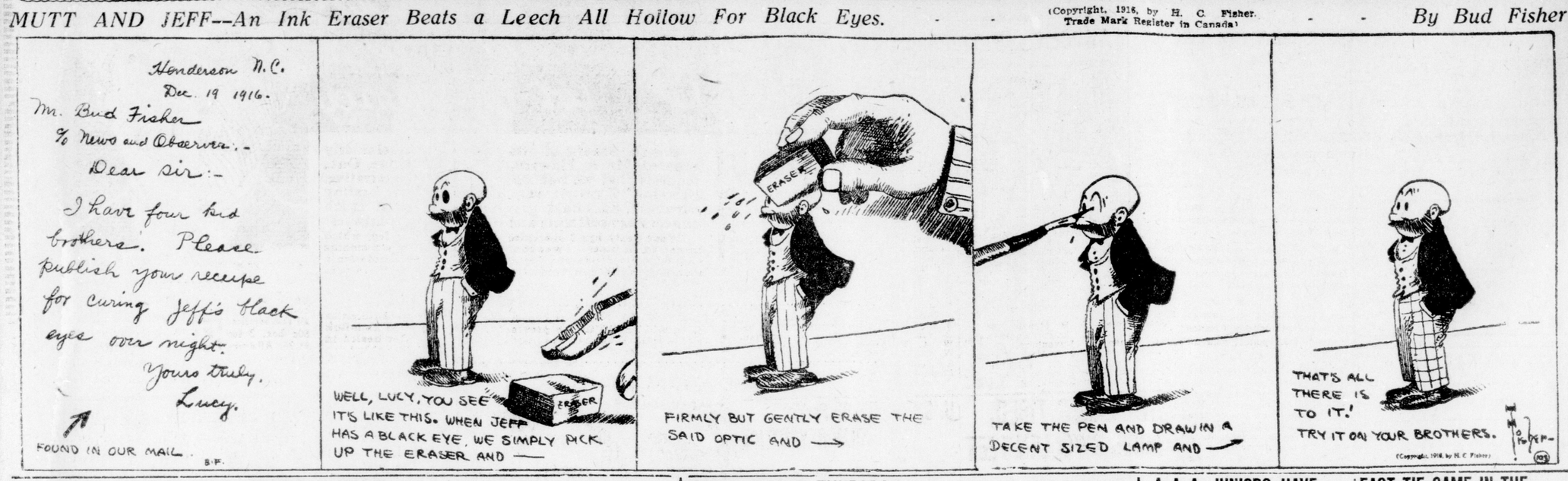
STRAIGHT NEWS AND SIDE SLANTS ON SPORT

MUTT AND JEFF—An Ink Eraser Beats a Leech All Hollow For Black Eyes. (Copyright, 1916, by H. C. Fisher. Trade Mark Register in Canada) By Bud Fisher



MANY WITHDRAWALS AT DUFFERIN PARK RACES

Track in Fair Shape for Second Day's Events.

TORONTO, Jan. 8.—Withdrawals marred the card of two races put on for the second day at the Dufferin Park Driving Club's ice races here this afternoon. Out of fourteen carded to start in the first event, the 2:16 pace, only five faced the starter, while in the two-mile race four were left out of eight. The track was in fair shape.

Summary:

2:16 Class, Pace; Purse $400; 3 in 5.

Chilcoote, ch. h., C. Burns, Toronto (Ray)	1	1	1
George Locondo, b. g., J. McDowell, Toronto (McDowell)	4	2	2
Peter Piper, ch. h., R. C. Lasbury, Broad Brook, Ct., (V. Fleming)	2	4	5
Marion Ashley, gr. m., F. H. Ragsdale, Beaverton, (McPherson)	3	3	3
Lucy T., b. m., James Smith, Toronto (Smith)	5	5	4

Time—2:17¼; 2:21½; 2:19¾.

Two-Mile Race; Purse $400; Two in Three Heats.

Fern Hal, b. m., W. P. McPherson, Kemptville (McPherson)	1	1
Mansfield, br. h., J. O'Connell, Mount Forest (McDowell)	2	3
Hal Nuthurst, b. g., H. E. Potter, Caffee, N.Y., (Brohman)	3	2
Nellie G., blk. m., O. Coulombe, Calgary (Matheson)	4	4

Time—4:44; 4:46.

THISTLE CLUB RETAINS THE MALAHIDE MEDAL

St. Thomas Granites Under 13 Shots in Match Played at Thistle Rink—Heaman's Rink Runs Up 11 Points.

Three curling rinks from the St. Thomas Granites journeyed to London last night to play the Thistles for the Malahide trophy. They came, they saw, but they did not conquer, as the Scotchmen were 13 points to the good when it came to gathering in the stones after the evening's work. Who said thirteen was unlucky?

The closest that the Railroad City curlers could come to a win was a tie. Bob Emslie's rink tying Walter McCutcheon's crew, 17 all. A. M. Heaman's four walloped Robert Coffey's rink 21—10, while Sid Swift nosed out Cameron's rink by two points after getting a bad scare towards the finish.

Three friendly games were also played, the Londoners being four shots to the good.

Following are the scores:

MALAHIDE MEDAL GAMES.

St. Thomas.		London Thistles	
N. D. McLaughlin		R. D. McDonald	
B. Marlatt		A. M. Trick	
Joe Rivard		Geo. Gibson	
W. K. Cameron		S. D. Swift	
Skip	14	Skip	16

Cameron	300	010	031	020	010	120—14
Swift	011	303	100	301	101	001—16

Don Fraser		H. J. McCallum	
Jack Sinclair		P. B. Fetterly	
J. McCoig		A. J. McGuffin	
R. D. Emslie		W.A.McCutcheon	
Skip	17	Skip	17

Emslie	100	003	410	000	140	102—17
McCutcheon	021	120	001	231	102	010—17

B. McAteer		P. C. Powell	
J. W. Boughner		W. P. Mortimore	
Fred Sutherland		N. H. Keene	
Robt. Coffey		A. M. Heaman	
Skip	10	Skip	21
Total	41	Total	54

Heaman	300	100	421	03	310	2200—21
Coffey	031	011	000	10	001	0011—10

FRIENDLY GAMES.

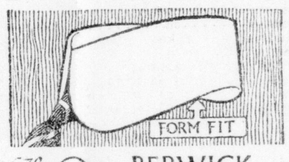
Granites.		Thistles.	
A. R. Saunders		R. W. Youngs	
M. B. Baker		G. C. English	
E. O. Leibner		C. S. Smallman	
R. M. Anderson		F. N. Allen	
Skip	13	Skip	19
J. D. Locke		H. Scheiding	
P. Honsinger		Dr. E. P. Smith	
Dr. Smith		W. J. Lashbrook	
C. A. McCorkell		W. T. Strong	
Skip	13	Skip	11
D. Boughner		W. Turnbull	
D. Marlatt		J. W. Firth	
H. McPherson		E. L. Morren	
F. Sutherland		C. K. Bluett	
Skip	11	Skip	11
Total	37	Total	41

McKAY WINS AT JUBILEE.

A. McKay rink was the winner of the bonspiel at the London Curling Club rink. The ice was in good shape and the boys had a great evening's sport.

The scores:

T. Loveless		J. Vasbinder	
W. J. Curran		M. Garret	
Dr. Robinson		W. Anderson	
D. McDonald, sk.		A. Wanless, sk.	
Won 2, plus 7.		Won 2, plus 4.	
W. Williams		J. Banks	
H. Aked		J. Ferguson	
H. McMahon		G. E. Coombs	
J. McKay, sk.		J. W. Griffith, sk.	
Won 2, plus 8.		Won 1, minus 6.	
Dr. Rutledge		R. Burridge	
M. J. Morrison		C. E. Keene	
W. Talbot		W. Allister	
Dr. Beattie, sk.		W. J. Snelgrove sk	
Won 2, plus 7.		Won 1, minus 8.	
R. Brooks		C. Dyson	
F. F. Sutherland		A. N. Udy	
H. B. White		F. Copeland	
C. Pierson, sk.		W.A.Richardson sk	
Won 0, minus 10.		Won 2, plus 2.	
J. Macpherson		E. B. Snow	
Chas. Glass		D. H. Gillies	
E. Sanders		W. Casselman	
H. Hindmarsh, sk.		Thos. Shaw, sk.	
Won 2, minus 2.		Won 2, plus 5.	



The New BERWICK ARROW Form Fit COLLARS are curve cut to fit the shoulders perfectly. 15 cents each, 6 for 90c
CLUETT, PEABODY & CO. INC. Makers

FREE TO ALL SUFFERERS
If you feel 'OUT OF SORTS' 'RUN DOWN' 'GOT the BLUES' SUFFER from KIDNEY, BLADDER, NERVOUS DISEASES, CHRONIC WEAKNESS, ULCERS, SKIN ERUPTIONS, PILES, write for FREE CLOTH BOUND MEDICAL BOOK on these diseases and WONDERFUL CURES effected by THE NEW SWEDISH REMEDY, Nut No. 2, N.S. THERAPION and decide for yourself if it is the remedy for YOUR own ailment. Absolutely FREE. No 'follow up' circulars. No obligations. Dr. LECLERC MED. CO., HAVERSTOCK RD., HAMPSTEAD LONDON, ENG. WE WANT TO PROVE THERAPION WILL CURE YOU.

COLTS' BONSPIEL ON JANUARY 29

F. W. Sutherland, St. Thomas, president of the Colts' League, has announced that the annual Colts' bonspiel will start at the London Curling Club rink on Monday, January 29, at 2 p.m. Frank Ashplant of this city is secretary of the league, and all entries should be made to him. Mr. Ashplant is forwarding literature on the subject to all clubs in the district.

Curlers who have played previous to January, 1912, are not eligible to participate in these games.

BOXING AND WRESTLING AT LIBERAL CLUB WEDNESDAY

The Liberal Boosters' Club have arranged a fine entertainment for the boxing and wrestling fans of the city Wednesday night. The Boosters know how to put on a good program, and after giving the list the once-over, the fans can be assured of a real, live, entertaining evening.

Earl Wrainwright, the fast Lambeth scrapper, will go six rounds with Benny Stockley, an old country boxer of some prominence. Both boys are in good shape and it should be a fine mill. Jacobs and Jack Mowat will poke each other for eight rounds. Mr. Jacobs is no slouch and Mowat is willing to take a few blows in order to whip a stiff one over.

Haslen and Everitt, two fine little wrestlers, will put on a bout, as will Sanford and Haliday.

Brennan Is Instructor.

The Liberals have made a ten-strike in securing the services of Eddie Brennan, the well-known boxer, as boxing instructor. Eddie knows the game from A to Z and is working up a fine class among the boys. He will referee the bouts Wednesday.

After this week the Booster weekly entertainments will be held on Friday night. Next week Brennan will take on Scotty Jenkins, the champion mitt artist of the 241st Canadian Scottish Borderers, at the Liberal Club. The proceeds of Wednesday's program will be devoted to patriotic purposes.

BALL-SCHEDULE MEETING POSTPONED.

CHICAGO, Jan. 8.—The meeting of the National and American Leagues' schedule committees, which was set for Brunswick, Ga., January 10, was postponed tonight because of the inability of Barney Dreyfuss, president of the Pittsburg club, to make the trip. Mr. Dreyfuss is a member of the National League committee.

B. B. Johnson, president of the American League, said that the meeting probably would be held in Pittsburg late this week.

Lumbago's Misery Ceases, Every Aching Muscle Cured

JUST RUB ON OLD-TIME "NERVILINE."

Not necessary to drug inside!

That awful stiffness that makes you yelp worse than a kicked dog will be cured—cured for a certainty, and quickly, too, if you just rub on Nerviline.

Rub Nerviline right into the sore spot, rub lots of it over those tortured muscles, do this and the pain will go. You see Nerviline is thin, not oily. Therefore it sinks in, it penetrates through the tissues, it gets right to those stiff, sore muscles and irritated nerves that make you dance with pain.

You'll get almost instant relief from muscle soreness, stiffness, aching joints, lameness or rheumatism by rubbing with Nerviline. It's a soothing liniment, and doesn't blister, doesn't burn or even stain the skin.

It's the most harmless cure in the world for Lumbago, Back Strain or Sciatica. It takes away the ache at once and ends your misery quickly.

Now quit complaining—don't suffer another day—Nerviline, that good, soothing, old-time liniment will limber you up mighty quick. Get busy today, 25 cents per bottle. Any dealer, anywhere, can supply Nerviline.

STARR SKATES
McPherson's Shoes
BROCK'S
The Sporting Goods Store of London.
192 DUNDAS STREET. ywt

RIDE A
Brantford Bicycle
SAVE TIME AND CAR FARE.
62tf

MEETS BROWN THURSDAY

Advertiser Illustrations.

TONY ZOCANNO, fast local boy, is in great shape for Fort William Battler.

FAST BOUTS SCHEDULED FOR THURSDAY NIGHT

Zocanno and Brown Both in Shape for Grueling Battle.

Everything is set for the big evening of boxing to be held Thursday night in the New Arena (the old Central Garage). Battling Brown of Fort William, who will endeavor to muss up the features of our own Tony Zoccano, has wired Tony that he will arrive in London tonight, and is in great shape. Brown is some humdinger in the boxing game, as is proved by the fact that he trimmed Eddie Morgan last December in Fort William, and anyone that can wallop the Providence lad deserves a whole lot of respect and consideration. The battler has participated in over 100 battles, and has yet to be sent to sleep.

Hurrah for Italy.

Brer Zoccano declares that Italy will be on top after the eight-round fracas and promises the fans that he will chase Mr. Brown to the tall timbers. Tony put up a great fight with Morgan last Labor Day, and the fans will no doubt be glad to see him back in the arena. The boys will weigh in at 125 pounds. The Kid boxed with Eddie Brennan yesterday and will take him on again today at the S. P. A.

"Done Brown," Says Tony.

"Just take it from me," said Tony today, "that that Brown will be done brown by me Thursday night. It's going to be his Jonah day. You just wait and see. I am feeling fine, and I can promise my friends a good clean scrap on Thursday."

Jack Kelly fights Jack Kilroy eight rounds, and Benny Stockley will take on Trudell in the preliminaries.

ST. THOMAS TEAMS TO OPEN O. B. B. A. SERIES HERE

Juniors and Seniors Play Local "Y" Thursday Night.

The St. Thomas junior and senior O. B. B. A. teams open the season in London Thursday night, when they tackle the local "Y" teams. A. T. Taylor, physical director of the "Y," has been coaching the boys along and promises that the locals will be in the pink of condition for Thursday's games.

The juniors will be composed of the "Y" team in the City League, while the senior team will be made up of the best five among the other teams of the league. Mr. Taylor has uncovered some real stars during the fall series and they will all be given a try-out against the class of Western Ontario. The Western University, Woodstock College and Stratford are all in the local group.

The city basketball league and the high school league will open series tonight. The collegiate kids have a number of good players on tap, and the league should furnish some good sport.

SIXTEEN RINKS ENTERED FOR ASLYUM BONSPIEL

Some Good Sport Promised If Weatherman Behaves.

The draw for the Asylum bonspiel, one of the most enjoyable events of the curling season, has been made. The games, weather permitting, will be played tomorrow on the Asylum rink.

Dr. Robinson, who has charge of the bonspiel, promises the boys a great days entertainment. If the ice is not in shape the 'spiel will be held on Thursday.

Following is the draw:

9 a.m.

London Curling.	Thistles.
H. McCall, skip.	A. Moran, skip.
Thistles.	Thistles.
S. D. Swift, skip.	F. P. Betts, skip.
London Curling.	Asylum.
J. McKay, skip.	A. Thrower, skip.
London Curling.	Thistles.
J. Stevenson, skip.	A. M. Heaman, sk.

10:30 a.m.

Thistles.	London Curling.
W. T. Strong, skip.	W.A.Richardson, sk
Thistles.	Thistles.
C. Smallman, skip.	W.A.McCutcheon, s
Asylum.	London Curling.
R. B. Heighway, sk	T. Gillean, skip.
Thistles.	London Curling.
F. N. Allen, skip.	F. Hindmarsh, skip

HOCKEY RESULTS

O. H. A. Intermediate.
Kitchener 7, Brantford 1.
177th Battalion 8, Bracebridge 5.
Kingston 9, Frontenacs 0.
Oshawa 7, Port Hope 0.

O. H. A. Junior.
Ingersoll 3, Tillsonburg 2.
Paris 5, Brantford 3.

O. H. A. Senior.
Owen Sound 24, Chesley 3.

Exhibition.
Detroit 5, 118th Battalion 1.

GAMES TONIGHT.

O. H. A. Senior.
S. Patricks at T. R. and A. A.

O. H. A. Intermediate.
153rd Battalion at Sarnia.
Lindsay at Cobourg.
Midland at Collingwood.
Bowmanville at Peterboro.
New Hamburg at Stratford.
Guelph at Elmira.

O. H. A. Junior.
Woodstock College at 153rd Battalion.

Northern League. Senior.
Seaforth at St. Marys.

Bowling

MANUFACTURERS' LEAGUE

The Scott-Chamberlain five took two out of three games from the London Manufacturing Company last night in the Manufacturers' League.

Arnott of Scott-Chamberlain's won the honors of the night by making the highest total score with 544 and the highest individual score with 211.

The teams and scores:

SCOTT-CHAMBERLAIN.			
Donohue	138	166	164— 468
Webber	113	95	140— 358
Davis	112	188	127— 427
Crundwell	149	125	150— 424
Arnott	159	174	211— 544
	671	748	802—2321

LONDON MANUFACTURING CO.			
Love	159	127	126— 412
Jacobs	141	152	144— 447
Oliver	114	116	106— 336
Donaldson	123	137	135— 395
Lynn	165	145	171— 481
	704	677	682—2063

COMMENT

JUST BECAUSE.

A bowling match was held one day,
And finished in a minute;
The reason wasn't hard to say,
There was no money in it.

Speaking of disappointments, the Brunswick-Has Been game has been postponed again until Friday night. Business of being chagrined.

SAYINGS OF FAMOUS MEN.

Alf. Sheere—"I have nothing to say."

As chief of the Blue Labels, Manager Shaw has developed into one of our best little orators.

"Good bowlers are rare," quoth a bowling expert. A good many of them are raw.

Joe Catalano's team meets the Marconis tonight in the City League at the National alleys.

SARNIA INTERMEDIATES READY FOR ST. THOMAS

[Special to The Advertiser.]

SARNIA, Jan. 8. — The Sarnia intermediates will ring up the curtain on the 1916-17 O. H. A. hockey series this evening, when they clash with the St. Thomas 153rd Battalion team. The local squad have been handicapped by the lack of ice, but with a considerably stronger line-up than was presented in the exhibition tilt with the Toronto Riversides they feel confident of emerging from the fray with a victory safely tucked away.

The addition of Lee Dodds to the line-up of the locals puts added strength in the defence, and with the speedy forward line the fans are assured of a fast and scrappy contest.

The locals will line up as follows: Goal, Dwyer; defence, McCart and Dodds; Hillman, Dore, Rose, Rock and McLellan will make up the forward line. Barrett will also have a chance to display his wares, but his position has not been decided upon.

Wm. Thwaits of Galt will handle the bell, and if his work in the Riverside games is any criterion, the contest will be clean from start to finish.

ANGLICAN LEAGUE OPENS WEDNESDAY.

The Anglican Church league will open Wednesday night at the Simcoe street rink, when the St. Mathew's Club will tackle the St. George's seven from 8 till 9 o'clock. The St. John's Club will play the St. James' Church outfit from 9 till 10 the same evening. The Anglicans have signed up some good men and should put up a fine brand of hockey.

WHERE IS THE MOTHER

with a child who is rundown, has pale cheeks or thin blood, who will not give that child the very thing it needs to start it growing and keep it going? For over forty years the concentrated liquid-food in Scott's Emulsion has been changing thinness to plumpness—changing poor blood to rich blood.

There is nothing better for growing children—whether they are weak or well—than Scott's Emulsion, but see that you get the genuine Scott's.

Scott & Bowne, Toronto, Ont. 16-20

L. A. A. A. JUNIORS HAVE STRENUOUS WORKOUT

Kids Out in Force at Last Night's Practice at Simcoe Rink.

The L.A.A.A. juniors held a good stiff workout in the Simcoe street rink last night. The kids were out in force and put up a strenuous article of hockey. They should just about cop the game from the St. Thomas soldiers Wednesday night in the Railroad City. However, the soldier teams are generally in pretty good shape and the game should be a fast one from beginning to end.

The L.A.A.A. have already acquired quite a following and a special car will be run to St. Thomas tomorrow night, via the Traction line, at 7 o'clock. The fare will be 45 cents. Tickets are on sale at Wallace's drug store.

At last night's practice, Smith and Hynd both showed up well in goal, with the latter making several brilliant stops. Art Gillies promises to be one of the stars on the local team. He is a cool, heady youngster, and a great little stick-handler. Ballantyne and Fitzpatrick both showed up well and will make the regulars hustle to hold their jobs. Lightfoot also did some good work on the defence, although his ankle bothered him. A youth by the name of Binder was out and showed himself to be one of the best lads on the ice. He is a good little stick-handler and will bear watching. Norman, Fraelich and Elliot were among those absent.

118TH BATTALION TEAM DEFEATED IN DETROIT

Americans Get the Breaks and Win 5—1.

DETROIT, Jan. 8.—Five to one, with the locals on the big end, tells the story of the 118th Battalion vs. Detroit hockey team in the first of their two-game series played at the new arena tonight. The contest was remarkably free from rough work throughout, and the Detroiters won because they had all the breaks. Both Joss and Hammelef, cagekeepers, did splendid work, the former having fourteen, and the latter fifteen stops to their credit.

The soldiers were unable to tally until near the close of the third period, when Detroit also elected to do likewise, getting their big count of three in this frame. Line-up:

Detroit.		118th Battalion.
Hammelef	Goal	Joss
Pletsch	L. Defence	Hagerman
Kennedy	R. Defence	Boettger
Holman	Rover	Larue
Reed	Centre	Arthurs
Shaw	L. Wing	Kelly
Roberts	R. Wing	Edwards

Score by periods—

Detroit	1	1	3	—5
118th Battalion	0	0	1	—1

Referee—Hamilton, Detroit.

Time—Three 20-minute periods.

KITCHENER INTERMEDIATES EASILY DEFEAT WATERLOO

Good Team-Work and Johnston in Nets Did the Work.

[Special to The Advertiser.]

KITCHENER, Jan. 8.—The intermediates were easy victors tonight, beating the Waterloo Acadians by a 7 to 1 score. At no period in the game were the local nets in much danger. Better team work was mainly responsible for the big difference in the score. Johnston in the nets for Kitchener proved a stone wall against any hopes that the Acadians might have entertained for victory. The line-up:

Kitchener.		Waterloo.
Johnston	goal	Bowman
Leroux	r defence	Quinn
Karges	l defence	Weber
Shirk	rover	Cody
Krug	r wing	Jacobi
Solomon	l wing	Wesceloh
Klaehn	centre	Hanneberg

A. H. Schlegel of Preston, refereed.

STRICT ACCOUNTABILITY, SAYS NATIONAL 'COMMISH'

CINCINNATI, Jan. 8.—The National Baseball Commission today held that the only tests that should be employed in the engagement of a minor league baseball player upon his willingness to play for a salary within the prescribed limit of the club desiring his services should be his eligibility to contract. Any other restrictions imposed by league legislation are held as arbitrary and subversive of the national agreement rights of the player, and therefore are null and void.

In announcing the ruling the commission says: "The national associations, officials and members, will be held to strict account by the commission if this ruling is not respected and enforced."

WILLIE HOPPE SET RECORD.

Omaha, Neb., Jan. 8.—Willie Hoppe, in a match with Charlie Peterson of St. Louis, tonight set a new world's record for three-cushion billiards with an unfinished run of 15. The previous record was 14. Hoppe made a run of five in the first inning, and defeated Peterson in the third with the unfinished run of 15.

ABE ATTELL KNOCKED OUT.

New Orleans, La., Jan. 8.—Phil Virgets of New Orleans knocked out Abe Attell, at one time featherweight champion, in the fourth round of a scheduled ten-round bout here tonight. Attell weakened after the first round, and in the fourth Virget's left hook to the point of his chin, followed by a right cross, produced a knockout. Attell was unconscious for five minutes. The men weighed in at 126 pounds.

FAST TIE GAME IN THE LIBERAL BOOSTER LEAGUE

Opening Contest Full of Pep—Some Promising O. H. A. Material.

The Liberal Boosters Hockey League got off to a flying start at the Simcoe street rink last night, when Nopper's and Bill Mace's teams battled to a tie, with three scores each. The Liberals have gathered together the cream of the junior hockey players of the city, and are bound to produce some stars that will make likely grist for the O. H. A. mill. The ice was sticky last night, but the kids showed lots of pep and there was no lagging.

The Stars.

Brown, Selak and Hutchinson all put up a great game for Mace's Mashers. This Selak is some fast skater, and should prove a good goal-getter for the Mashers before the season is through.

Pete Clark, Cook and Foster were the bright shining lights on Nopper's team, although all the boys worked hard and are deserving of credit. As soon as they get used to each other some pretty combination is sure to result, although the flashes were few and far between last night.

Billy Walden refereed the game to the satisfaction of both teams.

The teams:

Mace.		Nopper.
Mace	Goal	B. Campbell
Hawkey	L. defence	Foster
Hutchinson	R. defence	D. Campbell
Woolley	Centre	Everett
Brown	Rover	P. Clark
Selak	R. wing	Cook
Patterson	L. wing	Hazelgrove

INGERSOLL JUNIORS WIN MATCH IN TILLSONBURG

TILLSONBURG, Jan. 8.—Ingersoll came from behind in the last ten minutes of play in a junior O. H. A. fixture here tonight, and won by a score of 3—2. The game was fast all through, with the locals having the best of the play in the early part of the game. Hearn scored first for the locals and was followed shortly by Hanford. However, in the last ten minutes of play the pork packers came from behind and notched a one goal victory in a hair-raising finish. Munro of London refereed satisfactorily.

The teams:

Tillsonburg: Carroll, goal; Baker, left defence; Williams, right defence; Keyes, centre; Pollard, rover; Mabee, left wing; Hearn, right wing.

Ingersoll: Holland, goal; Wilfred, left defence; Henry, right defence; Hoppe, centre; Grieves, rover; Hanford, left wing; Petrie, right wing.

Had Awful Attacks of Heart Trouble
FOR 5 OR 6 YEARS

Diseases and disorders of the heart and nervous system have become frightfully prevalent of late years.

One can scarcely pick up a paper but he will find recorded instances of sudden death through heart failure, or of prominent men and women unable to prosecute their ordinary business or profession on account of a breaking down of the nervous system.

We do not desire to unnecessarily alarm anyone, but to sound a word of warning.

When the heart begins to beat irregularly, palpitates and throbs, has shooting pains through it, it is time to stop and think.

To all sufferers from heart and nerve troubles Milburn's Heart and Nerve Pills can give prompt and permanent relief.

Mrs. Frank Arseneau, Newcastle, N. B., writes: "I had awful attacks of heart trouble for the past five or six years, and as I had tried many kinds of medicine without getting any better I decided to give Milburn's Heart and Nerve Pills a trial, and to my surprise I found ease from the second dose. I continued taking them until I had used six boxes, and now I feel as well as can be.

"At the present time my sister is using them for nervousness and finds great comfort from their use."

Milburn's Heart and Nerve Pills are 50c or three boxes for $1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious — merry, bright, alert—a good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anaemic-looking men, women and girls, with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store, which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance, awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

OBSTINATE COUGHS AND COLDS
YIELD TO
DR. WOOD'S
Norway Pine Syrup.

All obstinate coughs and colds yield quickly to "Dr. Wood's" containing as it does all the lung healing virtues of the Norway pine tree combined with the soothing, healing and expectorant properties of other excellent herbs and barks.

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