THE HOME OF GOOD GLASSES

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OPTOMETRIST AND MFG. OPTICIAN
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WHERE POOR EYES and GOOD GLASSES MEET.

THESE ARE FAMILY TIMES

and family ties and interests pervade everything. It is a time when the value of The Youth's Companion to the family is doubly appreciated. It serves ALL, every age, because youthfulness has nothing to do with years, and the paper appeals to the hopeful, the enthusiastic, those with ideals. The Editorial Page is for full-fledged minds, and the Family Page, Boys' Page, Girls' Page and Special Features delight all hands. The Companion is a friend, a servant, a story-teller, an informer, a physician and a humorist. It not only stands for the best things but FURNISHES THEM. The brightest, the surest and most trustworthy periodical—and known as such for over ninety years. The family favorite in the homes that make America what it is to-day.

Although worth much more the paper is still $2.25.

Don't miss Grace Richmond's great serial, Anne Exeter, 10 chapters, beginning December 12.

The following special offer is made to NEW subscribers:

1. The Youth's Companion—52 issues of 1919.
2. All the remaining weekly issues of 1918.
3. The Companion Home Calendar for 1919.

All the above for only $2.25, or you may include—

4. McCall's Magazine—12 fashion numbers. All for only $3.25. The two magazines may be sent to separate addresses if desired.

THE YOUTH'S COMPANION.
Commonwealth Ave. & St. Paul Sts., Boston, Mass.

New subscriptions received at this office.

Earthquake Tremors at Montreal.

Residents of Montreal have frequently imagined they felt earthquake tremors. It was only the blasting during the construction of Mount Royal Tunnel, which has been completed and was opened on October 21, on which date the Canadian Northern Railway established through trains service between Toronto Union Station, Ottawa Central Station and Montreal Tunnel Terminal, 415 Lagauchetiere St. W., two blocks from the Windsor Hotel, Windsor and Bonaventure Stations.

Rail, sleeping and parlor car tickets are obtainable at all Canadian Northern Railway ticket offices.

War and the Sugar Bowl.

Sugar is the best of the "quick energy" foods to stimulate blood and brain of soldiers in the grim campaign. They must get it. Manufacturers and all large users have been strictly limited by the Food Board in the use of sugar, and they are now using substitutes in large quantities in a splendid effort to conserve, yet serve the public as well as before. Private homes should follow their example and use substitutes, especially corn syrup and glucose.

—Canada Food Board.

GUARD THE CHILDREN FROM AUTUMN COLDS.

The fall weather is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent cold or if it does come on suddenly the prompt use of the Tablets will quickly cure it. The Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Honors for Canadians.

It is pointed out in the latest issue of The Military Gazette, that there have been, since the beginning of the war, 32 Victoria Crosses—the highest military award in the British Service—given to Canadians. Of these men, 15 were born in Canada, and 11 of them were killed in action, either while performing the deed that gained them the honor or later. Fifteen other were natives of the British Isles, one was a Russian and the other born in the U. S. Seventeen were officers. Twenty-six of these heroes belonged to the infantry, three to the cavalry, two to the air force, and one an officer in medical services, attached to the infantry.

Dispensary Abuse.

(Toronto Telegram)

Ontario should take over the distribution of liquor under the Ontario Temperance Act.

Toronto is the victim of the restriction that charters two individuals or two syndicates of ward politicians to become millionaires by the distribution of liquor in a city and distribution of liquor in a city and districts of 700,000 population.

If liquor is to be distributed at all the process of distribution should be operated with some regard for the comfort and convenience of the people who secure the legal right to buy liquor.

Two dispensaries in Toronto mean that two individuals or two groups of favored partisans will grow rich, and that the public will have no service and no convenience. The number of dispensaries in Toronto at least should be increased. The officials in charge of these dispensaries ought to be Government agents working on salary. The profits attending the operation of the dispensaries should go into the treasury of the province, not into the pockets of the operators.

B[illegible] Canad an. Buy Victory [illegible] and New [illegible]

IMPROVED UNIFORM INTERNATIONAL

SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)
(Copyright, 1918, Western Newspaper Union.)

LESSON FOR NOVEMBER 17

JACOB FLEEING FROM HIS ANGRY BROTHER.

LESSON TEXT—Genesis 28:10-22.
GOLDEN TEXT—He hath not dealt with us after our sins, nor rewarded us according to our iniquities.—Psalms 103:10.
ADDITIONAL MATERIAL—Genesis 27: 46-28:5.

The motive which moved Rebekah to send Jacob away was a mixed one. She realized that Esau's anger was hot against Jacob, even to the point where he was likely to kill him. She further knew that justice would have to be meted out to him, and thus she would be bereft of them both. Then, too, she realized that if Jacob remained in that land he would likely marry a heathen woman and thus defeat God's purpose regarding the covenant nation. This latter she pressed upon Isaac as a motive for sending him away.

I. Jacob's Flight (v. 10).

He was fleeing from his outraged brother. His flight was necessary to save his life. He seems not to have gone the common road, so as to be less likely overtaken by Esau, should he pursue him. Through forced march he reaches Bethel, a spot nearly fifty miles away, by nightfall.

II. Jacob's Vision (vv. 11-17).

Jacob's soul was peculiarly tested. He had to leave home and mother. On the way to Haran night overtakes him, and he is obliged to sleep in a field with a stone for his pillow and the canopy of heaven for a covering. It was under such circumstances that the Lord gave him the wonderful vision at Bethel. Many times the rough experiences and severe trials of life help us on toward God. Luxury and heavenly visions do not usually go together. This finds illustration in John on Patmos; Stephen looking into heaven while being stoned, and John Bunyan in Bedford jail.

1. He saw a ladder reaching from earth to heaven (v. 12).

This suggests a means of communication between earth and heaven, between man and God. It showed Jacob that in spite of his awful sin there was a way to heaven for him. Jesus Christ is the ladder connecting earth and heaven for us (John 1:51; 14:6; Hebrews 10:19, 20). In the incarnation Jesus Christ descended to earth's lowest depth and made a way upon which human feet might climb to heaven. Fortunate are they who in the times of earth's trials discern this ladder!

2. He saw angels of God upon the ladder (v. 12).

They were ascending and descending upon this ladder. These angels were the divine helpers to render needed assistance along life's way. Though unseen, God's angels guide and protect us on our earthly pilgrimage. They ascend unto the Father with our needs, and descend unto us with God's reply. Christ is a real man, and so can identify himself with us; he is the very God, really divine, and so is able to lift us to God and secure our reconciliation with him.

3. He saw the Lord standing above the ladder (vv. 13-17).

To show Jacob that the ladder did not merely reach into space, the personal God appeared and talked with him. His message is filled with infinite grace. (1) He declared the God of Abraham and Isaac (v. 13), thus assuring Jacob that the same hand that guided his fathers was over him. (2) He renewed the covenant as to the land (v. 13). Though Jacob was now fleeing from the land, yet the covenant would not fail, for Jacob and his seed should possess it. (3) Assured him of a numerous seed (v. 14). They would spread abroad to the north, and south, and east, and west. (4) The divine presence with the wandering Jacob (v. 15). Though he had sinned and was reaping what he had sown, yet God was with him.

III. Jacob's Vow (vv. 18-22).

God's gracious visitation provoked Jacob to make a vow. Each sight of God should cause us to renew our obligation to him. His vow included three things: (1) Dedication of himself to God (v. 12). This is the first thing to do. Our gifts are an abomination while the life is withheld from God. (2) Worship established (vv. 18, 19). "This stone shall be God's house." Worship always follows dedication of one's self to God. There is personal communion between God and those who worship him. (3) Consecration of his substance, of his possessions (v. 22). Those who have fellowship with God recognize God's claim upon their possessions. God's grace should constrain us to give of our substance to him.

Meditation.

Meditation is one way of handling the Gospel history. Instead of a vague, half-remembered, less than half-comprehended, story, the life of Jesus, steadily meditated on, passes into the life of the Christian, by an insensible but real transfusion.—Rev. H. P. Liddon, D. D.

A Spiritual Relation.

True friendship is a spiritual relation. God reveals himself to us in many ways through our different friends.—E. V. H.

Greater New York uses 28 horse carcasses a week as food—and the consumption is increasing

Roll up the Loan as they Roll up the Line.

Some 70,000 bushels of seed grain will be stored in Edmonton by the Canadian Government Seed Commission.

NEW MAP OF HALTON.—The Map Co., of Toronto, has got out a new map of the County of Halton, 10x24 inches, exclusive of border. It is printed in colors, and metaled at top and ready to hang up. It shows schools, the county good roads, electric railways, elevations [illegible] scenes [illegible] with [illegible] session [illegible] secured [illegible]

INTESTINAL PARALYSIS

"Fruit-a-tives" Quickly Relieved This Chronic Trouble

589 CASGRAIN STREET, MONTREAL.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'.

I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of *Intestinal Paralysis; with nasty Headaches*, belching gas, drowsiness after eating, and pain in the back.

I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well". A. ROSENBURG.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Left Behind.

The spectacle of Aunt Chloe, an aged colored woman, smoking a pipe was too much for the new minister, who, fresh from college was bursting with reform.

"Aunty," he said, "do you think you are a Christian?"

"Yes, brudder, I 'spects I is."

"Do you believe in the Bible?"

"Yes, brudder."

"Do you know there is a passage in the Scripture that declares that nothing unclean shall inherit the kingdom of heaven?"

"Yes, I'se heard it."

"Well, you smoke, and there is nothing so unclean as the breath of the smoker. So what do you say to that?"

"Well, when I go dere, I 'spects to leave me breff behind me."—Pearson's Weekly.

Will Prosecute Coal Profiteers.

S. H. Kent, local Fuel Controlle at Hamilton learned from Ottawa that the Fuel Controller of Canada has taken notice of profiteering in the coal business there and steps may be taken against the guilty parties under the regulations governing profits on anthracite coal. One regulation states that retailers will be allowed no profit exceeding 50 cents per ton on any coal over and above the average to dealers. Less than one ton in quantities, the same rate is allowed, unless the quantities be under two hundred pounds, when five cents is allowed. The penalty for contravention of the regulations is a fine of $1,000 for each case or six months' imprisonment. Mr. Kent has records of certain transactions where some dealers are accused of taking larger profits than the regulations permit.

Wood's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *Newpamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

Let your Bonds back your own.

There is an agitation among retail merchants throughout the province for closing business places during the fall and winter at five o'clock.

Join the Kaiserkanners. Buy bonds!

Through efforts of the Cobourg Board of Trade, a silk manufacturing industry has been induced to locate there. It will employ 100 girls.

If you're not wearing a Victory Loan button, why not?

Dr. G. C. Creelman, President of the Ontario Agricultural College, and Commissioner of Agriculture for Ontario, made the journey from London, Eng., to Guelph, in exactly one week.

During the summer 307 ships of a tonnage of 1,466,060, carried the Argentine wheat crop for Great Britain, France and Italy, and only one ship was lost.

When washing greasy dishes or pots and pans, Lever's Dry Soap (a powder), will remove the grease with the greatest ease.

It is a most interesting and pretty sight to watch the manoeuvres of prairie chickens at this season, says a Mennon, Sask., correspondent of the Winnipeg Free Press. Being undisturbed by the hunter, they congregate in farm yards and mingle with the domestic chicks or come trustingly up to peer in the doorways of dwelling houses.

COUNTER CHECK BOOKS—Merchants requiring counter check books should send in their orders some time before their supplies run out. The Appleton Counter Check Book Co., Hamilton, for whom the Champion has the Milton agency, fills orders more quickly than any other company, but at present, owing to the labor situation, etc., requires more time to do it than formerly, sometimes as much as three or four weeks. Send in your orders in good time.

THIS WEAK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kep me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness."—Mrs. J. WOGERLINE, 2842 North Taylor St., Philadelphia Pa.

The majority of mothers nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down, nervous condition with headaches, backache, irritability and depression—and soon more serious ailments develop. It is at such periods in life that Lydia E. Pinkham's Vegetable Compound will [illegible] health and strength.

How Many Crowns for Your Honor Flag?

Of course every city, town and district will earn its Honor Flag.

But how about the crowns?

For every twenty-five per cent. in excess of its quota, each city, town and district will be entitled to add a crown to its flag.

Can you do fifty per cent. better than your quota—that means two crowns for your Honor Flag.

But double your quota and it means four crowns.

Hang a Flag in your hall, that for years to come will show that your city, town or district did better than well—

That it was a real factor in the huge success of CANADA'S VICTORY LOAN 1918.

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada

166

Bread—up! Meat—up! Clothing—up! Rent—up! But, you can get a bigger bar of soap for the money, to-day than you could a year or so ago—if you will just insist on the Comfort "Bigger Bar"—the same old high Comfort quality which has given it the largest sale in Canada and made it the favorite for 25 years.

Use Comfort and get a brighter, cleaner, easier wash. Ask for the Bigger Bar to-day.

Pugsley, Dingman & Co., Limited
Toronto

25

COMFORT SOAP

Mount Royal Tunnel Open Oct. 21st.

The New Montreal-Ottawa Short Line

THROUGH TRAINS BETWEEN MONTREAL, OTTAWA AND TORONTO

READ DOWN			READ UP
*6.15 p.m.	†8.15 a.m.	Lv. MONTREAL Ar	†11.00 p.m. *12.00 n'n
10.15 p.m.	12.15 p.m.	Ar. OTTAWA Lv	8.00 p.m. 8.00 a.m.
10.45 p.m.	12.45 p.m.	Lv. OTTAWA Ar	7.30 p.m. 7.30 a.m.
*7.30 a.m.	†9.45 a.m.	Ar. TORONTO Lv	†10.00 a.m. *11.00 p.m.

*Daily. †Daily except Sunday.

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Through Sleeping Cars
Dining Car Service
Comfortable Day Coaches

AT MONTREAL—Connections for Montreal, Quebec, Ste. Anne de Bellevue, Vaudreuil, Rockland and points in Quebec.
AT OTTAWA—Connections for Ottawa and points in Eastern Ontario.
LOWEST FARES—THROUGH TICKETS AND RESERVATIONS—Apply Canadian Northern Railway Ticket Offices, or any agent.
For time tables, rates and other information, write C. E. E. GOURTE, Gen. Pass. Agent, Montreal.

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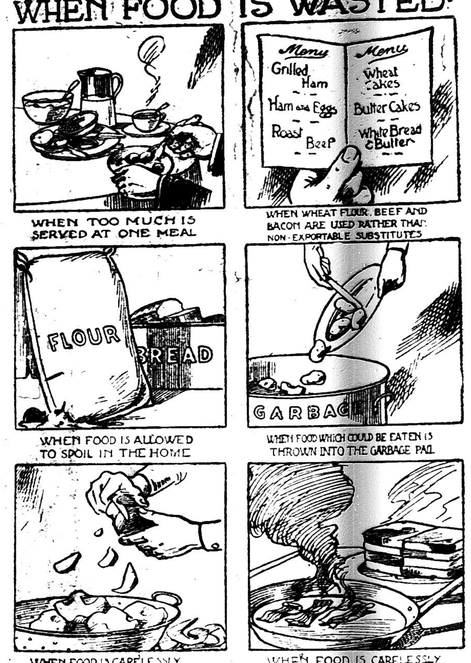

FOOD IS WASTED WHEN THE BEST POSSIBLE USE FOR THE WINNING OF THE WAR IS NOT MADE OF EVERY PARTICLE OF IT

COUNTY OF HALTON
LOCAL COURTS CALENDAR
FOR 1919

Place of Sitting	Day of Sitting	Hours of Opening	Jan.	Mar.	May	June	Sept.
1 Milton	Friday	10.00 a.m.	10	7	9	2	12
2 Oakville	Tuesday	10.00 a.m.	7	4	6	24	9
3 Georgetown	Wednesday	10.00 a.m.	8	5	7	25	10
4 Acton	Thursday	10.00 a.m.	9	6	8	26	11
5 Campbellville	Saturday	10.00 a.m.	11	8	10	28	13
6 Burlington	Monday	10.00 a.m.	6	3	5	23	8

NAMES AND ADDRESSES OF CLERKS—1. Wm. Panton, Milton; 2. W. S. Savage, Oakville; 3. J. A. Tracy, Georgetown; 4. Geo. R. Agnew, Acton; 5. Wm. Frazer, Campbellville; 6. Thomas Cooke, Burlington.

General Sessions of the Peace and County Court Sittings with or without Jury, June and 9th December, on opening days at 1 p.m.

County Court Sittings, without Jury, 1st April and 4th October, 10 a.m. and so often times as may be required for the despatch of business.

Audit of Criminal Justice Accounts, 3rd January, 4th April, 4th July, 3rd October.

By order W. I. DICK, Milton,
Clerk of the Peace

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	Regular.	With Champion
Toronto Daily Globe	$4.00	$4.30
Toronto Mail and Empire	4.00	4.30
Toronto World	4.00	4.30
Toronto Star	3.00	3.60
Toronto News	2.50	3.10
Montreal Family Herald and Weekly Star	1.25	2.10
Hamilton Twice-a-Week Spec.	1.50	2.35
Hamilton " Times	1.50	2.35
Toronto Weekly Sun	1.00	1.80

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DON'T SUFFER PAIN—BUY HIRST'S!
[illegible] HIRST SURGERY CO., Hamilton, Ont.
35¢ BOTTLE

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