

# Listen!

Have you heard about Peps? Peps is a scientific preparation put up in pastille form, which provides an entirely new and effective treatment for coughs, colds, chest and throat troubles.

Peps contains certain medicinal ingredients, which, when placed upon the tongue, immediately turn into vapor, and are breathed down the air passages to the lungs. On their journey, they soothe the inflamed and irritated membranes of the bronchial tubes, the delicate walls of the air passages, and finally enter and carry relief and healing to the lungs.

In a word, while no liquid or solid can get to the lungs and air passages, these Peps fumee get there direct, and at once commence healing.

**FREE TRIAL** Cut out this article, write across it the name and date of this paper, and mail it (with 1c. stamp to pay return postage) to Peps Co., Toronto. A free trial packet will then be sent you. All druggists and stores sell Peps, 50c. box.

# Peps

**Sleighs Sleighs**

A variety yet for sale.

Our PATENT BOX COUPLING is designed to reduce your gear hole troubles, and it does so extensively. Let us put one on your Sleigh.

**McNAMEE & SLACK**  
14 QUEEN STREET  
PHONE 1217V.

# WATCH YOUR GUMS— BLEEDING A SIGN OF TROUBLE

Medical science knows how serious is the sign of bleeding gums. For it knows that tender and bleeding gums are the fore-runners of Pycorhea, that dental disease which afflicts four out of five people over forty.

If the disease is unchecked, the gum-line recedes, the teeth decay, loosen and fall out, or must be extracted to rid the system of the Pycorhea poisons generated at their base—poisons which seep into the system and wreck the health. They cause rheumatism, nervous disorders, anaemia, and many other ills.

To avoid Pycorhea, visit your dentist often for tooth and gum inspection, and use Forhan's For the Gums. Forhan's For the Gums will prevent Pycorhea or check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums firm and healthy—the teeth white and clean. Start using it today. If gum-shrinkage has already set in, use Forhan's according to directions and consult your dentist immediately for special treatment.

50c and 80c tubes in Canada and U. S. If your druggist cannot supply you send to us direct and we will mail tube postpaid.

**FORHAN'S, LTD., Montreal**

# Forhan's FOR THE GUMS

**Mother's Coughs and Colds Go Quickly**

She cannot afford to besick and neglect her household duties. At the first symptoms she prepares the way for quick recovery by the immediate use of Gray's Syrup—a household preparation of sixty years standing.

**GRAY'S SYRUP OF RED SPRUCE GUM**  
D. WATSON & CO., Montreal

# Kingston Co-operative Society Ltd.

Buy at the Kingston Co-operative Society, 55 Princess St.

Participate in the profits, thereby reducing the H. C. L. Armour's Oleomargarine—equal to fresh butter, only . . . 43 cents per lb.

Phone 460. Deliveries daily.

**COLDS IN THE HEAD INFLUENZA LA GRIPE**

Relieved in a night by

**GRIP-FIX**

IN CAPSULE FORM

At all Druggists 35c BOX

# Old Ontario Still Leads

THAT the somewhat venerable Province of Ontario has still sufficient latent energy to produce an increased quantity of wheat when the occasion demands it and weather conditions permit, was demonstrated by the recent harvest. In fact it was mainly through Ontario's efforts that the Dominion this year was saved from the humiliation of recording even a smaller wheat crop than in 1918, and the latter was the poorest in several years.

The highest estimate the statisticians at Ottawa have been able to give to the total crop for the Dominion is 204,749,000 bushels, or an increase of 15,674,000 bushels. The contribution of the three Western provinces to this total was 167,836,000 bushels. This was about 4,400,000 bushels in excess of the previous year. Ontario, on the other hand, increased her output of fall wheat from 7,054,000 bushels in 1918, to 21,782,000 in 1919, while her total in all wheat was 27,884,000 against 15,241,000 bushels in 1918. Obviously, therefore, she saved the situation.

Before the opening up of the Great West to settlement by the advent of the railways, Ontario, of course, occupied the pre-eminence as a wheat producer. But even at that it is only within the life time of the octogenarians of to-day that she came into fame in this respect. When, for example, Col. George T. Denison, the venerable police magistrate of Toronto, was a toddling youngster of two years, the province, then designated Upper Canada, gave a yield of but 8,221,991 bushels. But by 1851 it had swelled to 12,692,852 bushels. And then people, abroad as well as at home, began to sit up and take notice.

The United States Consul made it the subject of a special report to his Government at Washington. "There is probably no country," he concluded, "where there is so much wheat grown in proportion to population, and the area under cultivation, as in that part of Canada west of Kingston." The American Statistical Annual also devoted space to the subject, pointing out that Upper Canada was at that time producing 8.89 bushels per capita more than the United States, his figures on this basis being 13.33 and 4.44 respectively. Even the dignified Blackwood's Magazine condescended in July, 1854, to refer to the marked development of wheat production in Upper Canada.

In those days what is now the Province of Ontario contributed about 80 per cent. of Canada's total production of wheat. But wheat growing was then her staple agricultural industry. And although that function has been delegated to the Western Provinces, Ontario is still able to make a fairly substantial contribution to the country's total, her proportion this year in spite of the fact that mixed farming is now her speciality, being nearly 14 per cent.

But although in the production of wheat Ontario is now fourth among the nine provinces of the Dominion, taking field crops as a whole, she is still the predominating partner, the yield in 1918 having a value of \$284,013,890, compared with \$299,362,109 credited to Saskatchewan, her nearest provincial competitor.

In live stock Ontario's leadership is even more pronounced, the estimated total value at the close of 1918 being \$569,111,000, compared with \$357,688,000 for Saskatchewan and \$453,445,000 for Quebec. No less than 30 per cent. of the live stock possessed by the Dominion is to be found on the farms of Ontario, while the total value of her factory output of butter and cheese, according to the latest statistics, is \$37,950,000, compared with \$27,851,000 for Quebec, her nearest competitor.

According to the last census the farm property of Ontario has a total value of \$1,223,701,549, or nearly thirty per cent. of that for the whole of the Dominion. Saskatchewan came second with \$832,813,540 and Quebec third at \$737,754,494. And the old province has still room for expansion, as about one-third of her arable lands is not yet under cultivation.

**Sons of the Empire.**

Arrangements have practically been completed for a society to be inaugurated to be known as "Sons of the Empire." The Secretary of State at Ottawa has already been communicated with in connection with procuring the necessary charter, which will be Dominion wide. The aims and objects of this society will be to foster imperial unity and the consolidation of the Empire, and to give expression to the sentiment of patriotism in anything pertaining to the welfare of the British Empire. Prominent speakers will be secured to address the members.

"The stars are peeping," says a poet. Well, that's what the people in the drop curtain is for.

It is never too late to learn that it is best to be early.

# Are You a "Light Sleeper"?

IF you don't sleep soundly, there's something wrong somewhere. Maybe it's your bed.

Nobody is a "light sleeper" naturally. Give your body and nerves a chance to relax, and you'll sink into a sound, deep sleep.

You'll get rid of all your fatigue poisons and wake up feeling and looking fresh and fit.

But do you ever relax? If your bed has a loose joint, if it rattles or squeaks, if your spring creaks every time you turn—you can't get deep, sound sleep. You may get up even more tired than when you went to bed.

FOLKS who have been light sleepers and heavy dreamers all their lives, sleep soundly on a Simmons Metal Bed, with Waldorf Box Spring—and Simmons Mattress and Pillows to complete the equipment for restful sleep.

The Simmons Metal Bed is noiseless. It locks firmly at the corners. The corner locks are made of pressed steel—have much longer bearing surfaces than the average—fit true and snug—not a creak, rattle, or feeling of unsteadiness.

It is perfectly rigid—feels and moves like one solid piece.

The Simmons Pressed Steel Corner Locks are protected by basic patents—exclusive with Simmons Limited, not to be duplicated or imitated.

And these patented corner locks have made possible the



Three-piece Bed—the new Simmons idea—the spring forming a single unit with the side rails.

Simmons Waldorf Box Spring really does what you have always wanted a spring to do.

It invites complete relaxation.

It supports the body at ease on fine resilient spring coils—each coil conforming freely to the contours, so that the spine is perfectly rested, whether one sleeps on the back or on the side.

Simmons Waldorf Box Spring is covered with ticking of the finest grade and great wearing qualities in new and attractive designs.

It fits firmly on the bed—never sags or humps, never loses its resiliency.

And Simmons Mattresses and Pillows are in every way worthy

to go with Simmons Metal Beds and Waldorf Box Springs.

IF you want to sleep, you want the Simmons Metal Bed, Waldorf Box Spring, Simmons Mattress and Pillows.

Your leading merchant has Simmons Beds—in all sizes and styles. In brass, and enameled in colors and in natural wood effects.

They cost no more than ordinary beds.

And when you are selecting your Simmons Beds with an eye to their appearance in the room, you will see that Simmons has for the first time established beautiful and authoritative design in Metal Beds.

MAYBE you're one of those folks that never sleep soundly unless you have a bed to yourself. You'll be glad to know that Simmons Limited, are making a specialty of Twin Beds.

The best people everywhere are welcoming separate beds. There's no disturbance of one sleeper by the restlessness of the other. Coughs, cold or sore throat are not communicated.

There's no loss of vitality—as when children sleep with old people or the weak with the robust.

If you care to write us, we'll tell you where to get Simmons Beds, Waldorf Box Springs, Simmons Mattresses and Pillows in this community.

Sleep is a big subject! Write us for the brochure, "What Leading Medical Journals and Health Magazines Say about Separate Beds and Sound Sleep." Free of charge.

ST. JOHN TORONTO

WINNIPEG

SIMMONS LIMITED MONTREAL

CALGARY VANCOUVER

# SIMMONS BEDS Built for Sleep

## THE ACT OF UNION.

It Came Into Force on 10th February, 1841.

On the 10th of February, 1841, the Act of Union came into force by which the provinces of Upper and Lower Canada were united into the Provinces of Canada. The Act meant the nominal establishment of responsible government for the authority was vested in a Legislative Council and a Legislative Assembly, each province to be represented by sixty-two members of whom forty-two were

to be elected by the people while the remaining twenty were to be appointed by the crown. The population of Upper Canada at that time had grown to about 455,000 settlers.

As the simonities engendered by long years of warfare passed away it was recognized that the best interests of the two provinces, separated only by a river, would be served by some sort of union. This would result in a better acquaintance of the two races and consequently a more harmonious development of the land

but in increased trade. So after much negotiating the Act of Union. The French claimed, however, that the Act was an injustice to Lower Canada seeing that with a larger population than Upper Canada, it was given the same representation and also because English was made the official language although the French speaking members represented a larger population than did the English. During this term laws were passed which established the municipal and primary school systems; a law granting amnesty to the insurgents of 1837-38; the Re-

bellion Losses Bill was before the Legislators while another measure abolished the Seigneurial System and the Clergy Reserves. In spite of the difficulties of the time following so closely the revolt of 1837 the new parliament accomplished a great deal for the nation.

The pen may be mightier than the sword but there are times when a double-barrelled shotgun is worth a carload of either. Poor talkers are usually poor quitters.

Show us a man who thinks he understands women and we'll show you a gold brick buyer.

Few politicians lead double lives. One is enough.

**Cook's Cotton Root Compound.**

A safe, reliable, penetrating medicine. Sold in three sizes: 25c, 50c, and \$1.00. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., 12801, 261, (Twenty-Ninth).

## BRINGING UP FATHER



By GEORGE McMANUS