

RECONSTRUCTION PLANS FOR POLAND

ARMED FORCES BEING DEMOBILIZED.

Decision Regarding the Disputed Districts Unpopular With the People.

Poland is preparing to turn the energies of war to peaceful missions as soon as possible, and plans already are under way for demobilization of the army, which has been in the field fighting the Russian Soviet forces nearly two years, says a Warsaw despatch.

Throughout the country the press optimistically predicts a quick transformation of the country from a warring nation to a land of freedom and prosperity. Premier Witos, who rose to leadership of the Poles' party from a poor Galician wood-chopper, is most hopeful regarding the future of Poland.

"Poland needs peaceful development to heal the wounds of war and pave the way for reconstruction of the country," the Premier declares, in a recent speech. "Therefore, the government will direct itself entirely toward improving economic and social conditions."

Economic Situation Not Desperate.

"I have just returned from a trip through the state. The present economic situation is difficult, but not desperate."

Premier Witos said he expected signature of the final peace treaty within a few weeks unless the Soviets make some difficulties, but declared he did not look for such action. The peace preliminaries, M. Witos continued, were not entirely satisfactory to Polish aspirations, as a great number of Poles were left outside the Polish frontiers, yet they satisfy Poland's spirit of moderation and her desire to end the war, while giving Poland free breathing space in the East.

The League of Nations Commission of Control, which has been in Vilna, where a provisional government was established after its recent seizure by troops under command of the insurgent General Zelinski, has arrived in Warsaw.

The Commission went to Vilna to obtain statements from the provisional government there of its side of the case. Its visit to Warsaw is for the purpose of conferring with President Pilsudski, Premier Witos, Foreign Minister Sapieha and others, in an attempt to reach a solution of the problem caused by the seizure of the city from the Lithuanians.

The commission also is continuing consideration of the Polish-Lithuanian territorial dispute. At Vilna, the league emissaries heard the supporters of the new state, listening to General Zelinski and others. While the conference was in progress there was a demonstration outside the building that caused alarm until it was learned the crowd wished to display its friendliness both to General Zelinski and the members of the commission.

Press Assails League.

Some of the newspaper criticisms of the League of Nations have been more severe than usual. The league's decisions concerning disputed districts have been unpopular on one side or the other, but the commission members have been shown courtesy by governments and individuals everywhere.

The Poles are extending their lines toward the boundary set by the armistice, which is shortly to become effective, and have reached the town of Krywitze (probably Krywitche, on the old Galician boundary southeast of Lemberg). In the advance, Russian regimental commanders have been taken prisoner by the Polish forces.

Ten Commandments of Selling.

1. The nerves from the eyes to the brain are many times larger than those from the ears to the brain. Therefore, when possible to use a picture instead of words, use one and make the words mere connectives for the picture.
2. Confine the attention to the exact subject by drawing outlines and putting in the divisions; then we make certain that we are all talking about the same thing.
3. Aim for dramatic effects either in speaking or writing—study them out beforehand. This holds the attention.
4. Red is the best color to attract and hold attention, therefore use plenty of it.
5. Few words—short sentences—small words—big ideas.
6. Tell why as well as how.
7. Do not be afraid of big type and do not put too much on a page.
8. Do not crowd ideas in speaking or writing. No advertisement is big enough for two ideas.
9. Before you try to convince anyone else, make sure that you are convinced, and if you cannot convince yourself, drop the subject. Do not try to "put over" anything.
10. Tell the truth.

The object for which we strive tells the story of our lives. Some one has defined happiness as "the constant pursuit of an agreeable object with a sense of continual progress."

For cold in the Head and Chest use

BAUME BENGUE

has immediate effect.

Beware of Substitutes

THE LEMING BROS. CO., LTD. 1071 BAY ST. TORONTO, ONT. AGENTS FOR DR. JAMES MINARD'S LINIMENT RELIEVES PAIN

Aerial Foes.

A Swiss aviator has recently been in combat with another bird of passage—a large and powerful eagle. The bird evidently resented pretty strongly the aeronaut's entry into his domain, for he gave chase, and annoyed him for some considerable time. Eventually the airman was forced to descend, owing to the bird's persistence.

Before landing, however, he took every possible means to rid himself of his tormentor. He looped the loop, nose-dived, righted the machine again, completed a series of circles, but all to no avail. The eagle had him every time. This incident occurred some 5,000 feet above St. Moritz, and created quite a stir.

That birds and insects take more than a passing interest in the strident man has made in the flying world is described by a French naturalist and airman. During the war he was in charge of a captive balloon, and says that the numbers of birds and insects attracted to his aerial craft were enormous. They not only came to look, but to stay, and he was thus able to secure many rare specimens.

We believe MINARD'S LINIMENT is the best:

Mathias Foley, Oil City, Ont.
Joseph Snow, Norway, Me.
Charles Whooten, Mulgrave, N.S.
Rcv. R. O. Armstrong, Mulgrave, N.S.
Pierre Landers, Sen., Pokemouche, N.B.

New Installation Method. Makes Lights Movable.

Despite the fact that its existence has never occurred to 99 of 100 users of electricity, the present method of installing electric lighting fixtures involves one serious disadvantage. The fixtures are fastened permanently, that is, to walls and ceilings. In the home, for example, interior decorations must often be planned around the illuminating units, when it would be much better to arrange the furnishings, and subsequently place the chandeliers and bracket lights, like so many old-fashioned kerosene lamps, wherever they may be most fittingly installed.

And this very flexibility has now been made possible by the invention of a new method of connecting wires and fixtures. Flush with the surface of walls and ceilings, are placed little receptacles which resemble the ordinary push-plug sockets. From the base of each bracket fixture project two curved arms, like the claws of a hammer. To attach the fixture to any of the numerous wall receptacles, the claws are simply inserted into the slots, and the fixture is brought to horizontal.

Use of Bulky Dictionaries Made Easy by New Holder.

A book holder, or support, of recent invention, interests unflinchingly those who have experienced the awkwardness of handling, on a small table, a ponderous Bible, dictionary or similar bulky volume. It consists of a horizontal roller bar, on either side of which is a spring-mounted surface. On these are laid the covers of the book. Whether the book is opened at front, middle, or back, the right and left-hand pages will always be level, and at the same height above the table top.

The high desire that others may be blessed, savors of heaven.

Your Town.

Real towns are not made by men afraid
Lest someone else gets ahead;
When everyone works and nobody shirks
You can raise a town from the dead.
And if while you make your personal stake
Your neighbor makes one, too,
Your town will be what you want it to be—
It isn't your town, it's his!
If you want to live in the kind of a town
Like the kind of a town you like,
You needn't slip your clothes in a grip
And start on a long, long hike.
You will only find what you left behind.
For there's nothing that's really new;
It's a knock at yourself when you knock your town
It isn't your town, it's his!

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Authors' Slips.

Attention has frequently been called to slips in fact made by great novelists. Those who are wisest in the great things of life may need to put in a detail involving some technical point on which they are ignorant. Some of them, like Thackeray, whose method of work seems not to have been mincingly careful, went astray on points of fact, which it is an innocent amusement to track down.

In Rachel Esmond, Warrington's preface to "Henry Esmond," which Thackeray makes her date 1778, she speaks of the coming of Rochambeau to this continent. Rochambeau did not come until 1780.

Thackeray speaks in "Pendennis" of Mohammed's soldiers cutting off the heads of all prisoners who would not acknowledge that there was but one prophet of God. The truth is, Mohammedans believe in all the prophets of the Bible—Noah, Abraham, Moses, Jesus—only they believe that Mohammed is the greatest. Thackeray should have remembered this, for he had read Gibbon.

In the "Virginians" Chaplain Sampson is unlawfully arrested for debt during divine service. Under the English law this could not be. An offender like Sampson would probably have known this much of the law, and would hardly have accepted the situation with the resigned question, "At whose suit, Simon?"

Clive, in "The Newcomers," asks, "Why have we no picture of the sovereign and her august consort?" The letter in which the question is asked is dated 183—There was no prince consort until 1840.

Some persons think they have caught Defoe napping when he makes Robinson Crusoe fill his pockets with biscuits before he swims to the wreck. But Defoe was a master of fact. Probably Crusoe kept on his short breeches.

Sir Walter Besant, in "The Children of Gibbon," makes a new moon rise in the east at two in the morning. It is the old moon that rises in the morning. The new moon appears in the western sky and sets soon after the sun.

Sir Rider Haggard describes in "King Solomon's Mines" an eclipse of the new moon, an astronomical impossibility.

No man ever got nervous prostration pushing his business; you get it only when the business pushes you.

Salesmen make paths in the forests of prejudice which afterwards become the streets of a metropolis.

The power of a clean record as a success factor cannot be overestimated.

New Horse Harness Has No Collar.

The feature of a patented horse harness developed on the velvets of South Africa, and now being tried out in several American cities, is the absence of any collar or breastband. This is the result of the inventor's belief that the larger part of the animal's tractive effort should be exerted, not at the base of the neck, but at the junction of barrel and shoulders. Accordingly he places only a very light strap around the neck, but a heavy one just back of the forelegs. The two are joined by small straps, paralleling the withers, and a heavier strap between the legs.

DRAWING ON YOUR RESERVE STRENGTH

This is What Thousands of People Throughout the Country Are Doing.

Thousands of Canadian housewives are working from day to day on their nerve. They are daily drawing more and more on their reserve strength, knowing full well that they are using up that vital force which often means life or death in the crisis of disease. They are the victims of a feeling of hopeless exhaustion after the performance of even the simplest tasks which were once the simplest and easiest parts of the day's work. They find the appetite falling, sleep is disturbed and unrefreshing; they lose weight, and always feel tired and depressed. In this condition a blood-building tonic is needed to restore health and activity, and for this purpose Dr. Williams' Pink Pills are unsurpassed. Often the trouble will have progressed to a point which makes full recovery slow, but the treatment should be persisted in and renewed health and activity will be the result.

The case of Mrs. W. Schooley, R.R. No. 2, Tilsonburg, Ont., well illustrates the value of Dr. Williams' Pink Pills in cases of health breakdown, through weak, watery blood. Mrs. Schooley says: "For upwards of five years I felt my strength declining, until at last I could not do light chores around the place. Then a doctor was called in, and after doctoring about a month he said that only an operation would help me. I did not feel like going through this, and decided that in any event I would wait a while. I had no appetite, often had headaches accompanied by dizzy spells; several times I had fainting spells, and my legs would swell, and I could not even sweep a floor without resting several times. Again a doctor was called in and he said the trouble was general debility and nervous breakdown. The treatment, however, did not help me, and then one evening as my husband was reading the paper, he came across a case in many respects similar to mine, cured through the use of Dr. Williams' Pink Pills. The next day he got me a supply of the Pills, and to their continued faithful use for several months. I owe my present splendid health. I may say that soon after beginning the use of the pills I felt a gradual improvement in my condition, my appetite improved, I began to feel rested after a night's sleep and I gained in weight. My friends were continually expressing surprise at my improved condition, as it was generally believed I had become a chronic invalid. I always take a delight in telling them that Dr. Williams' Pink Pills are responsible for my present good health, and as they have been a real blessing to me I shall always continue to praise them."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or they will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

Rough on Nelson.

It was his first trip to London, although he was no longer young. But he thoroughly enjoyed the sights and sounds of the busy London streets. In fact, since he came from the other side of the border, he enjoyed these more than the cinemas and theatres, where you have to pay to go in.

One afternoon he lingered to listen to a small but hard-working band of alleged musicians who were performing in a small side street.

When the "selection" was ended the visitor to London approached the leader of the orchestra and asked bluntly:

"What's the name 'o' that tune ye've 'is' played?"

"The Death of Nelson, sir," replied the musician promptly, with visions of large tips and requests for encores.

"Weel, mon," replied the other, as he shook his head and moved off, "a' I can say is, ye gave him an awful death."

Canada's spring wheat crop this year is estimated to be greater than that of the United States. In total wheat output—winter and spring—the Dominion with about a thirteenth of the population of the United States grows over a fourth of the United States production.

Reading good books is to the brain what eating good food is to the stomach.

AUTO SPARE PARTS

For most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. **Barrie's Auto Salvage Part Supply, 522-521 Dundas St. E., Toronto, Ont.**

Ill-Omened.

It is said that the ex-Kaiser attributes the loss of his throne to the fact that an ill-omened diamond, stated by tradition to have been given by King Solomon to the Queen of Sheba, was incorporated in the Prussian Royal Regalia. This calls to mind other superstitions in connection with precious stones.

The Royal family of Spain was at one time possessed of an opal which they considered brought them such bad luck that they eventually got rid of it. The story goes that King Alfonso XII. presented an opal ring to the Queen, Mercedes, on their wedding day, and she died shortly afterwards. He then gave it to his sister-in-law, the Infanta Christina, who also died very soon after her acceptance of the gift. The King then wore it himself, and he, too, was in his grave within a brief period.

After the King's death, nobody seemed very anxious to wear the opal ring, so the Queen Regent hung it around the neck of the Virgin of the Almudena, at Madrid.

The onyx was at one time credited with malignant powers, the superstitious folk of the Middle Ages believing that anyone wearing an onyx would be visited by evil spirits at night, and have troubled dreams.

The Hindoos have a great affection for the cat's-eye, which, they say, greatly strengthens the financial position of its wearer. Among the Brahmins the ruby is a very favorite jewel, as they imagine it acts as a charm against fire.

The turquoise has been credited with many powers. It is supposed to cheer the spirits of its wearer, and it is also said that, if he sustains a fall, the stone will itself crack, and by its magical influence ward off any injury or fracture to his bones.

Live Stock Show.

It is said that the proof of the pudding is in the eating, and this very aptly applies and is proven in the prize received for the best finished live stock at the Toronto Fat Stock Show, in the 1919 show as high as 15c per lb., live weight, was paid by auction for cattle, 15c per lb. for hogs, and 4c. per lb. for lambs. Quality always brings a premium. The attention of the readers is directed to the Eleventh Annual Toronto Fat Stock Show, to be held at the Union Stock Yards, December 9th and 10th, 1920.

Submarine Films.

Annette Kellerman, the aquatic star, will present in her next film play scenes under water, in one of which, as the heroine, she engages in a thrilling struggle with the villain.

The subaqueous pictures are taken with the help of a steel camera, containing camera and camera man, which is lowered into the water. A porthole covered with thick glass, in front of which the action takes place, serves the photographic purpose.

Preserving Boots and Shoes.

Now that boots are so expensive, I find that it is well to use the bottle of olive oil for something besides salad making. I keep a small bottle of the oil in my bedroom closet and every week I dip a small piece of flannel in the oil and rub my black boots thoroughly with it. Keeps leather from breaking.


Minard's Liniment For Dandruff.

If a man empties his purse into his head no man can take it from him. An investment in knowledge always pays the best interest.—Franklin.

Life is made up, not of great sacrifices or duties, but of little things in which smiles and kindness and small obligations, given habitually, are what win and preserve the heart and secure comfort.—Humphry Davy.

CASCARETS

"They Work while you Sleep"



Stop growling around like a cross bull pup. You are constipated, bilious, and what you need is Cascarets tonight sure for your liver and bowels. Then you will wake up wondering what became of your nervousness, dizziness, sick headache, bad cold, or upset, gassy stomach. No griping—no inconvenience. Children love Cascarets too. 10, 25, 50 cents.

America's Pioneer Dog Remedies

Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 118 West 21st Street, New York, U.S.A.

ISSUE No. 44-23.

BITS OF HUMOR FROM HERE & THERE

Every-Day Clothes.
"One finds it difficult in these times to dress as one ought."
"Oh I don't know. I have a suit of clothes for every day in the week."
"Really?"
"Yes, this is it."

Unnatural Flavor.
A city girl was visiting a country friend who is trying to run a model chicken farm. The girl was much interested in all that was shown her, particularly a line of incubators, in front of which she made this observation:
"So you have incubators? Very nice, indeed; but I am afraid that artificial chickens can never taste like natural ones."
Slaves.
"Well, how would you like to live in the city?" Farmer Hargreaves was asked as he returned from an urban visit.
"Not at all," was his emphatic response. "There ain't no liberty in the city. Why, city people can't cross a street until a policeman blows a whistle."

Not Quite Lost.
The little chap howled sorrowfully until quite a crowd had collected.
"What is the matter, little fellow?" one asked kindly.
"I'm lost," was the reply. "Won't all of you take me home to Moses Einstein's, the well-known cut-rate merchant on Broad Street, who has just received a new lot of finest overcoats, suits and gents' furnishings, which he is selling actually at less than cost?"

MONEY ORDERS.

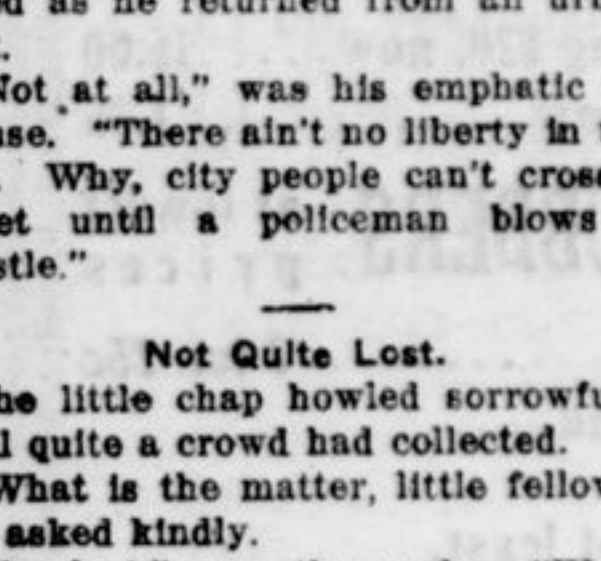
Remit by Dominion Express Money Order. If lost or stolen you get your money back.

A Soldier Presented Himself at the Commonwealth Treasury in Melbourne, Australia, and said: "I am a £20 note and want to be cashed."

He said that he had swallowed the note at Finsbury when he expected to be captured. He remembered the number, and the note in question turned out to be the only one missing from a particular issue which had been recalled. The man received a new note.

"DANDERINE"

Stops Hair Coming Out: Doubles Its Beauty.



A few cents buys "Danderine." After an application of "Danderine" you can not find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and thickness.

STORM WINDOWS & DOORS

SIZES to suit your opening. Fitted with glass. Side delivery guaranteed. Why for Price List (10) Cut down leaf from within contact.

The HALLIDAY COMPANY, Limited, HALLIDAY FACTORY BUILDINGS, CANADA.

Classified Advertisements.

GET YOUR SILVER FOXES FROM me. My stock all "Standard bred" and guaranteed. Prices right. R. M. MacDougal, West Gore, N.B.

The human race is divided into two classes—those who go ahead and do something, and those who sit and inquire, "Why wasn't it done the other way?"—O. W. Holmes.

Minard's Liniment Relieves Distemper
True friendship in marriage is an exchange of soul qualities.

MOTHER!

"California Syrup of Figs" Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package; then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

CUTICURA HEALED ITCHING ECZEMA

On Little Boy's Face. In Blisters. Lost Sleep.

"My little boy had eczema on his face, and it caused itching and loss of sleep. The trouble began with red blotches, and his face got red, almost like raw beef, and then it broke out in blisters. The blisters broke and caused his face to become sore."
"Then I used Cuticura Soap and Ointment. In a short time all traces of the eczema were gone." (Signed) Mrs. Z. Alexander, Box 35, Trent Creek, Mont., January 21, 1919.

USE SLOAN'S TO WARD OFF PAIN

You can just tell by its healthy, stimulating odor, that it is going to do you good.

"I F I only had some Sloan's Liniment!" How often you've said that! And then when the rheumatic twinges subsided—after hours of suffering—you forgot it!

Don't do it again—get a bottle today and keep it handy for possible use tonight! A sudden attack may come on—sciatica, lumbago, sore muscles, backache, stiff joints, neuralgia, the pains and aches resulting from exposure. You'll soon find warmth and relief in Sloan's, the liniment that penetrates without rubbing. Clean, economical. Three sizes—35c, 70c, \$1.40.

Sloan's Liniment

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" on Aspirin is like Sterling on silver. It positively identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada.

Always buy an unbroken package. There is only one Aspirin—Bayer—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocrotendone of Salicylic Acid. 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."