

# Men

You Need  
energy and  
is what you  
a non-secret  
building and

run-down and had  
could hardly keep  
I heard about Vinol  
and after taking  
I built me up so I  
I have for many  
holomew, 12 Salu-  
ntario.

overworked men,  
By Hile Vinol.  
iding Druggists.  
ength

nd book to read in  
a plenty of charming  
along the route.  
an.



## "My Back Is So Bad"

PAINS in the small of the back, lumbago, rheumatism, pains in the limbs all tell of defective kidneys.

Poisons are being left in the blood which cause pains and aches.

The kidneys, liver and bowels must be aroused to action by such treatment as Dr. Chase's Kidney-Liver Pills.

There is no time for delay when the kidneys go wrong; for such developments as hardening of the arteries and Bright's disease are the natural result.

One pill a dose, 25 cents a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

## Dr. Chase's Kidney-Liver Pills

## BITRO-PHOSPHATE IS GOOD FOR THIN NERVOUS PEOPLE

A PHYSICIAN'S ADVICE.  
Frederick S. Kelle, M. D., Editor of New York Physicians' "Who's Who," says that weak, nervous people who want increased weight, strength and nerve-force, should take a 5-grain tablet of Bitro-Phosphate just before or during each meal.

This particular phosphate is the discovery of a famous French scientist, and reports of remarkable results from its use have recently appeared in many medical journals.

If you do not feel well; if you tire easily; do not sleep well, or are too thin; go to any food merchant and get enough Bitro-Phosphate for a two weeks supply—it costs only fifty cents a week.

Each day, chew your food thoroughly, and at the end of a few weeks you do not feel stronger and better than you have for months; if your nerves are not steadier; if you do not sleep better and have more vim, endurance and vitality, your money will be returned, and the Bitro-Phosphate will cost you nothing.

## SAGE TEA TURNS GRAY HAIR DARK

It's Grandmother's Recipe to Bring Back Color and Lustre to Hair.

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just an application or two of Sage and Sulphur enhances its appearance a hundredfold.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients at a small cost, all ready for use. It is called Wyeth's Sage and Sulphur Compound. This can always be depended upon to bring back the natural color and lustre of your hair.

Everybody uses "Wyeth's" Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it, and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous.

## YOU CAN'T BRUSH OR WASH OUT DANDRUFF

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

Do this to-night, and by morning, most, if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.

## For Superfluous Hair Use DELATONE

The Leading Seller for 10 Years  
QUICK—SURE—SAFE—RELIABLE  
Use Fresh as Wanted  
Ask Your Dealer — He Knows

## Letters To NewsRecord

### TRUE PERSONAL LIBERTY

To The Editor:—One of the characteristic phrases of prohibition generally is to promote the impression that any one opposed to it does not walk uprightly or work righteousness, forgetting that, "the wicked flee when no man pursueth, but the righteous are bold as a lion."

Freedom can only be won by liberation from the bondage of illusion. A restraint of natural liberty, not necessary or expedient for the public, is tyranny or oppression. A philosopher tells us that the liberty of one depends not so much upon the removal of all restraint from him, as on the due restraint upon the liberty of others. These little pick-knacks have been discussed and rediscussed, times without number, so we propose at the present time at least not to follow the subject any further along this line.

At the nomination on the 12th inst. some of the candidates manifested their absolute intention to "vote four times wet" or "four times dry." This was quite proper, so their supporters knew just exactly where to find them at least on this particular question. Of course any principle that has for its vital intention, the benefit of mankind and the elevating of the human race, ought to be regarded just in proportion as its influence is effective. It is announced with considerable gloat, that in Kansas, or at least liberal portions of the state, that prohibition has been in vogue for thirty years, or about one generation. Now if the manifest effect were so striking in this instance, on those who are said to enjoy the favor, it is surely not too much to ask for an illustration. Give us some of the works that these distinguished people, that are attributable to being ruled by prohibition and then let us see if they are stronger, better, and more intellectual than those who are reared in the ordinary way of liberty with a right to choose or refuse. We have some fine illustrations of men raised in the ordinary way, for instance Noah when he built the ark, and further when he navigated the vessel to the top of Mount Arrarat, thus denoting the science of conducting vessels from one point to another, which comprehends not only the management of the sails but the directing and measuring of the course of ships, by the laws of geometry or by astronomical principles and observations. Then we have Moses, who, we are taught, brought down the Ten Commandments from Mount Sinia on two tables of stone. Then Saul appears and persuades the witch of Endor to call up the prophet Samuel from the tomb in order that he may obtain reliable information regarding his fate on the impending morrow. Thus we might name an unlimited list, among whom was Mahomet, by the way a strong prohibitionist, the author of the Koran, which says "that true religion is the same throughout all ages of the world, though it varies in form according to the condition of the people." There is but one God, and Mahomet, is his prophet.

In fact, even in an ordinary community, where prohibition is extant, (that is here at home), the female part of the population is no handsomer nor fascinating, nor is the male portion any stronger, healthier, more active or reliable, than where liberty reigns supreme. Now our prohibition friends will kindly keep in mind that we contend that temperance in all things is requisite, but when a portion of the community undertake to force their particular whim or doctrine down the throats of the remaining part of the community by force of law it becomes an intolerable extreme. When the Redeemer was on earth it may be observed that, although he always advocated and recommended the adoption of good courses, yet he never requested the assistance of force in the establishing of his propositions. The Divine plan was to present the scheme and then leave the acceptance or rejection entirely in the hands of his audience, no force of law was required, because it was just the same two thousand years ago as it is to-day. Men made by this means are dainty, and void of the metal that makes a man, but a man at liberty, that accepts the truth, of his own volition, (and this is the right way to make men). You may depend on having a man with the material in him, to be of never failing value to both church and state.

J. P. MCKAY.

### KNOCKING NICK

To The Editor:—The Telegraph is coming straight out in opposition to Nick Amussen, because as it says North Waterloo wants a man who will support progressive measures. How is it that the Telegraph is not brave enough to give its real reason for opposing Amussen?

We all know that in former years Nick Amussen as Councillor in the Town of Berlin, as well as Deputy Reeve and County Councillor, was alight in the eyes of the Telegraph. He fought many hard battles and he generally came out pretty well near the top. In those days the Telegraph considered Nick an aggressive young man, a workman with good ideas and with the energy to see things through.

What caused the change in the attitude of the Telegraph? We all know it and the Telegraph knows it. Three years ago Nick came out as Aldermanic candidate for the Citizens' League, and with the other candidates of this organization he won handsomely. And ever since Nick, being the leader he is, has had to endure the persistent attacks of the Telegraph.

Whatever Nick happened to do since January 1917, seems to look wrong to the Telegraph, just because the latter thinks it necessary to knock Nick. And the knocking has not hurt Nick very much. Last New Year he headed the Aldermanic ticket, and with the Telegraph's knocking help he is most likely to head the slate next Monday evening, after the ballots are counted.

### SHINN PLASTER

Clifford Lannin Probably Fatally Wounded While Out Hunting. Owen Sound, Ont., Oct. 14.—While Clifford Lannin, aged 16, was hunting in the woods with a small rifle, he struck the weapon against a tree, it was knocked around with the muzzle toward him and discharged, the bullet entering his body. He was brought to the hospital, but there is little hope of his recovery.

The Winnipeg University Women's Club has a resolution to establish a system of loan scholarships for girls attending

# Wives Will Vote "No!"

## Mothers of Ontario's Children Will Not Compromise With "Booze"

1	Are you in favour of the repeal of the Ontario Temperance Act?	YES	NO
2	Are you in favour of the sale of light beer containing not more than two and fifty-one one-hundredths per cent alcohol weight measure through Government agencies and amendments to The Ontario Temperance Act to permit such sale?	YES	NO
3	Are you in favour of the sale of light beer containing not more than two and fifty-one one-hundredths per cent alcohol weight measure in standard hotels in local municipalities that by a majority vote favour such sale and amendments to The Ontario Temperance Act to permit such sale?	YES	NO
4	Are you in favour of the sale of spirituous and malt liquors through Government agencies and amendments to The Ontario Temperance Act to permit such sale?	YES	NO

Do not spoil your ballot by marking it with anything but X—four times.

Simply put an X after each Question under the word "No"

**B**OOZE" is an ugly word in the ears of a woman. Millions of women have had all hope of happiness in this world blasted by "booze."

"Booze" has starved little children and clad them in rags.

"Booze" throughout history has made fiends out of men and rewarded the tender affection of women and children with curses and abuse.

### Wife Murderers "Booze-Crazed"

"I have never known of a single case of wife murder that was not committed under the influence of drink," said the late Dr. J. T. Gilmour, Chief Warden of the old Central Prison, Toronto, and subsequently Superintendent of the Provincial Prison Farm at Guelph, a man of life-long experience with criminals.

Seventy-five per cent of the suicides have been set down to drink.

"Booze" shortens lives. Insurance experts calculate an average increase of 35 per cent. in the death rate for even moderate drinkers.

### "Booze" Brings Poverty and Sickness

"Booze" decreases the household income, lessens the husband's earning power and kills his ambition to succeed.

"Booze" and degenerative disease go hand in hand. Fifty-four per cent. of the divorces in Germany, the great beer-drinking country, and 50,000 deaths a year are directly traceable to "Booze." No less than 50,000 cases of alcoholic insanity are admitted to German Asylums yearly. And yet drinking in the homes or in cafes and beer gardens as practised in Europe is held up as ideal for Ontario!

### "Booze" Dooms Children to Insanity

Children of both alcoholic fathers and mothers are doomed to be mentally backward, feeble-minded, morally degenerate, epileptic or insane.

Alcoholism affects the child unborn, and alcoholic degeneracy may descend to the children of the third and fourth generation.

Beer drinking in the home makes the home a school for future drunkards.

Domestic beer drinking has made German women coarse and vulgar, German children feeble, and German men bloated and brutal.

### Ontario Women Have Power to Vote

Once women of this Province suffered "booze" to wreck and destroy in silent sorrow or bitter pride. Today in Ontario they have a vote. On October 20 they can order that "the Menace of Booze shall be forever ended."

# Mark Four X's

(One X under each "No")

To every question on the Referendum Ballot Mark X under the word No—Four X's in all—nothing more or your ballot is spoiled.

## Ontario Referendum Committee

JOHN MACDONALD,  
Chairman.

D. A. DUNLAP,  
Treasurer.

ANDREW S. GRANT,  
Vice-Chairman and Secretary  
(1001 Excelsior Bldg., Toronto).

the University of Manitoba. Quite the nicest caps are of brown or sand-colored dvelgu, embroidered with a chenille design in wool, says New York.

### O. SOLOMON

#### Moving, Trucking and Quick Delivery

Special Service for PARTIES AND PICNICS to all parts of the Country with Motor Truck

Leave Orders Phone 299 or with Fred, Solomon, Phone 1065

### How the Little Old Wise Man Found Him a Roommate!

Panel 1: A man sits at a desk, looking thoughtful. Panel 2: The man looks at a newspaper. Panel 3: The man writes in a notebook. Panel 4: Two men shake hands, one is the man from the first panel and the other is a new man.