SAVED FROM

And a Dangerous Operation, by Taking "FRUIT-A-TIVES."



MRS. M. J. GORSE.

smale Trouble, with chronic Constipaion and constant Headaches. I had eins low down in the back and sides of the body. I tried various remedies without relief, and then put myself un-

der a doctor's care, and he advised me

to have an operation. I refused. "Then, I started taking 'Fruit-a-Hves'; and from the outset, I felt better, and this medicine has completely releved me of all my misery and suffering. My weight was only 143 pounds and now it is 168 pounds. I am free of pain and headaches and the terrible Constipation; and what saved me from misery is the splendid fruit medicine,

"MRS. M. J. GORSE." Fifty cents a box, 6 for \$2.50, trial Mize 25c. At all dealers or sent postpaid by Fruit-a-tives, Limited, Ottawa.

HUNGRY BUT DAREN'T EAT

Take "Pape's Diapepsin" and eat favorite foods without fear

Your meals hit back! Your stomach s sour, acid, gassy and you feel bloated fter eating or you have heavy lumps of indigestion pain or headache, but never mind. Here is instant relief.

Don't stay upset! Eat a tablet of ape's Diapepsin and immediately the digestion, gases, actity and all stomch distress caused by acidity ends. Pape's Diapepsin tablets are the urest, quickest stomach relievers in the world. They cost very little a

Delicate Children

or adults should be put on rich, nourishing emulsified cod-liver oil.

SCOTT'S **EMULSION**

taken regularly after meals, means growth, strength, plumpness and comfort to those who are over-thin, weak or debilitated. Scott & Bowne, Toronto, Ont.

"They WORK while you sleep"



Don't stay bilious or constipated, with upset. Take one or two Cascarets night sure for your liver and boweis and wake up clear and fit. Children love Cascarets, too. No griping-no incon ice: 10, 25, 50 cents.



MODERN PUBLIC HEALTH

BY H. W. HILL, M.B., M.D., D.P.H. Director Institute of Public Health of Western University, London, Ontario, Canada.

A Column Devoted to Public Health in All Phases. Questions Addressed as Above Will Be Welcomed.

WHAT IS WRONG WITH OUR

Man has been eating since the first day he appeared on the globe—eating other living things, and also trying to keep other living things from eating him! He has succeeded moderately well in both efforts as a species, although a great many individuals have sucefforts as a species, although egreat many individuals have succumbed to ill-success in one or the other of these two great lines of endeavor. But man has succeeded even as a species only moderately well—enough to survive, to spread all over the world, and to be the lord of creation, it is true; but when we come down to individuals, the individual success either in eating other things or in escaping from being eaten is far from complete. Most of us know the difficulties of getting good food for ourselves only too well—and most of us have been eaten mere or less completely from time to time by various germs, at least, if not by cooties, mosquitoes, or mbed to ill-success in one or if not by cooties, mosquitoes, or even larger "animals."

SCIENTIFIC FOOD. · Science, after furnishing food for thought for several generations, for thought for several generations, is now furnishing food for the stomach. True, we "got along" somehow on rules-of-thumb regarding food for quite a few thousand years, just as we got along on counting fingers and toes instead of mathematics, scratching the ground with sticks instead of generaling tractors and many other the ground with sticks instead of gasoline tractors, and many other rule-of-thumb procedures, carried out on experience and tradition, instead of after careful experiment and investigation. Painfully, and after many mistakes, scientific investigation of foods and feeding has been developed for domestic animals very extensively in agricultural experiment stations, and by the more advanced farmers. But e long time elapsed before we had the courage to try such experiments on the human. However, the results on animals were so remarkable that at last the human family has received and is now receivily has received and is now receiv-ing quite a good deal of attention

what food is for.

What food is for.

Food as we eat it does two things that we know of in our bodies. First, it forms the body itself; second, it furnishes fuel for our bodies to burn. The new-born babe weighs, say, nine pounds. Fifteen years later he weighs, say, 159 pounds. Where did that 150 pounds come from? Of what does it consist? He has grown; he is much longer and thicker and wider than he was when first born. He weighs over seventeen times as much as he did on that auspicious occasion. How did this growth occur? Well, evidently he has added to himself, has made over into his own substance 150 pounds of beef, potatoes, bread, milk, water, etc., etc., etc. He has been pouring through his system about 1,000 pounds of food on the average per year, besides about another 1,000 pounds or so of liquid, and some of it "stuck"—some of it went to form the 150 pounds of human meet and bones and bleed and so on that makes pounds of human meat and bones and blood and so on that makes

our big boy out of our little nine-pound baby. what of the rest of the seven and a half tons he ate during those fifteen years? About one-half to two-thirds of that total was water in the food itself. The boy himself is about 70 percent water; he is about 50 pounds of real meat, bone and nerve and gland mixed in with eleven gallons of real mixed in with eleven gallons of water. Leaving out of account the water in the food he has eaten say 2½ tons or 4,500 pounds of solid matter in those fifteen years. Yet only 50 pounds really stayed Yet only 50 pounds really stayed with him. What did he do with all the rest? Burned it up—used it as fuel. That is the fate of a very large proportion of our food-indeed—only a little goes into mak-

ing us.

The burning up is of course a parable? No, not at all. Just as literally as coal is burned in a furliterally as coal is burned in a furnace, so our baby boy has burned up 2½ tons of solid matter in fifteen years. Of course there was no actual flame visible at any time—the burning was slow and invisible; but all those tons burned up just as coal does, altogether much more slowly. They united with oxygen just as coal does; turned into carbon dioxide and water, just as coal does; supplied heat and energy just does; supplied heat and energy just

THE BOY IS A FURNACE. Truly he is a furnace. Now, a regular furnace burns up its coal regular furnace buras up its coal but also burns up some of itself—very slowly as a rule, "Burned out" we say of the grate or firepot. but burned up would be equally correct. So the body burns up its fuel (food), but also burns out or burns up part of itself—its own proper substance. Now when an ordinary iron-house furnace or locomotive boiler burns out some of itself, we have to repair it with similar material—iron not coal. But the human body, being made of or itself, we have to repair it with similar material—iron not coal. But the human body, being made of fuel itself—of food—repairs its own burned-out substance with food also—uses its fuel not only as fuel but (part of it) as repair material as well. If we could mix iron with coal in our ordinary furnaces, so that while the coal gave only heat, the iron gave heat and also welded itself (some of it) to the worn-out iron parts of the furnace, thus replacing the burned-out parts, then our real furnaces would act with such fuel as the body does with its food.

In the human body we really have two kinds of fuel, Fats and oils, sugars and starches form one kind—the kind that is fuel only, no good for growth or repairs. Such foods are like ordinary coal. Proteins (the substance of meat,

fish, white of egg, etc.) form the other kind of food—the kind that can be and is used both as fuel and for growth and repairs. Proteins therefore, are like our hypothetical iron in our hypothetical furnace

WHAT DO WE NEED IN FOOD?

Food isn't any old thing we can swallow—nor any old thing that we choose to call food. Food is—proteins, fats, starches, salts (and water) or it is nothing—nothing worth mentioning at least. That is, so far as fuel value and repair value go. The other things we usually think of as foods—flavors, spices, condiments of all kinds—are nix as fuel repair material, although they add greatly to enjoyment of food, encourage appetite (sometimes too much) and furnish a good many people with their chief pleasure in life—gormandizing. When it comes down to real food value, however, they haver't any. haver't any. HOW MUCH SHOULD WE EAT?

This is indeed a vexed question: and after all must ultimately be and after all must ultimately be decided by each person for himself on the basis of what suits him, not the man who writes the distlists. Nevertheless, experience and experiment make it seem likely, that we adults working reasonably hard should cat daily about two ounces of fat, about four ounces of protein ard somewhat over a pound of starch and sugar (mostly starch, not much sugar). Heavy manual labor, sweeping, dusting, digging drains, carrying babies about heaving coal, etc., calls for more Light dainty occupations, mental work and such like, call for less. But in a general way a pound and a half altogether of these things will do us vety well. But don't expect to get them so easily as all this. If you ordered from your grocer an ounce of fat from your grocer an ounce of fat or oil, he would want to know what kind you wanted—butter, lard, clive oil, cottonseed or suet. If you ordered starch, he would offer you many kinds; even of sugar there are several—brown, maple,

there are several—brown, maple, cane, glucose, to begin with only four. What a nice meal you could make of a pound of starch, two ounces of suet and a quarter of a pound of protein. Where would you get the last? Perhaps if the grocer were also a nutritonal expert he would get you some, and it would prove to be a tasteless whitish substance that you would sniff at and use, if at all, for face powder.

Yet the grocer sells you proteins, and fats every day—in every pound of fish, flesh, fowl, or good red herring that you buy; and these, together with carbohydrates (starch and sugar) in every pound of bread, biscuit, fruit. cereal, tuber, root or leaf he sells you. He sells you a lot of water with them too, for all meat, vegetables, bread, etc., run a large per cent of water—from one-third to two-thirds of most of these things are water. HOW TO KNOW.

HOW TO KNOW.

How are you ever going to know whether you have bought enough protein, too much fat, carbohydrates, to go round, if you can't weigh them out separately and see? Ah, there is the rub. The only way at present to do this at all accurately is to get a set of tables and find from them how much pratein, fat and carbohydrates each pound you buy contains; and then figure what combinations these will make. But how can you expect to get a meal at all if you have to sit down and do a stunt in algebra before you can even begin to cook? Fortunately most books on dietetics give menus all figured out, acceptable and fit. Substitutions are readily made once you get the swing of it. The latest of these books lists two complete meals for every day in the year, January 1st to December 31st, all arranged to suit the season.

Then why bother about figuring at all? Why not just adopt that list or some other and stick to it. Well every housekeeper knows that you can't always get what you want when you want it—that people don't eat just exactly what you put on the table, but want more of this, less of that; and thus your menus are upset. That is more of this, less of that; and thus your menus are upset. That is where your other scientific tables come in—you know how to patch the damaged menu to perfection and make it come out right after all. A book of this kind should go with your cook book if you want to do things quite right.

SOME "REALLY PRACTICAL"

to do things quite right.

SOME "REALLY PRACTICAL"

POINTS.

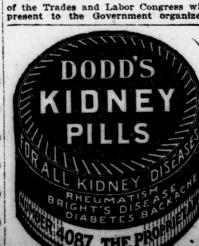
Even those who 'don't understand mathematics" and won't take the trouble to eat scientifically exact combinations will be interested in the following general points which investigations of the last few years have brought out. The first is that vegetable proteins, even those of the much lauded pea and bean are not, ounce for ounce or pound for pound, anything like as valual'e to the body as the proteins of milk, meat, fish etc.—the animal proteins. Why are peas and beans so good for hunters and campers then? Not because of their proteins; they are not good building material; but because of their carbohydrates; they are good fuel; and relatively concentrated too—far more so than most other vegetables, which most of them are so largely water. Fuel is just what a camper or a hunter wants—he puts out a lot of heat and needs fuel to keep him going.

Another practical point concerns using more of the liver, kidney and sweetbreads of animals, less of the steaks and chops and roasts. Both have proteins and fats in them, but the former have certain other things, called vitamines, that need a whole article to themselves later.

CANADIAN LABOR WILL DEMAND SOMETHING MORE DEFINITE THAN **GOVT.'S "SERIOUS CONSIDERATION"**

By Mrs. George Hambleton.

[By Mrs. George Hambleton, M. A.]
In one of the old and rather dingy rooms of the east block of the Parliament Buildings, where many-pointed windows give a view of the broad sween of the Ottawa two hundred feet. sweep of the Ottawa two hundred feet sion. below, and Laurentian Mountains beyond, there will take place in a few weeks a meeting which will be someour head dull, your stomach sour. thing of a contest. There ,the council dealing with the council of the workers'



The Usual Promise. Manbers of the cabinet responsible to the parliament of the nation, when of the Trades and Labor Congress will parliament at this their annual enpresent to the Government organized counter, will have a strategic advant-

parliament at this their annual encounter, will have a strategic advantage. They are at home—on their own ground. Almost every morning delegates gather in rooms at the hotel over the canal, uncertain what the day may bring forth. Almost every day, some member of the cabinet receives one or more deputations and promises that the Government "will give its most serious consideration"—the reply which has become the Bridge of Sighs to the initiated in the ways of Ottawa. The Labor deputation has until lately played a somewhat modest part in its annual pilgrimage. It has risen in the morning glanced at the picturesque buildings crowning Parliament Hill, crossed the bridge, and, after a weary day, returned

tion."

Want Something Definite,
This year, so the rumor has gone
forth, those who place before the Government the demands of organized
workers will not be content with this
answer. They are determined to exact,
if they can, some definite promise, some
definite indication of what the Government's attitude is to be, Afterwards
will come the longer fight in the House





The big Drury Lane production, which comes to the Grand for of January 24:

of Commons itself, the battle ground of legislation, where many a bill and a pious promise falls by the wayside. Two dangers particularly threaten the Two dangers particularly threaten the workers' program. In the first place, members of the cabinet may say: "This is too far-reaching. The demands are too many. They are impracticable." There is some ground for this claim. The workers' program is a memorandum compiled by the executive of the Trades

compiled by the executive of the Trades and Labor Congress based on resolutions adopted at the annual convention of workers. Here were convened printers, bakers, railroadmen, blacksmiths, barbers, brewers, machinists, firemen, men and women of many trades, a workers parliament inideed. Its resolutions reflect various and at times contradictory aspirations. When the demands which can be carried out by the Dominion Government are separated from those which are properly subjects for consideration by the provincial governments or by trade union organizations only, the list is still large: it covers such diverse subjects as the use of spraying machines for painting Government property and Government ships; labelling of

of the provincial governments to put nto effect the 8-hour day convention along with other conventions regarding child and women labor. But the road of provincial legislation is slow and uneven. It is more than likely that the executive of the Trades and Labor Congress will this year urgs such amend-ment of the British North America act as will give the Dominion Parliament power to put into effect all international labor conventions to which Canada, as a member of the League of Nations, is a

Would Amend B. N. A. Act.
But proposals to amend the B. N. A.
act again raise difficulties. Parliament
will examine with a very critical eye all
suggestions of amendment to the constitution. A constitutional amendment to
give the Dominion Parliament authority to enact a national 8-hour day
would undoubtedly meet with opposition
from Quebec members. But the pressure in favor of national action in labor
questions is becoming increasingly
strong. Improvements in our legislative
machinery must necessarily come. Would Amend B. N. A. Act.

questions is becoming increasingly strong. Improvements in our legislative machinery must necessarily come.

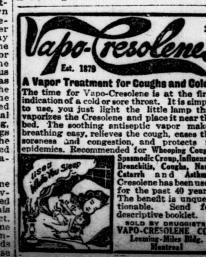
The Rallwaymen's Demand.

The demand of railwaymen marks a high ambition. Through the Trades and Labor Congress or through the brother-hoods not affiliated with the congress, they are asking for representation on the board of management of the Government rallways. The late Borden Government promised such representation. The critical time for giving effect to that promise is now approaching. In comparison, there are to be considered the needs of the most poorly organized of workers. They are reflected in a request that the industrial disputes investigation act may be invoked in case of dispute in any industry and not merely in industries classed as public utilities. The original resolution came from workers in some of the smaller towns of Ontario and Quebec. Behind the resolution, there were tales of the persecution of striking employees, of their being turned out of town.

No Class Hatred.

There is moderation in the labor program to be presented on Parliament Hill this year. It is unmarked by any indication of class hatred or strife. The legislation asked for is such as any self-respecting citizen might demand for himself were he required to work in factory, shop or mine, legislation in the absence of which he would feel most anxious were his youthful son or daughter to enter mine or factory to earn a living. The chimerical hopes of new world be fewer pills and laxatives swallowed, and very much less suffering

inxious were his youthful sol or dauga-er to enter mine or factory to earn a lving. The chimerical hopes of new toplas, which sprang into such sudden ife in many of the industrial centres in Europe—finding an echo in Canada in Europe—finding an echo in Canada— have died away here as completely as those dreams of early explorers of the lovely Ottawa. In the mind's eye, the latter saw a western gateway through which rich galleons of trade would pass to the empires of the east. Yet now, as then, reality gives promise of greater possibilities than the dream. The task, neavy, onerous, disappointing as it is of democratizing industry through consti-tutional channels, is a better accom-plishment than the sudden overthrow of one order for the sake of another that is nothing more than a vision.



What's In a Book? By Kathleen K. Bowker.

There is a fascination about the World that wore leg-o'-mutton sleeves, drove in Victorias, and considered that

by the provincial governments or by the provincial governments only the last several property is still large: It covere greatying methods and the provincial government of the several property and Government property and Go

whatever guise it comes. Every pair of Lovers knows that quarrel—

"Me? JEALOUS uv a knock-knoed coon like that!

"Im! Wy 'is cute stror 'at and pretty ways—

"I'm Glad I am!—glad 'cos I know I'm free—

There ain't no call to tork o' Jealousy!—

And the reconciliation—the n-arriage—
The astounding force of this overseas slaing (it comes from Australia). makes it worth deciphering. I recommen "Doreen" and "Mar"—the Rid" to your better acquaintance. It has been published in an attractive dress, by S. B. Gundy, Toronto.

"Kathleen" is a delightfully whimsical, jolly little tale of five Oxford Undergrads; who fell in love with a Lady of Their Imagination—and started out to make her come true. How they made herself—and her family—out of the Smallest Shred of Cloth—and wound themselves up in the folds of the garment that grew out of it—bas been made into a pleasant lip curving story by Christopher Morley, and published by Doubleday, Page & Co.

To Start Soon As Possible.

there would be fewer pills and laxatives swallowed, and very much less suffering

Let Cuticura Be Your Beauty Doctor

FARMERS ENTER **POLITICAL ARENA**

Manitoba Organization Definitely Decides On Political Action.

the convention of the United ment and despair. Farmers of Manitoba, held here today, "Who knows?" you ask, "Whose adwere featured by the definite entrance of the organization into provincial politics and the passing of scores of Here is a frank and honest answer: resolutions setting forth the desires of the delegates on matters of public in-The convention unanimously favored the political action outlined in a resolution from the board of directors which provides for the drawing up of which provides for the drawing of a platform and the organization of political machinery. Discussion revealed that the delegates would not be rushed into the matter, but wanted time to consider the provincial political situation in detail before crawing up

situation in detail before grawing up a platform.

Has No Effect.

It was also definitely pointed out that the platform drawn up by the independent members of the Provincial House is to have no effect on the organization's stand. A request for the co-operation of the farmers' organizations in the grain-graying provinces tions in the grain-growing provinces in the formation of a successful scheme for the co-operative marketing of wheat was indorsed. The necessity of the provinces standing together in this natter was emphasized.

matter was emphasized.
Indorsation of the proportional representation principle, and that it be amended to include the single transferrable vote where single member constituencies are retained, as recommended in a resolution passed. Naturalization Changes.

A resolution from the women's section was passed, asking changes in the naturalization act to give the wives of British subjects the right to take out personal naturalization papers, to allow women marrying allens to retain their nationality, and to allow of the wife of an allen being naturalized, the same as though unmarried.

Emphatic protest against the order preventing employees of the Canadian

wellock—Ellen vanishes—and stays vanished.

It is the touching and powerful story, of two strong women; lightened by the touches of whimsical cynicism that always color Mrs. Wharton's writing—the philosophical fatalism of the person who actually ACCEPTS the fact that to one cannot eat one's cake, and have it. And so lingers over it, savoring the last crumb——Don't miss it; this is a book that repays reading.

And really—like the Immortal "Yorker"—there does not seem to be anything else that one could call her.

Edgar A. Guest—and Walt Mason—in their different ways, have a fingertipful of that touch that makes the whole world kin; and so has "The Sentimental Bloke"—whose given name is C. J. Dennis.

Perhaps you don't care for Poetry?
Let not that affright you! I presume that you care for The Real Thing—in whatever guise it comes. Every pair of Lovers knows that quarre!—

"Me? JEALOUS uv a knock-kneed" is designed to show that the company is in a better condition than its management is willing to admit.

Cost Going Down.

C. E. O. Salter, head of the purchasing department of the hydro-electric gows is going down.

More expert testimony was given for Toronto by R. T. Jeffrey, head of the municipal department of the hydro-electric commission of Ontario. Mr. Jeffrey stated that the depreciation account established by the hydro-electric was primarily based on the experience of other companies, but it was later modified on the basis of experience gained to meet its own requirements. The hydro-electric has been unable, so far, to establish the probable life of plant and pole lines, but they had one line that has been in use for ten years and it was good for some years yet.

Life At Ten Years.

The Bell Telephone Company officials, in their evidence, put the average life of plant at ten years.

Asked if the hydro-electric has such an experience as to form a basis for a revision of rates, Mr. Jeffrey intimated

Possible.

CHATHAM. Jan. 14.—At a special meeting of the council this afternoon a communication was read from Hon. F. C. Biggs, stating that construction work would start on the provincial road here as soon as possible. The letter also stated that the highways department is making arrangements for the establishments of sidings east and west of the city for unloading supplies for the work.

City workmen, assisted by men out of work, will commence to cut down a number of unsafe trees in the city tomorrow. These trees will be cut up into firewood and stored for relief purposes.

swallowed, and very much less suffering from Constipation and the accompanying Stomach and Nervous Troubles resulting from it.

J. A. Darrach. Copper Cliff, Ont., writes: "I have been using your J. B. L. Cascade for the past three months, and am convinced that it is the most modam convinced that it is the most modam

Ask Standard Drug Company, London, for booklet, "Why Man of Today Is Only 50 Per Cent Efficient." They will also be pleased to show and explain the J. B. L. Cascade to you, or write to Tyrrell's Hygienic Institute, 163 College at the county police court today and were each fined \$200 and costs for distinct Toronto.

PLEADS GUILTY TO THEFT.
WOODSTOCK, Jan. 14. — Harold
Swazey pleaded guilty today when
charged with theft. The young man,
in company with another Brantford boy,
visited this city Sunday night, and while
on their way to the station about midnight Swazey broke the window in Paxton's jewelry store and stole some wrist
watches. The magistrate will give his
decision tomorrow.

Are vour losining beginning to fall?

9. Is your hearing beginning to fall?

Answer there buzzing noises in your
ears?

Answer the questions, yes or not,
write your full name and address plainity on the dotted lines, cut out and send
to

CATARRH SPECIALIST SPROULE,
368 Trade Building, Boston.

Be sure and write today.

A Message to Skin Sufferers

dure discomfort, disfigurement, humillation, or even daily toeture and sleepless nights, because of some skin disease. Times without number you have followed some hopeful advice and each Canadian Press.)—Concluding sessions time you we met only disappoint-

vice may I follow?

Reputable physicians admit they can ealy guess at the true cause of skin disease. Some say it is a blood disease—to be treated through the blood. Others say it is a skin disease—to be treated through the skin. But they are not sure and we would be foolish to try to tell you what even science does not know.

We can tell you, however, about a doctor's pre-scription for skin disease that has been success-fully used for 28 years, and we merely ask you to read letters from those who have used it.

A Doctor's Prescription

D.D. is the prescription of a physician, Dr. D. D. Dennis, who first prescribed it to his neighborhood patients 25 years ago. Today its sale is enormous. Even so, we do not shout from the housetops that D. D. D. is a miracle. It is just a commonsense lotion compounded of well known healing and soothing ingredients, such as thymol, oil of wintergreen, etc. We make no extravagant claims. We say only this: That for 25 years, day after day, letters have simply poured in—without our energestion or solicitation—telling us gratefully of restored health and happiness

First Dectors—Then a Skin Specialist—
Then a Bettle of D. D. D. I was a suferer for two years with exams on the lege and anxies. I trief four different doctors and none of thera did me any good. I then went to a skin specialist but he was no better.

At lest laceured a trial bottle of D. D. D. and it did me so much good that I sent for a dollar bottle, also a cake of soap. That is all I used, and I are perfectly well.

23 Molbourne Ava., Toronte, Ont., Can. J. W. CORNS.

Sale Rhoum Covered Her Face Every Winter I used one sample bottle of D. D. D. and one dellar bottle and it heated my face of Salt Rheum. I spent a good many dellars with doctors and other medicines. I was bothered every winter and last winter I had no trouble. My skin was perfectly free from any spot, thanks to D.D.D. ale, N. B. Canada. MRS. JAMES H. RYDER.

Terrible Weeping Eczema 2 suffered with weoping ecsema on my hands. I was obliged to give up my work. I was told to try D. D. Prescription, also casp. Whes I had used but hair a dollar bottle my hands were healed. 23 Sunset St., Hamilton, Ont. Some of these letters may seem too enthusi-astic, but remember, they were written in ecstacy of relief from years of suffering. What wouldn't you give to be able to write us in the same spirit of happiness? We will not say these grateful correspondents are healed— we will simply say there are HAPFY AGAIN— after years of pain and suffering. We make no sweeping claims. You can draw greater comfort and confidence from what D. D. b. has done for 25 years than from anything we can say.

D. D. D. Company, Dopt, L33

Gentlemen: Please send me a trial bottle of D.D.D. Prescription. I enclose ten cents to cover cost of packing and postage.

27 Lyall Street,

Trial Bottle Sent on Request

Without making any promises of miraculous results, we urge you to send the coupon today for a trial bottle of the famous D.D.D. Frescription. Note that soothing, refreshing feeling after the first few dropol We have letters stating that our trial bottle alone was enough to tree some sufferers from the torment of skin disease. If then, you are afflicted with ectems, paoriacis, singworm, scales, pimples, or any form of skin disease, mild or violent, send the coupon at once for this generous trial bottle of D.D.D. Prescription. Enclose only ten cents to cover cost of packing and postage. De not delay.

D. D. D. Company

For sale in London by STRONG'S COMPANY, LIMITED, TAYLOR'S \$12.000,000 G. T. R.

EQUIPMENT BONDS

DRUG STORE, STANDARD DRUG DRUG STORE, 390 Richmond Street. LITTLE UNEMPLOYMENT

REPORTED AT CHATHAM

New York Firm Issues What Are Practically Government Securities.

OTTAWA, Jan 14.—Twelve million dollars worth of 6½ per cent Grand Trunk serial equipment bonds have been issued by Reed & Co. in New York today. These bonds are to all intents and purposes Federal Government securities and are redeemable in a period of ten years. The floation was provided for last session when \$4,000, 000 in additions were voted for equipment purposes.

There have been several railway stock issues in New York in recent months, but these have been in the nature of renewals.

REPUKTED AT CHATHAM

CHATHAM. Jan. 14.—The city council this afteanoon appointed a special committee, consisting of Captain Squarebriggs of the Salvation Army (chairman), Mrs. R. V. Bray, Wm. Murdock and George W. Wands, for the purpose of relieving the unemployment, in accordance with instructions received from Ottawa. While there are a certain number of men out of work, there is no cause for alarm in this city. Very few cases of stress have been reported, and of actual hardship none.

There was a splendid attendance at the meeting of the Chamber of Commerce forum to discuss tentative plans for the construction of municipal play-grounds for children. The matter will be brought up at the next meeting of the city council.

Good News for Canadians Health Specialist SPROULE Specialist in Catarrh, Explains METHOD OF TREATMENT



AN ENGLISH SPECIALIST
Graduate in Medicine and Surgery of Dublin University, Formerly
Surgeon British Royal Mail Naval Service.

Home Treatment for Catarrh

Thirty-five years ago, a young surgeon in the British Royal Mail Naval Service astonished his friends by suddenly leaving all entering on private practice. That surgeon is now known as Catarrh Specialist Sproule. His keen brain had seen in the then new disease, Catarrh, a subject worthy of study. He and his assistants have studied the nature of Catarrh and its treatment these many years. years.

As Specialist Sproule had foreseen, Catarrh spread with rapidity. Forty years

As Specialist Sproule had foreseen, Catarrh spread with rapidity. Forty years ago Catarrh was almost unknown. Now no age or sex is exempt from it. No climate or locality is free from it.

Catarrh Specialist Sproule, one of the first to make Catarrh a specialty, has a scientific Home Method which consists of an individual constitutional treatment, together with careful personal advice, for healthful living. The results have been such that many hundreds of Canadian people throughout the provinces bless the day they heard of this Method through a friend or the newspapers, fifteen, twenty or thirty years ago.

Catarrh is a disease of the mucous membranes, and should be treated through the blood and by remedies prepared for each case. Specialist Sproule's Method of Treatment is designed to clear the head, stop the hawking and spitting, sweeten the breath, and restore the hearing.

It purifies and enriches the blood. It invigorates and tones up the entire system. It gives new life and energy and ambition. The hardships of life seem

system. It gives new life and energy and ambition. The hardships of life seem easier to bear. Work becomes a pleasure. The man or woman feels as if made over. Catarrh Specialist Sproule's name is revered as that of a benefactor in numberless homes in Canada and the United States. If you have any symptoms of Catarrh, the Specialist earnestly invites you to write and tell about your case. It will cost you nothing. You will be sent

Your case will be diagnosed without charge, and you will be told just what to do. Do not delay. In such cases time is precious. Do not neglect yourself. Above all, do not give yourself wrong treatment. Answer these questions today and mail. CATARRH OF THE HEAD AND THROAT

The most prevalent forms of Catarrh troubles result from neglected colds.

1. Does your nose discharge?
2. Do you sneeze a good deal?
3. Do crusts form in the nose?
4. Do you have pain across the eyes?
5. Does your nose feel full?
6. Are your eyes watery?
7. Do you have pains across the front of your forehead?
8. Are you losing your sense of smell?
9. Is your hearing beginning to fall?
10. Are there buzzing noises in your ears?

When Catarrh of the head is left unchecked it may extend downwards.

1. Do you feel a dropping in back part
of throat? of throat?

2. Do you hawk up phlegm in the morning?

3. Do you raise frothy material?

4. Is your voice hoarse or husky?

5. Have you a scratchy feeling in

5. Have you a scratchy teeling in throat?
6. Do you feel all stuffed up inside?
7. Do you cough worse night and morning?
8. Is your breathing too quick?
9. Do you take cold easily?
10. Do you feel worn out on rising?