

"My appetite is good, I sleep well and find life is worth living, indeed. A lady of my acquaintance said she did not like Postum, it was so weak and tasteless.

world.

"I explained to her the differonce when it is made right-boiled according to directions. She was glad to know this because coffee did not agree with her. Now her folks say they expect to use Postum the rest of their lives." Name given upon request. Read the little book, "The Road to Wellville," in pkgs. "There's a reason." Postum now comes in concentrated, powder form, called Instant Took Exactly Three Minutes to Re-Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown.

showed how newspaper advertising was the most efficacious and satisfactory medium of reaching the consumer to-day, and advanced in proof of his contentions the following main argument: Newspaper space can be bought in exact ac-

cordance with the distribution of goods and in co-operation with selling effort for 100 per cent. efficiency priced to the hour and enabled to take advantage of changing conditions.



A Journalist Tells of The Advantages of

Keeping Nerviline Handy On the Shelf.

Fifty years ago Nerviline was used from coast to coast, and in thousands of houses this trusty liniment served the entire family, oured all their minor ills and kept the doctor's bill small. To-day Nerviline still holds first rank in Canada among pain-relieving remedies-scarcely a home you can find that doesn't use it.

From Port Hope, Ont., Mr. W. T. Greenaway, of the Guide newspaper staff, writes: "For twenty years we have used Nerviline in our home, and not for the world would we be without it. As a remedy for all pain, earache, toothache, cramps, headache, and disordered stomach I know of no preparation so useful and quick to relieve as Nerviline."



Instant Postum is convenient; there's no waste; and the flavor is always uniform. Sold by grocers-45 to 50-cup tin 30 cts., 90 to 100cup tin 50 cts.

A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Canadian Postum Cereal claimed that this is a Canadian re-Co., Ltd., Windsor, Ont. cord.

move the Appendix.

A despatch from Kingston says: A Kingston surgeon has performed an operation for appendicitis in the General Hospital here in exactly seven minutes from the time the patient was placed on the operating

table. It took just exactly three minutes to make the incision and remove the appendix. The opera-tion took place on Friday. It is

Let every mother give Nerviline a trial; it's good for children, good for old folksyou can rub it on as a liniment or take it internally.

Wherever there is pain, Nerviline will cure it. Refuse anything but Nerviline. Large family bottles. 50c.; trial size, 25c., at all dealers, or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Ont.

MURDER AND SUICIDE.

Ottawa Laborer Kills Wife and Poisons Himself.

BRITAIN'S NAVY PROGRAM

Twenty-two Battleships and Cruisers to be Built At a Cost of \$400,000,000

maintain her supremacy at sea is evidenced by the fact that twenty- modern battleship. two battleships and battle cruisers for her navy, all of the most modern ing six more large modern wardesign, will be under construction ships for foreign governments. The in British shipyards during the total new displacement under way present year. Furthermore, the amounts to 650,000 tons, and the First Lord of the Admiralty, Winston Churchill, has practically 000. promised to ask Parliament for To money for five more large ships, and it is possible that this number will be increased to six on account of the situation in the Miditerranean, and the action of Austria-Hungary and Italy in increasing their **naval** programmes.

Then there are the three battle-Parliament to present to the timate.

A despatch from London says: | mother country, and the vessel for Great Britain's constant effort to which the federated Malay States have voted the money, and which, like those from Canada, will be a

British shipyards are also build-

To complete these ships with the necessary speed will require very careful organization. Already recent British programmes are in arrears, and there are likely to be some delays with this record in warship construction. Heretofore

the Admiralty has calculated on two years for the completion of a ships which Premier Borden of battleship, but it is probable that Canada has asked the Dominion they will now have to revise this es-

A despatch from Ottawa says Cyrille Lepage, aged 45, a laborer at the Booth mills, who came here from Quebec a few years ago, shot and killed his wife, aged forty, and committed suicide by taking Paris green, at their rooms, 87 Broad street, shortly before noon on Friday. According to the woman's mother, Lepage came home Friday morning and said he was going to kill his wife and himself. The mother rushed out to summon the police, but when assistance arrived Mrs. Lepage was found with two bullet wounds in the head, and the man had taken poison. Mrs. Lepage died en route to a hospital, and Lepage succumbed about half an hour later.



Winnipeg Constable Tried to Frighten a Milk Thief.

despatch from Winnipeg says: John Zcopik, Ruthenian, is lying in the General Hospital with a bullet in his right temple, as the result of a revolver shot fired on Thursday morning by William Andrew Wisely, police constable, at another man who stole two bottles of milk from a delivery wagon.

BUI

This "Railroad King" Watch is an absolutely guaranteed timekeeper. It is stem wind and stem set,

double dust-proof back, and will be given in either nickel or gold finish case. Regular man's size. Send us your name and address and we will send you 30 sets of Easter and other post-cards to sell at 10 cents a set (six beautiful cards in each set). When sold send us the money, and we will send you the watch, all charges prepaid.

HOMER-WARREN CO. DEPT. 40. TORONTO

MONTREAL

Take A Scoopful Of Each-Side By Side

9

Take "St. Lawrence" Granulated in one scoop-and any other sugar in the other.

Look at "St. Lawrance" Sugar - its perfect crystals -- its pure, white sparkle-

its even grain. Test it point by point, and you will see that



"Most every dealer sells St. Lawrence Sugar,"

ENCH SUGAR REFINERIES LIMITED,