

COLDS OPEN THE DOOR TO MORE SERIOUS AILMENTS

Don't wait until that cold of yours develops into La Grippe, or influenza, get a box of Dominion C. B. Q. tablets—now, one or two doses will break up the worst cold. C. B. Q. stands for Cascara Bromide Quinine properly combined in the right proportion and compressed into small chocolate coated tablets that are easily swallowed. Insist on Dominion C. B. Q. (in the red box). Carry them always in your pocket or purse, if you don't need them to-day you may to-morrow, be prepared. National Drug & Chemical Co. of Canada, Limited, 11

FOR TAKE
COLD, LA GRIPPE, NEURALGIA, HEADACHE, COUGHS.
Dominion C. B. Q. Tablets (in the red box) 25 cents.

THE COST OF HIGH LIVING.
Julius Rosenwald, the multi-millionaire merchant of Chicago, and liberal contributor of his time and his money to worthy causes, has become wiser than most owners of gigantic fortunes. Though he is not an old man only fifty-seven, he years ago made this discovery, to quote his own words: "The only kind of pleasure that never palls is the pleasure that comes from helping others." Most millionaires, like most of the rest of us, take a lifetime to find this simple truth. We laugh at the antics of children over their toys, but we are not one whit more sensible ourselves. The only difference is that our toys change with our years and our circumstances. Happily, there does seem to be a growing tendency among men of wealth to grasp the truth of the axiom enunciated by Mr. Rosenwald. But with what vengeance are our newly-rich artisans and others going after new baubles? It is, indeed, their abnormal eagerness for new things that is in some measure responsible for the high cost of living and the cost of high living.—Forbes Magazine.

Thought It Was Suicide
A prominent merchant was discovered a few days ago brandishing a razor in his hand. His wife called for assistance, but found her husband only staring at his razor. He had been thinking of suicide, but found that his wife was not so easily deceived. He had been thinking of suicide, but found that his wife was not so easily deceived. He had been thinking of suicide, but found that his wife was not so easily deceived.

The first telephone ever placed in a private English residence is still to be seen at Marlborough House. It was made in 1876, on board the warship Thunderer, and was subsequently set up between the schoolroom and the boudoir of the Princess of Wales.

Women as Brave As the Men

THEIR STRUGGLE SHOWS A REMARKABLE SPIRIT.

Talk of the bravery of men, but where can you find a finer spirit than among the half-civilized women who are fighting and struggling to do their duty against the terrible odds of ill-health, and who will not give up.

One woman in every three is struggling against weakness. Most of them are not exactly sick, but, oh, how miserable!

The burden and misery of it all has its foundation in the blood which is thin and watery. The red cells are too few. The very stream of life is reduced in vitality. Weakness and inevitable ill-health are the certain result.

Every ailing or weak woman can quickly regain her health in this very simple way. By filling the system with the nutrition that change for the better will result. To accomplish this take two chocolate-coated Ferronine Tablets after each meal. You'll feel better, better meditated for the simple reason that Ferronine renews the blood. It gives you vigor, endurance, and a tired, worn-out system very quickly.

You'll feel like new all over once you get Ferronine working in the blood. It brightens the eye, quickens the step, brings back that wonderful feeling of youth.

One of the finest things Ferronine does is to make you eat and sleep. It is well with keen appetite, sound sleep, strong nerves and lots of nourishing blood you're bound to regain your health. Any sickly girl or ailing woman that Ferronine won't make well must be incurable. There is a secret power in Ferronine and it is worth a trial at all events. Fifty cents per box, six for \$2.50. At all dealers in medicine, or by mail from The Cataractine Co., Kingston, Ont.

Tells How to Regain Perfect Health and Keep It by Bathing Internally

Are you aware that nearly one million bright, intelligent people throughout Canada and the United States alone bathe internally instead of joining their systems with drugs? Why? Because it keeps them in better health in every way.

Internal bathing is the only sure means of keeping the intestines clean and free from accumulated waste matter, which is sure to slowly poison the system and become food for the millions of bacteria which infest the system, thereby causing rheumatism, impure blood, indigestion, headaches, and a hundred other ailments which directly the result of constipation.

If you want to be healthy all the time, we would strongly advise you to get a J. B. L. Cascade, which is the only perfected appliance ever devised for efficiently cleansing the colon and lower intestines. It is the invention of Dr. Chas. A. Tyrrell, of New York, who is a specialist on Internal Bathing. The J. B. L. Cascade is shown and explained by E. Clinton Brown, druggist, United and Waterloo streets, St. John, and P. N. Munro, dispensing chemist, 357 Main street, St. John, where you can receive an interesting book called "Why Man of Today is Only 50% Efficient." It will tell you facts about yourself that you probably never realized before, or write Tyrrell's Hygienic Institute, 163 College street, Toronto.

USE The Want Ad War

How Zoning Helps Realty And City

Benefits Explained by Herbert S. Swann, Restriction Plan Expresses Idea of Orderliness in Community Development, He Says

(New York Post.)
In an address delivered before the convention of the Ohio Association of Real Estate Boards, Columbus, O., last week, Herbert S. Swann, secretary of the Zoning Committee of New York, explained how zoning helps real estate at the same time that it benefits the city. His address follows in part:

Millions of dollars will be spent within the next few years on new buildings in every city in the United States. This money may just as well be spent toward the permanent upbuilding of the community as upon bit or miles, haphazard growth involving endless construction, demolition and reconstruction without ever achieving any degree of finality. It won't cost any more; indeed it will cost considerably less and at the same time it will produce a much better city to live in and do business in.

The time to zone our cities is now. Every year that is allowed to lapse without the adoption of zoning means that much less zoning in the end. Here is a quiet residential street improved by private dwellings. If zoning is not adopted, the street may be maintained for detached houses. Wait until next year to adopt a zoning scheme and the erection of two or three tenements will place it in the tenement-house category. The erection of a factory or a garage may even put it into an industrial zone. We must have zoning to protect what we have got.

Zoning expresses the idea of orderliness in community development. Just as we have a place for everything in a well-ordered home, so we should have a place for everything in a well-regulated town. What would we think of a housewife who insisted on keeping her gas range in the parlor and her piano in the kitchen? Yet anomalies like these have become commonplace in our community housekeeping. In what city can we find gas tanks next to parks; garages next to schools; boiler shops next to hospitals; stable next to churches; or funeral establishments next to dwelling houses? What would be the likelihood of insanity if practiced in the ordinary house as is excused as an exercise of individual liberty when practiced in the city at large. And misplaced buildings are to be condemned more than out-of-place pieces of furniture. To the owner of neighboring property the invasion of an injurious use often spells financial ruin—a rule more complete than if his buildings were destroyed by fire, for in that event his loss would be made good, in part at least, by insurance. But for the values destroyed in blighted districts there is no insurance; each owner must stand his own loss.

The individual's loss is also the public's loss. To the former the invasion of the offensive use spells depreciated values, increased vacancies, lower rental, the calling of mortgages loans, foreclosure; to the latter, reduced assessments, unpaid taxes, tax sales. The present high cost of labor and materials emphasizes as never before the necessity of orderly building. Within two hours worth as much as three several years ago, there is much more to be lost now than formerly through uncontrolled building.

Mounting prices make it increasingly more necessary to conserve the value of all buildings, old no less than new, from premature and avoidable depreciation.

Taxes on real estate were so heavy before the war that many cities, hard pressed for additional income, were already searching for new sources of revenue. The tax on land and buildings, it may be remembered, yields all the way from 30 to 70 per cent of the total municipal revenue in different cities. Under these circumstances it is quite evident that the stabilization of real estate values is of fundamental importance to the improvement of the municipal revenue system. During the next few years the real estate tax promises to assume even greater importance. The tremendous financial demands of the war in forcing the national government not only to increase existing taxes, but to impose many new ones have had the effect of shutting off many potential sources of revenue to the local governments and of throwing them permanently back upon the real estate tax.

New York had been taught only too well that unregulated building meant anarchy; in its residential development; that putting apartments next to private houses, gas tanks next to parks, boiler shops next to schools, and the like, proved not only unprofitable, but involved the demoralization, if not the collapse, of real estate values, the acceptance of zoning came as a matter of course and now all the wonder is that the city did not

effect and exercise control over building a half century ago.

In New York the testimony of real estate experts is almost unanimous that the adoption of the zoning law has stabilized land values. The effect of the zoning plan has been particularly noticeable in the districts reserved for detached houses. In such districts there has been an increased demand for private residences since the enactment of the zoning law. The restrictions have resulted in a great improvement of real estate conditions in such neighborhoods. Where the prohibitions against objectionable uses of land imposed by restrictive covenants were formerly limited in their duration they are now permanent.

The zoning law, in assuring these results of orderly development in the future, has strengthened values to a considerable degree. Free from the fear of invasion from garages, stores or apartment houses, the home owners in these districts are settling down to enjoy the relief which the zoning law has given them.

Nearly all the private houses erected in New York since the adoption of its zoning law have been built in the districts set aside by the law for detached houses. Nobody cares to run the risk of having a garage or a warehouse next to his home when they can avoid it. The beneficial effect resulting from the zoning plan is also shown in other ways. The adoption of zoning has resulted in the way intervened at higher prices that in did before the adoption of the zoning law. Houses being erected are of a higher type and better finished than the old ones in the same districts. The zoning plan is proving of inestimable value to the private home sections of the city.

Business streets, too, are feeling the wholesome effects of the law. Keeping business off residential streets has resulted in the development of business property. The sporadic store invading quiet home streets not only demoralizes residential values, but it also disintegrates business values.

The whole purpose of zoning is to encourage the erection of the right building in the right place. It protects the man who develops his property along proper lines against the man who develops his property along improper lines. Rightly understood, zoning means the substitution of an economic program of city building for wasteful, inefficient, haphazard growth.

The zoning law, in zoning is the enactment of enabling legislation. The exact legislation necessary to carry out the zoning plan varies according to the degree of home rule exercised by cities. In some States where cities have very little power, zoning is required. In most States, cities enjoy only such powers as have been specifically granted them by the Legislature; the powers not expressly conferred upon them are denied.

The vast majority of cities are probably in this situation. After the enactment of the enabling legislation comes the appointment of the zoning commission. Experience has demonstrated that the best way actually to accomplish anything in the way of zoning is for the city to appoint a zoning commission. This commission is an unpaid committee of representative citizens, this commission varies in size from a few to a dozen members. Its purpose is to engage the necessary expert help to make a comprehensive zoning plan. The city and its representative citizens lay out districts controlling the height, use and area of buildings throughout the city. Having framed a tentative draft of the regulations and maps, the commission is then called upon to give notice of the proposed ordinance as notice of the zoning plan.

The suggestions made by property owners at these hearings will prove of the utmost value in the zoning plan. The zoning plan, in its final report which, when amended thus, is submitted to the city council or board of aldermen. The council, of course, holds public hearings on the final maps and ordinance reserving the right to amend either up to the time the regulations are finally enacted.

The personnel of the commission is a constantly recurring problem to every city that embarks upon a zoning programme for the clearing and zoning of the city. The commission will determine as to whether or not the success of the work shall be left to the commission or whether it shall be composed of representative citizens engaged in various lines of work. The primary question of membership is that a man should enjoy the confidence of the community and that he should have the broadest knowledge of the city as a whole and not only as a part of it. It is a man's ability, and not only his ability, but his position, that should determine whether or not he is put on the commission. No man should be appointed simply because he happens to be a city official, a prominent citizen, or a member of a prominent organization.

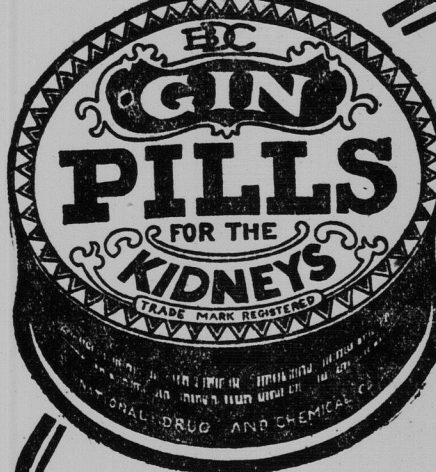
EX-KAISER LOOKS LIKE HOLLWEG IN APPEARANCE NOW

Dutch Photographer Who Took Several Snaps of Ex-Kaiser Tells How He Did It; Disguised As Peasant.

Amersfoort, Oct. 15.—From an onlooker and friend of the photographer I have just learned the complete story of how the ex-Kaiser was photographed on his morning walk along the path he had considered hitherto the most secluded spot in the castle garden.

The photographer, Ruiter Velleman, of the illustrated paper Het Leven, hired a large hay wagon, filled with hay and disguised himself as a peasant. Sitting on top of the hay he arranged for the wagon to drive along by the high wall surrounding the garden. It was nine o'clock in the morning and the ex-Kaiser who was pacing the gravel path with Adjutant General Donnes, called out "guten morgen" to the apparently innocent peasant tossing hay on his wagon, after which he did not look at him again.

Velleman returned to his greeting but he said he hardly recognized him—he was so changed. With his white hair and large, full beard, he resembled Bethmann-Hollweg.



Good News to All Who Suffer

From the many ills caused by deranged kidneys,—news which those who have been relieved want all the world to know. The agonies of backache, the headaches, rheumatism and other pains resulting from neglected and congested kidneys, have yielded in thousands of cases to the wonderful action of Gin Pills. Gin Pills will do for you what they have done for others—and the sooner you begin taking them the sooner will the danger of terrible complications cease.

BACKACHE

The two kidneys are situated just over the hips, in the small of the back. They are a mass of fine spongy tissues, fed by a great number of tiny blood vessels which separate the blood and filter it through the tissues, thus removing all impurities. When congested the backache begins, the poisons remain in the blood, and immediate treatment should be taken.

PAINS IN THE SIDES

"Four years ago," writes Mr. F. Lealand, St. Raphael, Ont., "I had such pains in my back that I could not work. The pains extended to my sides and shoulders. . . I used Gin Pills and found the pains leaving me. I bought one box. Before I used them all, the pains had almost gone and I could keep at work. After I had taken six other boxes of Gin Pills I felt as well and strong as I did at the age of thirty. I am a farmer, 61 years old."

STIFF JOINTS

"The uric acid which the kidneys have been too weak or congested to clear out of the blood, settling in the joints, causes the dreadful stiffness. 'It affords me great pleasure,' writes Mr. R. M. Wilson, of Hardfield, N.B., 'to convey not only to you but to all sufferers, the great relief I have obtained from the use of Gin Pills. I now 48 and feel as well as ever I did in my life.'"

HEADACHES

Some people have come to regard the headache as a necessary evil. That is a dangerous idea. Headache is a warning. It shows serious derangement. In many cases it points to kidney trouble, especially when it comes with listlessness, dizziness and pain in the back. Try Gin Pills. . . there is nothing in them to harm you, should the headache come from other causes. And they surely help the kidneys.

Make no mistake. If you have the faintest suspicion that your kidneys and bladder are failing in their tasks, take Gin Pills. If your suspicions should prove unfounded, there is nothing in Gin Pills to hurt you in any way. And it is certainly better to be sure than sorry. Your druggist or general store dealer sells Gin Pills at 50c a box, with money-back guarantee, should you not be satisfied. A sample, sufficient to show what Gin Pills can do, will be sent you free on request to:—

THE NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED, TORONTO

U. S. Address: No-Dra-Co., Inc., 292 Main Street, Buffalo, N.Y.

50 Cents a Box.

SCIATICA

The poisons circulate all through the body, settling in the joints and muscles and around the sciatic nerve. And that intolerable pain ensues. Mrs. J. P. T. Wedge, Summerside, P.E.I., writes: "Gin Pills are the greatest of all kidney remedies and a medicine which is at present doing me a world of good. They are worth their weight in gold to any sufferer."

DIZZINESS

The first indication that your kidneys are not functioning is in the headaches, followed by dizziness and an overpowering feeling of lassitude. You feel drowsy, dopy and listless. Specks float before the eyes, irritability sets in and an uneasy feeling of coming catastrophe which you cannot explain. These grave warnings should be heeded at once.

LUMBAGO

Gin Pills can be used with much benefit to ward off the evils of lame back, lumbago and other pains, by strengthening these vital organs. Mrs. Ripley of Williamsfield, East, testifies thus: "I suffered dreadfully with my back for twenty years. . . I got no relief until I took Gin Pills. I am now 48 and feel as well as ever I did in my life."

CONSTIPATION

This condition is often associated with derangement of the kidneys, and should never be permitted to run on from day to day. Get the poisons out of your system with regularity. Gin Pills have an ingredient which is especially designed to attend to this, while the Juniper and other valuable properties in them soothe and heal the kidneys and enable them to work the waste out of the body in the natural manner.

At a meeting of the Trades and Labor council last evening a committee to act jointly with the committee of the Board of Trade and Rotary Club on street improvements, was appointed. This committee consists of Oscar Dick, James Sharp, and Mr. McCarthy. The president reported that the boiler makers were organizing. The high cost of living was discussed and it was decided that the council request for a local commission be appointed to inquire into the matter. The drawing for the fair lottery took place and the prizes were won by the

LOTTERY DRAWINGS.

holders of the following tickets: No. 1, season ticket for the Imperial Theatre, 1919; No. 2, a pair of pants, 1919; No. 3, a pair of socks, 1919. If the holders of the lucky tickets will call on F. A. Campbell, they may obtain their prizes, otherwise another drawing will be held.

CORDUROY TROUSERS AND BLUE CHAMBRAY SHIRTS

Look years younger! Use Grandmother's Recipe of Sage Tea and Sulphur and Nobody Will Know.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and cost of living decreases, according to the resolution of the senior class of the Valparaiso, Ind., High School.

LADIES! DARKEN YOUR GRAY HAIR

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Girls! Your hair needs a little "Danderine"—that's all! When it becomes lifeless, thin or loses its lustre; when ugly dandruff appears, or your hair falls out, a 35-cent bottle of delightful, dependable "Danderine" from any store, will save your hair, also double it's beauty. You can have nice, thick hair, too.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair appears, and after another application or two, it becomes beautifully dark and glossy.

RHEUMATISM

It is when the kidneys fail to do their work of filtering, that the uric acid is carried about the body, causing rheumatism. Gin Pills overcome the trouble. Read what Mr. A. Beaudry of Bedford, Que., says: "Every winter I suffered with rheumatism, and this is the first season I have been free of it, thanks to Gin Pills. The pills are all you claim for them and more."

SWOLLEN ANKLES

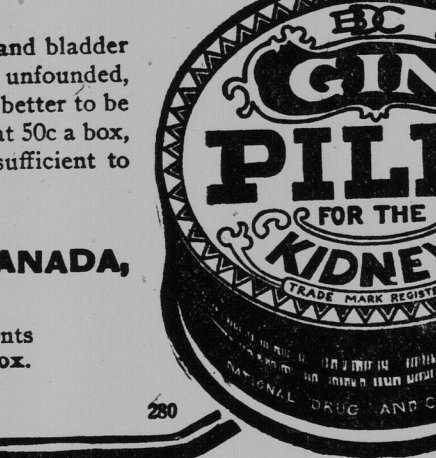
One of the distressing complaints is evidenced in the swelling of the joints, which indicates affection of the kidneys. "Some four years ago," writes Mrs. J. B. Salisbury, of Camden East, "I could not walk upstairs, my feet and ankles were so swollen, but I took three boxes of Gin Pills and the trouble has never returned. My mother, 82 years of age, is taking them, and feels fine."

GRAVEL

Mr. Isidore Thomas, of Tilley's Road, Glouc., N.B., writes: "No suffering could ever be worse than what I had to endure from gravel in the bladder. Now I am as strong as ever. I weigh about 20 pounds more than when I started to take Gin Pills. I beg you to publish my letter so aching people may know what Gin Pills have done for me. The first box relieved me a good deal, 8 boxes were sufficient to cure me entirely and to bring me back to perfect health."

GENERAL DEBILITY

Debility of the whole system is caused when the kidneys cease to work. Gin Pills get right at the seat of the trouble. Mr. S. Weeks of Britton Hill, St. Michael's, B.W.I., took a sample of Gin Pills and two bottles. "I do not feel the need of taking any more," he writes, "my aching back and scorching urine have fled. I feel like a new man. I do not feel sluggish and worn any more. I do not feel the slightest ache."



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