

Nature's Remedy
N-R TABLETS
Better than Pills
For Liver Ills. 25c Box

What cough!

It mauls you, for a continu-
ous, it is dangerous. Attack it
early that will quickly stop
it. The respiratory organs
the same time build up the
resistant resistance. Ask
list or dealer for—

Robert's
Cod Liver Oil & Tar

**NOSE CLOGGED FROM
A COLD OR CATARRH**

Apply Cream in Nostrils To
Open Up Air Passages.

Ah! What relief! Your clogged nos-
trils open right up, the air passages of
your head are clear and you can breathe
freely. No more hawking, snuffling,
mucous discharge, headache, drowsi-
ness—no struggling for breath at night,
your cold or catarrh is gone.

Don't stay stuffed up! Get a small
bottle of Ely's Cream from your
druggist now. Apply a little of this
fragrant, antiseptic cream in your nos-
trils, let it penetrate through every air
passage of the head; soothe and heal
the swollen, inflamed mucous membrane,
giving you instant relief. Ely's Cream
Balm is just what every cold and
catarrh sufferer has been seeking. It's
just splendid.—Adv.

**HOW WOMEN
OF MIDDLE AGE**

May Escape the Dreaded Suffer-
ing That Period by Taking
Mrs. Block's Advice

kins, Minn.—"During Change
I had hot flashes and suffered
for two years. I saw Lydia E. Pink-
ham's Vegetable Compound adver-
tised in the paper and got good re-
sults. I recommend your medicine to
my friends and you may publish this
as a testimonial."—Mrs. ROBERT
BLOCK, Box 542, Hopkins, Minn.

It has been said that not one woman
in a thousand passes this perfectly na-
tural change without experiencing a
train of very annoying and some-
times painful symptoms. Those dreadful hot
flashes, sinking spells, spots before
the eyes, dizziness, nervousness,
and all the other things that make
every woman at this age should profit
by Mrs. Block's experience and
try Lydia E. Pinkham's Vegetable
Compound.

If you have the slightest doubt that
Lydia E. Pinkham's Vegetable Com-
pound will help you write to Lydia E.
Pinkham Medicine Co. (confidential)
Lynn, Mass., about your health.

**RECIPE TO CLEAR
A PIMPLY SKIN**

Pimples Are Impurities Seek-
ing an Outlet Through
the Skin Pores.

Pimples, sores and boils usually re-
sult from toxins, poisons and impurities
which are generated in the bowels and
then absorbed into the blood through
the very ducts which should absorb only
nourishment to sustain the body.

It is the function of the kidneys to
filter impurities from the blood and
cast them out in the form of urine, but
in many instances the bowels create
more toxins and impurities than the
kidneys can eliminate, then the blood
uses the skin pores as the next best
means of getting rid of these impurities
which often break out all over the skin
in the form of pimples.

The surest way to clear the skin of
these eruptions, says a noted authority,
is to get from any pharmacy about
four ounces of Jad Salts and take a
tablespoonful in a glass of hot water
each morning before breakfast for one
week. This will prevent the formation
of toxins in the bowels. It also stimu-
lates the kidneys to normal activity,
thus coating them to filter the blood of
impurities and clearing the skin of
pimples.

Jad Salts is inexpensive, harmless and
is made from the acid of grapes and
lemon juice, combined with lithia. Here
you have a pleasant, effervescent drink
which usually makes pimples disappear;
cleanses the blood and is excellent for
the kidneys as well.

HOME ECONOMICS

MRS. ELIZABETH KENT, MACDONALD COLLEGE.

THE INSTINCT OF INVESTIGATION.



English hunting and inn scenes are
good for the dining-room.
Mirrors should not be hung in the
dining-room, certainly not where any-
body at the table can be haunted by his
own reflection. No unwhimsical test of
character can be made than to put a
person where he must see himself eat
and talk. Let us leave that sort of
blunder to the poor taste of the public
eating place.
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paper Service.)

Women's Activities Western Ontario

Address News For This Column to
The Editor of Woman's Page.

LOBO W. I.

The regular meeting of the Lobo Wo-
man's Institute will be held on Wednes-
day afternoon, March 16, in the Masonic
Hall, Lobo. An interesting program,
consisting of solos, instrumentals and
papers will be given. Mrs. E. L. Graham
will give a talk on "The Organization of
Institutions and Duties of Its Members."
The program, which is being put on
by the members, promises to be very en-
tertaining after which refreshments will
be served.

HARRIETSVILLE W. I.

The monthly meeting of the Harriets-
ville Women's Institute was held at the
home of Mrs. C. B. Adams on March
11, with a large attendance. In the ab-
sence of the president, Mrs. Adams
chair. After the opening of the meet-
ing, Mrs. Adams presented them with
a handsome cabinet of Old Colony silver
in honor of their anniversary. The
speaker outlined the institute from its
first organization to the present time,
how it is first started in Ontario,
Canada, and has spread across to Eng-
land and the countries of Europe. She
showed the members sample programs
of meetings in England and Scotland,
and although they did not have them
in Canada, they were surpassing Canadian
institutions in some ways. Mrs. J. Barons
of Belmont spoke briefly.

LOBO COUPLE HONORED BY
FRIENDS.

A social evening was held in the
Union School, Lobo, recently in honor
of Mr. and Mrs. Russell Pincombe, when
their most intimate friends gathered
there to bid them farewell before they
left Lobo for their new home in Lon-
don.

An interesting feature of the evening
was a short program. Mr. T. Green re-
ad an able chapter. An address was
read by Duncan McCallum, while Miss
Florence Fletcher presented them with
a handsome cabinet of Old Colony silver
in honor of their anniversary. The
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DORCHESTER GOLDEN WEDDING.

Mr. and Mrs. Joseph Fulkerson, of
Dorchester celebrated their diamond
wedding on Tuesday, March 8, many
of their friends calling on them on
that day to offer congratulations, in
spite of the heavy rain which drenched
the country of the wedding day. Four
generations were present at this cele-
bration, as well as friends from Ham-
ilton, Port Huron, and other places in
and about the district. The house was beau-
tifully decorated and the banquet
sumptuous.

Mrs. Fulkerson was born in Put-
nam in 1842, while Mr. Fulkerson was
born in Andover, Mass., in 1846, com-
ing to Putnam at 14 years of age, and
since that time both have resided in
that district.

Advertiser Patterns

Owing to the pattern manu-
facturers increasing the price of pat-
terns to use, all patterns adver-
tised from this date will be 15
CENTS EACH.

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Just Eight More Days

TO TEST YOUR SKILL IN SOLVING

The Advertiser's Puzzle

WINNERS SHARE \$2,500

YOUR OPPORTUNITY TO WIN IS JUST AS GREAT TODAY AS AT THE BEGINNING OF
THE CONTEST. STILL PLENTY OF TIME.

TO PARTICIPATE IN CONTEST

This contest is open to all
residents of the Province of
Ontario. Solutions of
the puzzle will not be accepted
from outside of this territory.
While addresses for delivery of
the paper may be changed as
desired, all communications
and matter relating to the con-
test must pass back and forth
from the original addresses of
contestants. The contest is
open to men and women under
the following terms:

Anyone in the Province of
Ontario, upon making a sub-
scription payment to The Lon-
don Advertiser of not less than
\$2.75, or more than \$10.00, may
submit a solution of the puzzle.
You may submit as many dif-
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with a subscription, on pay-
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Change will be made in any
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all who are not now subscribers.

The value of the first five
prizes may also be increased
to \$100 each by interesting four
people who are not now sub-
scribers to become subscribers.
The sum of \$25 will be added
to the prize of each new sub-
scriber who has been secured.
Each of the new subscribers must
pay no less than \$2.75, and he
must sign a separate blank, so
that the contest may be carried
on as a separate contest. The
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PUZZLE CHART

This Chart with chain drawn across it and blank beneath attached must be returned as your solution.

2	3	8	7	4	5	2	3	4	3	2	5	6	3	4	5	4	3	2	5	4	7	8	5	4
7	4	5	2	3	8	9	4	7	6	9	4	7	2	3	2	7	4	9	8	3	2	5	2	3
6	9	6	7	4	3	6	7	2	7	8	9	6	7	4	9	2	7	6	3	4	7	6	9	4
9	8	9	6	5	6	5	2	9	6	3	2	5	8	5	8	9	2	5	6	5	6	9	8	5
8	9	6	3	2	7	4	9	6	5	4	7	6	3	4	9	6	9	4	7	2	3	6	9	4
7	2	5	4	5	8	5	8	3	8	5	8	7	2	7	8	3	8	5	8	5	4	5	8	7
4	3	8	9	8	3	6	7	4	7	2	3	4	9	6	3	4	7	6	3	8	9	8	3	6
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7	4	7	6	9	2	9	6	7	8	9	8	8	5	6	7	6	9	2	9	6	7	6	5	
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6	3	8	3	4	5	8	3	8	7	6	3	6	5	2	3	8	3	8	5	4	3	8	3	2
7	4	9	2	7	6	5	4	5	2	3	2	9	8	7	4	5	4	5	6	7	2	9	4	7
8	5	2	9	2	7	4	3	2	9	2	5	6	9	2	3	4	7	2	9	8	5	6	9	4