

Canadian Major Now In Praise of Tanlac

Former Member of Mounted Police and Overseas Officer Says It Restored Him to Complete Health.

"I have tried Tanlac and give it my unqualified endorsement," declared Sgt. Park of Victoria, B. C., who formerly was connected with the Royal North-West Mounted Police, and during the war was a major in the Canadian Expeditionary Forces.

"For the past two years my health declined, brought on by a chronic case of stomach trouble," said Major Park. "My appetite was gone, and I ate very little of anything, for gas would form on my stomach and give me a heavy, bloated feeling and cause my heart to palpitate till I could hardly breathe."

"I was constipated, had awful headaches and many times I wasn't able to work. While in France I was shell-shocked and my nerves were simply a total wreck. It was hard for me to get to sleep at night, and then I was disturbed by terrible dreams. My back, too, was weak and pained me constantly."

"A few weeks ago I started taking Tanlac, and I feel better and stronger in every way, and am enjoying the very best of health. My appetite is fine and everything agrees with me perfectly. I am not troubled with constipation or headaches and my back never hurts me at all. My nerves are quiet and steady and I sleep fine every night."

"Tanalac is sold in London by Standard Drug Limited, and by an established agency in every town."

MODERN PUBLIC HEALTH

(University Extension Committee of Western University.)
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.

One hardly thinks of iodine as a necessary part of every meal, but G. Ennis Smith, chemist, formerly in the Institute of Public Health of Western University, London, did some excellent research work. The results of which, indicated, amongst other things, that a lack of iodine in the vegetables, fruit, etc., used in parts of this country was responsible for the enlarged thyroid glands which disfigure the necks of so many of our young girls and boys. By taking 15 cents worth of sodium iodide a year to make up for this deficiency these enlargements can be prevented from appearing entirely in the majority of cases; while if they already exist, the same method will reduce or get rid of a very large percentage.

Nor doubt the open-faced waists which young ladies affect makes the enlarged neck more obvious in the girls case than in the boys, so that many people think of it as almost entirely a girl's disease, but boys have enlarged thyroids as well as girls, although they are more common amongst girls, in the proportion of six girls to one boy.

REGULATES THE AMOUNT.

One of the things done by the thyroid gland is the regulating of the amount of food which is used by the cells in the body, somewhat as a chauffeur regulates the gasoline fed into the cylinders of his engine. When the chauffeur "steps on the accelerator" more gas enters the cylinders, and the speed of the engine is increased, unless there is something wrong with the accelerator. So, when a thyroid does not behave properly, it is as if the accelerator were out of order.

The thyroid is situated at the base of the neck just above and behind the top of the breast bone. When it enlarges, it generally makes a swelling at this point, which is quite evident to all observers. It would appear that this enlargement in young girls and boys usually means that the thyroid is having a hard time to do its duties properly, chiefly from lack of iodine, which it needs in its business. In the majority of cases, if you supply the proper amount of iodine in almost any form, the strain is removed, after which everything goes well again in its line, as it should, and the thyroid returns to its normal size.

CAREFUL TESTS.

Akron, Ohio, has made some very careful tests of this treatment amongst the pupils there since 1917, under a grant from the American Medical Association. The fourth annual report of this investigation shows that of 2,305 pupils in the fifth to twelfth grades, who had no enlarged thyroid to begin with, 495, or more than one-fourth, developed thyroid enlargements while under observation. These children had no iodine except as their diets supplied it. Of 2,190 other pupils, who were given the equivalent of three grains of sodium iodide a day for ten days in the spring and ten days in the fall, only five showed enlargement. The iodine in the food alone was not sufficient; extra iodine was needed. Not only was the extra iodine thus supplied successful in preventing thyroid enlargements in those school children who had none to begin with, but it had excellent effects also on those children who already had enlarged thyroids, before the iodine was given. Thus of 1,046 pupils with thyroid enlargement, not treated by iodine, 145 showed a decrease in size of the thyroid, while under observation; that is about 14 per cent improved on their own account. But of 1,182 pupils with thyroid enlargement who received extra iodine, 775 showed decrease in size of the thyroid, or about 65 per cent.

NEED MORE IODINE.

The conclusion reached by these investigations, and widely endorsed by leaders in public health, is that children between 11 and 17, especially girls, should receive extra iodine, beyond that furnished in an ordinary diet, to the extent indicated above. It may be given in many ways; the essential point is to have the proper amount at the proper time.

Another development, suggested by E. Ennis Smith while in London, is the prospective relief of what is known as the enlarged thyroid of pregnancy. It has long been said that for each child the mother loses a tooth. Mr. Smith's suggestion is that administration of iodine during pregnancy will save the mother's teeth and hair to the mothers by relieving the strain on the thyroid; and this also has received high endorsement from the leaders in these subjects. This is an item of the Prenatal Clinic, of which one of the first established in Canada is that at the Victoria Hospital, London, held every Wednesday since last January.

Attention to the thyroids of London children has been given in the past, but a regular study is to be made by the school nurses, in order to determine the actual number and percentage of children affected. The parents of those found affected will be notified, with a suggestion that they take the children to the family physician for treatment. But all parents would be wise to do the same for all their children, especially girls between the ages of 11 and 17; and thus make sure that they will secure the amount of iodine indicated, sufficient to prevent the thyroid from enlarging, or to remedy the enlargement, if it already exists.

ANDREW MARTIN DIES

Andrew Martin, the young Greek resident who was so badly burned when a gas stove exploded at Springfield on Wednesday morning, died in St. Joseph's Hospital at 8:30 o'clock Friday night.

Martin, who is survived by one brother, Thomas, of the city, served overseas in the American Expeditionary Force for a considerable length of time, and returned to the city only last winter. At the first of the summer he opened a booth at Springfield Park, and had been working for the charge of it until the time of the accident.

MAKE REGULAR STUDY.

The township council held its monthly meeting on Wednesday of this week. Mrs. Cortam of London will address the W. M. S. at their anniversary services on Sunday evening next.

Registration continued next week. The registration for day classes in the Technical School, which opened this week, has been so large that additional classes are being organized. This will be completed for the Monday following the Western Fair, and so registration has been extended to the end of next week. Parents who are contemplating sending their children to the Technical and Matriculation Day Classes are urged to make arrangements during the coming week. The principal will be in the Technical School Building each evening next week from 8 to 9 o'clock to meet parents.

A few additional students can be accommodated in the Technical School Day Classes. Boys and girls with seventh and eighth grade standing may enter this course, which combines a strong academic education with practical training in shopwork and draughting for boys, and in household arts and household science for girls. Students should not delay in registering as the regular term work will start the Monday following the Western Fair.

HARRY WARNER HIT BY ENGINE

G. T. R. Yard Foremen May Have Foot Amputated Today—Head Injured.

Harry Warner, aged 57 years, 340 Lyle Street, repair track foreman on the Grand Trunk, was run down by G. T. R. yard engine 737 about 5:30 p.m. Friday and received serious injuries, which may necessitate the amputation of his right foot. In addition to the above injury, Warner suffered head and face wounds, and the physician in attendance at Victoria Hospital, where he was removed following the accident, stated that Warner is suffering greatly from shock. The victim was walking down the repair track between Rectory and Egerton streets when struck by the engine, which was in charge of Yard Foreman M. McLeod. The police ambulance was called, but broke down before arrival at the scene, and the police auto, which is a touring car, was pressed into service. In the meantime first aid was rendered to Warner by Yard Foreman Lamont, and J. Chick, yardmaster's chief clerk, who were in the vicinity at the time. In the opinion of the attending physician, their efforts saved Warner from bleeding to death, and the two fellow employees accompanied him to the hospital, holding the injured man in the touring car.

Spectators of the accident state that the engine backed down on Warner, whose foot caught in the rails, and the danger of the wheels passed over it. The crushed member may be amputated at the hospital today.

THREE RESIDENTS OF TORONTO ARE HURT

Auto Ditched When It Strikes Gravel Patch On Longwood Road.

Three Toronto residents, Alexander Moorvan of Woodbine Avenue and Mr. and Mrs. Van Slaven, were more or less seriously injured when a motor car in which they were riding left the Longwood road four miles east of Glencoe at 10:30 o'clock Friday morning.

Moorvan, a provincial officer, who was en route to Windsor, was injured about the head and arm, Van Slaven and his wife, who were riding with him, were more seriously injured. The car, which was a 1919 model, was hurled about the chest. All three will recover.

At the point where the accident occurred the road had been freshly graveled, and although the car was not going at a fast rate of speed, it was ditched and had all four wheels smashed when it struck the spot. The injured were rescued by passing motorists, and after being taken to Glencoe were removed to St. Joseph's Hospital, London, where they are resting quietly.

WILL SEE MAYOR RE COAL SITUATION

Soldier-Labor Committee To Obtain Reliable Information Regarding City's Prospects.

Members of the Central Veterans' Council, the Trades and Labor Council and the Labor Representation Committee have formed a joint committee to interview Mayor E. S. Little on Monday morning to see what information he had regarding the coal situation, and to give him any information which they may have. This action was decided on at a meeting held in the G. W. V. A. rooms last night. The meeting for the purpose of establishing co-operation with the mayor will be held Monday morning.

On Friday evening next the various representatives of the three organizations will meet again to discuss ways and means of securing coal for the city. Regarding government subsidies in connection with the coal situation in Canada, there was a strong report. It was said that the Chamber of Commerce and other organizations were trying to get the Government to supervise the mines in the Dominion.

C. P. R. EARNINGS INCREASE. Montreal, Sept. 10.—(By Canadian Press).—Canadian Pacific Railway earnings for the week ending September 7, 1920, \$5,391,000. Increase \$392,000.

GRAHAM MOFFATT BELIEVES IN APPEAL TO GENERAL PUBLIC

Scotch Actor, Dramatist, Does Not Cater To One Class Alone.

The Advertiser had a delightful chat with the celebrated Scotch actor and dramatist, Graham Moffatt, at the Tecumseh House yesterday afternoon. Stocky of figure naturally, he appeared even more so in his native tweeds. And as he talked, his rugged face, rather serious in repose, relaxed into a charming smile with hints of the deep-rooted humor for which his plays are famous. The Moffatt family has long been celebrated for its dramatic talent, the actor's father having been the pioneer in modern platform entertainment in Scotland. His wife, who plays with him, and has accompanied him to Canada, is well known as a touring car, was pressed into service. In the meantime first aid was rendered to Warner by Yard Foreman Lamont, and J. Chick, yardmaster's chief clerk, who were in the vicinity at the time. In the opinion of the attending physician, their efforts saved Warner from bleeding to death, and the two fellow employees accompanied him to the hospital, holding the injured man in the touring car.

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LATEST CREATIONS IN FALL HATS SHOWN BY SMALLMAN & INGRAM

Amid a bower of autumn flowers and foliage, Smallman & Ingram offer to the public of London the latest creations in hats designed by French milliners, and also imported hats of the latest millinery opening all this week.

A new French milliner has been engaged, and is in charge of the millinery workshop, where daily the smartest models are turned out. Duvelty, panne, velvet, chenille cloth and feathers are the trimmings used in the latest models. One of the most charming hats to be seen is one fashioned of maroon velvet, with brown hair at the sides, with coque trimmings and touches of gold. Another smart model created by Marie Guy is of hatter's plush, with jet tassels and a brim which turns up like a hat.

Most popular this season are hats made of duvelty, chenille or velvet in a rust shade that look particularly well when worn with navy blue. A hat of feathers in this shade is shown with touches of navy. Hats in plain velvet, with silver or gold metallic trimmings, will also be very fashionable, and some smart models using these materials may be seen. A large assortment of tailored hats, including Pike and Gage models, and the famous Cupid hats, may be had in a range of colors and shapes. Very pretty are the children's hats of becoming little bow and drop shapes, made of almost every material.

RESCINDED BYLAW TO SAVE TOWN EXPENSE OF PROTECTING CROSSING

INGERSOLL, Sept. 10.—Through the rescinding of a bylaw passed in 1911, the town will not be put to the expense of placing gates and maintaining them at the crossing of the Grand Trunk. The former bylaw made the street an open crossing while in reality it served private interests. The matter was taken before the railway board by the council last week, and on advice received the bylaw was rescinded at a special meeting.

Increase Pastor's Salary. Recognizing the important service he has rendered, the quarterly officials of the Methodist Church have granted an increase in salary to the pastor, Rev. E. Sheppard, whose salary is now \$2,400 per year.

ARVA

Arva, Sept. 10.—T. Lawrance distributed two carloads of fertilizer to the farmers in this vicinity on Wednesday. There will be a large acreage of wheat sown.

An evangelistic campaign will be started in the local Methodist Church on Sunday, Sept. 19, by Evangelist Johnson and helpers, who are now at Police Island.

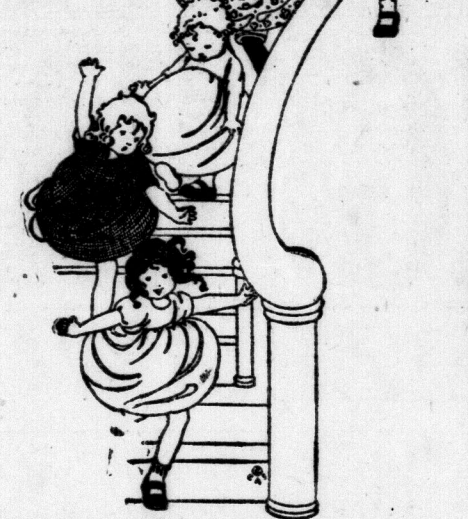
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Infants' Dept. Fourth Floor

Too, Must Have Its Autumn Fashion Show



A mother was heard to remark the other day: "My, what an advantage and blessing these days (with the difficulty of having things made) to be able to walk into a shop where there's a special department with every requirement, even to the smallest detail, for infants and children—things ready for use."

The Infants' Department in connection with this store has grown rapidly until now it occupies considerable space on the fourth floor. It's an important branch of the business which requires special and expert attention in bringing before our customers what is new and best for babies' and children's appearance and comfort. Today a special display commences of the new autumn apparel and comforts for the tiny tots—Fourth Floor.

These Are But a Few of Baby's Requirements

SELECTED FROM THE AUTUMN SHOW AS BEING PARTICULARLY SPLENDID VALUES.

Infants' New Fall and Winter Silk Bonnets. Prices \$1.25 to \$10.00
 Infants' Wool Bonnets from \$1.00 to \$4.00
 Children's Ready-to-Wear Hats beavers, velours and plush. Prices from \$6.50 to \$12.50
 Children's Dressy Hats, dainty shades of pink, sky, copen and white. Prices from \$4.50 to \$7.50
 Small Boys' Plush Hats, Tams and Caps. Prices from \$1.75 to \$4.50

Children's New White Chinchilla Coats, sizes from six months to three years. Prices \$4.00 to \$12.50
 Children's White Corduroy Coats. Prices \$6.75 to \$10.00
 Children's Wool Suits, Caps, Overalls and Sweaters, in colors of grey, brown, red, copen and white; sizes one to four years. Prices \$3.50 to \$6.00
 Children's Indoor Wool Suits, Knickers and Sweaters, in colors of grey, cardinal, brown and white. Prices \$3.50 to \$5.00

SMART MILLINERY

That's the verdict of the many who have thus far visited the Autumn Millinery and Fashion Show

Each day has added some new creation in the millinery world for autumn, 1920, until now the very large variety in styles, sizes, shapes, colors and range of prices enable you to make a selection of the autumn hat that's assuredly authentic in style and becomingness. It will be a pleasure to have you visit the displays without being under the slightest obligation to make a purchase.



Special Values at Silk Department

Imported Black Duchesse, \$3.69 Yard
 This is more than the usual quality of Black Dress Duchesse, rich in finish, heavy in quality, adapted for street or evening wear, yard wide. Special \$3.69 yard

Crepe de Chine, \$2.95 Yard
 We advise you to lay in a supply for Christmas because it's the best value shown for some time; black, light and dark colors; 40 inches wide. Special \$2.95

What a Difference a Coat of Paint Makes!

Now is one of the best times to paint. The results and life of the paint is much more satisfactory when used at this season of the year than when it is extremely hot. Paint not only adds to the beauty and value of your property, but it is economical in the end, because it protects and fights decay. The S. & I. Brand Paints are guaranteed satisfactory or money refunded. The prices are such as to make it interesting to you, to look over your buildings and order your requirements at once while these prices last.

Colors...Gallon \$5.50, 1/2-Gallon \$3.00, Quart \$1.50, Pint 85c
 White...Gallon \$6.00, 1/2-Gallon \$3.25, Quart \$1.75, Pint 95c
 S. ni-Flat Interior Paints for woodwork or walls, an ideal finish for kitchen or bathroom walls, dries with a smooth, velvet finish, also used for undercoating for enamel work
 ...Gallon \$5.50, 1/2-Gallon \$3.00, Quart \$1.50, Pint 85c
 Langmuir's White Enamel, used for woodwork...Quart \$2.25, Pint \$1.25
 Lacquerette, colors and varnishes in one coat, for floors, furniture, woodwork, etc....Quart \$1.35, Pint 75c, 1/2-Pint 45c
 Dougall's Linoleum Varnish, made especially for linoleum, dries over night and will not darken the light colors...Quart \$1.35, Pint 75c, 1/2-Pint 40c
 Dougall's Univarnish, a high-grade varnish for woodwork or furniture, etc....Quart \$1.35, Pint 75c

SMALLMAN & INGRAM LIMITED

A Phenomenal and Timely Clearance Men's and Young Men's Suits



Today and all next week we offer to you chaps of London an opportunity that seldom is our pleasure, that of a genuine clearance of our best lines in ready-made garments.

We have on hand an unusual number of ready-mades, due mostly to the great number of special orders which we have handled this past year.

These suits represent the very best makers, and all the wanted colors, weaves and styles in sizes from 34 to 42 will be found in the lot. We urge you to peep in our south window and judge the values for yourself. The prices will make a reputation for our establishment, and we ask that you come early for best choice.

Sale Commences Today and Will Continue Through Fair Week

\$35 Suit for \$25
 \$39 Suit for \$28
 \$45 Suit for \$35
 \$58 Suit for \$40

\$64.50 Suit for \$50
 \$75 Suit for \$55
 \$78 Suit for \$63
 \$80 Suit for \$65

CARAVELLA
 HABERDASHER
 LONDON 384 Richmond Street WINDSOR

CLANDEBOYE

Clandeboy, Sept. 10.—After an absence of 40 years, John F. Dedman visited the village recently, and with the permission of the owner, camped in a tent beside his auto for a few days on the site of the log house, where he and his six brothers and two sisters were born. The few old-time neighbors still living in the vicinity called on Mr. and Mrs. Dedman in their tent and gave them a hearty welcome.

Mr. Dedman's father was one of the pioneers who settled on the Bidulph side of the Bidulph-McGillivray town line, and saw that section of the London-Goderich road in the making, and also in its palmy toll-gate days now past. He was a "vet" of the old school, one of those men good in emergency, who were a very important element in the rough, dangerous life of the settlers in that early time.

John F. and several of his brothers have followed their father's example, and write V. S. after their names, most of them practicing in Michigan, where they moved on leaving Clandeboy.

REGISTRATION CONTINUED NEXT WEEK.

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CALL TO DURHAM.

Durham, Sept. 11.—Amos Church, Dromore and Knox Church, Normanby, congregations extended a unanimous call to Rev. Wm. Burnett, who has recently completed his college course. It is not yet known whether Mr. Burnett will accept. The call will come before the Presbytery next Tuesday in Mount Pleasant.

I KNOW A WOMAN'S SUFFERINGS

I am a woman. What I have suffered is a far better guide than any MAN'S experience gained second-hand.

I know your need for sympathy and health. And the treatment that gave me health and strength, new interest in life, I want to pass on to you, that you, too, may enjoy the priceless boon of health.

Are you unhappy, unfit for your duties? Write and tell me how you feel and I will send you ten days' FREE trial of a home treatment to meet your individual needs, together with references to women in Canada who have passed through your troubles and regained health; or you can secure this FREE treatment for your daughter, sister or mother.

If you suffer from pain in the head, back, or bowels, feeling of weight and dragging down sensations, falling or displacement of internal organs, bladder irritation with frequent urination, obstinate constipation or piles, pain in the sides, regularly or irregularly, bloating, dyspepsia, extreme nervousness, depressed spirits, melancholy, desire to cry, fear of something evil about to happen, creeping feeling up the spine, palpitation, hot flashes, weariness, sorrow, complexion, with dark circles under the eyes, pain in the left breast, or a general feeling that life is not worth living, I invite you to send today for my complete ten days' treatment entirely free and postpaid, to prove to yourself that these ailments can be easily and surely overcome at your own home, without the expense of hospital treatment, or the dangers of an operation. Women everywhere are escaping the surgeon's knife by knowing of my simple method of home treatment, and when you have been benefited, my sister, I shall only ask you to pass the good word along to some other sufferer. My home treatment is for all—young or old.



Read My FREE Offer! To Mothers of Daughters, I will explain a simple home treatment which specially and effectively dispels green-sickness (chlorosis), irregularities, headaches and lassitude in young women, and restores them to health and vigor. Tell me if you are worried about your daughter. Remember it costs you nothing to give my method of home treatment a complete ten days' trial, and if you wish to continue it, it costs only a few cents a week to do so, and it does not interfere with one's daily work. In health worth asking for, write for the free treatment order, mark the places that tell your feelings, and return to me. Write and ask for the free treatment today, as you may not see this offer again. Address: MRS. M. SUMMERS, Box 12, WINDSOR, ONT.