DEBILITY DUE TO INDIGESTION

Perfect Digestion Comes Through Rich, Red Blood.

There can be no perfect digestion unless you have rich, red blood. This is scientifically true. It is also true that there is no tonic for the stomach that is not a tonic for every other part of the body. The way, then, to tone up the stomach is to tone up the blood.

The many so-called stomach remedies merely try to digest your food for you. How much better it is to tone up the stomach so that it will do its own work as nature intended. There is no pleasure in eating predigested food. Tone up your stomach and your appetite and digestion will soon be normal.

If your digestion is weak and your blood thin you need the help of Dr. Williams' Pink Pills to enrich the blood and restore strength. In addition use care in the selection of your food and your stomach trouble will soon pass away. Mr. Gordon Dundas, Peterboro, Ont., tells as follows what this medicine did for him. . He says: "Something over a year ago I was a gasoline salesman when I was taken sick. I felt miserable and lost twelve pounds in weight. I did not sleep well and could not eat as I could scarcely retain anything in my stomach. I went to a local doctor who told me the fumes of the gas had got into my system. He gave me some medicine and told me I had better go to the country for a change of air. I did so, but I still felt listless and groggy, and had no ambition. . On the advice of a friend I decided to try Dr. Williams' Pink Pills. I had not been taking the pills long before I was beginning to rest better, and to eat fairly well. I kept on taking the pills until at the end of the seventh box I knew I did not need any more, as I had gained the weight I had lost, slept well and could eat anything. I have since had splendid health and cannot say too much in praise of Dr. Williams' Pink Pills.

You can get these Pills from any medicine dealer or by mail at 50 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Working Girl Hostel for Port Elizabeth

Standerton, S. Af.—Mrs. Tonkin is South Africa's first woman factory inspector, and has now been responsible for the opening of the Working Girls Club at Port Elizabeth, which has done splendid work on behalf of the hundreds of young girls employed in the factories there. A new hostel at a cost of £10,000 is being built, and is, so far, the only one of its kind in the Union. It is proposed to erect similar industrial hostels in all large towns where welfare work for women is receiving attention.

It is felt in South Africa as in Great Britain that those associatetd with industry should keep before them two ideals, first that of associating the workers with any welfare efforts in the factory, and second that of inculcating into forewomen their responsibility for the welfare both of the industry and of the individual worker. Mrs.. Tonkin has made a study of the great Federal Labor bureaus in America, and considers that "welfare work" in Great Britain and the Union is a much more elastic and comprehensive term than that known in America.

Public opinion in Germany is in entire agreement with the fundamental ideas of mutual understanding and peace.—Gustave Stresemann.

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MONTREAL, TORONTO, VANCOUVER ST. JOHN, N.B.

A Province-Wide Campaign To Prevent Motor Accidents

Highway Safety Committee Takes Spectacular Steps to Make for Greater "Traffic Conscicusness" — Laws and Regulations to be Rigidly Enforced

An interesting campaign has commenced in Ontario with the idea of lessening appreciably the number of motor car accidents. While a concentrated effort in accident prevention began on October 7 to last for a couple of weeks, the plan is to continue the work permanently in the hope that Ontario's streets and highways will be more safe for both motorists and pedestrians.

A serious problem has arisen in Ontario because of the sudden increase in the number of motor vehicles. At present nearly 400,000 cars are owned in the province. Even with this number the question of accident prevention would be of considerable proportions, but at certain times the number of visiting motor cars equals the number owned. Several counts last summer established this fact so that Ontario has to deal with nearly 800,000 individual motor drivers. The chances are that this number will be exceeded during the touring season of 1928.

Form Special Committee

To the end that accidents may be greatly lessened, a Highway Safety Committee has been formed. The executive of this committee has as its chairman the Ontario Minister of Highways, Hon. George S. Henry and the other members are W. G. Robertson, Secretary of the Ontario Motor League; J. F. H. Wyse, Secretary of the Ontario Safety League; S. J. Dickson, Chief of Police, Toronto; T. Marshall, Secretary of the Ontario Board of Trade; J. P. Bickell, Registrar of Motor Vehicles; and R. M. Smith, Acting Deputy Minister of Highways. Co-operating is an advisory committee comprising all editors, heads of municipal governments, police chiefs, presidents of boards of trade, automobile clubs and service clubs.

The executive have held a number of meetings during which every phase of the situation was discussed. The views of all experts were canvassed and finally boiled down to the conclusion that motor car accidents can be prevented by the exercise of common sense and courtesy. It was felt that the province had sufficient laws and regulations affecting motors. The next step was to impress the individual driver with a sene of his or her responsibility. It was ascertained that many drivers with years of experience had failed to realize the great increase in traffic, while the motor car had become so common that new drivers had not appreciated its dangers. In other words an effort had to be made to get the public "traffic conscious." Coming to concrete cases it was found that most accidents, the human element being excluded, arose from defective brakes, defective steering gear and glaring headlights. Of these, defective brakes provided by far the most common source of accidents.

"Traffic Consciousness"

It was determined first to arouse this traffic consciousness in the public by a publicity campaign And this campaign was to be backed up by a rigid enforcement of laws and regulations. Co-operation was readily secured throughout the province on the part of the police, heads of municipal governments, and the traffic patrol officers.

Striking advertisements calling attention to the need of more care in accident prevention are appearing in most papers throughout Ontario. Posters are hung in every garage and filling station and stickers with the words "I'm for Care and Courtesy, Are YOU?" have been sent to every filling station and garage to be pasted in the lower right hand corner of windshields. Half a million of these stickers have already been sent out. Information was supplied to practically every newspaper so that the editors might call attention to what was being atempted. This information was used in many ways in the newspapers. The radio stations and motion picture houses also co-operated. Prominent men and experts on safety gave talks over the radio, the first one being given by Hon. Mr. Henry. Billboards are also used, so that nothing has been overlooked to arouse what officials call "traffic consciousness."

In the meantime officials of the Ontario Department of Highways are doing all in their power to suppress reckless driving, and those drivers who cut into traffic. It is planned to weed out such drivers by cancelling their licenses. Of course no mercy is being shown those who attempt to drive while under the influence of liquor. Drivers who suffer from any physical or mental infirmity that makes them a menace on the highway will also be refused licenses.

During September 54 convictions were registered for intoxication when in charge of motor cars. The penalties imposed varied from seven to thirty days, while every driver so convicted had his license to operate and his motor vehicle permit suspended. They could not drive and their cars were tied up. During the same month 68 motor vehicle permits were suspended for reckless driving and these drivers were prohibited from driving any car for periods ranging from three days to two years.

When your tea doesn't taste right the chances are that it is put up in an inferior package. To be sure of getting tea of unvarying good quality, see that the package is rust, dust and damp-proof. In other words, make sure it is Red Rose Tea in the bright, clean, sanitary aluminum package—the finest container ever used for tea. 7T

Labor Government in Sydney Defeated

Sydney, N.S.W.—The state elections in New South Wales have ended in the defeat of J. T. Lang's Labor Government, which for a long time has been torn by internal dissensions and weakened by the Communist challenge for control of the Government.

The returns as yet are incomplete, but it is expected that Mr. Lang will be succeeded by Thomas R. Bavin, the opposition leader of the coalition of Nationalists and country parties.

"The Chinese rebel army seem to specialize in murder and looting," remarks a correspondent. A case of "heads you lose, taels we win."

A German scientist has discovered how to make food out of newspapers. We know some papers that will be difficult to swallow.

Old-Fashioned Ways

Stella E. Fulton.

"When Grandma comes, I hope she won't upset Betty's training. She's so old-fashioned. I'm afraid she will want to interfere with the child's schedules and give her all sorts of impossible things to eat," Mrs. Treadwel had said when the vigorous old lady had announced her intention of making a visit.

But, on the contrary, Grandma had no suggestions to make regarding Betty—Betty who was finical about her food, restless and impatient, bursting into tears at slight provocation and altogether too pale and languid.

Betty lived in a household of grown-ups. Grandpa enjoyed taking her to the movies any pleasant afternoon. Cousin Mary donated pink chiffon bonnets and white broadcloth coats. Her father grought home a pair of real kid gloves, just to see her eyes shine, and a doll so fragile and delicately arrayed, that someone had to be continually reminding her not to drop it, not to soil it. Mother took her on her shopping trips, proud of the attention she received in the stores.

And still Grandma said nothing. Until one day young Mrs. Treadwell remarked, "I don't see how mothers in your day ever succeeded in raising their families. They paid so little attention to diet!"

Grandma must have been slightly ruffled for she replied, "We weren't perhaps as careful of the food that went into their stomachs as you are, but we were a good deal more particular about the food we gave their minds. We maybe did give them too much spice in their victuals, but not so much in their amusements. We didn't dash in a lot of excitement on the top of a full day. We didn't take them about through crowds to overstimulate and exhaust them. You say you don't want Betty to get a taste for higher seasoned food. Well, our children didn't get such a taste for excitement that they couldn't enjoy a quiet day at home, reading or working. Excitement arouses the desire for more excitement, just as the condiments you worry so about cause a desire for more condiments.

"You say that certain foods are a burden to a child's delicate stomach. We never made playthings a burden. A child ought not to be continually pestered about taking care of a fragile toy. If Betty were my child I'd put away that fancy doll until she were older. A simpler one would be better for her now.

"Her food isn't too rich but her clothes are. They are no more fit for a vigorous child than that rich pudding you refused her last night. They belong to her future.

"Our children were not always fed wisely, but perhaps they survived it all because they didn't have too much attention, too many people about, too much nagging about non-essentials, fussy clothes, elaborate toys or constant stimulation.."

"But what can a mother do in this modern world? We can't live as you did then," said the younger woman. .

"You can as far as the essentials go. Just as you choose for her simple food out of all that is on the table so you can learn to choose simple pleasures, quiet enjoyment and the child-companionshij she so much needs."

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cabotte, Makamik, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Odorous Stream.

"How did the Oder river in Prussia get its name?"

"Probably from the limburger cheese made on its banks."

Minard's Liniment for Lumbago.

Gene Tunney reposed on the canvas for fourteen seconds, but surely a man is entitled to a little rest while earning a million dolars!

Hedgehogs are said to make intelligent pets. They certainly look sharp.

The money that makes money is the money that makes work.

Heats Quicker Saves Fuel

Comes to the boil far quicker than other wares. Gets the work done faster—thus saving fuel. The kettle sings sooner when it is SMP Enameled Ware. The vegetables are done on time. You waste no time and you use less fuel. Ask your local hardware merchant for that economical, fuel-saving

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RED ROSE TEA "is good tea"

106

RED ROSE ORANGE PEKOE is the "best tea you can buy"—picked when only three days old—juicy, flavor-filled leaves. Now packed in *Aluminum*.

Half Million Sought From Charles Levine

Washington.—Government action to recover approximately half a million dollars in connection with war contracts faces Charles A. Levine on his return from Europe, unless the transatlantic flier effects a settlement out of court before then.

Documents for a civil suit have been completed by the Department of Justice. Counsel for both sides are attempting to get together on a settlement out of court. The case grows out of freight charges on materials which Levine sold for the Government on a commission basis.

For all pains—Minard's Liniment.

Child Marriage Act is Placed in Effect

New York.—The Jenks Child Marriage Bill, requiring that persons under 21 years old must be married in churches or by justices of courts of record, went into effect recently, the result of a state-wide campaign by women's organizations to decrease the number of child marriages.

Under the new law youths under the age of 21 and girls under 18 must submit documentary proof of their age and the written consent of parents or guardians to the marriage, while it is forbidden to issue licenses to all youths under the age of 16 and girls under 14 years old.

Oddly enough, a base metal is not a satisfactory base for a nation's currency.

The crookedest politician is always measured by the plum line.

Will there be snow in England?

In Scotland the ponds freeze and they go skating at Christmas, but England often sees a green December. It would be a wonderful change for you to go home; and the comfortable crossing is alone a good holiday. Are you going?

The Anchor-Donaldson Steamer "Letitia" leaves Montreal for Scotland on November 26th. The Cunarder "Ausonia" leaves Montreal for the Channel Ports on November 25th.

Special Christmas sailings from Halifax for the second week in December will enable you to arrive in plenty of time for plum puddings and haggis, bagpipes and pantomimes.

Round trip from $155.00 up; everything included. Children half fare. Your Steamship Agent will make all arrangements.

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Cunard and Anchor-Donaldson LINES 83

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FARMS FOR SALE, MANY BARGAINS. Write for free list farms. Mr. Douglas, Herkimer, N.Y.

MARRY—RELIABLE MATRIMONIAL paper mailed free; many Canadian people listed. Address Friendship Magazine, Medina, N.Y.

BOYS & GIRLS $2.00 Given NO WORK JUST FUN
Simply sell 50 Sets of Our Famous Christmas Seals for 10c a set. When sold send us $5.00 and keep $2.00. We trust you till Xmas. St. Nicholas Seal Co., Dept. 604WL, Brooklyn, N.Y. U.S.A.

It is reported that the hookworm disease has been practically eradicated by the Rockefeller foundation. It's the oily bird that gets the hookworm, you see.

Breeders and trainers of canaries claim that both the voices and the tempers of the songsters are spoiled by jazz music.

Sore Throat

Spread on brown paper and apply on outside. Reduces swelling and eases pain.

MINARD'S "KING OF PAIN" LINIMENT

RUN-DOWN AFTER BIRTH OF BABY

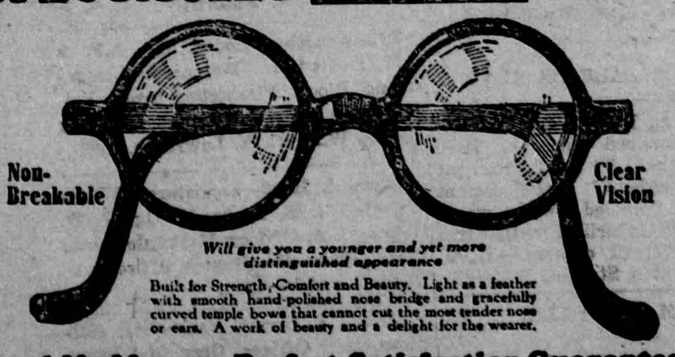
Ottawa Woman Made Strong by Taking Lydia E. Pinkham's Vegetable Compound

Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE PAQUIN, 312 Cumberland Street, Ottawa, Ontario.

Terrible Backache

Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and felt tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go undone at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound, as she said it would build me up. I was relieved before I had taken the first we bought and have not had any trouble like it since."—Mrs. T. MARKLE, 60 Burton Street, Hamilton, Ontario.

SPECTACLES ON 30 DAYS TRIAL



Will give you a younger and yet more distinguished appearance

Built for Strength, Comfort and Beauty. Light as a feather with smooth hand-polished nose bridge and gracefully curved temple bows that cannot cut the most tender nose or ears. A work of beauty and a delight for the wearer.

Send No Money—Perfect Satisfaction Guaranteed

Let me send you on 30 Days' Trial my famous "Crown" Spectacles. Will enable you to read the smallest print, thread the finest needle, see far or near. If you are not amazed and delighted, if you do not think my spectacles at only $3.98 equal to those sold elsewhere at $15.00, send them back. You won't lose a cent. You are to be the sole judge. Hundreds of thousands now in use everywhere. Beautiful case included FREE. Just send your name, address and age on the coupon below. I will also tell you how to get a pair for yourself without cost.

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Crown Spectacle Co., Dept. 190 40 Front Street W., Toronto, Ont.

I want to try your spectacles for 30 days. This places me under no obligation. Also please tell me how to get a pair for myself FREE.

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Safe — Accept only "Bayer" package which contains proven directions.
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."