

Easy to Gain With Yeast and Iron

New Combination of Yeast with Vegetable Iron Quick Way to Build Up Weight

This new combination of yeast vitamins with vegetable iron, renews the action of sluggish blood cells, drives out dangerous body poisons, increases energy and endurance and supplies the system with the vitamins that build up weight.



For years yeast has been known as a rich vitamin food, but not until we perfected "Ironized yeast"—which comes in concentrated tablet form, was it possible to take yeast and iron in the right proportions to build up weight.

Vegetable "iron" when combined with yeast is quite easy to digest, therefore better for the system. And "yeast" when ironized becomes just as easy to digest as ordinary yeast or cake yeast.

Ironized Yeast tablets are composed of concentrated food elements, therefore, they are pleasant to take and free from drug-like effects. If you are under weight, do not enjoy good health, lacking in energy and force, "Ironized yeast" tablets will pick you right up, and if they fail, you get your money back.

Sold by James B. McLeod and all good druggists at \$1.00 for a large 40-tablet package or sent direct from laboratory on receipt of price. Ironized Yeast Co., Fort Erie, Ontario, Canada.

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\$1,000—4 roomed rough east, 2 bedrooms, 2 piece bathroom, electric lights, gas for cooking, fireplace, hardwood floor, central location.
\$2,500—Double frame and rough east, bath and toilet, electric lights, garden, cellar, each house having six rooms.
\$2,500—Brick house, 6 rooms, bath and toilet, electric lights, gas for cooking, veranda, cellar, garage, large garden.
\$4,500—Brick bungalow, 6 rooms, 3 bedrooms, 2 piece bathroom, electric lights, gas for cooking, good cellar, hot air heating, good garden.

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PHONES:
Office 225. Res. 1423M. or 1181P.

The lazy man's pay envelope is never afflicted with obesity.

The Vital Flame

A Stirring Serial of Primitive Passions

by May Christie

CHAPTER LXXVIII.
On the front porch of the little bungalow among the cedars and the larches sat Marcella Field, and at her side, on a sort of swinging couch or settee made of "ripped canvas" was Miles Holden, an old and much-loved pipe between his lips. "Peaceful countryside, isn't it?" he remarked, puffing away, and placing a hand upon Marcella's. "How would you like to stay here always?"

She turned to smile at him. "Home" is where the heart is, and if Miles wanted her to stay out here—with him—there could be no possible question of a refusal, especially since her father's health was so much better. And everyone had been so kind—so very kind and sympathetic. "You know it rests with you," she very softly said.

Down at the bottom of the garden sang the crickets lustily. Bees hummed among the roses and sweet-scented stocks. The air was full of fragrance of green, growing things, and life—young life. Young life and progress seemed the keynote of this tremendous country.

"A great country to grow up with," murmured her companion, drawing at his pipe. Marcella felt peace stealing over her. This hour of quiet—this heaven seemed so wonderful after the stormy passage she had just come through. The ghastly ordeal of the inquest! Miles in the witness box, the web of evidence against him growing stronger, more convincing! Then Leonie Day's accusing eyes! A vision of herself, facing the coroner and the crowded court! She shivered at the recollection. Then the woman called Deirdre—her confession—and the thrill it caused! "Poor thing!" said Marcella, turning towards the man she loved. He smiled in faint surprise. "Meaning—me? Darling, I could never be poor, when I have you?" She gave him back his smile. Then her face sobered.

70 YRS. YOUNG OR 40 YRS. OLD?

Many Folks in Early Life Older Than Others Past 70—in Which Class Are You?
Just because you are near or past 50 years old, and are handicapped by ill-health, nervousness and a lack of former strength—don't make the mistake of thinking your case is hopeless or that you must now submit to old age.

A prominent doctor recently said: "Old age is not always a matter of years. Weakness, disability, wrinkles, dimmed eyesight and gray hairs are frequently due to lack of vitality and nerve force, as a result of worry, high speed living and overwork!" For conditions of this kind—lack of strength and energy; sleeplessness, dependency, depleted nerve force and signs of premature old age—the recent Erbac discovery has brought joy and satisfaction to many hundreds. One business man says, "Erbac has certainly been worth a million to me. At 51 I seemed pretty much 'all in,' and had felt badly for years—now, thanks to Erbac, I feel like a boy again!"

Plainly wrapped and put up in convenient tablet form for easy home use—the genuine Double Strength Erbac can now be obtained from Jas. B. McLeod, who has been furnished with the regular 16 day treatments to supply to all adults who wish to try it on a no risk basis. Double Strength Erbac—always sold on a guarantee of money back if not satisfied—is a special formula, and should not be confused with ordinary tonics.

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Walnut and Mahogany Graining a Specialty.
First class work. Prices reasonable.
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"I was thinking of Deirdre. What will happen to her. Oh, I'm so afraid."
"You couldn't be. American jurists are tremendously sympathetic and biased, where women are concerned. The unwritten law, you know, I shouldn't be a bit surprised if she got off, scot-free, and everyone sending her bouquets, and making her a sort of heroine."
"She is a heroine," said Marcella softly, tears in her eyes. "She—she did it for my sake. She knew how unhappy you and I were. She wanted to show her gratitude because I was sorry for her, and once kind to her."
Miles interrupted, wisely: "But she had her personal motive, too, Marcella. Treman had been a brute to her. He had married her and cast her off. Revenge must have been simmering in her heart for a long time."
"Perhaps. But if he hadn't planned to marry me—"
"The same thing would have happened, if this woman and he had met. He couldn't have bought her off. She's not that sort. She has very strong affections and emotions. You're allowed to talk with her in the cells, after the inquest was over."
"Was—was she terribly upset? They wouldn't let me see her," faltered Marcella. (Poor Deirdre! What a contrast that life was, to her own! Deirdre had lost her husband, then her lover. . . and her health. . . She was now branded as a murderer. . .)
Miles hesitated, then he said: "She wasn't unhappy—or in the least repentant—if that's what you mean. You know, don't you, what the matter with her?"
Marcella's gaze widened. "You mean, she's ill?"
"Well, yes. Not in the ordinary sense."
"I don't understand."
He moved uneasily. "She's not in a normal condition. When you first met her, several months ago, didn't you notice that? Excitable, and queer."
"Are you implying that she's wrong in the head? Will they put her in an asylum? Oh, poor Deirdre!"
He hesitated, then he said: "She's drugged, Marcella. She's what they call out here, a 'dope victim!' And the habit has got such a hold on her that I don't suppose she could ever give it up."
The girl beside him shivered. "Drugs? How terrible!"
Her thought winged to her first meeting with this woman, in her cabin of the ship. Deirdre had been sad and dull until she'd lit a cigarette. Marcella had wanted one of those cigarettes, but the woman had at once withdrawn her case, refusing to let the girl have one. That had seemed queer at the time, though since had forgotten it. . . And Deirdre, puffing at her own cigarette, had suddenly grown livelier, and those strange eyes of hers had glittered, and her odd, shrill laugh had rung out queerly.
"Drugs!"
"She wasn't the sort of woman Treman could have bribed. She was a child of nature, ruled by her emotions. She either loved. . . or hated. . . desperately. She had a strong feeling about you, Marcella. She wished you well. The love of her life, after her long-ago passion for Treman had turned to hatred and revenge, was the Jose De Orosa who, in his own way, proved as great a rotter, or even greater. But rather than have him murder you, she telephoned the police."
Marcella shivered. "That awful night!"
"He mistook you for Leonie Day. He's a drug-fiend, and when he does get out of prison, I pity his wife—the woman you call Deirdre, I mean to say. He held Leonie Day responsible for his arrest, and the Deirdre woman for his re-capture. I hope they're both far from his range when he gets out of prison, for their own sakes."
"I believe he got a long term," said Marcella, with troubled eyes. Then: "Miles, we must do something for Deirdre. It's too awful about her, and her future. I'm going to see her in the cells. They'll give me permission. Not even you shall stop me. It's my duty—my duty—to go."
(To Be Continued.)

BAKE YOUR OWN BREAD WITH ROYAL YEAST CAKES
The standard of Quality for over 50 years!

EXPORT OF CHEESE LARGEST OF SEASON
Shipment of Cheese Over 21,000 Boxes in Excess of Previous Week.
Montreal, Sept. 22.—The exports of butter from the port of Montreal last week were 8,923 packages which show a decrease of 2,520 packages, as compared with the previous week, and a decrease of 9,191 packages with the same week last year, while the total shipments for the season to date have been 189,893 packages less than the same period of 1925.

CHARLESTON NEWS BUDGET.
House of Providence Sisters Make Their Annual Visit.
Charleston, Sept. 21.—There were many visitors to the lake on Sunday, the day being very fine. Mrs. C. H. Mangham and little daughter, Betty, have returned to their home in Montreal and Miss Abrella Connelly, nurse-in-training at St. Vincent de Paul Hospital, Brockville, has returned to duty after a much needed rest. They were guests of their parents, Mr. and Mrs. W. B. Connelly, at their summer home camp, Ivanhoe, on Bresey Point.

DEATH MYSTERY CLEARED.
Youth Shot Companion Accidentally When Gun Caught.
Brantford, Ont., Sept. 22.—The mystery surrounding the death of Ernest J. Adams, eighteen, of Stratford, Ont., has been cleared up. Adams was killed while buggy-riding with a companion, Bertram Berry, fifteen-year-old nephew of P. Gray, of Nesbit, Man.

Stole Alcohol.
Hamilton, Sept. 22.—The Canadian vinegar works here were last night broken into and 35 drums containing 2,300 gallons of alcohol valued at \$21,000 were stolen. The thieves gained entrance by cutting a hole in the door.

Married Woman Eats Only Bread and Milk
"I could eat only bread and milk, everything else soured and formed gas. Since taking Adierika I can eat anything without causing gas." (Signed Mrs. J. B. Manning, ONE Spoonful Adierika removes GAS and often brings astonishing relief to the stomach. Stops that full, bloated feeling. Excellent for obstinate constipation, often removing surprising amounts of old waste-matter you never thought was in your system. T. H. Sargent.

Want Pension Scheme For Electrical Employees
Toronto, Sept. 22.—Requesting enabling legislation that would facilitate the establishment of a pension scheme for the electrical employees of the Ontario Municipal Electric Association, a deputation from that organization, headed by T. J. Hannigan of Guelph, waited on Hon. W. F. Nickle, attorney-general this morning. The deputation requested assistance that would permit them to put into operation a scheme similar to that now enjoyed by the Ontario Hydro Electric Commission employees. Mr. Nickle promised consideration.

Mr. Samuel Ballenger of London, Ohio, raised a peach weighing twelve ounces and measuring twelve inches in circumference.
Blood-poisoning, caused by a river in his foot, resulted in the death of eleven-year-old Frank Kirshman, Chicago.

Dog runs held at night are popular in New Orleans.

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The standard of Quality for over 50 years!

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AN APFAREST DIES
OF BEE STINGS
Lindsay, Sept. 22.—Malcolm McKinnon, of Balsamor, near here, died last night from bee stings received when he was extracting honey in his apiary. He was rendered unconscious by the stings, and all medical attention proved futile.
Mrs. Rose Callahan of Philadelphia, has filed suit against a policeman for \$10,000 damages for alleged assault and battery.

KNOWN THE WORLD OVER

The TUCKAWAY
Small compact triple safety razor case. Metal blade box containing 20 shaving blades—10 double-edged Gillette Blades and one heavily silver-plated New Improved Gillette Razor—\$5.00. In gold plate \$6.00.
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It simply wouldn't be cricket to say that all university men use Gillette, but an overwhelming majority do. Keen intellects appreciate an instrument of such fine precision and accuracy as the Gillette. The athletic mind is quick to judge the quality of a razor that is so efficient, so fast, and so smooth.
The New Improved Gillette SAFETY RAZOR.
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