## SPLENDID RESULTS WIN CONFIDENCE

I would be doing an injustice to others if I did not tell of the great benefits I have received from Vital, sald a prominent woman. Afflicted with weak nerves, a suf-

ferer from violent headaches, my blood thin and watery, I was undergoing constant pain and discomfort, she said. "Now, thanks to VITAL, the great blood and nerve tonic, I am restored to perfect health. For a general run-down condition of the nerves VITAL is one of the

most successful tonics. Price, 50 cts a box at all druggists. For Sale By Mahood Drug Co.

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in all walks of life have for a long time used Beecham's Pills, which enjoy great popularity. They are reliable and contribute to the maintenance of health. When you suffer from indigestion. biliousness or constipation



## RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone's assistance, you can apply the best of all treatments.

## PILES TREATED AT

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer.

> MRS. M. SUMMERS, Box 971 Windsor. Ont.



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Owners of Edison's Amberola Phonographs have at their command all the world's greatest music. produced by the greatest living artists on Amberol Records. Every month, new records are issued, including the very latest popular songs and dance hits. Every Amberola owner should have the following favorite selections:

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seledy in F. Violin with Piano acc., by Hawaiian Smiles, by Walkiki Hawaiian Orches-tra. No. 4055.

fuin' the Blues-Fox Trot, by Lopez and Ham-ilton's Kings of Harmony Orchestra. No. 4044.

Oh By Jingo! Oh By Gee!, Popular song hit, by Premier Quartet. No. soul. In ordering by mail, give the numbers of the records wanted and enclose postal money order

The J. M. GREENE-MUSIC CO. "The Home of Good Music." Princess Street.

## Not How Long But How Much You Live

thuselah-the man who, has come who ever lived.

the name of Lamech.

doubtedly lived too long. event in his life-the day that his ingly perplexing problems in our father Enoch was "translated." The country, thinking that the money he Bible tells us that "Enoch walked gave is sufficient, then we are in a with God; and he was not; for God fair way of having these problems took him." But perhaps it all hap- i

Methuselah had an illustrious grandson by the name of Noah-the patriarch who built and lived in the

anything about it, until it was all

One day of Noah's life during his experience in the ark was worth all

years. "And he died." hisel on many a man's tombstone to tell the story of his whole life.

"Born----. Died----." That's all.

It isn't the number of years that

spaces of time the life-long experiences and knowledge of others is a sign of real greatness and God-like-

A famous man wrote an editorial for his paper the other day, in which he said that the "big man" is never hurried, never "busy," and that he

He has lots of time to see people. to play golf, and to spend his evening with his family, he added.

Then I thought of Edison and some other fairly "big" men, who work fourteen hours a day, who never play golf, and who are rarely at home. And they seem to need all the time they can get to put across the great plane upon which they are working. .

It isn't at all likely that the men who need to work only four hours a day on their present jobs always had so much leisure time-they probably worked fourteen hours day at first-and that's why they need to work only four hours today. Anyway, to be really big and successful isn't at all a question of the number of hours a man works-it's how he regulates his working-time

What is a day's work?

and what he does with it.

To some it is the completing of a ask-so many bricks laid, so many shoes made, so many articles manu- with sick headache or dizzy, nervous dent, why they stand for these Ger- not the bottom." tain number of hours employedeight, ten, twelve in occupations in get from your pharmacist about four pears to have been infested with club members were qualified to exwhich one's efficiency cannot be determined by a mathematical process. a century, resulting in ideas and devices which enable one to produce with lithia, and has been used for him as for the fellow who stole the for Robert J. Bushell as U.F.O. canbeen concent; ed into a single work | clogged kidneys; to neutralize the day, so that the day really stands acids in the urine so it no longer is editor should he be caught," chipfor a socialized effort, which has be- a source of irritation, thus ending ped in the medical student. "Down come possible only because others bladder disorders. in the past have contributed their share to our day's work. To these

we owe a debt of gratitude. How may we repay these pioneers who blazed the way for us, making our lives more human and more comfortable, making our tasks lighter and less irksome? We cannot bring them from their graves, nor even thank them for the sacrifice of bygone days. But there is a way in which we may pay the debt we owe them-we have the privilege of building upon the foundation laid by our forefathers, so that other millions may be blessed because of our labors. We may put to future generations what we owe those in the

oes of our present-day industrial life are not those whose day's work is done simply so that they, themselves, may live, but those who plan and work so that others still unborn may reap where they have not sown, may

garner where they have not strewn. One may become a parasite even though one may work for himself. In a sense, every man is a parasite, who is willing to receive the benefits which have accrued as the result of others' labors, without contributing his share to the common good.

This morning you jumped out bed 15 minutes before breakfast, rushed to the train or the trolley 15 minutes after you began your breakfast and you've been rushing ever

There hasn't been a single minute during the day when you quietly collected your thoughts-you've been too busy collecting money-or making it some other way.

You don't know your wife-and your children don't know you-although you're "working your head off" for the folks at home.

You contribute cash to most of the worthy causes in your community. You're a "hustler"-full of "pep." But-if every man in this country were like you, business, family,

civics and philanthropies would go a-glimmering. For these are kept alive and made strong not so much through money, but because some people are giving

By the Rev. Charles Stelzle.

don't grow without culture any more That's all we're told about Me- than do strawberries. And family life needs more than

down in history as the oldest man a check book even with a wife's unlimited drawing privileges. Your Excepting this he had a son by children need you more than they need yours. Methuselah was 969 years old Our cash balances in social and

when he happily passed on-for un- economic organizations may be all to the good, but if the average citi-He may have had one exciting zen gives no attention to the increas-

# pened without Methuselah knowing Those Nasty

THAT COME ON THE FACE ARE CAUSED BY BAD BLOOD

Here's an epitaph that they might | mould of beauty have been sadly defaced, their attractiveness lost, and the possessor of the "pimply face" rendered unhappy for years.

as pain and regret to their friends. There is an effectual remedy for something truthful." these facial defects and that is Bur- "Did you hear about the jury up It is said of God: "A thousand dock Blood Bitters, the old reliable at the court house last week?" asked for over 40 years.

It drives out all the impurities from the blood, and leaves the complexion clear and healthy.

there was no relief. A friend dropped in one day and told me I should try Burdock Blood Bitters. I did so tion. and used three bottles, and found

the T. Milburn Co., Limited, Toron-

Take a Glass of Salts If Your Back Hurts or Bladder Bothers.

and all our food is rich. Our blood advise Hank to consider it seriously. filled with uric acid which the and the result is kidney trouble, blad-

is cloudy, full of sediment or you are that their doctrine is to put your foot their skirts being made lower. Any times during the night; if you suffer there. Will you tell me, Mr. Presi- it is at the top end of their dress and rheumatism when the weather is bad, ounces of Jad Salts; take a table- them.' spoonful in a glass of water before grapes and lemon juice, combined

lithia-water beverage, and belongs in ship." every home, because nobody can make a mistake by having a good kidney flushing at any time.

## "HOW MY POOR BACK DOES ACHE!"

Many a Woman Keeps Sloan's Handy for This, But It's Great for Other Pains, Too.

HAT dragging, wearying backache, that so many women regularly suffer from, is quickly eased by a little Sloan's Liniment. But it is good for all the family Apply it, without rubbing, for all This is the motive which prompts kinds of aches and pains, from the

the noblest endeavor. And the her- sharp neuralgic twinge to the dull, tearing ache of rheumatism. sore muscles, stiff joints. Keep

bottle handy, for you never'll know when you will need it. Largest size is most economical At all druggists-35c., 70c., \$1.40.

# Liniment (Pin)

MELY HEALTH

Reliable Home Treatment for Cases of Colds or Grippe.

"Never neglect a cold" is a safe rule in every home. If it were followed many cases of severe illness would be avoided. The time to start treatment for a cold is right when it starts-the moment the first signs -sneezing, running at the nose, fev-

erish condition, etc.—appear.
Start taking Grip-Fix (which you can get at any drug store) at once In a single night your cold will be conquered, and, even if it has reached the grippe stage, 24 to 36 hours' for home use and prompt in action The ingredients, which are probably just what your physician would re- "Yes they say that the ladies' knee

time and thought to them.

There's such a teing as "ideals" in business—although we're just beginning to find it out. And ideals are giving to follow the genuine Grip—increase are giving to follow the genuine Grip—increase are giving to find it out. And ideals are giving the sure you get the genuine Grip—increase are giving to follow the giving the genuine Grip—increase are giving to follow the giving the genuine Grip—increase are giving to follow the giving the ginning to find it out. And ideals druggists, 35c. per box.

handled to our detriment by partisan politicians and unscrupulous agitators-for they'll see to it that they get the backing they need to put through their schemes while you're "hustling" on your own job.

Better put a little more "heart" into it. It will make the whole job better and bigger. And you'll enjoy it more as you go along instead of waiting until you "retire." Which process would be sure to finish you in short order.

"I see that the deliberations of our club are quoted in the public press and also by our utilities commissioners," said the president of the Little Pimples Orakshan club when that organization's members gathered last night for their smoke. "I regret, however," the president continued, "that a

Many an otherwise beautiful and statement by a member has been misattractive face is sadly marred by construed by the worthy chairman of the unsightly pimples and various the utilities. I think the member who of Methuselah's 969 commonplace other skin troubles, caused wholly by made it did it in the way of a joke and was not really serious about it." Many a cheek and brow cast in the The member in question confirmed the president's remark, adding that

he was not of a serious temperament. "No, you are certainly a rattle-Their presence is a source of em- brained old lad," said the doctor. barrassment to those afflicted as well patting his comrade on the head, "but sometimes you manage to say

the customs official. "Well it seems that this jury brought in its verdict at 7.40. Now some of its members are kicking that they did not confer Mrs. James Williams, Waterford, another half hour, as they claim that Ont., writes:- "My face was covered if they had deliberated until after with pimples for nearly a year. I eight o'clock they would have been used different kinds of remedies to entitled to another day's pay, for get rid of them and finally thought even jurymen are not required to work long hours without compensa-

"Well that was a good one or doesn't really work more than four the pimples were all disappearing Pete and the other boys," remarked from my face, and now I have a clear Hank. "But now they might try and continue living until 1925, for there B. B. is manufactured only by is some religious sect in Kingston which clings to the belief that if you are alive when 1925 is rung in, you will never die."

"Well," said the doctor, "I don't put any faith in that theory. Too many of those sects have proved to be poor mathematicians in regard to figuring when the world will come to an end. They have been prophesying for years and years and they do not seem to strike the time by a long The American men and women shot. That kind of thing is done in must guard constantly against Kid- order to excite people. It's just a ney trouble, because we eat too much money-making scheme, so I would not

"Well, our worthy mayor is taking kidneys strive to filter out, they that Hydro auditor seriously," said weaken from overwork, become slug- the Bath Road resident. "Hughie will knock the spots off that fellow who der weakness and a general decline comes down here saying that our civic officials are not up to the mark When your kidneys feel like lumps I am told that some of these Hydro of lead; your back hurts or the uring guys are descendants of Huns, and girlies I'm sure will not consent to obliged to seek relief two or three on the people's necks and hold it lowness to be done they will see that mans up in Toronto. The Hydro ap-

"Just leave it to Hughie," replied men's garments. breakfast for a few days and your the president. "When he starts after kidneys will then act fine. This fam- you he'll hang on like a bulldog, so ter the doctor had asked if any one

rooster of the Gananoque Reporter didate for the federal election. Jad Salts is inexpensive; cannot in- don't hear of any Kingston editor jure, makes a delightful effervescent who can qualify for U.F.O. member-

"Speaking of the U.F.O.," said the doctor, "they tell me that the heels and toes of the farmers' shoes wear out very quickly now owing to being continually used in practising the U. F.O. sign. However that is good for the shoemakers."

The president drew the attention of the smokers to the venerable clergyman who was improving his time attending the business college and learning the principles of business. He wondered if the college teaches the Hydro system of keeping

"How can young people be expected to so improve their time when corporal's guard could not be secured to attend free night classes offer-Then there's sciatica, lumbago, ed by the school board a few years ago. Nowadays young people do not want to improve their time. It's a hot old time they want, and they generally get it," was the view express-

ed by the old printer. Then the conversation switched off to those people who with so little means at their disposal are such a blessing to the community.

"I know some of them," said the president as he puffed serenely at his pipe. "They are doing good everywhere they go, helping the poor and visiting the sick, and yet their names HINTS FOR READERS never appear in the newspapers. Just compare them with those in our city who have much and yet give nothing to anything, those people who think only of themselves and live for them-

> "That type of person could not be called a tight-wad," said the customs official, "for they spend all right, but they spend only on themselves. You could even excuse an employer who docked his employees a half day's pay when they took an afternoon off to attend his wife's scription to the church. But the selfcentred wealthy class are of no bene-

"O let us talk of something pleas-

skirt has got to go," remarked the

Entirely Well After Six Weeks Treatment With "FRUIT-A-TIVES"



MR. AMEDEE GARCEAU

that of Electrician.

I tried many remedies and was under the care of a physician; but nothing did me any good. Then I began to take 'Fruit-a-tives' and in a week I was easier, and in six weeks I was so well I went to work again.

I look upon this fruit medicine, 'Fruit-a-tives', as simply marvellous in the cure of Rheumatism, and strongly advise everyone suffering with Rheumatism to give 'Fruit-a-tives' a trial."

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the best emergency treatment for cuts, burns, bruises, sprains, strains. It relieves the pain—reduces inflammation—prevents infection.

\$1.25 a bottle-at most druggists or sent postpaid by

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could tell him if the majority of the

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come down, just as soreness

Enlarged glands, varicose

veins, wens, cysts, soft bunches,

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des., 1137.

PROVINCE OF ONTARIO due 1941-price to yield Six Per Cent .- payable half yearly.

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Fragrant, rich and refreshing, and best of all Package Teas. . Quarter Pound FREE with every pound.

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We have just received a stock of Grey Enamelware that we are offering at greatly reduced prices. You would do well to see our stock.

BROOMS—special at ..... 45c.

Lemmon & Sons 187 Princess St.

vented in England rings an alarm be fastened to a residence heater bell should a man go away from his grate to diminish the draft through desk and forget to take his pen with the centre of the fire has been in-

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Of Boots and Shoes

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Three Hours' \$1.00 Sale

Monday Morning-From 9 to 12 O'Clock