

Let us send you a sample

GREEN TEA

Its attractive flavour and general goodness will charm the most sceptical. Address: Salada, Toronto.

Why use olive oil when

MAZOLA
gives equal results
at 1/2 the cost

TELLS DYSPEPTICS

WHAT TO EAT

Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas on Stomach, Etc.

Indigestion and practically all forms of stomach trouble, say medical authorities, are due nine times out of ten to an excess of hydrochloric acid in the stomach. Chronic "acid stomach" is exceedingly dangerous and sufferers should do either one of two things.

Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid secretion, or they can take as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Blurred Magnesia at their meals.

There is probably no better, safer or more reliable stomach antacid than Blurred Magnesia, and it is widely used for this purpose. It has no direct action on the stomach, and is a perfect digestant. A teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food, will neutralize the excess acidity which may be present and prevent its further formation. This removes the whole cause of the trouble, and the meal digests naturally and healthfully without need of peptic pills or artificial digestants.

Get a few ounces of Blurred Magnesia from any reliable druggist. Ask for either powder or tablets. It never gets as a liquid, milk or citrate, and in the Blurred form is not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."

London and Port Stanley Railway

Time Table Effective September 7.
TO ST. THOMAS—5:00, 7:15, 7:15, 8:20, 9:20, 10:20, 11:20 a.m., 12:20, 1:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20 p.m.
TO PORT STANLEY—5:15, 7:30, 8:30, 9:30, 10:30, 11:30, 12:30, 1:30, 2:30, 3:30, 4:30, 5:30, 6:30, 7:30, 8:30, 9:30, 10:30 p.m.
Limited train London to St. Thomas.

TROUBLED WITH ITCHY ECZEMA

In Rash On Face And Limbs.
Cuticura Heals.

"I had been troubled with eczema on my face which took the form of a rash. Later it broke out on my limbs and they itched very much, causing me to scratch them until they were bleeding. The rash would often keep me awake at night."

"I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three cakes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hymers, Paris, Ont., Sept. 12, 1919.

Cuticura Soap to cleanse, Cuticura Ointment to soothe and heal.
See 25c. Ointment 25c. and 50c. Sold through the Dominion Canadian Depot: Lyman, Little, St. Paul, Montreal.
Cuticura Soap shares without soap.

Something Good

A delicious dish that has rapidly gained public favor is—Rose Brand Sausages and mashed potatoes.

These dainty morsels of rich, lean, delicately spiced pork have a tempting, appealing flavor that never grows tiresome.

With Rose Brand Sausages a tasty lunch or a hearty dinner can be economically and quickly prepared.

Thoughtful women everywhere have added to their weekly menu—Rose Brand Sausages and mashed potatoes.

ROSE BRAND SAUSAGES

TOWN HALLS ARE SEIZED BY IDLE MEN IN LONDON

Two Suburbs Scene of Occupation by Unemployed Workingmen.

LONDON, Dec. 1.—Restiveness among the city's unemployed, coupled with the lack of housing accommodations, led to the seizure of the town hall at Edmonton, a northern suburb of London, by several hundred men today. The occupation of the building was entirely without violence. The men announced that they will use the town hall as their headquarters until something is done for them.

The town hall at Tottenham, another working district near the city, was the scene of a similar peaceful seizure yesterday. The unemployed men, who took possession of the building, however, evacuated it today when the town council announced that accommodation had been found for them in coroner's court and in two large storehouses.

LONDONER SWEEPS SOUTHDOWN PRIZES AT CHICAGO SHOW

Col. McEwen Carries Off Big List of Ribbons For Sheep.

CHICAGO, Dec. 1.—(By Canadian Press).—This has been Canada's day for championships at the international live stock show. The following are some of the good things which she won:

Grand championship for Clydesdale stallions.

Championship for American-bred Clydesdale mares.

Reserve senior and reserve grand championship for Clydesdale mares.

Grand championship for Southdown sheep.

Sweepstakes grand championship for wheat for the continent of America.

Sweepstakes grand championship for oats for the continent of America.

Championship for durum wheat for America.

Colonel McEwen and Sons, London, Ontario, put that Province on the map in the matter of Southdown sheep as in very strong classes they secured both male and female championships, first for flock and first for three ram, four first for three ewes and a number of seconds and thirds.

APPROVE EFFORTS OF REV. SPRACKLIN

ST. THOMAS, Dec. 1.—The West Elgin Sunday School convention has forwarded a resolution of commendation to Rev. J. O. L. Spracklin of Windsor, and expressed "its approval and hearty support of the efforts made by Mr. Spracklin to enforce the laws of the province in respect of the O. T. A."

The officers elected were: President, Archie Carmichael; vice-president, Fred Miller, H. Milton and J. McLean; secretary-treasurer, Wesley Ross.

The population of St. Thomas was increased during the month by 40 young, healthy Canucka, which is by all odds the most satisfactory showing in local family circles for some years past. In October there were 25 births, but in November, a year ago, 35 were added to the roll. There were 17 marriages last month, and 14 deaths.

The service given by the one-man car has been generally satisfactory.

Per Marquette Crossing.

The remittance sent by Pere Marquette, \$56, for last share of the wages paid the watchman at the Wilson avenue crossing, was returned to the department. The Pere Marquette demands \$10 per month for the crossing. The city solicitor advised the committee not to pay.

The monthly statement shows the revenue to have been \$1,886 and the expenditures \$1,886, leaving a deficit of \$2,641. The principal outlays were: \$1,000 for the purchase of a new car, \$513, track wages \$683, line wages \$193, salaries \$295. The power bill was \$587, and insurance \$75.

Citizens Puzzled.

A number of residents renewed their fuses this morning, thinking they had been burnt out or short circuited because of the new electric light system. Manager Caughell explains that there was no cause for this alarm and expense, as the shutting off of the hydro was done to keep the city's peak load at normal. On account of the misty morning the electric light was in general demand throughout the city. The manager gives assurance that there will be few if any more interruptions, as relief has been given to the further distribution of a big block of extra horsepower.

500 at a Banquet.

About 500 attended the annual get-together banquet of the farmers and sons of the city last night. The assembly was addressed by Capt. Tom Bell.

Wesley Bingham Orwell is suffering from a broken nose and other injuries received in a collision with an auto a couple of days ago. He was thrown out of his rig and came down on his face.

In a ten-day contest at Wabash by a couple of teams of young men 3,000 sparrows were killed.

On the first sign of bronchitis you should check it immediately by using Dr. Wood's Norway Pine Syrup, thereby prevent it becoming chronic, and perhaps developing into some serious lung trouble.

Mrs. Brice Culham, Sheffield, Ont., writes: "In December, 1919, I was very sick with bronchitis. I had to stay in the house all winter. One day I saw Dr. Wood's Norway Pine Syrup advertised, so I got a small bottle which helped me very much; I then got a 60c size, and it completely relieved me. I cannot praise Dr. Wood's enough for what it did. Two of my neighbors are now using it for colds."

Don't accept a substitute for Dr. Wood's Norway Pine Syrup; the genuine is put up in a yellow wrapper; three pine trees the trade mark; price 50c and 60c; manufactured only by The T. Milburn Company, Limited, Toronto, Ont.

TEACHERS WILL QUIT UNLESS GIVEN INCREASE

Ultimatum Is Sent To School Board At Blenheim.

BLENHEIM, Dec. 1.—Blenheim school teachers have issued an ultimatum to the school board, in effect that unless the board accedes to their request for an increase in salary, beginning January 1, their resignations are in. For some time the teachers have had the matter of increase before the board, but the board has recently notified them that no increase had been decided upon, and in answer to this the whole seven public school teachers sent in their resignations last night, to take effect at the end of the present month. The two continuation school teachers, though not asking a raise at the present time, have also written to the effect that they are resigning because the board has refused the increase to the public school teachers.

Average is \$1,012.

In a letter asking for the increase, which letter came before the board at its meeting a week ago, the teachers pointed out that the average salary of rural school teachers in this district was \$1,012, while the average for the urban teachers was only \$939, and at the same time Blenheim teachers were getting only an average of \$877.

They claimed the cost of living was higher in town than in the country. They also stated they belonged to the "Federation of Women School Teachers of Ontario," and that the schedule of salaries adopted by the federation was as follows: First year interim certificate \$800; first permanent, \$1,000, and successful experience under a permanent should receive a substantial yearly increase until a suitable maximum is reached. They therefore requested the increase to be in keeping with this schedule.

How They Are Paid.

The salaries of the teachers, the agreements for which do not expire until the close of the term next June, are as follows: Misses J. McLean, \$1,100; A. Griffith, \$900; M. Knister, \$800; M. Tesky, \$800; A. Samson, \$800; G. Kimdre, \$700; C. Putman, \$550. The continuation teachers who also resign in sympathy are: F. Gould, \$2,000; Mrs. E. Currie, \$1,400.

The school board at their meeting passed the following resolution:

"That having regard to the fact that salaries of the public school teachers were twice raised in the year 1920; that agreements were entered into for the year ending next mid-summer, and that the cost of living is going down, we do not think that any further increases should be asked for now, and that the present agreements should be disturbed until the expiration of the year."

On receipt of a copy of this resolution the teachers have taken the stand above stated.

ONE MAN SYSTEM WILL BE EXTENDED

Results of Plan Tried in St. Thomas Most Satisfactory.

ST. THOMAS, Dec. 1.—The financial and the one-man car system has been extended to the street railway committee the placing of the car system under a similar plan of operation. The rear vestibule will be closed and the platform lowered to meet the demand of increased patronage in the south end of the city, one will be placed on the Wilson avenue section. The cars are now heated by electric power, and the plan is more agreeable to passengers than the old plan of stoves and municipal coke.

The service given by the one-man car has been generally satisfactory.

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MACDONALD'S CUT BRIER

MACDONALD'S "BRIER" has become a Canadian institution. Smoked by the men who made history. In the bush, on the trail, in mining camps, prospectors' huts, factory yards, on trains, steamships, in the luxurious homes and downtown clubs of our Canadian cities—Macdonald's has always been recognized as the smoke.

MACDONALD'S CUT "BRIER"—the same tobacco but in new form—maintains every Macdonald tradition since 1858, and gives to smokers—more tobacco for the money.

The Tobacco with a heart



DR. R. H. ZAUNER, THE SPECIALIST, INVITES THE AILING TO CONSULT HIM

Chronic Blood, Skin and Nervous Diseases His Specialty
Keep Your Blood Pure and You Can Defy Disease

NERVES AND BLOOD ARE LIFE!

According to how you have lived your life are found the strength mentally and physically, so if you have weakened or poisoned either or both the nerves and blood better take care of yourself in time—go to a doctor at once, and when you pick your doctor go to a specialist who knows how to tell what ails you, and just what to do to get quick alleviation and at a reasonable cost.

DANGERS OF BAD BLOOD OVERCOME.

No matter the man, whether young or old, single or married, he can never feel safe as long as his blood is not healthy. The face, body, bones, nerves and brain may be affected any day without any warning, and the symptoms spring on you like a thief in the night. So if suffering, don't grow careless; remember the cause of many diseases is in the blood. A little pile left alone has become a serious running sore, which took months and years to heal, and then broke out later somewhere else.

THE LARGEST MEN'S PRACTICE IN BUFFALO IS ENJOYED BY

THE DOCTOR FOR MEN ONLY.

His patients number in the hundreds. Satisfied patients of years gone by from all parts of the United States and Canada recommended their friends to him. Some come as a last resort, fill his offices from morning until night, and yet he now invites any man to call and get his opinion free and without obligation on your part, if you are not satisfied with his advice, which is free for the asking.

BACTERINS, VACCINES, LYMPHS AND SERUMS.

Are means adopted today for certain quick and practically painless results that have succeeded admirably in overcoming conditions that act so directly upon the blood. These means are the result of the latest scientific action based upon scientific fact by a chemical and direct efficiency.



No Pain—No Loss of Time.

FIND OUT WHAT AILS YOU

I locate disease and determine its nature by a thorough, searching examination with the microscope and chemical analysis. These make no mistake like the naked eye. They do not make guesses, based on symptoms. Therefore you will not be treated for some disease other than the one you have. This mistake has cost hundreds of lives. Don't help to swell the list of those who died as the result of a wrong diagnosis. You will find my fees reasonable, and you may arrange to pay same as convenient.

You will find my fees reasonable and you may arrange to pay same as convenient.

No Case Accepted That Cannot Be Helped. Largest Practice in Men's Diseases. Many Years in Buffalo. No risk. Call on Me Today. Why Suffer and Delay?

How Is Your Blood Pressure?

Don't let that old chronic trouble drag you down. Don't let that pain in your back, that weak, tired feeling, that constant pain, that bad stomach, undermine your health, both physically and mentally, consume your energy, your force—stop it! Why suffer and delay—get well! If sick, hardly able to work—don't delay—call and see me at once before it's too late. My success as a specialist is due first to correct analysis of your trouble—I find out what ails you.

My Methods Are the Latest and Most Scientific In All Cases

My office is equipped with the latest and best-known agents in Electric, Surgical and Mechanical Apparatus, and I am prepared by the knowledge of their uses and the experience in prescribing them so as to get the greatest uniform results from them. There is nothing like it in Buffalo, and you no doubt will wonder if there's a better equipped specialist's office to be found anywhere.

Scores of Satisfied Patients My Test Advertisements.

FREE CONSULTATION DAILY HOURS 9 A.M. TO 9 P.M. SUNDAYS AND HOLIDAYS 10 A.M. TO 9 P.M. WE HAVE 12 SEPARATE ROOMS FOR SECRECY AND PRIVATE TREATMENTS. Don't Wait—Don't Suffer—Come in Today—WHY DELAY AND GROW WORSE.

DR. R. H. ZAUNER AND ASSOCIATES

633—MAIN STREET, BUFFALO, N. Y.—633

I Occupy Entire Second Floor. No Others in the Building. Twelve Separate Rooms for Privacy. No Names Used. Everything Secret. No Cases Treated by Mail. Out-of-Town Cases Given Prompt Attention. No Detention From Your Work.