THE NERVOUS SCHOOL CHILD

Needs Rich, Red Blood to Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded school rooms cause their blood to become weak and thin, their nerves over wrought and their color and spirits lost. It is a great mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, outdoor exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay strict attention to the school child's blood supply. Keep this rich and red by giving Dr. Williams' Pink Pills according to directions and the boy or girl will be sturdy and fit for school. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. Pearl G. Harrington, Kingsville, Ont., who says:—"I have often felt that I should write you and let you know what Dr. Williams' Pink Pills did for me. At the age of thirteen I was afflicted with St. Vitus dance. The trouble became so severe that I had to be taken from school. I was given medical treatment but it did not help me, in fact I was steadily growing worse. Then a friend advised my mother to give me Dr. Williams' Pink Pills, which she did, with the happiest results, as the pills completely cured me and I was again able to take up my studies and attend school. Again about three years ago I was attacked with nervous prostration and once more took Dr. Williams' Pink Pills, and after using five boxes was fully restored. I cannot praise these pills too highly as I believe they will cure any case of St. Vitus dance, or restore anyone who is weak, nervous or run down.

You can safely give Dr. Williams' Pink Pills to the most delicate child, or take them yourself with equally good results when you need a blood tonic. These pills are sold by all dealers in medicine, or will be sent by mail, post paid, at 50 cents a box or six boxes for $2.50, by The Dr. Williams' Medicine Co., Brockville, Ont.

A Lincoln ram recently sold in England for $80,000. He was for export to Buenos Aires.

"What did you stop the clock in your room for, Jane?" "Because, mum, the plaguey thing has some sort of a fit every mornin', mum, just when I wants to sleep."

European Farmers Getting Back on Their Feet.

The territory included before the war in Hungary, Bulgaria and Rumania probably will export at least 1,650,000 tons of bread grains from current crops, compared to 3,900,000 tons in average pre-war years.

So far as its production of bread grains is concerned Bulgaria is practically on a pre-war basis and Hungary almost so, but Rumania is still far from complete recovery. The most optimistic claims of Rumania for export this year are 500,000 tons as against 1,700,000 tons of pre-war years. In the wheat-producing region of southern Hungary the acreage planted this year is fully ninety per cent. of the normal pre-war acreage. In that part of Rumania occupied by the armies of the Central Powers, considerable land was not cultivated this year, while that which was devoted to crops was found in rather poor condition. This came about because the Teutonic armies ravaged the country of much of the work stock and agricultural implements. However, despite this Rumania will be more than self-supporting, and as the maize crop is improving on account of conditions during the summer, Rumania will have a certain amount of export surplus. There will undoubtedly be an export surplus from southern Hungary, while Bulgaria, as stated, is at least as well off in food production as it was previous to the war and will be able to export more than the average amount of cereals.

According to the specialists there will be but little increase in the acreage devoted to bread grain crops throughout eastern and northern Europe during the next year, because most of the tillable land is now in crop except those areas which were swept by war. Of course, there will be some small increase if the former battlefields are farmed—as they probably will be as normal readjustment occurs—but in the main it is not anticipated that these countries will very greatly increase their acreage. The production of northern Europe will increase as soon as fertilizers become available again, though it will probably not exceed the pre-war production for some years to come.

Beyond Argument.

The new Irish pupil at a big boarding-school excited much curiosity by his habit of talking to himself. One day a senior boy stopped him and asked, with a supercilious smile:

"Why on earth are you always chattering to yourself, Paddy?"

"Shure, for two very good reasons!" was the unabashed reply.

"Two reasons? What are they?"

Well, bedad, one of them I loike to listen to a sinsible man, and the other is that I loike to talk to a sinsible man."

November.

Long roads that dip and curve among the woods,
Where bare brown branches whisper with the breeze;
And, slipping softly through the tiny twigs,
The startled sunbeams peep between the trees.
Or slide along the sturdy trunks, at length
To hide in fragrant masses, soft and sweet,
Of curly leaves that nestle close about
The loving roots they sheltered from the heat.

White wisps of cloud that linger round the sun,
Or float in lazy drifts about the sky;
And leafless apple trees that gently toss
Their unplucked fruit above the fields that lie
In sleepy patches, stretching o'er the hills,
And blinking at the winding silver streams;
With these November wanders, while her mists
Whiten and cling around her shadowy dreams.

Insect Reading Lamp.

The lantern-fly of South America sometimes measures more than two inches in length. The shape of the head is very curious. It is furnished with a hollow, transparent snout, nearly the length of the body, whence comes the lamplike light.

A lady, relating her first impressions of these insects, says she had several of them brought to her in the daytime, and put them into a box. In the night the confined insects made such a noise as to awaken her. She opened the box, the inside of which seemed to be all ablaze, and in her astonishment the box fell from her hands. Each of the insects seemed to be on fire.

She soon, however, guessed the cause, and replaced her brilliant guests in their place of confinement. She said that the light of one of these insects was bright enough to read by.

NOTHING TO EQUAL BAYB'S OWN TABLETS

Mrs. Alfred Naud, Natagan River, Que., writes:—"I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Naud says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish 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.

Bald Peacemakers.

An amusing sidelight on the recent Peace Conference at Versailles is thrown by a correspondent, who not only reported the proceedings proper, but took notes regarding the hair, moustaches, beards and whiskers of the peacemakers. Two-thirds of the delegates were more or less bald. Perhaps some of them made up for this by wearing moustaches. Out of sixty-five men who sat round the peace table, all had moustaches but fourteen. Whiskers, on the other hand, were not popular. Only three people wore them, and by a curious coincidence, the names of all these three people began with V. They were Venizelos, of Greece; Vandevelde, of Belgium; and Vassitch, of Serbia. The latter's whiskers were particularly prominent. In regard to dress, there was less formal attire than one might have imagined. The English paid no special attention to dress. Bowler hats and frock coats, once a combination that would never have been sanctioned, were quite popular; but there were some countries which put all they knew into their attire. These were notably, the Japanese, and some of the South American States.

Minard's Liniment Cures Garget in Cows.

Oxygen For Fliers.

At high levels, such as birdmen nowadays often reach, the air is so thin that the aviator literally "loses his breath." He is in danger of collapse from this cause.

It was ascertained during the war, though not at first suspected, that about 15 per cent. of the candidates who passed examination for the air service were really unable to fly at altitudes ordinarily requisite in the work they were required to perform.

It was further determined that more than 90 per cent. of them could not endure flight at extremely high levels. But, on the other hand, certain picked men, perhaps seven or eight out of 100 passed candidates, were able to ascend to the greatest elevations without peril.

To help in solving this important war problem an oxygen apparatus was developed, smaller than the kind used for mine-rescue work, but constructed on much the same principle. Equipped with this contrivance, and carrying a supply of liquid oxygen along with him, the aviator could skim along in safety through the upper reaches of the welkin.

The more land turned under this fall the easier it will be to get the crop in on time next spring.

BIFF!

Stop jolting Liver and Bowels with violent drugs, but take "Cascarets."

"Dynamiting" bile out of your system with calomel and other sickening purgatives is all wrong. Salts, Oil, and Cathartic Waters act by flooding the bowels with the digestive juices which are vital to the stomach. Cascarets are different. They act as a tonic to the bowel muscles, which is the only sensible way to relieve a bilious attack, a sour, acid stomach, or constipated bowels. There is no griping or inconvenience. You naturally return to regularity and cheerfulness. Cascarets cost very little and they work while you sleep.

Radium and Gems.

It is possible to change the color of precious and semi-precious stones by exposing them to the action of radium.

A Frenchman who has devoted himself to this study has obtained remarkable results. He bought sapphires of different kinds and put them in a box with a small quantity of radium. At the end of a month the transformations were as follows: white sapphires had become yellow; blue, green; violet, blue; wine-colored stones, red; dark blue, violet.

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

Conservation of our resources was never so necessary as to-day. During the war we have necessarily been wasteful, as all considerations of expense were subordinated to one supreme object. But this waste not only cannot continue, it must be made good so far as possible.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Gather and burn all refuse from cucumber, squash and melon plants this fall. Striped cucumber-beetles live over winter under such rubbish and emerge early in the spring ready to attack cucumber, melon and squash plants.

A skunk has his own special means of making himself obnoxious. Others accomplish this by carrying a grouch.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You simply say to the drug store man, "Give me a quarter of an ounce of freezone." This will cost very little but is sufficient to remove every hard or soft corn from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn should relieve the soreness instantly, and soon the entire corn, root and all, dries up and can be lifted out with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that, while freezone is sticky, it dries in a moment, and simply shrivels up the corn without inflaming or even irritating the surrounding tissue or skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it.

"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."

ISSUE No. 45—'19.

BITS OF HUMOR FROM HERE & THERE

H. C. of L.

Doctor—"A long walk will give you a fine appetite."

Grouchy Patient—"That's the reason I sit still so much. I can't afford a fine appetite."

A Fast Train.

Inquirer (at Montreal Station)—"Where does this train go?"

Brakeman—"This train goes to Toronto in ten minutes."

Inquirer—"Goodness! That's going some!"

In Either Case.

One chilly autumn morning a Scottish villager met his minister in the main street.

"Guid-day!" he said cheerily. "Are ye cauld the morning?"

"Ay, Sandy!" retorted the minister, with a smile. "And remember that many are called, but few are chosen."

But Sandy was as nimble-witted as he, and promptly back came the remark:

"Ah, well, minister, if ye are no chosen, ye'll no' be cauld!"

What a Pity!

An untravelled countryman once treated himself to a trip to London. There, for the first time in his life, he saw a schoolgirl go through her gymnastic exercises for the amusement of the little ones with whom she was playing.

After gazing at her with looks of interest and compassion for some time, he asked a boy nearby if she had fits.

"No," replied the boy, "them's gymnastics."

"Ah, how sad," said the man. "How long's she had 'em?"

Minard's Liniment Cures Distemper.

Label the gladioli and dahlia bulbs before putting them away for the winter. Canna tubers should also be labelled. Next spring it will be a satisfaction to know what is being planted.

DON'T NEGLECT A RHEUMATIC PAIN

Go after it with Sloan's Liniment before it gets dangerous

Apply a *little*, don't *rub*, let it *penetrate*, and—good-by twinge! Same for external aches, pains, strains, stiffness of joints or muscles, lameness, bruises.

Instant relief without mussiness or soiled clothing. Reliable—the biggest selling liniment year after year. Economical by reason of enormous sales. Keep a big bottle ready at all times. Made in Canada. Ask your druggist for Sloan's Liniment.

85c, 70c, $1.40.

Sloan's Liniment *Keep it handy*

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

Classified Advertisements.

FOR SALE.

PAIR PRACTICALLY BLACK FOXES. Also twenty other pairs. Reid Bros., Bothwell, Ontario.

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.

WANTED

RAW FURS. WHAT HAVE YOU? What price? Reid Bros., Bothwell, Ontario.

CHRISTMAS TREES WANTED IN car lots. R. Drewett, 1136 Bloor west, Toronto.

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.

MISCELLANEOUS.

BUSINESSES, TORONTO PROPERTIES, Ontario and Western farms for sale or exchange. Davis, 129 Victoria St., Toronto.

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.

Toil is work into which you do not put any enthusiasm.

Cotton incomes should avoid silk stocking sweethearts.

THEY do not fear coughs, colds and allied complaints. For over 60 years they have relied on

GRAY'S SYRUP of RED SPRUCE GUM

for prompt results. With the lowered strength and vitality of age they realize more than ever before the importance of having Gray's Syrup on hand for immediate use. G2

They always buy the Large Size

Montreal D. WATSON & CO., *New York*

PIMPLES ON FACE CUTICURA HEALS

Caused Disfigurement, Itchy and Burning. Had Restless Nights.

"My face came out in little pimples that were sore, and I scratched them constantly, and then they turned into scales, causing much disfigurement. The skin was so itchy that I irritated it by scratching. The burning was fierce, and I had many restless nights.

"This trouble lasted about a year before I used Cuticura Soap and Ointment, and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) W. Byrns, St. Basile, Que., Nov. 23, 1918.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations.

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

Three Seasonable Designs

9109 9103 9098

No. 9098—Ladies' Coat Suit. Price, 25 cents. Coat in 40 or 36-inch length; two-piece skirt; high waistline; in 38 or 36-inch length. Cut in 8 sizes, 34 to 48 ins. bust. Size 36, coat 36-inch, skirt, 38-inch, without nap, 4¼ yds. 48 ins. wide; with nap, 3½ yds. 54 ins. wide; coat 40-inch, skirt 38-inch, without nap, 4⅜ yds. 48 ins. wide; with nap, 3⅝ yds. 54 ins. wide. Width, 1⅜ yds.

No. 9103—Ladies' Dress. Price, 25 cents. With vest; two styles of sleeve; one-piece straight skirt with or without trimming-straps; 38 or 36-inch length. Cut in 8 sizes, 34 to 48 ins. bust. Size 36 requires, 38-inch length, with trimming-straps, 3⅛ yds. 54 ins. wide. Width, 1⅜ yds.

No. 9109—Ladies' Dress. Price, 25 cents. With or without collar and side tunics; instep or shorter length. Cut in 8 sizes, 34 to 48 ins. bust. Size 36, instep length, with tunics, 4¾ yds. 36 ins. wide, or 2⅞ yds. 54 ins. wide; without tunics, 3¾ yds. 36 ins. wide, or 2¼ yds. 54 ins. wide; collar, vest and cuffs, 1⅜ yds. 40 ins. wide. Width, 1⅜ yds.

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

The Most Healthful and Economical Drink

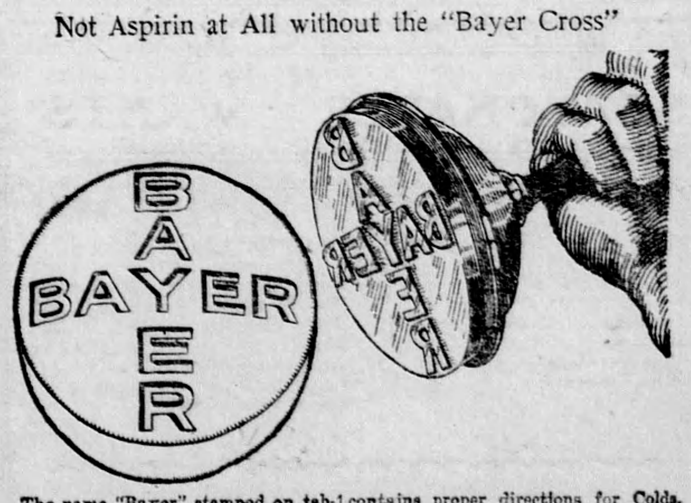
INSTANT POSTUM

Made in a moment, in the cup, and there's no waste.

It Satisfies!

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" stamped on tablets 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.

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."