

'First Aid' For Sick Children

THE experienced mother is not alarmed when a child becomes sick. She knows that most of the ailments of childhood are trifling. If it seems serious she calls a doctor, but whether or not she calls him, she gives, first of all, a good laxative medicine. The doctor would advise that anyway. It is his "first aid." Such experienced mothers as Mrs. G. R. Paquette, Pierreville, Que., and Mrs. J. F. Beale, 325 Johnson Av., Winnipeg, always give Dr. Caldwell's Laxative Syrup Pepsin at the first indication of sickness. Such timely doses have saved them much worry.

The Meaning of "Good"

All doctors agree that a thorough cleaning out of the bowels is of first importance for it removes dangerous intestinal poisons. They will also advise a "good laxative," and by "good" they mean one that is effective and yet harmless. They know that there are physics that never should be given to children — calomel, which is mercury and loosens the teeth; phenolphthalein, a coal-tar drug that causes skin will be health and good feeling by morning. A dose costs less than a cant, and a bottle can be had at any drug store. Colds and constitution come together, so if you notice coughing or sneezing stop it at once with Laxative Syrup Pepsin. "Syrup Pepsin," 24 Caldwell Bldg.,

Toronto, Ois.

I need a good laxative and would like to prose what you say about Dr. Caldwell's Laxative Syrup Pepsin by actual test. Send me a free trial bottle. Address to

centrate the blood and dry up the saliva. They consider Dr. Caldwell's Laxative Syrup Pepsin safe for all ages as they know it is a simple vegetable compound of Egyptian senna with pepsin and agreeable aromatics. The formula

Give Laxative for Colds Adults should have at least one movement of the bowels every 24 hours, and children two or three. Failure to have it means constipa-tion, then headache, biliousness, tion, then headache, biliousness, drowsiness, lack of appetite. Give a dose of Dr. Caldwell's Laxative Syrup Pepsin at bedtime, and there will be health and good feeling by morning. A dose costs less than a cent, and a bottle can be had at any drug store. Colds and constipation come together, so if you notice coughing or sneezing stop it at once with Laxative Syrup Pepsin.

Not more than one free trial bottle to a family

UNDER-CLOTHING

For excellent service at a moderate cost, you will find that TURN-BULL'S "E 88" for men is more

than satisfactory. TURNBULL'S "E 88" is a garment that gives extremely good protection against the colds of fall

nanship that go into the

"E 37" is exactly the same

style in boys' sizes,

No one else Jurnbulls Galt, Ontario.

METROPOLITAN STORES, Ltd.

SHIRT SALE

Men's Negligee Shirts, sizes 14 to 17; wonderful assortment of colors and patterns.... \$1.00 You will pay \$1.50 to \$2.00 for the same Shirt elsewhere. e sure to see window display. Sale starts today.

LADIES' PURE WOOL RIBBED-TOP HOSE. in Black, Oyster, Gray, Brown and Camel;

Pair\$1.00 LADIES' D. & A. CORSETS.

Pink and White; sizes \$1.00 to 30; Pair.....\$ CHILDREN'S FLEECE-LINED SLEEPERS.

Each\$1.00 Up to size 4; FLANNELETTE. Pink, Rose, Gray, White; 19c

LADIES' CHAMO-SUEDE GLOVES. Brown and Gray; Reg. \$1.00 Special at;

Pair 59c LADIES' Special FALL-WEIGHT

SPORT HOSE. Plain or drop stitch; eight different colors; Sale

LADIES' FALL-WEIGHT KNIT BLOOMERS.

Ladies' and Girls' Brushed Wool GAUNTLET GLOVES. Gray and Coatings, \$1.00

MEN'S SILK SCARFS. Exceptional value in all the A real buy, each\$1.00

INFANTS' PURE WOOL VESTS. Up to size 16;

Each\$1.00 FLANNELETTE BLANKETS.

Large size; white with pink or blue borders; gray with pink or

\$1.29 Each. \$2.58 Pair. MEN'S WINTER CAPS. Best sizes and colors; \$2 elsewhere; Our price;

LADIES' FLANNELETTE NIGHTGOWNS.

or short sleeves; sizes 52 LADIES' FALL-WEIGHT

KNIT VESTS. Round or V-neck, with or with-out sleeves, Each

Report Shows Schools Most in Need of Gratis Training Last To Ask For It.

COVERS PROVINCE

Canadian Press Despatch. Toronto, Nov. 1. - The success attending the Ontario Athletic Commission in coaching the school boys of the province was outlined in a report submitted at the annual meeting of the committee held today. The report was adopted. It was pointed out that high schools and collegiate institutes showed a higher interest than public or separate schools, although coaches were available for elementary as well as secondary schools.

The report explained that the proposed branching out into coaching of group and other games in the schools, in addition to the teaching of the proper methods of performing ath-letic stunts, did not eventuate, for various causes, the chief of which was that the assignment of coaches for these games meant very heavy cost, which the finances would not

allow.

As it was, the commission carried its athletic coaching into the schools of the province, as heretofore, with perhaps a better distribution. Walter Knox spent practically all his available time in this work, and while he could only give 97 days this year, as against 105 last year, his time was better distributed throughout the province. This is borne out by the fact that of the 97 days, only 11 days were spent in and about Toronto. as were spent in and about Toronto as against 41 of the year before in this vicinity.

Covered Province. "Mr. Knox pretty well covered the entire province," says the report, except the Ottawa district, for which the commission was fortunate enough to secure the services of Nick Bawlf during July. He is the coach for Cornell University. In this connection, it is necessary to call the attention of the commissioners to the fact that while the services of these two coaches were at the disposal of any and all applicants from the public and separate schools of the province, schools that were the most active in asking for this assistance. The comon safeguarded the interests of the lower grade schools by seeing to it that any visits to high schools were taken advantage of by the public and separate school pupils.

The policy of the commission has always been to send their coaches to

centers preferably where home coaching is not available, and, strange to say, schools of this kind are usually the last to ask for this assistance, though every expense attached to these visits is met by

The commission supplied the medals for the Ontario public, separate and high school meet at Brantford; the medals for the junior events of the Ottawa Valley meet; events of the Ottawa Valley meet; the material and prizes for the sports at the cadet camp at Kingston, Long Branch (2), and London, with the men to plan and carry the sport to a successful issue at these camps. These cadet camps cost the commis-sion in the neighborhood of \$1,300. Distribute Rule Books.

The commission continued to dis-tribute the rule books of the various many that did not. As a result, the greater part of the 15,000 copies were sent broadcast through the province.
The book was invaluable, and the demand correspondingly great. Some provision should be made to supply hese rules to the schools as annually amended. Of the total income of \$11,243.94 of the commission for the year, \$3,323.34 was expended in athletic coaching of the schools. There is on deposit to the commission's credit on Oct. 31 the sum of \$12,528.90.

\$12.528.90.

This income was derived from 41 professional boxing shows, as against a total of 50 the year before and 60 the year before that. Toronto, Hamilton and Windsor were the main centers, with smaller shows at St. Catharines, Fort Erie, London, Kingston, The Soo, Port Arthur and Fort William.

After outlining the boxing shows held during the past year in Toronto, the report continues:

"Boxing shows in other parts of the province were added to the parts of the province were added to the parts of the province were added to the

"Boxing shows in other parts of the province were conduced with decorum and in keeping with the best traditions of sport.

"The commission continued to frown on hippodroming and ballyhooing at the fall fairs and at circuses, and, with the assistance of the provincial police, reduced the nuisance to a minimum.

"A rule was passed safeguarding amateur boxers from unscrupulous managers, making it obligatory on amateurs contemplating turning proto file their intention with the commission for at least three months.

"The commission has also repeated its stand that preference be given to scientific boxing, rather than slugging."

FOOTBALL RESULTS. Associated Press Despatch.
London, Nov. 1.—Following are the
results of football games played in
the Old Country this afternoon:

Woolwich Academy 4, Greenwich
Naval College 25.
Bedford School 11, Rosslyn Park 6.
Blackheath 17, Racing Club de
France 9 (played at Paris).
Association Football.
Belgium 2, England 2 (played at
Antwerp).

Paris League 3, London League 1 (played at Paris for the Dewar Cup).

IT IS A FACT. That Canadian National Railways System operates 22,663 miles, or over 50 per cent of the total mileage of the Dominion of Canada. That the Canadian National is the greatest single railway system in the

That the Canadian National traverses every province in the Domin-ion of Canada, and serves the federal capital and each of the nine provincial capitals. That Canadian National serves

every important city and seaport in the Dominion.

That Canadian National has a net-That Canadian National has a network of lines in the prairie provinces, giving to the prospective settler his choice of lands for grain-growing and cattle-raising.

That Canadian National is the scenic route across Canada. Among the scenic wonders on the Canadian National lines are Mount Robson, the highest peak in the Canadian Rockies (13,068 feet, and Mount Edith Cavell (11,033 feet.)

That the Canadian National crosses the Rockies at the lowest altitude of any transcontinental railway, and in view of Canada's highest peaks.

next year or in a big four group ence to decide at Toronto Saturday. opinion in this city, and if this should composed of London, Chatham, Sarnia The fear that the Southern Ontario happen, the "Big Four" group would Special to The Advertiser.

St. Thomas, Nov. 1.—Whether St. and St. Thomas will be a matter for Baseball League will become disorbe favored.

Considerable discussion

opinion in this city, and if this should

point will undoubtedly take place at the annual meeting of the Southern Ontario Baseball League to be held this in the near future.



Another Whirlwind Sale of Coats To-Morrow

Even after our successful sale of last week we still find ourselves overstocked in coats, so we have decided to repeat the wonderful prices offered last week.

If you would come and see these garments and note the low prices marked on each you would instantly realize that here is a genuine sale and that now is the time to buy. Every coat in stock, including velours, marvellas, duvetynes, bolivias and utility coats.

Many of These Coats Sell Regularly At \$62 Note the Way We Mark Them To-Morrow

\$11.95 \$14.95 \$16.95 \$18.95 \$25.00 \$29.50 \$43.50 \$49.50

DAINTY DRESSES ON SALE

GOWNS FOR STREET AND EVENING WEAR

styles. Regular value \$17.50 styles.

At \$11.95-A good selection of | Canton Crepe Dresses at \$14.95-Ricotine Dresses in navy, brown In navy, black and brown, sizes and black, in many different from 36 to 42, in the newest

A splendid variety of the newest in Évening Gowns, in every desirable shade. Prices range from

Metropolitan Suit Mfg. Co.

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A WHOLESALE PRICE That Saves You the Middleman's. Profit

You can have an exceptionally good overcoat made to your own measure by Tip Top Tailors for even less than you'd pay for an ordinary ready-made. The fact that we make our own clothes and sell direct to the wearer effects this economy.

The new overcoatings we are showing now include every desired pattern, color and fabric for Fall and Winter wear. Big burly coats; handsome plaid-backs; those fleecy Scotch woolens. Every type of cloth you could desire is here for you to select from.

Why not have your Winter overcoat made to measure? You choose your favorite cloth. The fit and style are guaranteed.

With every Tip Top garment sold goes our iron-clad guarantee of satisfaction. Your money's worth or your money back, means what it says at Tip Top Tailors.



