

TORONTO WOMAN PRAISES TANLAC

Mrs. Benson Says Results She Has Derived Have Been Marvelous.

"Tanlac certainly has proved to be one of the best friends I ever had," said Mrs. Emma Benson, of 633 Runnymede Road, West Toronto, Ontario. "I had been in a badly run-down condition for a long time," she continued, "suffering from neuralgia and such terrible headaches that I would have to go to bed and stay there for days at a time. My nerves were shattered and I would be awake at night for hours before I could get to sleep, then often I would wake up feeling so weak and nervous that I would faint dead away. I was completely worn out and was simply miserable all the time. "My husband had been relieved of stomach trouble by taking Tanlac so I decided to try it myself, and now that terrible neuralgia is completely gone. I haven't had a headache since I started on Tanlac, my nerves are quiet and I sleep like a baby. That tired feeling has passed away and I am stronger and better in every way than I have been in a long time. Tanlac is sold in Kingston by A. P. Chown, in Plevna by Gilbert Ouler, in Battersea by C. S. Clark, in Fernleigh by Ervin Martin, in Ardock by M. J. Veillon, in Sharnot Lake by W. Y. Cannon.—Adv.

Seven Sentence Sermons

Our patience will achieve more than our force.—Burke. Friendship is to be valued for what is in it, not for what can be gotten out of it.—H. C. Trumbull. He stands best who kneels most; He stands strongest who kneels weakest; He stands longest who kneels lowest. Bent knees make strong backs—and strong backs are needed to-day.—Anon. I dread nothing so much as falling into ruts and feeling myself becoming a fossil.—James A. Garfield. I charge thee in the sight of God, who giveth life to all things, and of Christ Jesus, who before Pontius Pilate witnessed the good confession; that thou keep the commandment, without spot, without reproach, until the appearing of our Lord, Jesus Christ.—1 Tim. 6:13,14. By all means use sometimes to be alone; Salute thyself; see what thy soul doth wear; Dare to look in thy chest; for 'tis thine own; And tumble up and down what thou find'st there.—George Herbert. To be everywhere and everything in sympathy, and yet content to remain where and what you are—is not this to know both wisdom and virtue and to dwell with happiness?—R. L. Stevenson.

IT'S HEALTH. HEALTH AND STRENGTH IN EVERY LOAF. If you're on your way to Healthland stop at the store and buy a loaf of our bread. It will speed your journey. When you order bread don't just say "bread"—mention the name of our bread. You'll be rewarded.

LACKIE'S BAKERY HOME MADE BREAD & PASTRY

HUGHES LEAVES OTTAWA. Will Take Part in Ontario Election Campaign. Ottawa, Oct. 15.—General, Sir Sam Hughes left yesterday for Lindsay, and will take part in the Ontario campaign. He announced before leaving, that he was opposed to the amendments to the Ontario Temperance Act proposed by the Federal Government. On the Ontario referendum proposals Hughes said that he could not favor them all, and would vote for some of them and against others.

DEATH AT PHILLIPVILLE. Of Mrs. Archibald Stevens—Arven Brown Very Ill. Phillipville, Oct. 13.—Harvey Davison, who spent the summer in Winnipeg, has returned home. Mr. and Mrs. Peter Nolan visited Westport last week. Mrs. A. E. Whitmore's many friends are pleased to know that she was able to go out for a very short walk recently. Mrs. M. Sweet, Portland, has been visiting her cousin, Mrs. J. W. Halladay. Miss L. Bullard, Ottawa passed through town enroute to her home in Plum Hollow for her holidays. Lawrence Joyce, Jr. was taken to Kingston hospital for treatment on Wednesday last. The residents of this village were deeply grieved on Wednesday morning to know that during the night Mrs. Stevens, wife of Archibald Stevens, had passed away after only a short illness of pneumonia, despite the best of medical attention and careful nursing. Mrs. Stevens, who was highly respected by a large circle of friends and relatives, will be greatly missed, as she always quietly did her part in social and church life. She leaves to mourn her loss, besides her husband one son, W. C. Stevens, and two daughters, Misses Anna and Ethel, at home; four sisters, and three brothers. The funeral service was conducted by Rev. Mr. Murphy, of Delta, in the absence of her pastor, Rev. Mr. Barker, to the Elgin cemetery, on Thursday afternoon. Mrs. Kibborn, Brockville, has been visiting her niece, Mrs. William Tackberry. Lawrence Joyce, Jr. was taken to Kingston hospital on Wednesday for treatment. Arven Brown suffered a partial collapse on Wednesday morning last, since being confined to his bed. Pneumonia has recently developed. Mr. Brown, who, though being the oldest resident here, has been remarkably active until quite recently.



Jones Falls Notes. Jones' Falls, Oct. 12.—Filling silo is the order of the day in this locality and the farmers report an excellent corn crop. Mr. and Mrs. Joseph Kenney and family have moved to Elgin for the winter months. School was closed Thursday and Friday as the teacher, Mr. McMaster, attended the teachers' convention at Lyndhurst. Albert Gamble made a business trip to Kingston last week. Miss Ellen Baxter has returned home after spending the last three months at Chaffey's Lock. Miss Florence Hutchings has returned home after spending the past two weeks at Battersea. Master Edwin and Eli and Miss Letitia White spent Sunday at Edwin White's, Delta. Alfred Sly and Alexander Burtch spent a couple of days last week with friends at Newboro. Mr. and Mrs. Adelbert Sly are at S. Baxter's. Miss Maud McMatchen of Morton at T. Sly's. Mrs. C. Mahoney and children of Kingston at T. Kenney's.

Tea and Coffee sometimes prod one in very tender places. When you feel the jabs, change to INSTANT POSTUM. There's a Reason.

Let— Ontario's Golden Era Continue PROGRESS—PERFORMANCE—PROMISE

If we have given worthy service during the trying time of war, may we not be relied upon to serve the nation faithfully and well in hastening the time of still greater prosperity and happiness? As we have begun, so we will continue, fearless in the discharge of duty and ever alert in the service to the people. Conscious of our shortcomings, and grateful for the opportunities we have to serve our Province, we submit our record with confidence to the electors for their consideration and approval, and ask from a united people a mandate to carry on the Government of this Province.

FINANCE. In 1919 the income of Ontario was \$4,464,000; in 1913 it was \$1,188,302; in 1918 it was \$19,270,123. This has been accomplished without resorting to direct taxation—apart from the war tax, which has been repealed. Out of this revenue the Government has returned to the people in larger grants, \$3,807,000 for Education; \$1,676,235 for Agriculture. The public services have been enlarged and ample grants have enabled important public duties to be undertaken.

AGRICULTURE. The Agricultural industry in Ontario is in a prosperous and thriving condition. Appropriations in 1914 amounted to \$475,000; in 1919, \$1,675,000. Last year the value of the farm products of Ontario was \$550,000,000, and the value of the combined farm assets was one and a half billion dollars. Within the last three years ten thousand farm mortgages have been paid off. Encouragement has been extended to every branch of the industry, education has been fostered, and social conditions have been improved. Agriculture has received the "earnest and unremitting attention of the Government."

HYDRO-ELECTRIC. Hydro is to-day the most extensive public-ownership enterprise of its kind in the world. Since its inception Hydro-Electric has saved to the consumers of electric power in Ontario over fifty millions of dollars. Hydro displaces annually 5,000,000 tons of coal. Hydro develops and distributes 350,000 horse power to over 230 municipalities, 175,000 domestic consumers and 6,000 customers for power. The Queenston-Chippewa undertaking will provide an economical development of 400,000 horse power, and the prospective ultimate development in the whole Province is over 1,000,000 horse power.

EDUCATION. Ontario's educational system is designed to provide the most efficient training possible for the boys and girls who are to become the future citizens of the state. Under the leadership of the Minister of Education no worthy expenditure has been denied to accomplish this purpose. Generous grants have been made for agricultural, technical and vocational training; returned soldiers are encouraged to enter the teaching profession; teachers' salaries have been raised and a superannuation scheme inaugurated. This year nearly \$4,000,000 will be spent on education in Ontario.

LABOR. Ontario's industrial leadership in Canada has been maintained by broad and effective labor laws. Under the Workmen's Compensation Act \$10,000,000 has been paid out in awards. Special safeguards have been provided for female and child labor. A minimum wage in Ontario is assured, and a direct representative of Labor will sit in the Cabinet. Free employment agencies have been established, and technical education has been encouraged.

HEALTH. Ontario's public health service is not excelled on the continent. Public health education, child welfare, sanitary engineering service, and the free distribution of antitoxins and serums have conserved life and prevented epidemic. A scheme of pensions for mothers is to be established. The Provincial Board of Health supplied all the typhoid vaccine used by the Canadian troops in the war. This feature of the work has brought about a saving of over \$100,000 a year to the people of the Province.

HIGHWAYS. Good roads add wealth and comfort to rural life. The highway improvement programme of the Ontario Government is applied to both urban and rural districts. A complete system of roads, including provincial roads, provincial county roads, county roads and township roads, with a mileage of 12,500 miles, has been worked out and will be constructed. The entire motor license revenue, with a large amount added, will be spent annually on this work.

WAR WORK. Ontario gave in men 232,895; in contributions \$54,532,188; in Victory loans \$540,463,530. Ontario provided 50 per cent. of Canada's war effort. The Ontario Government spent in war work over \$10,000,000; maintained in England the most efficient military hospital in Europe; furnished club houses for the soldiers in London and Paris; made gifts of food and guns to the Mother Country; made large grants to the British Red Cross, Belgium, Serbian relief, and other worthy patriotic objects. Ontario's war effort has made the name of Ontario resound in every corner of the world.

As a war measure the Ontario Temperance Act was passed, suspending for the duration of the war the retail sale of liquor. The promise was given that as soon as the war was over the whole question of the character of the liquor legislation of Ontario would be submitted to the people by Referendum, and the will of the people would prevail. This promise is now being fulfilled.

PROMISE: Greatest possible assistance to Agriculture—Faithful enforcement of the Referendum—Support of Hydro-Electric; cheap light and power for the farmer—Convert railway branch lines into Hydro radials—Good roads in every part of Ontario—State pension fund for mothers—Direct representation of Labor in the Cabinet—A minimum wage—Housing accommodation—Legislation implementing the findings of the National Industrial Conference—Consideration to returned soldiers with Cabinet representation—Educational progress, technical and agricultural instruction—Improved transportation in Northern Ontario—Timber conservation—Encouragement in mining development—Enlargement of Ontario's free public health service. W. H. HEARST.

brook, spent Thanksgiving, the guest of Mrs. Earl Perry. Mr. and Mrs. E. Glass, Napanee is with Charles Stover. Mr. and Mrs. W. G. Clark, Odessa, spent Sunday at the home of John Carr. Miss Darling spent Thanksgiving at her home in Moscow. Mr. and Mrs. R. Gibson, Glenvale, with Earl Burt, on Sunday.

Lennox U.F.O. Candidate. Napanee, Oct. 13.—At an enthusiastic mass meeting, attended by hundreds of people, in the armories, Napanee, on Saturday night, C. B. Brethen, the U.F.O. candidate for Lennox, proved himself to be what Mr. Powers, of Toronto, called him, "the best speaker among all the candidates he has heard in his tours throughout Ontario." Mr. Powers complimented the United Farmers of Lennox on their wise selection of a candidate.

The Prince of Wales concluded his visit to the West Tuesday, and left in the afternoon for Cobalt, where he will make an inspection of the mines, arriving in Hamilton on October 17th. A nation-wide campaign in favor of the League of Nations opened in London under the Presidency of Sir Horace B. Marshall, Lord Mayor of London, at the Mansion House.

Select Medicine Carefully. Purgatives are dangerous. They gripe, cause burning pains and make the constipated condition worse. Physicians say the most ideal laxative is Dr. Hamilton's Pills of Mandrake and Butternut; they are exceedingly mild, composed only of health-giving vegetable extracts. Dr. Hamilton's Pills restore activity to the bowels, strengthen the stomach, and purify the blood. For constipation, sick headache, biliousness and disordered digestion no medicine on earth makes such remarkable cures as Dr. Hamilton's Pills. Try a 25c box yourself.

BEECHAM'S PILLS. Constipation is the arch-enemy of health. Conquer this enemy and you rout a whole army of physical foes, including indigestion, biliousness, sick headache, sleeplessness and nervous dyspepsia. Beecham's Pills have been a world-favorite laxative for over sixty years. They go straight to the cause of many ills and remove it. They act promptly, pleasantly and surely. Contain no habit-forming drug. These time-tested pills strengthen the stomach, stimulate the liver and Relieve Constipation. Worth a Guinea a Box. Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U.S.A. In boxes, 25 cents.

Kingston-Cape Vincent Ferry. BY S. S. MISSISQUOI—DAILY SUNDAYS EXCEPTED. (Railroad Time) Leave Kingston 6:30 a.m. and 1 p.m. Returning leaves Cape Vincent at 9:40 a.m. reaching Kingston at 11:40 a.m. Leave Cape Vincent 4:30 p.m. reaching Kingston at 6:30 p.m. Round trip tickets \$1.25, with a 50c rebate on return trip, having a lovely outing for 75 cents. Tickets good to return on date of issue only. Bus connections at Cape Vincent from morning boat, giving nearly 4 hours in Watertown and returning to connect with steamer leaving for Kingston. For information, phone 2195, Rockport Ferry Co. Ltd. Automobiles carried: small \$1.00, large \$1.00. Space reserved.

STEAMER BRITANNIC. EVERY WEEK BETWEEN MONTREAL AND KINGSTON; ALWAYS ON TIME. SHIP YOUR FREIGHT BY THIS RELIABLE ROUTE. TELEPHONE 2195 FOR INFORMATION.

Now Is The Time to have your Furnace and Stoves looked after. We have only experienced mechanics and if you require any work in this line we can give you satisfaction. Agents for the celebrated Hecla Hot Air Furnace. Lemmon & Sons. PHONE 840 187 Princes Street. Sell Noted London Properties. London, Oct. 15.—Five million dollars' value has been placed upon the freeholds of Drury Lane Theatre, the Aldwych Theatre, the Strand Theatre, the Waldorf Hotel, Bow street and two public houses in Bow street and Russell street, which are to come under the hammer in December. The possibility of the properties being disposed of at private sale is remote.