

ARGEST PROJECT

ission Carrying on

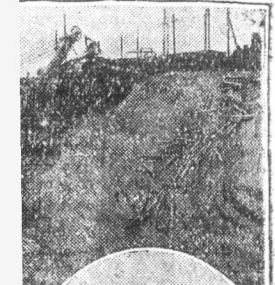
opment Work

A Second

al

sent a striking picture. The ouseholder painfully feeding ace, shovel by shovel, from or two of coal, his winter's will marvel at the enormity electric shovels which pick n eight to ten tons of . Lift it 70 feet into the air osit it into waiting cars, all the short space of 40

, hauled by electric locom- nvey the mud and clay to p at St. David's. The boul- l rock from the canal are way to the stone crusher on above Queenston, and con- into material for roadway, roadbed and riprap which the shores of the canal.



no crusher, which has a of 4,000 cubic yards, is well visit. The rocks from the ns are cast into a trough into gigantic steel jaws ind and munch, breaking st pieces into smaller bits carried away on a belt con- A series of crushers reduce t to a form where they may d for building purposes and r future use.

ve miles of railway, all elec- nd tapping five trunk lines, ired in the construction the development. On this he commission has in oper- e electric locomotives than ay system in Canada. At ,000 men are employed on ob. These men are housed by the commission. A sur- ambulance and a hospital ed by the commission are at al of the employees in case nt. The adoption of the fety devices has minimized er of accident on the de- t, and the commission has great deal of time to safety aganda in order to safe- men in its employ. About es, or 50 per cent. of the quired by the commission ght of way, have been con- to farms, and the produce farms is sold to the em- the commission. The naintains its own telephone n the development, and it ctions throughout the prov- rages, machine shops and dings line the right of way. ilding its power house at a the Hydro-Electric Power on is enabled to take ad- of the full drop of both Ni- lls and the Gorge, a total 105 feet, affording 100 per e electric power from the unt of water. The largest nits in the world, 55,000 r generators, will be in- the power house, to pro- cal energy for distribution it the Province of Ontario. eat work is a striking ex- the big vision and initiative am Beck, under whose di- e commission carries on its . This work is one which eople of Ontario just pride in achievement.

dvise you
e Courses
ag, Book-

College

ATTENTION!

Sick Women

To do your duty during these trying times your health should be your first consideration. These two women tell how they found health.

Hellam, Pa.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles and a displacement. I felt all run down and was very weak. I had been treated by a physician without results, so decided to give Lydia E. Pinkham's Vegetable Compound a trial, and felt better right away. I am keeping house since last April and doing all my housework, where before I was unable to do any work. Lydia E. Pinkham's Vegetable Compound is certainly the best medicine a woman can take when in this condition. I give you permission to publish this letter."—Mrs. E. R. CRUMLING, R. No. 1, Hellam, Pa.

Lowell, Mich.—"I suffered from cramps and dragging down pains, was irregular and had female weakness and displacement. I began to take Lydia E. Pinkham's Vegetable Compound which gave me relief at once and restored my health. I should like to recommend Lydia E. Pinkham's remedies to all suffering women who are troubled in a similar way."—Mrs. ELISE HEIM, R. No. 6, Box 83, Lowell, Mich.

Why Not Try

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.



The War is over—but not paid for yet!
Save your money and Buy Victory Bonds.

How to say "No!"

Mark Your Ballot with an X after Each Question under the word "No"

1	Are you in favour of the repeal of the Ontario Temperance Act?	YES	NO
			X
2	Are you in favour of the sale of light beer containing not more than two and fifty-one one-hundredths per cent. alcohol weight measure through Government agencies and amendments to The Ontario Temperance Act to permit such sale?	YES	NO
			X
3	Are you in favour of the sale of light beer containing not more than two and fifty-one one-hundredths per cent. alcohol weight measure in standard hotels in local municipalities that by a majority vote favour such sale and amendments to The Ontario Temperance Act to permit such sale?	YES	NO
			X
4	Are you in favour of the sale of spirituous and malt liquors through Government agencies and amendments to The Ontario Temperance Act to permit such sale?	YES	NO
			X

Above is an exact reproduction of the Referendum ballot, showing the correct way to Vote in order to sustain the Ontario Temperance Act as it stands.

Everybody should study the four questions and realize exactly what they mean. Do not be misled by the insidious demand for "light" beer.

The beer of the ballot is 118% stronger than the Ontario Temperance Act now allows, and over five times as strong as the limit allowed for beer defined as non-intoxicating in Great Britain and the United States.

Answer Each Question

1. Unless you vote on every question your ballot is spoiled.
2. You must mark your answer to each question with an "X" only. Anything else would spoil your ballot.
3. Unless a majority vote "No" on question 1 the bars will be restored and the sale of all kinds of intoxicants permitted.
4. Unless a majority vote "No" on questions 2, 3 and 4 the Ontario Temperance Act will become almost worthless.
5. The only SAFE course is to mark your ballot as shown above.

"No!"—Four Times—"No!"

No repeal; No government beer shops; No beer saloons; No government whiskey shops.—Four X's, each under the word "No."

Ontario Referendum Committee

JOHN MACDONALD;
Chairman

D. A. DUNLAP;
Treasurer

ANDREW S. GRANT;
Vice-Chairman and Secretary
(1001 Excelsior Life Bldg., Toronto)



Official Directions For Wearing of Decorations

To the Editor of The Guide-Advocate:

Numerous inquiries are being received at the headquarters, Military District No. 1, London, with reference to wearing war medal ribbons and decorations, and apparently these ribbons are being worn by some men who think they are entitled to them, but are not. The following information will serve as a guide:

1. The British Expeditionary Force 1914-15 Star will be issued in due course to those entitled to it. The ribbon may be worn by all ranks of the C. E. F. who have actually served on the establishment of a unit in a theatre of war, between August 15, 1914, and December 31, 1915, both dates inclusive. The ribbon of this Star is red, white and blue, shaded and watered. The theatre of war in this instance is defined as excluding the British Isles and the high seas.

2. The ribbon of the British War Medal 1914-1919, may be worn by all ranks who joined the C. E. F. in Canada, between August 5, 1914, and November 11, 1918, and who between those dates inclusive and while belonging to the C. E. F. rendered approved service overseas. This ribbon is, centre orange, watered with stripes of white and black on each side and with border of royal blue.

3. The wearing of the ribbon of the Victory medal, is authorized. This will be issued to all officers, nursing sisters and non-commissioned officers and men of the allied forces who actually entered a theatre of operations on the strength of any military unit on any front. The Victory Medal Ribbon is 1½ inches in width, colors double rainbow watered.

Detailed information regarding the issue of the British War Medal and of the Victory Medal will be published later. These ribbons should be worn in the following order:

1914-15 Star first, the British War Medal 1914-19 second, and the Victory Medal Ribbon third. The order in which decorations and medals are to be worn is definitely laid down and in case of doubt the information will be furnished on application. British War Medals are worn in order of date.

The wearing of uniform by officers or other ranks, who have been demobilized and are not on military duty is not permitted without written authority from the general officer commanding the district. Thirty days are allowed for men upon demobilization in which to get their civilian clothes. It is customary to grant permission for men who have been demobilized to wear their uniforms whenever their is occasion for it, such as memorial services, funerals, reunions and similar public functions. These applications should preferably come through the local secretary of a veterans association and be sent to the A. A. G.

WALTER JAMES BROWN,
Lieut.-Colonel.

London, September 22, 1919.

DREADED INFLUENZA

Medical Men Believe It Will Again Visit Canada This Autumn and Winter.

There is a widespread belief among medical men that the epidemic of la grippe, or influenza, which swept over the world last year, will again appear in Canada this autumn and coming winter. This dangerous trouble spares neither age nor sex, but it naturally finds its easiest victims among those who are run down in health, or those whose blood is weak and watery, and it is among the latter class in which the greatest number of fatalities occur. The surest way to prevent an attack of this dreaded trouble is to keep the blood rich and pure, and the safest and best way to do this is through the use of Dr. Williams' Pink Pills.

No reasonable precaution to avert an attack of influenza or la grippe should be spared. The disease itself is deadly, but its after-effects, among those who are spared, make the life of the victim one of constant misery. Ask almost any of those who have been attacked by influenza what their present condition of health is and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart, and a tired feeling after even slight exertion. This is due to the thin-blooded condition in which la grippe almost always leaves its victims after the fever and influenza have subsided. They are at the mercy of relapses and complications, often very serious. This condition will continue until the blood is built up again, and for the purpose of building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. From first to last these pills make new, rich blood, which reaches every organ and nerve in the body. Thus the lingering germs are driven out, and the weak, despondent victims of influenza are transformed into cheerful, healthy, happy men and women.

But better still, you can put yourself in a condition to resist an attack of influenza by enriching the blood through the use of Dr. Williams' Pink Pills, and this, it seems, is the sensible thing to do at once.

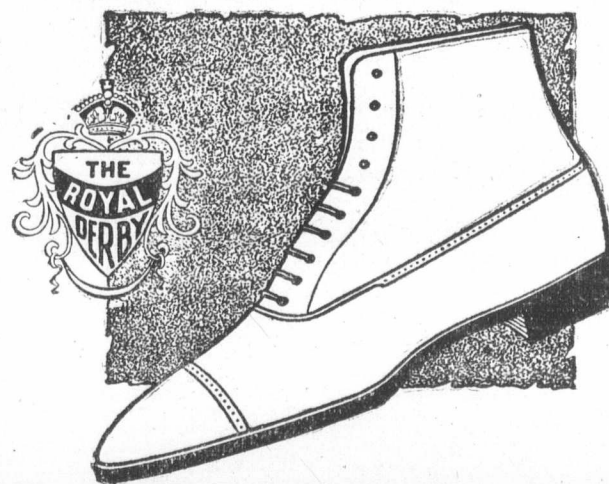
Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail at 50 cents a box, or six boxes for \$2.50, by The Dr. Williams' Medicine Co., Brockville, Ont.

Kansas school boards are forbidden to hire teachers who smoke cigarettes. This may cause a serious shortage of men teachers.

Prepare for the coming Victory Loan.

New Fall Shoes

for Men, Women and Children



New shipments are coming in every week—as often as we can secure them and many of our customers, realizing that shoes are going higher and higher in price, are buying two pair now. They will see how much they have saved on them before spring. If you want to save money on *your* shoes come in and get them now. Every shipment we receive, the price is higher.

P. Dodds & Son