A TONIC FOR THE NERVES

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist spoke of is the nervous, run-down condition caused by overwork and the many anxieties of to-day. Sufferers find themselves tired, morose, low-spirited, and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches, neuritis and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to cure nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills actually make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin curing yourself to-day by taking Dr. Williams' Pink Pills.

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

The Charming Eskimos.

Stefansson, the famous Arctic explorer, writing of his stay among the Eskomos, tells of their hospitality to him, a guest and stranger, whose purpose in coming among them they did not know, and who was unable to requite them in any way for the kindness they showed him. Dwelling upon their individual and domestic characteristics, he says that in an Eskimo home he never heard an unpleasant word between a man and his wife, and he never saw a child punished or an old person treated inconsiderately.

The moral value of some ways in which the Eskimo is superior to us is small. He can make better garments against cold than our own tailors or furriers; he can thrive in barren wastes where men of warmer climates would starve. But the moral value of other ways in which he is superior is great, for he is less selfish, more helpful to his fellows, kinder to his wife, gentler to his child, and more reticent about the faults of his neighbors than any but the rarest and best of our race.

When I tried to express my thanks for their kindness in my fragmentary Eskimo, Mr. Stefansson continues, they were more surprised than pleased.

"Do, then, in the white man's land, some starve and shiver while others eat much and are warmly clad?" they asked.

That's Luck.

It has been explained that we need to be prepared for bad luck but that good fortune does not require to be guarded against.

All the same, it would certainly add to the cheerfulness of life in general if lucky omens were more widely known. How much brighter things look to us if we have reason to hope that something good is coming to us!

Everybody, of course, knows that it is lucky to pick up a bit of iron or coal. So it is to pick up a pin if its head is towards you: if not, let it be.

It is a sign of good fortune to put on some garment inside out, but only if it is done by accident, and the garment is allowed to remain reversed during the day. William the Conqueror put on his mail-shirt back to front on the morning of the Battle of Hastings, and we all know what luck he had on that occasion!

If you find your keys or other steel articles rusting, do not be annoyed about it; it only shows that somebody is putting money by for you.

It is lucky to be followed by a stray dog. Still better is it if a strange cat comes to stay at the house. Speaking of cats, pessimists, of course, assert that when they tear the furniture with their claws it is a sign of rain; but others hold that she is "scratching luck" to her masters.

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excellent medicine for little ones. They are a mild but thorough laxative which sweeten the stomach and regulate the bowels, thus bringing relief in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. L. J. Chiasson, Paquetville, N.B., writes:—"I have found Baby's Own Tablets excellent for my young baby in the case of constipation and colic and it gives me great pleasure to recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

House and Street Gowns

9234 9255-9259 9269

No. 9234—Ladies' House Dress. Price, 25 cents. Kimono sleeves; instep length. Cut in 8 sizes, 34, 36, 38 40, 42, 44, 46 and 48 inches bust measure. Size 36 requires 3¾ yards, 36 or 40 inches wide; contrasting, 1⅛ yards, 27 inches wide; trimming-bands, ½ yard, 36 inches wide. Width around bottom, 2 1-8 yards.

No. 9255—Ladies' Tie-on Waist. Price, 20 cents. Two styles of sleeve. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 36, with puff sleeves, 2⅝ yards, 36 inches wide, or 1⅝ yards, 48 inches wide; with dart sleeves, 2⅝ yards, 36 inches wide, or 1⅝ yards, 48 inches wide.

No. 9259 — Ladies' Four-Gored Skirt. Price, 25 cents. With or without side ruffles; 38 or 36-inch length. Cut in 8 sizes, 24, 26, 28, 30, 32, 34, 36 and 38 inch waist measure. Size 26, with ruffles, 38-inch length, 3⅞ yards, 40 inches wide or 3⅜ yards 48 inches wide; without ruffles, 2⅜ yards, 40 or 48 inches wide. Width, 1¾ yards.

No. 9269—Ladies' Dress. Price, 25 cents. Two styles of sleeve; three-piece tunic in two lengths; two-piece underskirt, 38 or 36-inch length. Cut in 8 sizes, 34 to 48 inch bust. Size 36, longer tunic, 4⅝ yards, 40 inches wide, or 3⅜ yards, 54 inches wide; shorter tunic, 4 yards 40 inches wide, or 2⅞ yards, 54 inches wide; vest, ½ yard, 18 inches wide. Width, 1⅜ yards.

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

The entire food values of wheat and malted barley are found in

Grape-Nuts

A food in every sense: *nourishing, delicious, economical.*

Easy to digest because of twenty hours baking.

Ready-to-serve.

ASTHMA

If you have Asthma, don't imagine that you must always suffer untold misery. Relief quick, sure and safe is guaranteed in even the worst cases by using

TEMPLETON'S RAZ-MAH CAPSULES

We are so certain of results we will send you a free sample of these capsules, confident that you will find them all we have claimed. Write to Templetons, 142 King St. W., Toronto.

Sold by reliable druggists everywhere for $1.04 a box.

TEMPLETON'S RHEUMATIC CAPSULES

For fifteen years the standard specific for

Rheumatism, Neuritis, Gout Sciatica, Lumbago, Neuralgia

Many doctors prescribe them.

Write to Templetons, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for $1.04 per box.

An Island Where Deer Are Safe.

The deep music of a deerhound's voice came faintly down the wind, shortly it blended with the sharper voice of a hunting Airedale. The scream of a hungry cougar is not more terrifying to the timid deer of the British Columbia coast than the bay of the hounds on the trail. When they hear it they get up and go—straight for water.

The little spike buck, born a few seasons before on the rugged, forest-clad coast of the Pacific province, lifted his head. His eyes and his ears, his very pose displayed the high tension of his taut nerves. He looked into the forest of the island on which he stood, and he saw nothing alarming. He turned and stared across the water toward Nelson Island. The only thing that caught his eye that did not denote restful nature in primitive grandeur was a smudge of smoke that smeared the horizon and showed that a C.P.R. coasting steamer was outbound from Powell River. Then the boom of the hound's voice rolled again across the waters, from Nelson Island. The deer moved nervously, looked all round again—and calmly bent his head to bite a mouthful of grass. He was safe. He was on Hardy Island.

Hardy Island is the city of refuge to all the deer that know about it. Three years ago it was good hunting grounds. To-day it is taboo to men with guns, and hell pops, as the saying goes, if men with both guns and dogs appear. It is unlawful to hunt deer with dogs in British Columbia, but it is still done in certain districts, in spite of law. Two years ago, or perhaps slightly more than that, Mr. C. J. Leyland of England purchased Hardy Island, a gem of land situated just off Nelson Island at the mouth of Jervis Inlet. He bought it to experiment with British trees in the B.C. climate. There were 2,500 acres of rich lands and forests, and there was a good orchard. He placed a watchman, Tom Brazil, on the property, and did no more toward development, preferring to await the end of the war. Brazil, a lover of animals, caught two of the wild deer that frequently swam to the island from the other nearby lands. He tamed them. They in turn brought other wild ones. Many of them had been run to water by dogs and took refuge on Hardy Island. There, seeing how intimate the original tame pair were with the man who controlled the orchards where the luscious apples grew, the wild newcomers gradually grew intimate too. To-day a herd of thirty deer, most of them born in wildness, respond to the voice of Tom Brazil when he calls. Some of them will step forward from the herd when called by name. They have no fear at all of man, when on Hardy Island. Sometimes they swim to other parts of the coast, and range about a bit, but they come back, often fagged from some fierce run and swim.

Tom Brazil's herd is becoming a byword on the coast, but no dog and no man dare brave what might happen should he try to hunt on the island of refuge. So the deer are fat, are bringing new little lives into the world, and are adding to their numbers by recruit volunteers from the wild ranges where such safety is not known.—L.V.K.

Minard's Liniment Cures Distemper.

A Modern Raleigh.

The cloak of Sir Walter Raleigh has been a symbol of chivalry for many years, but a schoolboy's chivalry deserves an equally honorable place. A Christmas treat was to be given at an Edinburgh school, and hundreds of poor children has assembled at the doors to wait until they were opened. Among them was a sweet-faced little girl, thinly clad and barefoot, who trembled with cold.

While she was dancing from one foot to the other on the cold, hard stones, a schoolboy, not much older, came along. He hesitated for a moment; then, snatching off his soft woolen cap, he put it down before her. "Stand on that, little girl," he said, and he passed in hatless at a side door.

Much interest is being shown in China in motorcycles, due to the fact that they can travel on the narrow paths used by foot passengers and for wheelbarrows.

BITS OF HUMOR FROM HERE & THERE

A Tired Tyrant.

Bridget's caller—"How would you like to have a home of your own?"

Cook—"Fine! I'm tired bossin' other people's families."

One on the Lawyer.

"Witness," asked the attorney for defense, who was trying to prove the temporary insanity of the prisoner, "was it this man's habit to talk to himself when alone?"

"Just at this time," came the answer, "I don't recolleck ever bein' with him when he was alone."

The Thimble Wins.

"You may be sharp," said the thread to the needle, "but I notice you are always getting it in the eye."

"Oh, you can't talk," retorted the needle, "for whenever you get into a hole I have to pull you through."

"Be quiet, you two," chipped in the thimble. "If it wasn't for my push, neither of you would get along."

From the Top of the Round.

The second course of the table d'hote was being served. "What is this leathery stuff?" demanded the diner.

"That, sir, is filet of sole," replied the waiter.

"Take it away," said the diner, "and see if you can't get me a nice tender piece from the upper part of the boot, with the buttons removed."

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to relieve cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

Wise Men Say—

That life is a duty, dare it; a burden, bear it.

That if you want to make light of trouble, keep it dark.

That worry is the interest paid on trouble before it comes along.

That the man who does what he pleases is seldom pleased with what he does.

That the man wins who forgets to criticize others but remembers to criticize himself.

That all easy ways are downhill. You don't notice it till you try to climb back.

That experience is what a wise man gets at the expense of others, and a fool at his own.

That excuses are the patches with which we try to hide the holes in our business suits.

That the darkest shadows of life are those which a man makes himself when he stands in his own light.

Our grandfathers and our grandmothers knew that the right place for a knocker is outside the door.

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*

"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. 5—'20

SWITCH OFF!

Put aside the Salts, Oil, Calomel, or Pills and take "Cascarets."

Are you keeping your bowels, liver, and stomach clean, pure, and fresh with Cascarets, or merely whipping them into action every few days with Salts, Cathartic Pills, Oil, or Purgative Waters?

Stop having a bowel wash-day. Let Cascarets gently cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the colon and bowels all the constipated waste matter and poisons so you can straighten up.

Cascarets to-night will make you feel great by morning. They work while you sleep—never gripe, sicken, or cause any inconvenience, and cost so little too.

British Valor Won.

Captain de Parseval, of the French navy, who has just written a book on "The Battle of Jutland," says:

"The British owed their success to the valor of the sailors, the strength of the chiefs, more than to any material superiority, because, as a matter of fact, the material at the disposal of the British admirals was relatively inferior to that of the Germans."

MONEY ORDERS.

Buy your out-of-town supplies with Dominion Express Money Orders. Five Dollars costs three cents.

Artificial light for increasing egg production is a good thing with a strong, robust flock. A flock that is not strong will break down under the strain.

If a fire is slow in starting, burn a newspaper in the throat of the chimney to warm the flue.

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.

ECZEMA IN RASH CUTICURA HEALS

On Face and Head. Itched and Burned. Disfigured.

"Last year I became affected with eczema. It started on the cheeks in a rash, and the water spread and made my face sore all around the ear and partly on my head. The skin was very sore and red, and the breaking out itched and burned so that I could hardly help scratching. My face was very disfigured.

"Then I used a free sample of Cuticura. It helped so I bought three cakes of Soap and one box of Ointment, and my face was healed." (Signed) Miss Martha Berger, Spanaway, Wash., Feb. 11, 1919.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

Classified Advertisements.

AGENTS WANTED.

PORTRAIT AGENTS WANTING good prints and finishes—lowest prices on frames—ask for catalogue. United Art Co., 4 Brunswick Ave., Toronto.

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.

MISCELLANEOUS.

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.

CHOICE SILVER BLACK BREEDING Foxes. Also, we are buyers of Raw Furs. What have you—what price? Reid Bros., Bothwell, Ont.

COFFIN STOCK WANTED. IF YOU are able to supply, advise us, as we will pay the highest prices, dry or green from the saw. Keenan Bros., Limited. Owen Sound, Ont.

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.

Iron rust stains can be quickly removed if you saturate the spots with lemon juice and immediately hold over the steam escaping from the tea kettle.

Minard's Liniment Cures Garget in Cows.

Before the war Belgium was the third zinc-smelting country in the world, producing about 200,000 tons of unmanufactured zinc per year, of which 75 per cent, was exported.

LET "DANDERINE" SAVE YOUR HAIR

Get rid of every bit of that ugly dandruff and stop falling hair

To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub well into the scalp. After several applications all dandruff usually goes and hair stops coming out. Every hair in your head soon shows new life, vigor, brightness, thickness and more color.

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.

GET SLOAN'S FOR YOUR PAIN RELIEF

You don't have to rub it in to get quick, comforting relief

Once you've tried it on that stiff joint, sore muscle, sciatic pain, rheumatic twinge, lame back, you'll find a warm, soothing relief you never thought a liniment could produce.

Won't stain the skin, leaves no muss, wastes no time in applying, sure to give quick results. A large bottle means economy. Your own or any other druggist has it. Made in Canada. Get it to-day. 35c., 70c., $1.40.

Sloan's Liniment Keep it handy

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" 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."