CAKES

Now that the new government standard flour is in general use, the quality of the yeast you use is more important than ever. Use Royal Yeast Cakes. Their qual-ity is absolutely reliable. Bread made with Royal Yeast will keep fresh and meist longer than that made with any other.

Send name and address for copy Royal Yeast Bake Book.

E.W. GILLETT CO. LTD. TORONTO, CANADA

SAVE YOUR HAIR! A SMALL BOTTLE STOPS DANDRUFF

Every bit of dandruff disappears and hair stops coming out.

Try this! Your hair appears glossy, abundant, wavy and beautiful.

Thin, brittle, colorless and scraggy har is mute evidence of a neglected scap; of dandruff—that awful scurf. There is nothing so destructive to

There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its ery life eventually producing a feverishnes and itching of the scalp, which it not remedied causes the hair roots to shrink, loosen and die—then the har falls out fast. A little Danderine toight—now—any time—will surely sae your hair.

Let a small bottle of Knowlton's Daderine from any drug store or tollet conter, for a few cents, and afer the first application your har uixuriance which is so beautiful. It we become wavy and fluffy and have the appearance of abundance, an incaparable gloss and softness; but what wi please you most will be after just a ff weeks' use, when you will actually is a lot of fine, downy hair—new hair—service all over the scale.

During the first month they drill and command companies of men, they study the organization of the army. The seed ond with the new conditions and problems which confront an army on the battle fronts. The third month they are taught the new conditions and problems which confront an army on the battle fronts. The third month they are taught the new conditions and problems which confront an army on the battle fronts. The third month they are taught the new confirms and morth they study the organization of the army. The seed ond much is occupied with the special duties of medical officers, and they are taught the new conditions and problems which confront an army on the battle fronts. The third month they are taught the new confirms and morth they study the organization of the army. The seed ond much is occupied with the special duties of medical officers, and they are taught the new conditions and problems which confront an army on the battle fronts. The third month they are taught the new confirms and morth is occupied with the organization of the army. The seed ond much is occupied with the organization of the army. The seed ond much is occupied with the organization of the army. The seed out audits of medical officers, and they are taught the organizati

CATARRHAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or are even just a little hard of hearing or have head noises go to your druggist and get 1 ounce of Parmint (double strength), and add to it ¼ pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone losing hearing or who has Catarrhal Deafness or head noises should give this prescription a trial. If you have Catarrhal Deafness should give this prescription a trial.



In the treatment of all skin troubles bathe freely with Cuticura Soap and hot water, dry gently, and apply Cuticura Ointment to the affected parts. These fragrant super - creamy emollients tend to prevent little skin troubles becoming serious if used for every-day toilet pur-

For sample of each free by mail address post-card: "Cutioure, Dept. N, Beston, U.S.A." Sold by dealers throughout the world.

GAS IN THE STOMACH IS DANGEROUS

Recommends Dally Use of Magnesia To Overcome Trouble Caused by Fermenting Food and Acid Indigestion.

Gas and wind in the stomach ac-companied by that full, bloated feeling after eating, are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so-called "acid indigestion."

Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach, often leading to gastritis, accompanied by serious stomach ulcers. Food ferments and sours, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such organs, often affecting the heart.

It is the worst of folly to neglect such a serious condition or to treat with ordinary digestive aids which have no neutralizing effect on the stomach acids. Instead get from any druggist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This will drive the gas, wind and bloat right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation, and there is no sourness or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and the best form of magnesia for stomach purposes. It is used by thousands of people, who enjoy their meals the no mere fear of indigestion.—Advt.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

How You Can Help Us All By Saving Your Doctor's Time

> By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins University.)



committee on public information, announced that the
first United States
soldier to be killed
in the war, and the
first to be wounded,
were both in the
medical corps. This
fact must have impressed you with
the serious risks
which are taken by

medical officers at the front had probably been too little appreciated.

The officers and enlisted men in the medical corps are the only soldiers who go into No Man's Land with no defence whatever. The tireless work on the battlefield of the stretcher-bearers, all of whom are in the medical corps, is full of danger. No profession has volunteered its services to the country more generously than the medical profession. About 24,000 physicians, or nearly a fourth of the eligible physicians of the country, have expressed their willingness to resign practice and go to war. Some have already received their training and gone to France; some are now waiting to be called, and about 2,000 are in the camps receiving the special instruction that will fit them for a military life.

When a physician receives word that his offer to join the army has been ac-

tary life.

when a physician receives word that his offer to join the army has been accepted he is ordered to report for duty at once at one of the two training camps where army training schools are located. One is at Fort Riley, Kan., and the other is at Fort Oglethorpe, Ga. The doctors live in barracks at these camps just like any other soldier. The course of training lasts three months.

War's Call For Doctors. During the first month they drill and

the burdens of overwork, night calls and minor complaints.

At a medical meeting not long ago the dectors of rain and sunshine are to getation. It goes right to the roots, yigorates and strengthens them. Its hilarating and life-producing propersis cause the hair to grow long, strong id beautiful.

The burdens of overwork, night calls and minor complaints.

At a medical meeting not long ago the dectors discussed night calls. It was discovered that 95 per cent of the summons from their much needed slumbers were for fears, hysterias, cramps, colics, toothache, neuralgia and other pains, discomforts and anxieties which the silence of night usually exaggerate.

In other words, only five in every hundred medical calls and visits after midnight really and truly required that the dector be roused from his much-needed sleep to dress and go out into the night.

Recently Mr. Geo.

Creel, head of the committee on public information, and the first United States soldier to be killed in the war, and the first to be wounded, were both in the medical corps. This fears, hysterias and emotional excitement of the wee smar hours can be greatly abridged by the administration of 30 grains of bromide of potash in a glass of hot milk Answers to Health Questions

D. K.; Q.—Before being operated on for adenoids is the patient made unconscious?

2. How long do you have to stay in a hospital after such an operation?

3. Does the nose become normal in size? A.—Most patients are given ether when being operated on for adenoids.

2. Some can go home a few hours after the operation

3. The nose is normal after the operation.

J. B.: Q.- Please tell me the medicinal qualities of the fresh orange.
A.—It is that of many fresh fruits, laxative, vitalizing and nourishing.

MRS. A. F. B.: Q.—Please give me something for superfluous hair on the something for superfluous hair on the face.

A.—Remember that there are few, if any, methods to "kill the roots." Most expedients are to be frequently repeated. About twice a week, or when needed, some of this may be used:

Calcium sulphide ... 2 parts
Zinc oxide ... 1 part
Starch ... 1 part
When you are ready to use this make a paste with water and apply to the parts. Let it remain on the skin for about five minutes and then wipe off gently with a soft cloth.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office.



By Genevieve Kimble

FRIDAY, SEPTEMBER 20. The sidereal forces ruling this day make for great activity and enterprise, mons from their much needed slumbers were for fears, hysterias, cramps, colics, toothache, neuralgia and other pains, discomforts and anxieties which the silence of night usually exaggerate.

In other words, only five in every hundred medical calls and visits after midnight really and truly required that the doctor be roused from his much-needed sleep to dress and go out into the night.

Meeting Simple Emergencies.

With nearly 50 per cent of the best doctors at war, this means the unnecessary exhaustion of many of those who remain at home. Do you consider it just and fair to help destroy the very men you may urgently need? It is like the cry of "Wolf!" of the bad boy who guarded the sheep. At last, when you will really need the physician, he may not be able to answer your summons.

An earache can generally be relieved by applications of heat. Cramps, colic and stomachache can be alleviated with a hot soapsuds enema, a glass of hot water and a mustard plaster over the seat of pain. If this does not suffice,

Sun Burned Skin

You want a healthy summer tan. But sometimes you get it too quickly and then there is a

Because it is equally effective in relieving stings of insects and ivy poisoning, as well as chafing straight little tunnel right through the side. and skin irritations, it is invaluable in the summer camp.

The Origin of Famous Sayings

Miguel de Cervantes. 1547-1616.

Of good natural parts and of a liberal ducation.

—Don Quixote. Would puzzle a convocation of casu-

ists to resolve their degrees of consanguinity. —Don Quixote. Let every man mind his own busi-ness. —Don Quixote.

too quickly and then there is a few days of suffering.

The application of Dr. Chase's Ointment takes out the stinging and burning and leaves the skin delightfully soft and smooth.

Ants differ greatly in various parts of the world, you must know. In Australia there is an ant which looks like a tiny silver fish, and this ant has the most peculiar habits. One thing which he is fond of doing is boring his way, with amazing perseverance, through all sorts of thick substances. For instance, this ant will eat his way through the side of a trunk or box whole thing—wood or wool or what not. Australians are wise enough to line their boxes and trunks with tin.

Tea



The drink of the intellectuals

De Quincey, who was somewhat of a connoisseur, described Tea as "the drink of the intellectuals"; because "it disposes to genial conversation and interchange of ideas."

But be sure that the TEA is LIPTON'S, because the quality and flavor is guaranteed.

We grow it, blend it, pack it and sell it ourselves. No other firm selling Tea in Canada may give you

this guarantee.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Madge Learned in Katie's Room.

What Madge Learned in Katie's Room.

As the taxloab whizzed away after depositing us at the gate a man walked from the end of the shrubbery and passed us with every appearance of a casual passer-by.

But I noticed that he was in reality giving us what Dicky always slanglly terms, "the once over," and just as he passed us, Lillian spoke a single word in a low tone, which brought him to a sudden halt, his hand at his cap in respectful salute. I realized that this must be one of the guards that Lillian had caused to be placed around my Marvin house.

"What's the trouble here?" Lillian had caused to be placed around my Marvin the man replied. "Of course, I haven't the of the doctor's there, been there two or three times today."

"Oh, poor Katie!" I gasped, gazing at Lillian horrified, remembering the girl's condition. "Let's hurry in."

"Go on ahead, Madge," Lallian sald kindly. "I must give this man some instructions. Send William out for the bags."

Willam, looking more Caliban-like than ever, opened the door guardedly in response to my ring, leaving the barring chain on.

"Who's there?" he demanded, not venturing to poke his head from behind the

response to my ring, leaving the barring chain on.

"Who's there?" he demanded, not venturing to poke his head from behind the shelter of the door.

"It is I, Mrs. Graham, William," I returned, and then as he uttered a joyful, relieved exclamation, he unbarred the chain, a broad grin overspreading his ugly visage.

"Oh, Mis' Gramie!" he said heartily have had turrible times here since you've been gone, folks prowlin' around an' tryin' to git in, and poor Katie she nearly killed herself."

"How is she, William?" I asked ruthlessly interrupting his flow of information.

"She's awful sick, Mis' Gramie," he returned soberly. "The doctor didn't think the fall hurt her so awful at first, but she must have been hurted somewhere inside he didn't know about, for she was took turrible sick this afternoon, and the doctor's been here twice. ""Il go up right away." I said, mounting the stairs as I spoke, my heart heavy with anxiety for my faithful heavy faithful heavy faithful heavy faithful he

DIARY OF A FASHION MODEL

Why Black and White Offer Unlimited Possibilities in Stunning Effects.

We're turning to the sober blacks and blues. not only because dark colors are more in keeping with these serious times, but because they're a conservation measure.

Many women who used to spend their allowances recklessly on light glaring colors that made them distinctive anywhere are mending their ways entirely. They no longer seek the vivid shades that mark them apart, but last for so short a time.

Light colors mean duplication of costumes, having more of a supply than one actually needs, and, therefore, wasting, it's true that black is by no means soil-proof, and some women seem to injure

are sticking to black and white com-binations in all of their new frocks. And yet each model is tremendously differ-ent. Fur or lace or a dash of chiffon or georgette combine well with almost any black fabric, and even if made up most simply produce a beautiful en-The illustration shows black broad-cloth made up with braid and sealskin. The sombre coloring is relieved by the accompanying blouse, which is of cream-

accompanying blouse, which is of creamcolored marquisette, and soften the
heavy black.

The coat is loose-fitting and very
youthful in cut. Sealskin is used for the
deep collar and cuffs, and a firm, tailored line is given the coat by the banding of black braid around the entire
edge of the coat. A row of buttons from
neck to edge of coat finish it simply.

Like all the modern skirts, this is narrow and undraped, and has only one bit
of trimming to take away from its stiff
line—the large, square pocket, matching
the pocket in the coat. Iline—the large, square pocket, matching the pocket in the coat.

This is a three-piece costume, and the blouse accompanying it is of cream-colored marquisette tucked crossways. In order to give it some "body" there's a panel of heavy, straight, Irish lace, dyed cream-colored, to match the marquisette. The waist fastens down the front with a row of tiny pearl buttons. When the coat is worn open, fastened only at the top button, the blouse is revealed and the entire costume has a careless outdoor effect that's charming.



working, eifin father that it almost broke his heart.

One day, when he couldn't stand it any longer, Cobbler Elfin went to confide his troubles to the Fairy Queen.
Proud Fairy was called into the throne room and banished from Fairyland.

"Labor that is honest is not to be made fun of," said the Fairy Queen.
"You are both proud and vain and must go down into the meadow and dwell with the folks there until you have learned the lesson of usefulness." And before Proud Fairy knew what was happening she was whisked through the air and set down in the meadow.

"What shall I do?" she sobbed, sitting down on a pebble. "If I live in this meadow I'll spoil may pretty clothes, and there's nothing I can do to be useful."

"Rum! Rum! Rum!" laughed a hoarse volce, and Mrs. Hop Toad hopped up beside Proud Fairy. "We don't class folks down here according to their clothes."

"What do you mean?" asked Proud

"What do you mean?" asked Prou

EAVE YOUR SAFETY RAZOR BLADES TO BE SHARPENED AT

Fairy, gathering her silken gown closes around herself. around herself.

"It's the one who can work and make herself useful that stands high with the meadow folks," croaked Mrs. Hop Toad.
"I guess you wouldn't have any use for me if you knew my work lay in cleaning out the bugs from other folks' vegetable and flower gardens; but here in the meadow they think a great deal of me. My old green gown is covered with warts and I'm dreadful ugly, but I'm useful, and that counts more than beauty."

"But what can I do?" exclaimed Proud

Once there lived in Fairyland an old cobbler and his beautiful daughter.

She was so vain and proud that no one dared go near her. She always dressed in the very best of gowns and shoes, and felt so far above her poor, hardworking, elfin father that it almost broke his heart.

One day, when he couldn't stand it any longer, Cobbler Elfin went to converge the converge than beauty."

"But what can I do?" exclaimed Proud Fairy "Never too late," laughed Mrs. Hop Toad good naturedly. "If your father was an Elfin Cobbler, then why not put up a shop in the garden and fashion fairy slippers, for the Fairies have been complaining of the grasses sticking in their tender feet. Pink and white slippers like the ones you are wearing would set all Flower Land wild."

Proud Fairy wiped her eyes and fol-

Grandmother's remedies compounde the fields are now found upon the shelves of the modern drug stores in attractive packages and are among the best sellers in prepared medicines. Prominent among them is that famous old root and herb remedy, Lydia E. Pinkham's Vegetable Compound, which the women of America from the wors orms of female ills, and is now idered the standard remedy in

Durham Duplex Blades, dozen50c
All other double-edge blades, dozen 35c
Single-edge blades, dozen25c
Star hoflow-ground blades, each. 25c
Old style razors, each25c
419 RICHMOND STREET.

Join Our Stove Club

PAY \$5.00 MONTHLY

Have Your Stove Delivered At Once



We try to carry all parts in stock at all

is the finest in Western Ontario. Everything is here from the smallest Oak Heater to the big Happy

Our Prices Are Right

Our Stoves were bought last year before the big jump in prices. We buy by the carload, and you will notice the difference in price as soon as you get our quotation.

Club Terms

Any honest person may become a member of the club. It costs nothing to join. Make a small payment down and the balance in weekly or monthly payments. The stove will be delivered at once.

You'll Have to Hurry!

We have only a limited number of Ranges and Heaters, and as soon as these are gone the new ones will cost 25 per cent more.

Come in today and make sure of yours. We will hold it till you need it.

The Ontario Furniture Co., Limited

228-230 Dundas St.

Happy Thought Repairs

Carried in Stock

London's Largest Housefurnishers.

white blossoms into tiny slippers, and passers-by call them lady slippers.

No one but Mrs. Hop Toad, Proud Fairy and you and I know how the little cobblers of Fairy Land came there, and we're not going to tell.

The business of tea blending is peculiarly British. For 100 years Mineing Lane has blended tea for the whole world, and brought the work into the region of an exact science.

The first Moro girls ever graduated as nurses received their diplomas as members of the class of 1918 from the Philippine General Hospital. The three sometimes remains in modest invisibility, and only when it has reached conspicuous proportions does it receive due attention.

Black remains the most serviceable of all colors, and it presents so many possibilities for beautiful development that some of the most fastidious women passed their examinations "brilliantly," according to the Philippine Review, which says: "The Philippine Review, which says: "The Administration of the department of Mindanao and Sulu is to be congratulated in the assimilation of modern civilization in the department, after so many centuries of forced intel-

so many centuries of forced mer-lectual darkness. There should, in-deed, be no limit to Moro possibilities, if only given due chance—and chances are given them plentifully today. The German potash output for 1918 is estimated at 1,056,100 tons, of which 918,600 tons are for home consumption, and 137,500 tons for export to neutrals.

Last year the output was 701,000

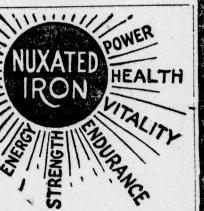


Nuxated Iron

Only True Tonic for Liver pefore going to bed and in the morning to bed and in the morning lean, tongue is clean, stomach sweet, breath right, and cold and Bowels Costs stomach sweet, breath gone and you feel grand. Get a 10 or 25 cent b Get a 10 or 25 cent box at any drug

store and enjoy the nicest, conflest liver and bowel cleansing you ever experi-enced. Stop sick headaches, billous 10 Cents a Box. spells, indigestion, furred tongue, offen-Cascarets are a treat! They liven sive breath and constipation. Mothers your liver, clean your thirty feet of should give cross, peevish, feverish, bilbowels and sweeten your stomach. You ious children a whole Cascaret any time.

FOR OUR



Asthma and hay fever, even of long standing

Kelloggs Asthma Remedy

WALLACE'S DRUG STORE Maked Milk for Invalids A nourishing and digestible dier. Contains rich milk and malted

BAKE YOUR BREAD CAKE AND PASTRY PURITY OATS WHEAT-SAVING RECIPES

MAILED FREE Western Canada Flour Mills, Co. Limited Head Office - - Toronto

THE SAFEST MATCHES

IN THE WORLD also the cheapest, are

EDDY'S SILENT

SAFEST because they are impregnated with a chemical solution which renders the "stick dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market.

War-time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.