


GET RID OF YOUR FAT

Thousands of others have gotten rid of theirs **WITHOUT DIETING OR EXERCISING** often at the rate of over 2 pound a day and **WITHOUT PAYMENT** until reduction has taken place.



I am a licensed practicing physician and personally select the treatment for each individual case, thus enabling me to choose remedies that will produce not only a loss of weight harmlessly, but which will also relieve you of all the troublesome symptoms of over-stoutness such as shortness of breath, palpitation, indigestion, rheumatism, gout, asthma, kidney trouble and various other afflictions which often accompany over-stoutness.

My treatment will relieve that depressed, tired, sleepy feeling, giving you renewed energy and vigor as a result of the loss of your superfluous fat.

You are not required to change in the slightest from your regular mode of living. There is no dieting or exercising. It is simple, easy and pleasant to take.

If you are over-stout do not postpone, but sit down right now and send for my FREE TRIAL TREATMENT and my plan whereby I am to be PAID ONLY AFTER REDUCTION HAS TAKEN PLACE, if you so desire.

DR. R. NEWMAN, Licensed Physician, State of New York,
 286 Fifth Avenue, New York, N. Y., Desk H-992.



YOUR DUTY TO YOURSELF IS TO SAVE!
The man with a savings account need never
worry over the future.

Saving, backed by determination, is one of the most satisfying habits to acquire.

A Savings Department at every Branch of

THE ROYAL BANK OF CANADA

THE ROYAL BANK OF CANADA	
Capital and Surplus	Assets
\$40,800,000	\$500,000,000

Figure 1

Figure 2

New Issue, \$2,000,000, Capital Stock.
The Bell Telephone Co. of Canada.
8% dividends for 36 consecutive years.

A Growing Business

DEMAND for telephones grows faster than the population increases. Had the population of Canada increased as rapidly

from 1900 as the number of telephones has increased, Canada would now have a population of over 50,000,000.

The demand for telephones has increased so rapidly that there has been a waiting list of 17,000 to 19,000 applicants for service for over two years, although more than 23,000

The new \$2,000,000 issue will install the plant and equipment necessary to supply this demand.

Eight per cent. dividends have been paid for thirty-six consecutive years on the stock of this company.

Price at market to yield about 7.50%.

Telephone or telegraph your orders at our expense. Write for further particulars if

Before you invest, consult us.

Amilius Jarvis & Co.

Established 1891
Ottawa

103 Bay St.
Montreal

<p>that it is out day,</p>	<p>St. Paul New York</p>	<p>Toronto</p>	<p>London Eng</p>
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THE DOMINION SAVINGS

AND INVESTMENT SOCIETY
Dividend No. 104
Notice is hereby given that a dividend at the rate of 5% per annum on the paid up capital stock of this society for the

The transfer books will be closed from the 16th day of March the 1st day of April next, both days inclusive.

By Order of the Board,
NATHANIEL HILLS, Manager.

London, March 16, 1922.

CUNARD ANCHOR-DONALDSON
ANCHOR LINES

Canadian Services.

CUNARD LINE

MONTREAL TO LIVERPOOL.

April 19, May 17, *June 14 ... Calcutta
April 26, May 24, June 21 Suez
June 7, July 5, Aug. 2 Suez
*Sails from Boston June 15.

N. Y. TO CHERBOURG AND SOUTHAMPTON.

April 25, May 16, June 6 ... Mauritius

May 6, June 10, July 15 Athens
June 24, July 29, Sept. 2 Tyrrenia
July 8, Aug. 12, Sept. 16 Ausonia

MONTREAL TO PLYMOUTH, CHERBOURG AND LONDON.

April 18 Palermo
*May 13, June 17 Athens
May 25, July 1, Aug. 3 Sicily

June 17, July 22, Aug. 26.....Andania
 July 1, Aug. 5, Sept. 9.....Antonia

ANCHOR-DONALDSON LINE.
 *Sails from Boston May 17
BOSTON—LIVERPOOL—QUEENSTOWN.
 May 3 S
 May 31, June 28 I
ANCHOR LINE.
 N. Y. TO GLASGOW (Via Montreal)
 (Call)

MONTREAL TO GLASGOW.

May 6, June 3, July 1 Co
May 27, June 24, July 22 Co
June 14, July 15, Aug. 25 Co

**BOSTON TO LONDON, DERRY, L
POOL AND GLASGOW.**

April 20 Co
May 24, July 6 Co

LYONS TO MEDITERRANEAN

For rates of passage, freight and further particulars, apply to local agents or The Robert Reford Co., Limited, General Agents, 50 King Street East, Toronto, Ont.