DIDN'T HAVE WELL DAY IN FIVE YEARS

Toronto Man Gains Six Pounds -Now Feels Like Has New Lease on Life.

believes in Tanlac; that man is Harvey Hamfiton, who resides at 475 by making it remunerative and defuse maker by the Copeland-Chatterson Company, 1303 Queen street, Mr. Hamilton has lived in Toronto eigh- most instances, mere pittances are teen years and is well known.

tack of pneumonia," said Mr. Ham-ilton recently in conversation with the Tanlac representative, "which cord with those enjoyed in other reached into a general run-down callings. was almost a shadow. I felt like I set for all instructors, in church and me and was so nervous I couldn't the upward, movement may be slow I lost my appetite and often didn't go at once. Our public is not otherwise if I did I couldn't eat a thing. The freely during the war; and can surelittle I managed to eat did more harm ly be impressed with the idea that feeling. I had pains in my stomach the state is finally to be "saved"; and sides and often had dizzy spells. and that the necessary "sinews" I got so played out I just had to lay must be provided, as in all wars, if sands of people who enjoy their meals down my tools and quit work. Here victory is to be achieved. It may often I felt so weak and, yes sir, I and should involve a degree of effort went five long years without enjoy. and sacrifice which can be felt; but ing a well day, and you can imagine what good is ever to be attained how blue and despondent I was. This without such effort and sacrifice? is the very shape I was in when I read in one of the Toronto papers the Scotia, in the main, have been lettrouble just like mine. He said he crumbs which fall from their lost no time in getting a bottle.

ever made in my life, for I now feel family, if only a pipe smoker, ordilike to have taken a new lease on narily expends on tobacco. There ginger all the time that trouble fell commercial feasibility of oil life. I have the finest appetite you are municipalities in which the rate ever saw and eat three square meals | per head of the population of conevery day, enjoy every mouthful, and tributions to the foreign mission wards. I have actually gained six times reach an amount in excess of pounds in weight and feel like my the total annual county fund for edustrength has been increased a hundred per cent. Gas has quit forming posed charity beginning very far from on my stomach and all the pains have disappeared. I'm not nervous and 1 sleep like a log at night. I simply feel better all over and my work no longer a burden, but is a pleasure to me. My friends all know the shape I was in before I took Tanlac and now see my remarkable improvement. I know of four or five people who have begun taking Tanlac since seeing the good it did me. If anybody doubts this statement all they have to do is to ask and I'll tell them just what I tell you and that I consider it

the finest medicine on earth." Tanlac, the medicine that accom plished such remarkable results in Mr. Hamflton's case, is being sold in Kingston by A. P. Chown, in Plevna by Gilbert Ostler, in Battersea by C. S. Clark, in Fernleigh by Ervin Martin, in Ardoch by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

THERE IS DANGER IN .

ry tooth-paste is futile. You must

How many people think of this? Yet four out of five people over forty suffer from gum-decay, or Pyorrhea (Riggs' Disease).

At first the gums become tender, though actual gum-shrinkage is imperceptible. But in time receding gums will surely loosen your teeth, and then only a dentist can save them. The tender, bleeding gums of Pyorrhea also act as so many doorways for disease germs to enter the system—infecting joints or tonsils—or causing other ailments.

Forhan's (For the Gums) prevents Pyorrhea, if used in time and used consistently. This means that it pre-

consistently. This means that it prevents gum-shrinkage, gum-tenderness, gum-bleeding. So, automatically, Forhan's prevents tooth loosening. Brush your teeth with it. It scien-

tifically cleans the teeth—keeps them white and clean.

If gum shrinkage has already set in, start using Forhan's and consult a dentist immediately for treatment.

30c and 60c tubes. All Druggists. FORHAN'S, LTD., 307 St. James



Lake Ontario Trout and Whitefish, Fresh Sea - Salmon, Haddock, Halibut and Cod.

SPECIALS FOR THIS WEEK

if you want choice Basier beef call at Quick's Western Meat Market. We have a stock of

CHARLES QUICK Food Board License No. 8-8698

The death took place recently in to-morrow, but fortunately purents inneapolis of Jennie, daughter of | never realize the fact until tomorthe late J. D. Bogart, M.D., and row.

Mrs. Bogart, Cumpbellford, and People who are intoxicated with wife of Dr. C. W. Carlaw.

music must be air tight.

Teachers' Pay in Nova Scotia

JBLIC interest requires that teaching should be made an attractive and honorable vocation. This can be done only

sirable. It is not properly remunerative in any case, at present. In paid. Therefore, in some way, teach-"Five years ago I had a severe at- ers' salaries must be increased so as

condition, and I have not been like Unfortunately a wretchedly low myself since. I lost weight until I standard of remuneration has been didn't have any life or energy about school or college. In consequence, sleep over four or five hours a night, and difficult; but it must be begun to the table at meal time, for I knew | ungenerous. It has learned to give than good and soured on my stomach, another war must be waged in percausing a stuffed-up, uncomfortable petuity-that against ignorance-if

Heretofore the people of Nova statement of a man who described his ting their schools exist on the mere had been relieved by Tanlac, and 1 tables. School rates, in the average rural section, are frequently less per "It was about the best move I head of family than the head of that lave no disagreeable feelings after funds of a single denomination somecation! Surely this is a case of suphome! The rate assessed annually for school purposes in each county municipality was, until lately, the beggarly sum of thirty cents per head

The province contributes just \$60 If you are out of sort, run down,

employed, from \$60 to \$90 and \$120 a year, plus the county grant, averaging probably less than \$50 for each school, or a total, say, of from \$110 to \$140 and \$170 per annum. Many sections have not more than a dozen rate payers; some very considerably less. In addition to paying the teachers' salaries, sections have to provide school houses and maintain them. They have to furnish fuel, apparatus and insurance, and employ janitors. A percentage is allowed to the school-tax collector on the amounts collected. It will readily be seen from these facts that the possibilities of materially increasing teachers' salaries, under the prese system, are limited.

Let us suppose that a section of twelve ratepayers employs a grade C teacher, who will in most cases have a degree of scholarship and training low enough, in all conscience, and undertakes to pay a salary of \$500, or a little over \$40 a month, which, in all conscience, in these times—is too low—and—and yet is nearly double the usual amount paid—being less than a kitchen maid receives, when board is taken into consideration. tion. How will the ratepayers of the supposed section stand in the matsupposed section stand in the matter? Leaving out of account estirely
all the minor charges mentioned
above, which together may come to
quite a sum, they will be liable for
the \$500 agreed to be paid. They
will receive towards its payment
\$140 from both province and county,
likely less rather than more, which
will leave \$360 to be levied on the
twelve ratepayers, or \$30 a head at twelve ratepayers, or \$30 a head at least. This, be is remembered, will be for school purposes alone, and entirely apart from all municipal and other taxes, which are by no

The burden of a \$500-a-year salary would be almost intolerable on a section of a still less number of ratepayers, which, on account of the limited number of its children of school age, would probably receive a considerably diminished county

It is perfectly obvious, therefore, that so to increase salaries in this province, as to make teaching an attractive and honorable vocation by making it remunerative and desirable, something more practicable than either pious aspirations or moral sussion is requisite. There must be radical reform of our system in at least two ways. First, the number of sections must be reduced, and those remaining made much larger. Second, the method of support must be completely reformed. It seems to us that the sections should be responsible only for buildings, their equipment and maintenance, and that the cost of salaries should be assumed either by the province or the county municipality province or the county municipality or by the two conjointly.—Halifax

The child of to-day is the critic o

ACIDS IN STOMACH CAUSE INDIGESTION

Cesate Gas, Sourness and Pain How To Treat.

ours, causing the disagreeable symp- ton. knows so well. Artificial digestents are not needed

instead get from any druggist a few Percy Sholte Douglas, ninth Marounces of Bisurated Magnesia, and take a teaspoonful in a quarter glass! of water right after eating. sweetens the stomach, prevents the formation of excess acid, and there is Bisurated Magnesia (in powder tablet form - never or milk) is harmless to the stomach inexpensive to take and is the most ach purposes. It is used by thou-

A Fine Treatment For Weak Nerves

with no more fear of indigestion.

How would you like to have a set ing representations. of nerves like steel, able to stand up | Aside from the financial crisis, under any kind of a strain? Would- the urgency of the case typified by feathers, and bound out again in the ing oil every time. morning at the first tap of the bell,

where in your business that day. lke a hen on a hot cake, but never grains. light any place. They are nervous, "It is a bit of paradise," said Lord flighty, fretful and can't get right Queensberry in enthusiastic exclamdown to brass tacks. There is some ation, after describing the possibiliof the population. It is now, we are thing wrong at one time or another ties of the district. "The town of informed, 35 cents. Can the expres- with almost every organ in their Peace River itself is thriving and has sion to make one "look like 30 bodies and it's all nerves-nerves- two weekly newspapers, each equipcents," that is, as mean as possible, nerves; they're keyed up like a fid- ped with power plant and modern have come from this educational die string and, like a ship without a composing machinery. Nearer the compass can't make port.

annually towards the support of losing confidence, have nervous dyseach licensed class D teacher, \$90 pepsia, blue, can't concentrate your for each C and \$120 for each B; and mind or have that "don't care a from \$150 to \$180 for a few class hang" feeling so common to nervous a copy of the Peace River Record A's, under closely restricted condi- people, your nerve cells are starving, which reported his activities in tions, apart from class A's or aca- and here's a test worth trying on demics, employed in County Aca- them. Take a little Ferro-Peptine demics and other secondary schools. tablet, wait ten minutes and see The County Academics receive, on yourself pick up. Ferro-Reptine tabtheir own account, prescribed annual lets go right to the spot, start the grants. Whatever other funds are re- digestive organs to working, send quired for the support of schools the blood coursing through your must be levied directly on the sec- veins to feed the famished nerve tions employing teachers. And the cells. Then you brighten up, put sections, as we have already pointed on a smile and feel as happy as a cial gain is Lieut. L. R. H. Holmes, out, are in many cases so small, and clameat high tide. Ferro-Peptine formerly an R.A.F. man, who has the taxable property so limited, that tablets are harmless, easy to take, inexpensive and all good druggists will supply you. Every package carries a printed guarantee of money back if



QUICKLY OVER

He: I'm going to see a mind reader. She-You'll be there such a short time, I hardly think it worth while.



he don't know how to spend it. That nothing. My pa's got so

AN EXCEP.



BETTER WITHOUT

"You were right to atipulate that. Kissing through a veil spoils half the

Unpaid bills are sometimes ource of a poet's best efforts.



TAPPING THE NEW NORTH.

Span Over Peace River Is Link of

It is seldom that the term "halfway" house" may properly be applied to a bridge, but such is the case with the glant Peace River bridge of the Edmonton and Dunvegan Railway, at Medical authorities state that near- Peace River, formerly Peace River

ach trouble, indigestion, sourness, For three hundred miles down ourning, gas, bloating, nausea, etc., stream to the eastward of its spans are due to an excess of hydrochloric and for exactly the same distance up acid in the stomach and not as some towards the Rockies the river is believe to a lack of digestive juices, navigable. Thus it links all dwell-The delicate stomach lining is irri- ers near the stream with civilization; ated, digestion is delayed and food for the southern terminus is Edmon-

toms which every stomach sufferer "But the line should be extended hundreds of miles northward again, into the heart of the Peace River in such cases and may do real harm, country," was the statement of no Try laying aside all digestive aids and less a Peace River enthusiast than

> The Alberta and Dunvegan line is builders and whose acquisition by the Dominion is being urged at

> It was learned recently that the railway, with all its wonderful future possibilities, is not in good condition. Although new, and indeed built only half-way to its strategic destituation, the line is lacking in proper ballast, while the cars are very ramshackle.

Lack of funds is said to be the sole difficulty, as the constructive abilities of Mr. J. D. MacArthur, the head of the company, are not ques-tioned. The Alberta Government, has guaranteed the bonds to the extent of \$20,000 per mile, and is also mak-

n't it be great to be so chockful of this "in the air" bridge is that the off your mind like water off a duck's duction in the hinterland depends back, so you could go to sleep at on northward extension of the steel. night as soon as your head hit the Drillers have gone in and are strik-

Hundreds of settlers have also feeling you were able to get some- trekked in ahead of the railway, have land broken in considerable Lots of people fuss around all day acreage and are producing fine

> mountains there is gold-copper ore in which I have every confidence. "The nearer to the Mackenzie river one gets, the better are the oil prospects," he added, pointing to sending up explorers and drilling gangs, and contending that half of the usefulness of the wonderful

Aerial "Jitney! In Toronto. The first Toronto aviator to make use of his flying experience for finanvertising his amusement for the benefit of those who have never ex-perienced the sensations of aerial flights and wish to be taken up for à fifteen-minute straight flight at an

altitude of over 3,000 feet at a fixed Those who request to be treated to the thrills of looping the loop, the spinning nose dive and the other stunts which make the uninitiated shiver to think of performing, Lieut. Holmes says he will, willingly accommodate, but only on request. He is out to build up a business this summer and say that he intends taking no chances on spoiling it by

dangerous exploits in the air.

Lieut. Holmes' charge will be in the neighborhood of \$15 for the same number of minutes of straight flying, which means that for that charge the passenger will be in the air about half an hour, as it takes nearly ten minutes to ascend and to thinks the amusement will be very popular in the summer months, and he, is laying plans for an extensive

The progressive young aviator is fully-qualified airman, being the a fully-qualified airman, being the possessor of a regular aviator's license and pilot's certificate. He was engaged as an instructor at Leaside and Camp Borden for a year prior to last fall, when the training of the R.A.F. was at its highest efficiency, and he has the unusual record of never baving had a crash or an accident of any kind during his period as an airman. His trips with passengers are to be taken from Armour Heights, where his plane is housed in its hangar ready for use.

Sow Fasted Three Months. That a pig can retain life for three months without nourishment has been demonstrated to Uriah Pendleton of Mulmer. Last December Mr. Pendleton was puzzied over the mysterious disappearance of a sow. He had ceased to think of his loss when a couple of weeks ago the sow reappeared in the barnyard. She weighed 450 when she vanished, but came back a skeleton, every bone being discernible. The sow had forced her way into a small passage between the remains of hastack which had been cut down sheer and the new stock built over it, and was unable to get out. There she remained for three months and six days withfor three months and six days with-out anything to eat or drink other than what nourishment could be obained from the straw within reach. The animal is picking up and has already put on considerable fiesh.

Dorothy Was Puzzled "Mamma, have I any children?"
asked six-year-old Dorothy. "Of
course not, dear. What do you
mean?" "Well, the preacher spoke
in church this morning about children's children, and i wondered if I had any,"

There can be no objection to a girl trying to peer into the future, at she should never look forward. Some people seem to know everying except the fact that they don't

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The utmost satisfaction is assured in our clothes. Men's suits and topcoats in the very latest models. Ask to see our "Haig" model. It embodies that artistic make which we all like. Prices for Saturday from \$12.50 to \$37.50.

BOYS' TWEED SUITS

In good wearing cloth in grey

mixtures, serges and worsteds, slash and patch pockets, stitched on belts all round, bloomer style pants, with Governor fasteners, lined throughout. To be obtained in all sizes. Prices ranging from \$6.50 to \$13.50.

RETURNED MEN, REMEMBER, we don't promise loads of discounts, because by pushing up prices is the only way of giving big discounts. WE EMPLOY NO RUNNERS, therefore, it will pay you to buy your civvies and other necessities here. Our clothing and haberdashery is of the highest standard.

BOYS' SHOES Boys' tan Neolin shoes, reg. \$5. Saturday Boys' black, plain shoes, reg. \$3.50 and \$4.00. Saturday,

YOU NEED A SHIRT! Men's shirts. Great clearing in men's shirts, sizes 14½ to 16. Regular \$1.50 and \$2.00. Saturday for\$1 and \$1.25

MEN'S SHOES Black and tan with or without Neolin sole in blucher and long lasts. Regular \$7. Saturday, \$4.95.

Regular \$8.00. Saturday \$5.95 Regular \$12, Saturday . \$6.85

LADIES' SHOES

A splendid range of ladies' shoes and oxfords to suit various tastes. Ladies' high top boots with or without Neolin sole in black or tan. Specially priced for Saturday. To be obtained in all sizes, \$3.75 up.

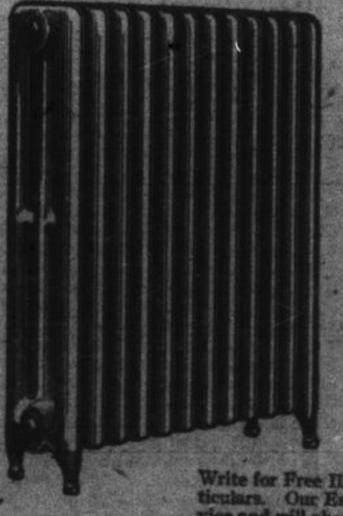
SPECIAL FOR SATURDAY Great reductions in ladies' silk and poplin dresses in all shades and sizes and prices, from \$12.95 to \$24.50.

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By all the tests to which a Boiler can be subjected, the King Boiler makes a record of almost one hundred per cent. The scientific construction of the water channels; the arrangement of the fire chamber and flues; the quickness with which heat is taken up by the water, lessening the amount of fuel required; the air tight joints, preventing waste of fuel by ungovernable drafts; the strength of the materials; the convenience of all parts; the ease of shaking and ash disposal; the dust-tight ash pan, and other points, all explained in our Booklet are reasons why you should insist on having a King Hot Water Boiler. **Imperial**



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