



SAUCE At Lunch Time

Make a point of trying H.P. Sauce, you will be delighted with the new and delicious flavour—quite distinct from ordinary sauces.

RASCALS

Biliousness, Headache, Colic, Constipation, driven out with "Cascarets"

Why take nasty cathartics, sickening salts, or stomach-turning oils to drive these rascals out? Let gentle, harmless Cascarets remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your skin sallow, your breath offensive, and your stomach sour. Get a box of Cascarets at the drug store and rid your liver, stomach, and bowels of the excess bile, poisons, and waste which are keeping you miserable. Cascarets never gripe, never sicken, never inconvenience. They cost so little and work while you sleep.

STOP CATARRH! OPEN NOSTRILS AND HEAD

Says Cream Applied in Nostrils Relieves Head-Colds at Once.

If your nostrils are clogged and your head is stuffed and you can't breathe freely because of a cold or catarrh, just get a small bottle of Ely's Cream Balm at any drug store. Apply a little of this fragrant, antiseptic cream into your nostrils and let it penetrate through every air passage of your head, soothing and healing the inflamed, swollen mucous membrane and you get instant relief.

Ah! How good it feels. Your nostrils are open, your head is clear, no more hawking, snuffling, blowing, no more headache, dryness or struggling for breath. Ely's Cream Balm is just what suffers from head colds and catarrh need. It's a delight.—Adv.

BABY COVERED WITH ECZEMA

When 4 Days Old. Cross and Cried. Cuticura Heals.

"My baby brother had eczema when four days old. It came in little pimples and then a rash, and he was covered. He was so cross that he could not sleep, and he cried."

"This lasted about two months before we used Cuticura. It helped him, so we bought more, and he was healed after we had used two boxes of Soap and two boxes of Ointment." (Signed) Miss Almida Williams, Youngs Cove, N. E., May 22, 1918.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion by Canadian Dept. of Hygiene, Limited, St. Paul St., Montreal. Cuticura Soap above without free.

NERVOUS PROSTRATION

May Be Overcome by Lydia E. Pinkham's Vegetable Compound—This Letter Proves It.

West Philadelphia, Pa.—"During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound, and it made a well woman of me. I can now do all my housework, and I advise all suffering women to try Lydia E. Pinkham's Vegetable Compound, and I will guarantee they will derive great benefit from it."—Mrs. Frank Fitzgerald, 23 N. 41st street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, backache, headaches, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done.

For suggestions in regard to your condition write Lydia E. Pinkham, Medicine Company, Lynn, Mass. The result of their 40 years' experience is at your service.

London & Port Stanley Railway

Timetable Effective September 1, 1919.
To St. Thomas—15:00, 17:20, 19:40, 21:00, 23:00, 25:00, 27:00, 29:00, 31:00, 33:00, 35:00, 37:00, 39:00, 41:00, 43:00, 45:00, 47:00, 49:00, 51:00, 53:00, 55:00, 57:00, 59:00, 61:00, 63:00, 65:00, 67:00, 69:00, 71:00, 73:00, 75:00, 77:00, 79:00, 81:00, 83:00, 85:00, 87:00, 89:00, 91:00, 93:00, 95:00, 97:00, 99:00, 101:00, 103:00, 105:00, 107:00, 109:00, 111:00, 113:00, 115:00, 117:00, 119:00, 121:00, 123:00, 125:00, 127:00, 129:00, 131:00, 133:00, 135:00, 137:00, 139:00, 141:00, 143:00, 145:00, 147:00, 149:00, 151:00, 153:00, 155:00, 157:00, 159:00, 161:00, 163:00, 165:00, 167:00, 169:00, 171:00, 173:00, 175:00, 177:00, 179:00, 181:00, 183:00, 185:00, 187:00, 189:00, 191:00, 193:00, 195:00, 197:00, 199:00, 201:00, 203:00, 205:00, 207:00, 209:00, 211:00, 213:00, 215:00, 217:00, 219:00, 221:00, 223:00, 225:00, 227:00, 229:00, 231:00, 233:00, 235:00, 237:00, 239:00, 241:00, 243:00, 245:00, 247:00, 249:00, 251:00, 253:00, 255:00, 257:00, 259:00, 261:00, 263:00, 265:00, 267:00, 269:00, 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