



THE STANDARD ARTICLE - SOLD EVERYWHERE

For making soap softening water, removing paint, disinfecting sinks, closets, drains, and for many other purposes

E.W. GILLETT COMPANY LIMITED TORONTO, ONT.

HEALTH

Torticollis.

Torticollis, which is derived from two Latin words, means literally "a twisted neck." It may be a symptom of various conditions, some serious and others of slight importance.

Fortunately, however, the usual attack of "stiff neck" lasts only two or three days, although it is the cause of a good deal of pain.

It follows that the same remedies that would be adopted for the ordinary cold will be of use, in addition to local treatment for the relief of the pain.

Most people find warm applications very helpful, and as the pain gradually lessens, vibratory massage, or gentle massage with the hand, often gives relief.

An acute attack of stiff neck is painful, but unimportant; but a chronic torticollis, whether painful or not, is generally a serious matter, and often leads to deformity.

IS AN IDEAL PORT. Only World Harbor That Has Double Tides Daily.

The position of the port of Southampton is that of England's premier passenger port, and no further evidence of this is needed than the fact that 304,045 passengers and 47,968 troops, giving a total of 352,013 persons, arrived in the port and departed from the docks in 1910.

The geographical position of the port is not only unique, in that it is situated almost midway on the coast line of the English Channel, and within easy access by rail to the Metropolis, but it is blessed with the unusual natural advantage of double tides, which gives it virtually four hours of high water twice a day—an advantage enjoyed by no other port in the world.

LETTERS FROM MOTHERS.

Every day we have letters from thankful mothers telling us what Baby's Own Tablets have done for their little ones. Some praise them for constipation, others for teething troubles, and still others for vomiting, indigestion and the many other ills of "babyhood and childhood."

Hiccup.

Hiccup is the spasmodic contraction of the diaphragm; it may be a symptom of the most trivial importance that yields to the simplest kind of treatment, or of a serious and intractable affection that persists for a long time, and even produces death by exhaustion.

Sometimes the attack comes on without any apparent cause; but it may follow a sudden chill, such as that caused by stepping from a warm bed to a cold room; it may accompany a violent fit of crying, or it may be due to the distension of the stomach by food or gas.

In simple cases, very slight measures are sufficient to put an end to the attack. Anything that causes a feeling of suffocation will generally effect a cure, because that feeling naturally results in a forced contraction of the diaphragm.

In the case of small babies, a mere change of position will sometimes stop an attack. When the hiccup does not yield promptly to simple measures, careful search should be made for the cause. In the case of infants or small children, this is usually connected with the diet.

TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM THE QUEEN CITY.

Reminiscences of a Politician—Toronto and Normal School Square—Harbor Commissioners' Plans.

The publication of a volume of reminiscences by the late Sir Richard Cartwright has caused something of a sensation in political circles.

A particularly significant chapter is one in which he pays a tribute to the intelligence and ability of the Ontario farmer. In part he says: "No one thing has been made more clear to me during my political experience than the extreme ignorance of a vast number of otherwise intelligent and well-informed professional and business men of the political doings of the day."

Ontario of Scotch Origin.

"Of course the percentage of such men would vary in different ridings. But taking the farm populations of Ontario as a whole you would have found in most constituencies a considerable number of just such men as I have described—earnest, thoughtful, intelligent and well-read men, at least as far as the political history of Canada was concerned."

Criticism of Blake.

Perhaps the most surprising thing about Sir Richard's book is his criticism of Edward Blake. He rarely mentions Blake except to censure him.

One of the most serious charges against Blake is that he deliberately and needlessly estranged the Orange Order from

More Praise for Dr. Hamilton's Pills

"For a period last summer the thought of food excited feelings of nausea," writes Mrs. C. A. Dodge, of Bloomsbury. "The heat had made me listless and the distaste for food reduced me to a condition of semi-starvation and brought me to the verge of nervous collapse."

Get this best of all medicines today and refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butternut. Sold by all druggists and storekeepers, 25c. per box or five for \$1.00.

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Whenever you see a well gloved hand think of PERRIN GLOVES

The Liberal party, particularly by his attitude on Riel and by his direct attack on the Orange in Parliament. This, Sir Richard affirms, will take generations to counteract.

Of Laurier. Of Laurier he speaks cordially, but without any apparent enthusiasm. No doubt he will have more to say on this subject in a second volume, which the publishers promise later.

No Gift for Toronto.

Sir James Whitney has replied in characteristic fashion to the request of the city of Toronto that the Normal School grounds should be turned over to the city as a civic park.

Toronto's Harbor Plans.

No proposed civic improvement has ever created more, perhaps not as much, enthusiasm as has the plan of the recently appointed Harbor Commission.

The chief effects of the improvement plan will be to make Toronto practically an ocean port, to turn the vast area of Ashbridge Bay now chiefly waste, into exceptionally desirable industrial sites, and to beautify the city by a ten-mile waterfront boulevard and driveway extending from the Humber to the Don.

foretell without some imagination. The Ashbridge's district can easily support an industrial population of 100,000, and the establishment of real shipping facilities will give Toronto a stronger grip than ever on the distributing business of Canada.

Pretty Narrow.

"I think a woman ought to make her clothes match her means." "Dear me! Are your means as narrow as that?"

In France 21.24 per cent. of the population are employed in agricultural pursuits; in the United Kingdom the percentage is 5.58.



It's the CLEANEST, SIMPLEST, and BEST HOME DYE, one can buy—Why don't you even have to know what KIND of Cloth your Goods are made of.—So Mistakes are Impossible.

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IT is easy to make money, but hard to save it—why not exercise the same care in the investment of your savings as do Banks and Trust Companies and buy guaranteed bonds?

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Advertisement for Post Toasties cereal, featuring the text 'A Treat Anytime', 'Crisp, delicately browned', 'Post Toasties', and 'The Memory Lingers'.

Advertisement for Perfection Oil Heater, featuring an illustration of the heater and the text 'A Clever Milkman', 'writes us that he warms his milk-wagon on cold days with a Perfection Oil Heater.', and 'PERFECTION OIL HEATER'.