

## HOME-MADE BREAD

Home bread-making reduces the high cost of living by lessening the amount of expensive meats required to supply the necessary nourishment to the body. The increased nutritious value of bread made in the home with

**ROYAL YEAST CAKES** should be sufficient incentive to the thoughtful housewife to give this important food item the attention to which it is justly entitled. Bread made with Royal Yeast will keep fresh and moist longer than that made with any other.

Made in Canada

terests of that member of the league. "At meetings of the council each iember of the league represented a the council shall have one vote hd may have not more than one epresentative." "This embodies that part of the riginal member of the council. The argraph providing for increase in the membership of the council is new.) Article Five. "Except where otherwise expressly rovided in this covenant, decisions at any meeting of the assembly or of the ouncil shall require the agreement of all he member of procedure at meetings at the assembly or the council, the ap-pointment of committees to investigate particular matters shall be regulated by the assembly or by the council and may be decided by a majority of the mem-pers of the league represented at the meting. "The first meeting of the assembly

TINS OF 4-10-50 AND 100 CUBES ting. The first meeting of the assembly "The first meeting of the assembly and the first meeting of the council shall be summoned by the President of the United States of America." (The first paragraph requiring unani mous agreement in both assembly and council, except where otherwise pro-vided is new. The other two para-graphs originally were included in article Tour.) Article Six a rupture, they will submit the mat ter either to arbitration or to inquir;

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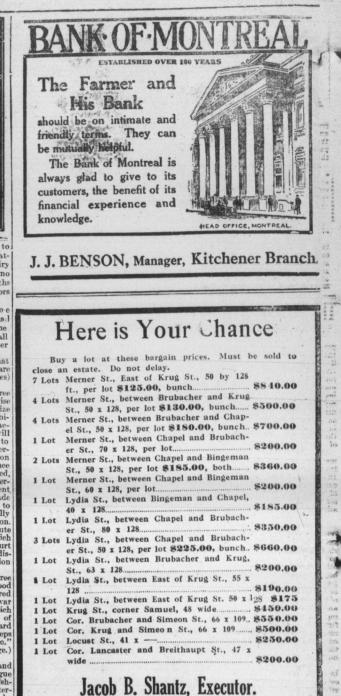
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the the re-	ment shall be made pu
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scale of their "If the dispute is not thus settled, information us to the scale of their ""If the dispute is not thus settled, armements, their military and naval programs and the condition of such, majority vote, shall make and publish of their industries as are adaptable to a report containing a statement of the warlike purpose." "facts of the dispute and the recommen-(This covers the ground of the dations which are deemed just and





136 N. Queen

REAL ESTATE COMES into its own once more. Those plans you've had in mind some time-those preparations that the war forced you to side track. Now-right now-is the time to renew them and give them the attention they deserve.

THE WHEELS OF INDUSTRY are awhirl, the buzz of business is prevalent on every side, and you as a shrewd investor must realize that alluring, money-making opportunities are waiting for you NOW. Don't delay. MAY WE SHOW YOU SOME of the things we have lined up?

VERY CENTRAL. IN NORTH WARD. Modern 8 roomed red pressed brick, all conveniences, hardwood House No. 65 Duke St. is now on the market. Has 9 trim, attic, large vepandah, fine rooms and is equipped with den. Price..... \$3100 all modern conveniences. This place is very suitable for Club EAST WARD. or Rooming House and, in view of the contemplated changes Another real bargain, 7 rooms Has good garden. All modern in city planning, is bound to conveniences. In good con prove a good investment. Price . \$2500 Price.....

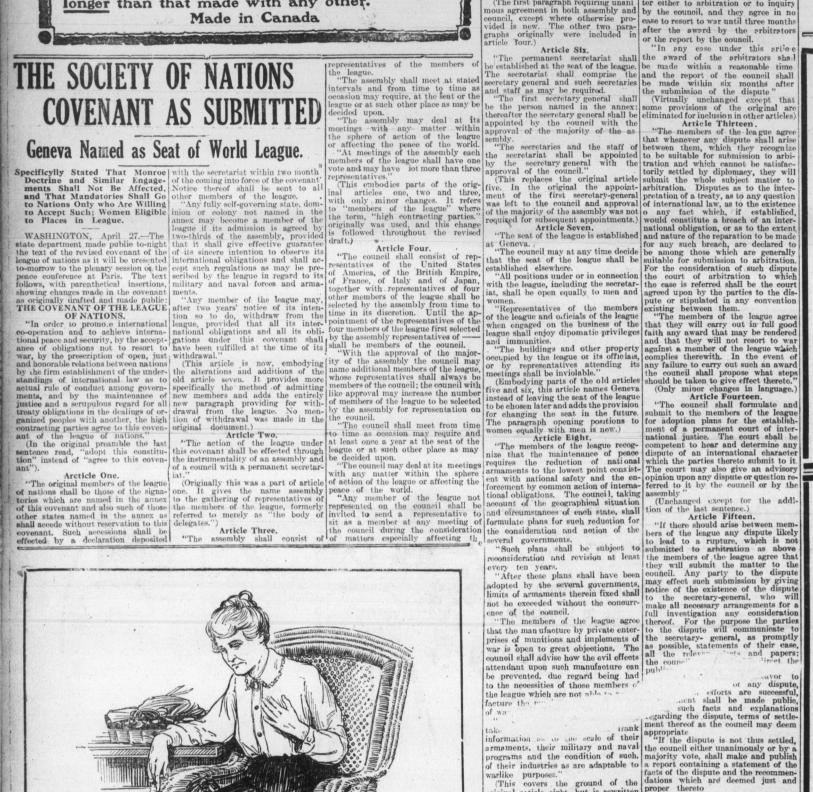
requently follows the negloci in injury. Germs and dust get in the wound, it begins to faster, bit bolsoning sets in, and sometil he loss of a limb its the result. Bacguard yourself against s possibility by applying Zam-leace. This attiseptic baim roys all germs and prevents wing and blocd-poisoning. T be heading essences promote owth of new tissue and it is ug before the wound its o tetaly heated. Zam-Buck should be kept has very home, office, store and try for cuts, scratches, but adds and braises. It is equipoed for eczema, rashen, bolls iters. All dealers, 50c. box. the Society of National Contract National Contra (Continued from Page 6.) overs of the assembly, pro-nat a report made by the asser concurred in by the repres-ves of those members of the h-presented on the council and ajority of the other members o crute, exclusive in each case o presentatives of the parties t spute, shall have the same a report by the council cont by all the members thereof

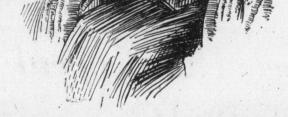
day, April 39, 1919.

in by all the members thereof than the representatives of one or of the parties to the dispute' (The paragraph specifically exch matters of "domestic jurisdie from action by the council is In the last sentence the words concurred in by the represent of those members of the league r mented on the council, etc." have added )

ted on the council, etc." have ded ) Article Sixteen. Should any member of the le fit to war in disregard of its etc. under articles 12, 13 or 1 ipso facto be deemed to mitted an act of war agains members of the league, v y undertake immediately to the to the severance of all financial relations, the prohi-all intercourse between their nati-d the mationals of the covenant-be state, and the prevention of anni-breaking state and the mals of any other state wheth maker of the league or not "It shall be the duty of the co-such case to recommend to eral governments concerned to the league shall seve tribute to the armaments or be used to pro-act the covenant league "The members of the league a

The members of the league The members of the league and the that they will mutually put one another in the fina-and economic measures which them under this article, in ord minize the loss and incom-me resulting from the above meas-and that they will mutually su-me resulting from the above meas-and that they will mutually su-the second the second their nu-by the covenant-breaking state, that they will take the necessary to afford passage through their tory to the for...so fany of the men-of the league which are co-oper tory to the for...so fany of the men-of the league which are co-oper tory to the for...so fany of the men-of the league which are co-oper tory to the for...so fany of the men-of the league which are co-oper tory to the for...so fany of the men-of the league which are co-oper to protect the covenants of the league vote of the cause of the league of the representatives of all the to-be representatives of all the to-the the event of a dispute ber "Antice Seventeen." This the event of a dispute ber which is not a member of the league of the league shall be invited to a which is not a member of the league of the league shall be invited to a the obligations of membership is league for the purpose of such dia-upon such conditions as the efficient of the league and a which is not a member of the league shall be the league shall be invited to a place for the purpose of such dia-upon such conditions as the efficient is accepted, the provision and deamed mecoscave by





## "I Am So Afraid it is My Heart"

VERY many people live in constant dread of heart trouble when the heart is in no way diseased.

There is perhaps no organ in the human system which is worked so hard and yet the heart seldom goes wrong so long as it is supplied with plenty of rich, red blood.

In fact the heart repairs its own waste and plods on, lifting tons of blood each year and pumping it through the body.

But the heart's action is the result of the contraction and expansion of muscles and these muscles are operated by the nervous system. When the blood gets thin and watery and the nervous system is starved the action of the heart, just like that of the stomach, bowels and other organs, is slowed down.

As a result, you are easily tired out, experience shortness of breath, palpitation of the heart and general bodily weakness.

The quickest and most rational way to

• •

overcome this condition is by the use of Dr. Chase's Nerve Food to enrich the blood and build up the exhausted nerves.

With the nerves in a run-down condition you are sure to get downhearted and discouraged and to imagine that all sorts of dreadful things are likely to happen to vou.

But when you have been using the Nerve Food for a week or two you will begin to see the silver lining to the cloud and to realize that you are on the way to health, courage and happiness.

Mrs. Nellie Dertinger. Simcoe, Ont., writes: "I was a great sufferer with my nerves and with pains about the heart. I could not sleep at nights and though I tried several doctors could not get much relief. A friend advised the use of Dr. Chase's Nerve Food and I am happy to say the results have been a surprise. My health has been built up wonderfully. I have no more pains about the heart, my nerves are steady and I sleep and rest well."

Dr. Chase's Nerve Food, 50c a box, 6 for \$2.75, all dealers or Edmanson, Bates & Co., Ltd., Toronto. The portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box.

inal article eight, but is rewritten "Any to make clearer that armament re-duction plans must be adopted by public a sta the nations affected before they become men the dispute regarding th "If a repor ffective.) Article Nine.

"A permanent commission shall be constituted to advise the council on the execution of the provisions of the provisions of Article One and eight and on fuilitary and naval questions gen-to the disput:

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"The members of the league agree that if there should arise between

dispute and the recommen- ich are deemed just and	is	Solid Brick of 7 rooms, near King street, part conveniences,	Pplied	12 to 16, inclusive, sha with such modification a deemed necessary by
mber of the league rep- the council may make tatement of the facts of and of its conclusions he same or by the council is unani- ed to by the members there-	Fine home on Ahrens St. Has 9 rooms all modern con- veniences, situated on large lot, with beautiful lawn. A home good enough for anyone. Price	mail garden. Price <b>\$2400</b> Modern bungalow of 7 rooms, all conveniences, in good condi- tion. Price <b>\$3000</b>	"Upot	a such invitation being a uncil shall immediately
an the representatives of of the parties to the dispute s of the league agree that t go to war with any party te which complies with the tions of the report uncil fails to reach a report	is \$\$500 Another on same street. Has 9 rooms all modern conveniences,	72 LANCASTER ST. WEST. Solid brick of 7 rooms, north ward. Garden part conveniences and in good condition. \$400.00 down at	A preparet in the second balance	n for restoring natural color to gray for removing dandruff and as a haird ot a dree, Generous sized bottles at dre use. Philo Elar Co., Newark, N
animously agreed to by the ereof other than the repre- f one or more of the parties oute the members of the ve to themselves the right	fine large law n and garden, house is unusually well decorated at	Very Tidy seven roomed house with barn and half an aere of land. Price		
a action, as they shall con- ary for the maintenance of justice ispute between the parties y one of them, and is found cil, to arise out of a matter nternational law, is solely omestic jurisdiction of that council shall so report	Near Post Office. Excellent value in a good home of 9 rooms, and sun-room. All conveniences large garden, garage. Price is	GROWYOUR OWN FOOD Very substantial home of 8 rooms equipped with 3 piece bath, furnace, electric light, dec- orated. Fruit trees. This place is offered with barn and one acre of land at \$2950.		ос
make no recommendation settlement meil may, in any case article, refer the dispute mbly The dispute shall dat the request of either te dispute, provided that be made within fourteen e submission of the dispute	eight rooms, has all modern conveniences, large verandah, very close in. Ask to see it at\$3800 ON AHRENS ST.	NEAR TIRE FACTORY Red brick, 6 rooms, complete with furnace, lights and 3 pieco bath, verandah and garden at	x	AG/ SEV
neil case referred to the as- the provisions of this of Article 12, relating to and powers of the coun- upply to the action and tinued on Page 7.)	Modern 6 roomed bungalow, built of rug brick, has every modern conveniences, large ver- andah. A very neat little home (on terms). Price \$2950 Also a 7 roomed modern red	IN WATERLOO NEAR CAR LINE. Good little red brick home of 6 rooms, has electric lights, gas furnace, toilet. This tidy little place is nicely decorated and well worth the money		
UL EATING ur food is digested with- ermath of painful acidity, taken out of both eating	pressed brick on same street. All conveniences, garden. 'See me quickly as to the above two homes. They are bound to go. price	NEAR KING STREET Solid brick of 6 rooms, furnace, lights and toilet garden. Worth the money		The
•MOIDS arful in their help to the roubled with over-acidity. o take-relief prompt and	Wilson E	ad Insurance	4. 4	PHONES WATERLOC
BY SCOTT & BOWNE OF SCOTT'S EMULSION 19-5A	Money to Loan a 255 King Street, West.	at Lowest Rates. Phone 923.		