

SUCCESS GEDDES?



Sir Hamar Greenwood, who is spoken as successor to Sir Auckland Geddes head of the Board of Trade. The latter will resign to take a professorship at McGill University.

AMERICAN GIRL JOINS THE ROYAL FAMILY OF GREECE

(Toronto Mail and Empire.) It is rather tough luck that at a time when royal marriages are so common, the first of her sisterhood to come to a real princess, and even a Canadian princess, for, usually of an Austrian or Hungarian strain, and in those countries, a wife may turn out to be a grade or two below the rank, and this time the question about the rank, and Miss Maude Stewart becomes a member of the royal family of Greece, her husband being Prince Christopher, brother of the late King George.

'Eczema 7 Years—No Hope Left—Today I Am Well'

—writes Dr. A. Smith, 300 East St., Charleston, S. C. I had it on my face and hands and after all the doctors and treatments I had, it took only two applications of B. B. D. to get the cure, and three bottles he is perfectly well. Write him if you doubt.

B. B. D. The Lotion for Skin Disease

Clinton Brown, Druggist, St. John (N. B.)

Try Making Your Own Cough Remedy

You can save about 25¢ and have a better remedy than the ready-made kind. Easily done.

If you combined the curative properties of every known "ready-made" cough remedy, you probably could not get any more real curative power than is in this simple home-made cough syrup which is easily prepared in a few minutes.

Get from any druggist 2½ ounces of Pinex (50 cents worth), pour it into a 16-oz. bottle and fill the bottle with syrup, using either plain granulated sugar syrup, clarified molasses, honey or corn syrup, as desired. The result is 16 ounces of really better cough syrup than you could buy any ready-made one, and costs easily 25¢. Tastes pleasant and never spoils.

This Pinex and Syrup preparation acts right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the inflamed throat, soothes the inflamed membrane and soothes the inflamed membrane.

A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and asthma, there is nothing better.

Pinex is a most valuable concentrated compound of genuine Pinex, pure extract, and has been used for generations to break up severe coughs.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with all directions, and don't accept anything else. Guaranteed to give satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.



The Nurse told Her to Give OLIVEINE EMULSION

THE GREAT HEALTH RESTORER

South Brookfield, Queens Co., N.S., Oct. 1919.

"Our girl was very sick with Stomach Trouble and different foods were recommended, but everything failed until a nurse told me to give her OLIVEINE EMULSION. She is now a big, healthy baby and I would not be without it in the house. For colds and coughs and as a health builder, it is the best to be had. We recommended OLIVEINE EMULSION to quite a few who were suffering from the effects of influenza and they used it with good results." (Name on request)

OLIVEINE EMULSION is more than an ideal cough remedy, to pave the way for a quick recovery from heavy colds and deep-seated coughs. It is a body builder—gives strength to the weak—tones up and invigorates the whole system. It is pleasant to take and is agreeable to the most sensitive stomach.

Sold everywhere.

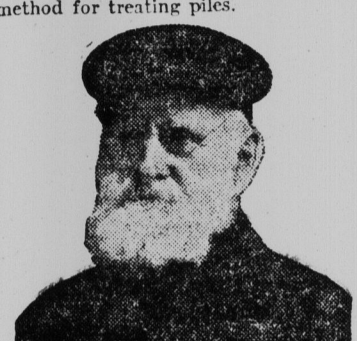
Prepared by Fraser, Thornton & Co. Limited, Cookshire, Que.

23 THE PRODIGY

CURED HIS PILES

Now 38 Years Old but Works at Trade of Blacksmith and Feels Younger Since Piles are Gone.

The oldest active blacksmith in Michigan is still pounding his anvil in the town of Homer—thanks to my internal method for treating piles.



Mr. Jacob Lyon, Homer, Mich.

I wish that you could hear him tell of his many experiences with ailments, salves, dilators, etc., before he tried my method. Here is a letter just received from him:

Mr. E. R. Page, Marshall, Mich. Dear Sir: I am 38 years old and the oldest active blacksmith in Michigan. I feel younger since the piles have left me. I will surely recommend it to all I know who suffer this way. You can use my letter any way you wish and I hope it will lead others to try this wonderful remedy.

Yours truly, JACOB LYON.

There are thousands of afflicted people suffering with piles who have never yet tried the one sensible way of treating them.

Don't be cut. Don't waste money on foolish salves, ointments, dilators, etc., but send today for a Free Trial of my internal method for the healing of Piles. No matter whether your case is of long standing or recent development—whether it is occasional or permanent—you should send for this free trial.

No matter where you live—no matter what your age or occupation—you are troubled with piles, my method will relieve you promptly.

This liberal offer of free treatment is too important for you to neglect a single day. Write now. Send no money. Simply stick the coupon—but do this—TODAY.

Free Pile Remedy

E. R. Page, Marshall, Mich. 7608 Pine Bldg. Send free trial of your Method to:

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CONSTIPATION AND HEADACHES

Completely Relieved by This Grand Fruit Medicine, "FRUIT-A-TIVES"

462 St. Catherine St. E., Montreal.

"For three years, I was a terrible sufferer from indigestion, constant headaches and constipation. I took various medicines for the trouble but nothing seemed to do me any good."

"Then a friend advised me to try 'Fruit-a-tives'. Now I am free of indigestion and headaches, the constipation is cured, and I have gained considerable weight, and my general health is fine."

"'Fruit-a-tives' is a grand medicine and I cannot say enough in its favor."

"'Fruit-a-tives' are made from fruit juices and valuable tonics—and are pleasant to take, their action being gentle and mild, yet always most effective."

"At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont."

ALFRED DUBOISSEAU.

462 St. Catherine St. E., Montreal.

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CARDINALS TO CATHOLIC CLERGY

Pastoral Letter to Be Read in Churches of the United States on Next Sunday.

A Washington dispatch says: For the first time in thirty-five years the American Catholic archbishops and bishops are issuing a pastoral letter to their clergy and the laity. The letter will be read in every Catholic church in the United States on Sunday, Feb. 22. It was prepared by Cardinal Gibbons and O'Connell, and Rector Thomas J. Shahan of the Catholic University.

The letter, the product of the united thought of the spiritual directors of the Catholic Church in the United States, is signed by Cardinal Gibbons, on his own behalf and in behalf of all the other members of the hierarchy.

Cardinal Gibbons is the sole survivor of the seventy-six bishops who signed a joint pastoral letter issued to the 7,000,000 Catholics of the United States after the third plenary council in Baltimore, held in 1884. There now are 101 bishops in the United States, not counting auxiliary bishops and bishops without office, appointed to do special work in the United States.

The pastoral letter, written along lines laid down by the bishops at their general meeting last September, views the world situation and insists that reconstruction should proceed on sound principles, and not along lines of expediency. It emphasizes the need of justice and charity and their application to the practical solution of the pressing problems that confront all civilized nations.

The letter will discuss problems of marriage and divorce, industrial relations, national conditions and international affairs. It lays stress on education as a means of reconstruction and exhibits the power of Catholicism as a force for human welfare.

The active co-operation of American Catholics with the country during the war is briefly related, and the letter explains the organization effected by the hierarchy of all Catholic agencies through the National Catholic War Council, and shows how the organization is to be perpetuated in the National Catholic War Council.

CHINA AND JAPAN. (Christian Science Monitor.) One of the most interesting features of the Shanghai issue, from day to day, is the quiet, unobtrusive, unassuming way in which China, every time, evades the Japanese diplomatic net. This is due, of course, to the fact that China formulates her demands on the basis of simple righteousness, and refuses to depart from that basis. It is quite in vain for Tokyo to propose conferences; to profess a desire to "talk things over" in a friendly spirit; and to maintain that, given the goodwill which should obtain between neighbors, there ought to be a friendly settlement of the matter on a friendly basis. China says calmly, but very positively, that there is nothing to talk over. She simply says as she is reported to have recently, in reply to the latest Japanese advance, reaffirms once again that, by virtue of China's declaration of war against Germany in 1917, and her entry into the struggle on the side of the Allies, whatever treaties existed between Germany and China became automatically null and void, and that, consequently, all rights and concessions in China that were held by Germany, including those of Shanghai, reverted to Chinese control. Japan has no right or right in Shanghai, and that is all there is to be said on the matter.

SPANISH INFLUENZA

How to protect yourself against it and check an attack.

1—Do not alarm yourself needlessly, but be careful; follow as much as possible the elementary rules of hygiene. Treat a common cold as if it was a serious ailment, and on the appearance of the first signs of fever, call in the doctor.

2—Avoid crowds, meetings, etc., as they favor contamination.

3—Breathe pure air as much as possible; breathe through the nose and not through your mouth. Seek the sun rays. The above advice followed faithfully will reduce to the minimum the chances of being overcome by the disease.

4—Keep the windows of your bedroom open at night and in daytime those of your office as much as possible, avoiding draughts.

5—Eat nourishing and easily digested foods and chew them well and completely.

6—Always wash your hands before meals.

7—Use saline mouth washes and gargles morning and evening. (Riga Water, rich in salts is indicated in these cases), use also vaporizations of liquid petroleum containing Camphor, Menthol and Eucalyptol.

8—Keep the alimentary tract clean and healthy by taking every morning a glassful of Riga Purgative Water which insures, without griping or nauseating, the regular and normal action of the bowels, the best protection against disease, the best insurance of health.

Spanish Influenza is a contagious disease caused by a germ found especially in the saliva and secretions of the nose, throat and bronchi. The above advice followed faithfully will reduce to the minimum the chances of being overcome by the disease.

The celebrated Dr. Metchnikoff has proven conclusively that Influenza like all other contagious diseases find its greatest number of victims among people habitually constipated. During epidemics he advises to keep the bowels free by the use of a saline purgative water like Riga Purgative Water. Follow his advice, you will never have to regret it.

THE INDIANS

long ago discovered the curative properties in the waters of LITTLE MANITOU LAKE. Their sick drank of this saline water and were healed.

Sal Manitou

EFFERVESCENT SALINE is a refined powder form of medicinal compounds taken from these waters. It immediately relieves Stomach Disorder, Sluggish Liver and builds up Run-Down Systems.

Take Sal Manitou regularly—it invigorates and refreshes. Maria's Mother Health Salt (saline form) is the Maria's Mother Health Salt. A wonderful skin healer.

SOLD AT ALL GOOD DRUGGISTS STANDARD REMEDIES LTD. Winnipeg - Manitoba

Why So Many Men Are Good Starters But Poor Finishers---

Lack of Iron in the Blood Holds Them Back and They Fail Exhausted by the Wayside

Physician Says You Must Have Plenty of Iron in Your Blood to Be Strong—Tells Why Organic Iron—Nuxated Iron—Helps Build Red Blood That Gives Men the Strength and Endurance to Climb the Road of Life With Courage and Power.

"Weakened by the heavy drains upon their nerve force and physical strength, and women supply the right kind of iron thousands are held back by lack of iron in the blood," says Dr. John J. Hoffman, formerly Medical Inspector and Clinical Physician on the Board of Health of New York City.

"Their thin, pale, watery blood is utterly lost the power to send energy and power through the body and as a result they are without the endurance to keep on—they are forced to drop back among the weaklings and failures—beaten because their blood is literally starving for health-giving iron. But when such men and women supply the right kind of iron to their blood—a most surprising change often takes place. They gain physical poise and fitness, mental alertness and greater power to combat obstacles and withstand severe strains. To help build stronger, healthier men and women, better able physically to meet the problems of everyday life, I believe that physicians should at every opportunity prescribe organic iron—Nuxated Iron—for in my experience it is one of the best tonic simply by taking iron in the proper form and red blood builders known to medical science."

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Very often the manufacturers guarantee to take two five-grain tablets of Nuxated Iron three times a day, after meals, for two weeks. Then test your strength again and see for yourself how much you have gained. Numbers of nervous, run-down people who were utterly without the strength and endurance to keep on—they are forced to drop back among the weaklings and failures—beaten because their blood is literally starving for health-giving iron. But when such men and women supply the right kind of iron to their blood—a most surprising change often takes place. They gain physical poise and fitness, mental alertness and greater power to combat obstacles and withstand severe strains. To help build stronger, healthier men and women, better able physically to meet the problems of everyday life, I believe that physicians should at every opportunity prescribe organic iron—Nuxated Iron—for in my experience it is one of the best tonic simply by taking iron in the proper form and red blood builders known to medical science."

Manufacturers' Note: Nuxated Iron, which is not a secret remedy, but one which is well known to druggists. Unlike the other inorganic iron products it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed in bottles by Ross Drug Co., S. McElmurry, E. Clinton Brown, Watson's Drug Store, and all good druggists.

LACK OF IRON IN THE BLOOD

THE ROAD OF LIFE

Is Lack of Iron in the Blood Holding You Back?

Life is like a mountain road. At the start the climbing is easy. But at the "Deary Middle" when overwork and worry have sapped his energies, many a man falls down—his progress stopped by Lack of Iron in the Blood. Only by tremendous force can he release himself from such a set-back—only by building up the health he has blindly allowed to slip away. Then it is he must fill his blood with iron. Nuxated Iron is the power behind strong, keen red-blooded men—power that helps them on to Health, Success and Achievement.

SHILOH 30 GRAIN COUGHS

Since 1870

SHILOH 30 GRAIN COUGHS

FOR RED BLOOD STRENGTH AND ENDURANCE