The Dangerous Condition Which Produces Many Well Known Diseases.

# HOW TO GUARD AGAINST THIS

"FRUIT - A - TIVES" - The Wonderful Fruit Medicine \_\_Will Protect You.

Autointoxication means self-poison

Hamilton Convention Would Fuse Grit, Tory and Labor Parties.

MINISTERS ON PLATFORM

Carvell, Rowell and General Mewburn Speak-Ex-Govt. Criticized.



## Prevention of Waste Essential to Win the War

"Waste in time of peace is a sin; in this time of national stress it is a crime." Such is the declaration of Sir Robert Borden.

And we, the housewives of London, and all Canada, have been specially requested to positively prevent the waste of a single ounce of food in our homes

# Stop Wasting Food---Cook on a Hydro-Electric Range

It will eliminate more than half the waste or "cooking down" so noticeable in old-fashioned cooking

methods. It will cook cheap cuts of meat deliciously-they will

not be "stringy" and tough.

It will cook vegetables better, and will prevent a "poor batch" in baking, because results are always the same, due to perfect heat control.

## Every Kitchen Equipped With An Electric Range Is Doing Its Bit

By conserving the nation's food supply, fuel supply,

The Hydro Shop

238 DUNDAS STREET.

Autointectation means self-options, caused by contingous or partial management of the contingous or partial constitution, or insufficient action of the bowels.

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tionists to get together and choose candidates, regardless of party, whom they could support with unanimity.

"But the Union Government candidate must be fairly chosen," continued the chairman. "He must represent the combined wish and sentiment of all classes of men and women met together for the purpose."

"It has been said that if the Liberal party opposed conscription it could be returned at the polls. We don't want victory at such a prise. Selective conscription is the true principle of democracy." Conscript Wealth.

The following resolution was moved by H. J. Pettypiect of Forest, and seconded by George McLagan, Stratford:
"That in view of the present position of the war and the necessities of the Empire, we declare ourselves in favor of the enforcement of the military service act, passed at the last session of Parliament, and in addition the conscription of the wealth and productive forces of Canada, so as to effectually committee all the magazial resources of forces of Canada, so as to electronic organize all the majerial resources of the Dominion to best support the forces in the field and assist in carrying the financial burdens which are entailed by the vigorous prosecution of the war to a successful conclusion."

In presenting the resolution, Mr

"Carried unanimously," said Mr.

"Carried unanimously, said Lindsay.

New Ministers Cheered.

Hon. F. B. Carvell, minister of public works; Major-Gen. Mewburn, and Hon. N. W. Rowell, president of the privy council, entered the convention at this juncture and took seats on the platform. They were given an enthusiastic ovation, and were each called upon for a short address.

In introducing Major-Gen. Mewburn, Mr. Lindsay remarked that he was the first real soldier to hold the post of minister of militia for some years. This saily was greeted with prolonged applause.

"Regarding that first resolution, I may "Regarding that first resolution, I may feel a little stronger than those not so much in touch with the military situation," said Major-Gen. Mewburn. He went-on to say that was his desire, as soon as the war broke out, to go overseas, but he had been kept back by his superiors. He placed himself on record as being of the opinion as early as in 1915 that there was something radically wrong with voluntary recruiting. He said that if it had not been for the Canadian militia there would have been no first, second and third contingents. He was of the opinion that the militia units should have been allowed to have gone overseas in their entirety, citing the case of Hamilton, which had sent ten thousand men to the war, but had not a single representative unit at the front.

and, introduced the conscription measure.

"Why didn't he do it three years ago?" shouted a delegate.

"Why didn't you agitate for it three years ago?" retorted Major-General Mewburn. "I tell you you can criticize if you want to but I think that what we want today is action, no matter who the leader may be."

The speaker said that he objected to the part of the act which provided for only 100,000 draftees.

Major-General Mewburn said that he had been very reluctant to take his present post, and at first refused.

"I didn't want to get into public life; I won't get into politics."

Speaking of the Union Government, he said he had been impressed with



treasurer of Alberta, busy as organizer,

# HEADACHY, SICK!

Don't stay constipated with bad breath, stomach sour

Enjoy life! Liven your liver and bowels tonight and



In presenting the resolution, Mr
Pettypiece said:

"We have seen fit to differ with our honored leader on this one question. It is on truly conscientious principles that we have differed. We all regret that conscription was not adopted at the beginning of the war."

Continuing, he said that conscription of men would pave the way for conscription of wealth.

"We Liberals have a responsibility. We must so play our part in this titanic struggle that after the war Liberalism shall stand forth strong, pure and self-reliant. We feel that all wealth should be conscripted alike, and that the people at home should be set tasks—and without large salaries wither," said Mr. McLagan, in seconding the resolution.

"Is there any further discussion on this resolution?" asked the chalrman.

"Carried!" shouted the convention as one man.

"Carried unanimously," said Mr. bowel poison which is keeping your head dizzy, your tongue coated, breath offen-sive and stomach sour. Don't stay bilsive and stomach sour. Don't stay billious, sick, headachy, constipated and full of cold. Why don't you get a box of Cascarets from the drug store now? Bat one or two tonight and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You will wake up feeling fit and fine. Cascarets never gripe or bother you all the next day like calomei, salts and pills, They act gently but thoroughly. Mothers should gently but thoroughly. Mothers should give cross, sick, bilious or feverish chil-dren a whole Cascaret any time. They

On Face. Badly Disfigured. Used 2 Boxes Ointment and 3 Cakes Soap.

"I had a bad itchy lot of pimples on my face which made it badly disfigured. They were inflamed and came to a head, and I could tear my skin as soon as a little heat came near them. I could

ointment advertised I sent for a free sample which did so much good that I bought more, and I used two boxes of Cuticura Ointment and three cakes of Cuticura Soap when I was healed."

(Signed) Miss Bertha Nilsson, Stockbolm Sask

If you have a good complexion keep it so by using Cuticura Soap daily and Cuticura Ointment occasionally.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

# **OAKEY'S**

EMERY CLOTH, GLASS, FLINT and GARNET PAPERS

IN SHEETS AND ROLLS Genuine Emery Wellington" Knife Polish

SILVERSMITHS' SOAP. PLATE POWDER, ETC. **WELLINGTON MILLS** 

London, S. E. (1), England.

KIDNEY

"That this convention pledges its support to any candidate supporting a the Union Government, who shall be the nominee or choice of a joint, or fusion convention, called in pursuance of a conference of Liberals and Conservatives, Labor and all parties, and open to the attention by both Liberals, Conservatives, Labor and alle parties in any constituency in accordance with the declared policy of the Union Government."

A committee composed of Lieut.
Col. Mayberry, Ingersoll; F. N. Wood, to Toronto; T. G. Elliott, Kingston; Frank Howard, Guelph; H. M. Mowat, Toronto; F. L. Fowkes Oshawa, and Chairman Lindsey, was named to consider the question of organization and given power to open offices if it saw fit.

Austro-Germans Have Not Been Able to Cross the Swollen Tide.

CADORNA'S LINE SECURE

New Line of Defence Taken Up-Nation's Eyes On Friuli Plains.

REBIRTH OF PATRIOTISM.
ROME, Nov. 2.—Italy is undergoing agrebirth of patriotism. Aged men are clamoring for a chance to get to the front. Even the Garibaldi veterans marched in a body to offer their lives on their country's altar, Thousands of younger veterans of the present war, interned in hospitals or invalided home, are insisting on returning to their commands.



Headaches, sick or other kinds, don't happen to people whose livers are busy and whose bowels are as regular as a clock.

Thousands of folks who used to have headaches say this is the way they removed the cause:

One pill at bedtime, regularly. Largerdose if there's a suspicion of biliousness



Colorless faces often show the absence of Iron in the

**CARTER'S IRON PILLS** will help this condition

OF ONTARIO'S LARGE CITIES

# London Alone Remains TO CAMPAIGN FOR THE ITALIAN RED CROSS



With Italy at peril of the Hun invader-lack of material, munitions and guns being cited as the cause of her unfortunate reversal - the sympathies of the Allies and aid from every hand are being extended. Likewise Italy has appealed for the first time for help for the Red

Cross. Supplies are needed NOW as never before. Canada is answering her Italian ally's appeal for aid; among the first and most generous, as always. Southern and Western Ontario has a goal of \$100,000 to be raised by December 1, 1917.

Toronto, Hamilton, Brantford, Kitchener, Guelph, Galt, Stratford and many other communities have raised their quotas, totaling over \$75,000 since May 1, 1917—averaging better than 25c per capita.

# London Must Do Her Share: \$10,000 for the Italian Red Cross

The organization of the Y. M. C. A. and Y. W. C. A. Campaign Committee has been offered to raise the fund NOW-accepted, and with the \$30,000 objective for these two worthy local institutions, next week's campaign will be for a

\$40,000 GOAL

Combined Y. M. C. A., Y. W. C. A. and Italian Red Cross Campaign, Tuesday and Wednesday, November 6th and 7th.