Pennants and Cushions

We have the largest and most exclusive lines of Queen's and R.M.C. in the city, including:—

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K.C.I. Banners. K.C.I. Cushions. R.M.C. Pennants. R.M.C. Blankets. R.M.C. Cushions.

Call and examine our line. We know it will interest you.

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All kinds of Cut Flowers and Plants in season. Wedding and Funeral Designs a specialty shipped to all patsr. 126 King Street.

WM. MURRAY, Auctioneer.
Furniture Sales given special attention. Country Sales of Farms Stock, etc., have been my specialty for long years. If farmers want the high dollar, get my services.
MARKET SQUARE.

Our Crystal Brand
Of Standard Granulated Sugar is unexcelled for preserving or table use.
ANDREW MACLEAN'S, Ontario Street.

. PEARS .
No. 1 Stock.
KEEFER and VICKAR OF WAKEFIELD.
Fine for Preserving.
D. COUPER'S,
341-3 PRINCESS STREET.
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Prompt Delivery.
COAST SEALED OYSTERS.

KINGSTON BUSINESS COLLEGE
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HEAD OF QUEEN STREET.
"Highest Education at Lowest Cost"
Twenty-Sixth year. Fall Term begins August 30th. Courses in Bookkeeping, Shorthand, Telegraphy, Civil Service and English. Our graduates get the best positions. Within a short time over sixty secured positions with one of the largest railway corporations in Canada. Enter any time. Call or write for information. H. F. METCALFE, Principal.

Building?
I can Supply
Ready Roofing,
Wall Plaster, Lime
and Portland Cement
P. WALSH,
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DON'T FORGET
TO TRY
M. NOLAN
FOR YOUR GROCERIES,
338 PRINCESS ST.
Our Coffee at 25c and 35c cannot be beaten.

Prices reduced on
ELECTRIC IRONS
and
TOASTERS
By the way have you every tried toast made on an Electric Toaster, if not you have never eaten toast.
Let us send you one.
Halliday Electric Company
345 KING STREET.
Longest Established Electric Firm in the City.

COAL
Try
WM. DRURY,
235 WELLINGTON STREET.
'Phone 443.

IN OLDEN TIMES

People Were Content to Take Things Easier Than Now.

If our forefathers could behold the modern locomotives, automobiles and electric cars, they would hold up their hands in astonishment.

The stage-coach was fast enough, then—people were more content to take things easy.

They used to be satisfied with any sort of a hair lotion that came along—if it did not prevent Baldness they thought it was because Baldness could not be prevented.

It's different now. People know that germs cause Baldness and that Newbro's Herpicide kills the germ, thus curing Dandruff and preventing Baldness.

Sold by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich. $1 bottle guaranteed. Jas. B. McLeod, druggist, special agent, Kingston, Ont.

The Servant in the House

This has no reference to the celebrated play by that name.

But deals with the ever obliging, always ready, never failing, general servant of the general family.

The greatest convenience in the household.

Once tried always used.

Cook With Gas
CHEAP—CLEAN—CONVENIENT.

Kingston L. H. & Power Co.
C. C. FOLGER, Gen. Manager.

Don't Persecute your Bowels
Cut out cathartics and purgatives. They are harsh—unnecessary. Try
CARTER'S LITTLE LIVER PILLS
Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate organisation of the bowels. Cure Constipation, Biliousness, Sick Headache and Indigestion, as millions know.
Small Pill, Small Dose, Small Price
Your guarantee must bear signature: Brent Good

Best by Test
This is proven in a Wormwith Piano.
Try One in Your Home
They are sweet toned, artistically designed, and reasonably priced.
KINGSTON'S LEADING MUSIC HOUSE.
In all popular and classic Music in Book and Sheet Form.
Orders promptly filled.
THE
WORMWITH PIANO CO
LIMITED,
222 PRINCESS STREET.

ON AN "HONEST MAN"

STRONG ADDRESS GIVEN BY CHARLES R. DRUM.

At the Orpheum Theatre on Sunday Afternoon—A Strong Appeal to Raise Men to a Higher Plane.

The Orpheum Theatre was filled to the doors, Sunday afternoon, at the mass meeting for men, addressed by Charles R. Drum, the international secretary of the Y.M.C.A., who delivered a forceful address on the subject, "An Honest Man." Mr. Drum is a fine speaker—one who holds the attention of his audience from start to finish. He gets at the point of his address at the outset, and has a number of interesting stories to illustrate. He is a man whose whole soul is wrapped up in his work, and his Sunday afternoon address will never be forgotten by those who were fortunate enough to be present and hear him. Elmer Davis, occupied the chair, and introduced the speaker, and the secretary of the local Y.M.C.A., E. F. Trimble, and prominent workers, in the association, occupied seats on the platform. The quartette of Bethel church, favored with a fine selection. Rev. W. F. Fitzgerald, opened the meeting with prayer.

The speaker, in his opening remarks stated that he agreed with the writer, who said, "an honest man, is the noblest thing in life." A great many men were dishonest, and were not conscious of the fact. He appealed to all, to square themselves, if they were not as honest as they should be. For instance, was a man honest, who would pay $1 for a seat in a theatre, while his grocer, to whom he owed money, had to take a 35-cent seat, in the gallery? But still there was another side to the question, apart from the financial. We should always be ready to give a helping hand to every man. We appeared to be too eager to give a man a push when he was going down the hill. There should be brotherly love, a desire to raise men to a higher plane. The hand of Christian fellowship should be extended.

"How are you meeting the opportunities which come to you daily here in Kingston?" asked the speaker. "How are you helping men to better things. If you are not meeting these obligations, do not say that you are an honest man. Show a little more courtesy to your wife and family. Do not forget to give a few words of commendation to your wife. Remember the woman whom you promised to love, cherish and protect. She loves to hear those words of commendation. How neglectful men sometimes become. Remember how attentive you were in those sweetheart days. Take your wife, give her a good hug, and tell her how much you love her. And be careful to see that you set your children a good example. Remember your responsibilities. We are often apt to forget the things we did when we were boys, when it comes to a matter of discipline with our children.

The speaker emphasized the importance of living a clean life. Every man owed it to his family. The statement of a man, that every man had to sow his wild oats, he classed as "rotten philosophy." "Whatsoever a man soweth, that shall he also reap." Men should also live a sober life. No man who drank liquor, could be the husband he should be. We should not forget the great creditor, God. We owe him love and worship.

At the close of the address, there was quiet a dramatic scene, when nearly every man in the theatre stood up and pledged himself, to live a better life, on the invitation extended by the speaker. It was a most fitting closing, to a stirring appeal for Christian service.

MARRIED AT PRESCOTT.

Miss Hazlett Becomes Bride of Mr. Whinton.

Prescott Journal.

At the residence of Mr. and Mrs. George M. Hazlett, George street, on Tuesday morning, the marriage took place of their only daughter, Sara Campbell, to Walter E. H. Whinton, Toronto, and only son of Mr. and Mrs J. M. Whinton, Ottawa. The ceremony was performed by Rural Dean Patton, rector of St. John's church. The drawing room was artistically decorated with a rich profusion of the native foliage, prettily interspersed with asters and chrysanthemums. The bride entered the drawing room leaning on the arm of her father as the sweet strains of the wedding march from Lohengrin were being played by Miss Lorena Crawford, of Kingston, and took her place before a bank of flowers. The costume worn by the bride was a rich gown of cream charmeuse silk with an Empire boquet of lilies of the valley and maiden hair fern. She was unattended throughout the ceremony.

After the ceremony the party repaired to the dining room where luncheon was served and a few hours spent in a social way, after which Mr. and Mrs. Whinton left on the 11.20 train for the west.

The bride travelled in a tailor-made suit of navy blue with a blue velvet toque. The groom's gift to the bride was a beautiful amethyst and pearl pendant.

The array of presents received were beautiful, and included a cheque from the firm of the Canadian Lake Transportation Co., of Toronto.

The bride is a young lady who has only been with us for a year, coming from the Limestone City here, but has made many acquaintances during her stay which was evidenced by the large number of beautiful presents, a tribute to the sunny temperment and genial disposition which has endeared her to the hearts of all who knew her.

Rev. R. H. A. Haslam will give an illustrated address on his work in the Punjab, India, in St. John's schoolhouse, Portsmouth, this evening, at eight o'clock.

Rev. Walter Herbert Oldfield and Mrs. Mabel Dimock, Sherman, both missionaries to China, were recently married at Hong Kong. Mr. Oldfield is from Madoc.

"A $15 English Camera, for $12," on the bargain counter, at Gibson's Red Cross Drug Store, during October Red Ticket Sale.

OLD HOUSE CLOSES

AFTER AN EXISTENCE OF OVER FIFTY YEARS.

The Skinner Drug House is a Thing of the Past—It Was Established in 1858—Some Local Business History Recalled.

With the closing of the local branch of the National Drug and Chemical company, of Canada, there passes out of existence a drug business that has existed on Princess street for over half a century. The name of Henry Skinner & Co. still appears on the building No. 171 Princess street, but the business no longer exists, that drug house so widely known is a thing of the past.

It was in the spring of the year 1858 that the retail business owned by one Baker, situated on the north side of Princess street, near King, was purchased by the late Dr. Henry Skinner. In 1873 Dr. Skinner bought the business and stand of Robert White, wholesale druggist, where a drug business was conducted until the beginning of the present month. In 1885 Dr. Skinner passed away and in that year a partnership between William Skinner, William Bruce Skinner and John Morgan Shaw was entered into and continued until the death of William Skinner in 1898, following which his son, Ronald Shaw Skinner, was admitted into the partnership with the two remaining partners. In 1902 Mr. Shaw and R. S. Skinner retired, and a partnership was formed between W. B. Skinner and E. C. Mitchell, which continued till February 1st, 1906, when the business was sold to and incorporated with the National Drug and Chemical company of Canada, which now closes the old Kingston house.

There are only three business houses in Kingston to-day that still retain the names of their owners of half a century ago. These are the wholesale dry goods house of Macnee & Minnes, the boot store of William Allen & Son, and the tailor store of John Tweddell, all three places being conducted by the sons of the founders. William Allen is the only merchant of half a century ago who is alive to-day.

BAY OF QUINTE RAILWAY.

The Official Report as to Equipment, Etc.

Following the purchase of the Central Ontario railway, the Marmora railway and Mining company's line, the Irondale, Bancroft and Ottawa railway, the Mackenzie, Mann & Co., interests have secured the Bay of Quinte railway which has a total of 89.37 miles of line, distributed as follows: Deseronto to Bannockburn, Ont., 75.00 miles; Deseronto, westerly, 2.00 miles; and Yarker to Sydenham, 11.37 miles. These lines were built under different charters, and finally amalgamated under the title of the Bay of Quinte railway. The company also operates over nineteen miles of the K. & P. RR. In official report the mileage is divided as follows: Main line, 78 miles; branches and spurs, 11.37 miles; operated under trackage rights, 19 miles; yard tracks and sidings, 15.30 miles. There are on the line 73 unprotected level crossings; 12 iron bridges of an aggregate length of 1,010 feet, the maximum length being 200 feet, and the minimum length 24 feet; and one wooden bridge 60 feet long. Its rolling stock, June 30th, 1909, the latest reports available, consisted of seven locomotives, 8 first-class passenger cars, three baggage, express and postal cars, 18 box cars, 126 flat cars, 20 gravel cars; two cabooses and three other road cars. There was outstanding on June 30th, 1909, $1,395,800 of common stock, and $880,000 of bonds. The subsidies paid on account of the building of the lines were: From the dominion government, $320,455,25; from the Ontario government, $84,000, and from municipalities, $197,990.43.

AN ABSOLUTE NECESSITY.

So Thinks at Least One Travelling Man.

I would as soon think of starting out without my mileage books and grip as to start out on a trip without a box of Stuart's Dyspepsia Tablets in my valise, said a traveling man who represents St. Louis hardware house. Why? Because I have to put up at all kinds of hotels and boarding houses. I have to eat good, bad and indifferent food at all hours of the day and night and I don't believe any man's stomach will stand that sort of thing without protest, anyway I know mine won't. It has to have something to break the fall and Stuart's Dyspepsia Tablets is the crutch I fall back on.

My friends often "josh" me about it, tell me I'm an easy mark for patent medicine fakers, that advertised medicines are humbugs, etc., but I notice that they are nearly always complaining of their aches and pains and poor digestion, while I can stand most any old kind of fare and feel good and ready for my work when it needs me, and I believe I owe my good digestion and sound health to the daily, regular use of Stuart's Dyspepsia Tablets, year in and year out, and all the "joshing" in the world will never convince me to the contrary.

I used to have heartburn about three times a day and a headache about three or four times a week and after standing for this for four or five years I began to look around for a crutch and found it when my doctor told me the best investment I could make would be a fifty cent box of Stuart's Dyspepsia Tablets, and I have invested about fifty cents a month for them ever since and when I stop to think that that is what I spend every day for cigars, I feel like shaking hands with myself for I can keep my stomach and digestion in first class order for fifty cents a month. I don't care for any better life insurance.

My druggist tells me they are the most popular of all stomach medicines and that they have maintained their popularity and success because they do as advertised. They bring in results, and results are what count in a patent medicine as much as in selling hardware.

THE SUNDAY SCHOOLS

WERE THE TOPIC OF SERMONS ON SUNDAY

In All Anglican Churches Throughout the World—Special Children's Service in Cathedral—Bishop of Nova Scotia Finds Warm Welcome.

The third Sunday in October, which this year was the twenty-first Sunday after Trinity, has been set apart, throughout the Anglican church as the day for special consideration of Sunday schools. Special services are held, special addresses given. At St. George's cathedral the regular early celebration was made a corporate communion for teachers. Sunday school workers and elder scholars, and at the choral celebration the dean preached a plain sermon, so directly driving home the needs of the cathedral school that two new male teachers offered themselves and the offertory at the children's service in the afternoon trebled that of last year.

Among other things he said Sunday schools had been, from some cause or other, rather a weak spot in the Church of England, but he thought she was rising to the sense of the necessity of getting hold of the children when they are capable of receiving impressions. He said it was the practical duty of everyone to see the reproach removed from the church. The Sunday school commission, with its travelling secretary, had been formed to rouse interest and zeal in the cause but he wanted his hearers to distinctly understand that no amount of energy on the part of the commission, and no perfection of organization would do a particle of good unless the consciences of individuals became alive unless each individual church did its duty.

Boys drop out of the school because there are so few male teachers. Of course, teaching in Sunday school involved sacrifice, but the care of everything worth while is sacrifice. The dean then in a very simple way, asked that those who cannot teach or otherwise outwardly help in the school would remember it in their prayers. The power of prayer, he felt, was an almost undeveloped force. It would be a tremendous encouragement to clergy and workers ii they knew there was behind them the prayers of deeply interested people.

The chief features of the children's service were the splendid order, the prompt and clear answers to the dean's catechizing and the hearty singing, but of course for this the big choir of boys was largely responsible. The dean's little talk hinged on the church's fundamental doctrine, the real church membership of every baptized Christian. They understood quite well that in the words of the catechism, which they repeated without a hitch, that they were "members of Christ, children of God, and inheritors of the kingdom of heaven," that being members of Christ meant being members of His Body, the church, of which he is the Head, and that they were made all this in their baptism.

At evensong the Bishop of Nova Scotia preached a sermon which was somehow indicative of his work as a diocesan—plain and clear, with that underlying enthusiasm and conviction of the outcome which leads to the permanent kind of success.

His lordship's theme was the indwelling power from on high which is given to every Christian to be transmitted, according to his office, whether he be bishop or priest, deacon or layman. Upon the ordinary confirmee, on whom the gift of the Holy Spirit is bestowed, rests the responsibility of transmitting the corporate life in his or her own ways as much as upon the bishop, who is the successor of the apostles. Each is given the power to use in his own "vocation and ministry," and to use it aright it must be stirred up by prayer and by the constant reinforcement of grace conveyed in the partaking of the Body and Blood of Christ.

The first disciples had had it clearly explained to them what the power that was to come to them, at Pentecost, was for—that they might be witness in Jerusalem . . . . . and in the uttermost parts of the earth." We are apt, today, to narrow the command "Go, teach all nations," by forgetting that we have first to be witnesses right at home before we go abroad. The very first sermon on foreign missions is the sermon that converted 3,000 souls, but it was preached right in Jerusalem. "What about your home life?" asked the bishop. "Love, joy, peace, long-suffering gentleness, you can witness with those things in your home. What about your business life, your sporting life? Can you take a beating without showing temper, or go into a game that is devoid of the spice of gambling? If you can't enjoy a thing without the addition of that which should not be added, there is something wrong, you are not using the power that is in you, you have not stirred up the gift."

Bishop Worrell's old parishioners in St. Luke's were greatly pleased to have him with them once more, and there was keen disappointment in St. Mark's, Barriefield, when it was found that he could not be with them for one service. His lordship is on his way home to Halifax from the meeting of the M.S.C.C. in Toronto. All were very glad to see that the great congress, of which he was practically the originator, and certainly the head had not taxed him too far. Perhaps no better testimony to the personality of the bishop could be received than the verdict of a clergyman who has attended all the great congresses of recent years, and that was that the Halifax gathering was the best in point of enthusiasm, in definite work accomplished, and in the workable nature of the plans laid for future work that he had ever attended.

"A Safety Razor, regular $1.50, for $1.17," on the bargain counter at Gibson's Red Cross Drug Store, during October Red Ticket Sale.

Gas and electric accounts are now due. Pay at once and save ten per cent.

No man is justified in considering marriage a failure merely because his wife snores.

All Foresters are invited to attend Court Cataraqui entertainment tonight.

THE SPORT REVIEW

QUEEN'S SOCCER TEAM BEAT McGILL 5 TO 0.

R.C.H.A. Beat Queen's by 3 to 0—The Cadets Annihilated Queen's II., and Defeated Queen's Juniors at Military College Campus.

It was bargain day at the university athletic grounds on Saturday. Two-for-a-quarter was the sign hung out to an unsuspecting populace. The first spasm was billed for 1.30 o'clock, and a few of the faithful, who were prepared to hazzard the better workings of a digestive system, with lunch in hand, did Union street in record time.

Queen's II's and R.C.H.A. were the parties of the first part. In the interests of the philanthropic spectators, it was decided to curtail the agony and play out 30 minute periods. At precisely 1.30 o'clock a fair haired individual set the ball in motion. The Levana expert informs the Whig representative that it is none less than the worthy Venus who directs the play. The artillery by a fast flank movement, with gun carriage, cannon, gattlings and aeroplanes take up a place of vantage directly in front of the Queen's cidatel. The referee strikes an attitude. The student fusser was wrong. It is not Venus, but Napoleon in disguise. Capt. Williams floats the distress signal as the enemy goes through the stonewall defence for first blood. War Cry publishing rights restrain us from telling the end of this terrible tale. R.C.H.A., 3; Queen's, 0. The teams were:—

Queen's—Goal, Casselman; backs, Seeley and Cherfoot; halves, Ball, Lewis and Sutherland; forwards, Scott Carmichael, Williams, Montgomery and Scott.

R.C.H.A.—Goal, Lowery; backs, Hart and Finney; halves, Tarrant, Harrison, Robertson; forwards, Aldridge, Harrison, Gilmour, Owens.

The second contest produced first-class football with Queen's always masters of the situation. The Presbyterians outplayed their opponents in every department of the game. It was a case of administering the lime and water solution. Queen's, 5; McGill, 0.

By this win the local students firmly fastened the first clincher on the intercollegiate association football championship and judging from their style of play on Saturday they should land primary honors with little difficulty.

There was little to pick or choose from the men on the Queen's line. They all played steady, consistent football, each contributing his part to the splendid victory. McNabb, Bisonnette, Ramsay, and McKenzie, frequently came into prominence. For McGill, Templeton, Lindsay, Christie, and Archibald are deserving of special mention. McGill failed in systematic play.

Early in the game after several saves, McNab headed through Queen's first counter. The second tally was soon purloined on a neat piece of combination play by McNabb and Foster. This stunt was again repeated, but the score was not allowed. Bisonnette also kicked for a counter, but was called off-side. The sensation of the afternoon transpired when McKenzie, on a kick-out from Queen's territory, carried the ball the length of the field, passed the McGill back division, and secured the third goal for Queen's.

In the opening part of the second period, McGill seemed to have a little the better of the game and forced Queen's on several occasions and had they been more accurate on their shooting would have prevented the whitewash. After ten minutes' play, McNabb scored on a pretty centre by McKenzie at outside right. Bisonnete carried the ball down the field, passed to Foster, who made the final addition to the Queen's surplus. During the last ten minutes the tri-color wearers did not exert themselves and the figures remained unchanged. Queen's, 5; McGill, 0.

The teams were:

McGill—Goal, Wilson; backs, Calder and Stevenson; halves, Christie (Capt.) Archibald, McIntosh; forwards, McAvety, Fisher, Lindsay, Grant, Templeton,

Queen's—Goal, O'Donnell; backs, Ramsay and Carmichael; halves, McDonald, McArdle, McKenzie; forwards, Bisonnette, McNabb, Foster, Mohan, McKenzie,

Referee—Prof. Matheson.

R.M.C. II., 10; Queen's, III., 3.

Queen's intermediate and junior rugby teams submitted to the inevitable on Saturday afternoon, at the Royal Military College campus, where the cadets put it all over them. The R.M.C. boys were sure in their catches and passes, which the university boys were not. Several times when Queen's had good chances to work the ball forward they fouled. The first game started at 1.30 o'clock, between Queen's III and R.M.C. II. At the first stage of the game Queen's had things well in hand, and at half time the score stood 1 to 0 in favor of the Presbyterians, but in the last half R.M.C. showed that they were not to be trifled with and won out by a score of 10 to 3.

Queen's III—Full back, George; halves; Scott Twigg and Clark; quarter, Hatch; scrimmage, Buchanan, Dunlop and Matthewson; outside wings, Ramsay and Nelson; middle wings, Hagyard and Rodden; inside wings, Hamilton and Robertson.

R.M.C. II—Full back, Powell; halves, Fisher, Pearce and Storms; quarter, Gordon; scrimmage, Wright, M. Fisher and Ryerson; inside wings, Bishop and Edmiston; middle wings, Green and McPherson; outside wings, Mallory and Cosgrove.

Referee, Principal Sliter, K.C.I.; umpire, S. R. Dolan, K. C. I.

Don't Mention This, Please!

The cadets closed the university boys up tighter than a steel trap in the second game between Queen's II and R.M.C. I. The students did not score at all because the cadets proved too strong for them from every point of the game. It was a repetition of last Saturday's work, only worse. A week ago, the cadets let Queen's II down easy by a score of 35 to 1, but last Saturday they soaked them to the tune of 51 to 0. A very one-sided score surely. All one could hear after the game was "Poor old Queen's!" Cadet Robertson, the city boy, again distinguished himself by his sensational runs and powerful punts. Macdonnell, full back for Queen's, distinguished himself also.

Queen's II—Full back, Macdonnell; halves, Anglin, George and Davis; quarter, Meikle; scrimmage, Randall, McLaren and Keeley; outside wings, Watts and McCausland; inside wings, Wilson and Richardson; middle wings, Büchen and Irwin.

R.M.C. I—Full back, Galt; halves, Smythe, Robertson and Stuart; quarter, Lawson; scrimmage, Pearce, Young and Irving; inside wings, Arnoldi and Sweeny; middle wings, Goldie and Roberts; outside wings, Gwynne and Lewis.

Referee, S. R. Dolan; umpire, Principal Sliter.

Other Rugby Games.

At Ottawa on Saturday afternoon, "Chaucer" Elliott's team defeated the Ottawas by 12 to 10. At half time, the latter led by 9 to 0. The victory of Montreal was due to the magnificent kicking of "Ken." Williams, who figured in every score made by his team. It looks as if the interprovincial championship would be won by Montreal.

Hamilton Tigers had an easy victory over the Toronto Argonauts at Hamilton on Saturday, winning by 19 to 4.

In the intercollegiate senior game at Toronto, Varsity put it all over Ottawa College, the result being 36 to 1.

Value of Vegetables.

Vegetarian Magazine.

The French have a saying that "parsley is a broom to sweep the stomach." Lettuce is a nerve food. Radishes build tissues and are rich in phosphorus, also in iron.

Horseradish contains a higher percentage of sulphur than all the other vegetable roots, spinach ranking next in value. Spinach also contains a large proportion of iron.

A mayonnaise dressing with lettuce is especially desirable for thin people, but for the over plump French dressing is to be recommended. The action of vinegar on the digestive organs, however, is not to be considered. The acid of lemon juice is preferable.

While apples are a most excellent fruit for brain building, which phosphorus aids in, the humble pumpkin, desecrated to the uses of pie and jack o' lanterns, holds the prize Pumpkin rates 2.79 in phosphorus, while apple is but .45.

When in search for this special element take up a pumpkin diet. But as winter squash would stand the same analysis it can be used as a vegetable in many varieties and thus the needed phosphorus supplied. Cucumbers rank next in phosphorus value to pumpkin, being 2.08.

Coffee Does

Get on the nerves of some folks.

Causes indigestion, headaches, etc., and one can't get clear by "taking something."

The cause must be removed. Stop the coffee and use well-made

POSTUM

If the change brings good digestion, clear brain, steady nerves and that feeling of perfect poise and comfort, you'll know.

"There's a Reason" for

POSTUM

BEGAN YOUNG.

Had "Coffee Nerves" from Youth.

"When very young I began using coffee and continued up to the past six months," writes a Texas Girl.

"I had been exceedingly nervous, thin and very sallow. After quitting coffee and drinking Postum about a month my nervousness disappeared and has never returned. This is the more remarkable as I am a primary teacher and have kept right on with my work.

"My complexion now is clear and rosy, my skin soft and smooth. As a good complexion was something I had greatly desired, I feel amply repaid even though this were the only benefit derived from drinking Postum.

"Before beginning its use I had suffered greatly from indigestion and headache; these troubles are now unknown.

"The change from coffee to Postum was made without the slightest inconvenience, did not even have a headache. Have known coffee drinkers who were visiting me to use Postum a week without being aware that they were not drinking coffee.

"I have known several to begin the use of Postum and drop it because they did not boil it properly. After knowing how it should be prepared they have tried it again and pronounced it delicious."

Read the booklet, "The Road to Wellville," in pkgs.

POSTUM

Made at the Pure Food Factories of
Canadian Postum Cereal Co., Ltd., Windsor, Ontario