*In Dry Canada*

**WRIGLEY'S**

still quenches thirst, cools the parched throat and by its delightful flavor and refreshment restores the joy of life. CG36

**After Every Meal**


### Nervous Children.

There are some children, otherwise in apparent good health, who suffer from an over-excitable weakness of the nervous system that manifests itself in spasms of various muscles or in general convulsions. The larynx is very apt to be the seat of this trouble, which shows itself in attacks of spasmodic crop; again, sometimes associated with croup, sometimes occuring independently, there are cramp-like spasms of the hands and feet. In general all the muscles react instantly and strongly to any stimulus, such as a sharp tap with the finger.

This muscular irritability has been found to be due to a fault of nutrition, namely an inability to absorb or assimilate lime, and the medical problem is to overcome this defect, and bring about a normal lime digestion. An ample supply of lime-containing food must be given and if there are other forms of digestive trouble they must be treated. It is well to start the treatment with a dose of castor oil, to ensure the removal of any toxins or poisonous material from the digestive tract.

The dies should consist largely of milk, to which lime water may be added, and also of such foods as are rich in lime: cabbage, turnips, oatmeal, and vegetables and fruits in general. Eggs contain a fair percentage of lime, and so do most nuts, but beef and other meats have very little. Nuts should be ground and made into a puree, and, even so, should be eaten sparingly, for they contain much fat and are not always readily digested. Cod-liver oil aids in the assimilation of lime, so also do extracts of certain glands; but here we are encroaching on the province of the medical attendant, who should of course be consulted not only about the drug treatment, but also about the diet.

The attack itself may be treated and sometimes arrested before the doctor comes, by putting the child in a hot bath and applying cold compresses to the head. The severity of the croup attacks may often be reduced by applying heat to the larynx by means of a sponge or soft cloth wrung out of hot water. If it can be given without disturbing the child too much, an enema is sometimes of service.


EARN WHILE YOU Become a Beauty Specialist

TORONTO HAIRDRESSING ACADEMY
SHOWS YOU HOW
Classes now forming for Spring term
Write for Booklet describing various courses
Branch School, 137 Avenue Road, TORONTO 5, ONT. HAMILTON, ONT.



*The trail that leads to* **HOME**

The Cunard Anchor-Donaldson ocean highway will be the home trail for many Canadian citizens intent on spending Christmas with the home folks in the British Isles this Christmas.

Leaving Halifax December 12th and 13th respectively the two Christmas ships "Letitia" and "Antonia" are scheduled to arrive at the home ports three or four days before Christmas, the "Letitia" at Belfast, Liverpool and Glasgow, and the "Antonia" at Plymouth, Cherbourg and London.

*Ask your Steamship Agent for information, or write—*

The Robert Reford Co., Limited
Montreal, Toronto, Quebec, St. John, N.B., Halifax.

**CUNARD ANCHOR-DONALDSON**
CANADIAN SERVICE 189


## MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.S., says:—"I cannot recommend Baby's Own Tablets too highly. I have found them invaluable for the ailments of little ones." Mrs. Brown's testimony is the same as that of thousands of other mothers who have used the Tablets. To use them once is a sure guarantee that they will always be kept in the home as long as there are babies or young children to be cared for. The Tablets are a laxative — mild but thorough in action—which never fail to regulate the stomach and bowels; relieve constipation and indigestion; break up colds and simple fevers and make the dreaded teething period easy. In fact you banish all the minor ills from which little ones suffer. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Prayers for Oysters.

An unusual celebration is to be held shortly by a Japanese firm of artificial pearl dealers. They are to erect a monument in memory of oysters whose lives have been sacrificed for the sake of the pearls that have enabled the firm to become so prosperous. Pearls that even the leading experts are unable to distinguish from the natural product are manufactured by this firm.

The monument is being laid out in front of the Imperial Shrine at Ise, and will take the form of a tower containing 10,000 pearls. A religious mass is to be said at the unveiling for the repose of the souls of the oysters.

Most visitors to Japan have remarked with delight on the wonderfully carved ivory statuettes that are offered for sale. A few months ago the leading Japanese ivory workers held a religious ceremony in memory of the thousands of elephants that had been killed to make these statuettes.

Somewhat similar was the ceremony held by geisha for the souls of cats slain to provide the necessary material for the Japanese musical instrument, the samisen, played by the singing girls.

### Now It Can Be Told.

"Oh, Daddy," said the young lady, "Mrs. Jones said you were the handsomest man on our street."

"What's that?" asked the father.

"There was a brief silence, then the daughter shook her head and said, "Well, I guess it's true, all right."

"What's true?" asked the father.

"That every time you compliment a man he makes you repeat it."

It is common knowledge to Arctic and Antarctic explorers that sea-ice more than a year old is entirely free from salt, although new ice contains the same amount of salt as sea water.


BABY'S OWN SOAP

*Thousands of Mothers prefer it to others*

ALBERT SOAPS LIMITED MONTREAL 6-26



**Every Woman Deserves One**

The SMP Roaster is a fine time saver. You put the roast or fowl in the oven. The roaster does the rest, bastes, roasts to perfection. It roasts with very little shrinkage, thus saving dollars every year. None of the tasty meat juices are lost; all the rich flavor is retained. Besides you can buy cheaper cuts, for it makes cheap cuts taste like choice ones.

The close fitting cover keeps all the cooking odors and the grease inside the roaster—the smell of cooking doesn't fill the house, and the oven is kept sweet and clean. Best of all, it cleans out in a jiffy after the roasting. These are splendid vessels. Price 85c. to $3.50 according to size and finish. Sold in all hardware stores.

**SMP Enameled ROASTER** 204



**NURSES**

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further information write the Superintendent.


### Cloud Architecture.

You may take any single fragment of any cloud in the sky, and you will find it put together as if there had been a year's thought over the plan of it, arranged with the most studied inequality—with the most delicate symmetry—with the most elaborate contrast, a picture in itself. You may try every other piece of cloud in the heaven, and you will find them every one as perfect, and yet not one in the least like another.

Stand upon the peak of some isolated mountain at daybreak, when the night-mists first rise from off the plains, and watch their white and lake-like fields as they float in level bays and winding gulphs about the islanded summits of the lower hills, untouched yet by more than dawn, colder and more quiet than a windless sea under the moon of midnight. Watch when the first sunbeam is sent upon the silver channels, how the foam of their undulating surface parts and passes away; and down under their depths the glittering city and green pasture lie like Atlantis, between the white paths of winding rivers; the flakes of light falling every moment faster and broader among the starry spires, as the wreathed surges break and vanish above them, and the confused crests and ridges of the dark hills shorten their gray shadows upon the plains.

Wait a little longer and you shall see those scattered mists rallying in the ravines and floating valleys, till they couch in quiet masses, iridescent with the morning light, upon the broad breasts of the higher hills, whose leagues of massy undulation will melt back and back into that robe of material light, until they fade away, lost in its lustre, to appear again above, in the serene heaven, like a wild, bright, impossible dream, foundationless and inaccessible, their very bases vanishing in the unsubstantial and mocking blue of the deep lake below.—John Ruskin.


Do you get a sensation of pressure on the heart? Don't be frightened it's not heart trouble—it's indigestion. Seigel's Syrup will fix it. Any drug store.


### Sonnet.

When it is done, that last long voyage, and we
Have come to where they tell us there is rest,
When it is done, that last long voyage, and we
Whatever name you will, so let it be
Shall we remember all the friends we met
Upon this dear old Earth, the haunting days
Of springtime's coming; all the browns and grays
Of English autumns? Or shall we forget
Will there be sunsets in the Western skies,
And great big silent seas for us to sail
Beneath a crescent moon, all silver-pale?
Will she be there with laughter in her eyes?
And shall we smell the heather wet with rain,
Or see the yellow daffodils again?

—A.R.U.

### The Heritage.

James Russell Lowell wrote much serious verse, but his "Biglow Papers," written during the American Civil War, are perhaps his most distinctive work.

O, rich man's son! there is a toil
That with all others level stands;
Large charity doth never soil,
But only whitens soft white hands.
This is the best crop from thy lands;
A heritage, it seems to me,
Worth being rich to hold in fee.

O, poor man's son! scorn not thy state;
There is worse weariness than thine
In merely being rich and great:
Toil only gives the soul to shine,
And makes rest fragrant and benign;
A heritage, it seems to me,
Worth being poor to hold in fee.

Both, heirs to some six feet of sod,
Are equal in the earth at last;
Both, children of the same dear God,
Prove title to your heirship vast
By record of a well-filled past;
A heritage, it seems to me,
Well worth a life to hold in fee.

### The Best Reward—

—For good work is the consciousness that we have done it.

—Our children can give us is to merit our sacrifices.

—Is not the bonus, but the appreciation the bonus implies.

—For a good sermon is in the improved living of the hearers.

—Of thrift is the mastery we establish over impetuous desires.

—Of hospitality is in witnessing the pleasure of our guests.

—Of industry is the sense of self-respect that follows.


After Shaving—Minard's Liniment.


### November Cornfield.

The long, rasping whisper
Of scattered cornstalks
In November wind
Is like the hard breathing of old soldiers
Retreating through a strange country
The wind harries them,
And they strain forward,
Tugging at hard, gnarled roots,
Swinging tattered leaves
Like rusted swords,
Beating weakly, vainly,
At a quick rush of sleet;
Bending, struggling on,
With their shifting, tottering banners
Of dusty yellow and torn gray.

—Arthur Saxe.


## REGAINED HEALTH IS NOW HAPPY

**The Experience of a Quebec Woman With Dr. Williams' Pink Pills.**

Mrs. L. D. Bernier, 89 D'Arguillon Street, Quebec, is one of the thousands of women who, when she found her health failing, resorted at once to Dr. Williams' Pink Pills, and now finds herself in perfect health. Mrs. Bernier says:—"I was very weak, subject to headaches and was unable to sleep well. Testimonials in the newspapers persuaded me to try Dr. Williams' Pink Pills, and the result has been most satisfactory. I have regained my health, the headaches have left me, I sleep well at night, and I have gained in weight. Naturally I am feeling happy. I strongly recommend Dr. Williams' Pink Pills to all weak people."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. If you will send us your name and address a little book, "Building Up the Blood," will be mailed you prepaid. This little book contains many useful health hints.

You can get these pills through any dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


### The Way Out.

The new bride was in tears on the evening of her first supper for friends. "My cottage pudding wouldn't rise," she sobbed.

"That's all right, dear," replied the husband, "we'll just tell them it's a flat pudding."

We derive greater benefit from the criticism of our enemies than from the flattery of our friends.—J. B.


**SIMONDS SAWS**

Their teeth are of a toughness which makes them hold their keen cutting edge under every usage.

SIMONDS CANADA SAW CO. LTD. MONTREAL VANCOUVER, ST. JOHN, N.B., TORONTO C



**RED ROSE TEA**

"is good tea"

*Order your grocer's best and he'll usually send Red Rose.* 72


### Rolling Stones.

It is wise, it is well
That stones should roll
Nor smother in bracken and moss.
Does a stone grow more whole
Being striped across
With parasite lichen?
But it enters experience
And sees a new world
If it rolls—if it rolls—
After petard, or toss.

Let it roll—
Roll when it's scuffed out soundly
From cluttered-up rut, or hole.
Let it adventure
Beyond the straight fence.
Even let it go
Like a meteor, hurled—
Even land in another world!

Moss is a parasite.
A parasite, rust.
Let a stone roll off its rough;
Let it chip,
Let it wear off old crust.
Even a rare thing might spring from its heart
If its strictures were broken wholly apart.

—Martha Webster Merriehew.

### Long-Service Eyries.

Golden eagles are still to be found in the western and central Scottish Highlands, where the same nests, or eyries, have been used regularly for half a century.

### Explained.

"Isn't that a new piece?"

"Oh, no! The piano has just been tuned."


**BILIOUSNESS**

**Dr. Franklin's DIGESTIN**

Strengthens the Stomach, relieves and prevents Dyspepsia, Indigestion, Heartburn, Sour Stomach, Nausea, Flatulence, Headache, and all other troubles caused by disordered Stomach and Bowels. Buy at your drug store or mail fifty cents to our address.

**Dr. Franklin Laboratories Toronto**



**Chapped Hands.**

Minard's heals rough and chapped skin on face or hands. Mix it with sweet oil and apply often.

**MINARD'S "KING OF PAIN" LINIMENT**



FOR *Colds*

BAYER

**ASPIRIN**

Proved safe by millions and prescribed by physicians for

| | |
|---|---|
| Colds | Neuritis |
| Pain | Toothache |
| Headache | Lumbago |
| Neuralgia | Rheumatism |

**DOES NOT AFFECT THE HEART**

WARNING!
**Beware of Counterfeits**
There is only one genuine "ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"—refuse it with contempt—it is not "ASPIRIN" at all! Don't take chances!

*Safe* Accept only "Bayer" package which contains proven directions.
Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). 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."


### Classified Advertisements.


REMNANTS.

3 LBS., $2. 5 LBS. PATCHES, $1.50. A. McCreery, Chatham, Ontario.

**SALESMEN**—We offer steady employment and pay weekly to sell our complete and exclusive lines of guaranteed quality, whole root, fresh dug-to-order trees and plants. Attractive illustrated samples and full co-operation, a money-making opportunity.
Luke Brothers Nurseries. Montreal


### Little Things.

Lest anyone think that the little things don't count, naturalists estimate that insects comprise four-fifths of the animal kingdom.


Physicians Use Minard's Liniment.


Queen Mary was the first English ruler to date her coins, and Edward the Sixth first used a value mark when he put Roman numerals on the twelvepence piece. Oliver Cromwell is accredited with introducing inscriptions on the edges of coins to prevent chipping off the silver pieces of his day.


*Plans For Homes*

Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for current issue.

MacLean Builders' Guide
344 Adelaide St. W., Toronto, Ont.



You can rely on SHILOH FOR COUGHS


## DOCTOR ADVISED OPERATION FOR MRS. PENN

**She Escaped It by Taking Lydia E. Pinkham's Vegetable Compound**

Windsor, Ont.—"After the birth of my first baby I was very much run-down in health and the doctor said I must have an operation as I was suffering from a displacement. A friend wanted me to try your medicine—Lydia E. Pinkham's Vegetable Compound—and I took it steadily for a year. During this time I was carrying my second baby and I felt real well all the time and did not have a hard confinement. I feel sure the Vegetable Compound did me a lot of good, and all my people do, too. One sister in Leamington, Ontario, takes it, and both sisters praise it as a good medicine. I am more than pleased with the result."—Mrs. W. PENN, Windsor, Ontario.

**Mrs. Corbin Relieved from Pain**

Stewiacke, N. S.—"I had pains across my back and in my side for two years after my first baby was born. My mother had taken Lydia E. Pinkham's Vegetable Compound and I read about it in the papers, so I tried it and the pains all left me. I have a family of three children now, and the medicine helped me during the months before they were born. I recommend it to my friends."—Mrs. CARY W. CORBIN, Main Street, Stewiacke, Nova Scotia. C

**Cuticura Shaving Stick A Luxury for Tender Faces**

This freely lathering Shaving Stick contains the emollient and medicinal properties of Cuticura, enabling tender-faced men to shave without the slightest irritation. It leaves the skin softened and refreshed and free from any tense, dry feeling.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.