

The Road to Health is Smooth and Clear If You Use Nujol

THE real Road to Health is an intestinal highway 30 feet long. When Constipation clogs this road, it's the same as when a landslide blocks a mountain pass. There is a difference, however. Constipation not only blocks the way, but breeds poisons which menace health.

The obstruction in the mountain pass can be blown out with dynamite, and the obstruction in the intestines CAN be blown out with powerful drugs—but any drug powerful enough to do this is bound to harm the body.

There is only one way to relieve Constipation without in the least measure endangering the delicate mechanism of the human system.

That is the NUJOL way.

NUJOL is absolutely harmless. It is NOT a drug. Not a particle of it is assimilated by the body. All it does is to soften the mass impacted in the colon and lubricate the way to sigmoid expulsion. Nujol does this without causing any pain or discomfort. It does not in any way interfere with the digestive processes. It has no more effect on the delicate membranes and tissues than to smooth and soothe them.

It is a healing force which gently but effectively removes the intestinal obstruction, and performs this great service to health without in any way lessening Nature's provisions for protection. Its sole province is to help Nature help herself.

Nearly everyone is subject to Constipation at some time or other. Nearly everyone has proved the worthlessness of ordinary "remedies" as to lasting results. Now try Nujol—and learn that there is a lasting relief for this curse.

For valuable health booklet—"Thirty Feet of Danger"—free, write Nujol Laboratories, Standard Oil Co. (New Jersey) 50 B'way, N.Y.

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. All other brands are not Nujol. You may suffer from impostors.

Nujol
For Constipation

Sickness Prevention



Economy, Quality and Service

Is the trade-winning motto of this store. The superior quality of our Meats, and our very reasonable prices, irresistibly attract the attention of people who are particular. Our Meats are of the choice, tender, juicy variety, with a moreish taste that is lasting, and they will also please your purse. People telephone from all over the city for our Special Rib Roast of Beef. The inviting flavor and the way we put them up is the secret. Try one.

SPECIAL FOR THANKSGIVING

Fresh Killed Chickens.
Fresh Killed Ducks.
Fresh Killed Geese.

HEIPEL'S MARKET

Home of Quality Meats 86 King W. Phone 31.

Heavy Underwear at Last Season's Prices

A lucky purchase of a large stock of heavy underwear last season enables us to offer our customers winter underwear in fleece-lined and wools at our last year prices. Despite the heavy increases in wholesale price since then we are making no advance in price here. You save money on every garment here.

SHOE BARGAINS

All through the store you will find wonderful Bargains in Shoes. Prices are lower than present wholesale cost in many cases.

ROMA BARGAIN STORE

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King St. West, next Roma Theatre.
Where you get the best value for your money

Mason & Risch Limited

THE HOME OF THE VICTROLA

The Victrola

always a welcome guest in any home.

Brings music—song, chorus, orchestral dance. Brings humor and wit. Brings stories and verses for children. Brings immortal writings well delivered.

Brings the sunlight of laughter; makes eyes dance, lips move, feet keep time; makes the heart young and the hours pass all too quickly.

A small payment down takes the Victrola of your choice to your home. We carry a large variety of Records and offer you a Victrola service unapproached for intelligence and promptness.

MASON & RISCH LIMITED
34 KING STREET WEST.

LOVE and MARRIED LIFE by the noted author Idah McGlone Gibson

LOOKING BACKWARD.

"I don't know whether or not I shall be home for dinner," my husband continued as he arose from the table. "I will call you up some time during the afternoon and let you know."

I glanced up quickly in time to catch a gleam in his eyes that might well have been anticipation; certainly it held no hint of regret at commanding my whole afternoon to await his message, nor remorse for the idea of leaving me to solitary dinner.

I was his wife—I belonged to him. Again a little shudder shook me as I realized that only a little while before had I thought that the greatest joy that could come to me on earth would be to BELONG to John Gordon.

A patronizing touch on my shoulder took the place of his usual perfunctory kiss on my cheek, and he took no note of the fact that I had not raised my face for his salute.

To me this was another turning point. Do men ever notice these little "first times" which mean to a woman—the first time he forgets to hold your chair for you at the table, the first time he neglects to open the door, the first time he allows you to put on your own wraps, the first time his eyes fail to brighten at the sight of a new becoming frock, the first time his lips brush carelessly, instead of clinging to your mouth?

Tears came to my eyes as I realized that the little pebble on my shoulder was only another milestone on the road which was taking me farther from my husband.

Resolutely I scolded myself again at the breakfast table, determined not to do it—choked me.

"I did not really mean it," I said to myself again, this time in calmer and more decisive accents. I did not really mean to wish my husband was dead, but try as I would I could not dispel the horror of the fact that I, sitting across from John Gordon, had allowed the words: "I wish he were dead," to form in my brain, visualize before my eyes, and almost issue from my mouth. And yet a little over three years before I felt that I could not live without him.

The very touch of his hand at that time had made me faintly delicious with joy and yet this morning I had to exercise great will power to keep from trembling violently with the disgust I felt when his hand dropped upon my shoulder.

For a moment I was almost ready to emulate the little old woman of the nursery rhyme and ask if "I be?" I did ask. "Oh, the man who has just left you, Kate Gordon, be the same man who set your nerves all a-flutter the moment you raised your eyes to him—the first time?"

With the quick change that comes to all women with vivid memories and strong imaginations, all that I had been thinking was blotted out and again I felt, in memory, the thrill that came to me as I looked up for the first time into the smiling gray eyes of John Gordon three years and a half before.

I had been the house guest of an old school friend and for three weeks the stage had been set for his coming into my life. Every one that I met spoke of him—of his fascination, his charm of manner, his good looks and his well turned compliments.

Again and again I heard as to why he had not married.

"All the girls are crazy about him," said my friend, "but I have never known him to single out any girl for attentions that meant more than intentions."

We were at the Country Club the evening of our first meeting. I had been aimlessly flirting with little Helen Van Ness at my ear.

"Kate," she said, "I want John Gordon to know you, and I want you to know John Gordon. Two people with such originality and independence of thought should either be friends or antagonists and I leave you to find out which of these you are going to be to each other."

I took one look at John Gordon and there was no mistaking in my mind, what I was to be to him. As I raised my eyes to his and extended my hand, I am sure that he felt the same physical sympathy—the same magnetic thrill that almost embarrassed me, so sure was I that every one could see my emotion.

More by his manner than by his words he asked me to dance and at the strains of the sentimental Hawaiian music, so popular that summer, came to us his arm stole around my waist and we glided out on the floor. We danced wonderfully together and for some time neither spoke. Finally he bent his lips so close to my ear that I could feel his warm breath as he whispered, "Well is it friends or enemies?"

(Continued tomorrow)

NORTH DUMFRIES PLOWING MATCH

To Be Held on October 14 on Farm of G. Scott, Cedar Creek Road

Much interest is being taken in the North Dumfries Plowing Match, which will be held on the farm of George Scott, Cedar Creek road, North Dumfries on Tuesday, October 14th. Excellent prizes will be given and the ladies will provide lunch and hot coffee. There are six classes on the program this year and three special prizes will be given a silver cup by the Merchants Bank, Galt, for the best plowing on the field, which will be open to all plowmen in North Dumfries. This prize

OPENING

MISSION HALL

Rear of King Street Baptist Church

SATURDAY, OCTOBER 11, 7.30 p. m.

BRIGHT, BRIEF and HELPFUL ADDRESSES.

GOOD SINGING—BROTHERLY MEETINGS

EVERYBODY WELCOME

OPEN EVERY SATURDAY NIGHT

has to be won twice before it becomes the property of the winner. R. Wright was the winner in 1918.

A medal by Molson's Bank, Ayr, will be given for the best plowing in the two-furrow class. This medal has also been won twice before it becomes the property of the owner.

The third special prize offered will be \$2.00 for the best two-horse plow team; \$3.00 for the best three-horse plow team; to be the property of one man, not necessarily the plowman.

LENGTHY DEBATE ON OLEO MEASURE

ONTARIO RURAL MEMBERS WANT PRODUCE BARRED.

Ottawa, Oct. 9.—The bill to permit the importation and manufacture of oleomargarine until August 1920, and the sale until March, 1921, was given a second reading to-night despite the vigorous opposition of Ontario members representing rural ridings. Mr. S. F. Glass, East Middlesex, after declaring oleo to be an impure article moved a six-months' hoist, but when it came to a vote only four members stood up and the amendment was declared lost without division. The debate was a lengthy one.

Mr. Donald Sutherland, South Oxford, again led the Opposition to the bill. He said oleomargarine was not a substitute for butter and he doubted if it would be fit to eat if it were not for the butter incorporated in it by the manufacturers. G.T.H. butter making industry as a result was being ruined.

MR. SINCLAIR'S IDEA. He was supported by J. H. Sinclair, of Guyabara, who suggested that the Board of Commerce should try to reduce the price of butter rather than continuing the sale of a substitute.

Dr. J. W. Edwards, of Frontenac, also opposed the bill because it would discourage the dairying industry. He did not think the price of butter was excessive in view of the food value of butter. Mr. Glass, in moving the six months' hoist, claimed that oleomargarine was an impure and spurious article.

TO GROW HAIR ON BALD HEADS Specialist Gives Simple Recipe That Works Fine.

Thousands of people suffer from baldness, and falling hair who, having tried nearly every advertised hair tonic and hair-grower without results, have resigned themselves to baldness and its attendant discomfort. Yet their case is not hopeless; the following simple home prescription has made hair grow after years of baldness and is also unequalled for restoring gray hair to its original color, stopping hair from falling out, and destroying the dandruff germ. It will not make the hair greasy, and can be put up by any druggist: Bay Rum, 6 ounces, Lavone de Composee, 2 ounces, Menthol Crystals, one-half drachm. If you wish it perfumed add 1 drachm of your favorite perfume. This preparation is highly recommended by physicians and specialists and is absolutely harmless, as it contains none of the poisonous wood alcohol so frequently found in hair tonics. Ladies using this prescription should be careful not to get it on the face or where hair is not desired.

GLASS OF SALTS CLEANS KIDNEYS

If Your Back Hurts or Bladder Bothers You, Drink Lots of WATER.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacy about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast, each morning for a few days and your kidneys will 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 clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and back-ache.

PURITY - QUALITY - ECONOMY

With the increased cost of labor and materials due to war conditions, it is not reasonable to suppose that a really first class baking powder can be made and sold at the old prices. Rather than sacrifice the quality of

MAGIC BAKING POWDER

we found it necessary to make slight increases in price during the war period. Even though Magic Baking Powder may cost a few cents more than the ordinary kinds it is still by far the most economical baking powder on the market to-day when purity, strength and leavening qualities are taken into consideration.

Contains No Alum

Made in Canada

Dr. Clark, Hon. T. A. Cramer, F. H. Keefe and Capt. McGibbon championed the bill. Dr. Clark supported the bill as a free trader.

Mr. Cramer failed to see the argument that it would ruin the dairy industry. Denmark was the greatest dairy country in the world and yet the manufacture of oleo was permitted.

Mr. Keefe and Capt. McGibbon claimed the sale of oleomargarine was of the greatest benefit to many families which could not afford butter.

CARLSRUHE.

The political pot is getting hotter and the people are getting drier.—The U.F.O. will meet here on Friday evening and no doubt there will be some. A number from here assembled at Philip Grub's to welcome his son Otto, who has just returned from overseas.—Jos. Buckel and Alb. Goetz

and wives of Mildmay visited in the village last Sunday.—While J. Hof-farth was cutting clover last week, his team became unmanageable on account of the flies and bolted through fields and fences, leaving the mower in a bad shape, but no harm came to the driver or his team.—Willie Hundt and wife of Mildmay spent Sunday here.

THOS. H. INCE PRESENTS
CHARLES RAY
IN
"BILL HENRY"
A Paramount Picture

First Williard and Dempsey—and now comes Charles Ray to the Ringed arena. The mighty Jess has entered the movies. Allen Theatre Friday and Saturday.

High Class Queen St. Property For Sale

Fine large home of unusual construction, comprising 15 rooms of interior hardwood construction and equipped with hardwood floors, mantels and every conceivable convenience. This home is beautiful situated on large and attractive grounds with frontage on two streets. Price - - - \$20,000.00

Another Unusual Offering

Red pressed brick of 8 rooms, with large Reception Hall, front and rear Living Room, with fire-place, large Dining Room and fine big kitchen. Upper flat consists of four fine bedrooms and large bath room. This home is trimmed in Oak with floors throughout of quarter cut oak. Has excellent hot water heating system and every modern convenience. Situated on fine lot, complete with Garage - - \$10,500.00

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