

# SERVICE TO THE NATION DEMANDS GOOD HEALTH

War is bringing home to every man, woman and child the fact that service to the nation is not a matter alone for the soldier and sailor and munition worker.

There is work, necessary work, for everyone to do, in the way of thrift and production and to do this work, health is the first essential. Even the most willing will find progress is slow if the health is bad.

Probably the most common complaint among those doing unaccustomed tasks is backache. Work may cause a tired feeling that will easily pass off but this backache that almost doubles one up is an indication of a condition of the system that needs treatment. The kidneys are giving evidence of their weakness and the sufferer should be thankful for the timely warning given by this pain.

The quickest and surest relief from backache is a treatment with Gin Pills. Gin Pills are the tested specific for the healing of the kidneys. Anyone who wishes to perform his or her full duty to the Nation in these strenuous times will find relief from backache in Gin Pills.

Sold by all dealers—50c. a box, or 6 boxes for \$2.50. Money back if you are not satisfied. Free sample on request to National Drug & Chemical Co. of Canada, Limited, Toronto, or to the U.S. Address, Na-Dru-Co Inc., 202 Main St., Buffalo, N.Y.

## TRACTION COMPANY

### Notice to the Public

An important change in time, which will reduce the service, will take effect on June 1 next.

#### LONDON AND PORT STANLEY RAILWAY

Timetable Effective Sept. 20.  
TO ST. THOMAS—10:20, 11:20, 12:20, 1:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20, 11:20 a.m.  
TO PORT STANLEY—1:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20, 11:20 a.m.  
Daily, except Sunday.  
Limited trains London to St. Thomas, 10:20 p.m.

## CUNARD

### PASSENGER SERVICE

#### BETWEEN Montreal and Great Britain

Money Sent by Mail or Cable.  
Apply to Local Agents or THE ROBERT REFORM CO., LTD., General Agents, 50 King Street East, Toronto, yw-June 20

### Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.



### Cooks and Stewards wanted for the Canadian Naval Service.

Cooks, age 18-50, experienced. Pay \$1.10 to \$1.50 per day and \$25.00 separation. Stewards, age 18-50, well educated; pay \$1.10 to \$1.50 per day and \$25.00 separation—under usual conditions. Boy Stewards, age 16-18, well educated, 50c. daily, no separation.

Free Kit, Free Messing and useful service to the Country.

Some vacancies also for seamen and other ratings. Apply NAVAL RECRUITING OFFICER, 103 Bay Street, TORONTO, ONT. or Naval Recruiting Secretary, 279 WELLINGTON STREET, OTTAWA

## Oakey's

(LIMITED.)  
EMERY CLOTH, GLASS, FLINT and GARNET PAPERS  
IN SHEETS AND ROLLS

Genuine Emery  
"Wellington" Knife Polish  
SILVERSMITHS' SOAP,  
PLATE POWDER, ETC.

WELLINGTON MILLS  
London, S. E. (1), England.  
Give Us One Trial

on that pair of shoes you need repaired. Will call for them and guarantee satisfaction.  
MODERN SHOE REPAIR COMPANY,  
PHONE 2210.



## Polly--Smoke Up! Pa's Got Fire in His Eye.

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