nas no equal for quality and flavour.

If you have not tried Salada, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto



## Cooperation

THE Victory Loan campaigns served a mutual good by bringing the public in such close contact with the Banks of Canada as to realize their human side. It is the one desire of this Bank to be of personal service. Make it a point to emember that we are always willing to

OF CANADA l. Surplus and Undivided Prefits \$8,369,537.09. LONDON BRANCH

# **Many Tonics**

fail to strengthen because they are minus true food values.

is the worthwhile tonic that helps to build up the body and restore strength through nourishment.

-ALSO MAKERS OF-



# A Smart **Appearance**

is an asset. We all admire the smartly dressed woman and the well-groomed man. Don't wish you were like them, when for a very nominal sum we will keep you spick and span.



coat to be pressed, and note what a difference it makes in your peronal appearance.

3881-PHONES-3882.

FOREST CITY LAUNDRY " Ot your service DRY-CLEANERS & DYERS

WHITE WAGONS.

### RELIEF AT LAST I want to help you if you are suffering

from bleeding, itching, blind or pro-truding Piles. I can tell you how, in your own home and without anyone's sistance, you can apply the best of

PILES TREATED AT

I promise to send you a FREE trial of the new absorption treatment, and re-ferences from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

MRS. M. SUMMERS, Box 12,

# CONSOLIDATION

and inclement weather. It begins with a tightness across the chest, difficulty in breathing, and a wheezing sound comes from the lungs. There is a raising of phlegm, especially the first thing in the morning. This is at first white, but later becomes of a greenish or yellowish color, and is occasionally streaked with blood.

On the first sign of bronchitis you should check it immediately by using Dr. Wood's Norway Pine Syrup, thereby prevent it becoming chronic, and perhaps developing into some more serious lung trouble.

Mrs. Brice Culham, Sheffield, Ont., writes: "In December, 1919, I was very sick with bronchitis, and had to stay in the house all winter. One day I saw Dr. Wood's Norway Pine Syrup advertised, so I got a small bottle which helped mevery much; I then got a 60c size, and it was necessary that the little red schoolhouse should change. "The question of education is a question in which all are concerned, but in which all are concerned to the visual are concerned. The wronce are the town which to few or in treather were such as a state of mind was a state of mind much more fully developed in the town people. The social mind was necessary that the town

'Dr. Wood's' enough for what the colds."

Dr. H. W. Hill, real of Malnutrition," in London, speaking on "Malnutrition," said that 30 per cent of the children Don't accept a substitute for Dr. were not properly nourished. They got enough food, but not the right kind.

Wood's Norway Pine Syrup; the genuine is put up in a yellow wrapper; three pine trees the trade mark; price 35c and 60c; INVITED TO REMAIN manufactured only by The T. Milburn Company, Limited, Toronto, Ont.

CEDAR SPRINGS, Feb. 11.—At the quarterly official board of the Cedar Springs Methodist circuit, Rev. G. W. Butt was invited unanimously to remain as pastor for the fourth year. The meeting was largely attended, and many words of appreciation were spoken of the pastor's sprytees. r's services. e lack of cold weather has caused a the prospects are not very favorable.

**ACUTE ECZEMA** 

ON BABY'S HEAD

Face, Neck, Arms. Terrible

Sight. Itched And Burned.

Cuticura Heals.

"Baby was two months old when I noticed little pimples on her head. They kept getting worse and spread till her head, face, neck and arms

ere one mass of eruptions, burning, ching, and bleeding. I was told it as acute eczema. I had to sew up her

was acutecczema. I hadto sew up her arms and iegs in linen. She was a terrible sight. For one year I had no rest night or day.

"We got Cuticura Soap and Ointment. In less than two weeks she began to mend and in a few months she was healed." (Signed) Mrs. Boorman, 243 McDonnell St., Peter-

Stop the use of all doubtful scaps Use Cuticura for all toilet purposes

Seap 25c, Ointment 25 and 50c. Sold throughouttheDominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.

**OAKEY'S** 

EMERY CLOTH,

GLASS, FLINT and

GARNET PAPERS

N SHEETS AND ROLLS

Genuine Emery

SILVERSMITHS' SOAP, PLATE POWDER, ETG.

John Oakey & Sons

Wellington" Knife Polish

boro, Ont., April 19, 1919.

DON'T LEAVE CUPID OUT IN THE COLD

Monday. February 14, is Valentine
Day. Have you left your order for
that Flower Valentine at Dicks Flower
Shop? If not, go to the telephone and
order it new. Their phone number is
1297.

Monday. February 14, is Valentine
friends what grand pills Dodd's Kidney
Pills are."

Ask your neighbors if Dodd's Kidney
pills are not the best remedy for sick
Kidneys.

taken 21 boxes and feel spiendid. I can do my work and eat alomst anything. I have gained 20 pounds. I tell all my friends what grand pills Dodd's Kidney Pills are."

Ask your neighbors if Dodd's Kidney Pills are not the best remedy for sick Kidneys.

Ask your neighbors if Dodd's Kidney Pills are not the best remedy for sick Kidneys.



"how long are you going to give me to decide?"

HER FRIENDS SAID

SHE WAS GOING TO DIE

Why Mrs. Markland Praises

Dodd's Kidney Pills.

She Suffered Terribly and Lost Sixty
Pounds, But Dodd's Kidney Pills

Started Her on the Road to

Health.

Trustee Coleridge explained that a great deal of time was taken up last year obtaining information from the department and from other places so that the new school should be of the most modern type. First, it had been proposed to build a 36-roomed school proposed to build a 36-roomed school on the old site, but objection was taken to this as being too big for the side. Then it was decided to build a school of 26 rooms, but in the meantime the department had advised the unit system, and schools not larger than 16 rooms. With the unit system than 16 rooms. With the unit system than 16 rooms. With the unit system it had been proposed to do away with the central school, but strong objection was registered to this, and the present situation had resulted.

Started Her on the Road to Health.

The advisability of having another summer camp for the wives and chil-dren of returned soldiers in the city was thoroughly considered at the regular meeting of the soldiers' aid commission executive on Friday afternoon, Definite action was not taken on this, altitude to carry on the welfare work of the commission.

Started Her on the Road to Health.

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The advisability of having and then a great deal of time was the advised the assumer

Started Her on the Road to

Health.

Picton, Ont., Feb. 11.—(Special).—Enthusiastic in her praises of Dodd's Kidney Fills is Mrs. Finlay Markland, a well-known and highly respected resident here. And Mrs. Markland is always willing to tell why she pins her faith to the great Canadian Kidney remedy.

"Two years ago I had a bad attack of 'flu and pneumonia," she states, "and the poison in my system all went to my tik Kidneys and gave me diabetes. I had it for nearly a year before I knew it, but as fall I broke out all over with bolls.

"I starfered something terrible. I went down in flesh till I lost 60 pounds. The doctor put me on starvation diet. I could not even put my shoes on. My husband and all my friends thought I was going to die "Reading of what Dodd's Kidney Fills had done for another woman with Kidney for trouble led my husband to get some for me. After I had taken two boxes I began to feel better. I have taken 21 boxes and feel splendid. I can do my work and eat alomst anything I have "gained 20 pounds. I tell all my large from the city welcome he had given the fails for the gain of the correlage thanked the poison in the central school, but strong objection that the your agreed now mith the wellare work. Figures showed that during the minister. "The make different that the present on the low on the policy, but it vie you agreed now on the boile, said the minister on the lift of the central school is undured to 156 hours anything the minister on the lift of the central school is undured to 156 hours anything the minister on the lift of the two-unit studing of the central school is undured to 156 hours anything the whole twelve months of the stud at the minister. "The minister of nother thanked the sum of the two-unit st

# **Cures Constipation**

As you value life itself, never ne that racks the system. Costiveness is bad enough, but violent athartics are the limit. When the bowels are constipated and you have stomach trouble and headache, try Dr. Hamilton's Pills; they are so mild you can scarcely feel their acion, yet so effective that the entire secretory apparatus is stimulated ealthy action. Dr. Hamilton's Pills move the bowels

They tone the liver and kidneys. They renew the blood. Digestion is assisted. Headaches disappear. Stomach rumblings cease. Billious turns are prevented.
Dr. Hamilton's Pills are more than owel medicine, for they act as a sys-em cleaner and general tonic. For tem cleaner and general tonic. For those who feel dull, heavy, and morose, for those who suffer frequently from colds, biliousness, and stomach disorders, there is no better medicine.

You risk nothing in using Dr. Ham-ilton's Pills because they are guaranteed to cure.

Made according to the formula of one Made according to the formula of of the greatest physicians that ever lived, Dr. Hamilton's Pills are bound to give your system just the aid it requires. Sold by all dealers, 25c per

# Canadian National-Grand Trunk



DAY SERVICE

BETWEEN

Daily Except Sunday Queen City Capital City Arr. Ottawa Lve. 1, 15 p.m. 7.15 p.m.

Actual running time 7 Hrs. 15 Mins. The Capital City connects at Ottawa with through Ottawa-Montreal-Quebec Standard Sleeping Car DINING AND PARLOR CARS AND COACHES

# NIGHT SERVICE Daily

10:40 p.m. Lve. Toronto Arr. 7:30 a.m. 7:30 a.m. Arr. Ottawa Lve. 10:30 p.m. CLUB COMPARTMENT CARS STANDARD SLEEPING CARS AND COACHES

Fortickets and full information, apply to nearest Agent, Canadian Nat-Ional-Grand Trunk Railways, or write General Passenger Dept., Toronto

# Advertising Is Life

Life is a matter of advertising. It is so, consciously of unconsciously.

Every act and word is an adver-

In walking down the street, at luncheon at the club, in discussion, you advertise the fact that you are

(at least) alive. Nowadays type and paper in the form of the local daily newspaper advertising can be used to present with conviction the most convenient facts about, or nature of, the goods

The treatment is simple; the basic elements of the prescription are Persistency and Regularity.

you have to sell.

The formula is freely at the command of every one. The dose is a matter of individual judgment.

The merchant who takes advantage of Daily Newspaper advertising can inform everyone—every day—that his store is alive with opportunities for the buyer. Advertising is life -the steam coal of salesmanship.

Issued by Canadian Daily Newspapers Association,



R. R. SMITH President and Managing Director. Warehouse: Cor. Rectory and Simcoe East, LONDON, ONT. OFFICE PHONE 2778.

OILS SOAPS

GREASES COMPOUNDS BELTING

MOTOR OILS A SPECIALTY. "Use Red Star Motor Oil."

A Sure Relief for Women's Disorders

Orange Lily is a certain relief for all disorders of women. It is applied locall and is absorbed into the suffering tissue. The dead waste matter in the congested region is expelled.



