A FRIEND TO THE AGED

When men and women get past middle life their energy and activity, in many instances, begin to decline, and their general vitality is on the wane.

The heart action is weak and uncertain, and the nerves become more or less unsteady. Little sicknesses and ailments seem harder to shake off than formerly, and here and there evidences of a breakdown begin to appear.

Those who wish to maintain their health and vigor, and retain their energy unimpaired, should use

MILBURN'S HEART AND NERVE PILLS

They will help to keep the fires of youth aglow, prevent debility and decay, and ward off the mental and physical decrepitude of advancing years.

They brace up and invigorate the nervous system, improve the memory, make the heart beat strong and regular, and impart such a sense of buoyancy to the entire system that, though the years may be creeping on, the spirits and energies may be kept young and

> Milburn's Heart and Nerve Pills are 50c a box at all dealers, or malied direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SOLDIERS

SAILORS

In the many little difficulties you will naturally encounter in getting settled down into civilian life, after discharge from the Service, we are willing, ready and able to help you, absolutely free of charge. For this purpose we have formed a

RETURNED SOLDIERS' COMMITTEE

whose office is at

Knights of Columbus Hut (Parish Hali)

Richmond Street, London

If you have questions which are troubling you in regard to:-

Pension. War Service Gratuity. Discharge Papers. Employment. Letters to be written to Gov't. Depts: Papers to be signed or certified by a Justice of the Peace.

Remember that, regardless of your race and creed, you have friends in the

Knights of Columbus

Reconstruction and Employment Servica.

EVERYTHING FOR THE RETURNED MAN".



BABY'S OWN

The flower-fragrant lather of Baby's Own Soap, is so skin-healing and so pleasant, that five generations of Canadians have adopted it as their Standard toilet and nursery soap.

Experience has justified this confidence, and because it is "Best For Baby" - Baby's Own Soap is "Best FOR YOU."

In the interest of your skin, insist on Baby's Own Soap. ALBERT SOAPS LIMITED, Mire., MONTREAL.

DANIELS SAYS U. S. NAVY INCOMPARABLY STRONGER THAN EVER

Second Only To That of Great

FAR AHEAD OF OTHERS

Makes Many Recommendations For Betterment in Annual Report.

Washington, Dec. 7.—Incomparably stronger and more efficient than ever before, the American navy emerged from the world war second only to that of Great Britain, and fur in advance of any other foreign navy in ships, in men, and every element of strength," Secre-tary Daniels declared today in his an-

With eighteen capital ships—twelve superdreadnoughts and six giant battle cruisers—under construction, all representing the last word in naval construction, and several superior to any fight-ing vessels now in commission, the navy is "pressing forward to greater things," Mr. Daniels said. Recommendations by the secretary for

the betterment of the service included; Extension of the course at the Naval Academy to five years, so the midship-men may spend one year afloat as en-Itsted men.
Immediate enlargement of the naval establishment on the Pacific coast to take care of the new Pacific fleet.

Increased Pay.

Temporary increases in pay of officers and enlisted men and increase in amounts allowed for commutation of quarters and other allowances. Government control of wireless com-

Expansion of the naval air service and continuation of the present policy of a separate air service for the navy. Construction of new buildings, includ-ing a new memorial chapel at the Naval Change of the names of the Bureau of

Navigation and Steam Engineering to Personnel and Engineering Bureau, respectively.

Mr. Daniels made no recommendations as to an annual building program, ex-plaining that the recommendations of the navy general board were under con-sideration and that estimates would be

prepared soon for presentation to Congress.

The actual cost of the navy to the nation during the war was placed by the secretary at \$2,982,000,000. During the next fiscal year, he said, the navy's needs will be approximately \$573,131,254, or approximately \$40,000,000 less than the sum asked for during the present the sum asked for during the present

Construction Record.
Commenting on the construction records during the war, the secretary said that during the twelve months ended last October 1, 159 vessels of all classes were completed for the navy. These included 103 destroyers, 1 battleship, 32

Pyramid Pile Freatment



family has at er who should have the afforded by mail or if you cannot wait, get a 60 cent box at Take no substi-Join the happy throng who sing the praises

pon for free trial. FREE SAMPLE COUPON PTRAMID DRUG COMPANY. 578 Pyramid Bldg., Marshall, Mich.

TO GROW HAIR ON BALD HEADS

Specialist Gives Simple Recipe That Works Fine.

Thousands of people suffer from baid.
ness and failing hair who, having tried
nearly every advertised hair-tonic and
hair-grower without results, have resigned themselves to baldness and its attendant discomfort. Yet their case is
not horeless; the following simple home
prescription has made hair grow after
years of baldness, and is also unequalled
for restoring grey hair to its original
color, stooping hair from failing out
and destroying the dandruff germ. It
will not make the hair greasy, and can
be put up by any druggist: Bay Rum, 6
ounces; Lavona de Composee, 2 ounces;
Menthol Crystals, one-half drachm. If
you wish it perfumed, add 1 drachm of
your favorif perfume. This preparation is highly recommended by physicians and specialists and is absolutely
harmless, as it contains none of the
poisonous wood alcohol so frequently
found in hair tonics. Ladies using this
prescription should be careful not to get
it on the face or where hair is not
desired.—Advt.

AN OLD RECIPE

Sage Tea and Sulphur Turns Grey, Faded Hair Dark and Glossy.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked lustre to the hair when laded, streaked or grey. Years ago the only way to get this mixture was to make it at home, which is mussy and troublesome. Nowadays, we simply ask at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large the knife and fork. This comes from the soup spoon has been replaced by the knife and fork. This comes from the signst the directive processes required. phur Compound," you will get a large bottle of this old-time recipe improved by the addition of other ingredients, at very little cost. Everybody uses this preparation now, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or such hence relief even in dyspensia may and evenly. You dampen a sponge or soft brush with it and draw this be through your hair, taking one small strand at a time; by morning the grey hair disappears, and after another application or two, your hair becomes beautifully dark, thick, glossy, and you look years younger.

submarines and 52 Eagle boats. A world STUPENDOUS EFFORT record for destroyer construction was made, the secretary said, in the build-ing of the Reid at Squantum, Mass., in 45 working days. Discussing the proposed radical departure in the training of officers for the navy, Mr. Daniels declared that "no

officer can command so well as the man of ability and knowledge who knows every character or service from polisn-ing brass to the highest strategy and tactics." He added that a year's training as an enlisted man would prove invaluable to every officer and that here-tofore commissioned officers had no actual sea-going training in the duties of 1,320 Convictions. enlisted men except an incidental knowledge acquired during short sum-

mer cruises.

Mr. Daniels devoted much of his report to a review of the work of the navy during the war, and in foreign waters since the signing of the armis-tice. He declared that the remarkable performance of the navy in transport-ing troops, particularly in bringing the army back to the United States, was the outstanding war-time achievement of th

Regarding the enlargement of the Pacific coast bases, Mr. Daniels said he could not "too strongly urge that Congress make a beginning in the development of ahore bases, navy yards and air stations on the Pacific." Proper care of the vessels of the Pacific fleet, he added, made such action vital. added, made such action vital.

The report paid high tribute to the services of naval reserve officers and men during and after the war "without whom" it said, "we could not have manned the ships and carried on the war." Secretary Daniels characterized the naval reserve force as an invaluable asset to the navy and urged that Congress make ample provision for retaining and strengthening the organization. Advocating temporary increases in pay of officers and enlisted men and increase in amounts allowed for commutation of quarters and other allowances. tation of quarters and other allowances, the report declared that high wages offered by the merchant marine and shore

concerns was causing many officers and men in the navy to become dissatisfied and was resulting in an abnormal num-ber of resignations. The navy has been demobilized from war-time strength of more than 500,000 officers and men to 132,000 of whom 5,000 are reserves, the report said, and enlisted men are badly needed to man the greatly increased sea-going estab-

High tribute was paid welfare organrations for close co-operation with the navy and labor was eulogized for its patriotic response to the cry for increased and sustained production of war materials. Prominent payed officers notations of the production of the prod terials. Prominent naval officers, no-tably Admirals Sims, Benson, Mayo, Rodman, and Wilson, Rear Admiral Knapp, who succeeded Admiral Sims in command abroad, and the officers who command abroad, and the officers who participated in the transatiantic flight, received praise for exceptionally meritorious service. The value of the Navai War College at Newport, R. I., was graphically demonstrated during the war, the report declared, adding that "the day will come when one of the requisites to command of a fleet, squadron, division or battleship will be a diploma from this institution."

lessness and the improvement of finan-

BUSINESS LEAGUE OF NATIONS IS FORMED

International Chamber of Financial, Commercial and Industrial Organizations.

chamber of commerce, to be made up of financial, commercial, and industrial cent organizations throughout the world, has ity. been developed, it was announced today, as a result of the visit to this country of the missions from Belgium, France, Great Britain and Italy to the industrial trade conference. These countries, with the United States, will form the nucleus

of the organization, Final plans for the new "business league of nations" as one so styled it, were made today at the Commodore Hotel by a committee appointed in At-lantic City several weeks ago. Since the conference the foreign delegates have visited eighteen industrial cities, ending with New York. The missions sail for home tomorrow on the transport President Grant.

port President Grant.

The first meeting of the new organization will be held in Paris next June. Organization work is to be carried on by a general committee of 25, of which John H. Fahey of Boston is chairman. The European members of the committee will be named by the missions, and the chamber of commerce of the United States will name the American members. States will name the American members. A bureau will be opened in each country, with a secretary in charge. The organization committee will meet in Paris in May to complete arrangements for the conference. At this meeting a final draft of a constitution will be

drawn up. drawn up.

A permanent headquarters in Europe, with a permanent staff, already has been decided upon. There will be a board of directors, a secretary general and an executive and technical staff from each country. A national bureau in each country will act as a branch between the international and national are tween the international and national organizations. Present plans call for an international meeting every two years. The board of directors, composed of two members from each country, will meet every year. Policies will be formulated by the board and by a refer-

endum system.

The general purposes of the organ-lzation are "to promote international commerce to facilitate the commercial intercourse of nations, to secure har-mony of action on all international ques-tions to promote peace, progress and cordial relations between the countries and the citizens by the co-operation of businessmen and their associations de-

TO DARKEN HAIR THE KNIFE AND

Their Spoon for a Knife and Fork and With Stuart's Dyspepsia Tablets the World Smiles Again.

Ask a former dyspeptic who tried the ach, hence relief even in dyspepsia may

MADE IN BRITAIN TO **CHECK PROFITEERING**

7,350 Officers Prosecuted-

1.600 TRIBUNALS

Fines Have Been Imposed Aggregating \$35,000-Some Prison Sentences.

LONDON, Dec. 8 .- (By the Associated Press.)-Great Britain's stupendous effort to grapple with profiteering been formed to investigate supposed trusts or monopolies which may be manipulating wholesale prices. This has been done under the profiteering two men coming through the window,

investigating prices, costs and profits
of a large number of articles in common use. It has formed a costings
committee, composed of distinguished
accountants, which is assisting the central committee in its task. A subcommittee on trusts has been empowed to obtain whatever technical and committee on trusts has been empowered to obtain whatever technical and expert assistance may be required.

In scope, the act applies to "any article or class of articles which is one of a kind in common use by the public," or to "any material, machinery, or accessories used in the production of such articles." The act does not apply to "controlled" articles, such as maximum prices were fixed by war-time legislantion.

Bullét Went Through Pillow.

"I am convinced this man is telling the truth, for this reason: The bullet that killed his wife went through the truth, for this reason: The bullet that killed his wife went through Pillow.

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Clear-Cut Definition.

A clear-cut definition of the term
"profiteering" has been a point which
has given local tribunals much difficulty in the prosecution of their tasks. So far, the definition laid down by Sir Auckland Geddes president of the board of trade has been accepted as a basis for prosecution. It follows: "The main-

Critics of the government's anti-profiteering machinery point to official figures just published in the Board of Trade's Labor Gazette, showing that de-

spite efforts to beat down living costs, the general level of retail prices on October 1 was 120 per cent above pre-war figures, or an increase of five per war figures, or an increase of five per cent, as compared with the level of September 1 last when the local tribunals were just getting under way. But it is not contended, even by these fault-finders, that the increase would not have been larger had the government made no effort to bring the profiteers to book.

Definite Results.

Against such objections may be set such testimonials as that of the Yar-

such testimonials as that of the Yar New York, Dec. 8.—An international hamber of commerce, to be made up of inancial, commercial, and industrial cent has been noticeable in that local cent has been noticeable i Membership of the local tribunals is

fixed at from seven to twenty-five, two
of whom must be women. All complaints are heard in public, except in special cases when under authority of the board of trade, proceedings may be in private, Books or documents produced at private hearings are to be treated as confidential, if the person producing them so desires. Labor is represented on the local tribunals and on the central committee, among the nembers of the committee being J. H. Thomas executive head of 'the railwa men during the recent strike and G. H. Stuart-Bunning, president of the Brit-ish Trades Union Congress. Local tribunals have been empowered to investigate all claims brought before them and if the allegations of excessive charges are established, to institute pro-ceedings against the seller before a court of summary jurisdiction where, upon conviction, fines of not more than \$1,000 or imprisonment for terms to exceed three months, or both, may be

Questions before local tribunals are decided by a majority of the members present and voting. Any seller ag-grieved by any finding of a local tri-bunal, other than a decision to take proceedings before a court of summary jurisdiction, may appeal to the appeal tribunal for the area in which the local tribunal is operating. The institution of court proceedings is not the only function of the local tribunals—they may dismiss the complaint entirely declare the price which would yield a reasonable profit on the article in questions.

reasonable profit on the article in question, or require the seller to repay to the complainant any amount paid by him in excess of this stipulated price.

A Wide Range.

Local tribunals all over England have lists of complaints for investigation. The articles range from flannelettes at 36 cents a yard, to bootlaces at 25 cents a pair, from enamelled granges and the selled to t a pair; from enamelled saucepans at \$1.45 to spools of cotton at 14 cents; a Westminster committee has been called on to investigate a charge of \$125 for a woman's hat, another of \$8 for a coat and skirt and a charge of a cents for a breakfast roll.

A complaint was made before the Walton-On-Thames committee

charge of 62 cents for a lamp shade which, it was alleged, could be pur-chased a few miles distant for 32 cents chased a few miles distant for 32 cents.
At Bangor a man complained that he had been charged 65 cents for tea for himself and a friend. The committee ordered a refund of 16 cents.
Efforts instituted among retail dealers to check profiteering "higher up"—among the wholesalers—has been of much assistance to the central committee in its investigation of twelve or more suspected price "combines." inee in its investigation of twelve nore suspected price "combines," in-cluding dealers in boots and shoes, cot-

ton sheeting, tinware, blankets, ready-made clothing, soap, tobacco and mediines.
Imposition of prison sentences has not been uncommon, aithough it has been a general practice to impose maximum fines in glaring cases of guilt with a threat of imprisonment should there be a second infraction.

Exces Profits Tax Is Blamed For High Price of Clothing

BOSTON, Mass., Dec. 8 .- Retail clothiers, in accounting for the pre-vailing high prices of men's clothing be looked for almost at once.

If you have been troubled with gassiness, sour stomach, water brash, heaviness after eating and such troubles, try these tables. You will find Stuart's Dyspepsia Tablets on sale in any drug store in the United States and Canada. at a hearing today before the commis sion on necessaries of life, said that Federal excess profits taxes, passed along by each handler of the goods. were said to be largely responsible for the increased prices, with advanci

costs, including that of labor, as an added factor. The clothiers in several instances claimed to be running their usiness at a net loss.

The representative of a wholesale and retail clothing house told the commission that increasing costs would compel the company to charge at wholesale next spring \$36 for suits now selling at \$27 and \$28.

NIGHTMARE CAUSES MURDER OF WIFE BY FRIGHTENED HUSBAND

Remarkable Explanation of Killing Given by a Newark

Newark, N. J., Dec. 8 .- James Sapienza, concrete block manufacturer, of is just disclosed by the work of 1.600 tribunals which have prosecuted 7.350 offenders and secured 1.320 convictions, with fines aggregating \$35,000.

Besides setting up these local tribunals to which complaints against dealers are submitted appeal tribunals have been established in specified areas of England, Scotland and Wales. In addition central committees also have dition central committees also have seen creeping through the window. The dition central committees also have seen creeping through the window. The

and that they were taking his little Apart from the prosecution of com-plaints, the board of trade, which is charged with the administration of the anti-profiteering law, is independently investigating profits.

ment that he and his wife had always been on the best terms, declared he believed the manufacturer was telling the truth. He added that Sapienza had turned over to him for investigation the threatening letters he had received.

VIEW HELD BY PSYCHOLOGIST. for prosecution. It follows: "The making of an unreasonably large profit, all circumstances being known, by the sale to one's fellow citizens of an article which is one, or one of a kind, in common use."

S. Woodworth, Columbia psychologies, tonight was asked to comment on the Sapienza tragedy at Irvington. Prof. Woodworth believes it was not the dream of the kidnapper entering the window that led Sapienza to shoot, but New York, Nov. 26.—Professor R. S. Woodworth, Columbia psychologist,

which is one, or one of a kind, in common use."

On the question of what constitutes an "unreasonable profit," C. A. McCurdy parliamentary secretary to the ministry of food, recently declared, on aval contracts made during the war had been settled.

The records of the Marine Corps and the proposed transfer of the latter service from the treasury department to the navy department was advocated.

Splendid results have been accomplished by naval administrations in the Virgin Islands, Haiti, San Domingo, Samoa and Guam, Secretary Daniels declared, particularly along sanitary lines, and in the quelling of banditry and taw. lessness and the improvement of financial conditions."

Which is one, or one of a kind, in common use."

On the question of what constitutes an "unreasonable profit," C. A. McCurdy parliamentary secretary to the ministry of food, recently declared, or window that led Sapienza to shoot, but a separate one in which he may have quarreled with his wife. "The man would never remember an activity dream," he said. "Sleep walkers and others who move about to work upon is not to ask themselves whether the profit is higher than someone from the treasury department to the navy department was advocated.

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Splendid results have been accomplished by naval administrations in the declared, particularly along sanitary lines, and in the question of what constitutes an activity dream, the further of the fa



good nature Don't harbordestructive germs among your teeth. Use MENNEN'S CREAM DENTIFRICE. It destroys germs —polishes teeth and keeps the cav-ities of the mouth clean and sani-

CREAM DENTIFRICE



Don't imagine your watch case Upon it largely depends the accuracy, dependability and long life of your watch mechanism. A "Cashier" case gives your time-piece absolute protection from dust and weather, and a beautiful setting. There is a "Cashier" extra quality rold filled case for every movemen American Watch Case Co. of Terento, Limited

HORLICK'S

Largest Makers of Watch Cases in the British Empire

Malted Milk for Invalids A nourishing and digestible diet. Contains rich milk and malted grainextract. A powdersolublein water.

Grippe **Tablets**

BIONIN

Take two when you feel a cold coming. You'll get relief almost immediately. 50e a box at all druggists.

THE KELPION COMPANY

oronto, Ont. London, Eng.

Children Cry for Fletcher's

CASTORIA

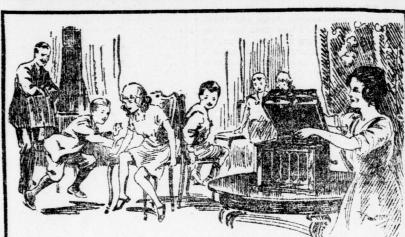
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric. Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

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Edison's Amberola Solves the Amusement Problem

There is no pleasure like that of being able to entertain your friends and amuse yourself. The Edison Diamond Amberola with its endless repertoire of good music both entertains and

The Edison Diamond Amberola

would be an investment in happiness for yourself and family. Its many exclusive features make it the best phonograph investment in the market to-day. Call and hear it at your

W. McPhillips

The Music Centre.

238 DUNDAS STREET, LONDON.

Sweet Milk—Sour Milk— Buttermilk or Water

Use any of these when baking with

Baking Powder

It gives you a wider choice of ingredients for cakes and pastry, yet assures you of positive success in your baking.

Egg-O is absolutely pure and efficient —And double acting, that is, its first action occurs in the mixing bowl when cold water or milk in its various forms is added. Allowing the dough to stand for 15 or 20 minutes will give better results. When you put your baking in the oven Egg-O will continue to rise until your cakes are pro-

Buying Egg-O in the larger tins is most economical for family use.

Egg-O Baking Powder Co. Hamilton, Canada

