

If a Disaster Should Strike London

SUPPOSE some great disaster—a cyclone or a fire—had struck London. If it had left death—suffering—loss of property in its wake.

Would you afterwards say "Well, it's over. Thank Goodness, I'm safe"—and look calmly on the efforts of others to put things in order?

Would that be your attitude?

Not much!

You would work day and night—give your time—lend your assistance and give your money to put things as they were before the disaster.

THE war was the greatest disaster that ever affected Canada.

It's over—the fire is out.

November 11th, 1918 ended it.

But since then much work has been done—much expense has been necessary.

We have had to pay, feed and clothe our army and bring them home—provide work for them—succor their widows and orphans.

And now the business and prosperity of Canada must be maintained.

THE VICTORY LOAN, 1919 is back of all this.

The citizens of London cannot expect others to provide the money to do this work.

It cannot be done unless everybody helps.

Each Province—City—Town—District—must do its share.

London must do its part.

You must do your part.

Canada is made up of individuals.

Remember that you are one of them and

BUY VICTORY BONDS

"His Master's Voice"
November Victor Records
On Sale Today.

SMALLMAN & INGRAM
LIMITED

Have You Subscribed?
The "DESIGNER" for Year 1920—80 Cents.
Subscription List Now Open.

COL. GARTSHORE AGAIN PRESIDENT OF CHILD WELFARE ASSOCIATION

Work Expanding Rapidly—1,599 Babies Attended Clinics
—37 Still Births, Urging Prenatal Clinics—
"Creche" Suggested.

At the annual meeting of the Child Welfare Association held yesterday afternoon in the Western Fair Offices, Dominion Savings Building, every report submitted seemed to point to the necessity of more funds to carry on the work successfully. All were aware that the work was growing so rapidly in the city that it was getting beyond the present staff, and suggested educating the public to a stronger support of this work. Miss Bertha Smith, child welfare nurse stated in her report that to cover the work at all properly she would have three assistants instead of the one which has been permitted her during the summer months. The meeting was held in the presence of a large number of the city's business and professional men, and suggested educating the public to a stronger support of this work.

FREE CASH PRIZES
\$5,000
We have already given away \$5,000 FREE. \$200.00 more IN CASH and numbers of Merchandise Prizes will be GIVEN AWAY at an Early date.

1st Prize, \$50.00 in Cash. 2nd Prize, \$40.00 in Cash.
3rd Prize, \$35.00 in Cash. 4th Prize, \$25.00 in Cash.
5th to 9th Prizes—Each \$10.00 in Cash.
TOGETHER WITH MANY MERCHANDISE PRIZES

Herein will be found the picture of a Log Hut in the Woods. At first glance all you see is a man, a woman and a dog. If you look closely the faces of 8 other persons will be found. Can you find them? It is no easy task but by patience and endurance can be accomplished. You may win a cash prize by doing so. Many have done this as will be shown by the names and addresses which we will send you. If you find the faces mark each one with an X, cut out the picture and send it to us, together with a slip of paper on which you have written the words "I have found all the faces and marked them." Write these words plainly and neatly, as in case of lies, both writing and neatness are considered factors in this contest. This may take a little of your time but as TWO HUNDRED DOLLARS in cash and many merchandise prizes are given away, it is worth your time to take a little trouble over this matter. Remember all you have to do is to mark the faces, cut out the picture and write on a separate piece of paper the words "I have found all the faces and marked them."

WE DO NOT ASK YOU TO SPEND ONE CENT OF YOUR MONEY IN ORDER to win a cash prize. The contest is carried out with the utmost fairness and integrity. Winners of cash prizes in our late contest will not be allowed to enter this Contest. This Competition will be held by two well known business men of undoubted integrity, who have no connection with this Company, whose decisions must be accepted as final. Your opportunity to win a good round sum is equally as good as that of anyone else as all previous winners of cash prizes are barred from entering this contest.

Send Your Reply Direct to
GOOD HOPE MANUFACTURING COMPANY
46 ST. ALEXANDER STREET, MONTREAL, CAN.

the present financial condition of the association to grant her further help.

M. P. McDonald, treasurer of the association, presented the financial report for the year, the report showing total receipts for \$3,172.47, and total disbursements of \$2,142.91, leaving a balance in the bank of \$1,029.56. The receipts were obtained in this way: Balance from the previous year, \$850.20; membership and donations from mothers' clubs and others, \$272; proportion of collections by Children's Aid Society, \$985.00; interest, \$23.33; tag day receipts, \$101.50; and refund expenses to Chicago, \$1.35. The disbursements were: Salaries, \$1,325; Miss Smith's expenses to Chicago, \$50; supplies, drugs and rental of furniture, \$17.80; milk, \$35; janitor service for well baby clinics, street car fares for nurses and sundries, \$107.05; printing, stationery and painting, \$85.40; scales for baby clinics, \$57.94; prizes exhibit week, \$45; expenses Dr. Miller exhibit week, \$10; sundry expenses exhibit week, \$17.72; publicity account exhibit week, \$255.60; tuberculosis exhibit, \$5; and stamps for exhibit week, \$7.50.

1,599 Babies at Clinics. During the year 1,599 children were in attendance at baby welfare clinics of these 1,215 at regular weekly clinics, 44 at Fair clinic and 340 at "Week" clinics. The nurses paid 1,103 visits to homes following up clinics, Miss Smith being on duty for the whole year and Miss McKenzie for three months as her assistant. At the beginning of the year there were 18 cases on record needing attendance, and during the year 401 new cases found; 108 cases were discontinued as requiring no further services, 56 moved out of the city and nine died. At the present time there are 219 families on the visiting list.

Miss Smith declared in her report that each of these families should be visited at least weekly visits and many of them even daily visits, and said that it was impossible for two nurses to cover the work, as from 50 to 75 cases a week were as many as one nurse could handle. Consequently the babies were not receiving the attention which they should for the best results.

She also stated that the association had supplied milk to the extent of 280 quarts to needy babies. She suggested a central bureau, where each case could be reported to her, and her assistants. Miss Smith also referred to the kindness of local women who had driven her to different homes in the city. The suggestion was made that at a meeting that the association should provide Miss Smith with a car, but it was felt that it was too great an expense for the association to incur. The further suggestion was made that the matter be brought to the attention of the local Automobile Association, in the hope that they might make provision for regular volunteer drivers to take the nurses on their visits.

According to her report, city hall statistics from January 1 to September 1 showed that in the city during that time there were 85 deaths of children under three years of age, and 37 still births, the latter figure showing the need of establishing pre-natal clinics in the city. Forty-five families were visited by Miss Smith at the request of attending physicians.

Dr. Tillman also referred to the extraordinary way in which the work was growing in the city, saying that it was impossible for the nurses to get around to the children often enough that mothers would take the advice given at the clinic and then just as readily change that for the advice of the first neighbor willing to give it. If the nurses could not get there in time to prevent the damage which this second piece of advice might incur.

Doctors Not Opposed. He also stated that though at first there was some opposition on the part of the physicians who thought that the child welfare clinics were taking practice from them that opposition had now largely died down, since they had found out the nature of the work. Several other important matters came up at the meeting. Dr. R. Ferguson was present, and spoke on the possibility of linking up pre-natal care of mothers with the baby welfare work.

THE NERVOUS SCHOOL CHILD
Needs Rich, Red Blood To Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded schoolrooms cause their blood to become weak and thin, their nerves overwrought and their color and spirits lost. It is a great mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, outdoor exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay strict attention to the school child's blood supply. Keep this rich and red by giving Dr. Williams' Pink Pills according to directions and the boy or girl will be sturdy and fit for school. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. Pearl G. Harrington, Kingsville, Ont., who says: "I have often felt that I should write you and let you know what Dr. Williams' Pink Pills did for me. At the age of thirteen I was afflicted with St. Vitus dance. The trouble became so severe that I had to be taken from school. I was given medical treatment, but it did not help me; in fact, I was steadily growing worse. Then a friend advised my mother to give me Dr. Williams' Pink Pills, which she did, with the happiest results. As the pills completely cured me and I was again able to take up my studies and attend school. Again about three years ago I was attacked with nervous prostration and once more took Dr. Williams' Pink Pills, and after using five boxes was fully restored. I cannot praise these pills too highly as I believe they will cure any case of St. Vitus dance, or restore anyone who is weak, nervous, or rundown. You can safely give Dr. Williams' Pink Pills to the most delicate child, or take them yourself with equally good results when you need a blood tonic. These pills are sold by all dealers in medicine, or will be sent by mail, post paid, at 50 cents a box, or six boxes for \$2.50 by The Dr. Williams Medicine Company, Brockville, Ont.

cern of the Child Welfare Association.

Day Nursery? Another matter was brought before the meeting by a representative of the Central Neighborhood Workers in the person of Miss Blanche Friend, public health nurse. This was the matter of the establishment of a "creche" or day nursery in the city. Miss Friend said that it had been estimated that the financing of such an institution in the city would amount to \$3,000, the mothers paying a nominal charge of ten cents for the first child put in the day and five cents for each additional child. The association felt that the lack of funds here again prevented them to take any definite action in this matter, but it was suggested that a committee be appointed to confer with the neighborhood workers to find out the best solution to the problem which was confronting them.

Mrs. Marshall also came to the meeting with the suggestion that the Child Welfare Association do something to get the co-operation of the stocking makers of the district in manufacturing warm clothes for children. She declared that many children were unable to afford woolen hose at the present high price, and consequently contracted colds from sitting in school in wet cotton stockings. She suggested a stocking with wool feet and strong cotton legs, which might be manufactured cheap enough to meet the needs of these children. If this was not feasible, she suggested a campaign for old woolen stockings, to be given to the poorer mothers to be made over into warm stockings for children.

Officers Elected. The election of officers for the coming year also took place yesterday. Col. Gartshore again becoming president. The rest of the officers are as follows: First vice-president, Mrs. Mary Osier (Gibbons); second vice-president, A. T. Little; third vice-president, N. McDermid; recording secretary, Miss Fidiar; corresponding secretary, Mrs. Harry Blackburn; treasurer, R. O. McDonald; Executive—M. P. McDonald, J. I. A. Hunt, Mrs. John Gummell, Mrs. P. Robinson, Mrs. Niven. Chairmen of committees: Clinics—Dr. Tillman, Dr. J. J. Ferguson, Dr. Lindsay. Pre-natal—Dr. R. Ferguson. Milk Depot—Dr. Arnold. Mothers' Pension—Mrs. Hardy. Creche—Miss Hosack. Publicity—Miss I. Armstrong. Co-operation—Mrs. F. E. Leonard.

WILL INVESTIGATE ASSESSMENT PLAN OF SUMMERS FIRM

Committee Will Also Probe Plan Used in London.

After discussing for one and a half hours the present system of assessment in the city, and the Summers system, a meeting composed of No. 1 Dr. Williams' Pink Pills, and after using five boxes was fully restored. I cannot praise these pills too highly as I believe they will cure any case of St. Vitus dance, or restore anyone who is weak, nervous, or rundown. You can safely give Dr. Williams' Pink Pills to the most delicate child, or take them yourself with equally good results when you need a blood tonic. These pills are sold by all dealers in medicine, or will be sent by mail, post paid, at 50 cents a box, or six boxes for \$2.50 by The Dr. Williams Medicine Company, Brockville, Ont.

were assessed under 50 per cent of their value; sixteen under 60 per cent; one under 65 per cent, and one under 70 per cent. The Summers system, it was said, tended to eliminate inequalities in the rate of assessment. If a corner lot was assessed at a certain sum, then all the lots in the block were assessed in proportion to the "key lot."

Suggested Invitation. It had been suggested that the Summers people be invited to come here and, acting in conjunction with the assessment commissioners, make an assessment of the city on their system. Mr. Grant declared that this system could not be introduced before 1921, as the assessment for next year was already being made. Of 100 properties assessed by him, following are a few rates of assessment which he quoted: Properties about \$1,000, 60.5 per cent; properties between \$1,000 and \$2,000, 59.9 per cent; properties between \$2,000 and \$3,000, 65.4 per cent, and properties between \$3,000 and \$4,000, 75.4 per cent.

It was charged by T. B. Parkinson that a man having a vacant lot on a certain north end street was only assessed \$6, while a widow on the same street who had a \$75 shack on her property was assessed \$17. When asked by Mr. Grant to prove it he said that he did not have the proof with him.

STIFF NECK, LUMBAGO

Aches and Pains of Rheumatism Sometimes Almost Unbearable.

There are weather conditions that make rheumatism worse. They are not the same in the cases of all persons. Some victims of this disease suffer more in dry, warm weather than in moist cold weather, but all suffer more or less all the time.

The cause of rheumatism is an excess of uric acid in the blood, affecting the muscles and joints. Hence the blood must have attention for permanent results in the treatment of this disease. Hood's Sarsaparilla has given entire satisfaction in thousands of cases. Do not fail to give it a trial. If a laxative is needed, take Hood's Pills—they don't gripe.

Bromide Enlargements in Blue and White or Sepia. Ask for price list.

J. H. BACK & CO.
210 DUNDAS STREET.

but that he could get it.

Capable Men in Canada. Mayor Somerville was not in favor of paying United States persons big money to value Canadian land, as he thought that there were men in Canada who were fully as capable of doing the work and thought that Mr. Grant should be provided with such men.

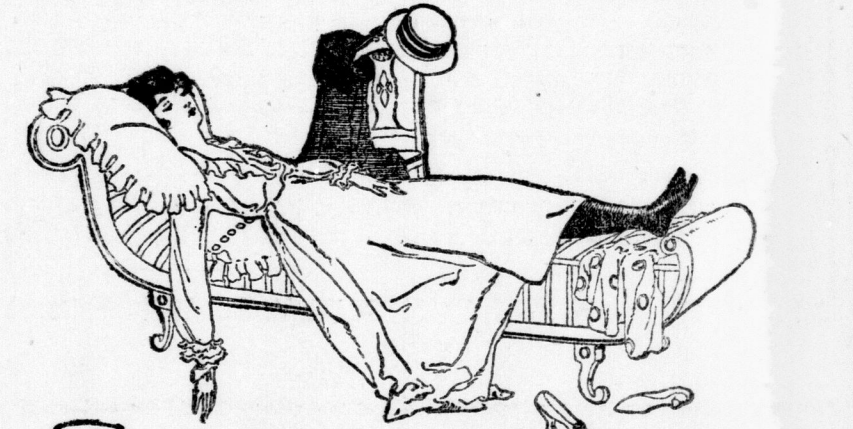
R. P. Baker of the chamber of commerce, was of the opinion that this new system would tend to increase the total assessment. He remarked incidentally that of five Western Ontario cities which he had compared, London had

the highest debenture issue.

Mayor Somerville declared that the tax rate could not be decreased because the more money there was available the more there was spent.

To Fortify the System Against Grip.

Take LAXATIVE BROMO QUININE Tablets, which destroy germs, act as a Tonic and Laxative, and thus prevent Colds, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVES' signature on the box. See



Oh, My! Those Awful Corns!
Lift Corns Off With Fingers

Doesn't hurt! Apply few drops then lift a sore, touchy corn or callus right off

For a few cents you can get a small bottle of the magic freezone discovered by a Cincinnati chemist. Just ask at any drug store for a small bottle of freezone. Apply a few drops upon a tender, aching corn and instantly that old bothersome corn stops hurting, then shortly you can lift it out, root and all, with the fingers, on your dresser. Wonderful

WILSON'S "The National Smoke"

BACHELOR
Still the most for the money 10c.
ANDREW WILSON & CO. TORONTO AND MONTREAL