

FOURTEEN

Advices People to Cure Constipation Without Drugs; Suffered Ten Years, Well in Three Weeks by Internal Bathing.

Did you ever hear of a person being cured of chronic constipation with drugs? They relieve at the time, but larger doses are usually necessary from time to time. Nature's own cure, just pure sterilized water, administered with the J. B. L. Cascard, is the only scientific and permanent treatment. Don't force Nature with drugs. Bathe internally.

Mrs. A. McLeod, Middleboro, B. C., writes: "For ten years I suffered from constipation, and for the last year I became a wreck. I had awful pains in my back, severe headaches, indigestion and swollen limbs. I tried all kinds of medicine and made doctors without permanent benefit. It was an act of Providence that I saw the J. B. L. Cascard advertised. The first time I used it I felt relieved, and in three weeks I was completely cured. My habits are now quite regular, and I am in better health than I have been for years. I am very thankful to be doing my own work again."

The J. B. L. Cascard is the perfect invention of Dr. Chas. A. Tyrrell of New York for internal bathing. It is now being shown and explained at Standard Drug Company, Limited.

Please or ask them for free booklet all about it or write Tyrrell's Hygienic Institute, 163 College Street, Toronto.

SECOND DAY OF S. PERTH FAIR DRAWS BIG CROWD

ST. MARYS, Sept. 19.—Despite the equally weather, the second day of the South Perth fair—Farmers' Day—had a large attendance, with large exhibits of livestock.

The school children of the town and district in flag decorations formed a leading feature of the afternoon parade from the town hall to the fair grounds headed by the St. Mary's Cement Company.

Many little bands in uniform.

The race track was in good condition, and speeding in the ring was the best that has been seen in years.

Several tractors demonstrated their tractors in plowing. The fair grounds was considerably enlarged by the purchase of some adjoining lands, and there were many other improvements as to nearby gate entrances. The directors are much pleased with today's results.

FACTORY BUILDINGS TO BE INCREASED

BRANTFORD, Sept. 19.—The first factory of the Robbins & Meyers Company in this city, on property recently purchased from the waterworks, will be 100 feet by 400 feet, and other buildings are proposed. Plans are already worked out, and equipment and machinery are being secured.

ADDS TO FIRE RISK

City Engineer Jones has notified the militia department at Ottawa that the temporary armory building on Brant avenue must be removed, as it is increasing the fire risk in that district. The building was first built as a warehouse for a retail store. Later it was used to house battalions during the war and later as an emergency hospital for the influenza epidemic. It has been recently handed back to the militia department.

N. HURON POLITICAL SITUATION INTERESTING

LUCKNOW, Sept. 19.—The contest in North Huron promises to be as interesting as that of W. Bruce. The U. F. O. have nominated a man who is a prominent young Conservative. The Conservatives have nominated John Joynt, of this town, who has always been prominently connected with the Conservative party in North Huron, and is also a farmer on a large scale, although his residence is here.

The Liberals are represented by W. H. Fraser, the present member, who is also a farmer and a very popular man. It is thought that the farmers will be a winner in any case.

Ernie Ellison, of the 4th concession of Kinloss, has again suffered bereavement in the death of his father, who dropped dead and not long ago. His only brother died of influenza in Hamilton. The body was brought here, and the funeral was held from Cavison's undertaking parlors to Kinloss cemetery. The service was conducted by the Rev. R. McCallum. He is survived by two daughters and one son here and one brother in Toronto.

Another old resident of these parts passed away at his home at Kinloss, R. F. Hodgkinson. He was 77 years of age. Some years ago he was married to Miss Lavina Pettipiece, eldest daughter of the late Richard Pettipiece, who survives him. The funeral to Langside cemetery was largely attended.

The wedding took place at the home of Mr. and Mrs. Thos. Irwin, on the boundary west of Lucknow, when their eldest daughter, Miss Rena, became the bride of Mr. Thos. Hackett of Ashfield, youngest son of Mr. and Mrs. J. H. Hackett. The ceremony was performed by the Rev. Irwin, pastor of the Methodist Church, in the presence of nearly 100 friends, the bridal couple standing under an arch of evergreen. After the ceremony, a sumptuous wedding supper was served and the young couple will reside on the groom's farm in Ashfield.

Get Rid of Fat Where It Shows

Do you realize that nothing but good substantial food and plenty of it will build up your system and that you must eat and eat heartily in order to retain your strength?



Dieting weakens you and over-exercise tires you because the former retards the development of muscular energy and the latter consumes too much of it. That is why you find the old-fashioned method of fat reduction such a hardship. Why not get rid of your excess fat in the harmless, scientific, easy way taking a harmless Marmola's Prescription Tablet after each meal and at bed time? Marmola's Prescription Tablets are prepared in exact accordance with the famous Marmola's Prescription, are perfectly safe to use and have been used by hundreds of persons in this country and Europe with wonderful success. Within a short time you can be getting rid of two, three or four pounds of fat a week. No starvation diet or drastic exercises are needed. You can be comfortable and you can enjoy the food you like and want. Even after taking on many pounds there will be no flabbiness or wrinkles remaining, and you will feel 100% better. Any good druggist can supply Marmola's Prescription Tablets at \$1. per case or they will be mailed direct in plain wrapper and post paid if you send the price to the Marmola Company, 354 Woodward Ave., Detroit, Mich.

TECH SCHOOL NOW "HIGH" TO RELIEVE THE COLLEGIATE

High School Overcrowded With 9 First Year Classes, Record in History.

In future the technical school will be classed as a technical high school, in order that the congestion at the Collegiate Institute may be relieved, a special meeting of the board of education was held on Friday afternoon. Under this new plan first-year pupils whose numerical strength is greater than that of any other year may take the general course of the high school at the technical school, and then go into the second year at the collegiate. This arrangement meant the appointment of a head master. A. D. Hope of Peterboro was chosen as the master of day classes. All that is awaited now is the indorsement of the department of education at Toronto.

Mr. Hope is to be responsible to H. B. Beal, principal of the school. The educational policy of the school is to be arranged by Mr. Beal and confirmed by the advisory industrial committee of the board and by the department. The appointment of the head master will relieve the principal of the details in connection with the academic classes.

Nine First Year Classes.

W. H. T. Mooney, principal of the high school, declared that he could convert a room now being used by the fourth year as a study into a class for first-year pupils. This would make nine first-year classes in the school, a larger number than had ever been at the high school before. Something must be done, he said, as the average number of pupils in each class was in the neighborhood of 45.

Teachers who served overseas are to receive their yearly bonuses the same as if they had remained teaching. This will mean that some of the teachers who went away two years ago and were then receiving \$900 a year, will now receive \$1,100. W. N. Manning, seconded by James Gray, made the motion to this effect. No dissent was recorded if the board had power.

To Have Engineers' Class.

Full term day classes opened on September 2, with a registration of 124 as compared to 93 for the previous year. Evening classes open on October 1, and the usual art classes will be continued. An evening class for stationary engineers will be provided also.

It was announced that the heating plant at the Technical School was not satisfactory, as the boiler had been placed in such a position that it required a great amount of coal to distribute the heat. No action was taken on the matter.

PRINCE TO WITNESS 33RD VETS DEPOSIT COLORS IN ST. PAUL'S

Plan Ceremony For October 23—Battalion Funds To Aid Dependents.

The colors of the 33rd Battalion are to be placed in St. Paul's Cathedral along with those of the 1st and 18th Battalions. An effort will be made to have the ceremony performed on the morning of October 23, the second day of the visit here of the Prince of Wales, which is set aside for military purposes. As the colors were presented to the battalion by the Daughters of the Empire, their wishes will be consulted regarding the placing of them. The Comrades of the 33rd Club, co-operating with the Daughters of the Empire and the military authorities, will send a letter to the prince, requesting him to be present at the ceremony.

This was decided at a meeting of the members of the 33rd Club held in the clubrooms of the C. W. V. A. last night. It is thought that a large number of the veterans of the 33rd will be in the city on the days of the prince's visit.

Band For Ceremony.

At the suggestion of J. W. Cunliffe, an attempt will be made to have the colors played in by a band formed of ex-members of the battalion. The instruments have been lying in ordnance since the C. G. Regiment to whom they were turned over, was disbanded. It is thought that they can be secured for the ceremony.

In Toronto were drawn up for the disposition of the funds of the club, amounting to \$2,150. Capt. H. B. Mercer said all the money he had by the battalion while in England was consolidated into one sum, returned to Canada, and turned over to trustees as a fund to be used to aid members, or the families of ex-members, who were in need. A committee is to be formed at the next meeting to investigate any such cases arising. Several cases, apparently urgent, have been reported. A temporary committee, composed of Capt. J. L. Richmond, Comrades J. Cunliffe and W. H. Hurrell, was appointed tonight to look after them.

Two of the cases are those of three children of a widow and are of a serious nature. In need of surgical treatment. The club will try to get free treatment for them from the military authorities.

Widows' Pensions a Disgrace.

J. W. Cunliffe said that the pensions given to war-widows was a disgrace to the country. They barely provide for daily living expenses, and leave no surplus for a rainy day, besides offering no compensation for the loss of the husband.

Because of the regular meeting night of the club, is used by some other organization, the regular meeting will be held hereafter on the second Friday of each month. A special meeting has been called for next Friday night. Six new members were added to the club last night.

STRATFORD PASSES 18,000 MARK; LAND VALUES \$11,686,955

Assessment and Statistics Figures Show Big Increases This Year.

STRATFORD, Sept. 19.—Stratford population and assessment figures given out this afternoon by Assessor T. M. Ruston reveal that Stratford has passed the 18,000 mark in population, and now numbers within its boundaries 18,108 people, an increase of 963 over last year. Returning veterans of the war, with their wives, make up the bulk of this increase.

The value of land and buildings has increased \$362,980, and is now placed at \$11,686,955. Land is valued at \$3,482,150, and buildings at \$8,204,805. The taxable real estate for all purposes is \$3,225,680, an increase of \$342,430. The taxable real estate for schools is \$10,299,785, an increase of \$166,724. Business assessment for all purposes has increased by \$20,025, and now is placed at \$525,540.

An interesting entry in the return is the income of young men, which shows an increase of \$88,778. General income shows an increase of \$133,269.

LIVESTOCK COMPETITION.

Announcement was made today by Secretary Orr of the Agricultural Society results of the boys' judging competition on horses and cattle. For heavy horses the winners were: Hings-

ley King, city; D. Dunsmore, St. Pauls; M. Ballantyne, Stratford. For beef cattle: M. Ballantyne, W. Mountain, Avonbank; D. Dunsmore, Dairy cattle; M. Ballantyne; T. E. Bell, Shakespeare; W. Mountain. The sweepstakes for the boy taking highest on all three were won by M. Ballantyne.

The competition was for boys 18 and under, and was held in connection with the fall fair.

STUDENTS' RECEPTION.

The formal reception to the normal students was held this afternoon in the assembly hall of the school. Dr. S. A. Cox, principal, welcomed the students on behalf of the staff. Aid. Tom Brown, on behalf of the city, and Rev. Arthur Hale on behalf of the Ministerial Association.

PHYSICAL DIRECTOR.

E. Ellis of Toronto has been secured by the directors of the local Y.M.C.A. as physical director, succeeding C. H. Folsom, who has gone to Newark. Mr. Ellis is highly recommended. For the past four years he has been directing the activities of Broadview "Y" in

Toronto, during the absence of the regular director, who has been engaged in military work. He is expected here early next week.

INDORSE RESIGNATION REFUSAL.

At the regular meeting of the local Great War Veterans the action of the provincial command in refusing the resignation of Provincial Secretary Turley was indorsed. Mr. Turley resigned as a result of the \$2,000 gratuity controversy, but his resignation was

not accepted. Twenty-two new members were received into the branch.

OLD TIME TANGLES.

When this city shows its clock back an hour at midnight on Sunday there will be considerable confusion. Hotels announced today that they would continue to operate on the new time, as will also newspaper offices and government buildings.

Children arriving on the early trains from London branch and Saratoga branch will reach here at 6:30 city time, and will have to leave school an hour or

more early in order to catch their train home.

J. C. Garden, superintendent of the Grand Trunk shops, today said that the shops would continue on the present time unless the men wanted otherwise.

JUSTICE OBSERVES BIRTHDAY.

Winnipeg, Sept. 18.—Hon. J. D. Cameron, Justice of the Manitoba court of appeals, born in East Nisour, Ont., September 18, 1858, observed his 61st birthday today. His father for years was governor of Woodstock jail.

SHILOH
SINCE 1870
30 DROPS
STOPS COUGHS

Booze Costs Years of Life

Insurance Records Prove Moderate Drinking Increases Death-rate 35%

FOR ages folly has accredited "a short life but a merry one" to those who made free with alcohol. Plain truth shows that the misery outweighs the "merriment." Life Insurance figures prove that the excess of deaths among moderate drinkers over abstainers runs from 11% to 74%.

And the highest percentage applies to men in the prime of life.

It is the business of Life Insurance Companies to know the risks a man takes when he uses liquor. Actuaries of the big companies, with access to records of many years and covering hundreds of thousands of lives, have tabulated your chances of death by the great law of averages. And these chances vary according to your use of alcohol.

Actuarial Comparison of Death Records

Ages	Total Abstainers	Moderate Drinkers	Excess Deaths Among Moderate Drinkers
20-30	4,221	4,617	11%
30-40	4,201	7,041	68%
40-50	6,246	10,861	74%
50-60	13,056	18,524	42%
60-70	29,078	34,568	19%

From tables prepared by R. H. Moore, Actuary of the United Kingdom Temperance and General Insurance Company, based on records of over 60 years' experience.

These Insurance men have no theories to prove and no doctrine to preach. Their figures are as cold as ice, and they make you pay for the risks you run. To them it is simply business—a matter of dollars and cents. But to you it is a matter of life and death.

Are You Willing to Die Before Your Time for Sake of Booze?

BY actual experience of the United Kingdom Temperance and General Insurance Company covering a period of sixty years the number of deaths among moderate drinkers averaged 35% higher than among abstainers.

All insurance companies prefer risks upon lives of total abstainers. Some companies charge lower rates to abstainers. Other companies allot a larger share of the participating profits to policy-holders who abstain from alcohol.

Certain companies in Canada, several companies in the United States, England and elsewhere specialize on Temperance Insurance. Their records invariably show a lower percentage of deaths among abstainers, the average for the Canadian Companies being only 31.5% of ordinary expectation.

Every insurance company wants to know your alcoholic habits before issuing your life insurance policy. If you are and have been a drinker to excess, no Company will insure you.

If during the working years of your life you have habitually taken two glasses of whiskey per day or the alcoholic equivalent in beer or other intoxicating beverages, your chances of

dying before your time are double those of total abstainers.

If when you apply for a policy your present alcoholic habits are satisfactory to the company, but your history records excessive drinking in the past, the company deducts four years from your life chances.

And it has been costing total abstainers yearly millions of dollars in premiums to help pay for excessive deaths among drinkers!

Ontario has suffered the loss of 25,000 men killed in battle. We have entered upon a period of Reconstruction. Human life is the nation's greatest asset. In the face of this enormous wastage Ontario cannot afford to lose a single life, or a single year or a day of life, because of beer or whiskey or any other form of alcoholic intoxicant. Ontario's men and women should be 100% efficient.

Vote "No" to repealing the Ontario Temperance Act. Vote "No" to 2.51% beer (equal to 5.46% proof spirits) in Government Liquor shops. Vote "No" to the sale of 2.51% beer (5.46% proof spirits) in standard Hotel Bars. Vote "No" to sale of whiskey, beer, and all spirituous and malted liquors in the home.

Beer of the Ballot

The public should be warned that the Beer proposed in the ballot and described as "light" beer is intoxicating. It is 118% stronger than the beer allowed by the Ontario Temperance Act, and over five times as strong as the limit allowed for beer defined as non-intoxicating in Great Britain and the United States.

Beer 2.51% Alcohol by weight equals 5.46% Proof Spirits as compared to 2.50% proof spirits now permitted.

"The difference between those who drink beer and those who drink water is unmistakable, while the loss on beer drinkers has been almost the same as among wine and spirit drinkers."—From the report of the Mutual Life Insurance Company, New York, after an investigation of classified death records among policy holders over a period of fifteen years.

"No!"—Four Times—"No!"

Answer every question on the Referendum Ballot with an X under the heading "No," and herein fail not, or your vote is lost to Temperance Progress.

Ontario Referendum Committee

JOHN MACDONALD,
Chairman.

D. A. DUNLAP,
Treasurer.

ANDREW S. GRANT,
Vice-Chairman and Secretary.
(1001 Excelsior Life Bldg., Toronto)