

WHEN FOOD DOESN'T DIGEST

Give the Stomach a Rational Rest by Proper Aid. Not by Harsh Starvation Methods—Use Stuart's Dyspepsia Tablets.

A sour stomach may indicate an acid condition that calls for an alkaline effect. This you will get from one or two



Stuart's Dyspepsia Tablets after a meal. Sour risings, gasiness, a heavy bloated feeling and such distress due to indigestion or dyspepsia are usually only temporary. And yet they may lead to serious disorder. The regular use of Stuart's Dyspepsia Tablets after meals reflects to a high degree the intelligent selection of preventive measures.

One cannot always select or inspect the quality of food to be eaten nor its method or manner of preparation. But it is possible to avoid the acidity that is so often the result. And it is a far better plan to eat without worry over what may happen, than to starve for fear it will happen. Many physicians recommend these tablets for stomach distress due to indigestion or dyspepsia.

They are sold by all druggists everywhere at 60 cents a box.

EAT LESS MEAT IF BACK HURTS

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backaches and migraines in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.



Cuticura Is All You Need For Your Skin

Bathe with Cuticura Soap to cleanse and purify the pores. If signs of pimples, redness or roughness are present smear gently with Cuticura Ointment before bathing to soothe and heal. For every purpose of the toilet, but by the Cuticura Soap and Ointment are ideal.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Leman, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.

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MILLERS FORM DOMINION-WIDE ORGANIZATION

C. R. Hunt, of London Firm, Is Among Directors of New Body.

[Special To The Advertiser.]

MONTREAL, Nov. 15.—As a direct result of the valuable experience gained through the operation of the Canadian millers' committee, which was created as an advisory board to the now demobilized Canadian Wheat Board, prominent representatives of the Canadian milling industry have laid the foundations for a permanent organization, which is to be nation-wide in its scope and usefulness and will be known as the Canadian National Millers' Association.

The action of the millers represented on the former committee marks an important step in the advancement of the milling industry in Canada. It means that while every milling concern will be absolutely free and independent in the direction of its own affairs, the whole milling industry, comprising hundreds of individual milling enterprises, become crystallized into a homogeneous whole for the greater prosperity of the milling business.

Montreal Headquarters. Although strong efforts are being made to have the headquarters of the new organization established in Toronto, it is, according to high officials of the organization, a foregone conclusion that these headquarters will be established in Montreal. Montreal contains not only the head offices and principal mills of several of the largest milling companies in Canada, and is as well the head of ocean navigation and the principal terminus for all water-borne commerce from the head of the lakes.

Amongst the directors of the new milling association is C. R. Hunt of Hunt, Bros., London, Ont.

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