

IF RHEUMATIC EAT NO SWEETS

Says Glass of Salts Helps To
Overcome Rheumatism
Acid.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly, keep the feet dry, avoid exposure, and above all, drink plenty of good water and avoid eating sweets of all kind.

Rheumatism is caused by body waste and acids, resulting from food fermentation. It is the function of the kidneys to filter this poison from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed, thus forcing the kidneys to do double work; they become weak and sluggish and fail to eliminate this waste and acids, which keeps accumulating and circulating through the system, eventually settling in the joints and muscles, causing stiffness, soreness and pain, called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is helpful to neutralize acidity, remove waste matter, also to stimulate the kidneys, thus often ridding the blood of rheumatic poison.

Jad Salts is inexpensive, and is made from the acids of lemons and lemon juice, combined with lithia, and is used with excellent results by thousands of folks who are subject to rheumatism.—Adv.



For Thin Falling Hair Use Cuticura

If your scalp is irritated and your hair dry and falling out in handfuls, try this treatment: Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap. Nothing better than Cuticura for all skin and scalp troubles.

Soap 25c. Ointment 25c and 50c. Taken 25c. Sold throughout the Dominion. Canadian Depot: James Laid, 301 St. Paul St., W. Montreal.

DIRECT CONNECTIONS FOR FLORIDA.

Exceptionally fine connection is made at Detroit for Florida points, including Jacksonville, St. Augustine, Palm Beach and Miami, from Canadian Pacific train 633, which leaves London daily at 7:15 p.m., connecting direct.

Canadian Pacific city ticket office, 417 Richmond street, will arrange through reservations. Jan. 8/24

AUTHOR TELLS STORY OF EUROPE'S CONDITION

Practical Experience of John F. Sinclair Apparent in "Can Europe Hold Together?"

GREAT REPUTATION

Ability in Accurately Presenting Facts Has Won Canadian World Fame.

Few authors can bring to a subject the practical as well as the theoretic experience which is the background of John F. Sinclair's "Can Europe Hold Together?" a series of 20 articles starting daily in The Advertiser with tomorrow's edition.

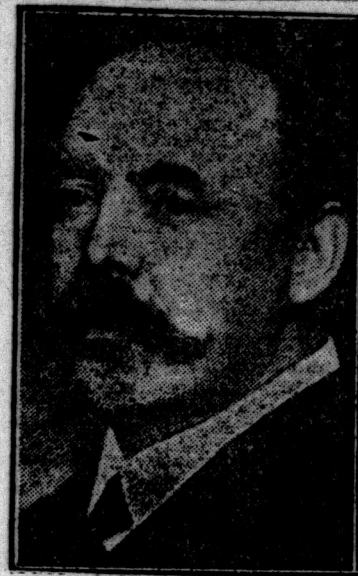
This study of the world's condition as exemplified by Europe is the result of a five months' tour, made especially for the purpose. Besides making his own observations, the author talked with men of note in all the 16 countries he visited, including premiers and 12 ministers of finance.

Mr. Sinclair has, in the course of years, attained a reputation for his ability to present abstract and complicated matters accurately and with such simplicity that any layman can grasp them.

His career has been varied, including widespread economic studies at home and abroad, a part in the drafting of America's model state income tax, association with a big investment house, and lecturing to university students.

He was born in St. Marys, Ontario, March 7, 1885, and got his schooling in North Dakota. He entered the University of Minnesota in 1902, taking his B.A. in 1906, and in 1909 was graduated from the school of law. Having been secretary of the university Y.M.C.A., he went to Montreal as general Y.M.C.A. secretary.

In 1910-11 he was on the expert legal staff of Wisconsin Legislative Reference Department, and assisted in drafting the Wisconsin income tax



MAY GO TO RUSSIA.

James O'Grady, British Labor M. P., is slated for ambassador to Russia, in the event of a Labor government assuming power in the old land.

law, today regarded as the model for America.

His first visit to Europe, in 1911, was made to study co-operative methods as special representative of the Wisconsin State Board of Public Affairs.

In 1912 he became associated with a Minneapolis investment house and two years later organized his own company.

He was a special lecturer in law at the University of Minnesota, 1913-18, and about the same time became one of the original members of the executive committee of the National Voters' League of America.

In 1921 he visited Europe, and on his return attracted widespread attention through an address on war debts delivered before the American Academy of Political and Social Science at Philadelphia.

News From City Churches

HARVEST REAPERS.

The Harvest Reapers' Mission Band of Empress Avenue Methodist Church met yesterday afternoon and commenced practicing for the concert which they will give during the latter part of the month.

MISSION BANDS

The Mission Bands of St. Andrew's Presbyterian Church met yesterday afternoon, with their new officers in charge. The King's Own Band decided to install mite-boxes to support a boy at the Point Aux Trembles School in Montreal. The sum of \$23 was voted to the purchasing of a coal-oil stove for Dr. Gushue-Taylor's Hospital at Formosa.

THE B. S. C. CLUB.

The B. S. C. Club of St. Andrew's Church met last night at the home of Miss Margaret Moule, Beecher street. In the absence of the president, Miss Margaret Hutton, Miss Gertrude Hamlyn conducted the meeting. It was decided, in addition to other business, that the club should meet on alternate Mondays for sewing. At the next meeting, which will be held at the home of Miss Gertrude Hamlyn, 417 Hill street, the members are to bring a free-will offering for Dr. Gushue-Taylor's Hospital.

GIRLS' WORK BOARD.

The girls' work board of St. Andrew's Presbyterian Church held its annual meeting last night, and the reports showed a successful year's work. The officers were re-elected, and Rev. F. W. K. Harris as secretary-treasurer.

MARION KEITH CLUB.

Miss Margaret O'Dell is the new president of the Marion Keith Club of St. Andrew's Church. The election took place at the annual meeting held last night. The other officers are the following: Vice-president, Anne McGregor; secretary, Alice Martin; treasurer, Margaret Gladman.

The club is divided into four groups each with a leader. They are Kathleen Johnston, Anne George, Peggy Cassman and Eric Mitchell.

MAITLAND ST. B. Y. P. U.

"Beginning the New Year Right" was the topic of last night's meeting of the Adelaide Street Baptist Y. P. U. It was in charge of the president, Miss Muriel Coughtry. Addresses on this subject were given by Frank Scott and James Gibson. The Scripture reading was given by Margaret Gibson. A vocal duet was contributed by Miss Coughtry and Lillian Johnston.

"THE FOOL."

Channing Pollock's play, "The Fool," was illustrated last evening at the young people's meeting in the First Congregational Church by lecture and stereopticon views. In introducing the subject of the evening, the rector, Rev. M. Kelly, pointed out that Channing Pollock was the author of a number of successful plays, but that this play had been more successful than any of his other efforts. Mr. Pollock has recently been honored by the corporation of Boston, where he has been given the freedom of the city. When the play was being given in the west, the governor of Illinois had had the prisoners of the state prison sent under guard to watch it. The play is being presented in Toronto this week, and on Monday Mr. Pollock was entertained at luncheon by the citizens there.

The beautiful colored slides illustrating the story, coupled with a statement of the plot, made a helpful and interesting evening for all who attended. Mr. Alf Ansdson rendered a solo very acceptably. The evening offering was devoted to missions.

KNOX W. M. S.

The executive of Knox Church W. M. S. met yesterday afternoon at the home of Mrs. F. W. Temple. A splendid report was received from the treasurer, showing that \$711 had been raised during the year. The executive formed their plans for the year's series of meetings, and as one means of raising money for the expense fund, it was decided to have a birthday box at each meeting. It was suggested that study-groups be formed in each elder's district, for the purpose of studying the book, "The Island Beautiful." At the close of the business, tea was served, the

hostess assisted by Mrs. (Dr.) Le Roy Hill. During the afternoon, Rev. T. A. Symington called and congratulated members of the executive on the splendid showing during the past year.

ASKIN STREET LEAGUE.

Miss Lilian Robson led last night's meeting of the Epworth League of Askin Street Methodist Church. The program consisted of the showing of some excellent illustrated slides, "In His Footsteps" by Sheldon, Mr. C. Walker, superintendent of the Sunday School gave the address, which was accompanied them. Miss Freda Dobbyn contributed a delightful piano solo.

CHALMERS MISSION BAND.

The regular meeting of the Mission Band of Chalmers Presbyterian Church was held yesterday afternoon with Margaret Stanfield presiding. Two splendid papers were given by David Duncan and Roland Campbell. The report of the treasurer, Beth Duguid, showed that the band had done remarkably well during the year. The sum of \$24 was realized and of this \$13 was sent to the Presbyterian. Plans were discussed for a social to be held in connection with the next meeting, and also the band are to resume the sewing meetings.

SKATING PARTY.

The A. Y. P. A. of Cronyn Memorial Church held a skating party last evening at Victoria Park in place of the regular meeting. After an hour or two of sport, they returned to the church where a hot supper was served, and games and music enjoyed. The social committee were in charge — Miss Marjorie White, Miss Dorothy White, Miss Dorothy Treleven, and Messrs. Kenneth Smith and Robinson. A missionary program will be given at next week's meeting.

NEW YEAR BANQUET.

The Young People's League of the First Methodist Church opened the New Year most successfully last evening with a well-attended banquet. George Young, the president, was in the chair. Following the banquet there was an excellent and varied program. Addresses were given by the pastor, Rev. J. B. Hunter, W. R. Yendall, F. G. McAllister, W. G. Young, Ralph McGregor, and Mrs. J. S. Barnard. There were also a musical program in which the following took part: Miss Alice Moffatt, Mr. Jarvis, Mr. Shaw-Wood, Frank Houston, Bernard Cottle, Miss Helen Clarke contributed an enjoyable reading. Miss Jeanette Johnston conveyed the committee's thanks.

EMPIRE AVE. LEAGUE.

A "Consecrational" meeting was held last night at the Epworth League of the Empress Avenue Methodist Church. The social committee were in charge. The meeting opened with a song-service and the topic was taken by May Page, Elsie Lucas, and Viola Smetzer on "The Old Year and the New."

FIRST METHODIST L. A.

A meeting of the Ladies' Aid of First Methodist Church was called yesterday afternoon to consider entertaining the choir after the concert next week. Mrs. T. N. Sumner was appointed convener of the refreshment committee and will be assisted by Mrs. Pearson, Mrs. G. W. McFarlane, Mrs. J. B. Wright, Mrs. H. E. Boomer and Mrs. Robert Ferguson. Mrs. W. H. Sanborn, the president, presided over the meeting.

COLBORNE STREET LEAGUE.

Last evening's meeting of the Epworth League of the Colborne Street Methodist Church was in the hands of the Christian Endeavor department. Mr. John Elliot gave a splendid talk on the book, "What and Where is God?" The chair was taken by Mr. Russell Hicks.

SERVICE BAND.

The Service Band of the First Presbyterian Church met last evening to discuss arrangements in connection with the cafeteria, supper which they are serving this evening for those in attendance at the Religious Educational Council Conference.

TO PRESENT PLAY.

The regular meeting of the A. Y. P. A. of St. Mark's Church was postponed last evening and the time given over to practice for the new play which is to be presented on Thursday and Friday of this week.

MUST MINISTER'S WIFE BE DIFFERENT FROM OTHERS

"Do the qualifications of a minister's wife differ from the qualifications of the wives of the men of other professions?" was the subject of a very interesting talk given yesterday afternoon before the Minister's Wives Association by Mrs. D. N. McCamus. Mrs. McCamus illustrated known examples of wives of ministers and missionaries.

Letters containing the season's greetings were read at the meeting

Royal Yeast Cakes

STANDARD
OF QUALITY
FOR OVER
50 YEARS

MAKE
BETTER
HOME
MADE
BREAD

from minister's wives who recently left the district. Mrs. G. W. Dewey, the president, was in the chair.

The prickly saltwort, so common on sandy shores, was once much used in preparing carbonate of soda.

CHATHAM YOUTH IS HELD FOR THEFT

Twelve-Year-Old Boy Picked
Up by Windsor Police Wanted
in Chatham.

Special to The Advertiser.

Windsor, Jan. 7.—A twelve-year-old boy, suffering from exposure, tramping from Chatham to Windsor, a distance of more than 40 miles, with the thermometer at several degrees below zero, was picked up on the highway Sunday. Today he was taken back to Chatham to face trial as a horse thief.

The lad gave his name as Albert Stones, and said he lived at 50 Kirk street, Chatham, when he was found on the highway about half way to Windsor by Judson Barker, 401 Langlois avenue. Barker brought the boy to Windsor to the address of an aunt he said he was going to visit. When they reached the place the boy was not known. He was then taken to police headquarters for safe keeping. The police investigated his story and were informed by the Chatham police department that Stones had stolen a horse there, which he later sold, then disappeared. An officer took him back to Canada today. His case is to be reported to the juvenile court officials.

The polar bear is untamable. He is also partial to a sun bath.

INDIGESTION!!! UPSET STOMACH, GAS, GAS, GAS

Chew a few Pleasant Tablets,
Instant Stomach Relief!



Instant relief from sourness, gas, or acidity of stomach; from indigestion, flatulence, palpitation, headache or any stomach distress. The moment you chew a few "Pape's Diapepsin" tablets your stomach feels fine. Corrects your digestion for a few cents. Pleasant! Harmless! Any drug store.—Adv.

Annual Inventory Sale

The Men's Sale Goes Big—

Because It's An Honest Sale

No camouflage, no fictitious values, just a straight forward honest offering of our entire stock of Men's and Boys' Suits and Overcoats at the big discounts mentioned below. Comparison will convince you beyond all doubt.

Entire stock of Men's Colored Suits and Fine Overcoats is offered at a discount of ... **30%**

Entire stock of Men's Blue Serges, Cheviots and Fine Pure Wool Herringbones, at a discount of ... **25%**

Entire stock of Boys' Suits in Tweeds and Serges, and all Overcoats at a discount of ... **30%**

Entire Stock of Silk Mufflers At a Discount of 25%	Entire Stock of Men's Lined Gloves At a Discount of 25%
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Men's \$4 Pure Wool Sleeveless Pullovers Browns and Grays, \$2.48	Watson and Penman Combinations At a Discount of 33 1-3%
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Men's \$7 to \$9.50 Worsted and Tweed Sample Trousers \$5	Men's \$3.50 Heavy Flannelette Pyjamas In all sizes, \$2.39
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R. J. YOUNG & CO., Limited

142 Dundas St. 144 Dundas St. 668 Dundas St.

SALE OF COTTONS BEGINS TODAY

UNBLEACHED COTTON

36-inch Unbleached Cotton of fine even weave, easily bleached 19c Yard, or 6 Yards for \$1.00

RADIO COTTON

Heavy round thread Unbleached Cotton, for sheets and pillow cases. This is a particularly good cloth, 25c Per Yd.

YARD WIDE COTTON

A super quality Unbleached Cotton, free from spots and dressing; regular 35c. Inventory Sale Price 29c

BLEACHED COTTON

1 bale of English Bleached Cotton, 35 inches wide; a cotton suitable for all household purposes; regular 30c, for. 19c

WHITE COTTON

1 case of special White Cotton in soft or cambrie finish, suitable for gowns, princess slips or step-ins; regular 35c; for 25c

ENGLISH COTTON

Yard wide heavy English Cotton, very even weave, smooth finish, for sheets, pillow slips and heavy underwear. Inventory Sale Price 35c

BLEACHED SHEETING

8x4 plain Bleached Sheeting, medium weight, easily laundered and will give satisfactory wear; Per yard 59c

BLEACHED SHEETING

9x4 plain Bleached Sheeting, made from well twisted yarns, even in weave and wonderful value; regular 98c, for. 75c

TWILL SHEETING

Best quality Twill Sheeting, bleached, 2 yards wide; Per yard 98c

SCOTCH SHEETING

3 pieces Plain Scottish Sheeting, 80 inches wide; linen finish; regular \$1.95; for \$1.35

PILLOW COTTON

A special Cotton of good weight, free from dressing, widths 42 and 44 inches; regular 65c and 75c; for 50c

PILLOW COTTON

Best quality of Pillow Cotton, pure cotton, no filling, widths, 42 and 44 inches; for 59c

MADAPOLAM COTTON

40 inch Madapolam Underwear Cotton. This is our regular 50c cloth. Inventory Sale Price 39c

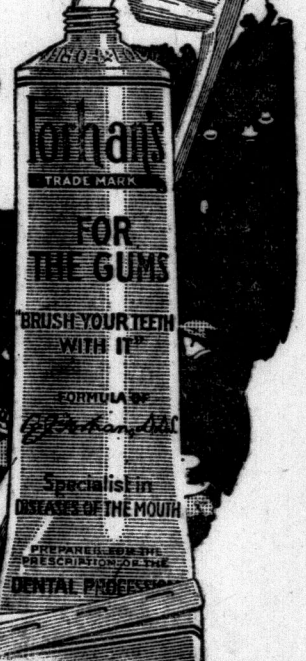
Only One in Five escapes Pyorrhea

When your gums bleed, take heed. Nature is warning you of Pyorrhea's coming. It strikes 4 out of every 5 past 40, and thousands younger, too.

Make Forhan's For the Gums your aid in fighting this disease that destroys the teeth and health. For a healthy mouth, brush your teeth with refreshing Forhan's.

More than a tooth paste—
it checks Pyorrhea
35c and 60c in tubes

Forhan's
FOR THE GUMS
Forhan's, Limited, Montreal



When No Man Can Work

Not only "the night cometh, when no man can work," but old age comes, when every man should be able to enjoy his leisure.

To be independent in your later years, buy a Canadian Government Annuity. The Government operates the Annuities System, not for its own profit, but for yours, to encourage you to provide for your old age. You get every dollar that your money earns.

For a payment at the rate of a few cents a day, over a period of years, you can secure a substantial income for your old age. There are plans of purchase to suit all, the young and the elderly, the married and those who have dependants. No medical examination is required.

For full information, fill out this coupon immediately and mail it as directed. No postage necessary, as it is Canadian Government business.

Mail This Coupon—No Postage Needed

To Department of Labour,
Annuities Branch,
Ottawa, Ont. 147

Please send me the "Handbook of Information" and full particulars as to cost of a Canadian Government Annuity. My age last birthday was years.

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(State whether Mr., Mrs., or Miss)

Post Office Address 15

Issued by: Department of Labour, Annuities Branch, Ottawa.

