

READ THE LABEL

PROTECTION OF THE COI
THE INGREDIENTS AR
PRINTED ON THE LABEL.

HAT DOES NOT CONTAIN
D WHICH HAS ALL TH
ITS PLAINLY STATED O
L.
C BAKING POWDER
ONTAINS NO ALUM

SODIC ALUMINUM
 PUBLIC SHOULD NOT
 TECHNICAL NAMES.

COMPANY LIMITED
 ONT. MONTREAL

MEAT CAUSE OF
 KIDNEY TROUBLE

Take Salts to Flush Kidney
 Back Hurts or Bladder Bott

If you just have your meat
day, eat it, but flush your kidneys
salts occasionally, says a noted au-
thor who tells us that meat forms uric
acids which almost always clog the kid-
neys, thereby forcing us to expel them
through the skin. Their efforts to
become sluggish and weak, you
suffer with a dull misery in the
back, sharp pains in the joints,
headache, dizziness, your stom-
ach, tongue is coated and when
weather is bad you have rheu-
matisms, chills, and get sick. To
sediment, the channels often get
irritated, obliging you to urinate
two or three times during the
night. To need more salt, to
cleanse the kidneys and flush out
body's urinous waste get four ounce
bottle Salts from any pharmacy h-

your kidneys will then act fine,
ammon salts is made from the acid
urine and ammonia salts, combined
with soda, and has been used for genera
to flush and stimulate sluggish kidn
also to neutralize the acids in ur
it is no longer irritating, thus en
bleeder weakness.

Jad Salts is inexpensive; cannot
ure, and makes a delightful efferves
thia-water drink.

Address Painters' Union

A. E. Scott, of Winnipeg, sixth v
President of the Brotherhood of Pain
and Decorators addressed a meeting
the local brotherhood last evening.
Scott said that unions in this part of
country, although they were not as la

doing good work. He said that there were large numbers of unemployed in the west, due to the money stringency. Mr. Scott will organize a branch of brotherhood in Amherst this week.

LOW SPIRITS FROM WEAK NERVE

Low spirits, depression, discouragement are a form of nervous disease. You worry over little things, and at the slightest ailment apprehend the grave dangers and diseases. You form the habit of looking at the dark side,

ment, and you probably do not sleep
rest well. The cause of the trouble is
found in the exhausted condition
of the nerves. To get well you must build
the feeble, wasted nerve cells by using
such treatment as Dr. Chase's Nerv-
inood.

This great food cure forms new, re-
freshing blood, and thereby nourishes the nervous
system back to health and vigor. The
new blood carries the new nerve forces to bring
back hope and confidence to the weak
and discouraged. This treatment works
natural ways to restore health, and
therefore, cannot fail to prove of benefit
to you. Put it to the test and you will
be surprised with the building-up
influence that will result.

Few Cents
Can't You Afford a Piano?

Individual owners will permit rent to combine rent and instructions in monthly. Don't go through life without purpose, recreation and pleasure. Rent you won't use for some time, straight path to what you desire, it in tomorrow's paper, and watch as you many offers to select from.

(Suggestions for You to Adopt)

WANTED TO RENT—An upright piano; also want instructions in music for *debutante*.

paying less on purchase price. AG
PLANOS TO RENT—Splendid new and used
uprights, \$8.00 to \$5.00 monthly. Rentals
\$7.00 on purchase price if you want to buy
ter. Call or address:

Ad Way”

