

Canada  
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Case of Forty-  
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a New Total  
\$338,299,427.

Deposits.  
This is marked.  
and at \$461,828.  
\$44,265, a gain of  
\$123,337,341.  
and deposits  
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\$35,284,732,387

\$25 28,732,050

\$14 15,900,363

\$12 10,434,951  
\$10 20,400,000  
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# WEAK DIGESTION DUE TO POOR BLOOD

Perfect Digestion Will Come if  
the Blood is Made Rich  
and Red.

There is no tonic for the stomach  
that is not a tonic for every other  
part of the body. But the stomach  
depends, as does every other organ,  
on the blood for its energy.

There can be no perfect digestion  
unless you have rich, red blood. This  
is scientifically true. The way, then,  
to tone up the stomach is to enrich  
the blood.

Most stomach remedies try to di-  
gest your food for you. How much  
better it is to tone up the stomach so  
that it will do its own work, as nature  
intended. There is no pleasure in  
eating predigested food. Tone up  
your stomach, then your appetite and  
digestion will soon be normal.

If your digestion is weak and your  
blood thin, you need Dr. Williams'  
Pink Pills to restore the strength to  
your blood; in addition use care in  
the selection of your diet and your  
stomach trouble will soon pass away.  
Mrs. Charles La Rose, Fruitland, Ont.,  
suffered severely, and tells what Dr.  
Williams' Pink Pills did for her. She  
says:—"I was a terrible sufferer from  
stomach trouble. The doctor called it  
nervous indigestion. Everything I ate  
stagnated, and I became so weak  
and rundown I could hardly walk. I  
had a pain around my heart most of  
the time, and I slept very poorly. I  
was afraid I would not get well, as  
the doctor's medicine was not helping  
me. In this serious condition Dr. Wil-  
liams' Pink Pills were recommended  
and I decided to try them, and I can  
truthfully say that they made me feel  
like a new person. I will always give  
this medicine a word of praise when  
I get a chance for I think there is  
nothing to be compared with it for  
dyspepsia, or any one weak, nervous  
or rundown."

You can get these Pills from any  
medicine dealer or by mail at 50 cents  
a box from The Dr. Williams' Medi-  
cine Co., Brockville, Ont.

## Dawn!

The skies of dawn are grey before the  
sun  
Rises in glory—chasing mists away:  
And so life's shadows vanish one by  
one  
When pluck shines out in all its  
brave array.

The waking birds sing songs of cour-  
age, cheer  
In the sweet freshness of a world  
new-born:  
And hearts lift psalms of triumph over  
fear  
When trouble's night gives place to  
hope's glad morn!

It matters not how black the clouds  
of sorrow,  
For all of us the sun will shine to-  
morrow!

—Hilary Brown.

Machinery Stethoscope.  
An electrically operated stethoscope  
has been perfected, with which abnor-  
mal noises in machinery can be de-  
tected from distant points.

## BROWN FELT SLIPPERS

With Leather Soles  
69c  
Per  
Pair



DELIVERED  
TO YOU  
POSTPAID  
\$2.00  
4 Pairs ..... \$2.00  
\$3.00  
Men's, Women's and Boys'  
Sizes 1 to 8 only.

AS A PREMIUM with each order of  
\$2 or over a beautiful calendar will  
be mailed postpaid.

## Standard Footwear

1294 St. Clair Avenue West, Toronto



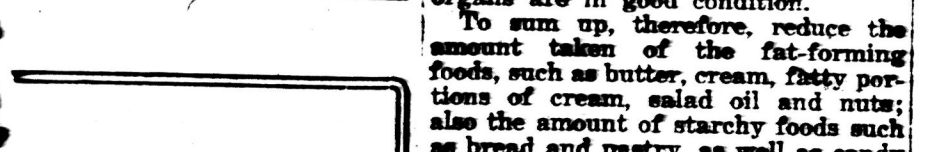
THE GREAT FOG  
Trafalgar Square as it appeared during the great fog which hung like a  
pall of gloom over London for several days recently.

## HEALTH EDUCATION BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.  
Dr. Middleton will be glad to answer questions on Public Health mat-  
ters through this column. Address him at Spadina House, Spadina  
Crescent, Toronto.

A recent visitor to this country re-  
marked on the number of stout people  
he saw here. This food for thought  
as it raises the question of whether  
we as a people are guilty of over-  
eating. I say "guilty" intentionally,  
for over-eating is the sense that it  
endangers health and leads to ineffi-  
ciency, really a crime. As far as  
actual disease is concerned, there are  
certain diseases that have long been  
known to be associated with stoutness  
or overweight. The actual danger  
comes from the deposition of fat  
around and in the vital organs of the  
body, which may cause interference  
with the action of the heart, kidneys  
and blood vessels. Diseases of these  
organs are a common association of  
overweight, and it may be that over-  
weight does prove an important factor  
in their cause, or instance, diabetes  
is a disease which is constantly as-  
sociated with overweight.

What is the cause of overweight?  
It appears to be mainly due to the  
taking of more food than the body  
needs, and the consequent storing up  
of the surplus in the form of fat.  
Overweight may occur at any age, but  
it is most likely to appear after the  
age of thirty. As people grow older  
they tend to take less and less exer-  
cise, while at the same time the am-  
ount of food eaten does not decrease  
and sometimes actually increases. This  
is especially true with regard to work-  
ers in the cities whose habits of life  
are as a rule more sedentary than  
those of the country. Less and less  
of the food they take is consumed by  
actual work and more is stored in the  
form of fat. Overweight may occur  
in two or three ways, first, there may  
be a hereditary tendency to this con-  
dition as is often seen where father  
and son are both stout; second, it may  
occur as the result of some disease,  
sometimes unrecognized, such as  
affections of certain glands; third,  
through leading a sedentary life in  
which overeating and underexercising  
are two of its characteristics. The fact  
that a person has hereditary tenden-  
cies to stoutness is no reason why the  
condition should be allowed to con-  
tinue. It can be overcome by a system  
of dieting and exercise. The fact is



## The Province of Ontario Savings Office

SAFETY IS SATISFYING  
Deposit your savings regularly with the Province  
of Ontario Savings Office.

\$1.00 OPENS AN ACCOUNT  
All monies deposited by you are guaranteed by  
the Government of the Province of Ontario and  
can be withdrawn at any time.

BANKING BY MAIL—  
Department at each Branch.

HEAD OFFICE: 15 QUEEN'S PARK, TORONTO

Branches: Toronto—Corner Bay and Adelaide Streets; Corner  
University and Dundas Streets; 540 Danforth Avenue.  
Aylmer, Brantford, Hamilton, Newmarket, Ottawa, Owen Sound,  
Pembroke, St. Catharines, St. Mary's,  
Walkerton, Woodstock.

## The Guide.

The wild geese need no compass and  
no chart  
To find the distant North.  
Bravely the flock wings forth  
Through infinite sky and over track-  
less sea  
To the cool haven where they all  
would be.  
Led by infallible magic in the heart.

The violet has no calendar to tell  
The ritual of the year.  
But when her Day is here  
I know she will fulfill the ancient  
tryst.

Donning the sacred veil of amethyst,  
By the gray boulder in the ferny dell.

They never fail, the patterns far and  
wide.

The veery's measureless tune,  
The accurate tide and moon,  
The bee's geometry, the beaver's art.  
Who would maintain his little life  
apart

And fear to lean upon the invisible  
Guide?  
—Abbie Farwell Brown in Youth's  
Companion.

## KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for  
the little ones. The days are so  
changeable—one bright, the next cold  
and stormy, that the mother is  
afraid to take the children out for the  
fresh air and exercise they need so  
much. In consequence they are often  
cooped up in overheated, badly venti-  
lated rooms and are soon seized with  
colds or grippe. What is needed to  
keep the little ones well is Baby's  
Own Tablets. They will regulate the  
stomach and bowels and drive out  
colds, and by their use the baby will  
be able to get over the winter season  
in perfect safety. The Tablets are  
sold by medicine dealers or by mail  
at 25 cents a box from The Dr. Wil-  
liams' Medicine Co., Brockville, Ont.

## Clean Pulp From Paper Currency.

The Investigative work of the For-  
est Products Laboratories of the For-  
estry Branch of the Department of the  
Interior is becoming more extensive  
each year. Recent results arrived at  
show that absolutely clean pulp can  
be recovered from the condemned  
paper currency withdrawn from cir-  
culation by the Department of Finance.  
Experiments at the laboratories have  
also demonstrated that fire-killed and  
superficially charred spruce and bal-  
sam fir can be used successfully for  
pulp manufacture. Important work  
is also being accomplished in the treat-  
ment of woods to render them fire-  
retardant.

The family budget should include  
an appropriation for training in char-  
acter building.

In the Bolshevik Navy there are  
two dreadnoughts complete and cap-  
able of steaming and six effective sub-  
marines.

## - AGENTS -

Men and Women—the Jiffy Knife  
Sharpener, new, efficient, 10 year  
guarantee. Good commissions,  
every house a prospect. Write  
PROVEN PRODUCTS  
65 Victoria St. Toronto

## OXO CUBES

are the concentrated  
strength of prime, fresh  
beef. Use them to add  
flavor and nutriment to  
soups, sauces, gravy,  
stews, hash, meat-pies.  
Time of 4-15c. and  
10-30c.

If you'd like a little better tea than you  
are using, please try "Red Rose"

# RED ROSE TEA "is good tea"

The same good tea for 30 years. Try it!

## Radio Reception Conditions.

While it is not yet possible to ac-  
curately forecast radio reception con-  
ditions, considerable progress has  
been made toward establishing the re-  
lationship between weather conditions  
and radio reception, according to en-  
gineers of The Marconi Wireless  
Telegraph Company of Canada,  
Limited.

Generally speaking it has been  
found that when the weather is un-  
seasonable or when there is a sudden  
or decided change in the weather re-  
ception conditions will be bad, according  
to these authorities.

Cold weather in summer, warm days  
in winter or a change from cold and  
crisp to moist and snowy weather will  
invariably bring about poor reception  
conditions. Fading, both of the slow  
and rapid variety, has been found to  
be almost as bad for radio reception as  
static. Fading is almost inevitable  
when the weather changes, it is  
stated.

Every effort is being made by radio  
engineers in all parts of the world to  
determine the relationship between  
radio reception and the weather so  
definitely that forecasts as to radio re-  
ception will be as accurate as those  
now issued by the meteorological bu-  
reau about the weather. When this  
has been accomplished it will mark a  
big forward stride in radio receiving.

## For Every Ill—Minard's Liniment.

It is an uncontrolled truth that no  
man ever made an ill figure who un-  
derstood his own talents, nor a good  
one who mistook them.

## MORE THAN 55,000 FARMERS

have bought their farms in Western  
Canada from the Canadian Pacific. A  
remarkable fact. Think! There is a  
reason. The large area of our hold-  
ings affording choice of location and of  
land to suit every farming need. Fair  
price, fair contract and fair dealing  
combined with abundant fertility of  
soil, good climate and social condi-  
tions make farm life there desirable  
and attractive. Thousands more will  
select their farm from our virgin lands,  
from our improved farms, and with  
some capital and determination to  
work, can make a home and pay for  
it. Write for our booklet, "The Prairie  
Provinces of Canada," and leaflet,  
"Western Canada Forges Ahead." C. L.  
Norwood, Land Agent, Canadian Pacific  
Railway, Desk W., Windsor Station,  
Montreal, Que.

## BERMUDA

Ideal Winter Playground  
Only 2 Days from New York  
Sailings Twice Weekly  
Leaving N.Y. Wed. and Sat.  
Via Bristol, Twin Screw,  
Oil-Burning Steamers  
"FORT VICTORIA" and  
"FORT ST. GEORGE"  
Leaving Passenger Hamilton Dock  
For Illustrated Booklets Write  
FURNESS BERMUDA LINE  
34 Whitehall Street - New York City  
or Any Local Tourist Agent

## OLD and RARE BOOKS

ON CANADIAN SUBJECTS. Send  
particulars to the Wilson Publishing  
Company, 73 West Adelaide Street  
Toronto, Ontario.



Unless you see the "Bayer Cross" on tablets you are  
not getting the genuine Bayer product proved safe  
by millions and prescribed by physicians 24 years for

Colds Headache Neuralgia Lumbago  
Pain Toothache Neuritis Rheumatism

Safe Accept only "Bayer" package  
which contains proven directions.  
Handy "Bayer" boxes of 12 tablets  
Also bottles of 24 and 100—Druggists.  
Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mannheim.  
The Aspirin name Bayer manufacture, to protect the public against imitations, the Tablets  
of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## Classified Advertisements

### MONEY TO LOAN.

FARM LOANS MADE. AGENTS  
wanted. Reynolds, 77 Victoria  
Street, Toronto.

### WANTED

STONE INDIAN RELICS. H. A.  
VanWinckel, 1399 Lansdowne Ave.,  
Toronto.

### MATRIMONIAL

PAPER, PHOTOS, ADDRESSES 10c.  
McCreery, Chatham, Ont.

The Nobel Prizes, awarded for the  
most notable achievements in physics,  
chemistry, medicine, literature, and  
peace each year, are worth about \$40,-  
000 each.

Passengers by air who left Croydon,  
England, in one week of 1924 num-  
bered 1,000; for the same week in 1919  
the number of passengers was 20.

HOUSE established 30 years.  
Please write for our price list on  
Poultry, Butter, and Eggs  
at QUINCY from for a week ahead.  
P. POULIN & CO., LIMITED  
20-22 Gloucester Street  
Telephone 4646 7/8  
MONTREAL QUEBEC

## FROST BITES

Dangerous if unattended.  
Rub with Minard's and take  
no chances.  
It restores circulation, heals the  
injured tissues.  
Always keep it on the shelf.



## FACE AFFECTED WITH ECZEMA

Also Behind Ears and On  
Limbs. Cuticura Heals.

"I was affected with eczema  
which broke out in a rash. I had  
it on my face, behind my ears and  
on my limbs. My skin was sore  
and red and my clothing aggravated  
it. It itched and burned causing  
me to scratch, and sometimes I  
could not sleep at night. My face  
was disfigured.  
"I finally read an advertisement  
for Cuticura Soap and Ointment  
and sent for a free sample. I got  
relief so purchased more, and after  
using one box of Cuticura Oint-  
ment with the Cuticura Soap, I  
was healed." (Signed) Miss Arvilla  
C. Cryler, 2639 Taylor St. N. E.,  
Minneapolis, Minn.  
Use Cuticura for all toilet purposes.  
Sample Book Free by Mail. Address Canadian  
Branch, Cuticura, P. O. Box 2618, Montreal.  
Try our new Shaving Stick.

## ABLE TO DO HOUSEWORK NOW

Sick a Year. Got Great Ben-  
efit from Lydia E. Pinkham's  
Vegetable Compound

Bloomington, N. S.—"I took Lydia  
E. Pinkham's Vegetable Compound for  
pains and backache, also for nervous-  
ness, sick headaches and sleeplessness.  
I was troubled in this way for over a  
year, and a friend told me about the  
Vegetable Compound and induced me to  
take it. I must say I have received  
great benefit from it and am able to do  
my housework now. I recommend the  
Vegetable Compound myself and am  
willing for you to use this letter as a  
testimonial."—Mrs. WILLIAM MORSE,  
Bloomington, Annapolis County, N. S.  
Do you know that in a recent canvass  
among women users of the Vegetable  
Compound over 220,000 replies were re-  
ceived. To the question, "Have you  
received benefit by taking this medi-  
cine?" 98 per cent. replied "Yes."  
This means that 98 out of every 100  
women are in better health because  
they have given this medicine a fair  
trial.  
Mrs. Morse is simply another case of  
a woman receiving "great benefit."  
Women suffering from the troubles so  
common to their sex should listen to  
what other women say who have expe-  
rienced the same sufferings and found  
relief. Give this dependable medicine a  
chance—and at once. It is sold at all  
drug stores.