

**HE ENJOYS HIS MEALS NOW**  
 For He Keeps a "Little Digester"  
 Handy  
 Mr. Glasco, of Toronto, wrote us on May 13th last:  
 THE COLLEMAN MEDICINE CO., Toronto  
 Dear Sirs,— 509 Church St., Toronto  
 I wish you would send me another box of your "Little Digesters". All the members of my family have been using them and have obtained the most satisfactory results.  
 I congratulate you on your success in putting up a tablet for the cure of indigestion. I suffered for years and tried everything that was recommended to me. Nothing gave me relief, until I was persuaded to try "Little Digesters". Now I never suffer from indigestion. I enjoy my meals and am not afraid to eat, because I know a "Little Digester" after each meal will digest my food.  
 I recommend them to all my friends who suffer from indigestion and would further say that you may publish the above if you wish. I know there are thousands of people suffering from indigestion who will be glad to know there is a safe and sure cure for them.  
 Yours very truly,  
 (Signed) R. S. GLASCO.  
 "Little Digesters" cost 25 cents at your druggists or by mail from Coleman Medicine Co., Toronto.

**Notice**  
 Arrange your coal bin so that baskets will not be required in delivery. This will save you the extra charge of 25 cents per ton.  
 Stove Coal, \$7.50 if shovelled in.  
 Stove Coal, \$7.75, if carried.  
 Nut Coal, \$7.75, if shovelled in.  
 Nut Coal, \$8.00, if carried.  
**THE JAS. SOWARDS COAL CO**  
 PHONE 155

**FREE TO ALL SUFFERERS.**  
 "THERAPION"  
 THE GREAT CURE FOR ALL SUFFERERS.  
 It is the most powerful medicine ever discovered. It is the only medicine that can cure all diseases. It is the only medicine that is safe and sure. It is the only medicine that is easy to take. It is the only medicine that is pleasant to take. It is the only medicine that is cheap. It is the only medicine that is available to all.  
 Write for a free sample to: THERAPION, 100, Queen St. W., Toronto.

**Zbar's Ice Cream Parlor**  
 Our ice cream is made of pure cream.  
 We deliver promptly to all parts of the city.  
 All reasonable fruits.  
 Phone 1128. 280 Princess St.

**For Sale**  
 9 room house, new; all improvements, \$3,000.00  
 Easy terms. Apply  
**W. H. Godwin & Son**  
 69 Brock St. Phone 424  
 Real Estate Fire Insurance.

**CLARK'S**  
 Baked PORK & BEANS with Chili Sauce  
 Beans: Selected, Seasoned, Delicious.  
 Baking: Perfect, beans soft but not mushy.  
 Instant "Clark's" sold everywhere.  
 1-7-14.

**COWAN'S**  
 SOLID CHOCOLATE MAPLE BUDS  
 Great for children—Great for everybody.  
 Sold Everywhere

**"Cobra"**  
 Floor Polish  
 HOUSE CLEANING—Use "COBRA"  
 For your floors use "Cobra" Floor Polish, it's a cleanser as well as a polisher.  
 For your furniture use "Cobra" Furniture Polish, gives a hard and bright finish, easily dusted.  
 For your metal work use "Cobra" Metal Polish, does its work quickly; a lasting polish. Sold by all first class dealers.  
 SAMPLES  
 For 2c in stamps we will send a large sample of "Cobra" Floor, Furniture and Metal Polishes.  
 BLYTH & PLATT LIMITED  
 100 QUEEN ST. W. TORONTO

**COUNTRYSIDE TIDINGS**  
 WHAT WHIG CORRESPONDENTS HAVE TO TELL

**News From Villages and Farms Throughout the Adjoining Counties—Rural Events, and Movements of the People.**  
 At Ferguson's Falls.  
 Ferguson's Falls, July 9.—A number from the village attended the lawn social held on Rothwell's lawn last Tuesday night in aid of the church of England. Miss Iva V. Shepard of Ottawa is home for the summer vacation. Mrs. F. Ingle, Ottawa, is visiting her sister, Mrs. A. McGar, Miss C. C. C. who have been employed at A. Shepard's for the past year is spending her vacation at her home at Watson's Corners. Miss Maggie Doyle, of Ottawa, is visiting at her home here.

**Lombardy Locals.**  
 Lombardy, July 10.—Mrs. George Fraser, Perth, who was the guest of Miss Rabb, has gone to Smith's Falls for a visit. The lawn social under the auspices of the Roman Catholic church, on the 8th inst., was largely attended. Mrs. J. L. Cooper, Perth, and Miss Balfour, Smith's Falls, were the guests of the Misses Cauley last week. The ladies aid of the Methodist church, met at the home of Mrs. O. Wright, on Wednesday afternoon. Miss Myrtle Blancher, is visiting friends in Ottawa. Mrs. T. Carney and Albyn Cauley are spending the week in Brockville, and Lansdowne. Farmers are haying. Miss Lorena Frayne, is visiting friends at Mabey.

**Plum Hollow Personal.**  
 Plum Hollow, July 9.—Mrs. N. K. Benedict, Athens, is visiting her daughter, Mrs. Alfred Kilborn. The Ladies Aid meets at the home of Mrs. W. H. Palmer, this Thursday afternoon. Mr. and Mrs. Omer Palmer, have returned home from their honeymoon trip. Master Charlie Wilton returned home on Monday, from Smith's Falls, where he has been visiting his sister, Mrs. Charles Bert. Miss Ouida Durham, Toledo, is holidaying with Miss Lucy Palmer. Mr. and Mrs. D. M. Kilborn, spent a day, or so at Elgin, last week. Mr. and Mrs. Isaac Basher, are visiting their daughter, Mrs. Coleman Kilborn.

**Tidings From Bath.**  
 Bath, July 9.—Mrs. R. J. Green, of Oak Leaf, after visiting here for a few days has returned home and her mother, Mrs. Susan Hogle accompanied her for a few weeks' visit. Mr. and Mrs. Cooper of Orange, N.J., have arrived here to spend the summer. Quite a number of Americans are coming now at the summer resorts. Mrs. W. G. H. Hamilton is visiting at D. H. Robinson's. Rev. Sixsmith arrived here last week and has entered on his duties as pastor of the Methodist church, preaching Sunday evening his first sermon. Mrs. Thomas Wallace, of Wilton, is visiting at George Ohlman's. Born to Mr. and Mrs. M. Rose, on Saturday, July 4th, a son.

**News From Picton.**  
 Picton, July 9.—The Salvation Army picnic was held on Wednesday at the Sand Banks. The Cherry Valley Sunday school picnic took place on the same day. Mrs. Vanes has returned to Picton after spending a week at Glen Brook. Emit Woods sold a valuable cow the other day. G. G. Fox has sold all his old hay to Doney Thompson, livery proprietor, so as to make room for new hay. Strawberries are plentiful and the pickers are just as numerous. Miss Nora Gillespie, Mary street, is getting on as well as could be expected, after having gone through an operation.

**Melcombe News.**  
 Melcombe, July 11.—Mrs. J. Turner is seriously ill. Reggie Ralph, Kingston, is visiting at his uncle's, Charles Ralph's. Mr. and Mrs. James P. Lappan and John Shepherd and Miss Maggie Webster, of Lansdowne, motored to Phillipville on Sunday. Miss Letitia Landon is engaged to teach the local school for the remainder of the term. Mrs. P. O'Hare, Watertown, N. Y., is visiting her sister, Mrs. John Donevan. Mrs. Almer Weart is visiting relatives at Seely's Bay. Leo Bolger and Mr. and Mrs. John Bolger and Mrs. B. Gavin, motored to Elgin on Monday and attended the funeral of the late Mr. John Dwyer.

**Wild Animal at Dead Creek.**  
 Dead Creek, July 10.—Berry picking and hay cutting are the order of the day. C. Vaness, S. Thompson and M. Vaness are home from driving the river. Marvin and Grantley Amey are home from Bancroft. Mrs. Young, of Rochester, N.Y., visited her father, James Babcock, on Sunday. Mrs. Switzer, who spent some time visiting her brothers, Peter and Aitham Vaness, has returned home. Agatha Glancy spent a few days at her uncle's, A. Thompson, Mountain Grove. Miss Lulu H. H. at J. D. Vandy's. Mrs. M. Goodberry, at her home here. Evelyn Gayford accompanied her brother, David W. Carleton, visiting her sister. A wild deer was seen on Sunday morning last, eating in a field of peas beside the Methodist church. A large black bear crossed the road by the school house on Wednesday evening.

**At Mountain Grove.**  
 Mountain Grove, July 10.—Rev. S. Carr left on Tuesday for his new work at Apsley. Mrs. Carr and Miss Grace leave to-day. George Carr has gone to Newbold. Rev. Harold Stainton, of Whitty, arrived on Saturday to take charge of his mission. Mr. and Mrs. Purvis Barr are spending their holidays with his parents, Mr. and Mrs. Walter Barr. Mr. and Mrs. Ball, Camden were well and guests of Mr. and Mrs. William Coulter. John Johnston and Miss Mary Card were married in Kingston recently. Miss Agnes Price, Sydenham High School is at home for the holidays. Mrs. D. Youman and Earl have returned after visiting friends at Portland. The C. P. R. is putting in a cement trestle at the crossing in town and

preparing to build the station. Mrs. Somers, seriously ill last week is better. The ice cream social at the parlour passed off pleasantly. The proceeds, \$11, were given to Mr. and Mrs. Carr as a token of the good wishes of their friends in parting. Variety showers were given Mr. and Mrs. John Johnston on Friday evening and Mr. and Mrs. W. J. Carr on Wednesday evening.

**Parham Reports.**  
 Parham, July 10.—Owing to the dry weather, the cows are falling on their milk. The Methodist people gathered at the home of N. E. Topping, the former pastor and presented Mrs. Topping with a purse containing \$10. The choir also presented Miss Evelyn Topping, the Methodist organist, with a purse containing \$9. The new Anglican preacher and family also the new Methodist preacher and family have moved in their respective homes here. J. N. Smith lost a valuable horse this week with colic. Miss Marjell Howes, entertained a number of her friends on Friday evening in honour of her friend, Miss Helen Wood, of Sydenham, and an enjoyable evening was spent in dancing. Mrs. G. W. Killins and Mrs. W. D. Black, are visiting friends here on Friday evening. The ball game between Mountain Grove and Arden against Parham, and Tichborne, was the chief sport. The game resulted in favor of Parham and Tichborne, the score being 12 to 0. The boys are repairing his residence. Miss Jennie Barr and Master Clayton, of Perth, are visiting their sister, Mrs. Simonette here. Miss Winnie Clow is visiting at Long Lake.

**Holleford Happenings.**  
 Holleford, July 10.—The lawn social under the auspices of the I. O. E. held the 3rd inst proved a success. A neat sum was realized. A large number from here attended the lawn social at Hartington night before last. A reception service was held in the Parham Methodist church last Sunday. Rev. Mr. Gurnigan, Verona officiated. An exciting incident occurred when S. Babcock's horse became unmanageable as he returned from Hartington, accompanied by his wife and little girl. The animal backed until his buggy caught in the carriage coming behind, which was occupied by two young men. Both rigs were capsized but none sustained serious injuries. Mr. Babcock's horse broke loose from the buggy, which was quite broken, and ran to the stable about a mile distant. Clifford Smith had his hand badly bruised in a pulley in connection with the horse fork. John Martin's little son, Albert, is ill. Miss Alice Walker spent Sunday with friends in the city. Miss Nellie Moore took seven music pupils to Kingston to try examinations in connection with the Toronto Conservatory. All were successful. Recent visitors are Mrs. and Miss Redmond Kepler, at A. J. Redmond's; Earl Wallsworth, Unionville, at S. Martin's; Mr. Walroth, Verona, at his daughter's, Mrs. E. Smith; Rev. C. B. Pitcher at G. Smith's; Mrs. J. W. Redmond and children, Bath Road, formerly of this place, have been renewing acquaintances.

**Hartington Happenings.**  
 Hartington, July 9.—The lawn social held last night on the school grounds was a decided success. Edward Freeman and party, of Peersboro, motored to his father's on Sunday. Miss Salla Freeman returned home with him. Mrs. Grant, of Verona, spent the week end at Daniel Freeman's. Misses Ruby and Ada Sigworth have returned home from visiting Mrs. Orser at Murvale. Mrs. Harry Harkness and children, of Kingston, at her uncle's Benjamin in Campbell's. Charles Melbourne Moore is visiting his parents recently. Anthony Rankin, M.P., and wife attended the lawn social last evening. Mr. and Mrs. Denyes of Morven, at Milton Cloaker's. Mrs. Blakee, Sharbot Lake, at Eliza Sigsworth's. Miss Mabel Hill, Godfrey, at H. Campbell's. Misses Thra and Kathleen Clow, Sydenham at their grandfather's home in Mr. and Mrs. Westbrook, a daughter, Congratulations are extended to Miss Estella Trousdale, who successfully passed her intermediate piano examinations. Miss Annie Hill is with her sister. Mrs. Thomas Sigworth, Earl Rynn is ill. Mrs. Redmond and children, Bath Road at her sisters, Mrs. Alexander Thompson's. Miss Marie Watcander has returned home from St. Catharines.

**Long Point Locals**  
 Long Point, July 11.—D. Townsend made a business trip to Delta. Mr. and Mrs. Eaton are at Thomas Bryan for a few weeks. Mr. Bryan is erecting a new kitchen. Johnston Moorehead had the misfortune to get quite badly hurt last week while helping to take down timbers off a barn at W. Plunkett's. Ford Townsend and Robert Kavanagh, spent Saturday the 10th in Ogdensburg. Miss Evelyn Warren has returned home after spending the past week with her sister, Mrs. Robert Moorehead, who has been ill at Oulet. Mrs. Samuel Chapman, Ottawa, who visited at Jacob Brantley's, has returned to her home. Recent visitors: Mr. Joseph Darby, Short Point at Philly's Kelsey's; Mrs. W. Slack and daughters, Brockville, at Richard Haskin's. Joseph Moorehead and daughter, Switz's Corners, Mr. and Mrs. T. McConnell, Lyndhurst, at John Moorehead's. E. Perrin, Morion, at H. Beven's; Henry Andress, Marble Rock; at Mrs. Sara Burns; H. Johnston, Sweet's Corners, at W. Plunkett's; Mr. and Mrs. T. Hazlett, Leita, at Mr. Thomas Tyles; Mrs. Wm. Bryan is visiting at T. Doolan's. Mr. and Mrs. W. Plunkett visited at Mr. W. McConnell's last Sunday. John McKenzie went to Ogdensburg last Saturday. Christopher Address of Lee Valley, is visiting at Mrs. Sarah Burns, Mrs. Ross Vantomam, Sand Bay, spent last week at James Kelsey's.

**Never keep pastry in the ice box, as it soon becomes soggy.**

**QUEEN MARY AS COLONEL-IN-CHIEF OF THE 18TH (QUEEN MARY'S OWN) HUSSARS.**  
 A most interesting announcement was made on Tuesday to the effect that Her Majesty the Queen had been appointed colonel-in-chief of the 18th Hussars.



**FEE-SPLITTING EVIL**  
 IS SCORED BY A NEW YORK PHYSICIAN.

**The Unscrupulous Doctors Who Split Fees in the Same Case in the Same Class as the Shyster Lawyers.**  
 New York, July 11.—Says a correspondent of the New York Times:—The secret division of a fee between family physician and surgical expert is commercial exploitation of some one who is suffering by accident. In whom he has placed his trust. This is never done by surgeons of the first class; it is never done by the family physicians of the first class. In our profession, as in other professions, there are two rather distinct types of men; the expediency class and the nobility class. The nobility class includes those who have all of the finer professional instincts; the expediency class includes those who are parallel to the shyster among lawyers. Fellowship in the American College of Surgeons, consisting of more than two thousand members, is not permitted to any one who divides fees, and his expulsion from fellowship in that body would result in the loss of a substantial complaint that he had made secret division of a fee.

The history of fee-splitting is rather brief and simple. Doctors who lacked skill and education resorted to moving up to date in the scientific medicine of the day have resorted to surgery. The surgeon, two results followed. Here and there a man found himself in the position for which he was best adapted by nature and has become notable as a surgeon; most of those, however, who lacked the education requisite for moving up to date in medicine, are engaged in doing surgery of the sort which does not inspire the confidence of colleagues in the profession. The surgeon depends upon colleagues in his profession for work. The ones who do not obtain work through merit alone, are obliged to offer some inducement to colleagues for placing cases in their hands; consequently fee-splitting became widespread in that part of the profession which did not stand in the first rank, morally or scientifically.

People who pay too much for surgical operations and who undergo unnecessary surgical operations, suffer properly, we may say, in paying a penalty for their lack of discrimination in the selection of their physicians. Correction of the fee-splitting evil will not be made by the people even through the courts of law. It is being corrected in the higher inner circles of the medical profession itself, and the people are asked to do nothing more than to listen to the demands which are made by responsible physicians for higher education and for protection of the public.

**NOT OIL AT ALL!**  
 That Has Been Discovered in Alberta Province.  
 J. I. Englehart, chairman of the Tompkins and Northern Ontario Commission, and one of the successful oil men in Canada, says: "There is oil in Alberta. There is no doubt about that. But it has not been discovered yet. It is my firm belief that Calgary will hardly prove oil beyond and I do not think that the oil fields to the south of that city will ever turn out to be oil producers. The one great obstacle in the way of oil—not gas, but crude oil—ever being produced in pay quantities, is the formation of the country. The formation is bad for the production of oil. It is too much of a fractured rock country, which is a poor sign at the outset. If the country were less fractured I would have more faith in it. Canada needs crude oil very badly, and I believe that if it is discovered in moving quantities it will be in the Peace River district, away up north of Edmonton. Anyone who has studied the oil problem knows that there has been oil in many parts of Alberta for generations, but whether there is sufficient to make it worth while to move the expense of drilling for it is a different matter. If you have read anything about the life of Mackenzie, the explorer, you will remember that he discovered oil floating on the surface of the river. "We want oil, not gas. There is gas in Southern Alberta. What has been discovered recently appears to be just a wet gas, a light-colored and amber-colored gasoline, but that is not 'oil.' There is absolutely nothing definite in this recent discovery. The people of Calgary or thereabouts have become excited about oil which has not been found. They have purchased the stock of companies which hardly have one chance in a hundred of making good as crude oil propositions. It is most unfortunate that there should be so much dreaming on the possibility of finding oil. It is bad for the country. These dreams are apt to lose their money. If reports are to be accepted, they are not buying crude oil stocks at all."

**ONTARIO FAIR FAIRS**  
 Dates of Fairs Held in Eastern Ontario.  
 Arden ..... Sept. 22-24  
 Alton ..... Oct. 2-4  
 Arraprior ..... Sept. 2-4  
 Bancroft ..... Oct. 1-2  
 Belleville ..... Sept. 7-9  
 Bowmanville ..... Sept. 15-16  
 Brockville ..... Aug. 30, Sept 2  
 Centerville, (Addington Co.) ..... Sept. 12  
 Cobourg ..... Sept. 22-23  
 Cornwall ..... Sept. 3-5  
 Delta ..... Sept. 27-29  
 Demonsterville ..... Oct. 10  
 Frankville ..... Sept. 24-25  
 Harrowsmith ..... Sept. 10-11  
 Inverary ..... Sept. 5  
 Kilmiville ..... Sept. 24-25  
 Kingston ..... Sept. 30 Oct. 1  
 Lanark ..... Sept. 10-11  
 Lansdowne ..... Sept. 17-18  
 Lombardy ..... Sept. 12-13  
 London (Western Fair) ..... Sept. 11-19  
 Lyndhurst ..... Sept. 15-16  
 Maberly ..... Sept. 29-30  
 Madoc ..... Oct. 6-7  
 Marmora ..... Sept. 21-22  
 Morrisburg ..... Sept. 17-18  
 Morrisburg ..... Aug. 4-5  
 Napanee ..... Sept. 15-16  
 Newboro ..... Sept. 17-18  
 Newington ..... Sept. 15-16  
 Odessa ..... Oct. 2  
 Oshawa ..... Sept. 14-16  
 Ottawa (Central Canada) ..... Sept. 11-19  
 Parham ..... Sept. 22-23  
 Perth ..... Sept. 2-4  
 Peterboro ..... Sept. 17-19  
 Picton ..... Sept. 22-24  
 Prescott ..... Aug. 25-27  
 Renfrew ..... Sept. 29, Oct. 1  
 Shannonville ..... Sept. 19  
 Stirling ..... Sept. 24-25  
 Tanworth ..... Sept. 10  
 Tiverton ..... Oct. 6  
 Toronto (Can. Nat.) ..... Aug. 28; Oct. 12  
 Tweed ..... Sept. 20 Oct. 1  
 Wolfe Island ..... Sept. 22-23

**Portland Township Council.**  
 Harrowsmith, July 9.—Portland township council met in Verona Monday, July 6th; members all present; minutes of last meeting adopted. Accounts paid: \$68.45, Wellington Brooks, pay list, Enterprise road; \$4, John Clow, eight loads of sand from Charles Stewart's; 25c, John Clow, repairs machinery by James Blackhurst, 1913; \$16.50, Herbert Jameison, ten bbls. cement; \$6.78, A. Cowdy, building culverts on township roads; \$20.44, A. Cowdy, building culverts on county road system; \$16.71, Simon Dracdes, snow shovelling on Snider road; \$1.10, Frank Davey, snow shovelling Melroy road; \$3, Maggie Rivell, charity; \$24.40, Henry Westbrooke, drawing sand and cement and making 88 cement tiles; \$2, Charles Martin, eight loads sand; \$5.79, John Searling, snow shovelling on Enterprise road; \$5.60, Edward Curl, Making 28 cement tiles; \$2.60, James Curl, bonus on 38 rods wire fence; \$86.82, C. W. Martin, pay list, Division, No. 1; \$234.41, C. W. Martin, pay list, government by-law on Donnelly road; \$22.35, Sam Irish, pay list, Division, No. 2. Council adjourned to meet in Harrowsmith Monday, August 3rd, at 10 a. m.

**Notes From Glendower.**  
 Glendower, July 11.—The electric storm on Friday evening was very severe in this vicinity. The reception given to Bryon Hopkins was well attended. A large number of the neighbors were present at the reception. The apple crop is very small this season on account of the continued dry weather. A number of farmers have commenced cutting hay. The hay crop is reported to be small. William Abel and family have gone to Carthage, N. Y., to visit his father and mother. Sandford Lee-man is visiting Allen Snider at Verona.

**It Filled the Bill.**  
 A teacher in a big elementary school had given lessons to an infants' class on the Ten Commandments. In order to test their memories she asked: "Can any little child give me a commandment with only four words in it?" A hand was raised immediately. "Well!" said the teacher. "Keep off the grass," was the unexpected reply.

**MAGIC BAKING POWDER**  
 READ THE LABEL  
 FOR THE PROTECTION OF THE CONSUMER THE INGREDIENTS ARE PLAINLY PRINTED ON THE LABEL. IT IS THE ONLY WELL-KNOWN MEDIUM PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUM AND WHICH HAS ALL THE INGREDIENTS PLAINLY STATED ON THE LABEL.  
**MAGIC BAKING POWDER**  
 CONTAINS NO ALUM  
 ALUM IS SOMETIMES REFERRED TO AS SULPHATE OF ALUMINA OR SODIC ALUMINIC SULPHATE. THE PUBLIC SHOULD NOT BE MISLED BY THESE TECHNICAL NAMES.  
**E. W. GILLET COMPANY LIMITED**  
 WINNIPEG TORONTO, ONT. MONTREAL

**MOTT'S "Elite" Chocolate Cakes**  
 10c Cakes  
 For Cooking and Drinking, also for Cake, Icing and making uge.

**Poisonous Matches**  
 In less than two years it will be unlawful to buy or to use poisonous white phosphorus matches  
 Everybody should begin to use  
**EDDY'S NON-POISONOUS**  
**"Sesquin Matches"**  
 And thus ensure safety in the home.

**Outing Shoes**  
 We have complete lines of all kinds of outing shoes, including many new things you won't find elsewhere.  
**FOR MEN**  
 Oxfords, rubber soled shoes, canvas shoes, tennis and yachting shoes, 90c to \$5.00.  
**FOR WOMEN**  
 All kinds of white canvas and buckskin shoes, yachting and outing shoes of all descriptions, 75c up.  
**FOR CHILDREN**  
 Running shoes, canvas shoes, slippers, and the finest line of barefoot sandals in town, 65c up.

**J. H. SUTHERLAND & BRO**  
 THE HOME OF GOOD SHOES

**Meat May Be Injurious and Is Expensive!**  
 Some people may eat lots of meat without injury to their health, but it's hard on their pockets. Others should avoid meat almost entirely, yet they eat it daily—these pay in both health and purse.  
 Either class will benefit by eating less meat and more Kellogg's Toasted Corn Flakes.  
 It gives much more nourishment than its cost in meat, is infinitely more easy to digest—consequently better for you.  
 Ask for  
**Kellogg's**  
**CORN FLAKES**  
 It's the original. 10 cents per package.

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