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Employers realize that this paper circulates among the class of people they would like to employ in their business. They are constantly offering opportunities that should not be overlooked. Make it your business to read the Help Wanted ads REGULARLY.

Read the Want Ads in

The News Record

THIN PEOPLE NEED BITRO-PHOSPHATE

Increases Weight, Strength and Nerve
Force in Two Weeks' Time
In Many Instances.

The average person is beginning to realize more and more that the lack of physical strength and nerve exhaustion (frequently evidenced by excessive thinness), are the direct cause not only of the failure to succeed in life's struggle for the necessities of existence, but also for the handicap in one's



social aspirations. Compare the thin, sickly, angular frame with the well rounded form which is usually accompanied by the bloom of health and attractiveness.

That millions of people are conscious of this handicap is evident from the continued appearance in newspapers and magazines of many suggestions proposing various remedies in food or medicine or exercises, either of which might or might not be appropriate for a given case.

Authorities, however, agree that healthy nerve tissue is absolutely essential to a strong, robust body and mind. Weak nerves, while indicated by a multitude of different symptoms, more immediately and generally result in lack of energy, sleeplessness, irritability, depression, etc., which conditions gradually consume the healthy flesh, leaving ugly hollows, a flaccid chest, bony neck and scrawny arms and legs.

Our bodies need more phosphate than most of them are able to extract from the foods we eat nowadays, and many opinions affirm that there is nothing which may be taken into the human system that so effectively supplies this deficiency as the pure organic phosphate known as bitro-phosphate and sold by good druggists everywhere.

The essential phosphoric food elements in bitro-phosphate assimilated by the nerve cells should soon produce a pleasing change in nerve energy and hence increased vitality and strength. With the burdens of nervousness, sleeplessness, lack of energy, etc., lifted, normal weight with its attractive fullness and ruddy glow of health replaces the former picture of skin and bones. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has brought a magic transformation with me. I gained 15 pounds and never before felt so well."

CAUTION: Although Bitro-phosphate is unexcelled for the relief of nervousness and attendant disorders, owing to its tendency to increase weight, one should watch the scales while taking it unless it is the desire to put on flesh.

CATARRH OF THE STOMACH IS DANGEROUS

"Thousands Have It and Don't Know It," Says Physician. Frequently Mistaken for Indigestion—How To Recognize and Treat.

"Thousands of people suffer more or less constantly from a tormented tongue, bad breath, sour burning stomach, frequent vomiting, rumbling in stomach, bitter eructations, gas, wind and stomach acidity and call it indigestion when in reality their trouble is due to gastric catarrh of the stomach," writes a New York physician. Catarrh of the stomach is dangerous because the mucous membrane lining of the stomach is thickened and a coating of phlegm covers the surface so that the digestive fluids cannot mix with the food and digest them. This condition "soon breeds deadly disease in the fermented, unassimilated food. The blood is polluted and carries the infection throughout the body. Gastric ulcers are apt to form and frequently an ulcer is the first sign of a deadly cancer."

In catarrh of the stomach a good and safe treatment is to take before meals a teaspoonful of pure Bisulphate of Magnesia in half a glass of hot water as hot as you can comfortably drink it. The hot water washes the mucous from the stomach walls and draws the blood to the stomach while the bisulphate of magnesia is an excellent solvent for mucus and increases the efficiency of the hot water treatment. Moreover the Bisulphate of Magnesia will serve as a powerful but harmless antacid, which will neutralize any excess hydrochloric acid that may be in your stomach and sweeten its food contents. Easy, natural digestion without distress of any kind should soon follow. Bisulphate of Magnesia is not a laxative, is harmless, pleasant and easy to take and can be obtained from any local druggist. Don't confuse Bisulphate of Magnesia with other forms of magnesia salts, citrates, etc., but get it in the pure bisulphated form (powder or tablets), especially prepared for this purpose.

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SOX CONFIDENT OF COMING BACK

GLEASON PREDICTS THEY WILL
OUTHIT REDS IN SERIES

Says Breaks Have Been Against Them

CINCINNATI, Ohio, Oct. 2.—With the Reds winners of the first two games of the Reardon series, Manager "Pat" Moran indicated last night that he would start "Hod" Eller, one of the mainstays of the Reds' pitching staff, in the third contest of the series, scheduled for Chicago tomorrow. Eller, a former member of the Sox, has been with the Reds three years and the present season was the most brilliant of his career.

Supporters of the White Sox believe that Manager Gleason will send Dick Kerr, a left-hander, into the fray in an effort to stop the Reds tomorrow. Kerr is regarded as one of the best pitchers on the Sox staff.

Manager Moran was jubilant last night over the Reds' second victory. "We have beaten Ciolette and Williams and have nothing to fear of the other pitchers of Gleason's staff," the leader of the Reds said. "I will admit that the victory was lucky, that we got the better of the breaks, but winning ball games is the thing that gives players confidence and, with two games to their credit, my players are brimming over with it. Nothing will stop them from winning the world's title. I expect to start Eller tomorrow, according to present plans, although my selection will depend on the pitcher selected by Gleason."

Lucky Win

The triumph of the Reds was termed a "lucky" one by Manager Gleason of the Sox. "We out-hit them nearly three to one, but the breaks of the game went against us," Gleason said. "The Sox are far from out of the race. We have the greatest 'come back' ball club in the world, and these two beatings will make my players fight all the harder to even it up. Williams showed today that the Reds' hitting can be stopped, but he had an unfortunate inning in the fourth, when he walked three men. The Reds' victory was almost given to them on a platter. They got four hits; we got ten. We'll out-hit the series."

"Fading that happens only in a lifetime robbed us of enough runs to win. Rough is a marvel in the outfield and my players all gave him credit for his work. I expect to start Kerr tomorrow, but might use Ciolette as I have every confidence in Eddie to trim Cincinnati."

The Reds, although held to four hits by "Lefty" Williams, managed to retain their lead in batting against their rivals, the White Sox. The National League Club is hitting .333, while the Sox have a mark of .250. The Gleason aggregation fared better at the bat today against the offerings of Sallee than they did yesterday against Ruether, and as a result have gained some ground.

Williams' Control
A resume of the pitchers' records today shows that lack of control by "Lefty" Williams, White Sox pitcher, plus the home team's snappy fielding, gave the Reds the second game of the world's series today. Yesterday it was Cincinnati's ability to smash the ball that gave them the first victory in the baseball classic.

Williams today handed out six bases on balls, and the Reds made four hits. Sallee, however, gave only one base on balls and struck out two, while Williams retired only one by the strike-out route. Williams gave a total of 53 balls as compared with Sallee's 31. The Sox pitcher, however, put over more strikes, getting 30, while Sallee got only 23. Each pitcher has hit 38 times, including flies and grounders resulting in put outs.

A grand total of 213 balls were pitched during the day's game, 92 by Sallee in 9 innings and 121 by Williams in 8 innings. The highest number of balls thrown in any one inning were pitched by Williams in the fourth. In the inning, in which Cincinnati scored its first three runs, he was forced to pitch twenty-nine times. The low number of balls pitched in any other one inning was seven. Williams pitched only seven in the seventh inning, and in the following inning Sallee equaled this record. Sallee was credited with a balk in the sixth inning.

RACE RIOTS BREAK

HELENA, Ark., Oct. 2.—With 500 federal troops due to arrive to-day from Camp Pike, and several hundred deputy sheriffs and civilians, all heavily armed, moving about the affected area, officials here believe that the situation arising from yesterday's race trouble at Elaine, this county, where nine persons were killed, would be brought under control to-day.

LITTLE ROCK, Ark., Oct. 1.—A special train is being made up here to take 500 troops from Camp Pike to night to Elaine, Ark., where a race riot is said to be in progress. The train is being held up pending orders from Washington. Three white men were shot from ambush near Elaine last night.

According to reports from Helena, fighting between bands of whites and negroes began this morning. Three or more wounded white men, members of the posse, were being brought to Helena this afternoon, according to Joe Solomon, president of the Helena Chamber of Commerce.

A report from Elaine to-day late said James A. Tappen, prominent business man of Helena, and a man named Lee, of Helena, were killed early this afternoon and Ira Proctor, a merchant of Helena, wounded. Five negroes were killed during the afternoon, the report said. The situa-

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Resolve today to open a Savings Account in this Bank.

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tion at Elaine was "growing more critical," the message stated.

Tappen was killed in a fight between a posse searching for men who fired from ambush and killed W.A. Adkins, a special agent of the Missouri Pacific Railroad, and wounded Charles Pratt, a deputy sheriff, and a crowd of men, said to be negroes. A telephone message from Elaine stated that shots were being exchanged in the streets of Elaine.

**CANADIAN CLOTH
CLAIMED BETTER**

Is Gradually Replacing the Motherland Product, Board of Commerce Told
TORONTO, Oct. 2.—That Canadian cloth is gradually being substituted in this country for the English product, and that it is of better quality, was the statement made by Mr. McKinnon, manager of the clothing department of the Robert Simpson Company, at the resumed investigation by the Board of Commerce to-day into the price of cloth.

He stated that the company did business with the Paton firm, of Sherbrooke.

Showing increases in the price of English material, Mr. McKinnon said that in some cases it had risen from 6s to 2s 6d and from 1s 6d to 6s 6d.

The increase on some lines was as much as 200 and 300 per cent, 200 per cent being a fair average. Canadian lines were cheaper than English ones, he said, but high-priced goods are still purchased in England.

He was of the opinion that instead of the price of cloth being reduced it was likely to increase further. He thought that the present was no time to supply foreign markets.

**BRANTFORD AFTER
ALLEGED FIRE BUG**

George Atkins, of Brantford, Faces Arson Charge

BRANTFORD, Oct. 2.—The police have made an arrest in connection with the recent fire alarm waves. George Atkins, a former member of the fire department, was to-day charged with arson.

Robert Morrow was charged with sending letters threatening to burn a building contrary to the criminal code.

The charges were preferred after consultation with the acting crown attorney, M. W. McEwen, who agreed to bail. The defendants were left out on bail of \$1,000 and were remanded until Monday.

They were arrested on Tuesday night on a minor charge and were remanded yesterday in the police court.

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