300 DAIRYMEN IN LONDON FOR BIG CONVENTION

Delegates Welcomed To City by Mayor and C. of C. President.

IMPORTANT ADDRESSES

Speakers Deal With Matters of Vital Importance To All Farmers.

Nearly 300 delegates were present at the Wednesday evening session of the thirty-third annual convention of the Dairymen's Association of Western Ontario, which opened in the Masonic Temple yesterday morning. Important addresses were given at both afternoon and evening sessions, and matters of vital importance to dairymen and farmers in general were dealt with by capable speakers.

Dr. G. C. Creelman, president of the Ontario Agricultural College, Guelph, was the chief speaker at the evening session. He dealt with the work which the O. A. C. has accomplished since its inauguration and expressed the belief that it had been largely responsible for the development of agriculture on a scientific basis in Ontario.

According to Dr. Creelman 20,000 young farmers have derived benefits from the college since it first started. He said the school aimed to give the young men from the farms an education which would be of great benefit to them in the development of the land. Thousands of people visited the institution during the year, the president stated, and the professors endeavored to give visitors instructions which would serve them well in the farming industry.

Dr. Creelman vividly described the work of the various departments, telling just how each taught the youthful farmer what was best for his farm. He discussed live stock at length, also the poultry department and the department teaches the mechanism of the tractor and other farm machinery.

Potato Disease.

The potato crop in the past few years had not been as good as it was several years ago, and the department of botany had learned that this was due to a disease imported into Ontario in seed purchased in foreign countries. This would be done away with in time, Dr. Creelman promised.

The Guelph professor advocated nature study in the public schools. He said the scholars were taught a great deal which was of no use to them, but they learned little about the natural beauties of the country in which they lived. He said that he had never been taught in the public schools the difference between sedges and grasses, the different trees or the names of different birds.

Farm drainage was an important part of the course at the college. As a result of this part of the course there were 200,000 acres of drained farms in Ontario. Draining was absolutely necessary, Dr. Creelman said, and the use of lime on the land was most beneficial.

United States Acted Fairly.

Dr. Robertson, who went overseas at the request of the Dominion Government to study the manner in which European countries were conserving food, spoke on his experiences on the other side of the Atlantic. Dr. Robertson said that in Canada there was much talk of the United States not treating this country fairly in regard to food shipped overseas. The United States could not have treated this country in a fairer manner, he said, for that nation was willing to have this country's bacon used after the armistice was signed without asking that the stores of bacon in the United States be accepted by England and other countries.

The British Government was compelled during the war and after the signing of the armistice to pay Canadian wheat producers 75 cents a bushel more for wheat than the government sold it for to the British millers. This was to keep the price of bread down and enable the people of the United Kingdom to live.

Mayor E. S. Little and George M. Reid, of the Chamber of Commerce, welcomed the visiting delegates to the city at the evening session. Both expressed the city's appreciation of the honor conferred upon it by the holding of the convention here. Mr. Reid hoped that in future years the dairymen would gather in London.

Purebreds Pay.

Professor Wade Toole of the O. A. C., spoke during the afternoon on "The Scrub Dairy Sire." He endeavored to show his audience that it was for the betterment of the industry to have purebred cattle. He produced figures which showed how much greater was the production of milk from the purebred cow as compared with the animal which did not have purebred blood.

E. G. Stonehouse, president of the Dairymen's Association of Ontario, delivered a brief address on "Some Problems of the Milk Producer." He advocated greater milk production and expressed the opinion that the people realized now more than ever before the value of dairy products. He considered these the cheapest articles of food in the country. He considered that gossip about milk producers being profiteers was all imagination, for all they wanted was a fair price for their milk.

Mr. Stonehouse advocated advertising as a means of increasing the consumption of milk and dairy products. This had been done with great success in the United States, and he thought it was up to the producers on this side of the line to educate the people to the value of dairy products.

The Prize List.

The judging of the exhibits was completed during the afternoon, and the results were announced as follows:

Section 1, September white cheese—C. J. Donnelly, Lambeth, 96.99; J. E. Stedebauer, Vienna, 97.47; H. E. Donnelly, Straffordville, 97.24; H. J. Neeb, Tavistock, 97.06; Wm. Boyes, Springfield, 96.74; J. T. Donnelly, St. Thomas, 96.66; W. Hargraves, Atwood; 95.82; Joseph Skelton, Kintore, 96.81; Martin Calker, Stratford, 95.73.

Section 2, September colored cheese—H. J. Neeb, Tavistock, 97.73; H. E. Donnelly, Straffordville, 97.65; C. J. Donnelly, Lambeth, 97.57; J. T. Donnelly, St. Thomas, 97.40; J. E. Stedelbauer, Vienna, 97.15; W. Hargraves, Atwood, 97.07; Joseph Skelton, Kintore, 96.65; W. J. Murphy, Thorndale, 96.49; B. F. Howes, West Monkton, 96.48.

CLASS 2.

Section 1, October white cheese—F. C. Eastman, Arkona, 98.32; C. J. Donnelly, Lambeth, 97.99; J. E. Stedelbauer, Vienna, 97.83; H. E. Donnelly, Straffordville, 97.66; H. J. Neeb, Tavistock, 97.57; J. T. Donnelly, St. Thomas (won on flavor), 96.66; W. Hargraves, Atwood, 96.66; W. C. Loughin, Thamesford, 96.58; Frank Norman, Wellesley, 96.48.

Section 2, October colored cheese—H. E. Donnelly, Straffordville, 97.32; J. E. Stedelbauer, Vienna, 96.81; W. J. Murphy, Thorndale, 96.65; W. C. Loughin, Thamesford, 96.65; W. Hargraves, Atwood, 96.57; Joseph Skelton, Kintore, 96.48; C. J. Donnelly, Lambeth, 96.40; Frank Norman, Wellesley, 95.99; J. T. Donnelly, St. Thomas, 95.98.

CLASS 3.

Section 1, 56-lb. box butter—John R. Almont, Silverdale, 96.10; H. McGenn, Belmont, 94.77; Ontario Creameries, Limited; London, 94.73; E. D. Armstrong, Exeter, 94.27; James E. Wilson, Forest, 93.26; Harry Frey, Woodham, 93.10; C. A. Davies, Guelph, 93.08; John Main, Warwick, 93.07; H. F. Newman, Gamebridge, 92.90.

Section 2, 1-lb. prints—H. McGenn, Belmont, 95.60; John R. Almont, Silverdale, 94.92; C. A. Davies, Guelph, 94.90; Harry Frey, Woodham, 94.72; Ontario Creameries, Limited, London, 94.65; Whyte Packing Company Brockville, 94.42; M. J. Lewis, London, 94.16; S. E. Rozell, Clinton, 94.14.

Class 4.

Section 1, 56-pound box, October butter—Ontario Creameries, Limited, London, 95.57; Whyte Packing Company, Brockville, 94.49; John Borland, Simcoe, 94.41; T. J. Newman, Lorneville, 94.05; C. A. Davies, Guelph, 93.79; H. F. Newman, Gamebridge, 93.57; Strathroy Creamery, Strathroy, 93.47; John R. Almont, Silverdale, 93.15; M. J. Lewis, London, 92.72.

Class 5.

Section 1, three Stilton cheese—C. J. Donnelly, Lambeth, 97.48; J. T. Donnelly, St. Thomas (won on flavor), 97.23; W. C. Loughin, Thamesford, 97.23; Joseph Skelton, Kintore (won on flavor), 96.82; H. E. Donnelly Straffordville, 96.82; Leo Wallis, Petrolea, 96.40.

Section 2, flat cheese—H. J. Neeb, Tavistock, 98.15; J. T. Donnelly, St. Thomas, 98.07; W. Hargraves, Atwood, 97.91; C. J. Donnelly, Lambeth, 97.83; H. E. Donnelly, Straffordville, 97.57; Joseph Skelton, Kintore, 97.40; F. C. Eastman, Arkona, 96.99; J. E. Stedelbauer, Vienna, 96.83.

Class 6.

Section 1, whey butter—C. J. Donnelly, Lambeth, 90.10; Whyte Packing Company, Brockville, 89.83.

Specials.

The winners of the special prizes offered in their respective classes were: John R. Almont, Silverdale; H. Glenn, Belmont; Ontario Creameries, Limited, London; Whyte Packing Company, Brockville; J. E. Stedelbauer, Vienna; H. E. Donnelly, Straffordville; H. J. Eastman, Arkona; C. J Donnelly, Lambeth; Strathroy Creamery, Strathroy; C. A. Davies, Guelph; Ben F. Howes, West Monkton; J. T. Donnelly, St. Thomas; W. Hargraves, Atwood; F. C. Neeb, Tavistock.

A NEW BLOOD-FOOD HAS BEEN DISCOVERED THAT WORK WONDERS

Said To Put New Life Into People That Are Run-Down.

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done, and any weak-blooded person can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood-food will prove how nourishing and strengthening and flesh-building the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone—if you'll only use it, you'll surely grow strong, too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon: it is a specialist in such cases.

Where there is paleness, poor appetite and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health—it will do so quickly if you give it the chance. Sold by all dealers: 50c per box or 6 boxes for $2.50. Remember the name Ferrozone.

RHEUMATIC PAINS RAISING A RUMPUS?

Sloan's Liniment, Kept Handy, Takes the Fight Out of Them.

SLOSHING around in the wet and then—the dreaded rheumatic twinge! But not for long when Sloan's Liniment is kept handy.

Pains, strains, sprains — how soon this old family friend penetrates without rubbing and helps drive 'em away! And how cleanly, too—no muss, no bother, no stained skin or clogged pores. Muscles limber up, lumbago, sciatica, neuralgia are promptly relieved. Keep a bottle handy all the time. Get one today if you've run out of Sloan's Liniment.

All druggists—35c, 70c, $1.40.
Made in Canada.

Sloan's Liniment Keep it handy

NEW YORK CHAMBER MUSIC SOCIETY WAS HIGHLY APPRECIATED

Provided Rare Musical Treat At "Y" Auditorium Wednesday Night.

PERFECT COMBINATION

Each Artist Fitted Into His Place To Produce a Delightful Whole.

For two solid hours last night the large musical audience which filled the Y. M. C. A. Auditorium to hear the New York Chamber of Music Society could have wished to be no place else on the globe. There was no desire to be in New York, the hub of the North American musical world, for New York had come here in the form of a little symphony orchestra, the like of which has never been heard in London. F. L. Willgoose, director of the London Conservatory of Music, under whose management the concert was offered, is being congratulated enthusiastically on the brilliant success of the evening.

There are but eleven instruments in the entire orchestra, and the greater part of the program was composed of ensemble numbers of but three or four players, grouped as wind instruments and string instruments, every player a real artist and together a company of musical wizards. The orchestra is under the direction of the brilliant pianist, Carolyn Beebe, who by no means allowed the piano to take minor part in the numbers.

The wind instruments, which have been practically absent from the concert stage in London, save the once or twice when a large orchestra has visited the city, were a delightful treat, played as they were by supreme artists. Of the wind numbers, the two Gavottes by Pirani may have been the most popular, the sprightly flute, plaintive oboe, cheerful clarinet and grumbling bassoon playing together to produce delightful and unusual harmonies. The Pfeiffer number, "Musette," where the bassoon begins to speak, and the refrain is caught up by the oboe and then by the clarinet, was another delight, and "Aubade" (Wailly), still another. Each instrument is a perfect gem in an exquisite setting.

When the string instruments began, it was more familiar ground for the audience, but they were amazed with the beauty of the instruments and the artistic effects produced by the skill of the players. The Boccherini "Menuet," played by two violins, viola and cello, was undoubtedly one of the finest numbers of the evening. The delicate, soft, fairylike work of the first violin, against a background of the other three instruments, was incomparably fine. Then there was Tschaikowsky's "Andante Cantabile," played with religious fervor and the wonderful Pierne "Serenade." The piano, violin and violoncello formed a fascinating trio in three Spanish dances by Arbos.

Still Greater Delights.

The entire orchestra at work provided still greater delights. The brilliant passages of sound were only eclipsed by the thrill of suspended silences, when the hushed instruments left the air filled with mysteries. "I have never heard such ensemble work as this," was the comment of many a musician last night. Magically beautiful effects seemed to come, unstrived for. With the opening bars from the Wolf-Ferrari number, "Sinfonia da Camera in B-flat major, opus 8," the orchestra proclaimed itself as something far beyond the ordinary. And as it played through the different movements and all the instruments began to sing, each a perfect part of a perfect whole, an enthusiasm was aroused which will last for many a day.

The exquisite "March of the Little Tin Soldiers" (Pierne), where wind and string instruments vie with each other in producing delightful effects, was perhaps the most popular number of the evening. But surely it was not as soul-stirring as the next, "Valse Triste" (Sibelius), where string and wind instruments produce sad melodies, the double base throbbing in the background like a great muffled drum. Then there was the final number of all "Molly on the Shore," by Grainger, a springthly, gay thing, with threatening waves and wind in the background.

It would be impossible to mention the work of any one artist beyond the others. Each seemed to fit into his place perfectly. Pierre Henrotte was the first violin, and Herbert Soman the second violin. Samuel Lifschey played the viola, Paul Kefer the cello. Emil Mix the double bass violin, Gustave Langenus the clarinet, William Kincaid the flute, Henri de Busscher the oboe. Ugo Savolini the bassoon, Joseph Franl the French horn and Carolyn Beebe (director) the piano.

DODD'S KIDNEY PILLS FOR ALL KIDNEY DISEASES RHEUMATISM BRIGHT'S DISEASE BACKACHE DIABETES NUMBER 23 THE PROPRIETARY

SAYS OLIVE OIL AND LEMON JUICE BEST CURE FOR SMALLPOX

Drugless Healers Hear Anti-Vaccination Talk.

CAUSE OF DIPHTHERIA?

Speaker Says Epidemic of Latter Disease Followed Treatment in Toronto.

Dr. A. B. Farmer of Toronto, speaking last night at the annual meeting of the drugless physicians of Canada, which is being held in this city, made the statement that the recent smallpox epidemic in Toronto had broken down all fear of the disease and all faith in vaccination.

"People are beginning to learn that hot baths, the rubbing of the body with lemon juice and olive oil and the partaking of unsweetened lemonade will cure the worst case of smallpox within two weeks," he continued.

He said that in Toronto, out of the two thousand cases which were reported there, only four died, and the death of these four was not due directly to the disease. One resulted from pneumonia and another patient was the child of a sickly parent who was confined in the isolation hospital. This was less than the normal death rate.

He emphasized the fact that a large number of these cases developed smallpox within two to six weeks after vaccination. He cited a case of two boys of his acquaintance, one of whom developed the disease after being vaccinated, and the other two weeks later. On the other hand the league which was fighting vaccination in Toronto predicted that the city would be visited by an epidemic of diphtheria within three months as a result of vaccination. This had proved a true prophecy, for every physician was rushed with cases of diphtheria.

He stated that the medical men seemed to be trying to force the same technical on the civilians as was forced on the solders in the army, and with the same fatal results. In the army the death-rate was twelve per thousand, as compared with four among civilians. The league in Toronto had spent $2,500 in fighting the enforcement of vaccination, and would keep on working and spending money until the practice was discontinued.

A Distinct Science.

Dr. W. G. Savage of Windsor addressed the meeting on "Chiropratic as I See It." He said that it was distinct and separate science, and had nothing in common with any other system or method. It consisted in the systematized and classified truth respecting the human body in health and abnormality.

"Chiropratic is based upon the law of biology; the law of life, that force which, acting through its proper channels—the brain and nerve system—causes all animation ordinarily referred to as life. At first though, it may seem strange to those not accustomed to the thought that life is a force, but one has only to remember the throwing of the ground back by the sprouting of the young plant, or the rick risen by the growth of a tree from a crevice, to realize that life is a force and that in the fullest sense of the word it acts through its original channels.

"The basic principles of the science of chiropratic is that the disturbance of the transmission of this force—the force of life—through its organized channels causes all abnormality, sickness or disease."

A talk on the "Spinal Charting for Diagnosis and Treatment," which was illustrated by a chart, was given by Dr. J. M. Anderson of Galt. He went into detail on the anatomical structure of the spinal column, showing how the pathological condition of the ligaments of a spinal joint would affect the function of any organ supplied by nerves emerging from such a joint. The specific side of spinal correction was emphasized.

Dr. R. C. Barklie of this city told of the drugless practitioner in action. He pointed out the many phases of treatment that scientific circles were not prepared to indorse. However, he stated that the public was satisfied, and that the people stood behind the drugless physicians.

The Legal Status.

E. T. Essery, counsel for the association, spoke on the status of the drugless physician in Ontario. He stated that practitioners of the different arts, medical, laws and others, were taken into the colleges and had the right to practice. If they were practicing then the profession received legal recognition. He said that the practice of drugless theraphy was a lawful calling. He dwelt on how those engaged in it had been persecuted by the medical men.

Dr. H. V. Caton, the president of the association, gave the opening address. He said the drugless physician was working for good in all parts of the province.

Mayor E. S. Little, in giving the address of welcome, said that he hoped the meeting would be held here every year.

In the evening an open clinic to demonstrate treatment was held in the office of Dr. A. W. Macfie. The clinic was open to the public and many attended it.

DISTRICT ORANGE LODGE HOLDS ANNUAL MEETING

New Officers for Year 1920 Are Elected and Installed.

The annual meeting of the Loyal Orange District Lodge, No. 1, was held in the Orange Hall on Tuesday evening, and was largely attended. Reports from various primary lodges throughout the district for the year 1919 were very encouraging. Under the direction of Bro. J. W. Carson, a new Orange lodge, Star of Bethlehem, will be instituted in the district hall on Tuesday evening, January 20. Arrangements were made for putting on Rev. Capt. Ketterson's illustrated lecture in the Y. M. C. A. Auditorium on February 6. Tickets are now available.

Right Wor. Bro. E. T. Essery, K.C., past grand master, gave a very interesting address, and was in charge of the election and installation of officers for 1920, which resulted as follows: Worshipful district master, Bro. Robert Carswell; deputy district master, Bro. Dr. Bean; chaplain, Rev. Bro. Dagg Scott; recording secretary, Bro. Woolner; financial secretary, Bro. Charles Garside; treasurer, Bro. George Keys; first lecturer, Bro. James Walsh; deputy lecturer, Bro. Joseph Garside; director of ceremonies, Bro. E. Langford; scrutineers, Bros. W. B. Walker, E. H. Johnston, George Keys.

Short addresses were given by the newly-elected officers. A hearty vote of thanks was passed to the scrutineers and installing officer.

Smallpox Spreads

TORONTO, Jan. 14. — The provincial board of health reports that for the week ending January 10 there were 325 new cases of smallpox reported in the Province of Ontario, an increase of 53 cases over the previous week's total. Toronto reported 146 new cases last week and four deaths. There have been 2,167 cases in this city altogether, and at present there are 400 cases.

ONE GREAT ESSENTIAL TO A WOMAN'S HEALTH IS HER NERVES

Nature intended women to be strong, healthy and happy as the day is long, instead of being sick and wretched. But how can any woman be healthy and happy when the whole nervous system is unstrung. The trouble is they pay more attention to their social and household duties than they do to their health. Is it any wonder then that they become irritable and nervous, have hot flushes, faint and dizzy spells, smothering and sinking spells, become weak and nervous, and everything in life becomes dark and gloomy.

Milburn's Heart and Nerve Pills are the very remedy that nervous, tired-out, weary women need to restore them to the blessings of good health.

Mrs. P. H. Ryan, Sand Point, N. S., writes: "I have been a great sufferer from nerve troubles. I was so weak and nervous I could not sleep at night and my appetite was very poor. I could not walk across the floor without trembling. I had hot flushes and fainting spells. When I was on my second box of Milburn's Heart and Nerve Pills I began to feel better and kept on until I had used six boxes when I felt like a different person. I am never without them in the house and recommend them to all who suffer with their nerves."

Price 50c a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

How to Purity the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

SANTAL CAPSULES MIDY — CATARRH of the BLADDER relieved in 24 HOURS. Each Capsule bears the name MIDY. Beware of counterfeits.

Hearst's Magazine—a Liberal Education

December Hearst's

December Hearst's

December Hearst's

December Hearst's

In Hearst's for December

$25 Workers Earn $20,000 Bonuses

$25-a-week workers in a certain Chicago corporation, who invest $1.25 a week, at the end of 20 years' service draw out $20,000! Employers and workers alike should learn more about this remarkable profit-sharing plan. Read "A Man with 7,000 Partners."

In Hearst's for December

How Armies Got Too Big To Fight

Will the Nations really disarm? People everywhere are crying for universal disarmament and permanent peace. But will the League of Nations be able to bring this about? Guglielmo Ferrero, Italy's foremost historian, discusses this tremendous problem

In Hearst's for December

The Little Things That Count

Why are there so many unhappy marriages? Often because of the same trifling things that brought Andrew Merrill and his wife to the point of divorce, yet were cleared up in ten minutes of frank discussion. Read "The Little Things That Count," a story of married life by Roland Pertwee

In Hearst's for December

23 Additional Stories, Articles and Other Features in this Big December Number

In Hearst's for 1920

A new novel by Sir Hall Caine!
A new novel by Vicente Blasco Ibanez!
True Ghost Stories by A. Conan Doyle!
Stories of Alaska by Rex Beach!

Other great writers in Hearst's for 1920 will include: F. Britten Austin, Arnold Bennett, Donn Byrne, R. W. Chambers, G. K. Chesterton, Richard Washburn Child, Larry Evans, Cosmo Hamilton, W. W. Jacobs, Rudyard Kipling, Maurice Level, Arthur Somers Roche, Bernard Shaw and many others.

If you are satisfied with any ordinary magazine, don't bother your newsdealer to reserve a copy of Hearst's. Those alertly intelligent people who demand a magazine far beyond the average will quickly exhaust the entire supply. *But*, if you, *too*, want the works of the world's great writers, the thoughts of the world's great thinkers, don't fail to make sure each month—starting today with the new December number—of your regular copy of

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A Magazine with a Mission

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CANADIAN PACIFIC

Pacific Coast Tours

SPEND you winter at the Pacific Coast—where the climate is mild and luxurious, and where zero weather is unknown. Vancouver has golf the whole year round, splendid roads for motoring, and a number of beautiful spots within easy reach, such as Victoria.

And it has perfect accommodation at the magnificent Hotel Vancouver, the finest hotel on the North Pacific—one of the Canadian Pacific hotels.

For rates, etc., apply to
W. B. HOWARD, District Passenger Agent, Toronto.
Jan.19

Use Cocoanut Oil For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Mulsified cocoanut oil shampoo (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get Mulsified cocoanut oil shampoo at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.—Advt.

Women Made Young

Bright eyes, a clear skin and a body full of youth and health may be yours if you will keep your system in order by regularly taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles, the enemies of life and looks. In use since 1696. At all druggists, 50c. a box.

Look for the name Gold Medal on every box and accept no imitation

WHAT TO DO WHEN NERVES GO WRONG

A SPECIALIST'S ADVICE.

Men and women who suffer from weak nerves, who tire easily, can't sleep, have brain fag, low vitality, general weariness, loss of strength, dulled ambition, lack of will power, or any of those symptoms that so surely arise from poor, unsteady, unstrung nerves or nerve force run low, should try taking a little Ferro-Peptine with their meals for a few days and note results. This preparation is the greatest ginger-up stimulant and nerve vitalizer ever known for putting the good old "pep," ambition, courage and real vital energy into a tired, run-down and shattered nervous system.

Here is a test worth trying. The next time you feel tired, blue, or when your nerves are fairly crying out, take a Ferro-Peptine nerve tablet. Then wait for just ten minutes, and note results. Ferro-Peptine seems to go straight to the nerve cells and starts work the minute it reaches them. It brings a ten-minute change from that awful dull, weak, lazy, don't-give-a-hang feeling, to brightness, strength, clear-headedness and courage. It calms and strengthens the nerves of people who get the "jumps" and fidgets, and gives them poise, power and tremendous reserve energy. Ferro-Peptine Tablets are absolutely harmless, contain no dope or habit-forming drugs, and are always safe, easy, pleasant and efficient. Standard Drug Co. and many other leading druggists in London and vicinity sell it in large boxes—42 tablets to a package—on an absolute guarantee of satisfaction, or money back.—Advt.

HOW TO MAKE YOUR HAIR BEAUTIFUL

Ten Minutes' Home Treatment Works Wonders, Stops Falling Hair and Dandruff and Makes the Hair Soft, Brilliant, Lustrous and Fluffy.

Better than all the so-called "hair tonics" in the world is a simple, old-fashioned home recipe, consisting of plain Bay Rum, Lavona (de composee) and a little Menthol Crystals. These three mixed at home in a few minutes, work wonders with any scalp. Try it just one night and see. Get from your druggist 2 oz. Lavona, 6 oz. Bay Rum and ½ dram Menthol Crystals. Dissolve the Crystals in the Bay Rum and pour in 8-oz. bottle. Then add the Lavona, shake well, and let it stand for an hour before using. Apply it by putting a little of the mixture on a soft cloth. Draw this cloth slowly through the hair, taking just one small strand at a time. This cleanses the hair and scalp of dirt, dust and excessive oil and makes the hair delightfully soft, lustrous and fluffy. To stop the hair from falling and to make it grow again, rub the lotion briskly into the scalp with the finger tips or a medium stiff brush. Apply night and morning. A few days' use, and you will not find a single loose or straggling hair. They will be locked on your head as tight as a vise. Dandruff will disappear. You will find fine, downy, new hair sprouting up all over your scalp, and this new hair will grow with wonderful rapidity.

Any druggist can sell you the above. The prescription is very inexpensive, and we know of nothing so effective and certain in its result.—Advt. b

Ladies Let Cuticura Keep Your Skin Fresh and Young

Soap, Ointment, Talcum, 25c. each. Sold everywhere. Can. Depot: Lymans, Limited, St. Paul St., Montreal.

Always fresh and sweet

Kiddies Like It

You know how often kiddies like a slice of bread and butter between meals. You know how much that extra slice eats into the butter. And—you know how much butter costs.

Well then, give the kiddies H·A· Brand Oleomargarine. It has all the nourishment of most butters and it costs only half as much as butter.

But, remember, if it isn't H·A· Brand Oleomargarine it isn't the best. Go without rather than buy a substitute.

H·A· BRAND
OLEOMARGARINE