# **Those Feelings of Faintness** Those Dizzy Spells and" All **Gone," Sinking Sensations**

which come over some people from time to time are warnings that must not go unheeded. They indicate an extremely weakened condition of the heart and a disordered state of the nervous system, and call for prompt relief.

This is no time for delay. One fainting spell may be recovered from-will the next? One dizzy spell may pass off, but the next may be more serious.

F Those who are wise will start taking

### Milburn's Heart and Nerve Pills

athonce before their case gets hopeless.

This remedy will act directly on the disordered heart and nerves. They strengthen and invigorate the heart, so that it beats strong and regular, tone up the nervous system, and soon the trouble which is the cause of so much worry and anxiety becomes a thing of the past.

Milburn's Heart and Nerve Pills are 50c a box at all

Members of St. Andrew's Society Banquet At Tecumseh.

TOAST TO SCOTLAND

Scotsmen Love the Land of Their Adoption Perhaps As Well As Birthplace.

The spirit of the occasion was put into words by Rev. T. A. Symington in his esponse to the toast "Scotland," and by a speech by Peter McArthur on "Canada."

True To Adopted Country.
"The great thing about the Scotsen." said Rev. Mr. Symington, "is to his native land, he also is true to the land of his adoption, and perhaps loves it with as great a fervor as the land which gave him birth. The names of Scotsmen have been written in the hearts of the darkest countries of the world, in Africa, in India and China."

He said that a home is always judged by the men that come out of it, and that the same is true of the country. The names of sons of Scotland had been written on the pages of the literature. the neges of the literature

### SONS OF SCOTLAND **CELEBRATE BIRTHDAY** OF SOCIETY HERE

This night we weave a wreath of fame, With strands of song and giory;
With rev'rent hands and hearts aflame, To crown auid Scotia's glory.
—Malcolm McCormick.
One hundred and fifty Scots gathered at the Tecumseh House last night to celebrate at the banquet table the 60th anniversary of St. Andrew's Society in this city, and incidentally by meeting together to keep allive that spirit of Old Scotland that has been handed down to them by their forefathers.
William Forbes, president of the society, acting as chairman and toastmaster, said that before the war it had been the custom of the society to hold annual banquets, but these had been dispensed with during the war. Last year plans had been made to hold a Victory banquet, but that also had to go by the boards owing to the "flu" endemic Now that a clear road lay was much too large, being the largest was much too large, being the largest to go by the boards owing to the "flu" ppidemic. Now that a clear road lay before the society was about to fore; of whead, and he pleaded that all Scotsen in the city should give their sup-

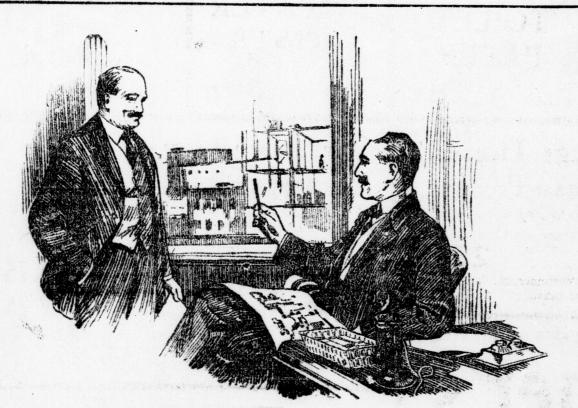
t while he always loves and is true his native land, he also is true to land of his adoption, and perhaps ritten on the bages of the intracticular consic and science of the world.

In politics too many of the leaders are born in old Scotia; Canada had er McDonalds. Codys and the Talbots, they are men who have been taught a hard school and are ready for the bordest of tagks.

MUNDO CHILDREN MAKE
REPUTATION NOTTAWA

Samt is "Versatile Genius at Nine Years of Age."

The ottawn Citizen has many kind things to say regarding the performance of Opportunity and Sam Muuro, the two of Opportunity and Sam Muuro, the Opportunity a



## Bigger Business From Better Health

HAT is this notion you have about the health of employes?"

"It is no notion, but a great big idea that I got when on military duty. It is one of the biggest benefits that is going to result from the war. "Well?"

"What set me thinking was the report of the draft board. Forty per cent. of the men examined were turned down as medically unfit. These men were from all classes, and since they were mostly young men it stands to reason that a far larger proportion of our men would be in the 'unfit' class."

"We cannot help that." "That is just it. We must help it if we are going to build bigger business and get the production we are after. What is the use of spending hundreds of thousands of dollars on the extension of buildings and then fill them with men who are not in a condition of health to do a day's work?

"That is true. What was wrong with most of those culled out?"

their condition. That way from childhood, perhaps. Their blood was thin and watery and their nervous system starved. As a on every box of the genuine.

result they were easily tired and had no reserve force. They would catch cold easily and in fact be easy prey to any germ disease. "What can we do?

"We can see that they get half a day a week for outdoor recreation, and I am going to recommend the use of Dr. Chase's Nerve Food to these men. You know what the Nerve Food did for me when my nerves gave out. If I have my way it is going to have a good try-out among the men, for there is nothing I know of that will build them up so well.'

"You certainly should know after the condition you were in, for I sometimes thought you would never get around."

There are other ways we can help the men by better working conditions, but these are included in these building plans."

"Bigger business from better health" is my motto, and I know Dr. Chase's Nerve Food is going to help me carry out this program."

Dr. Chase's Nerve Food is so universally "Twenty-five per cent. were incapaci-tated because of nervous disorders. Mal-at 50 cents a box, 6 for \$2.75, or from nutrition, the doctors said, was the cause of Edmanson, Bates & Co., Limited, Toronto. The portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are

without leaders. Our forefathers who embarked from the old lands knew they were starting on a org adventure, and they bravely bid farewell to their native lands, as they knew, for the last time. Without leaders they began work in the new land.

It is not the authority over the milder

the new land.

It is not the authority over the wilderness that makes a land great, but the city and towns and the settled districts, and so Canada had to be added to the Empire acre by acre. She was built brick by brick by the pioneers—the great empire builders. No one living now knows the hardships they went through in order that the nation might be built.

through in order that the nation might be built.

The one idea of the pioneers was to establish a home where they and their children might be free. Nobody knew before the war how completely that ideal had been realized. It was not until the reins of government was felt for the first time that the feeling of unrest was stirred up. The only political platform that appeals to me is that the freedom established by our fathers must be handed down to our sons.

He pointed out a number of faults in the Canadian cabinet which he said was much too large, being the largest in the world outside of Great Britain. The salaries were too small. A minster could not support himsel Ottawa on the money paid them. He advocated consolidation of cabinet positions, reducing of size, higher salaries and old age pensions. Too much attention was paid to non-essentials in the selection of cabinet ministers, such as their place of residence and their religious beliefs.

dministrative duties, while their at

stown out in the service. Old age pensions would relieve that.

Lieut.-Col. C. M. R. Graham spoke in response to the toast on the Army and Navy. He dwelled to some length on the spiendid work of the navy in the war and told of the working of the allied armies.

City Council Decided Last Night To Submit Question To Voters.

The city council last night decided to take a plebiscite at the next election to determine whether the citizens favor on. This was an amendment by Aldermen

This was an amendment by Aldermen Holmes and Cunningham to a lengthier me for urged by John Cottam, chairman of the town-planning committee of the chamber of commerce: George Reid, president of the chamber of commerce, and W. J. Ashplant, representing the Advertising Club, with other members of those two organizations.

Mr. Reid said that the city should get a building plan and adhere to it. This would prevent the erection of many unsightly buildings which now occupy the streets.

Mr. Cottam's motion went into the many unsightly buildings which now occupy the streets.

Mr. Cottam's motion went into the details of the plan. He termed the body which would be established "a civic economy commission," and urged its immediate appointment. The new Provincial Government will not be able to get legislation of this kind under way in time for the city to benefit in its building operations of 1920, he stated. If the citizens approved the plan it could be ratified by the Legislature and become effective immediately. The commission would not have spending power, but all building plans would have to be referred to it for approval. No immediate expenditure was intended. It was meant to cover civic building for the next ten or twenty years.

Urges Vote Be Taken.

tended. It was meant to cover civic building for the next ten or twenty years.

Urges Vote Be Taken.

Ald. Wilson moved that the matter be approved and sent to the people. Ald. Holmes said he was heartily in accord with this, but wanted more information. He suggested referring it to No. 1 committee. Ald. Drake pointed out that it would be then too late to take a plebiscite. He was sorry the matter had not been laid before the council sooner, but would second the motion to send it to the people.

Mr. Cottam said that the Chamber of Commerce committee had not been able to obtain an interview with the Government until Saturday and for that reason the plan could not be brought before the council sooner. They wanted to bring it up a month ago. The committee, he added further, would be appointed by the council, which would completely control its expenditures. The council was not, therefore, committed to any plan by submitting the matter to the people. It did not need to take action even in the event of a favorable vote. He did not think co-operation with the Government would like to lend money to a municipality which had twice voted for a federal square project which had been held up or defeated in some manner.

Government Withdrew Support.

manner.

Government Withdrew Support.

"How do you mean defeated?" asked Mayor Somerville. "The Government withdrew its support and that was all there was to it." The mayor also stated that he thought this work could be dealt with by one of the council committees. "We have more commissions and committees now than we can handle." he said.

Ald. Cunningham said that the matter should be simplified for presentation to the people and that details could be worked out by the council if the general idea was approved by the people.

The council approved the campaign The scouncil approved the campaign to obtain a children's hospital in conjunction with Victoria Hospital.

The purchase of an additional flusher for the city gave rise to a lengthy discussion. On motion of Ald. Keene and Wilson it was decided to purchase a Studebaker flusher at a cost of 310.—875. This was about \$300 in advance of another type of flusher recommended by City Engineer Brazier, the cost of it being \$3,380. The city has one of this type in use now and the engineer urged that the same make be



# CHAPMAN'S December TE Sale Items

Great Variety Christmas Gifts at Our Store

## Winter Coats---Exceptional Values

Ladies' Winter Coats in Velours, Chinchilla and Blanket Cloths. Every coat represents a real bargain; every coat well-tailored and every coat of the best material. In the leading colors—black, grey, navy blue, green, brown and plaid effects. These are worth up to \$40.00 and will be cleared from

\$20.00 to \$27.50

READY-TO-WEAR MILLINERY, 50c 50 Ladies' Velvet and Felt Hats, one table only, to be 50c sold regardless of cost for ...... 25 Ladies' Velvet and Felt Hats, the latest \$1.00

ALL TRIMMED MILLINERY AT HALF-PRICE.

Children's Underwear Bargains

Children's and Misses' Fleecy-Finished Vests and Drawers, in natural and cream. Vests with high neck and buttoned fronts and long sleeves. Drawers in ankle length; from 3 to 14 years, according to size.

Children's and Misses Black Drawers, in heavy union fast black, ankle length, 3 to 15 years, priced according to size selling at ... Ladies' Black Drawers, fast black, heavy weight, \$1.50

warm and cosy, ..... Children's Teddy Bear Suits, in heavy brushed wool, cosy for little ones, in brown, cardinal and white. This \$4.50 includes cap, coat and pullovers, for ......

STAPLE DEPARTMENT SPECIALS Sale of Striped Flannelette, in light, medium and dark shades, nice soft finish, worth 35c: 28 to 36 inches wide. Clearing at, per yard ..... Sale of Standard Prints, in light, medium and dark shades, regular 40c, for .....

72-INCH SHEETING FOR 59c YARD 200 yards of Bleached Sheeting, 2 yards wide, in heavy close weave, worth 75c. Special sale for ....

36-INCH WHITE COTTON, 25c 36-inch Bleached Cotton, for family use, firm, close weave, regular 35c, for .....

72x90 BEDSPREADS, \$3.75 5 'dozen only, White Bedspreads, assorted designs, manu Noteworthy Offerings in Gloves, Hosiery and Underwear

Clearance of Ladies' Black Kid Gloves. These are French kid with gusseted fingers, wrist length and perfect quality, worth \$3.00, for ...... \$1.49

WOMEN'S WASHABLE GLOVES

Women's Washing Kid Gloves, in white only, \$1.39 self-stitched backs, in all sizes. Clearing .....

HOSIERY BARGAINS

Ladies' Plain Black Cotton Hose, made with spliced heel and toe, hemmed garter-top, sizes 81/2 to 10. Worth 65c, for .....

CASHMERETTE HOSIERY, 4 Prs. for \$1 Fine Quality Cashmerette Hose, made with double heel and

toe, in black only. These will give every satis-

SALE OF CORSETS, \$1.19 100 pairs of Women's Corsets, in low and medium styles,

made of good quality coutil, in all sizes. Worth \$1.50 for .....

FLANNELETTE GOWNS, \$1.98 Women's Night Gowns of Flannelette, made with long

sleeves, high neck, nicely finished, for .....

KNITTED CORSET COVERS, 69c Special value in Knitted Cotton Corset Covers made with long sleeves, for .....

COMBINATION SUITS, \$2.98

Women's Winter-Weight High Neck and Long Sleeve Combination Suits, also with V-neck and short sleeves. Special value .....

## JOHN H. CHAPMAN, LONDON

facturers' stock, worth \$4.50.

no money to make the purchase and could not charge it to next year's council. Ald. Moorhead said he had been trying to bring in a motion to prevent this, but no one would second it. He took exception to a statement by Ald. Wilson that he had promised him to urging the purchase of the truck. "You did so. You promised you wouldn't do me any harm," said Ald. Wilson.

Wilson,
"I don't offer my vote to anybody,"
said Ald. Moorhead, "I vote on each
matter as it comes up and not be-

**CURE FATIGUE!** BUILD UP! GET FAT!

Once You Start Using the New Blood-Food Remedy You'll Get Well Quickly.

You're nervous and uneasy, Appetite is poor. Still worse, you are thin and fagger

Work must be done, but where is the strength to come from? Make your blood nutritious have lots of strength. Your only hope is blood-maker, blood-purifler nstant blood-enricher. It brings keen appeite, digests food and supplies nutri-

Ferrozone makes muscles and nerve fibre, increases your weight, instills a reserve of energy into the body that defies weariness or exhaustion from any cause.

tion for building up all the bodily tis

For men who toil and labor, for the office man, the minister, the teacher-to these will Ferrozone bring a new life of spirit and robust health. For growing girls, women of all ages -no tonic is more certain. Sold in 50c boxes by all dealers, or direct by mail from The Catarrhozone Company, KingAld. Wilson brought in a notice of chase of a new car for the garbage motion to have debentures issued for the purchase of the truck. a hydro deputation which will in



### No Trouble with Your Baking

when you use the right kind of flour. If you have had trouble with your baking, it is no doubt due to your not having used Diamond Flour.

The selection of flour has more to do with successful baking than some people imagine. The blend must be properly balanced.

Diamond Flour is a perfect blend of choice Ontario Soft Wheats and Manitoba Hard Wheats-screened and cleaned to pure white

Your grocer will readily supply it to you because he knows that

DIAMOND FLOUR Becomes a habits

> in every household where it gets a trial. Hunt Bros., Limited, London, Ontario.

