THROAT SORE?

Don't neglect it because you hink it is "only a sore throat!" it is often the beginning of serious rouble, which can be avoided if proper precautions are taken. Peps will safeguard you.
"Sore throat" is a sign that your power of resistance has been temporarily lowered, and your system is therefore unable to withstand the attacks of harmful arms which are being constant-



Miss Carmichael feels that this Norway Council has made great strides and is very advanced in the work. Interesting delegates present were those from Iceland, the youngest council; South Africa, Serbia, Austria and Bulgaria. The Serian lady thanked all who had assisted, by rehief work, her devasted country. The Canadian Council must work if it is to keep up with some of the younger councils. "Mothering" was the central theme of Lady Aberdeen's fine address. The League of Nations was the most talked of subject. A marvellous spirit of torgiveness was shown by delegates from Great Britain and France, who moved and seconded a motion of regret that the German women were not present. Miss Carmichael, in telling of this occurrence, said: "We have a wonderful Mother Country. There is none like it," which statement was loudly applauded.

LET'S TALK IT OVER

HELIMITS FOR PRINCIPLE OF CONTROL NATIONS COURT COUNTY THE BEARS OF COUNTY THE BEARS O

Argentime assembly which did not see to discriminate in regard defegates who were guests of the entire city. They were entertained by the King and Queen at tea, Their Majestles shaking hands with the guests. Mrs. Sanford sat next to the Queen at the tea table. The government of Norway provided £2,000 for entertainment, the municipality gave a reception, the National Council a supper, the British ambassador an entertainment, and one evening all delegates were guests at various private houses in order that they might have an insight into the home life of the council at the Knights of Pythias entertainment. The Children's Ald Tag Day date was settled, subject to the mayor's consent. On motion a size to describe the cause you are those of the council in the council in the council stream church, which all delegates at tended.

Made Great Strides

The Camichael was presented by the president with a bouquet of roses. The Children's Ald Tag Day date was settled, subject to the mayor's consent. On motion a size to add the proper was served at six thirty in the school rooms, and regard the council at the Knights of Pythias elected to represent the council at the Knights of Pythias electraliment. The Children's Ald Tag Day date was settled, subject to the mayor's consent. On motion a size to a family of ten and helpfulness. A leader containing a very complete out the king closed the meeting.

Mrs. Ralph Smith and Mrs. L. A. hade containing a very complete out the king closed the meeting.

Stop Guessing Try Pyramid

You have Come to Such Miser as Itching or Protrading Piles Try Pyramid Pile Supposi-



nd a consequent reduction cost of all other manufact ducts. When living costs we still had to live.

The report of the secretary, by Miss Annie Hipwell, told of ary work and helpfulness. A bittaining a very complete outsent an Indian girl at a west-tool and was gratefully acknowing the pupil and matron of the A large box containing clothleatables was sent at Christ-be family of ten in the parish, essful tea and sale was held.

Toronto Wins The \$500 L. T. U.



is stopped.

We all know that the transition period is with us, and that with the reduction in the cost of wheat will come a reduction in the cost of living and a consequent reduction in the cost of all other manufactured products. When living costs went up we

\$500 I. T. U. Prize



Indigestion



The Result of Superior



IIVII LINITAL Show loday

Everybody Will Enjoy That Pair

DOUGLAS McLEAN AND DORIS MAY

A COMEDY TO BE SURE, BUT TRUE Burton Holmes Travelogue and Topics of the Day

HOUSE VAUDEVILL

Matinee at 2.30 Evening 7.30 and 9

Their Attempt at Golf Their "Smart" Fileting

5 ACTS OF HIGH CLASS VAUDEVILLE SERIAL PHOTO DRAMA HAVE BEST START WILL COMPETITORS WITH

CHANCES OF WINNIN

ENRO