

ANCIENT MOSQUE OF OMAR



The upper picture is a view of Omar taken from the top of the wall. Beneath is back view of the famous Mosque of Omar.

SIMPLE AS A.B.C.
TRY IT TO-NIGHT FOR
YOUR NERVOUSNESS

Worn out, tired in the morning, you lack the energy and ambition to work as of old. This means nerve decay—nerves that are starved for the want of good, rich blood.

It's blood nourishment that vitalizes the nerves. Your blood is thin, weak, watery. It's filled with poisons that hang on because your kidneys don't filter properly.

See here fix up your kidneys, put new life in your liver, and you'll feel like new in a short time.

To do this, you must use Dr. Hamilton's Pills, they make life look bright and pleasant because they restore harmony and vigor to the organs that need repair.

Dr. Hamilton's Pills warm the blood and fill it with nutriment that's bound to build you up, that's sure to lift your weakness, that invariably does make joyous, robust Good Health.

Think of it, youthful strength, lots of nerve force, plenty of red blood surging through your veins— isn't this reason enough for your using Dr. Hamilton's Pills? Sold in 25c. boxes by all dealers.

How Officers Are
Chosen For the
Commerce Chamber

Methods to be followed in the selection of the officers and directors of the St. Catharines Chamber of Commerce and the plan of control emphasize the democratic nature of the organization whose membership will be next week at 450 or more. The campaign director-to-day described these methods.

His first pointed out that "because the corporation which may subscribe to 25 memberships will have only one vote, no more than the smallest storekeeper who may join, it will be apparent that the citizen, if there is such, who regards himself as the most obscure in the Chamber, will have just as much to say about who shall run it as the most influential interest in the community."

"When the election is to be held," he continued, "a primary ballot will be mailed to every member. This

ballot will bear the names of every man and woman of a representative of a firm or corporation which is a member. Assuming that the number of directors is to be 12—the actual number has not yet been fixed—the recipient of each ballot will be asked to so mark it as to place in nomination the 12 individuals who, in his opinion, are the best equipped to be directors.

"When these primary ballots are canvassed, the 24 who are found to have the highest votes will be declared nominees for the 12 places to be filled. The purpose in naming 24 candidates is to offer the members a considerable range of choice.

"The next step will be the sending out of the final ballots, bearing the 24 names, with instructions to the members to vote for 12 and the 12 receiving the highest votes will be declared elected.

"Immediately the 12 directors will organize by choosing a president, one or more vice-presidents, a treasurer and a secretary. The usual method is for the directors to elect the president and other officers except the secretary from among their own number. The reason for this is found in the will of the membership in fixing the number of directors. If this is 12, it would obviously be improper to add two, three or four men as officers, giving them the right to vote in board meetings, and thus actually increasing the size of the board beyond that fixed by the members.

"The full democracy of this election system will be apparent when it is added that all ballots will be secretly marked and cast. This system has been tried in the hard school of experience and found to be the most satisfactory method yet devised to secure truly representative management of a Chamber of Commerce. In some Chambers a by-law has been adopted to prevent the re-election of a director for a successive term.

"In addition to a board of directors, a modern Chamber of Commerce has what is called a member's forum. In some respects this is as important as the board of directors. Its chairman as important as the president of the Chamber.

"It is a means of direct and quick communication with the entire membership. Its other functions are to keep a check on the progress of work by the committees, to encourage good fellowship among the members, to initiate movements for the community good; in short, to keep the membership alive and interested."

Stomach on Strike? Here's Relief!

No Indigestion, Gas or Sourness



Upset stomachs feel fine.

All indigestion, gases, sourness, heartburn, brash or acidity goes instantly. No waiting!

Quickest stomach relief known.

Just as soon as Pape's Diapepsin reaches your sick, unsettled stomach all stomach misery stops.

Costs little—All druggists.

Stomach suffering is needless.



UPSET? Pape's Diapepsin WILL PUT YOU ON YOUR FEET

The Finance Committee of the Toronto Board of Education recommended that female assistant teachers, starting at \$1,000 per annum, be given an annual salary increase of \$50, until the maximum of \$2,000 is reached.

Will Street was unsettled at opening, and afterward industrial and railroad stocks were pressed down.

This year's St. Patrick's parade in Montreal may be the last, owing, it is said, to the ridicule to which it is subjected by spectators.

NOTHING is further from the truth than the statement that Canadians cannot get a good cup of coffee. The standard Canadian blend is better than the average American blend, but is usually spoiled in the making. Just pour furiously boiling water on it and let it stand for ten minutes. Don't boil it.

Our coffees are the choicest of the world's plantations. They are blended by experts, roasted to perfection, and then cut by the most modern coffee-cutting appliances. The result is that matchless quality for which Rideau Hall Coffee is famous.

Rideau Hall
STEEL-CUT Coffee STEEL-CUT
CORMAN, ECKERT & CO., LIMITED.
LONDON AND WINNIPEG.

MEAT INJURIOUS
TO THE KIDNEYS

Take a Tablespoonful of Salts If Back Hurts or Bladder Bothers.

We are a nation of meat eaters and our blood is filled with uric acid, says a well known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative

tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediments, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and

stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia water drink, and nobody can make a mistake by taking a little occasionally, to keep the kidneys clean and active.

Announcing
Red Rose Orange Pekoe Tea

During our twenty-five years in business, Canada has made wonderful progress in education, refinement and wealth.

The scale of living and the tastes of the people are more luxurious than a quarter of a century ago.

Realizing this we have decided that—in addition to our well-known standard brands of Red Rose Tea, the sales of which are increasing faster than ever before—the time is opportune to introduce a tea of extra quality. It is an Orange Pekoe Tea of very fine quality under the popular Red Rose brand, and called Red Rose Orange Pekoe Tea—a special tea of extra quality for people who are willing to pay a little extra price.

To ensure the quality and success of this new tea we have concentrated on it all the resources, the experience and the advantages possessed by our big organization.

The Orange Pekoe Teas we use are selected with a knowledge born of long experience in buying teas abroad.

Red Rose Orange Pekoe are grown on the best plantations;

- from tested seed;
- on carefully cultivated soil;
- at a high elevation (mountain

grown teas are very superior to low-land teas.)

They are gathered at the time of the year when the flavor is most fully developed in the leaves.

The manufacture and final preparation are carefully and skillfully done.

When brewed, Red Rose Orange Pekoe Tea has all the characteristics of fine quality tea.

It has a bright, sparkling amber color in the cup.

The aroma is delicate and delightful.

After the liquid is poured off, the leaves in the pot are a greenish copper color.

The flavor is of rare charm and distinction. The more cultivated your taste the more you will appreciate it.

The strength is rich, satisfying and invigorating.

Red Rose Orange Pekoe Tea is sold only in our sealed waxed board cartons which fully protect its fine quality.

Ask for it by the full name: Red Rose Orange Pekoe Tea. The words "Orange Pekoe" are in orange on our new waxed board cartons.

T. H. ESTABROOKS COMPANY, LIMITED

St. John, Montreal, Toronto, Winnipeg, Calgary, Edmonton, St. John's, Nfld., and Portland, Maine.

To Grocers:—Our travellers are on the road taking orders for this NEW tea. If our traveller hasn't reached you, better phone or mail an order immediately to our nearest office. There is sure to be a considerable demand at once for this quality tea.

Mountain grown Orange Pekoes from the best plantations. A tea of extra quality at a little extra price.



Our well-known Red Rose package, a sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe package is a little different in design.)

