

HOW DOES YOUR HEART BEAT?

Put Your Finger On Your Pulse and Find Out

The way the heart beats is an index of how the whole machinery of the body is working.

With a strong, steady, regular pulse we may expect vigorous health.

With a weak, irregular, intermittent pulse we can tell at once the vitality is low, and is causing the palpitation of the heart, the faint and dizzy spells, smothering and sinking sensations, shortness of breath, sensation of pins and needles, nervousness, sleeplessness, cold, clammy hands and feet, hot flushes, etc.

By their action in strengthening the heart and regulating the beat, toning the nerves and enriching the blood.

MILBURN'S HEART AND NERVE PILLS

remedy all these distressing conditions and impart vigor and vitality to the whole system.

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Nov. 29, D. 13

Nothing Added, Nothing Taken Away.

SOME people think the blacker the coffee the better it is. That is a mistake. A cup of good coffee is the color of amber. The proper proportion is a (level) dessert spoonful for each cup.

If the coffee is deeply colored it contains a generous proportion of adulteration. Chicory is one adulterant. It has coloring qualities, that is all. But when you purchase

Rideau Hall Coffee

STEEL-CUT COFFEE CHAFFLESS

you get the best and purest blend—Nothing is added. Nothing is taken away. Your coffee is ready prepared for table use. Just pour boiling water on it—don't boil it—let it stand for 10 minutes, then drink the most naturally refreshing drink obtainable. At all grocers, in pound and half-pound sealed tins.

GORMAN, ECKERT & CO., LIMITED, LONDON AND WINNIPEG.



Genuine Culver Chummy Racer, The Marvellous Boys and Girls Real Gasoline Auto.

Something We All Do Something We All Eat Something We All Want Something We All Wear

Solve this Puzzle!

FOR Johnny's birthday his mother presented him with a dandy rifle and Johnny took the four targets that came with the rifle and went out to the back yard to try his skill. Shortly after, his mother came out too to satisfy herself that Johnny knew how to use his gun. Upon examining the targets, she exclaimed: "Why, Johnny, what a good shot you are—and do you know that you have made every target a bull's eye? Can you tell me what each target looks like?"

Johnny couldn't, so his mother told him HOW TO DO IT. Each target spells a word. Each circle of eight target holes, as you can see by the targets, and each circle represents a letter. The number of holes indicates the position of the letter in the word. For instance: "A" would be represented by one hole, "B" by two holes, "C" by three holes, and so on.

After you have worked out all the letters that are represented in the word, write the word in the space provided. Put them into their proper order to spell out correctly the names of the four things.

In order to help you, we will tell you that the letter represented by the middle circle of the first target is "A," because "A" is the first letter of the alphabet. This is not an easy puzzle, but with persistence and a little thought, you will solve it. Copy your answer upon a plain white sheet of paper, and send it to the publisher of this puzzle, with your name and address in the top right-hand corner of the paper. If you have to write a letter, or short sentence, etc., put it upon a separate sheet of paper, and send it with your answer. If you solve the puzzle, we will send you a complete illustrated list of the grand prizes that you can win.

THE PRIZES:

First Prize - Genuine Culver Chummy Racer, value \$250.00
Second Prize - Marvellous Gold Watch and Chain, or Girl's Wrist Watch, value 25.00
Third Prize - Genuine Autograph Kodak Folding Camera, value 20.00
Fourth Prize - Solid Gold Ring for Boy or Girl, value 15.00
Fifth Prize - Moving Picture Machine, with Film, value 10.00
Sixth to Tenth Prize - Self-Filler Fountain Pens, value, each 2.50

And 2,000 Extra Special Prizes Valued at \$3,000.00.

HOT SHOT FLIES AT PROBE INTO PRICES OF CHATHAM MILK

Threats of Famine and Oath Shouted At Meeting.

QUESTIONS QUALITY SOLD

Ald. Brisco Demanded That Dealers Live Up To By-laws—Charges Profiteering.

CHATHAM, Nov. 28.—An exchange of pointed personalities, and a casual intimation that the city of Chatham can expect to pay at least sixteen cents a quart for milk this winter, an effort to prove that milk producers are entitled to nine cents a quart from vendors and the vendors entitled to about a seven-cent spread if both are to continue to engage in the milk business at a reasonable profit, sums up four hours occupied this afternoon at the adjourned meeting of the fair price committee appointed for the purpose of probing the milk, cream and ice cream supply.

A week ago the committee got as far as the production question. So stormy was today's session that the main purpose, that of hearing the vendors' argument, was almost ignored. The meeting concluded after it had been moved that the committee send in the reports' verbatim notes to the board of commerce and leave it to that body to solve the problem as well as it can.

An amendment was made that the meeting adjourn until next week. Three votes for the amendment, and three for against. The committee now awaits the call of the chairman. Present this afternoon were Ald. Brisco, secretary of the Kent milk producers; W. L. McGeechay, milk vendor representing the distributors; Ald. Brisco, W. Murdoch, A. Moir representing the consumers; Mayor Hammond, chairman.

A. S. Maynard accused Ald. Brisco of starting a controversy on the milk question at this time to create capital for municipal election purposes, it being generally known he might run for mayor. Ald. Brisco stated his object was to find the reason why the local milk dealers had raised the price of milk from 12 cents to 14 cents a quart when they were only paying 5½ cents to the farmers.

Must Live Up to Laws. He accused the dealers of being profiteers, and said he was taking the stand that they must continue to live up to city by-laws. The quality of the milk was questioned which led to bitter exchanges, during which an oath was shouted, and a milk famine was threatened in Chatham, despite bans of the chairman's gavel.

After a lengthy discussion, Ald. Brisco accused Chairman Mayor Hammond of being one-sided in the discussion. Hot shot between the two followed, during which Ald. Brisco challenged the chairman to run against him for mayor on the "milk" ticket.

A. S. Maynard charged that the milk question was Ald. Brisco's pet election cry, and accused him of making an effort to the effect that if he (Maynard) would open a milk business in the city, in competition with present dealers, Ald. Brisco would see to it that he would not have to pay license fees.

WOULD VACCINATE ON TRAINS BOUND FOR SARNIA BORDER

SARNIA, Nov. 28.—At a meeting of the Sarnia Board of Health held in this city, Col. F. W. Guest, district medical health officer, advised asking all passengers to quarantine all cases of chicken-pox rather than allow one case of smallpox to slip through. Pointing out that they could do nothing regarding the action of the U. S. health service, he advised the board to consider the question of vaccination.

Dr. W. Logie, medical health officer, advised the board that Dr. Forrester, division superintendent of the G. T. R., had asked if a physician could make daily trips to London and on the return trip vaccinate all passengers going into the United States. The medical officer stated that he had tried to get in touch with Dr. Tutt, but had failed, but action might be taken shortly.

FERRY TRAFFIC AT WINDSOR DWINDLES; SMALLEST IN YEAR

WINDSOR, Nov. 28.—Inflexibility was the rule at the foot of Woodward avenue today in the enforcement of the vaccination requirement, and with the exception of the few returned soldiers who crossed the river, every man, woman and child had to be provided with a certificate or submit to having his or her arm to the United States public health doctor and nurse.

As a result of strict traffic today was the smallest in years. Ferry company officials estimated a decrease of 50 per cent in the number of travellers. Boats in the early and late afternoon that usually carry from 300 to 500 today carried less than 100 persons. Some of the ferries were practically empty.

But while the ferry company was losing money, Windsor merchants were busier today than they have been for months. All the stores reported a shortage of help, although the usual force of clerks were on hand. Drygoods, shoes and jewelry establishments, particularly had a rushing business all day.

No More Constipation or Blotchy Skin

Want a clear, healthy complexion, regular bowels, and a perfect working liver?

Get **CARTER'S LITTLE LIVER PILLS**. For headache, dizziness, upset stomach and dependency, they have no equal. Entirely vegetable.

Small Pill—Small Dose—Small Price. DR. CARTER'S LITTLE LIVER PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sleeplessness and Female Weakness.

Address: THE PRIZEMAN, Dept. 35, 233-239 Spadina Avenue, Toronto, Ont.

MOVE AT GUELPH TO RETAIN OWNERSHIP OF RADIAL RAILWAY

GUELPH, Nov. 28.—The affairs of the Guelph Radial Railway were discussed fully at the meeting held in the council chambers this afternoon of the representatives of the city council, Chamber of Commerce, Trades and Labor Council, and Retail Merchants' Association. A motion was unanimously carried expressing the opinion of the committee that Guelph should retain ownership of the road.

Another favored asking the city council to submit a bylaw to the ratepayers in January asking that the street railway in a first-class condition as indicated in the hydro engineer's report. The railway and manufacturers' committee passed a resolution to the same effect, and will recommend this to the city council at the next meeting.

ELGIN COUNCIL IS AWAITING DRURY'S ROADS STATEMENT

ST. THOMAS, Nov. 28.—In view of the fact that no announcement has been made as yet regarding the attitude of the present Ontario Government toward good roads, the county councillors in session today refused to take any action on requests from villages for assistance. The village of Vienna being unable to finance the construction of a certain connecting link of the good roads system in that village, applied to the county council for the extent of \$1,000 in repaving a portion of road there. The resolutions were both defeated, only one village replying in the affirmative. It was decided to refer the Vienna request to the good roads committee for its consideration. The board will be taken to the department of public works at Toronto for a final solution.

A rather peculiar situation has arisen here over the paving of Talbot street. The Standard Paving Company of Ottawa in 1914, under the new street agreement, made a deposit of ten per cent with the city. The city in the meantime deposited the deposit to fifteen per cent, and then the company learned of this it also transferred that per cent on the entire contract. The result is that they will have to revert to the company's funds to make the deposit.

The house of industry and court-reports have been equipped with a new smokeless heater. Application will be made to the Hydro Commission for the extension of a hydro line to the house of industry, in order that electric light may be installed there. Total expenditures during the past year at the house of industry reached \$14,268, and it cost approximately 43 cents per day to keep the plant running.

NO GRANT TO NAVY LEAGUE. No grant will be made by the county council to the Navy League of Canada. The councillors decided today after debating the matter in committee not to give any donation to this cause. The clerk and warden will borrow the customary \$100,000 to be expended on county roads and other work until taxes are available.

DUTTON BRANCH OF G. W. V. A. The local great war veterans have completed the formation of a branch of this well-known association at Dutton. The membership is already growing, and the newly-formed branch promises to be one of the biggest in the district.

COAL PILE FIRES. A large pile of coal in the local yards of the M. C. R. used for shop purposes took fire today. The actual cause has not been learned, but reports it is said it was caused by combustion. It took a number of employees until late tonight to turn the pile over and extinguish the fire.

POWER SHORTAGE. The local Hydro Commission has announced that unless St. Thomas citizens economize in the power, both residential and industrial uses, the switch will be pulled, and the whole town left in darkness.

This evening about 6.30, for some mysterious reason the power went off and a large section of the city was left in total darkness. The city has now been limited by the Provincial Commission to 2,400 horsepower.

St. Thomas is apparently not even yet immune from petty burglaries. Last night or early this morning, some person or persons entered the cigar store of R. W. McQueen in the Talbot Hotel block, and after rummaging through the entire building got away with \$2 in change from the cash register.

Following the action of No. 4 committee in giving the Humane Society permission to handle all dog cases, Joseph Clarke has resigned as official "dog catcher." Mr. Clarke was catcher and keeper of the dogs, but he will not do the dirty work while the Humane Society look after the care of the animals.

Dr. J. A. Campbell was elected W. M. of Talbot Lodge, the latest addition to local Masonry lodges. The election took place last night. This is the first election of officers held by this lodge.

MARINE NEWS

MIDLAND, Nov. 28.—Arrivals—Hagarty from Port William, grain; W. C. Franz from Port William, grain; Lumbers from Port William, grain; King from North Tonawanda; W. D. Matthews from Port Arthur, grain.

Cleared—Hagarty for Port William; W. C. Franz for Port William; W. A. Matthews for Port William.

PORT COLBORNE, Nov. 28.—Up—Locama, 11; Exton, 1; Advance 6. Down—Lake Plithia 7; Advance 6.

Arrived—Cadillac and Glenyon. ONTARIO NOV. 28.—Inward—Mantou from Soo; Albion from Port McNichol.

Outward—Michipicopa to Beaver Stone; Mantou to Soo; Albion to Port William.

SARNIA, Nov. 28.—Boat Passages—Up—Durston, 1:30 p.m., Thursday; Crete, 2:30; Denmark, 3:10; Venus, 10:10; B. Lymman Smith, 2:10 a.m.; Pegasus Norway, 7:30.

Down—Kocher, 11 a.m., Thursday; Parry, 12:10 p.m.; Star of Hope, 12:30; Arcturus, 1:40; Parkoster, 2; W. F. White, 2:10; Calcutta, 2:40; Wolvin, 5:30; W. A. Conneat, 7:10; Wickwire Gun, 9:30; Conneat, 4 a.m.; North Sea, 5; Taurus, 6; Renown Big, 7:40.

ALVINGTON MAN DIES. BIRMINGHAM, Mich., Nov. 28.—Neil Patterson, for years a resident of Alvinston, Ont., died at the home of his daughter, Mrs. Calvin McCarroll, here today. He was 75 years old. Death was due to heart disease. The remains will be sent to Alvinston tomorrow for interment.

WARDSVILLE DELEGATES. WARDSVILLE, Nov. 28.—Rev. Dr. Hudson, Mrs. H. Brinson and Miss I. Gardner have been appointed by the Methodist Church here to attend the Forward Movement convention to be held in London next week.

THE LIVE MANAGER OF A LIVE STORE



MR. S. N. RIDLEY, who has just become manager of the Essex and branch of the Taylor Drug Company at 652 Dundas street.

Mr. Ridley is a graduate of the St. Louis College of Pharmacy, and also of the Ontario College of Pharmacy, so his qualifications as a dispensing chemist are of the very highest.

He has had a wide and varied experience throughout Canada which will be of great assistance to him in his new position.

TO PAVE WILSON STREET. WILSON, Nov. 28.—At a meeting of the council it was definitely decided that Berford street would be paved from Frank street to the Arlington Hotel.

Engineer E. D. Bolton of Listowel gave figures in regard to the work. It is estimated that the cost would be in the neighborhood of \$3.25 per foot frontage.

THE DEATH OCCURRED IN CEDAR HILL OF Mrs. H. H. Cheshire in her seventy-third year. She came to Kemptville nearly fifty years ago. She is survived by two children, Mrs. M. W. Spencer of Cedar Hill, and Mr. W. G. Cheshire of Walkerton.

MUNCEY MEN IN ACCIDENT. MUNCEY, Nov. 28.—While on their way to Port Stanley, Vincent Stiltz and George Fisher were passing a gravel trench, when the steering column broke, allowing the car to run into the ditch and twisting it in bad shape. Neither was hurt.

BURIED AT DRESDEN. DRESDEN, Nov. 28.—The funeral of Mary A. Rush, widow of Geo. B. Rush, whose death occurred on Tuesday after a sickness of several days, took place yesterday afternoon from the residence of her son-in-law, Dr. W. W. Thornton.

The service was conducted by Rev. J. H. Osterhout, B.A., B.D., pastor of the Methodist Church.

FIRE DEPARTMENT IS ALWAYS READY

Its Motto of Preparedness Should Be Applied to Protection of Public Health.

"There hasn't been a fire in the city for months," said a citizen the other day. "It seems a waste of money to keep up a fire department that does nothing."

"We don't mind that the fire department because we have a run of luck," replied a ratepayer. "It pays to have those firemen ready, whether they are doing anything or not." And the ratepayer spoke wisely.

A fire department is an illustration of the principle of preparedness. It's protection, pure and simple—something no modern city or town can do without.

Just as firemen stand ready to protect your property, so Grip Fix stands ready to protect your health. For over ten years it has been an unexcelled treatment for colds, a box in the house means protection against the common and troublesome cold in the head and may head an attack of the flu. It is a combination of drugs such as your physician would use and contains nothing of a harmful nature.

In capsule form it is something which gives relief to a cold in a night and works quickly in a case of Grippe.

Get a box of Grip Fix today. Then you'll be prepared should a cold come. You can get it at 35 cents per box. On sale at all drug stores.—Adv.

Lungs Weak?

Generous Offer to Tuberculosis Sufferers of Trial of Europe's Remarkable Remedy, SANOSIN

World's noted medical scientists—Doctors Danellus, Sommerfeld, Wolff, Noel, Gauthier, Evers—declare SANOSIN the most effective treatment for pulmonary ailments yet discovered. Felix Wolff, Court Physician, Director of the Sanatorium for Consumption in Helldorf, says he has discarded all other remedies.

SANOSIN has been officially recommended to the Berlin Medical Association, to the whole human race, and to the whole world. It is a moral obligation to make SANOSIN known to the whole human race. American sufferers, rich or poor, can use this remarkable remedy. It is something which has not yet been mentioned in any of the standard medical books. It is a new and powerful remedy. It is a new and powerful remedy. It is a new and powerful remedy.

Send for FREE BOOKLET with full details, explaining this treatment, how SANOSIN can be made in your own home at this risk. Address: SANOSIN, 721 Union Building, Chicago.

SHOW THIS TO YOUR NEIGHBOR. N-2229

A Cure For Bad Breath

"Bad breath is a sign of decayed teeth, foul stomach or unclear bowel." If your teeth are good, look to your digestive organs. Get Selig's Curative Syrup at druggists. Fifteen to thirty drops after meals, clean up your food passages and stop the bad breath odor. 50c and \$1.00 Bottles. Do not buy substitutes. Get the genuine.

the Methodist Church. The floral offerings were exceptionally numerous and beautiful. One daughter, Mrs. W. W. Thornton.

Alma, who arrived here from the west a few hours before the death of her mother, survive. Thos. Downswell of Hamilton is a brother.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada.

Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell larger "Bayer" packages. There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocaceticacid of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Take Salts To Flush Kidneys if Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headaches, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

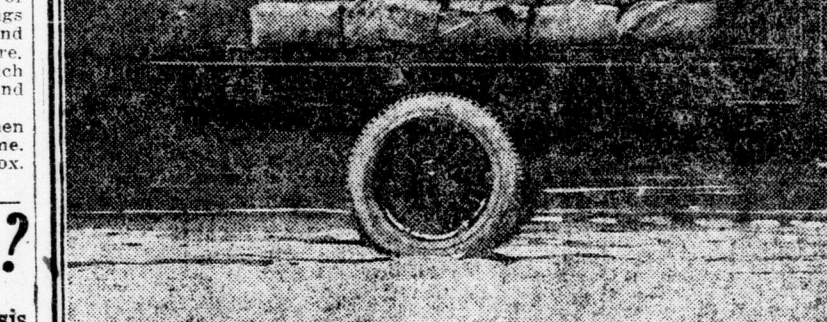
Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.

In aiding to build up local communities by financing local enterprises, this bank is simply pursuing its ideals of a national banking service.

More, it is strengthening its own position as an impregnable banking institution.

Incorporated 1855

THE BANK OF TORONTO



J. Thompson & Son, WHOLESALE FRUIT, PROVISION AND COMMISSION MERCHANTS

Sherbrooke, Que., Jan. 1919

Sherbrooke Motor Mark

Dear Sirs: Please look our order for another Ford truck for delivery at the earliest possible date.

The first truck which we bought from you over a year ago has given us wonderful satisfaction. We have it all last winter, and the average cost for fuel and maintenance for the year was \$25.67 per month.

Two horses could not do the work done by this truck, and the present charges for horses at local feed stables is \$45 per month.

J. W. Thompson

The Ford One-Ton Truck is an invaluable asset for country or city use, both winter and summer.

Ford One-Ton Truck (Chassis only) \$750, f. o. b. Ford, Ontario.

LONDON URBAN DEALERS FERGUSON & KIDD, 781-783 Dundas Street. UNIVERSAL MOTOR SALES, Cor. Colborne and Pall Mall. J. W. McLAUGHLIN, 297-299 Dundas Street.

RURAL DEALERS J. D. NEVILLS, Thorndale and Iderton. J. H. PATRICK, Lambeth. JOHN OLIVER, Thamesford.

MEAT CAUSE OF KIDNEY TROUBLE

Take Salts To Flush Kidneys if Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headaches, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

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