife went out to see that the work was done, whereupon the young immigrant struck her a blow, knocked her down and kicked her. She struggled to the house and barred the door followed by her assailant, armed with a pitchfork. She remained a prisoner until released by the return of her husband.

HEALTH IN SPRING.

Nature Needs Assistance in Making New Health-Giving Blood.

Spring is the season when your system needs toning up. In the spring you must have new blood, just as the trees must have new sap. Nature demands it. Without new blood you will feel weak and languid, you have twinges of rheumatism or neuralgia, occasional headaches, a variable appetite, pimples or eruptions on the skin, or a pale, pasty complexion. These are sure signs that the blood is out of order. A tonic is needed to give new energy. Dr. Williams' Pink Pills are the best tonic in the world. They make new, new, rich, blood — your greatest need in spring. They clear the skin, drive out disease and make tired, depressed men and women bright, active and strong. Mrs. Chas. Masson, Yamachiche, Que., proves the great value of Dr. Williams' Pink Pills in building up people who have become weakened and run down. She says: "In the winter of 1905 I was very much run down and lost flesh rapidly. My blood was poor. I suffered from indigestion, severe headaches, and general debility. In this condition I decided to give Dr. Williams' Pink Pills a trial, and thanks to this valuable medicine I am again enjoying perfect health."

Dr. Williams' Pink Pills cure all the ailments due to poor blood or shattered nerves. That is why they cure anaemia, rheumatism, neuralgia, kidney trouble, indigestion and the secret ailments of women and girls. Sold by leading medicine dealers or by mail at 50 cents a box or six boxes for $2.50 by writing the Dr. Williams' Medicine Co., Brockville, Brockville, Ont.

ONTARIO EAST LODGE.

Grand Lodge in Session at Lindsay—Excellent Reports.

The Grand Orange Lodge, of Ontario East opened its convention in the town hall lastw eek, Right Worshipful Master Lt.-Col. J. Earle Halliwell and Deputy Grand Master John Boyce presiding.

At the morning's session reports of committees were received. A pleasing feature was the visit of the Grand Master and Sovereign, Dr. Sproule, who received an enthusiastic reception.

In the afternoon the delegates were treated to beneficial addresses by the Grand Master and Col. Sam Hughes, Past County Master.

The Grand Secretary said in his report that a marked increase in membership and an improvement in the methods of County lodges was to be shown. Returns thus far showed 947 initiations, 218 joined by certificate, 155 reinstated, 470 withdrawn by certificate, 600 suspended, 25 expelled, and 111 deceased, leaving a net increase of 116. There were 24 county lodges, 80 district lodges and 377 primary lodges, with 12,705 members in good standing, holding $194,000 of lodge property.

Commenting upon the death rate of 111, which compared with 127 last year, allusion was made to the death of Robert Weir, past County Master of West Peterboro, and John Park, past County Master of Renfrew.

Grand Master Helliwell gave an inspiring address, touching at length on the autonomy question.

During the afternoon a deputation of the aldermen of the town, headed by Mayor Vrooman, M. P., gave a hearty address of welcome, which was suitably replied to. An address of welcome was also read by Right Worshipful Bro. Rev. J. M. Whitelaw, County Master of Victoria, on behalf of the Orangemen of the County.

A Hint to Travellers.

While in Suffolk, Va., Henry Croll, Jr., proprietor of the Beaverton, Mich., Hardware Co., was taken very sick with bowel trouble. A travelling salesman from Saginaw, Mich., advised him to get a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, which he did. "It soon cured me, and I take pleasure in recommending it," he says. No one should leave home on a journey without a bottle of this remedy. It is almost sure to be needed and is not obtainable while on steamship or cars. Sold by all druggists.

BARGAINS! BARGAINS!

As we have to vacate the old store by the 1st of April, we are arranging our stock for the greatest sale of Footwear that Lindsay ever saw. The date will be made known in due time.

Our terms are Strictly Cash.

P. J. HURLEY,

SUCCESSOR TO N. HOCKIN.

LINDSAY'S GREATEST SHOE HOUSE.

OBITUARY.

Sylvanus Weldon, Town.

At 8 o'clock last evening death removed from our midst Sylvanus Weldon, who died at his residence, 44 Cambridge-st., after an illness of several months.

Mr. Weldon was one of Mariposa's most successful farmers, having resided on lot 23, con. 10, for many years. The deceased was active in all matters of local interest, and was a consistent member of the Oakwood Methodist church. His death removes one who enjoyed the confidence and respect of a very large circle of friends and acquaintances. He leaves a widow, four sons and three daughters to mourn her loss.

The funeral will take place from the family residence, Cambridge-st. to-morrow at 1.30, and proceed to the Methodist church, Oakwood, for service, and from thence to the East Oakwood cemetery for interment.

David D. Clarke, of Marshalltown, Iowa.

Goderich Signal, March 15th, says: Marshalltown (Iowa) papers record the death, on Feb. 23rd of David D. Clarke, a resident of that city for thirty years or more. The deceased was a brother of W. S. Clark of town, and an uncle of Dr. W. F. Clark, our popular veterinary surgeon. The deceased had been suffering for a year with paralysis. He was seventy years of age, and a native of Canada, the youngest son of David Clark, and a nephew of Sir James Clark, who for many years was physician to Her Majesty, the late Queen Victoria. Mr. Clark was a widower and is survived by one brother, W. S. Clark, of town, who was with his brother at the time of his death. The funeral occurred on the following Sunday afternoon, interment being in Riverside cemetery by the side of the deceased's wife, the Masonic lodge being in charge. Mr. Clark was formerly in the meat business at Marshalltown and subsequently was engaged in cattle-buying. The deceased was an uncle of Mrs. Alex. McKenzie, 87 Fair-ave., Lindsay.

Mrs. Mary Conway, Ops.

One of the oldest settlers of Ops passed away on March 21st, 1906, in the person of Mrs. Mary Conway, at the residence of hers on, Mr. Jas. Nellis, the deceased having reached the age of 90 years.

Mrs. Conway was born in the County of Monaghan, Ireland, in the year 1816, coming to America with her parents while quite young and settled in Port Hope, where she married Patrick Nellis. Removing to Ops a few years later, he died, leaving the widow with four small children, and three years later she married Hugh Conway, who died some thirty years ago, leaving the widow with two small children; Of the family of six all survive her with the exceptions of Patrick Nellis and Mrs. Timothy Roche; the living are Mrs. Daniel Hinn, Emily; Mrs. Wm. Hogan, Ops; Miss Mary Nellis, and Mr. Jas. Nellis, of Ops. She also leaves sixteen grand-children and thirteen great-grand children.

The funeral was attended by a large circle of friends. The body was taken to St. Mary's church where a requiem mass was chanted. The remains were then deposited in the Roman Catholic mortuary chapel. The bereaved relatives have the heart-felt sympathy of a wide circle of friends in Lindsay and Ops, many of whom had known deceased for years.

Faith

You cannot be expected to have faith in Shiloh's Consumption Cure, the Lung Tonic, as a cure for Colds, Coughs and all diseases of the air passages, if you have not tried it. We have faith in it, and we guarantee it. If it doesn't cure you it costs you nothing. If it does it costs you 25c. That's fair. Try it to-day.

Shiloh has cured many thousands of the most obstinate cases, and we do not hesitate to say that it will cure any Cold, Cough, Throat or Lung trouble. If we did not believe this we would not guarantee it. Shiloh has had an unbroken record of success for thirty years. It has stood every possible test without failure. Further

Proof

is found in the many testimonials of those who have tried Shiloh and been cured. Mrs. Archie Taylor, Asaph, Pa., writes:—"I bought a bottle of Shiloh's Consumption Cure and found it very beneficial. I have two children, and they had a terrible cough. I gave them everything I could think of, but they got no better, until one evening my husband brought a bottle of Shiloh. We gave it to the children when they went to bed, and they slept all night. It cured them completely. I shall always keep it in the house." 603

SHILOH

25c. with guarantee wherever medicine is sold.

A CHANGE IN BUSINESS

Important announcement to every person interested in WHEEL VEHICLES

Having leased my workshop I will not in future do any repairing, but will give my undivided attention to the production of the best and most up-to-date Buggies and Wheel Vehicles of every description.

In future I shall purchase all Carriage parts in the white, finished ready for the paint shop. By doing so I can see the material and workmanship in every rig.

My reasons for this change I will state as briefly as possible. There are in the United States and Canada, several large Companies with unlimited capital, with the most improved machinery, with buildings put up expressly for the purpose, properly heated and ventilated in which all cements and glues can be used to the best advantage.

These companies are in a position to employ first-class designers, send them to the Carriage centres of the continent and get the latest and most improved styles and place them within reach of the dealer at reasonable prices.

Another reason for the change is that it is almost impossible to keep a first-class body builder in a small shop. He cannot improve himself; he has no designer to teach him; conditions are unfavorable—shops are badly ventilated and heated; he is building a good Carriage to-day and a Lumber Waggon to-morrow. He knows that under those conditions it is impossible to do first class work, and he naturally goes to the first-class body shop.

These are the results of the changed conditions during the last few years, and they are facts that cannot be denied.

In future I shall take advantage of those changes, and will place within reach of the people of this country the best results of the brains, capital and experience of those large companies, and give you the neatest and best vehicles ever offered for sale here.

My show Rooms will be fitted up and goods ready for inspection ABOUT THE MIDDLE OF MARCH. Wait until then and see the latest and best rigs in Canada. I have 75 Buggies of my own make still on hand

R KYLIE - LINDSAY

FOUR SIMPLE RULES.

Follow Them and Health, Happiness and Prosperity Will be Yours.

If one would be healthy, happy and prosperous, follow these four simple rules. (1) Keep the bowels open every day. (2) Chew your food slowly and thoroughly. (3) Avoid indigestible foods. (4) If there are any symptoms of stomach troubles take Mi-o-na before each meal until cured.

No matter how many years you may have suffered with stomach troubles or how worried by sleeplessness, nervousness, loss of appetite, furred tongue, specks before the eyes, headaches, indigestion or other ills that are caused by a weak stomach, you can be cured by the faithful use of Mi-o-na.

Take one of the little tablets before each meal with the fixed determination to get the most benefit out of it.

Mi-o-na is not a fanciful experiment, it is not a patent medicine, it is not a cure all. It is a scientific remedy recommended but for one trouble—weakness of the digestive organs.

When Mi-o-na has been used for a few days, the digestive system will be so greatly improved that all the food eaten is converted into nutrition, so that nourishment and health are given to the whole system and there is a rapid increase in weight strength and spirits.

If you cannot obtain Mi-o-na of your druggist, it will be sent by mail, post paid, on receipt of price. Write us for advice on your case from a leading stomach specialist which will be sent free. The R. T. Booth Company, Ithaca, N. Y.

Sale of Short-Horns.

Of the cattle advertised in The Post, Mr. John Campbell, of Fairview Farm, has already sold several, all being of his profitable Strathalian family. Mr. Neil McLean, of Woodville, purchased a nice young cow, with her real good heifer calf. Mr. Alexander Grant bought a choice thick-set, short-legged young bull, which promises to grow into an excellent sire. We still have the advertisement continued, as another good bull and choice two years' heifer are on offer. They are good ones and most likely will, ere long, find other quarters.

Globe Trotters in Peterboro.

Port Hope Guide: M. Van W. Witberghe and M. L. Vicomte Le Chanoine of Antwerp, Belgium, were in Peterboro Monday. They are globe-trotters who are walking around the world. They say they have no particular object, but are anxious to take back to Belgium as much news of Canada and Canadians as possible. They sailed from Antwerp on December 4 going by different routes, but reaching this continent at the same time. They walked to Peterboro from Ottawa and left for Toronto, where they will spend a few days before proceeding westward. They will go north to North Bay and follow the C. P. R. main line right across the continent.

Just arrived, our spring stock of Baby Carriages and Go-Carts, Velocipedes, Wagons and Carts, and they are Dandies. You are invited to inspect them at

JOS. RIGGS',
KENT-ST. - Lindsay.

McLennan & Co.

Carvers
Knives
Scissors
Razors
Guns
Rifles
Air Guns
Skates
Winter Mitts
Carpet Sweepers
Food Choppers
Bread Mixers
Clothes Wringers
Axes
Saws
Cow Chains
Weather Strip
Fancy Tea and Coffee Pots
Tinware and Graniteware.

McLennan & Co.

Hardware, Coal and Iron.

Afflicted With Rheumatism.

"I was and am yet afflicted with rheumatism," says Mr. J. C. Bayer, editor of the Herald, Addington, Indian Territory, "but thanks to Chamberlain's Pain Balm am able once more to atend to business. It is the best of liniments." If troubled with rheumatism give Pain Balm a trial and you are certain to be more than pleased with the prompt relief which it affords. One application relieves the pain. For sale by all druggists.

OGILVIE'S ROYAL HOUSEHOLD

When you plan your meals you never think of bread, yet you always have it, and if it is left off the table it is the first thing that is missed.

You *can* live without bread, but you can live without any other food with less hardship—think along these lines and the absolute necessity of bread comes home to you.

And because it is a necessity, its quality should be the best—quality in bread depends largely upon the flour.

Royal Household Flour

has convinced the women of Canada that it is the best for pastry as well as for bread.

Try Ogilvie's Royal Household. Your grocer recommends it, because it gives such good results.

Ogilvie Flour Mills Co., Ltd.
Montreal.

"Ogilvie's Book for a Cook," contains 130 pages of excellent recipes, some never published before. Your grocer can tell you how to get it FREE. 154