

What Women in Their "Forties" Need

BY A SPECIALIST

Many women approach the critical changing period of their lives that comes between the ages of forty and fifty, unprepared for its tremendous importance to their future health and happiness. Not understanding the functional changes taking place in their bodies, they work beyond their strength, often break down, become nervous wrecks, their bodies suffering with fatigue and their weakened nerves trembling at every step. Often in their weakened condition capillary hemorrhage becomes excessive, this added drain compelling them to take to their beds from nervous exhaustion.

What these women need is something that will instantly relieve the pressure on the overworked nerve centres and give them the vitality to stand up under the grueling strain. Wonderfully effective results are often given in such conditions by the simple use of Ferro-Peptine, a skillful combination of six of the best nerve-vitalizing elements known to modern chemistry. These little tablets contain no dangerous habit-forming drugs and are entirely harmless in their action.

Thousands of women can testify that Ferro-Peptine strengthens the jaded nerves, revives the tired brain and puts the energy and courage into the body that enables one to stand up under the unusual strain of the changing period. Ferro-Peptine has to do these things at a cost of nothing, as Mahood Drug Co., Ltd., Princess Street, L. T. Best, Princess Street, M. R. McNeil (5 stores), cor. Princess and Clergy Street and University Avenue and other leading drug-gists sell it on a positive guarantee of relief or money back.

FAR FROM THE MADDING THROG



With a primitive log cabin replacing palatial American estates, the Prince of Wales enjoyed sweet leisure at the Calgary, Alta., ranch. He is shown starting for a cattle sale and picnic in company with Prof. and Mrs. Carlyle.

DR. RUPERT P. MILLAN
DENTIST
54 Princess Street, Phone 1850
Gins for Patients' Satisfaction
OPEN EVENINGS BY APPOINTMENT

THE LATEST HITS
Special: Bobbed Head,
Better Keep Away,
"Banjo," Ukuleles and Violins.
October Starts now in
THE MELODY SHOPPE
211 PRINCESS STREET
PHONE 162.

**TELLS DYSPEPTICS
WHAT TO EAT**
Avoid Indigestion, Sour Acid Stomach, Heartburn, Gas on Stomach, Etc.

Indigestion and practically all forms of stomach trouble, say medical authorities, are due nine times out of ten to an excess of hydrochloric acid in the stomach. Chronic "acid stomach" is exceedingly dangerous and sufferers should do either one of two things.

Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid secretion or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Bismarated Magnesia at their meals.

There is probably no better, safer or more reliable stomach antacid than Bismarated Magnesia and it is widely used for this purpose. It has no direct action on the stomach and is not a digestant. But a teaspoonful of the powder or a couple of five grain tablets taken in a little water with the food will neutralize the excess acidity which may be present and prevent its further formation. This removes the whole cause of the trouble and the meal digests naturally and healthfully without need of pepsin pills or artificial digestants.

Get a few ounces of Bismarated Magnesia from any reliable drug-gist. Ask for either powder or tablets. It never comes as a liquid, milk or citrate and in the bisurated form is not a laxative. Try this plan and eat what you want at your next meal and see if this isn't the best advice you ever had on "what to eat."

Facts About Optometry

R. Arthey, Optometrist
148 PRINCESS STREET
NO. SIX.

Explain the duties of the Optometrist and the Optician.

The Optometrist is a professional man who deals only with defects of vision—their detection and correction. The Optician's duties are mechanical. He prepares lenses, adjusts frames, etc.

Do optometrical students receive instruction in both these branches?

Yes, practically every Optometrist is also an Optician, but many Opticians are NOT Optometrists.

(To be continued).

**SULPHUR CLEARS
SKIN RIGHT UP**
Apply Sulphur as Told When Your Skin Breaks Out

Any breaking out of the skin, even fiery, itching eczema, can be quickly overcome by applying a little Mentho-Sulphur, declares a noted skin specialist. Because of its germ-destroying properties, this sulphur preparation begins at once to soothe irritated skin and heal eruptions such as rash, pimples and ring-worm.

It seldom fails to remove the torment and disfigurement and you do not have to wait for relief from embarrassment. Improvement quickly shows. Sufferers from skin trouble should obtain a small jar of Rowley Mentho-Sulphur from any good drug-gist and use it like cold cream.

A rolling stone may gather no moss, but a still one gathers no gloom.

**DODD'S
KIDNEY
PILLS**

THE GREAT
KIDNEY
PILL

1087 THE PRINCE

The Moderation League of Ontario

President, I. F. Hellmuth, K.C.

A CAMPAIGN based on the vilification of other Provinces of Canada cannot make any appeal to the people of Ontario.

Even if it were the case—which, of course, it is not—that conditions in Manitoba, Saskatchewan, Alberta, British Columbia and Quebec were what the Compulsory Prohibitionists claim, there is this one important fact, incapable of being ignored: Each and all of them had tried the Prohibitionists' own plan, and had, on the first opportunity, discarded it.

And in discarding it, had done so emphatically.

Where votes have been taken, the decision against Prohibition was so pronounced that one wonders why it should have been necessary to take a vote at all.

But in every case, every obstacle that the ingenuity of the Prohibitionist could devise was placed in the way of the people being allowed to express their will. In some cases it took years before the Moderationists were able to get a plebiscite.

But the result was always the same—Overwhelming and signal defeat of Prohibition.

Not a defeat of Temperance and Moral order, as some would have us believe—for Canada is a Temperate and Moral country—but a defeat of the ugly tyrant of Compulsory Prohibition, whose mis-rule and presumption had become intolerable.

The conditions of the other Provinces are not sealed books open only to the "impartial" eyes of Prohibition writers. They are open to anyone, and certainly are well known to those who live in them.

What is proposed here in Ontario under the name of Government Control is not a return to the conditions prior to 1916—not a return to the public drinking bar—but the adoption by the Government of a method of dealing with the problems, some undoubtedly arising from excesses in drinking, but some others the direct result of Prohibition, which this Province wishes to see solved effectively and with due regard to the self-respect and prosperity of the Province.

From every corner and section of the Province, disinterested men and women are rallying in hundreds of thousands to this Cause. All classes are getting behind it.

Let us make the voice of Ontario, clearly and unmistakably, heard on the side of Government Control.

Mark your Ballot as follows:

1 Are you in favour of the continuance of The Ontario Temperance Act?

2 Are you in favour of the sale as a beverage of beer and spirituous liquor in sealed packages under Government control?

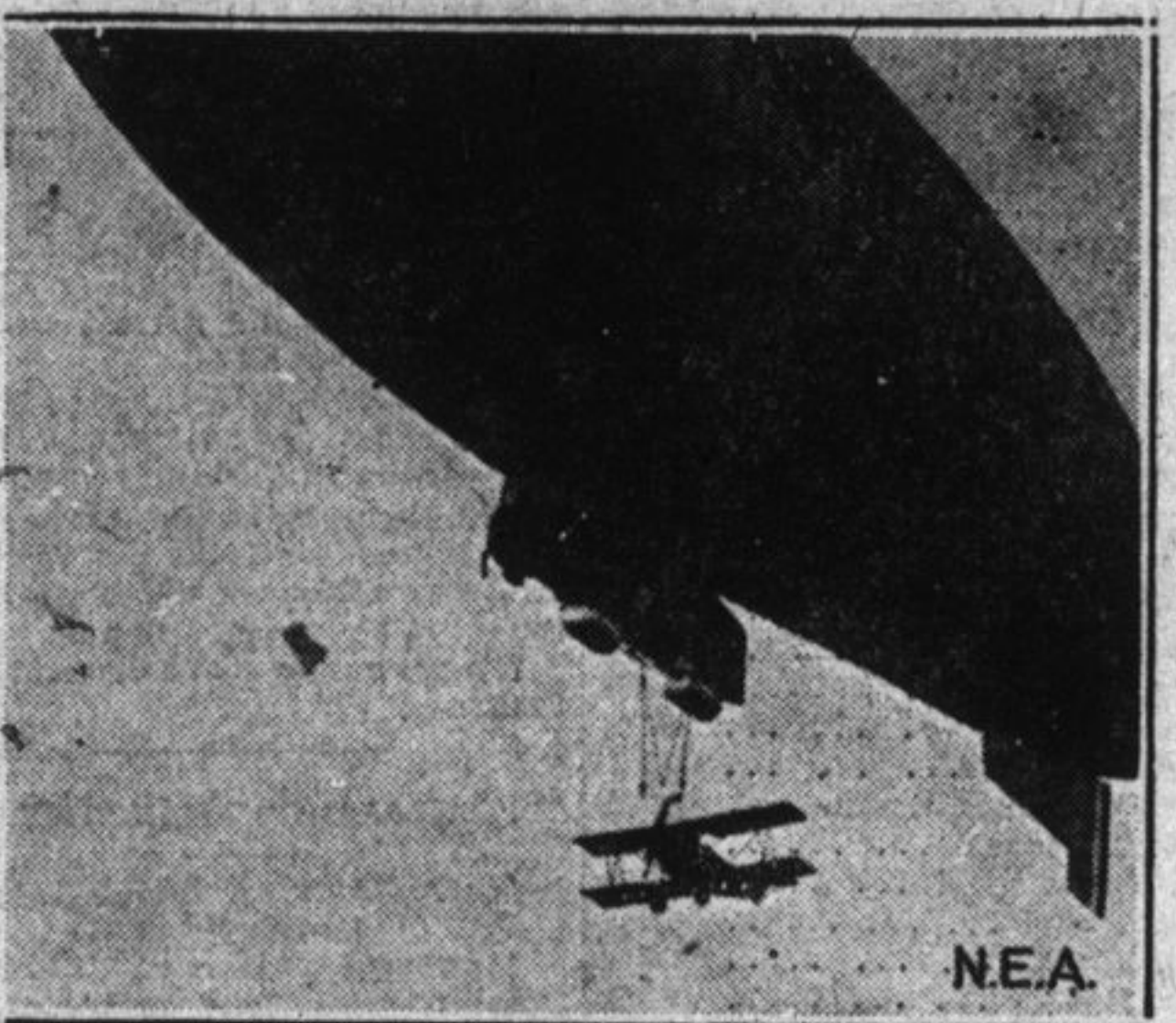
X

MARK YOUR BALLOT HERE

Provincial Headquarters, 9 Richmond Street East, Toronto
Telephone: Main 8367 and Main 1193

F. Gordon Oaler, Treasurer

C. D. Boyce, Secretary



LAUNCH PLANE IN MIDAIR

An airplane successfully has been launched in midair. It was done at Wilbur Wright Field, Dayton, Ohio, during the international air races. The army dirigible TC-5, piloted by Lieut. Frank McKee of Scott Field, soared skyward with the plane, a Sperry Messenger, then cut it loose. Lieut. C. V. Finter of Langley Field, Va., piloted it. Picture was taken just as the plane cut loose.

MARRIED AT MOSCOW.

The Allen-Darling Nuptials at Bride's Home.

Moscow, Oct. 13.—On Saturday, Oct. 11th, a pretty wedding took place at the home of Mr. and Mrs. Fred A. Darling, when, at high noon, their second daughter was united in marriage to Calvin W., second son of Mr. and Mrs. William J. Allen, Moscow. The ceremony was conducted by Rev. Mr. McKennie, and took place under an arch of evergreens and wedding bells, in the presence of the immediate relatives. The bride wore a frock of ivory brocade French Chateau, with the customary veil arranged in Juliet cap style, with silver bandeau, and carried a bouquet of Ophelia roses and baby's breath. She was given in marriage by her father, entering the drawing-room to the strains of the "Bridal Chorus," from Lohengrin, played by Mrs. Clarence Allen, sister-in-law of the groom. Miss Carmelita Darling was the bridesmaid, wearing poudre blue georgette. The groom was supported by his twin brother, Alvin Allen.

After the ceremony a dainty luncheon was served by Misses Mary and Kathleen Woodruff, cousins of the bride. Amid showers of confetti and good wishes Mr. and Mrs. Allen left for Ottawa, Montreal, and other Eastern points, the bride travelling in a navy tricot suit with sand hat and shoes, and wore the gift of the groom, a grey squirrel choker. The bride was the recipient of many beautiful and useful gifts. The groom's gift to the bridesmaid was a white gold brooch set with pearls, and to the best man a watch guard. Mr. and Mrs. Allen will reside at Moscow where Mr. Allen is a prosperous young farmer.

black hat and shoes. The groom's gift to the bride was a rope of pearls, to the bridesmaid a brooch, and to the best man a tie pin.

After the ceremony Mr. and Mrs. Ward left immediately for points east to spend a short honeymoon. On their return they will reside at Soperton where the groom has been farming very successfully for the past two years.

The bride is a daughter of Mr. and Mrs. William Young and the groom is a son of Mrs. Margaret Cleary, Chalk River. Both bride and groom have many friends who extend to them their very best wishes.

Attended Reception.

Outlet, Oct. 13.—Filling silos is the principal occupation at present. Some of the farmers are ploughing. Misses Vera Vanderburg and K. McMahon attended the Teachers' Institute in Gahanoque, on Thursday and Friday. Several of the young folks attended the reception for Mr. and Mrs. George McCullough, on Friday night, held by the members of the J. F. I. A., of which Mr. McCullough is president. Mr. and Mrs. Leonard O'Grady spent a day in Ballycanoe recently and attended the funeral of the latter's grandfather, F. Healey. Several from here attended the funeral of the late Miss Louise Shter, held at Dulcamaine on Wednesday. John Steacy, Gahanoque High School, spent the week-end at his home here.

An "At Home" in School.

Plevna, Oct. 13.—We are having a few ideal October days; the woods are lovely. Mr. and Mrs. G. Oester, Miss Frances Elkington and Russell Oester have returned home after spending some time with friends in Ottawa. Russell was at some of the fall fairs helping to judge cattle, etc. Miss Eileen Oshman is attending normal school at North Bay. Mrs. C. Oshman is suffering with blood poisoning in her arm. She recently spent a week visiting her mother in Monieth. The Teachers' and Mothers' Friendship Circle held an "At Home" in the school and enjoyed the afternoon very much.

A woman seldom makes dough like her husband's mother did. And a man seldom makes dough like his wife's father did.

SALE OF PROPERTY.

A Montreal Man Buys A Farm Near Phillipville.

Phillipville, Oct. 13.—The social evening of the Institute was well attended. Silo filling and threshing are the order of the day. Mrs. Thomas Moulton spent a couple of days at Chaffey's visiting her sister, Mrs. Alford, and Mr. and Mrs. Simmons. Mr. and Mrs. Michael Myers spent Sunday at Westport visiting relatives.

Mrs. Kate Willows is spending a few weeks at Howard Willow's, Lynn. W. C. Stevens has sold his farm property to a gentleman from Montreal, and Mr. Stevens will move to the late Chester Stevens' farm, known as the Stone house property.

Miss Maggie Nolan has returned home from visiting friends at Chaffey's Locks. Charles Blackman and family, Sealey's Bay, will work A. Stevens' farm the coming year, and M. Johnson, who now occupies it, will move to the Harman Earl's farm.

Mrs. Hattie Woods and family have rented William King's farm for 1935. Rev. Mr. Johnson, Spencerville, occupied the Methodist church pulpit on Sunday last while Rev. Mr. Sanderson was preaching anniversary services in Spencerville.

The Late V. Healey.

The death occurred in St. Vincent de Paul Hospital, Brockville, on Wednesday, Oct. 8th, of Frank Healey, a life-long resident of Kitley township until the past few years, whence he has resided in Ballycanoe with his daughter. The late Mr. Healey had reached his ninety-first year, but was quite active until about a year ago, when he suffered from a paralytic stroke. A week before his death pneumonia developed and he succumbed to its ravages. The funeral was held on Thursday morning from his late home to St. James' church, Trevelyan, where a solemn requiem mass was sung for the repose of his soul by the Rev. Father Scott, and interment was afterwards made in the Toledo

cemetery. The pallbearers were his four grandsons: James Leeder, Charles Leeder, Caesar Myers, and Leonard O'Grady and Charles Foday. He is survived by three daughters, Mrs. L. Noonan, Ballycanoe; Mrs. T. H. Myers and Mrs. John Dougherty, Phillipville; and two sisters, Mrs. D. Healey, Smith's Falls, and Mrs. M. Smith, Toledo; also by several grandchildren and great grandchildren. His wife, Mary McNamee, and one daughter, Mrs. R. Leeder, predeceased him several years.

He who hesitates is lost—if he does it in the middle of the street!

Will Your Dreams Come True?



When the day's work is done, and your thoughts turn toward "Home" and all it means to you, if you know that you have done everything you can to perpetuate the home—to make it a real, permanent home for your family, safe from the vicissitudes of life and fortune—

Then you look forward with a cheerful mind and with quiet confidence to whatever the future may bring.

Ample Life Insurance Protection

THAT is the keynote to a cheerful and contented mind. If you have not done all you can, you can do it now—today. Whatever your age or condition, you will find a plan to suit you.

Write for particulars

CONFEDERATION LIFE ASSOCIATION
HEAD OFFICE: TORONTO

A. J. MEIKLEJOHN
District Manager
151 Wellington Street
Kingston

Please send me, without obligation on my part, information regarding a policy for a person years of age.

Name

Address