A MOTHER'S TRIALS

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired, or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

It Has Come True.

As Jerusalem, previous to being captured by the British in December, 1917, had been under Turkish misrule for four hundred years, it was thought by the natives of Palestine it would forever remain in the hands of the Turks. Hence the old saying common amongst the inhabitants of the Holy Land, which runs: "When the waters of the Nile flow into Palestine the Turk will be ousted from Jerusalem."

As geography tells us this is impossible, it is interesting to know it actually did happen. What seemed impossible was effected by the Engineers of the Egyptian Expeditionary Force. After overcoming great difficulties, they succeeded in laying a large water pipe across the bed of the Suez Canal near Kantara. Through this pipe flows water from the River Nile. The water eventually finds its way through the Sinai Desert and into Palestine. Thus it came to pass Jerusalem was taken two months after "the waters of the Nile flowed into Palestine."

O Little Folk.

O Little Folk, the summer sun is waning;
On bush and tree the leaves are turning fast.
O Little Folk, the winds will be complaining
Of winter soon and sighing for the past.

Then copse and dell and every hazel hollow
Will see no more your little twinkling feet,
In mazy dance, and, lonely, I shall follow
The olden trail and find it bittersweet.

O Little Folk, no more the lilt of laughter
Will shake the dew from the anemone,
And moons shall come and moons shall follow after
Ere life and love shall kiss each waiting tree.

—Ernest H. A. Home.

The Workings of Conscience.

The American who was touring England had been boasting again in the village inn.

"Talking of scarecrows," he said, "why, my father once put one up, and it frightened the crows so much that not one entered the field again for more than a year."

He looked triumphantly round his audience. Surely that had settled these country bumpkins!

But he was to meet his match.

"That's nothing!" retorted a farmer. "A neighbor of mine once put a scarecrow into his potato patch, and it terrified the birds so much that one rascal of a crow that had stolen some potatoes came next day and put them back."

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are mild but a thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25 cents a bix from The Dr. Williams' Medicine Co., Brockville, Ont.

Three Fashionable Models

8882 Transfer Design No. 982 — 8886 — 8868

No. 8868—Misses' Smock Dress. Price, 25 cents.

Suitable for small women; smocked or shirred, with or without vest; two-piece skirt in two lengths, high waistline, plain or with turned-up cuff. In 4 sizes, 14 to 20 years.

No. 8886—Misses' Empire Dress. Price, 25 cents.

Suitable for small women; guimpe with side section, body and sleeve in one, straight gathered skirt in two lengths. Cut in 4 sizes, 14, 16, 18 and 20 years.

No. 8882—Misses' Dress. Price, 25 cents.

Suitable for small women; one-piece jacket, straight lower edge; two styles of sleeve, attached to jacket or waist; straight skirt attached to underbody at low waistline; in two lengths. In 3 sizes, 16 to 20 years. Size 16, jacket, 1⅝ yds. 36 ins. wide; underbody, skirt longer length, 2½ yds. 36 ins. wide. Width, 1⅜ yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond Street, Toronto, Dept. W.

A Saver to pocket book and health, and a delight to the palate.

Do as your neighbor is doing and cut the high cost of living by drinking

INSTANT POSTUM

Instead of tea and coffee.

ROYAL PROCLAMATION

"Fire Prevention Day" for Canada on October 9, 1919.

Whereas it is shown by reliable statistics that the amount of the average annual loss of property by fire in Canada exceeds twenty million dollars, the loss for the year 1918 being in excess of thirty million dollars, and that there is in addition a large annual unappraised loss from forest fires which, if unchecked, threatens to greatly impair, if not to entirely destroy, our heritage of forest wealth;

And whereas, there is also every year in Canada a deplorable loss of human life as a result of fire;

And whereas, it is desirable for the well-being of the nation that a greater regard for the sanctity of human life be inculcated; that the material wealth of the nation be so far as possible conserved, and that every agency which tends to needlessly dissipate or destroy human life or property be vigorously opposed;

And whereas, it is authoritatively estimated that at least seventy-five per cent. of the fires occurring are preventable by the exercise of proper care on the part of individual citizens, and that therefore a corresponding proportion of the annual loss from fire can be avoided;

And whereas, it is desirable, in order that the attention of the public may be directed to the extent of the preventable loss of life and property from fire and the best means of controlling it, that one day of the year be set aside and properly designated for the dissemination of such information and the giving of such instruction on fire loss and fire prevention as may be practicable;—

Now know ye, that we, by and with the advice of Our Privy Council of Canada, have thought fit and do appoint Thursday, the Ninth day of October in this present year, as "Fire Prevention Day" and we do recommend to all our loving subjects that, on that day,—

1. All dwellings and their surroundings be carefully inspected by their occupants and all conditions likely to cause or promote the spread of fires removed.

2. All public buildings, stores and factories be inspected and cleared of rubbish.

3. Fire drills be held for the children in all schools and for employees in all large stores and factories.

4. Special instructions on the subject of fire prevention be given by the teacher and by municipal officials in the schools and that such appropriate literature as may be made available be distributed to the pupils.

5. All legislation and regulations enacted or issued by Dominion, provincial or municipal authorities dealing with fire prevention be given publicity by the municipal officials, and that by public meetings or otherwise as may to them seem most fit, they endeavor to impress upon the citizens the national importance of safeguarding life and property from loss by fire.

MOLASSES IN THE RATION.

There is quite an interest displayed by breeders and dairymen all over this country in molasses as supplementary feed. There is no question but that its use on the farm is spreading in such proportion as to make it interesting for our readers to know something about the feeding value of molasses, its effect on the live stock, etc.

First of all, it must be borne in mind that molasses may be divided into as many classes as hay. Simply to say molasses is not saying much. There seems to be very little of beet molasses used in straight form as a feed for live stock as in the case of sugar cane molasses. It seems that beet molasses contains too much ash, and it acts as a purgative. There is also sugar cane molasses which does not quite come up to standard of a feeding molasses. There is the re-boiled molasses with a good deal of sugar extracted. There is the domestic molasses with sulphur dioxide marked on barrel. It seems that the safest molasses is the original pure sugar cane molasses. A good molasses should test 52 per cent. sugars and not over 6 per cent. ash. The flavor of the molasses is also important. It may often happen that the same testing molasses is not the same tasting.

It would seem that the most important use of sugar cane molasses is in connection with the disposal of roughage on the farm. It is surely the most practicable way of making feeds palatable and digestible. The usual method is to thin the molasses with water so that it runs as freely as cream and to pour it over dry corn fodder, straw, old hay, etc. A sprinkling can with the holes enlarged, often proves very handy. Some find it well to grind up their roughage and mix the molasses with roughage and grains. This is the best method, for, besides the grains which may be substituted pound for pound to that of molasses, the roughage also replaces much of the grain.

Of course the handling of molasses is different from that of other feeds and for that reason a number of live stock owners refused to feed it, but those who are aware what benefits can be derived through the judicial feeding of molasses will soon find a convenient method of feeding it, and will not be without it.

About three pounds a day is the average amount prescribed for cows. Horses are fed from 2 to 6 pounds per day according to the amount of energy or work required from them. Swine benefit on ¾ pound per day per 100 lbs. of live weight. Calves are fed from ½ to 1 cupful per day.

A good molasses will please the animal and make it more fit for maximum production whether it be flesh or work. It will keep the bowels in good order and prevent ailments due to indigestion. It produces a sleek coat. A progressive live stock owner should always have some on hand. —Michigan Business Farming.

Save Some Seeds.

Every grower of vegetables should make an effort to select some specimen vegetable plant from the crop and mark it especially for seed purposes. In England and France it is a general practice among growers and small holders to save some seed. Seed taken from the best specimens will generally give a good percentage of yield the following year. Some species of vegetable will not produce seed in Canada as the seasons are too short and muturity cannot come to perfection, but carrot, parsnip, lettuce, peas, beans, raddish, squash, corn, marrow, pumpkin, onions, can be relied upon if the seed is selected from the first crown and not the latest seed vessels.

Pillar and rambler roses should have liquid manure to encourage new growth.

When singing "What is home without a mother," it would be in place to give mother a lift in the kitchen.

A Call to Every Former Student of the University of Toronto

Among the pages of Canada's history that will tell the story of sacrifice and devotion so remarkably demonstrated by young Canadians in the World War, none will illustrate more clearly the spirit of Canada than those devoted to the sacrifices made by men and women who were formerly students at the University of Toronto. Deeds of heroism on their part are not to be recorded here, but it is well known that they played their part fearlessly and well.

To perpetuate the memory of the Varsity men and women who died in defence of civilization during the Great War it is proposed to erect a Physical Memorial, and also to establish scholarships and a War Memorial Lectureship. A memorial tower built in architectural harmony with the surrounding buildings, containing a beautiful chime of bells, will connect the west wing of the University of Toronto with Hart House, the magnificent new gymnasium and students' union, the centre of undergraduate life in the university. Adjoining the tower will be a memorial hall, and in it the names of all students and former students who served in the war will be recorded in a worthy setting.

The establishment of the scholarships, however, will take the larger portion of the $500,000 to be secured. These will be apportioned among the different faculties for the aid of those returned soldier-students and their children who are in need of help, and will be given to soldiers who were alumni and to their dependents. Loans will also be made to soldier-students who could not otherwise complete their education. The decision to use the funds in this way was reached after a thorough canvass was made throughout Canada.

Every graduate and former student is to have the opportunity of contributing to the fund. As far as possible the canvass will be by personal solicitation. In some centres this has been started and in others it is about to be undertaken. By the latter part of October the campaign will, it is hoped, be in operation throughout the world and will have become the biggest thing of its kind ever attempted, having regard to the extent of the field to be covered.

In Ontario the county unit will be used and organization along these lines is proceeding rapidly. The county canvass will centre in logical places and in this way it is hoped to reach practically every graduate and former student.

Counties and local communities have the privilege of establishing a scholarship for their own students provided that a sufficient amount is raised.

Minard's Liniment Cures Burns, etc.

For polishing leather-upholstered furniture, use turpentine and beeswax melted together to the consistency of a thin cream.

"CARRY ON"!

If Constipated, Bilious or Headachy, take "Cascarets"

Feel grand! Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and your stomach sour. Why not get a small box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh pills. Cascarets bring sunshine to cloudy minds and half-sick bodies. They work while you sleep.

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Seeing on the Water.

At a height of one foot from the water an object can be seen at 1.32 miles; at six feet elevation the range of vision is increased to 3.23 miles, while at 10 feet the horizon is increased to 4.16 miles. This in clear weather put great limitations upon the sight of a submarine periscope, as all merchant vessels were keenly on the lookout for such.

This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.

(Signed) W. S. PINEO.

"Woodlands," Middleton, N.S.

Owl Can't Turn Eyes.

The owl has no motion in the eyes, the globe of which is immovably fixed in its socket by a strong, elastic, hard, cartilaginous case, but in order to compensate for the absence of motion in the eye, the owl is able to turn its head round in almost a complete circle without moving its body.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

In pig-breeding the first animals purchased should be selected with great care, as the breeder is laying the foundation of a herd that may be either a tip-top one, and famous all the country round, or a comparatively ordinary one of but little importance.

LISTEN TO THIS! SAYS CORNS LIFT RIGHT OUT NOW

You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati authority to use a drug called freezone, which the moment a few drops are applied to any corn, the soreness is relieved and soon the entire corn, root and all, lifts out with the fingers.

It is a sticky ether compound which dries the moment it is applied and simply shrivels the corn without inflaming or even irritating the surrounding tissue or skin. It is claimed that a quarter of an ounce of freezone will cost very little at any of the drug stores, but is sufficient to rid one's feet of every hard or soft corn or callus.

You are further warned that cutting at a corn is a suicidal habit.

"SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."

FOR SALE.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T. Wilson Publishing Co., Limited, 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

DOGS.

CHETWOOD KENNELS, DOGS AND Puppies of all breeds. Correspondence a pleasure. 195 Bathurst Street, Toronto.

SITUATIONS VACANT.

ARE YOU AMBITIOUS? IF YOU desire advancement in any situation of life, mental efficiency is what will bring you success. The Pelman System of Mind and Memory Training develops latent powers with wonderful results, yet it requires but spare moments of study and mental exercise. It matters not where you live for the course is conducted by mail—by confidential correspondence. Your request for free booklet, "Mind and Memory," will bring this and all particulars by return mail. Write to-day. Pelman Institute, 765 Temple Bldg., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

One Comment.

"Did anybody comment on the way you handled your new car?"

"One man made a brief remark, 'Fifty dollars and costs.'"

Minard's Liniment Relieves Neuralgia.

The harvest for the Peace River District is estimated at eight million bushels.

That the temperature of the centre of the sun is 30,632 degrees is the estimate of a French scientist.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS

WHEN NEURALGIA ATTACKS NERVES

Sloan's Liniment scatters the congestion and relieves pain

A little, applied *without rubbing*, will *penetrate* immediately and rest and soothe the nerves.

Sloan's Liniment is very effective in allaying external pains, strains, bruises, aches, stiff joints, sore muscles, lumbago, neuritis, sciatica, rheumatic twinges.

Keep a big bottle always on hand for family use. Made in Canada. Druggists everywhere.

35c, 70c, $1.40.

Sloan's Liniment Keep it handy

Ladies Have a Clear Sweet Healthy Skin By Using Cuticura

Promote skin purity, skin comfort and skin health by making Cuticura Soap, Ointment and Talcum your every-day toilet preparations.

Just touch any redness or roughness with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water, best applied with the hands which it softens wonderfully, and continue bathing a few moments. Rinse with tepid water. Dry gently and dust on a few grains of Cuticura Talcum Powder, a fascinating fragrance for powdering and perfuming the skin.

Contrast this simple, wholesome treatment with tiresome massaging and manipulating.

Cuticura Soap 25c., Ointment 25 and 50c., Talcum 25c. plus Canadian duties. Sold everywhere. For sample each free address: "Cuticura, Dept. N, Boston, U. S. A."

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

BAYER

The name "Bayer" is the thumb-print of genuine Aspirin. It positively identifies the only genuine Aspirin,—the Aspirin prescribed by physicians for over nineteen years and now made in Canada.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally.

Tin boxes of 12 tablets cost but a few cents. Larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."