



NIGHT COUGH

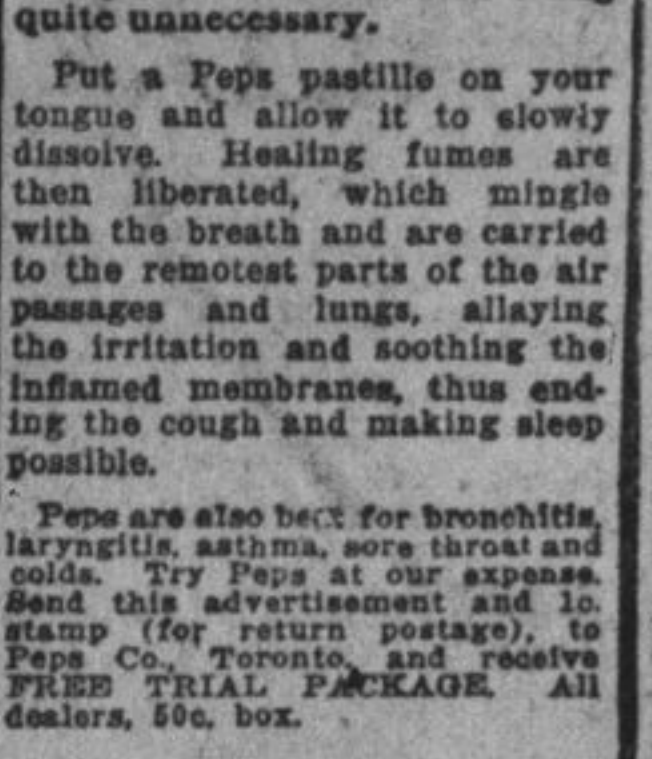
You know it! It begins with a tickling, irritating sensation in your throat. You cough to clear the throat. In a moment there it is again!

A minute's peace, then again you cough, and so on until you cough your throat sore, and by the time the cough is sufficiently allayed to permit you to sleep, you are thoroughly worn out. This kind of experience is particularly trying to old people.

Peps make this sort of thing quite unnecessary.

Put a Peps pastille on your tongue and allow it to slowly dissolve. Healing fumes are then liberated, which mingle with the breath and are carried to the remotest parts of the air passages and lungs, allaying the irritation and soothing the inflamed membranes, thus ending the cough and making sleep possible.

Peps are also best for bronchitis, laryngitis, asthma, sore throat and colds. Try Peps at our expense. Send this advertisement and 10¢ stamp (for return postage), to Peps Co., Toronto, and receive FREE TRIAL PACKAGE. All dealers, 50¢ box.



PEPS

EAT LESS MEAT IF BACK HURTS

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

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WHEN RHEUMATIC PAINS HIT HARD

Have Sloan's Liniment Ready for Those Sudden Rheumatic Twinges.

DON'T let that rheumatic pain or ache find you without Sloan's Liniment again. Keep it handy in the medicine cabinet for immediate action when needed. If you are out of it now, get another bottle today, so you won't suffer any longer than necessary when a pain or ache attacks you.

Apply it without rubbing—for it penetrates—giving prompt relief of sciatica, lumbago, neuralgia, lameness, soreness, sprains, strains, bruises. Be prepared—keep it handy. Made in Canada.

All druggists—35c, 70c, \$1.40.



Chamberlain Metal Weather Strip

For doors and windows. Makes House warmer. Stops Drafts. Saves Coal. Try some.

J. R. C. Dobbs & Co.
Tel. 519 41 Clarence St.

F. C. Biggs, of Wentworth Big Man in His County Enters Drury's Cabinet

It cannot be said the Hon. Frank Campbell Biggs, Minister of Public Works, has jumped from obscurity to his exalted post. It is true that many persons may not have heard of him until the election, but to the people of Wentworth County he is far from being a stranger. Hon. Mr. Biggs is Warden of the county, and that in itself tells more forcibly of his popularity than any other medium, except perhaps, his prodigious majority over his opponent, Mr. Biggs fitted himself, though unconsciously, for his new task both wisely and well.

A farmer through and through, he has stuck to his first love and made a first-class job of it, as any Beverley resident will tell you. Yet he has not neglected the side lines, if the expression may be used in this connection.



HON. F. C. BIGGS.

tion. He has always been strong on education from his boyhood days at the Ontario Agricultural College, and the Hydro and good roads have been two of his hobbies. As a Hydro enthusiast he will be a real help to the commission. He will not be behind in pushing his interests along, for he knows full well its benefits to the farmers. As good roads will come under his jurisdiction, his fellow townsmen of the county naturally look for improvements on the highways of the province.

As a practical farmer Hon. Mr. Biggs is strong on economy, and can be expected to see there is no frittering of the funds in his charge. As his fellow-councillors in Wentworth know, wastefulness will find no place in his policy.

The honorable gentleman is a father of boys, who seem determined to uphold the family traditions for all work. At a recent match in Beverley Township the youngest ploughman was Stanley Biggs, the twelve-year-old son of the Minister, and Stanley had to his credit the best crown in his class on the field and at his home. Another son, Dick, also won honors.

The Minister of Public Works is one of the youngest members of the Cabinet, being under forty years. Given good health, and with the worthy ambition and spirit of determination evidenced in his public work so far, he should prove one of the best pickings of Premier Drury.

Military Foot Work.

Many of us feel that feet won the war, says Dr. John B. Huber in Leslie's Weekly. Anyway, "they went a long way" toward winning it. Painful feet are often incorrectly attributed to rheumatism or to fallen arches. And in the former does in many cases lie the reason. And the rheumatism may have for its source some infection focus in the nose or throat, or in a tooth cavity or elsewhere in the body. Also in some cases the fallen arch is to blame. But there are other causes. A military surgeon examined 500 enlisted men and found hardly 30 per cent. of them with really normal feet. Above 70 per cent. were wearing ill-fitting shoes and presented a choice assortment of corns, fissures, bunions, ingrowing nails, hammer toes, over-riding toes, crowded, jammed, and shapeless toes. There are those who have pes equinus (horse foot); and in 40 per cent. of the men the first toe was crowded out of its natural alignment—hallux valgus (in the high brow), most torturing on the march. Before a march all men with any foot soreness should report for examination, and they should be regularly inspected.

Sugar Crop Reducers.

It is estimated that rats destroy every year at least a twentieth part of the sugar canes in Jamaica, amounting in value to little short of two hundred thousand pounds. The sugar cane is their favorite food; but they also enjoy Indian corn, all the fruits that are accessible to them, and many of the roots. Some idea can be formed of the immense swarms of these destructive animals that infest this island from the fact that on a single plantation thirty thousand were destroyed in one year. Traps of various kinds are set to catch them, poison is resorted to, and terriers and sometimes ferrets are employed. They are of a much larger size than the European rat.—Family Herald.

Hardly a Compliment.

"The school mistress is interested in you, dad."
"How's that?"
"Why, to-day, after she'd told me she was to sit down and behave myself she said she wondered what kind of a father I had."

Reports to the C.P.R. office at Montreal stated that the bodies of a man and woman were found under the wrecked Pullman car at Colwell.

Love is an expert magician, but it can't transform nickels into dollars.

Many a man says he is nervous when he is merely ill-tempered. A bird in the hand is vulgar. Use a knife and fork.

CONSTIPATION or COSTIVENESS

Constipation, although generally described as a disease, can never exist unless some of the organs are deranged, which is generally found to be the liver.

There is nothing more productive of general ill health than constipation of the bowels, and a regular action is absolutely essential to general health. One of the most common, painful and troublesome troubles caused by constipation is piles and unless the bowels are kept open by the use of a good laxative such as Milburn's Laxa-Liver Pills the whole system will be deranged and many different complications of disease arise, so if you would be well, keep your bowels regular.

Mr. A. Roder, Hastings St. E., Vancouver, B.C., writes:—"I desire to express my thanks for what Milburn's Laxa-Liver Pills have done for me. I had been suffering from constipation for two years, and also had a bad cough and headaches. I tried all sorts of cures and remedies, but got no relief until I was advised to try your pills. I got great relief after the first few doses."

Get Milburn's Laxa-Liver Pills when you ask for them or send 25¢ and they will be sent by return of mail by The T. Milburn Co., Limited, Toronto, Ont.

CUT THIS OUT

OLD ENGLISH RECIPE FOR CATARRH, CATARRHAL DEAFNESS AND HEAD NOISES

If you know of some one who is troubled with Catarrhal Deafness, head noises or ordinary catarrh, cut out this formula and hand it to them and you may have been the means of saving some poor sufferer perhaps from total deafness. In England scientists a long time past have recognized that catarrh is a constitutional disease and necessarily requires constitutional treatment.

Sprays, inhalers and nose douches are liable to irritate the delicate air passages and force the disease into the middle ear, which frequently means total deafness, or else the disease may be driven down the air passages towards the lungs which is equally as dangerous. The following formula which is used extensively in the damp English climate is a constitutional treatment and should prove especially efficacious in cases where who live under more favorable climate conditions.

Secure from your druggist 1 ounce of Parmit (Double strength). Take this home and add to it 1/2 pint of hot water and a little granulated sugar, stir and dissolve. Take one tablespoonful four times a day. This will often bring quick relief from distressing head noises. Clogged nostrils should open, breathing become easy and hearing improve as the inflammation in the eustachian tubes is reduced. Parmit used in this way acts directly upon the blood and mucous surfaces of the system and has a tonic action that helps to obtain the desired results. The preparation is easy to make, costs little and is pleasant to take. Every person who has ear or head noises, or is hard of hearing should give this treatment a trial.

MOUNTED POLICE FOR CANADIAN CITIES

New Royal Canadian Mounted Police in Existence on Feb. 1st.

Ottawa, Jan. 27.—On Feb. 1st the amalgamation of the Dominion and Royal North-West Mounted Police under the new name of the Royal Canadian Mounted Police, will become effective.

In the meantime the details for the amalgamation and for the extension of the newly organized force are being worked out by Commissioner Perry in conjunction with the Hon. N. W. Rowell, and Comptroller McLean.

It is anticipated that there will be a squadron of mounted men located at Toronto, at Montreal and at Ottawa and Halifax. These men will not usurp the functions of the existing Dominion Police, but will be utilized for the enforcement of Federal law throughout the districts adjacent to their headquarters.

Twenty thousand families, refugees from sections of Transylvania, under Rumanian occupation, are homeless in the vicinity of Budapest.

When a man says he has forgotten about that little loan you just returned—he is generally a liar.

Judicious diet and exercise will frequently improve a man's opinion of his neighbors.

Poor reputations are due to the fact that good intentions are seldom credited.

TOO SHORT TO DO UP AND STILL FALLING

A Little "Dandarine" Stops Your Hair Coming and Doubles Its Beauty.



To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of delightful "Dandarine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Help your hair to grow strong, thick and long and become soft, glossy and twice as beautiful and abundant.

Deflection of Rays of Light

DESIRE on the part of physicists to reckon motion without relating the object in motion to any other object, is largely responsible for the recent astronomical discovery that light may travel in curved lines through space, being deflected by celestial bodies which it passes, said Prof. E. S. King of Harvard Observatory to a representative of the Christian Science Monitor.

Astronomers and physicists generally are not a little aroused by conclusions drawn from photographs taken by the eclipse expeditions of British astronomers to Brazil and Africa last May, seeming to indicate, since on these expeditions the light from stars in the sun's background was found to be deflected in passing the sun, that parallel lines of light would eventually meet, that what appears to be a circle in space would be non-circular and that the angles of a triangle do not necessarily make the sum total of two right angles, also, that perhaps light has weight, and that Newton's theory of gravitation may need revision.

Prof. King said that physicists in 1887 attacked the problem of finding a means of computing absolute motion, that is, the motion of an object through space independent of any other object in space, as, for instance, the actual motion of the earth without referring to the sun or any other star or planet. This feat has never yet been accomplished. Things move in the earth; the earth moves upon its axis; the earth follows an elliptical course around the sun; the sun and the whole solar system is perhaps moving as a unit in some course through space in relation to all the other visible celestial systems, and so on, no one can fasten upon any one thing, therefore, that by figuring the motion of an object according to how it moves with relation to some other object does not get the student anywhere when it comes to the consideration of absolute motion.

The researchers, however, had to begin with something known. They took the fact that the earth moves through the ether at the rate of 19 miles a second with relation to the sun, and that of which they had long been sure regarding the motion of light, that it travels at 186,000 miles a second; and they then conjectured that light moving in line with the course of the earth through the ether must show a 19-mile variation when compared with a ray of light traveling the same distance across the course of the earth.

The researchers availed themselves of instruments sensitive enough to register accurately the motion of light even to a 19-mile variation, and made a test of the motion of light in these two respects. Much to their amazement, the motion was found to be the same in both cases, which and athwart the course of the earth. Widespread discussion resulted and numerous theories were evolved, the chief one of which was probably the conclusion that the testing instrument itself changed its length according to the direction in which it was turned. They saw no way of averting this, however, for of course a measuring stick would change its length comparatively when changed from one direction to the other. If the human senses are under this illusion, it appears that we do not see things as they are nor where they are.

Doubtless because light was looked upon as that which travels in every possible direction through space, as that which is most common to all space, and as that which heretofore at least was thought to travel in straight lines, unswayed by objects in its path, it was thought by the natural scientists that the laws of the motion of light should be of value in solving absolute motion. After a while Dr. Albert Einstein appeared, advancing a theory of relativity, the conclusions of which is that star light in passing the sun is deflected by the sun, and therefore made to travel in a curved line.

Reports from the eclipse expeditions indicate that light is deflected from its course when passing the sun. What causes this deflection, or what it proves, it will take time to determine. It seems to be generally agreed by astronomers that the Einstein theory has been established, at least. Some assert that the eclipse observations show that light is affected by gravitation. But others are more conservative, thinking that perhaps a more extensive atmosphere or more compact ether exists about the sun than has been heretofore calculated, and that this might act after the manner of a lens in deflecting the star rays of light. Deep interest of course centre about the next solar eclipse, in September, 1922.

The Afghan situation.

Britain has no wish to dominate or annex Afghanistan, as Sir Hamilton Grant explained to the delegates, but the continuance of Afghanistan as an independent state on the borders of India must depend upon its good behavior and upon its influence over the tribes. Unfortunately, both by intrigues amongst the tribes and by approaches to the Bolsheviks on the other side, the present ruler of Afghanistan has shown that so long as they remain in power, they will be a potential source of assistance to the new menace that looms across the northwest frontier of India. That menace cannot wholly be disposed of by armed force and it will be necessary in future to keep strict political watch over the Court of Kabul as well as over the traffic through our frontier passes.

Crope paper hats have been designed for sunbathers or nurses to save laundry bills.

What's the Use? Wife: Hub, do you know what day this is? Hubby (a funny paper addict): Sure thing, precious. It is the anniversary of our marriage. Wife (bursting into tears): It's nothing of the kind, you callous brute! I just know you weren't keeping track of it!—Cartoons Magazine.

RHEUMATISM

This is just the season when Rheumatism with its grinding pain and stiffening of joints pass hold of you. Fight it with

Templeton's Rheumatic Capsules

Templeton's Rheumatic Capsules bring certain relief, and permanent results. They are recommended by doctors, and endorsed by reliable druggists everywhere for \$1.00 a box. Write to Templeton, 142 King St. W., Toronto. Mailed anywhere on receipt of price.

Financial circumstances alter legal cases.

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WE cannot live without air. It is a vital necessity. Impure air is unhealthy to human beings, but disease germs thrive on it. Impure air is the cause of much sickness, and it helps the spread of epidemics.

People thrive on pure air, but foul air lowers their vitality and weakens their resistance against disease.

Many people dislike using Disinfectants on account of the strong, pungent odor that most DISINFECTANTS have. And the heavy, disagreeable odor of a DISINFECTANT doesn't necessarily mean that it is a more powerful germicide.

McCRIMMON'S DISINFECTANT and DEODORANT is a germicide with NO ODOR. And it is an absolute DEODORANT, because it takes up all other odors and leaves the air fresh and sweet.

The best results are obtained with McCRIMMON'S when used as a spray—and the DISINFECTANT goes much further.

McCRIMMON'S is quite safe to use anywhere in the house, and does not injure rugs or carpets. For Theatres, Churches and other large buildings it has no equal, and Hospitals recognize its valuable qualities.

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McCRIMMON'S CHEMICALS LIMITED
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Free—A 10-Day Tube

Millions of Germs

Breed in Tooth Film—Keep It Off

All Statements Approved by High Dental Authorities

Film Wrecks the Teeth

THAT slimy film which you feel with your tongue causes most tooth troubles. The tooth brush does not end it. The ordinary tooth paste does not dissolve it. In crevices and elsewhere that film clings. That is why your brushing fails to keep teeth white, free from tartar, clean and safe.

That film is what discolors—not the teeth. It is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth so cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. So all these troubles have been increasing despite the wide use of the tooth brush.

Dental science, after years of search, has found a film combatant. Able authorities have amply proved this by careful clinical tests. Leading dentists everywhere now urge its daily use.

The method is embodied in a dentifrice called Pepsodent. And we offer a 10-Day Tube free now to everyone for home tests.

See the Results, Then Decide

The results of Pepsodent are quickly apparent. Some are instant. We ask you to see them—watch them ten days—then decide for yourself about them.

Pepsodent is based on pepsin, the digestant of albumin. The film is albuminous matter. The object of Pepsodent is to dissolve it, then to constantly combat it.

Pepsin long seemed impossible. It must be activated, and the usual agent is an acid harmful to the teeth. But science has discovered a harmless, activating method. The inventor has been granted patents by five governments already. It is that invention which makes possible this efficient film combatant.

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Clip This Coupon

Send this coupon for a 10-Day Tube. Use like any tooth paste. Note how clean the teeth feel after using. Mark the absence of the slimy film. See how the teeth whiten as the film film disappears.

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