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IS GIVEN TO COUGHS, COLDS AND BRONCHITIS WHEN TREATED WITH THIS WONDERFULLY EFFECTIVE HOUSEHOLD REMEDY.

ROBERT'S SYRUP
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RED PEPPER HEAT
QUICKEST RELIEF
FOR RHEUMATISM

Red Pepper Rub takes the "ouch" from sore, stiff, aching joints. It cannot hurt you, and it certainly stops that old rheumatism torture at once. When you are suffering so you can hardly get around, just try Red Pepper Rub, and you will have the quickest relief known. Nothing has such concentrated, penetrating heat as red peppers. Just as soon as you apply Red Pepper Rub you will feel the thrilling heat. In three minutes it warms the sore spot through and through. Pain and soreness are gone. Ask any good druggist for a jar of Rowies Red Pepper Rub. Be sure to get the genuine, with the name Rowies on each package.—Adv.

PARNELL'S 100% Whole Wheat Bread

Your body demands food with high energy value and no waste. Parnell's 100 per cent Whole Wheat Bread is that food, because it contains the untouched heart of the wheat just as nature gives it, rich in those precious minerals that build health. At your grocer's, or phone 929.

PROF. DEARLE WILL SPEAK IN "U" EXTENSION SERIES

For this week's university extension lecture, Professor R. C. Dearle of the department of physics, will speak on "Color and Color Blindness." The lecture, which will be illustrated by interesting experiments, will be given in the old medical college building, at York and Waterloo streets, on Thursday evening, beginning at 8 o'clock. All of the lectures given under the auspices of the extension department are open free to the public. There will be lectures every Thursday evening during February, March and the greater part of April.

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We have our own department for finishing, and guarantee the work.

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Make your own syrup with **MAPLEINE**
The easiest saving you can make! Ready in a jiffy! A rich old-fashioned syrup for only about 28c a quart. Ask your grocer today for Mapleine.

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Each 15-cent package of "Diamond Dyes" contains directions so simple any woman can dye or tint any old, worn, faded thing new, even if she has never dyed before. Choose any color at drug store.—Adv.

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Don't let the agony of corns destroy your comfort. Apply Blue-jay—and instantly the pain vanishes. Then the corn loosens and comes out. Does away with dangerous paring. Get Blue-jay at any drug store.

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COMMITTEE NAMED TO PROBE PRINTING COURSE PROPOSAL

Vocational Committee of Education Board Considers Plans For Tech.

REPORT ON ROOMS

At the meeting of the vocational committee at the Technical School on Monday evening, Principal Beal submitted a report of the uses to which rooms are put at the Technical School as far as day classes are concerned. The table follows:

Room	Total periods in school week	Periods used per week	Periods vacant per week
Top Floor—			
Chemistry Lab.	26	14	12
Domestic Science	40	31	9
Room No. 1.	40	37	3
Room No. 2.	40	37	3
Art room.	40	38	2
Room No. 3.	40	38	2
Room No. 4.	40	38	2
Draughting No. 1.	40	40	0
Draughting No. 2.	40	37	3
Physics Lab.	40	39	1
Main Floor—			
Dressmaking	40	40	0
Typing	40	36	4
Dressmaking	40	38	2
Millinery	40	39	1
Room No. 6.	40	39	1
Room No. 5.	40	39	1
Room No. 4.	40	35	5
Woodworking	40	40	0
Ground Floor—			
Plumbing	40	38	2
Electric wiring	40	35	5
Laundry	40	40	0
Lunch, Girls	40	40	0
Lunch, Boys	40	40	0
Room No. 7.	40	35	5
Machine shop	40	40	0
Total 960	895	65	

It was also explained that with the development of laundry classes and other departments in domestic science the available open periods would be brought down from 65 to 25.

Enrollment Report.
The day enrollment at the Technical School over a period of years was:

Sept. 1918	98	161
Sept. 1919	124	226
Sept. 1920	166	240
Sept. 1921	241	284
Sept. 1922	292	323
Sept. 1923	337	283

East Collegiate, December enrollment, 242.

The question of adding a printing course to the school was considered, and a committee of J. B. Wright and Arthur Kennedy were appointed to bring in a report, which they will do after conferring with the trade in the city in order to find out what is required in the way of instruction.

W. N. Manning and Trustee Willmott were named to report on a plan to give physical training to the pupils at the Technical School. There is a possibility of accommodation for this work being provided at the Y. M. C. A.

A bill from Watt & Blackwell for \$1240 on a balance account, was referred to the solicitor for his opinion as to the liability of the board to pay.

Another bill from the solicitor, T. G. Meredith, for \$140 for transferring a property valued at \$1000 to the Technical School was referred back to the board of education, the members considering the amount charged to be too high.

"SMILE" CARD CREATES UNUSUAL COMMENT
Some Passengers Not Inclined To Agree With Wording on the Placard.

The new smile card being carried this week in the street cars is arousing some comment among passengers. The card, which appears on the front of the car under the title of street car topics, reads: "Smile"—this in large red letters. Then there follows: "We always give our service with a smile." The card is carried in a car for about ten blocks and kept smiling. As to the statement that the company always gives its service with a smile, there is, according to a few travellers, some room for argument. "And if that is the case, they say, 'it is probably because it takes only 17 muscles to smile. It's just a case of taking the path of least resistance, that's all. I'm sure it takes fewer muscles to walk home than to take a street car.'"

SATURDAY TO SEE NEW BUILDING OCCUPIED
Moving of Military Headquarters of M. D. No. 1 Now Nearly Completed.

By next Saturday, military headquarters for No. 1 Military District will be moved into the Piccadilly street Chapter House, Lieut.-Col. William Lawless, D.S.O., said this morning. The men have already moved part of the equipment and furnishings. Improvements to Wolsey barracks have been made to accommodate the Royal Canadian Regiment, which vacated its Tecumseh barracks premises this month.

LABOR LEADER REPLIES TO THREATS OF ATTACK

Right Hon. J. H. Thomas Urges Fair Play in Attitude Toward Government.

CALL OUT GUARDS

Sir Frederick Banbury Stated He Was Prepared To Use Soldiers.



RT. HON. J. H. THOMAS.

By RT. HON. J. H. THOMAS, Colonial Secretary of the British Labor Government.

As a result of the unexpected defeat of the Conservative party, and the return of the Labor party to parliament as the alternative government, Great Britain is confronted with a momentous constitutional situation unprecedented in the political history. The circumstances are such as will demand from party leaders the exercise of some of the highest qualities of statesmanship, and in fact from all ranks of society and from the public press, a reasonable measure of tolerance and fair play.

It may be true that a Labor government in this country would be an innovation, and that consequently there is some apprehension on the matter. But I feel compelled to issue the warning that any conspiracy on the part of other classes of society, whether prompted by fear or prejudice, to deprive Labor of its rightful place in parliament, as warranted by past constitutional practice and tradition, will be bound to lead to widespread distrust in the efficacy of the ballot box, and would drive our men and women, who have been taught so laboriously to believe in constitutional methods, to resort to other means, and indeed, they would be driven into the camp of that otherwise small group of people who never hesitate to preach revolution as the shortest cut to the millennium. Readers will appreciate how sincerely those of us who have seen this danger have pleaded for fair play. It was most decidedly not because of the glamour of office, or because of the emoluments that may be attached to it. It was simply because we could see that the present position arose out of the natural and inevitable process of evolution under a democratic constitution like the one in force in this country.

Difficult Period.
Labor is under no illusion as to the present limits of possible social reforms, and as to the pace at which they can be introduced. Therefore, it will not entirely be the fault of Labor's opponents if questions are raised which will bind the poor together and excite them against the rich. We know quite well that the government has not an inexhaustible fund out of which to satisfy its wishes.

But still the higher classes must display wisdom and foresight, and must acquiesce in every just claim, if they wish to escape having to concede unwillingly some claim which might easily involve drastic change in the constitution. It will be better for all if evolution be permitted to pursue its natural course.

So-called courage, which strengthens opponents and loses only the present battle but many subsequent battles, is a great curse to men and nations. After the Franco-German war, France, under the Thiers administration, was singularly tranquil and prosperous, and was fast attaining her former place among the great powers. But the conservative faction in the assembly, professing to be alarmed at the spread of socialism, offered violent opposition to the government and at last effected its downfall. The result was that, after several years without any settled form of government, in 1875 France had a republican constitution drawn up for it by the national assembly, which was elected in 1871. I believe that we in Britain will have the sound common sense to avoid unconstitutional and violent change.

Threat Answered.
The indomitable Sir Frederick Banbury, after making reference to the dissolution of the Long Parliament by Cromwell, said, at a recent meeting in London, that, if Mr. MacDonald attempted to carry on after his government, he would be prepared to lead the Coldstream Guards into the House of Commons. Unfortunately, he appears to have overlooked that Cromwell's action was that of a military revolutionist, not of a constitutionalist. In any case, we in this country will not tolerate the selection or election of parliament by the men of rank and education which provoke attack by extremists.

I have endeavored so far to point to some of the serious dangers which might follow any unfair attempt to rob Labor of its constitutional position in parliament. Another consideration which I desire to advance is that this country has just emerged from the greatest world-war in its history, and that no one can say that that war was won by the efforts of any one class or party. In the hour of trial and danger no one class showed greater patriotism and sacrifice than another. Labor then, in the hour of need, having taken its full share of the defence of the country, would it now be just to attempt to deliver Labor taking its proper place in the government of the country?

Another important reason why Labor should be given its chance to govern is that, by a process of education and practical experience, workers have reached a stage when one will find widely distributed in their ranks not only a spirit of true patriotism, but a highly intelligent public spirit as well, and certainly as large a measure as it exists in the ranks of the other classes and parties. It must be remembered that, for a period of over fifty years, our workers have been eagerly training and educating themselves in co-operative and friendly societies. Also, during the past twenty-five years they have taken an ever-increasing part in local government and other public work, until today there are thousands of working men and women serving as magistrates and guardians of the poor, and thousands more serving as parish, rural, urban, borough and county councillors. In fact, we have today numerous instances where Labor is in full

power on local bodies, and where the office of lord mayor or mayor is occupied by members of the Labor party. Does not all this prove that the time is ripe for Labor to shoulder its responsibilities for national government as well?

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YOUR GLASSES

Thursday next is DOLLAR DAY. Why not have your eyes examined while you are in town? See F. STEELE in his new premises opposite Loew's and Allen's Theatres and have the benefit of his eighteen years' experience.—Adv.

ROUND TABLE CLUB TO HEAR OF AUSTRALIA

George Clark Will Tell Friday Meeting of Impressions Gained on Trip.

George Clark will be the speaker on Friday night when the Round Table Club meets. He will talk on his experiences in Australia and New Zealand, and will illustrate his remarks with photo-stories made by himself during the trip. The meeting will be held in the Blue Dragon Tearooms at 615.

Mr. Clark will touch on both the business side of his tour of the Southern Pacific and also on the habits and customs of the people "down under." He has some very decided views on this last question, and promises the members an interesting address. For instance, the "Aussies" have certain ideas all their own as to Canadians, Americans and Britishers, and all these George Clark will retail for the benefit of Round Tablers on Friday evening.

A Health Secret

It is frequently claimed by physicians that nine-tenths of all human ills may be traced to neglect to keep the bowels regular and the liver and kidneys active.

The result is an accumulation of poisons in the system which cause pains and aches and give rise to such dreaded diseases as appendicitis, Bright's disease, diabetes, high blood pressure, etc.

Dr. Chase's Kidney-Liver Pills are the ideal regulators of these vital organs because they act directly on the liver, kidneys and bowels, and ensure a thorough cleansing of the system.

You will notice that while the price of Dr. Chase's Kidney-Liver Pills has been increased to 35 cents, the box now contains 35 pills instead of 25 as formerly.

Likewise Dr. Chase's Nerve Food is 60 cents a box of 60 pills, instead of 60 cents a box of 50 pills. Edmondson, Bates & Co. Ltd., Toronto.

Used by Dr. Thacher for Gas On Sour Stomach, Constipation, Indigestion, Colds and Run-Down Condition.

We were asked the other day to explain why so many people got such quick relief through the use of the vegetable syrup prescribed by Dr. Thacher—why it so often gave relief after harsh drugs and medicines had failed.

Why You Feel Badly
Dr. Thacher found that the majority who called on him with various ailments were suffering because their vital organ was out of order. This organ is the liver. It aids digestion, helps prevent constipation and purifies your blood. But when it becomes clogged and sluggish it cannot do these three things. Consequently you often wake up mornings feeling dull and tired and frequently suffer from one or more symptoms such as poor digestion, coated tongue, faulty movement of the bowels, colds and a

DIABETIC PATIENTS WARNED AGAINST IMPURE INSULIN

Local Health Officials Declare That Imitations of Drug Are Doing Harm.

USE IS INCREASING

Diabetic patients are warned to avoid imitations and substitutes for insulin in combatting their disease, public health officials said this morning. It is learned, they added, that a number of useless, and sometimes, harmless drugs purporting to be as good as insulin have been put on the market. All of these have proven worthless.

Dr. Albert Slack of the Institute of Public Health, stated the consumption of insulin within the past three months has almost doubled so far as indigent patients are concerned. In December last the monthly average was about 14,000 units. Last month's was 25,000 units. This indicates, Dr. Slack said, the widespread use of insulin all over the country.

When insulin was first manufactured the cost was 10 cents and more per unit, making the daily consumption almost prohibitive to the ordinary patient. Three months ago the price was reduced to 8 cents a unit, and today the cost is just 1 cent. This represents a decrease of approximately 100 per cent within half a year, and probably accounts to some extent for the greatly-increased demand.

Deaths from diabetes have been reduced to a minimum, according to medical records. Two years ago the main cause of death in the list of death-dealing scourges, but today it is fallen as low as 43rd place. Of course, new cases are developing constantly, but few fatal results have been evidenced in Western Ontario.

For Colds, Grip or Influenza and as a Preventive, take Laxative BROMO QUININE Tablets. The box bears the signature of E. W. Grove, 30c. Made in Canada.

REV. W. R. M'INTOSH ADDRESSES MENTORS
Club Members Hear Talk on Devotional Side of C.S.E.T. Program.

The Mentors' Club held their monthly supper at the Y. M. C. A. last night. Rev. W. R. McIntosh addressed the club on the devotional side of the C. S. E. T. program. Rev. F. W. G. Hines, president of the club, presided over the meeting. Among those present were George Bere, Frank Adams, Tom Brown, Archie Rumer, Fred Warren, Ron. Hunt, Harley Wilson and W. H. Spearman.

The next meeting will be held on March 3, when F. G. McAllister will speak on the intellectual side of the C. S. E. T. program.

CUSTOMS OFFICIAL ILL.
W. H. Hicks, oldest officer of the customs house, has been confined to his home for the past three weeks with an injured knee.

NEW BOX 35 Pills
DR. A. W. CHASE'S KIDNEY AND LIVER PILLS
WEAK BACK KIDNEY AND LIVER TROUBLE
35c

VEGETABLE SYRUP TAKES PLACE OF HARSH DRUGS AND MEDICINES
Used by Dr. Thacher for Gas On Sour Stomach, Constipation, Indigestion, Colds and Run-Down Condition.

Get Quick Relief
Try this, yourself! Just a few spoonfuls of the vegetable syrup prescribed by Dr. Thacher. Notice the quick difference in the way you look, eat, sleep and feel! This vegetable syrup (known as Dr. Thacher's Liver and Blood Syrup) contains ingredients known to physicians for their corrective and health building properties. Start taking it after the next meal to cleanse and tone your liver and build up your system. You will be completely satisfied; otherwise, druggists are authorized to refund the entire cost.

Dr. Thacher's Liver and Blood Syrup is sold by B. A. Mitchell, 114 Dundas street, and Taylor's Drug Store, 399 Richmond street, half block south of Dundas in London. J. W. Craig in Dresden, E. M. Cross, W. A. McIntyre, St. Marys, and John E. Warner, Alvirton, and by leading druggists in every city and town.—Adv.

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A Mid-day Meal for One

"But I hate to cook for myself!" How many women say it, and how many others feel it! In every little Oxo Beef Cube there is a wealth of warmth and nourishment and a world of flavor. Whilst saving time and trouble, they bring you all that is beneficial in meat—build up nerve, body and resistance.

OXO CUBES
A Cube to a Cup.
1 Oxo Cube, Pepper and Salt, Crumbs of Bread, A Little Butter, Stablespoonfuls grated Cheese.
Dissolve the Oxo in a little hot water. Put the butter and grated cheese into a small steupan, and pepper and salt. When dissolved, add enough crumbs of bread to form the mixture into a cream. Serve on hot buttered toast.

Are you the lucky one in five?
Ptyorrhea is no respecter of persons. It strikes four out of every five past 40, and thousands younger, too.
If you would not pay the price, don't delay. Go to your dentist regularly for teeth and gum inspection and brush your teeth daily with refreshing Forhan's.

More than a tooth paste—it checks Ptyorrhea
35c and 60c in tubes
Forhan's FOR THE GUMS
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BRUSH YOUR TEETH WITH IT
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