

### 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 and vegetable iron, which acts on 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 beneficial as ordinary fresh 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 60-tablet package or sent direct from Laboratory on receipt of price. Ironized Yeast Co., Fort Erie, Ontario, Canada.

### General Insurance

Fire, Life, Accident, Automobile, Burglary, Liability, Plate Glass, Haggage, Robbery.

Reliable Companies only represented.

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**The KINGSTON CLEANERS AND DYERS**  
Clean anything that can be cleaned  
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**Dental Surgeon**  
150 Wellington Street, Phone 619.  
Evenings by appointment.

**George Clark Wright**  
Civil Engineer and Contractor.  
Office 81 Brock St. cor. Wellington and Brock Street, Phone 326.

### For Your Aching Head

Take one ZUTOO TABLET and in 20 minutes, the pain is gone and you feel fine. ZUTOO will stop any Headache, Sick, Nervous, Dyspeptic or Monthly—in 20 minutes by the clock. 25c at dealers.

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GIVEN FREE BY APPOINTMENT

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HEAT YOUR HOME WITH COKE Cheaply, efficiently comfortably, "STELCO" COKE  
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\$13.00 per ton

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\$1,850—5 roomed frame house, 3 place bath room, electric lights.  
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\$2,500—Double frame, toilet and lights.  
\$2,800—Brick house, 6 rooms, improvements.  
\$2,900—Rough cast, 6 rooms, toilet and basin, electric lights, gas for cooking, fireplace, garage and garden.  
\$3,750—Brick Veneer, 6 rooms, 4 bedrooms, 3 place bath room, electric lights, gas for cooking, hot air heating, fireplace, garage, garden and hardwood floors.  
\$3,800—Stone, with improvements.  
\$7,000—Brick house, 10 rooms, all improvements including lot.

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**E. L. MARTIN**  
237 BAGOT STREET  
PHONES:  
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### WEEKLY SUNDAY SCHOOL LESSON

The International Uniform Sunday School Lesson for Oct. 10: "The Reports of the Spies."—Numbers 13:23-33.

BY JYM E. GILROY, D.D., Editor of The Congregationalist. With what eyes do we see? Simultaneously with the eyes of the body or with the eyes of the soul?

The question is enforced for us by many incidents and teachings of Scripture among which is this very notable story of the Twelve Spies sent from Israel to bring back reports concerning the Promised Land. In material vision, the spies were agreed. There was unanimity as to the goodness of the land. Its natural resources were wonderful. It was a land flowing with milk and honey. Let their reports should seem full of exaggeration, the spies brought with them as they returned, great bunches of grapes in proof of their description.

But here the unanimity of the spies ended, for ten viewed the land only with material vision, while two viewed it with eyes of the soul. To the ten, it was simply the land of Canaan, desirable, but beset with difficulties—a land inhabited with giants, full of terror for those who would attempt to possess it.

**Fear Quest is Hopeless.**  
There was no doubt whatever in their minds that it was a hopeless quest for so weak a company as the children of Israel. The ten probably considered themselves very sane, practical men, competent to see things just as they were. They no doubt prided themselves upon their common sense. They were hard-headed men without vain imaginings.

The two, on the other hand, saw this desirable country as a Promised Land. It meant for them the goal of a spiritual quest and they were not going to be lightly turned aside from a glorious purpose by difficulties.

They did not estimate the power and strength of things by mere size. They knew that men of faith and courage and determination might easily put to flight giants lacking in these qualities. They said concerning this land "we be well able to possess it." They were men of the stamp of Elisha, who later on in the conflicts of Israel, as he saw the city encompassed about with horses and chariots, was unmoved by the danger that beset his servant.

"Fear not," said Elisha, "for they that be with us are more than they that be with them," and as Elisha prayed that the eyes of his servant might be opened, "The Lord opened the young man's eyes and he saw: and behold the mountain was full of horses and chariots of fire round about Elisha." That is the power of spiritual vision—to see the mountains full of horses and chariots of fire round about one in times of need; to know that God's power is unquenchable, no matter how many and mighty seem the fiery darts of the wicked.

**Spiritual Vision.**  
It is worth while to turn from this

**DAM RAGES YOU**  
EN WAD MOT ON  
S CAT O LOW L  
OD SESSION HE  
LEST TEN ASEA  
AFTER ALTAR  
TEE EAGER URN  
D ANGLEMENTS  
D STEELED I  
LEAKS A DINES  
ARTS EMU TORE

Crossword Puzzle Answers 10-6

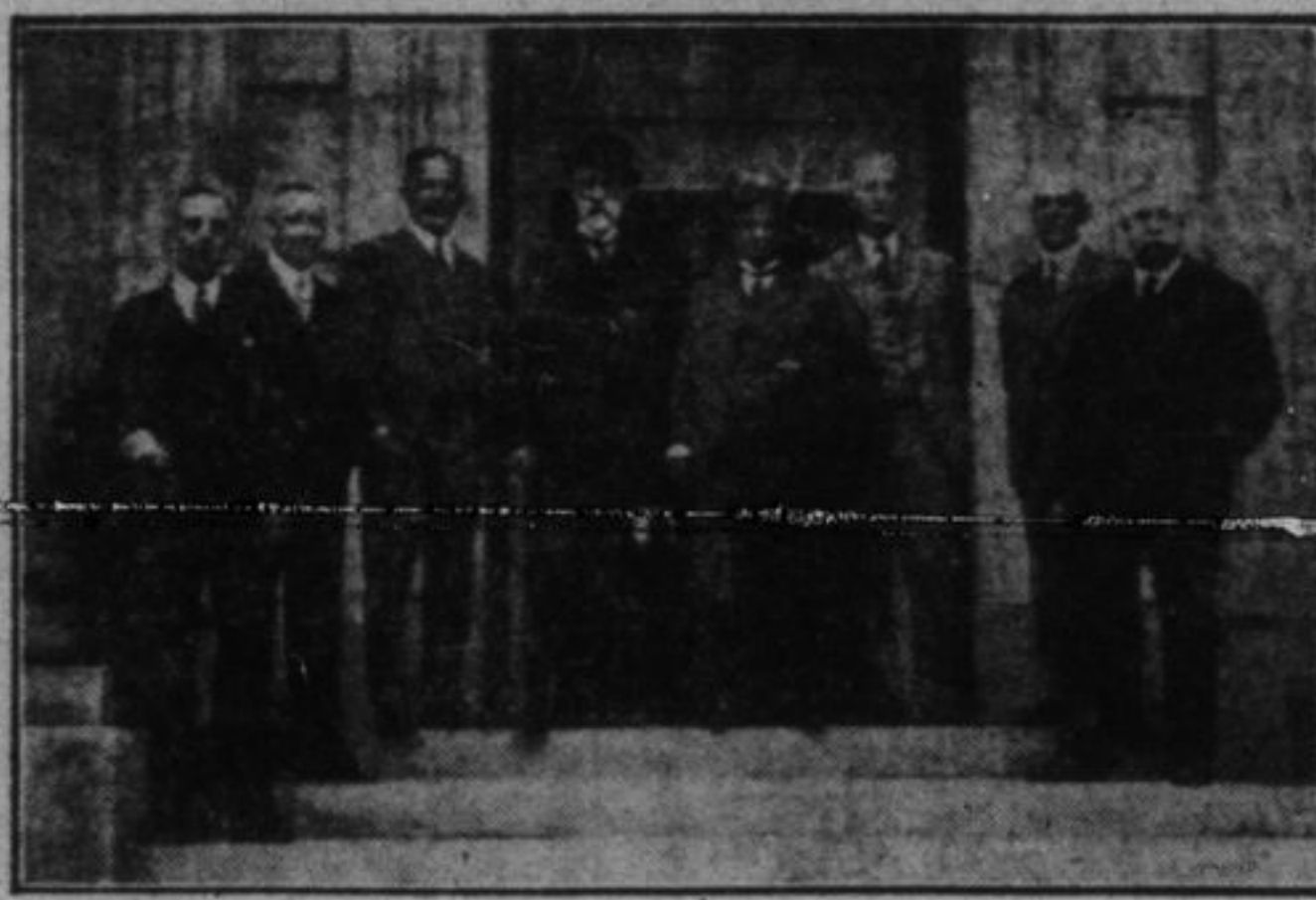
### CROSS-WORD PUZZLE

10-7

1	2	3	4	5	6	7	8	9
10	11				12			13
14	15		16		17			18
19	20		21					22
23		24		25				26
27						28		
29			30	31			32	
33			34			35		36
37		38				39		40
		41				42		43
		44				45		

- You'll find four pyramids in this puzzle design.
- Horizontal.
    - 1. Clergyman who is a deputy of a bishop.
    - 6. Rocked chronologically.
    - 11. Radio bulb.
    - 12. Icon.
    - 14. Standard type measure.
    - 16. To lodge money in a bank.
    - 18. Toward.
    - 19. Projection in a fireplace.
    - 31. Characteristic.
    - 22. Males.
    - 23. God of Love.
    - 25. Sea eagle.
    - 26. To pursue game.
    - 27. The entire property of a bankrupt person.
    - 28. son.
    - 29. Recorder.
    - 30. Female sheep.
    - 32. Snaky.
    - 34. To entangle.
    - 36. Quantity.
    - 37. Like.
    - 38. A second test.
    - 40. Point of compass.
    - 41. Rod.
    - 42. To decorate.
    - 44. Lea.
    - 45. Twist of yarn.
  - Vertical.
    - 2. Neuter pronoun.
    - 3. A quid.
    - 4. To advocate.
    - 5. Depleted.
    - 6. Cuts off from inheritance.
    - 7. Entrance.
    - 8. Child.
    - 9. Delic.
    - 10. Practice performance.
    - 12. Profit.
    - 13. Satisfied.
    - 15. Little bits of food.
    - 17. Rowing implement.
    - 18. Any condition of strain.
    - 20. Cow or calf.
    - 22. Pertaining to a wall.
    - 24. Matched dresses.
    - 26. An ugly old woman.
    - 31. International battle.
    - 34. To barter.
    - 35. To frolic.
    - 38. Eggs of fishes.
    - 39. Falseness.
    - 41. 3:1416.
    - 43. Third note in scale.

### THE DIWAN OF INDIA AT TORONTO



Picture of Bahadur Sir T. Vyayaraghaharya, K.B.C. in the centre of the group, taken after a dinner held in his honor at the head office of the Manufacturers' Life Insurance Company, Toronto.

### RADIO

FRIDAY, OCTOBER 8.

**KDKA (899.1) Pittsburgh.**  
3.20 p.m.—Stockman-Farmer report.  
6.15—Dinner concert.  
7—Baseball scores. Children's period.  
7.25—Stockman-Farmer news and market period.  
7.45—University of Pittsburgh address.  
**WLW (288.3) New York.**  
12.05 p.m.—Visconti's Orchestra.  
12.45—Concert by Mildred Prigge organist.

**WEAF (492) New York, N.Y.**  
10.40 a.m.—1.15 p.m.—Betty Crocker; Norma MacCauley, soprano; talk; Rolfe's Orchestra.  
4.45—Composer-pianist; baritone; "Unexplored Countries"; contralto; Seville. Ensemble; music; Waldorf-Astoria music; talk; Inghram's Orchestra; "Review of the Drama;" accordion and violin.  
8—The Happiness Candy Boys.

### Sore, Aching Corns Drop Out in Hot Bath

To take the sting out of corns and to be sure you are going to be rid of them quickly, the hot foot bath employed with Putnam's Painless Corn Extractor is best of all. To use "Putnam's" is to end corns quickly. The sting disappears, toes feel better at once—another application or two and the corn goes away. Satisfaction is assured to everyone who uses Putnam's Painless Corn Extractor, 25 cents at all dealers.

8.30—The Wandering Minstrels.  
9—Carl Scholowitz, violinist.  
9.20—Melody Girls.  
9.30—La France Orchestra.  
10—Whittall Anglo-Persians.  
10.30-12—Lopez and His Orchestra.  
**WJZ (455) New York.**  
6.05 p.m.—George Olsen's Orchestra.  
7—Sundial Serenaders and Bonnie Laddies.  
9—Honest Ballo, Association.

**WGY (879.5) Schenectady, N.Y.**  
8.30 p.m.—Van Currier dinner programme.  
7.35—Instrumental programme.  
8—Remington band.  
9—Comedy, "Girard Street Gentility."  
11—Valley Male quartet.

**WBZ (833.1) Springfield, Mass.**  
7.30 p.m.—Radio Four.  
8.30—Greenfield Hour.  
9.30—Alberta Kelliber, violinist.  
9.45—Eddie Adams, pianist.  
**WBAL (246) Baltimore, Md.**  
6.30-7.30—Dinner Orchestra.  
7.30-8—WBAL Jubilee Singers.  
8.9—Musical programme.  
9-10—WBAL Ensemble.

**KYW (536) Chicago.**  
6 p.m.—The bedtime story.  
6.30—Congress dinner concert.  
7—American Family Hour.  
9—Edison programme.  
10.30-12—Congress Carnival.

**WOC (484) Davenport, Ia.**  
5.45-6 p.m.—Chimes Concert.  
7.30-8.30—'Moorman Melody Mixers.'  
8.30-9—LaFrance musical programme.  
9-9.30—The Whittall Anglo-Persian.

# \$1.75 value for 99¢



## Special for Candy Week Oct. 7-13

### 3-lb. box of Falcon Brand Assorted Chocolates

Soft creamy centres that melt into deliciousness, caramel fillings that hold a lingering sweetness. Through the window of its attractive box you may see this wonderful assortment of chocolates, individually packed in paper containers. The whole family

will enjoy this unusual treat. It is the greatest value in confectionery ever offered to the people of Ontario. Ask the grocer in your neighborhood who displays the seal of the Independent Grocer on his window to save a box for you.

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By purchasing your full food requirements from stores displaying the sign of the Independent Grocer, you pay no more, considering the service, than under any other system, and you will support for your own protection and benefit the most economical source of grocery supply and service.



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Independent Grocers' Service Bureau