A CHARMING COSTUME

8748-9044

No. 8748—Ladies' Tie-On Basque. Price, 20 cents. Body and sleeve in one, or dropped shoulder; vest to be slipped on over the head, and gathered vest. Cut in 6 sizes, 34 to 44 ins. bust. Size 36 requires, with bell sleeves, 1⅞ yds. 36 ins. wide, or 1⅜ yds. 54 ins. wide; collar, vest, undersleeves, 1 yd. 36 ins. wide; body and sleeves in one, 2⅛ yds. 36 ins. wide, or 1¾ yds. 54 ins. wide; gathered vest, ½ yd. 36 ins. wide.

No. 9044—Two-Piece Skirt with caught-under panels. Price, 20 cents.

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

Every school where the children are obliged to eat lunch should be equipped for preparing and serving one warm dish with the children's meal.

PAINFUL NEURALGIA

Is Caused by Thin, Watery Blood and Cured by Enriching the Blood.

Most people think of neuralgia as a pain in the head or in the face, but neuralgia may affect any nerve in the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease are the same. The cause being the same, the cure to be effective must be the same. The pain in neuralgia is caused by starved nerves. The blood which carries nourishment to the nerves has become thin and impure and no longer does so, and the pain you feel is the cry of the nerves for their natural food. You may ease the pain of neuralgia with hot applications, but you can only cure the trouble by enriching and purifying the blood. For this purpose we know of no medicine that can equal Dr. Williams' Pink Pills. These pills actually make new, rich blood and thus act as the most efficient of nerve tonics. If you are suffering from this most dreaded of troubles, or any form of nerve trouble, give these pills a fair trial, and see how speedily you will be restored to good health.

You can get Dr. Williams' Pink Pills from any medicine dealer, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A Government scientist has succeeded in making the Pacific coast kelp edible by pickling it.

Spread leaves three or four inches deep on the floor of the hen house. This material helps absorb the droppings and provides a means of feeding the grain in such a way that the hens are obliged to exercise by scratching for it.

New Game Foods From the North

Of course it will come as a shock to the Englishman, in touring Canada, to take his favorite chair at the table in his favorite hotel or restaurant, scan the card and find that roast beef, just plain roast beef, is missing. But in its place he may find roast reindeer, broiled Arctic musk ox or a cut of caribou. And the Englishman, loving to take a chance, because he likes game foods, most likely will order the reindeer, the musk ox or the caribou.

In 1917 when the shortage of foods throughout the world became serious and the Allies, wherever they might live, were urged to speed up production if the war was to be won, the Department of the Interior had passed the Northwest game act placing the fur trapping and trading industry under control. Closely following a commission was appointed to consider the advisability and possibility of developing reindeer and musk ox herds as a means of supplying food and clothing. The results are beginning to be realized now, and the commission reports that Canada has available for this new industry more than 1,000,000 square miles in the North, and that all of this is suitable for the propagation of the reindeer and the musk ox, and that the caribou—the barren land caribou—already thrives there.

This territory is unsuited for the cultivation of fruits and cereals, but for grazing purposes it is excellent. In other parts of the world the increased cultivation of fruits and grains has decreased the areas suited for grazing purposes, but on these wild square miles in the north of Canada there has been no encroachment due to the war and its call for increased food supplies.

Already it has been found that the Arctic musk ox, a rather untractable animal, can be domesticated, and that he will yield a large meat supply with a game taste, to be sure, and that at the same time he will assist in increasing the supply of wool.

A Bird That Hates Darkness

For many years the annual migration of the birds, although a perfectly familiar fact, was shrouded in mystery. Except in the case of a few birds like the robin, which winters not far south of its summer home, no one knew where the song birds or the shore birds went in the fall, or when they began their northward flight in the spring.

But the subject has been carefully and patiently studied by so many observers and naturalists that it is no longer impossible to answer these questions. The cliff swallows and blackpoll warblers spend their winters in tropical South America; the golden plover, which nests on the Arctic Sea, winters 8,000 miles away in the Argentine; the scarlet tanager is to be found in December and January in Ecuador and Peru, and the bobolink in southern Brazil.

For a long time it was thought that the golden plover bore off the palm for length of flight between summer and winter homes, but now that distinction is awarded to the Arctic hen. This bird breeds as far north as it can find anything stable on which to construct its nest; it has been found within seven and a half degrees of the pole. And that nest was found surrounded by a wall of newly fallen snow which the mother bird had carefully scooped out from round her chick.

The tern arrives in the Far North about June 15, and leaves again for the south toward the end of August, when the young birds are able to fly strongly. Two or three months later the birds are found skirting the edge of the Antarctic continent, 11,000 miles away. What their track is over that vast space no one yet knows.

A few individuals are occasionally seen along the New England coast in the fall, but the flocks of thousands and thousands of these gregarious birds which alternate from pole to pole have never been met by any trained observer competent to learn their preferred path and their time schedule. They must travel at least 150 miles a day—apart from their flights in search or pursuit of food—to carry them within ten or twelve weeks from one end of the world to the other.

The Arctic tern enjoy more hours of sunlight than any other creature on the globe. The sun never sets during its stay at the northern nesting grounds, and during the stay in the south it has two months of continuous sunlight and practical daylight for between six and eight months of the year.

Build Up With Grape-Nuts

Popular for its delightful flavor and because it furnishes certain food values necessary for building the best in body and brain

Users know by test

"There's a Reason"

The Conquest.

Numbly he stumbled to the untaken wall,
While death smote fast with quaking blows, and smoke
Clung skulking to the shuddering ground, when spoke
The chattering guns in ambuscade. Then all
Whirled round him like a dizzy sea, and pain
Glowed redly on it like a burning ship . . .
A distant bugle plead with trembling lip.
And, grappling with his life, he strove again.

He climbed the ivy at the wall, and set
His foot upon the deadly parapet,
And fell beneath a foeman's frantic blow,
A bubble of blood upon his last, fierce breath.
Then strove his spirit, and, a conqueror, lo,
He stood upon the battlements of death.

Keep Implements Under Cover.

If one travels through the country at the present time, the haying and harvesting machinery on many farms may be seen standing in the field where last used. It may have been drawn out into the lane somewhere or may even be at the barn, but not inside it. In the Prairie Provinces there seems to be a sort of reckless abandon regarding the use of machinery. When a binder breaks down it is often drawn off to one side of the field and forsaken when it could be easily repaired and made to serve for a season or two longer.

The prices of all kinds of farm implements have gone up and it is poor business to neglect the machinery by leaving it exposed to the weather. The wooden parts soon rot away and the metal parts rust out. It takes longer also to get a rusty implement into working order again.

It is frequently stated that the farmer is and must be to-day more of a business man than formerly. Men in other lines of business where machinery is employed see that it is oiled and properly cared for in order to keep down production costs. The farmer should do the same. When he pays the price that he has to pay to-day for machinery he should take good care of it. Cost of production can be reduced in this way, which means increased profits. Try it.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes:—"I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results." The Tablets are a mild but thorough laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Turpentine is a moth preventive.

Cows should not be allowed to idle away the fall and winter. Milk production is no longer confined to the summer months on farms that show good returns.

Many ancient families in England have stored away life-sized figures in wax of their ancestors, made at the time of the original's death. The Duke of Norfolk has the figures of three wives of one of his ancestors, which are kept in a glass case at one of his country seats.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.

Listening Under Water.

The art of listening under water was brought to perfection during the great submarine hunt of the last year or two, and it is interesting to know from Professor Bragg, recently lecturing at the Royal Institution, that the first experiments in this direction were begun less than a hundred years ago, says a London magazine.

In 1826 a bell was immersed and rung under water, and was heard across the Lake of Geneva. Electric bell signals can now be detected seven miles away under water, and down in the hold of a ship men can hear the sound of a shovel dropped inside another passing ship.

For the use of the blind a geographic and industrial atlas of Great Britain has been prepared, consisting of twenty maps in relief and 202 pages of embossed descriptive text.

Many preventive measures of controlling soil washing, such as crop rotation, deep plowing maintaining organic matter in the soils, etc., have been advocated, but there is nothing that equals terracing or "contour farming," as it is sometimes called.

"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."

The Tight Little Isle.

O little island, set in sea
Of silver, sung by him
Who wrote on many a glowing page
Thy deeds of valor grim.

Rise up and be the pioneer
Of that heroic dream
Thy poets knew when to them came
The bright, authentic gleam.

Which gave them vision in the night—
A wise, prophetic band,
Who saw the New Jerusalem
In thy green, pleasant land.

Who saw the Parliament of Man,
The blood-stained banners furled,
And looked from thee to emanate
The new law of the world.

O England, where the great waves beat
Upon thy time-worn shore,
Up, blaze the trail, and lead thy sons,
As in the days of yore.

Until, at last, by man is won
The prize to manhood due,
And all thy poets' dream of love—
And more, shall be made true.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

What's in a Man?

"What's a man?" asked David. A chemist has been answering the question.

A man weighing about eleven stone would produce, if his body were converted into hydrogen and other gases, about 35,000 cubic feet of gas, worth about 11s. 2d. for illuminating purposes.

He would also contain sufficient fat to make a fifteen-pound candle, enough carbon to make 9,000 pencils, enough phosphorus—about fifty ounces—to make 800,000 matches. His body contains sugar equivalent to sixty lumps and twenty spoonsful of salt.

The contents of a thousand eggs would provide all the necessary ingredients for making his body anew.

Minard's Liniment Relieves Neuralgia.

A Giant Sun.

Canopus, the giant of the solar system, is, according to a recent calculation, 49,000 times as bright as the sun. Its diameter is 134 times that of the sun; it is 18,000 times larger in surface and 2,420,000 times larger in volume. The distance of it from us, according to this calculation, is 489 light years.

"Suppose," says another authority, "that instead of being at this enormous distance it were placed in the centre of the solar system, in lieu of the sun? It would then occupy .85 of the space lying within the orbit of Venus, and as seen from the earth would subtend an angle of about 70 degrees of arc. Thus, when its lower limb was on our horizon, its upper would be within 20 degrees of the zenith. Needless to say, no life could exist on earth with such a neighbor.

DARTING, PIERCING SCIATIC PAINS

Give way before the penetrating effects of Sloan's Liniment

So do those rheumatic twinges and the loin-aches of lumbago, the nerve-inflammation of neuritis, the wry neck, the joint wrench, the ligament sprain, the muscle strain, and the throbbing bruise.

The ease of applying, the quickness of relief, the positive results, the cleanliness, and the economy of Sloan's Liniment make it universally preferred. Made in Canada.

85c, 70c, $1.40.

Sloan's Liniment Keep it handy

BITS OF HUMOR FROM HERE & THERE

The Cure.

"Doctor, I'm feeling awful," said the young man. "I can't sleep—"

"I can cure you," replied the doctor promptly. "Ask her to marry you."

Time and Effort Wasted.

M. O.—"I hear that you cough with more difficulty than you did yesterday."

Tommy—"That's odd, sir, because I've been practicing all night."

Careless of Him.

Mrs. Jones's mirth was so pronounced that it attracted the attention of her husband.

"What are you laughing at?" he asked.

"Maud's letter. She writes that they had foggy weather all the way across."

"I don't see anything funny in that."

"No; but she adds that the captain must have neglected to take out clearing papers."

"FIDDLE-FIT"

Keep Liver and Bowels Clean and Active with "Cascarets"

Sick headache, biliousness, coated tongue, sour, gassy stomach—always trace this to torpid liver; delayed, fermenting food in the bowels.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will have you feeling clear, rosy and as fit as a fiddle by morning. They work while you sleep.

Laugh When People Step On Your Feet

Try this yourself then pass it along to others. It works!

Ouch ! ? ! ? ? ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn stops soreness at once, and soon the corn dries up and lifts right out without pain.

He says freezone is an ether compound which dries immediately and never inflames or even irritates the surrounding tissue or skin. A quarter of an ounce of freezone will cost very little at any drug store, but is sufficient to remove every hard or soft corn or callus from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels.

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed

Mailed Free to any Address by the Author.

H. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS

HELP WANTED.

LADIES WANTED TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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.

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.

NURSES—THE HOSPITAL FOR INCURABLES, in affiliation with Bellevue and Allied Hospitals, New York, offers a course of training to young women desiring to become nurses; this hospital has now adopted the eight hour system. For salary and other information apply to Superintendent, 130 Dunn Avenue, Toronto.

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.

WANTED—IN EVERY TOWN IN Canada—a bright, energetic youth to take orders for Reynolds' New War Atlas; no collections to make; you simply take the order; we ship the volume and collect cash; commissions paid promptly every Friday; Reynolds' New War Atlas is the greatest and easiest selling publication ever offered; containing 251 maps, including all new boundaries of all countries and important cities; also every important event in the great war drama from July, 1914, to the signing of peace; 120,000 words of text; 40 automobile maps, motor laws, 32 railway maps, "Encyclopaedia of World Information"; a complete geography of the world; price only $5.50 f.o.b. Toronto; agents easily make $50.00 per week. Mark inquiries War Atlas, Sales Limited, 66 Bond street, Toronto, Ontario.

SITUATIONS VACANT.

ARE YOU LOOKING FOR AN OPENING to prove your ability? Or, are you just drifting along on the principle that "everything comes to him who waits"—without much thought of your efficiency? If you are in the latter class, be up and doing—train your mind and memory so as to be ready for Opportunity when it comes your way. In other words, Pelmanise! If you know you have ability, why not use the waiting moments to improve your efficiency and incidentally acquire that Personality which means so much in seeking Success? Small town or big city, or on the township side line, it matters not—the Pelman System is conducted by mail. "Mind and Memory" tells you all about it. It is a book that's free and lays no obligation upon you to enroll, though you'll be surprised to find how moderate is the fee required. Write for the book and particulars to-day to the Pelman Institute, 765 Temple Building, Toronto, Canada.

The touring car, which is the most familiar type of car, takes its name from the fact that it is used by motorists on lengthy tours. It is an open car also, with a tonneau and four doors, seating seven passengers.

Minard's Liniment Cures Burns, etc.

"All seed-sowing is a mysterious thing, whether the seed fall into the earth or into souls."—Amiel.

CUTICURA HEALS RASH ON CHILD

On Body and Face. Red and Itchy. Cried For Hours. Lasted a Year.

"A rash started all over my little girl's body, and she had some on her face. It started in a pimple that was full of water, and it got red and itchy. She cried for hours. This trouble lasted a year.

"Then I started with a free sample of Cuticura Soap and Ointment. I bought more, and I used four cakes of Soap and three boxes of Ointment which healed her." (Signed) Mrs. Dora Langly, 1032 Gertrude St., Verdun, Que., August 11, 1918.

The Cuticura Toilet Trio Consisting of Soap, Ointment and Talcum is an indispensable adjunct of the daily toilet in maintaining skin purity and skin health.

For free sample each of Cuticura Soap, Ointment and Talcum address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Neuralgia, Toothache, Headache, Earache, and for Rheumatism, lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada.

Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell 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."