

Save Against the "rainy day"

The thought of being dependent some day, when illness or old age takes away one's ability to earn, is rightly distasteful to the Canadian mind.

The simplest, surest way to offset this is to open a Savings Account and add something to it every week. Come in and we will gladly explain.

—THE Bank of Nova Scotia

Capital . . . \$ 5,700,000
Reserve Fund . . . 16,000,000
Resources . . . 220,000,000

A. J. CUNDICK
Manager
Kitchener Branch

TODAY'S WATCHWORD —Sickness Prevention

The guiding inspiration of modern medical science is *Sickness Prevention*. As this idea has worked itself out, smallpox, cholera, yellow fever and other infectious diseases already have given way. And science has finally developed an effective agent against the plague which is the originating point of over 90% of disease.

That plague is constipation, and that agent Nujol. The dangers of constipation are so widespread because by reducing the body's power of resistance through self-poisoning it makes it easier for any disease to develop. Nujol by relieving constipation prevents the absorption of the poisons which otherwise would be taken into the blood and infect the whole system.

Leading medical authorities agree that pills, salts, castor oil, etc., simply *force* and weaken the system. Nujol softens the food waste and encourages the intestinal muscles to act *naturally*.

Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world. Get a bottle from your druggist today.

For valuable health booklet—"Thirty Feet of Danger"—free, write Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York.

Regular as
Clockwork



Warning: Nujol is sold only in sealed bottles having the Nujol Trade Mark, as shown here. Beware of imitations represented by the "N" logo. You may suffer from indigestion.

Nujol
For Constipation
SICKNESS PREVENTION

W.D. Wellington THE UNIVERSAL PIPE

A COOL, dry smoke *always*. The well catches moisture and stray tobacco: the top-opening bit sends the smoke up away from tongue. And the Wellington is a W D C pipe, which means genuine French Briar, specially Demuth seasoned and guaranteed against cracking or burning through. Many shapes and sizes, at all good dealers, for \$1.00 and up.

WM. DEMUTH & CO.
New York



everybody reads food- news!

Any news pertaining to food comes pretty close to touching men and women where they live. You'll be glad you read this if you ask for

"Ocean Flour"

The Wm. Snider Milling Co.

Waterloo,

Ontario.

Christmas Morning

By MARY GRAHAM BONNER



CHRISTMAS comes but once a year, Christmas comes but once a year," shouted the children as they hurried down stairs on Christmas morning. Their daddy and mother followed and they sang too.

"Christmas comes but once a year!" From the stairs they could see the library with the fire just started. There was a big tree all trimmed! And under and around it there were just the things they all had been waiting for, and a lot of other things they had never expected. Oh, how beautiful it was. It looked to the children as if it couldn't be real and it seemed to them as if they must be dreaming—as if all this wonderful room, filled with presents and stockings and everything else that was fine, could not be real after all.

But they had thought this way on other Christmas days and they had not been dreaming on other Christmas mornings. To be sure they dreamed of Christmas before Christmas came but they didn't dream of anything nearly so wonderful as Christmas always was.

There were four children. Lucy and Betty and Robbie and Billy. There, in the center of the library, was the big tree. It was covered with candles and though it was daylight the candles were lighted and the shades pulled down so as to make the tree look its very best. And too, it wasn't so very bright at that hour, for they were always up very, very early on Christmas morning.

They began to see the things on the tree they had asked Santa Claus for, and then they looked to see if he had taken the notes they had written for him wishing him a Merry Christmas.

Sure enough! He had taken them. They wondered if he had been pleased



"Christmas Comes But Once a Year!" and they hoped very much that he had.

All these thoughts went through their minds very quickly and then they began to say, "Ah," and "Oh," and "Isn't it wonderful," and "Look!" "Well," said their daddy, "let us sit down and look at all our presents." They sat down on the floor. And each one took a stocking which had been hanging in front of the mantel piece. Every stocking was well filled. And each stocking stuck out queerly so that no one could guess what was in it.

What a guessing match there was before they emptied the stockings—just to keep the surprise a little longer, for they had an idea that Santa Claus wanted them to be as surprised as possible. And when they did guess what was in some of the stockings it was such fun!

After the stockings had been looked at and the oranges and apples had been hanging in front of the mantel piece. Every stocking was well filled. And each stocking stuck out queerly so that no one could guess what was in it.

There were many presents around the foot of the tree. And now they knew that they weren't really dreaming. They were really, really alive, and this was really, really Christmas. Everything about it was real and their presents were real and they were wide awake and beginning to feel hungry, for they hadn't waited to have breakfast first. They ate Santa's wonderful oranges and mother said to daddy:

"Dear me, I wish I could find big juicy oranges like Santa Claus does. He's a better shopper than I am!"

And their daddy laughed and said, "He's a smart old fellow. It's hard to get ahead of him. And even if we can't find such good oranges we get them every year through his goodness!"

"He's the dearest soul in all the world," said Lucy, "except the family."

"He's wonderful," said Betty, "and oh, my dollie is so adorable. He gave me just the kind I asked for."

"He's a wonder," said Robbie and Billie together, and then everyone took his or her orange and paraded into the dining-room, singing once more.

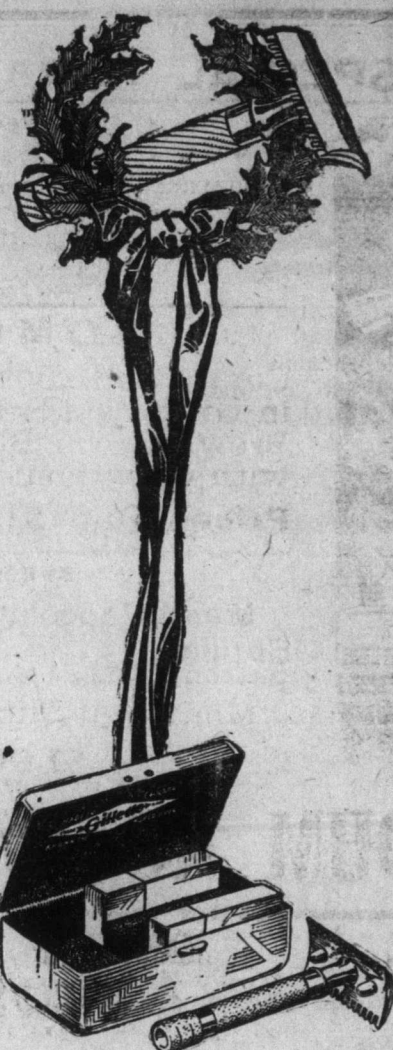
"Christmas comes but once a year!"

For many years of faithful service Dr. A. McLeay, surgeon of the Oxford County House of Refuge, was granted a bonus of \$100.

John Thompson, St. Thomas, recognized as the oldest newspaper reporter in the county died at the Angus Wood Hospital.

Sentence was suspended on George Swanson, Toronto, charged in London Police Court by his wife with non-support.

A Gillette for CHRISTMAS!



GIVE a man what he *wants*—a Gillette Safety Razor! There is no worthier gift to be laid on the altar of Friendship at this season than the razor which helps a man so satisfactorily 365 days in the year—366 days next year!

\$5.00 the Set

Whoever receives a Gillette Safety Razor set from your hands will value it highly. The very appearance of a Gillette set stamps it with quality, even before the fortunate owner has learned by actual experience the sleekness of the skin only possible after a Gillette shave.

Few men are expert with the strop or hone. With Gillette shaving there is need for neither. Instead, the Gillette owner enjoys the perfection of a double-edged, wafer-thin, factory-sharpened edge for every shave, and there are 24 such edges in every set.

While selecting Gillette Safety Razor sets for your friends and family, don't overlook your own needs!

The best dealers in every locality
sell the Gillette Safety Razor.

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KNOWN THE WORLD OVER

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You can make this store your Christmas Shopping headquarters with pleasure to yourself and profit to the recipients of your gifts. Among the many lines we handle for the Christmas trade we mention the following:

PIANOS	PHONOLAS	INSTRUMENTS
Sherlock-Manning quality, first class but reasonably priced.	Play every make of record. A gift that is always appreciated.	Musical Instruments of all kinds at prices within your reach.
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For Boys and Girls, Annals, Story Books, Picture Books etc., etc.	A bewildering array of Christmas Ornaments and decorations.	All the latest in both popular and classical sheet music.
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A wide range to choose from.	and stationery of all kinds.	Make acceptable Xmas Gifts to Music Teachers and students.

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CHILDREN'S BLUCHERS, ALL SIZES 4 to 7
WOMEN'S GR 9 INCH TOP, REG. \$10.00 to \$12.00

Women's Dark Brown Vici Kid

Black Calf Walking style as cut, same heel

Women's Vici Kid in brooking Shoe, medium heel

Women's Brown Calf Bal, high all sizes

EVERY SHOE IN THIS STORE ON SALE.

J. HESSEBAUER
74 King W



When you think of billiards you think of Willie Hoppe, for in the history of the game his career has no parallel. At nineteen, back in 1896, Hoppe first won the 15-2 title in 1902, and has won

CARLSRUHE. Mr. Edgar Woods of the South Line bought the 100 acre farm on the Hanover road, for \$7500 from Henry Fischer, for his brother who at present resides in Detroit. Mr. Fischer purchased Henry Fischer's farm on the 11th St. block containing 100 acres for \$500. Both parties take possession today. Henry Fischer bought the remaining 3 acres on the 10th Con. from Fischer for \$10,000. This property belongs to Mr. Fischer's farm, who has 200 acres in Carlsbad, and is in Normandy. Mr. Fischer rented the former month shop here from Mr. Fischer for a store house and sold with automobiles last year. He is now in the 11th Con. and has won