

**WOMEN! IT'S CHEAP!
USE LEMON JUICE TO
MAKE BEAUTY LOTION**



In all weathers the skin and complexion can be kept wonderfully clear, soft and white by the use of this inexpensive lemon lotion which any girl or woman can easily prepare.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost of one must pay for a small jar of the ordinary cream. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, yellowness and tan, and is the ideal skin softener, smoothen and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion. It naturally should help to soften, freshen, bleach and bring out the roses and hidden beauty of any skin. Those who will make it a habit to gently massage this lotion into the face, neck, arms and hands once or twice daily may be repaid with a skin that is flexible and young looking and a peach-like complexion.

**MEAT INJURIOUS
TO THE KIDNEYS**

Take a Tablespoonful of Salts
If Back Hurts or Bad-
der Bothers

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but because weak from the overwork, they get sluggish; the eliminative tissues clog and the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in uric acid, to no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot fail; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

**USE THE WANT
AD. WAY**

**VOTES OF SOME
SOLDIERS TAKEN**

Ballot Boxes Back to Ottawa—
There Will be Some 600 Military Polls in Canada

Ottawa, Ont., Nov. 30.—Polling has opened. The votes of all soldiers proceeding overseas since the issue of election writs have been taken under the emergency poll provision of the military voters' act. Already the ballot boxes from a great number of the polls are back in Ottawa, but they have not yet been opened. On the high seas also several polls have been held. The voters of all military electors proceeding overseas will be taken in the same way. All the formalities required by law were observed at the emergency polls. There were scrutineers present representing both the government and the opposition and notification when the polls would be held was sent to both political parties.

Voting at sea with Canadian naval voters on board opens tomorrow and continues till polling day. The jurisdiction of the various overseas presiding officers has been defined and preparations completed. Brig-Gen. Neighen will, as president officer have within his jurisdiction all camps in Hampshire, England; Colonel Stanley D. Gardner, all Sussex camps; Brig-Gen. Garnet Hughes, all Surrey camps outside London; Colonel Smart, all camps in Kent; Colonel Francis Logie Armstrong, Mid-dies and London; Major John T. Hill, all camps in Great Britain and Ireland outside those mentioned. Colonel Frank

Reid is presiding officer for all camps on the continent of Europe.

Between now and polling day there will be polls held at over twenty points in the United States. Canadian military electors will cast votes at Boston, Providence, New York, Philadelphia, St. Louis, Kansas City, Des Moines, Los Angeles, San Diego, San Francisco, Portland, Spokane, Minneapolis, Duluth, Chicago, Grand Rapids, Detroit and Buffalo. There will also be polls established at San Antonio and other points in Texas. In each case, precise hours and precise days for the holding of the polls have been laid down.

In Canada over 600 military polls will be established, but in these there will be only one day's polling—the ordinary polling day.

Sir Wilfrid's Plans.
Ottawa, Nov. 30.—Sir Wilfrid Laurier will address a meeting at Amnion, South Renfrew, on Monday afternoon. He will probably return to Ottawa the same evening. No arrangements have yet been made by the opposition leader for other meetings in Ontario.

**PREMIER AND
HON. MR. CARVELL
HERE MONDAY**

E. S. Carter last evening received a telegram from the Unionist headquarters at Ottawa stating that Sir Robert Borden would arrive in St. John on a special train Monday afternoon between 2 and 3 o'clock. The premier, it is expected, will address the mass meeting at the Imperial Monday evening along with Hon. F. B. Carvell, minister of public works. This will be good news for those who have been waiting for an opportunity to hear both the premier and the Hon. Mr. Carvell, and it goes without saying that the meeting will be a great success.

On Tuesday, December 4, Sir Robert Borden is to visit St. Andrews and St. Stephen. The following day he will go to Amherst, and on Thursday, December 6, he will be in Charlottetown. On Friday, December 7, he will visit Pictou, and on December 8, 9 and 10 he will be in Kings (N. S.), and the adjoining counties.

There is tremendous interest in the coming visit here, both of Sir Robert Borden and the Hon. Mr. Carvell. The theatre on Monday evening. They have a message of intense interest for all electors, and their presence here will doubtless greatly stimulate the Unionist campaign which is already going with a swing, that is wonderfully encouraging to those who are fighting for a united war effort by Canada.

**MONTREAL MAYOR SAYS
GOVERNMENT SHOULD BEAR
EXPENSE OF THE ARRESTS**

Montreal, Nov. 30.—Mayor Médard Martin informed the board of control today that he had forbidden Deputy Chief of Police Grandchamps to carry out the order of the federal government in arresting deserters under the Military Service act. "The government has more money than we have," I explained. I do not wish to disobey the law, but I think the government should pay the expenses in this case. As it is, we have not enough policemen to do the work here. However the deputy chief has not given up his quest for deserters.

Toronto, Nov. 30.—In reference to the statement of Sir George Bury, general manager of the Canadian Pacific Railway Company, that the railway is claiming exemption for 2,396 of the 6,199 employees of the line who will be affected by the Military Service act, Colonel R. H. Green, district military representative, says he is determined that the railroads shall not secure freedom from service for all the men for whom they are asking exemption.

**GIRLS THAT WERE
PLAIN, NOW BEAUTIES**

Wonderful Effect of Stuart's Calcium
Wafers That Aid the Face of Skin
Eruptions and Bring Match-
less Beauty

SEND FOR FREE TRIAL PACKAGE



"Believe Me, I am Glad Those Pimples Are Gone."

Maybe you are discouraged, but cheer up. No matter how bad your skin may be, Stuart's Calcium Wafers will quickly work wonders with it. And then good-bye to blackheads, pimples, acne, boils, rash, eczema and a muddy, sallow complexion.

Calcium Sulphate, their principal ingredient, is the greatest blood-cleanser known to science.

So don't be blue, don't despair, get a 50-cent box of Stuart's Calcium Wafers today at any drug store in the United States, and soon you will have as beautiful a complexion as you ever wished for. Fill out the coupon for a free trial package.

Free Trial Coupon
F. A. Stuart Co., 465 Stuart Bldg.,
Marshall, Mich. Send me at once
a free trial package
of Stuart's Calcium Wafers.

Name
Street
City State

**What Would It Be Worth to You
To Be Free of Indigestion**

INDIGESTION becomes a habit to a certain extent. Many of the conditions under which we live are artificial. We eat too much, take too little natural exercise, and have too much worry and anxiety. The digestive system does not get a chance.

The liver is usually first to get out of kilter, then the bowels become constipated, and the whole process of digestion is disorganized. Instead of being properly digested, the food ferments and causes sour stomach, belching of wind, pressure of gas about the heart, suffocating feelings and fainting spells.

Headaches, pains in the limbs and back, tired, depressed feelings, irritability and discouragement are other symptoms.

You may have tried stomach medicines and aids to digestion until you have given up in despair.

**And Rid of the Poisons
Which Cause Pain,
Tired Feelings?**

Operation Avoided

Mrs. Annie Watkins, Glace Bay, New Harbor, N.S., writes: "I think it is time for me to give my experience with your wonderful Kidney-Liver Pills. For seven months I suffered with what the doctor called indigestion, but whatever it was, it suffered terribly. The pain would start under my left shoulder and pass down my side until it reached the pit of my stomach. It just seemed as if the flesh were being torn from the bone. At times I used to go without food from one morning until the next. I had no energy left for work at all. At last our doctor sent me to the hospital for a month. For four days and nights I never broke my fast except for a drink of water. After four weeks' treatment there I returned home, and was back only four days when the pain came back worse than ever. Then I was told I would have to undergo an operation, but I would not consent to that. At last I read about Dr. Chase's Kidney-Liver Pills and started to take them. At first I did not notice much difference, but still I kept on using them, and by the time I was cured. I shall always be grateful to Dr. Chase's Kidney-Liver Pills, as they did more for me than four doctors."

But what would it be worth to you to be free of all this trouble, to feel again the old energy and vigor, and to enjoy healthful living?

Dr. Chase's Kidney-Liver Pills are not offered to you as an experiment. There is no question as to what they will do by way of awakening the action of the liver, kidneys and bowels, and removing the cause of indigestion and kindred ills.

Their curative powers have been proven in hundreds of thousands of cases, until they are established in the great majority of homes as the one family medicine which is indispensable.

It is for you to apply this treatment in your own case. It will only cost you a quarter to make the test, and we do not hesitate to predict that the results will surprise and delight you.

Dr. Chase's Kidney-Liver Pills

One pill a dose, 25c a box, 5 for \$1.00, at all dealers, or Edmanston, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

**City Physicians Explain Why
They Prescribe Nuxated Iron**

To Make Beautiful, Healthy Women and Strong Vigorous Men

NOW BEING USED BY OVER THREE MILLION PEOPLE ANNUALLY

Quickly Transforms the flabby flesh, toneless tissues, and pallid cheeks of weak, anemic men and women into a perfect glow of health and beauty—Often increases the strength of delicate, nervous, run-down folks 100 per cent. in two weeks' time.

New York, N. Y.—It is conservatively estimated that over three million people annually in this country alone are taking Nuxated Iron. Such astonishing results have been reported from its use both by doctors and laymen, that a number of physicians in various parts of the country have been asked to explain why they prescribe it so extensively, and why it apparently produces so much better results than were obtained from the old forms of inorganic iron.

Extracts from some of the letters received are given below:

Dr. Ferdinand King, a New York physician and medical author, says: "There can be no study iron men without iron. Pallor means anemia. Anemia means iron deficiency. The skin of anemic men and women is pale; the flesh flabby; the muscles lack tone, the brain fags and the memory fails and they often become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks.

In the most common foods of America, the starches, sugars, salt, syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing down the waste-plate the water in which our vegetables are cooked are responsible for another grave iron loss.

Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt.

Dr. A. J. Newman, late Police Surgeon of the City of Chicago and former House Surgeon, Jefferson Park Hospital, Chicago, in commenting on Nuxated Iron, says: "It has been my particular duty during the past six years to assist in keeping Chicago's five thousand blue-coats in good health and perfect fighting trim so that they would be physically equipped to withstand all manner of storms and the ravages of nature's elements.

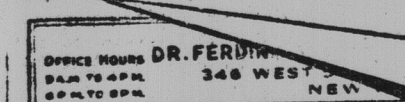
Recently I was prompted through an endorsement of Nuxated Iron by Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York, to give it a trial. This remedy has proven through my own tests of it to excel any preparation I have ever used for creating red blood, building up the nerves, strengthening the muscles and correcting digestive disorders."

Dr. E. Sauer, a Boston physician who has studied widely both in this country and in great European Medical Institutions, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or run-down, instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages, I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their

diseases was nothing more or less than a weakened condition brought on by lack of iron in the blood.

Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with a blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man. In fact a young man he really was not.

fore given out any medical information or advice for publication as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I would be remiss in my duty not to mention it. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish quickly to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy."



Nuxated Iron (Syr.)
Sig: Two or three meals
3 times a day
King H.D.

withstanding his age. The secret, he said, was taking iron—nuxated iron had filled him with renewed life. At 80 he was in bad health; at 40 he was worn and nearly all in—now at 50, after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth.

Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how simply you eat, your food merely passes through you without doing you any good, and as a consequence you are weak, pale and sickly-looking, just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: see how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in ten to fourteen days' time simply by taking iron in the proper form. And this after they had been suffering for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or ducture of iron simply to save a few cents. The iron derived by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. Many an athlete and prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray; while many another has gone down to inglorious defeat simply for the lack of iron."

NOTE: Nuxated Iron, which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in nuxated iron, that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron, and increase their strength 100 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Wasson's Drug Store and all good druggists.

THE GREAT HEALTH RESTORER

OLIVEINE EMULSION

**COUGHS
COLDS
BRONCHITIS
LA GRIPE
AND
LUNG TROUBLE**

THE GREAT TONIC!

For business men and women, overworked mothers, delicate boys and girls, and anyone run down from hard work or sickness and requiring a strengthener.

Take Oliveine Pills for Constipation, Biliousness, Dyspepsia and all Irregularities of the stomach and bowels. Oliveine Ointment is a marvelous remedy for Hemorrhoids, Eczema, Sores and Skin Diseases.

Manufactured and Sold Everywhere

FRASER, THORNTON & CO., LIMITED Cookshire, Quebec, Can.

HORSES

UNION Stock Yards of Toronto Limited, capital one million five hundred thousand dollars, "Canada's greatest live stock market," covers over two hundred acres. Railroads pass for all lines. Horse Department conducts Auction Sales every Wednesday. Four to ten carloads of Horses received and sold every day. All stalls on ground floor. Four to five carloads of Horses received and sold every day. Special sales arranged, correspondence solicited.

Walter Harland Smith, Manager Horse Dept.
Union Stock Yards of Toronto Limited
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