

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 penny for a small jar of the ordinary cold 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 skin 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 thus 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 bicarbonate, 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 injure; 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. McEighen 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-dieses and London; Major John T. Hill, all camps in Great Britain and Ireland outside those mentioned. Colonel Frank

GIRLS THAT WERE
PLAIN, NOW BEAUTIES

Wonderful Effect of Stuart's Calcium
Wafers That Rid 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 rid you of 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 return mail, free trial package
of Stuart's Calcium Wafers.

Name
Street
City State

Reid is presiding officer for all camps on the continent of Europe. 600 Military Polls in Canada.

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 Arrington, 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 evening 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 premier will be accompanied by Hon. F. B. Carvell, minister of public works, and it goes without saying that the meeting will be a great success. 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 policeman to do the work here. However, the deputy chief has not given up his quest for deserters.

MONTREAL MAYOR SAYS
GOVERNMENT SHOULD BEAR
EXPENSE OF THE ARRESTS

Montreal, Nov. 30.—Mayor Medard 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 policeman 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 Duff, 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.

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 I did not notice much difference, but still I kept on using them, and by the time four boxes were used I was perfectly well again. That was in 1914, so you see I can safely say that 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 Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

Mrs. F. E. Morton.
Sussex, N. B., Nov. 30. (Special)—Mrs. Morton, widow of Hon. F. E. Morton, died at Port Elgin (N. B.), yesterday. The remains will be brought to Penobscot on the C. N. R. tomorrow. Interment will be made in the lower cemetery.

"77"
To get the very best results take
Dr. Humphrey's "Seventy-seven" at
the first signs or shiver.

"Seventy-seven" breaks up Colds
that hang on—Grip. All Drug Stores.

COLDS
DANDRUFF GOES!
HAIR GETS THICK,
WAVY, BEAUTIFUL

Save Your Hair! Double Its
Beauty in a Few Mo-
ments. Try This!

Hair Stays Coming Out and
Every Particle of Dandruff
Disappears

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but after a few weeks' use, when you see new hair, fine and downy at first—yes, but really new hair—growing all over the scalp. A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance, an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health. Get a small bottle of Knowlton's Danderine from any drug store or toilet counter for a few cents and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them, produces exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

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 for all lines. Horse Department conducts Auction Sales every Wednesday. Four to ten carloads of Horses received and sold each day. Auctions on ground floor. Four to five sound young draft mares and geldings, blood general purpose farm horses and delivery horses will find a large stock to choose from. Special sales arranged, correspondence solicited. Walter Harland Smith, Manager, Horse Dept., Union Stock Yards of Toronto Limited, 400-402 West Street.

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 salts.

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.

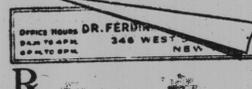
In the most common foods of America, bread, starches, sugars, table syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degerminated cornmeal, no longer iron tests of the country. Refining processes have removed the iron of Mother Earth from 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



Nuxated Iron (5gr)
Sig: Two capsules
3 times a day
King, N.Y.

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 46 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 much you eat, you eat your food merely passes through you without doing you any good, and as a consequence you become 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 in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron acetate or tincture of iron simply because they cost 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."

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said: "I have never before 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."

Dr. N.H. Horstman, for ten years in the Department of Public Health and Charities of Philadelphia, said: "After carefully examining the formula of Nuxated Iron I realized that here at last was organic iron—the only kind I could conscientiously recommend, prepared in

THE GREAT HEALTH RESTORER
OLIVEINE EMULSION
COUGHS
COLDS
BRONCHITIS
LA GRIPPE
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, Bloating, 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.