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the new aid to better digestion. Pleasant to take—effective. Let Ki-moids help straighten out your digestive troubles.

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National Chorus

CONDUCTOR

Dr. Albert Ham, of Toronto, conductor of the famous National Chorus, says, "PEPs are excellent, and you are at liberty to publish this expression of my opinion."

Madam Clara Butt, writing on behalf of herself and husband, Mr. Kennerley Rumford, says, "We have formed the very highest opinion of PEPs after using them regularly for some considerable time. They are quite unique in their invigorating effect upon the throat and chest."

PEPs strike directly at the seat of lung and throat troubles. As they dissolve, they release rich, healing pine fumes, which are breathed down right to the lungs. Cough mixtures, syrups, etc., only go to the stomach. For hoarseness, sore throat, coughs, colds, bronchitis, asthma and all ailments of the throat, chest, and lungs, PEPs are best. Sold in tin boxes, 50c. box, all druggists and stores, or postpaid from PEPs Co., Toronto, Winnipeg, or Montreal.

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Peps

Bad Music Worse Than Measles

LONDON, Jan. 6.—Sir Hugh Allen, principal of the Royal College of Music, is ready to play a barrel organ in Whitechapel in order to educate the children up to good music.

"Bad music is far worse than the measles and a much more serious disease," was the dictum of an address he delivered to a London conference of the incorporated society of musicians. Infinite time and patience were spent in teaching children music and then they were allowed to go about and run the risk of hearing "beastly tunes" to vitiate their taste and to wipe out what they had learned.

To educate the children without educating the parents, he said, was like trying to carry water in a bucket with a hole in it. He would have a school which parents should attend compulsorily until they could detect one good tune out of a lot of bad ones and give a reason for liking jazz music in preference to folk songs or dance tunes. Sir Hugh said that he would be quite ready to take a barrel organ down to Whitechapel, where he was sure that the children would really dance to good tunes rather than the "filth" supplied to them. Interviewed afterward, he said:

"I only wish that somebody would start a society to send barrel organs about the streets, for if we are to have a musical millennium we must be surrounded with good music. Many of the comic songs one hears today make a musician feel hot and cold all over. It is not that the pantomimes and the cinemas are alone to blame; for even the churches are not free from criticism, with their spangly, vapid hymn tunes."

NEW YORK COMMENT

NEW YORK, Jan. 7.—The New York Evening Globe says editorially today under the caption "Lydian Aids": "There should be sympathy for Sir Hugh Allen, principal of the Royal College of Music, who is willing to carry a barrel organ down to Whitechapel and supply good music for the youngsters' dances in place of the jazz now furnished. He phrases the incident aptly when he says, 'Bad music is more catching than measles and a much more serious disease.' Of all disintegrating social influences there is none to compare with the barbaric suggestion of the rhythms that flood the modern dance floor. The more refined the society, according to existing codes, the more unabashed the orchestral assault on the walls of individual decorum. The shattering attack is too much for any Jericho; too much, at least for the youthful state, that Plato was correct in banishing dance. Our dances become Bacchanals. Are we to learn, at it is ring all except the sterner Dorian mood from his ideal republic. Music has charms to soothe the savage breast, and also power to make savages of us all."

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How to be Healthy During The Winter

Many Troubles May be Avoided if the Blood is Kept Pure

To not let your blood get thin this winter. For people who have a tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise, lack of fresh air, and a more restricted diet are among the things that combine to lower the tone of the body and weaken the blood.

As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short course of treatment with Dr. Williams' Pink Pills. Do not wait until the color has entirely left your cheeks, until your lips are white and your eyes are dull. It is so much easier to correct thinning of the blood in the earlier stages than later. This is well illustrated in the case of Mr. B. M. Day, Newcastle Bridge, N. B., who says: "From my own experience with Dr. Williams' Pink Pills I can most heartily recommend them. Some time ago I was badly run down and my blood seemed thin and watery, accompanied by the usual symptoms of this condition. A friend recommended Dr. Williams' Pink Pills, and after taking several boxes I felt like a new man."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

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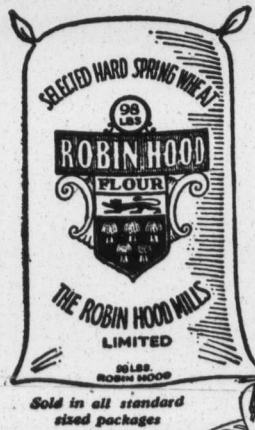
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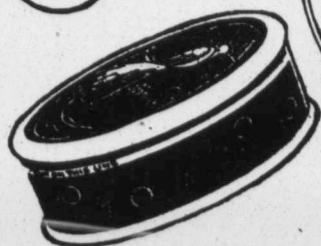
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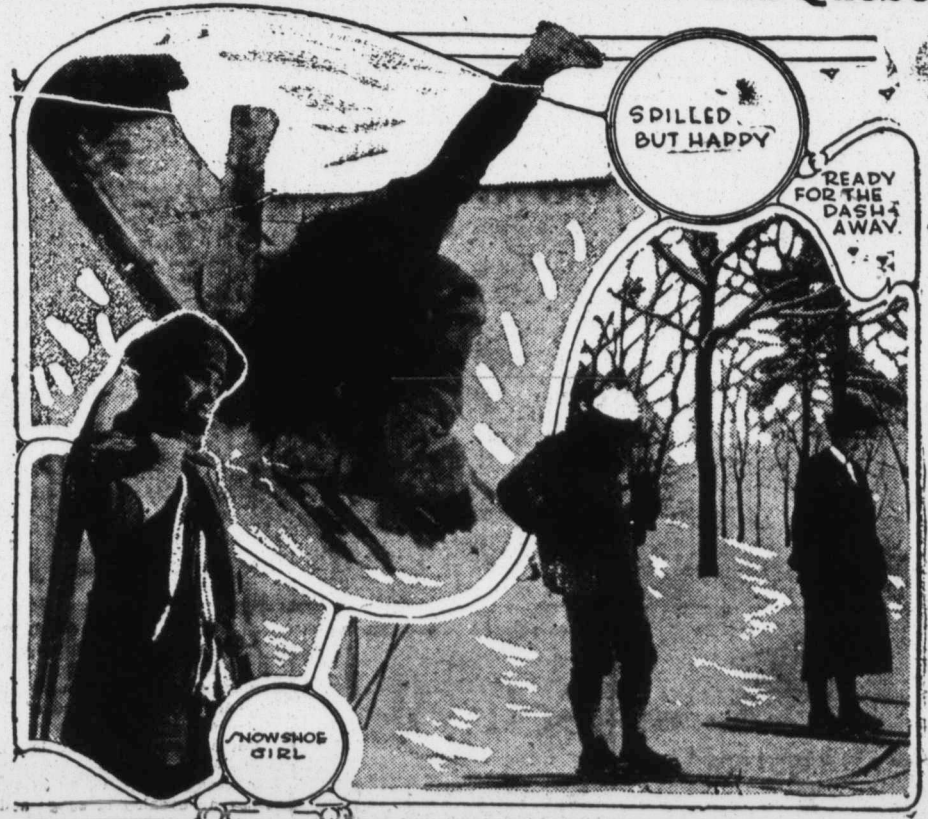
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YOU will love the fragrance first. Then the velvet smoothness, the delicate creaminess, of this marvelous beauty cream. It fairly melts into the skin—without a trace of grease, or the clogging of a single pore. Anemic tissues speedily drink it in, becoming smooth and softly pliable under Combination Cream Jontee. A perfect base for powder. Take home a jar today.

DICKISON & TROY,

'The Rexall Store'

On Snowshoes, Skis and Skates in Old Quebec



With the object of making Quebec the leading winter sport city on this continent, a very attractive and varied programme of matches, races and competitions, some of international character, has been arranged for the season of 1921, and visitors to this beautiful city will have a wonderful opportunity of witnessing or participating in a giddy round of ski-races, hockey games, snowshoe tramps, curling matches, skating events, indoor and outdoor festivities and entertainments all in a historic setting without parallel in North America.

The Chateau Frontenac which is the traditional social centre of the city has co-operated heartily by this contribution not only of a triple toboggan slide—a sheltered skating rink within the spacious courtyard of the hotel, and a curling rink in the Palm Court, but also of a cup for competition between local amateur hockey clubs of the city and of prizes for competition between the ski-clubs and snowshoe clubs.

The whole city with its hilly streets, its fine public rinks, its beautiful park on the Plains of Abraham, its proximity to quaint old French Canadian villages and natural scenery of spectacular beauty such as Montmorency Falls, its atmosphere of hospitality and gaiety and charm, offers to those who love to tramp on snowshoes or glide on skis, or hurtle down on toboggans or drive, wrapped in furs, to the jingle of sleigh-bells a choice of outdoor winter recreation such as would be difficult to rival.

Winter sport is thus native to Quebec, and the guest at the Chateau will quickly find himself infected by the spirit of the place.

The snowshoe clubs extend their invitations to their outings and plan to hold many of their outings on Dufferin Terrace, just at the Chateau doors. A big curling Bonspiel is scheduled for this season, in which teams from many points in both Canada and the United States will participate. Within the hotel there will be indoor golf, billiards, music and an excellent floor for dancing. The convenience of having both a skating rink and a curling rink actually within the Chateau walls need only be mentioned to be appreciated, while the toboggan slide on Dufferin Terrace and a ski-jump are within less than two hundred yards of the door of the hotel.