

CAN SWING PICK LIKE HE USED TO

Miner Thanks Tanlac for
Putting Him Back on Job
After Illness Forced Him
to Quit.

"When Tanlac helped my little granddaughter so wonderfully, I thought maybe the medicine would help me, too, and since I've taken it I am feeling so fine I can hardly find words to tell how glad I am." This grateful statement was made recently by John Jones, 19 Sterling St., London, Ontario. "I came here a year or so ago from Calgary, where I was a miner, but had to quit on account of asthma," he continued. "I was badly run down, and then I got a touch of pneumonia which knocked me out completely. I couldn't get my strength back, had no appetite, was unable to work and didn't know what it was to get a good night's sleep."

"By the time I took three bottles of Tanlac I was eating so wonderfully I thought like a log, and I had been on the job ever since. My asthma doesn't bother me so much now, and it's a race between me and my little granddaughter at meal time, for we both have splendid appetites."

Tanlac is for sale by all good druggists.

Over 35,000,000 bottles sold.

CHILDREN'S AID MONTHLY MEETING

At a meeting last night of the Children's Aid Society with the president M. B. Siding in the chair, reports for "stomach entertainment" for the children were received. The monthly report of the agent showed that there were now twenty-seven children resident in the home. Reports of court cases were received.

During the month the agent was called into the county where a family was living under the most unfavorable conditions. In this case the husband was in the General Public Hospital and as a result of the visit the mother and four children were taken to the Municipal Home till the husband could make better provision for them. One case of alleged abuse of a little girl eight years old was investigated while another in which it was said the girl was living under unkind conditions in the city was also looked into. A letter was received from Carleton county asking advice as to the proper procedure in the case of a thirteen-year-old girl who was said to be incorrigible and who it was desired to send to the Maritime Home for Girls in Truro, N. S.

Contributions towards the Christmas entertainment of the children were acknowledged.

ALL THE FAMILY HAD BAD COLDS

"Did you ever notice that if one of the family catches a cold it generally runs to all the other members?" Many people when they contract a cold do not pay any attention to it, thinking perhaps it will pass away of itself in a day or two. This is a great mistake for before they know it, it has become settled on the lungs.

Never neglect the first symptoms; get a bottle of

Dr. Wood's
Norway Pine Syrup

and see how quickly your cold will disappear. Mrs. A. Coghlan, Magnolia, Alta., writes: "Last Winter we all had bad colds in our family and I didn't know what to do. Some friends told me to try Dr. Wood's Norway Pine Syrup, so I went and got a couple of bottles, and in a short while our colds were all gone. Now we always keep a bottle on hand in case one of us might catch a cold."

Dr. Wood's is 35c, and 60c, a bottle; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Assessment forms similar to those used by the city raters for the information of the Board of Assessors will be used by the city raters this year. This is the first time in the history of the county that this procedure has been followed. When filled in, the forms are mailed to the county secretary's office.

IF RHEUMATIC EAT NO SWEETS

Says Glass of Salts Helps to Overcome Rheumatism Acid.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly, keep the feet dry, avoid exercise, and avoid eating sweets of all kinds. Rheumatism is caused by body waste acids resulting from food fermentation. It is the function of the kidneys to filter this poison from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed, thus forcing the kidneys to do double work. They become weak and sluggish and fail to eliminate this waste acids, which keep accumulating and circulating through the system, eventually settling in the joints and muscles, causing stiffness, soreness and pain, called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is helpful to neutralize acidity, remove waste matter, also to stimulate the kidneys, thus often ridding the blood of rheumatic poison. Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used with excellent results by thousands of folks who are subject to rheumatism.

CANNOT CURE BUT CAN HELP

M. Coue's Message to the
People of the U. S.

NOTABLE INTERVIEW

The Little Pharmacist from
Nancy Who is Now a
World Figure—Auto Sug-
gestion Brings Self-Mas-
tery, He Says.

"It is as a plain person bearing a plain message that M. Emile Coue comes to America," writes Isabel Ross in the New York Tribune. "I have never cured anybody of any ailment in my life and I have never made such a claim," he said. "I am not going to cure anybody on this trip. That is impossible. If, however, I can succeed, as I have sometimes done in the past, in helping others to understand themselves and control their minds that they can improve their physical condition and achieve better health and happiness, then I have lived up to the letter and spirit of my claims."

M. Coue, whose popular theories on auto-suggestion have girdled the world in the last two years, was revealed on the majestic yesterday as a simple man without pretension or any noticeable degree of magnetism. He is a kindly old man, whimsical and gray. There is something engaging in the way he dips his head like a squirrel, then thrusts it forward in animated imitation, while the waxed ends of his mustache twitch in company with the laugh wrinkles around his mouth and eyes. His sixty-seven years have touched him lightly. Instead of wrinkles, strokes so fine that they can scarcely be distinguished, feather his pink, rosy cheeks. His eyes are brown and penetrating, quick to see and apprehend.

Coue gives the impression of great vitality, in spite of his diminutive stature. There was much French diplomacy in the way M. Coue made his bow to America. He took care to extend the olive branch immediately to the medical men and religiousists. He admitted limitations and used the word "impossible"—a word that has never been credited to him before.

Before he sails for home on January 27 he hopes to have opened an institute here, similar to that recently established in London and Paris, where disciples may study Coueism and go forth to teach it equipped with a diploma from him. Perhaps the keenest disappointment to see him people who have been waiting his arrival with hope is his announcement that he will not hold public clinics at all while here. His demonstrations will be limited to several private clinics and to a few picked cases. It will be futile for the crippled or ill to go to the Pennsylvania Hotel hoping to see him. Not once during the interview he gave on board the majestic did he repeat his famous formula. The nearest he came to it was a paraphrase: "If you become stronger day by day, it becomes easier to resist disease."

M. Coue was prepared to speak quietly and frankly to sick people who are surrounded by thirty or forty reporters in the rose and enameled state room of the majestic. He was carefully restrained by Oliver S. Lyford, head of the unnamed committee managing his tour.

Cure Claimed by Marchesa.

The Marchesa is a Californian married to an Italian nobleman. She suffered from neuritis, and after trying physicians all over the world went to M. Coue's place in Nancy last October. An instantaneous cure was effected, she says, and now she is devoting all her time and energy to working for him. She expects to have much to do with the new American Institute when it takes definite shape.

M. Coue was half-indignant, half-amused when one reporter insisted on finding out if he was really sincere in his theory that he was a doctor. He replied: "I am not a doctor. I am a man who has been able to help himself, and I am now helping others."

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ACIDS IN STOMACH CAUSE INDIGESTION

Create Gas, Sourness and Pain
How to Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sores, causing the disagreeable symptoms which every stomach sufferer knows so well. Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bismarck Magnesia and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bismarck Magnesia (in powder or tablet form—never liquid or milk) is harmless to take and the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

POOR DOCTORS

he met the battery of questions put to him.

THE WONDERFUL BREATHEABLE REMEDY

The Wonderful Breatheable Remedy is a new and powerful remedy for all kinds of lung diseases, such as bronchitis, asthma, and emphysema. It is a natural product and is safe for all ages.

All Dealers 50c. box, or from The Pepp Co., Toronto.

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Red Pepper Rub takes the "ouch" from sore, stiff, aching joints. It cannot hurt you, and it certainly stops that old rheumatism torture at once.

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Instantly! End Indigestion, Gas, Heartburn, Acid Stomach

QUEBEC PRIEST IS VICTIM OF A BRUTAL ASSAULT

Quebec, Jan. 12.—Rev. Abbe Louis Paradis, former parish priest of Lotbiniere, is said to have been the victim of a brutal assault on last Monday, as he was on his way home from the church of the village where he had celebrated mass. His cries brought help, and

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Admiral Sturdee's Appeal to
the Empire in His London
Address.

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The annual entertainment and social dancing of the St. John's church was held yesterday afternoon. The affair took the form of a "poverty party" and a prize was awarded for the most ingenious costume by Mrs. Wm. Hut. The judges were Mrs. J. K. Schofield, Mrs. Andrew Jack, Mrs. Hoyt and Mrs. Albert Raymond. For supper Mrs. J. M. Magee and Mrs. J. K. Schofield presided at the service tables. Mrs. D. M. Manks had charge of the arrangements and was assisted by Mrs. J. K. Hamm.

Arthur Anglin, son of Dr. and Mrs. J. V. Anglin, Lancaster Heights, had a very narrow escape from death on January 10. He had been skating on the Charles River, near Harvard University, when the ice broke all around him and he was plunged into the icy water. Several boys who saw his predicament hailed a policeman and rescue was effected by means of a rope. Owing to the fact that Mr. Anglin is a strong swimmer he was able to keep his head above water. He was taken to the hospital where two New Brunswick boys were attending. He is now almost completely recovered.

Services in connection with the week prayer were continued last evening. "Evangelism at Home and Abroad" was the subject. Four groups met as follows: In the Exmouth Street Methodist Church, Rev. H. B. Clarke presided and Rev. W. D. Spencer spoke; in the Charlotte Street Baptist Church, West End, Rev. F. A. Robbins was leader and Rev. W. T. Bertin spoke.

Milburn's Laxa-Liver Pills The Great Liver Regulators

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleaning it of all impurities and poisons.

Therefore when the liver is inactive and fails to secrete bile in sufficient quantity constipation and other liver troubles soon follow.

Mrs. H. D. Hutchison, Peterborough, Ont., writes: "I have been using your Milburn's Laxa-Liver Pills and they have done me a lot of good."

"My liver bothered me a great deal. I was drowsy and tired all the time and didn't feel like doing anything, let alone my housework. I tried everything, but your Pills seemed to do the work far better than anything I had ever taken."

Price 25c, a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

ST. DAVID'S SUNDAY SCHOOL MEETING

The annual meeting of the officers and teachers of St. David's school was held last evening. Supper was served by members of the Ladies' Bible Class. Rev. Hugh Miller occupied the chair. An interesting report was received from the summer camp which is now an established feature in connection with the C. S. E. T. of St. David's. The report of the superintendent,

If Ruptured Try This Free

Apply to Any Rupture, Old or Recent, Large or Small and You are on the Road to Being Convinced Thousands.

Anyone ruptured, man, woman or child, should write at once to W. S. Rice, 135 B Main St., Adams, N.Y., for a free trial of his wonderful stimulating application. Just put it on the rupture and the muscles begin to tighten; they begin to bind together so that the opening closes naturally and the need of a support or truss or operation is then done away with. Don't neglect to send for this free trial. Even if your rupture doesn't bother you what is the use of wearing supports (waist or life)? Why suffer this nuisance? Why run the risk of gangrene and such dangers from a small and innocent little rupture, the kind that is so hard to get rid of, when you can get a free trial of this free trial? A host of men and women are daily running such risk just because their ruptures do not hurt nor prevent them from getting around. Write at once for this free trial, as it is certainly a wonderful thing and has aided the cure of ruptures as well as been a man's two fists. Try and write at once, using the coupon below.

Free for Rupture
W. S. Rice, 135 B Main St., Adams, N.Y.
You may send me entirely free a Sample Treatment of your stimulating application for Rupture.

Name
Address
State

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The regular meeting of the Ladies' Aid Society of the same order, held last night, was also well attended. Several letters of thanks for Christmas gifts were read. At the next meeting was to be the annual meeting of the order.

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DOCTOR IN A TIN BOX!

Sounds strange, does it not? Yet that is how Mr. J. Cartier says Zam-Buk is regarded by his family. Mr. Cartier, who is a member of the family of the late Sir George Cartier, is Justice of the Peace and Assistant Clerk of the Circuit Court, Montreal. He first discovered the wonderful power of Zam-Buk by using it for eczema, which it completely cured. Since then his family is never without it.

Zam-Buk

It is a simple, safe, and effective remedy for all kinds of skin diseases, such as eczema, psoriasis, and dermatitis. It is a natural product and is safe for all ages.

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