# Items Of Interest to Everybody

operation gets rid of them.

A-Too much salt may injure the kid-

Aniseed oil or mineral oil 2 ounces

Secrets of Health and Happiness

### How to Walk Correctly and Avoid Flat Feet

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D., (Johns Hopkins University.)



A sore foot, fallor arches, corns, bunions, callous, hammer toe, ingrowing nails and weak feet are sources of much worldly mischief.

A man with an and when he is bigger and heavier in more directions than the rest of the anatomy of the foot. Consequently, in the solution of the foot of the solution of the so

an an average merchant. lawyer, salesman or what not. ion or profession, to rise above your lass and to elevate yourself high above

Injuries of the feet and lower ex-A mild degree of flat foot is often not recognized by the victim, therefore a print of the feet ought to be made at

east twice a year to determine if there are fallen arches.

Muscular agility, hikes with the weight of the skeleton thrown forward on the ball of the feet, dancing on the lowing:

Terebene...
Sulphur... oes, tiptoe walks, running and jumping will all heip to tighten the tendons and ine up the arch muscles.

Man has a most elastic pedal ma ated in tight compartments worse than

woman's HAIR

are of general metrics or offer advice for individual cases. Where the advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and ddressed envelope is inclosed.

REACHES TO KNEES Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

Ago Was Threatened With Baldness. Tells How She Made Her Hair Grow.

Urged to tell how she had obtained this wonderful growth in so short a time, she said: "Had anyone told me such marvelous results could be accomplished so quickly, I positively would not have believed it. Twelve months ago my hair, which then reached harely to my shoulwhat Happened After Dicky Was Captured.

"My Glasses Blur."

The day of the compose and mixing with Day Rum and Menthed Crystals in the finger tips that new half would grow very rapidly. I decided to try it, and I had my drugslat mix goinces of the Lavona de Composee with a counces of Bay Rum and ignored the control of the gentla summons, for I show quickly my hair did grow. "What is it, Father?" I opened the first have such that stopped falling, the inching ceased and the dandruff disappeared. Then tiny little hairs appeared all ever my scalp. These grew and growing yet and, while, of course. I have used the treatment steadily and expect to continue it, at least until my hair reaches the floor, ingish have stopped of the enterity with the result. The drugs and a state of the counting and a received with the result. The drugs and a state of the counting and a received with the result. The drugs are should be careful not to get it on the face or where the larl is not desired. Advt. Fil.55

EVEN CROSS, SICK

CHILDREN LOVE

SYRUP OF FIGS

Look at tongue! If feverish, bilious, constipated, take no chances.

What Happened After Dicky Was Captured.

"My father's voice sounded outside the Crystale doubles and the summons, for I supplied the summons, for I should be sufficient to the face or where the large and the dandruff disappeared. "What is it, Father?" I opened the Dicky steters. I have seen the time when the large and washes to hair a number of my husber of the left of the gentla summons, for I should be a swall in the saw as actually jealous of the entered block with a little throb of amused pity, that she was actually jealous of the entered block with a little throb of amused pity, that she was actually jealous of the entered block with a little throb of amused pity, that she was actually jealous of the entered block with a little throb of amused pity, that she was actually jealous of the entered block with a little throb of amused pity, that she was actually jealous of the entered block with a little throb of simple home prescription to make hair grow that was recommended by well-known physician. It said that

"California Syrup of Figs" can't harm tender stomach,

liver, bowels. Don't scold your fretful, peevish child.

See if tongue is coated; this is a sure sign its little stomach, liver and bowers

speonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and speciful child again. Children love

home to his mama. Tommy stuck the note in his pocket, and shuffling his feet over the floor went out the door, banging it very

Tommy's ear.

Tommy's ear.

Tommy turned around, and there perched as comfortable as you please on his shoulder sat his little elfin friend, Squeedee from Joyland.

"What is it you're not going to do?"

Squeedee asked. Squeedee asked.

"Why, give this note to mama!" replied Tommy, holding up the note so Squeedee could read it. "I stuck that girl's hair in the ink-well because she called me 'Red-head, freckled-face!'
All the boys call me that every time

W. O. Q-Kindly advise me what to do for varicose veins.

A—Varicose veins come from a great many different causes, and it would depend largely upon the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back. Generally an distribution of the cause whether they would come back.



Tommy had been very naughty in kissing his cheek. "Pretty is as pretty school, so the teacher kept him in does."

## MY SOLDIER HUSBAND ADELE GARRISON'S CONTINUATION OF REVELATIONS OF A WIFE

What Happened After Dicky Was Captured.

PRETTY IS AS PRETTY DOES.

dide slum beaten three ways to the jack or dirt, starvation and cooties—I guess of die there yet only the most highest in that section decided it wasn't convenient to keep us any longer on account of their having pressing business further east.

"So they dumped us out on the cold, gruel world and told us to beat it in the general direction of France. We followed their directions, and finally landed among our own sort again. But try as mong our own sort again. But try as might, I can't get any word of poor ld Harry. I'm afraid it's all over with im, for he had some pretty ugly holes

When listless, pale, feverish, full of cold, breath bad, throat sore, coesn't eat, sleep or act naturally, has stomachache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste

out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "Insides" clean and sweet.

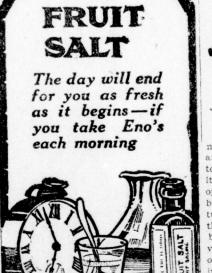
Keep it handy, Mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Remember there are counterfeits sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand back with contempt any other fig syrup.

they see me."

"And what do you do then!" questioned Squeedee. "You throw stones when they're handy. I saw you only this morning with your pockets full of ugly names, have they?" exclaimed Tounmy crossly. "I know I'm ugly, but I can't help it," and two big tears ran down his cheeks.

"Pretty is as pretty does," replied Squeedee kindly. "Look at me. Did you ever see an uglier-looking elffin than I am? But I guess there's not a child knows me who doesn't love me. Why? Because I'm always doing things to make them happy. As long as the boys and girls know they can tease you by calling you names they'll do it." "But I don't want them to be calling me names!" exclaimed Tommy. "And I'll get even with them, sure as I'm allive!" Answers to Health Questions







In a few days the contractors will be here with their men to start the extensive alterations and improvements that we were figuring on when the war started. Soon our entire store will be upset and everything covered with dust and dirt.

We must have room for the workmen. Our store is crowded to the doors at present and this immense stock must be greatly reduced in the next few days. This is the reason for this sale. We promise you it will be the greatest sale of its kind ever held in London.

## Real Opportunities Are Too Rare These Days To Let Them Slip Through Your Fingers

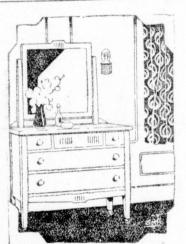


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Here is a bargain you cannot over look. All brass bed, genuine English lacquered, ribbon finish.

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There is no shortage of linoleum here. Every design in every width at the very lowest prices.



Black Walnut Dresser

Satin finish, Adam's design, splendidly made by a good factory. This is good value. Regularly at \$35.00.

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Our \$7.50 Fibre and Felt Mattress ..........\$5.95

Our \$12.00 Fibre and Felt Mattress .........\$9.50

Our \$15.00 Felt Mattress ......\$12.50

Our \$18.00 Felt Mattress ......\$14.00

Our \$22.00 Felt Mattress ......\$16.50

Our \$25.00 Felt Mattress ......\$19.00

Our \$30.00 Felt Mattress ......\$23.00



A dozen other beautiful Walnut Suites ranging in price from

\$150.00 to \$500.00 are on display. In Golden or Fumed Oak we

THIS SOLID WALNUT

DINING-ROOM SUITE

THIS BLACK WALNUT BEDROOM SUITE

Thirty other splendid Suites in all periods and woods ranging in price from \$75.00 to \$400.00. They are all reduced about one-third.



Library Table \$19.50

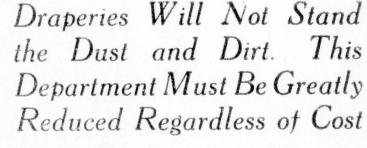
This is one of the finest tables of its kind made in Canada, heavy plank top, beautifully finished. It is worth \$24.50 regularly.

DINING CHAIRS

150 sets of diners to be cleared out. Golden or Fumed Oak. Prices are reduced one-third.

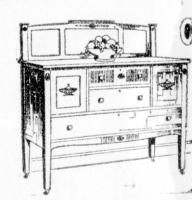


Our 1919 rigs are here. The finest stock we have ever had. Every design and color. Prices from \$15.00 to \$85.00 Club members pay a small deposit down and the balance in weekly or monthly payments. Carriage is delivered at once.



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Voile, Scrim, Marquisette, Cretonne, Chintz, Velour Muslin, Madras and Nets, all reduced about one-third. IF YOU NEED DRAPERIES THIS SPRING, BUY NOW. Our entire rug stock is on sale at reductions ranging from



This 48-In. Buffet, COQ Fumed or Golden \$20

This large size buffet, well-made and splendidly finished, is a regular \$35.00 value. Many other splendid designs from . . . \$25.00 to \$60.00

EST HOME-FURNISHERS The Ontario Furniture Co., Ltd.

miles of London.



By Canathera Kamble SATURDAY, MARCH 15.

This promises to be an eventful day if not one full of excitement. The flery and turbulent Mars holds sway, fired to the fullness of its ardent energies by to the fullness of its ardent energies by its parallel position to Sol, and made to operate with eccentricity or singularity by its trine to the ever enigmatic Neptune. The latter position has none of the sinister, however, in its presage, but is likely to operate in a high nervous tension that might seek advantageous outlet in large and bold projects or in extraordinary undertakings difficult to engineer under more tempered or conservative impetus. This bold strike would seem to be encouraged and meet financial reward under a strongly

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Jimmy Coon and His Friends The Adventures of the Little People of the Great Forest.

FIRST AID TO THE INJURED. Jimmy Coon's heart must have been made of stone or flint, for he really enjoyed seeing those dogs in trouble. Too many times they had chased and hunted him and his family, and now he felt they were having a good punher felt they were having a good punher felt they were having a good punher for the felt they were for the felt they were having a good punher for the felt they were having a good punher for the felt they were having a good punher for the felt they were having a good punher for the felt they were having a good punher for the felt they were having a good punher for the felt they were for the felt they wer



just serves those dogs right for spoiling our lovely musical evening."

"Well, Teddy Possum, this is too



water clams?" and Chatterbox said, "It eat because their mouths hurt so my