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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. It appears, for instance, in spinal caries, and in that case it is the direct result of the destruction of the bones of the spinal column. Myositis is a disease of the muscles that starts with inflammation, and ends in a permanent hardening of the muscular fiber. When it attacks the muscles of the neck it pauses a chronic condition of wryneck.

sause of a good deal of pain. Wo- Co., Brockville, Ont. men and children suffer from it more often than men. It is said that exposure to a draft will often bring on an attack, and neuralgia tion of the diaphragm; it may be a lessly estranged the Orange Order from in one or more of the nerves of the symptom of the most trivial importthe height of the attack, the usual of treatment, or of a serious and uncomfortable accompaniments of a intractable affection that persists "cold" will be noticed-a feeling for a long time, and even produces of lassitude, with a furred tongue, death by exhaustion. No one may headache, and sometimes slight hope to be entirely free from hiclever.

that would be adopted for the or- whole it is more common with childinary cold will be of use, in addi- dren than with adults.

A Treat Anytime

Crisp. delicately browned

Post Toasties

Ready to serve without further cooking by adding cream or milk.

Often used with fresh or canned fruit.

"The Memory Lingers"

Canadian Postum Cereal Go., Ltd. Windsor, Ontario.

tion to local treatment for the re-lief of the pain. Most people find TORONTO warm applications very helpful, and as the pain gredually 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. that does not yield readily to ordinary household remedies, a physician should make athorough examination at once.-Youth's Companlon.

IS AN IDEAL PORT.

Only World Harbor That Has Double Tides Daily.

The position of the port of Southampton is that of England's pre-

is situated almost midway on the coast line of the English Channel, and within easy access by rail to the | minded of statements made by myself in Metropolis, but it is blessed with times past and called on for explanations 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. The harbor itself is landlocked, but for the a whole you would have found in most east and west entrances, and the very moderate tidal range with a slow flood tide, is a boon that cannot be too highly valued, for it not had their limitations, no doubt, but as a only makes the nort very accepta, whole they stood for honest government. only makes the port very acceptable, but minimizes the cost of dredging.—Cassier's Magazine.

LETTERS FROM MOTHERS.

Every day we have letters from hankful mothers telling us what Baby's Own Tablets have done for origin, and as you know Ontario is to a their little ones. Some praise them great extent a scotch colony. At any law they were a class of whom any country for constipation, others for teeth- might be proud, and the men from whom ing troubles, and still others for vomiting, indigestion and the many study our blue books, and even such a other ills of babyhood and childhood. We have received thousands of letters-all giving praise. Mrs. W. G. Crowe, Midland, Ont., says: "I think very highly of Baby's Own Tablets. I gave them to my baby when troubled with constipation and they helped her so much I al-ways keep them in the house and now use no other medicine." The distoyalty to Alexander mackenzie and of repeatedly ruining the prospects of the Liberal party in the House of Commons and in the Province of Ontario by his bungling politics. His conduct in trying Fortunately, however, the usual Tablets are sold by medicine dealattack of "stiff neck" lasts only ers or by mail at 25 cents a box two or three days, although it is the from The Dr. Williams' Medicine

Hiccup.

Hiccup is the spasmodic contracface frequently accompanies it. At ance that yields to the simplest kind cup; in its simple form it is ex-It follows that the same remedies tremely frequent, but upon the Here Is More Proof of Quick

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. Severe fright or nervous shock have also been known to lead to intractable attacks of hiccup.

A feeble infant with whom hiccur comes to be of daily occurrence of ten falls into a state of extreme exhaustion; in such a case great care should be taken to ward off or put an early stop to the attacks.

Where there is any serious disorder of the abdominal organs, persistent hiccup is a disquieting symptom; and when it occurs as an accompaniment of kidney disease, it is almost always of grave signifi-

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. One old-fashioned remedy is the slow sipping of a glass of water; another breaths at regular intervals.

In the case of small babies, a poor health." mere change of position will some- Get this best of all medicines totimes stop an attack. When the day and refuse a substitute for Dr. hiccup does not yield promptly to Hamilton's Pills of Mandrake and simple measures, careful search Butternut. Sold by all druggists should be made for the cause. In and storekeepers, 25c. per box or the case of infants or small chil- five for \$1.00. Sent postpaid by The dren, this is usually connected with Catarrhozone Co., Buffalo, N.Y., the diet.

INTERESTING BITS OF COSSIP FROM THE QUEEN CITY.

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

That is especially the case with children, in whom it may indicate the onset of tuberculosis of the spine. When a child has a stiff neck spine. The publication of a volume of reminis-

more than one surprise.

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 poiltical 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. There is, curiously enough, in Ontario at least, a very great deal more interest taken, and a very great deal more accurate idea of the aims and proceedings of the several political par-ties, among the bester class of farmers than among the so-called more highly educated classes. I am myself a city man, more or less of the public school ampton 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 line of policy, and, what is more, would consider and remember what you told them. Many a time, and sometimes after the lapse of twenty years, I have been reif they thought there was any discrepancy between my then and former posi-

Ontario of Scotch Origin.

"Of course the percentage of such men would vary in different ridings taking the farm populations of Ontario as constituencies a considerable number of just such men as I have described—earnest, thoughtful. intelligent and wellread men, at least as far as the political history of Canada was concerned. They If they had a fault, it lay in their staunch devotions to their respective parties, which sometimes made them condone conduct which at the bottom of their hearts they really condemned. Once they had taken a side it was a matter of extreme difficulty to induce them to change it. In some respects they answered very nearly cultivated. They were largely of Scotch most of our leading public and profesformidable document as the Auditor-General's report, with a zeal which very few of our members of Parliament ever bestow upon them.

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. He accuses him of disloyalty to Alexander Mackenzie and to publish his famous West Durham letter previous to the election of 1891 is described as "treacherous" to Laurier and Cartwright, the Dominion and Ontario leaders respectively in the House of Com-

the act of a quitter, when victory was within sight. One of the most serious charges against Blake is that he deliberately and need-

mons. His resignation of the Liberal

leadership in 1887, one is led to infer, was

Gained in Weight, Digestion Restored. Health Renewed

Cure For All Folks That Are Weak, Ailing, Nervous.

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. Tonics were useless to restore an active desire for food. The doctors told me my liver and kidneys were both at fault, but the medicines they gave me were too severe and reduced my strength so that I had to abandon them. At the suggestion of a friend who had been cured of blood and skin trouble, I began the use of Dr. Hamilton's Pills. The difference I first noticed was, that while they cleansed the system, instead of feeling weaker I felt better after taking them. Indeed their activity was so mild it was easy to forget I had taken them at all; they seemed to go right to the liver, and in a very brief time not only did all source of nausea disappear, but I began to crave food and I digested it reasonably well. Then I began to put on weight until within three months I was brought to a condiis the drawing and holding of deep tion of good health. I urge Dr. Hamilton's Pills for all who are in

and Kingston, Canada.

See that the trade mark is on every glove Whenever you see a well gloved hand think of PERRIN GLOVES

counteract.

Repeatedly he declares that Sir John's Pacific deal and his subsequent re-endorsation by the country did more to degrade the public life of Canada than will be overcome for generations.

Of Laurier.

Of Laurier he speaks cordially, but withmate of most of them.

His views on public questions were made known pretty thoroughly during his lifetime, but he leaves a succinct account of them for future generations. The depopulation of Ontario and the issue of protection receive the fullest consideration. There is little doubt but that the book will have influence on future generations. Sir Richard had undoubted ability, and a turn of the wheel of fortune might at more than one stage in his career have made him Premier of Canada. Doubtless he would have made a judicious Prime Minister, but in that case he would have scarcely left us his delightful reminiscences.

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. The Square is worth probably a million dollars now, though it was originally purchased by the Government for a few thousand. The argument that the increase should be handed over to the city because it was the city's to the class of old English yeomen in the growth that gave it the increased value days when they owned the lands they is knocked into a cocked hat by the Premier, who points out that "the Province as a whole has been unquestionably the chief factor in the increased values of property and of the great increase of wealth in the city.

The Premier dictated his reply, but it sional men have sprung. They would was not delivered until he was on the middle of the Atlantic on his way to England, where he and Dr. Pyne are spending a flying visit preparatory to the session. The Minister of Education is one of Sir James' strongest personal friends. dating from long before Sir James was called to the Premiership. They are both fond of an ocean trip and will no doubt manage to get some enjoyment out of it even during the chill days of December.

Toronto's Harbor Plans.

No proposed civic improvement has ever created more, perhaps not as much, enthusiasm as has the plans of the recently appointed. Harbor Commission. They call for a total expenditure of \$19,000,000, of which \$6,000,000 is to be contributed by the Dominion Government, and most of the rest will be raised by the Commission itself by the sale of bonds on which the interest will be paid by revenues from docks and rentals.

Doubting Thomases smile when members of the Commission declare that the whole expenditure will be made and the scheme carried out within ten years. But the Commission insists that it means it. The Dominion Government work, consisting chiefly of dredging, will begin at once, and plans for the Commissions' own expendi-

ture are well under way.
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. The results of these changes is hard to

the Liberal party, particularly by his attitude on Riel and by his direct attack on Ashbridge's district can easily support an the Order in Parliament. This, Sir Rich- industrial population of 100,000, and the ard affirms, will take generations to establishment of real shipping facilities Of Sir John A. Macdonald he speaks vehemently, but with some mellowness.

Repeatedly he declares that Sir John's day. It may be that after all, Toronto's

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.



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milk-wagon, but there are countless ways in which one of these heaters would be a convenience and comfort to you in your home. You can adapt it to your own requirements.

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