Cannot be Banished by Lini ments-Is Reached Through the Blood.

Thousands of men and women suffer severely from rheumatism. Crip- perfect peace—a little eight-year-old pling pains in the muscles and joints girl. She had suffered for many make every movement a torture, months, and at last her relatives had Many people think rheumatism is due brought ier to the hospital for a serito cold or wet weather and they try ous operation, the result, of which to banish it by rubbing the painful would be either death or life with reparts with liniment. This is a great stored health and tappiness. The mistake; the rheumatic poison is in surgeon believed that with good luck the blood and liniment and rubbing the child might survive. cannot do more than give temporary. The attendants expected a somerelief. If you are a victim of rheuma, what distressing scene when the ether tism or lumbago the way to rid your was given and were trying to harden self of it is by making the blood rich their hearts against the cries of fear and pure, for only in this way can the rheumatic poison be driven from th system. To enrich and purify the blood, Dr. Williams' Pink Pills should lay watching with close attention. be taken. They act directly on the Then suddenly, instead of a cry from blood, making it rich and red, and in her lips, a most beautiful and winsome this way the trouble disappears. Thousands of people have proved this, among them Mrs. H. King, Croydon, among them Mrs. H. King, Croydon, closed her eyes and reverently, as if Ont., who says:—"I was attacked with at her mother's knee, repeated in a rheumatism in my right arm and low, sweet voice: shoulder. It pained me so that I could not raise the arm to comb my hair or feed myself. I commenced taking Dr. Williams' Pink. Pills and after taking three boxes I seemed all right again. About six months later, however, the trouble came on again, this time in quietly and confidently the serious my left arm. Again I took Dr. Wil. work began. All pervousness, all Millions of men and women know liams' Pink Pills with the same bene. strain and anxiety had departed, for the magic of Danderine; how it corhad no return of the trouble. Now I understanding, and which was hers, recommend Dr. Williams Pink Pills -had filled their hearts. whenever I get a chance."

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

The native of Iceland is dependent upon his own resources for all the necessities of his family. He makes his own clothes, builds his own boats. and shoes his own horses.

MONEY ORDERS. Dominion Express Money Orders are on sale in five thousand throughout Canada.

The whitest teeth in the world are said to be found among the men working on sugar plantations, who are always chewing sugar-cane

Minard's Liniment for Garget in Co

Crescent, Toronto.

FOOLISH TO LET When you enter a hospital you see long rows of beds with weak and diseased and broken bodies; you see HAIR FALL OUT faces drawn with pain; you see tired numes after long nights of watching

"My Peace."

and ministering; and sometimes you

see heartbroken relatives, desolate in their loneliness.

Because of those things it seemed

strange and wenderful to find in one

that frequently occur at such a time.

The moment came, and the attendant

approached with the ether. The child

smile like the opening of a flower over-

spread he small white face. Then she

"Now I lay me down to sleep;

If I should die before I wake.

I' pray the Lord my soul to keep.

I pray the Lord my soul to take.

Canadian fall weather is extremely

thrive. The Tablets are sold by medi

Co., Breckville, Ont.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

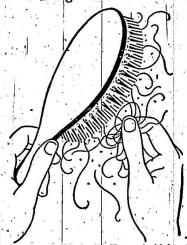
Dr. Middleton will be glad to answer questions on Public Health mat-

if they keep her awake. There remain only eight hours in which to eat, dees, of the Provincial Board of Health for

ters through this column. Address him at Spadina House, Spadina

of the city hospitals an example of the

35c"Danderine Saves Your Hair-Ends Dandruff! Delightful Tonic



Quick! Don't wait! Every bald head started with just a few falling hair and a little dandruff-but soon the hair appeared thin, scraggly, and then the dreaded bald spot. It seems a sin to let hair fall out or tolerate des ruc-There was silence for a moment as tive dandruff when you can quickly tear-filled eyes turned away. Then correct all such hair trouble with a

bettle of delightful Danderine. ficial results, and since then I have the peace of God, which passeth all reets oily, dandruffy, itching scalps and helps the hair to grow long, thick, strong and luxuriant. Danderine is not sticky or greasy. It is the largest selling hair corrective and tonic in the world because it is not a humbug! Get HARD ON LITTLE ONES bottle at any drugstore.

> things are often just as important hard on little ones. One day it is as ones which sound bigger. warm and bright and the next wet and The questions to ask yourself are: cold. These sudden changes bring on "What do I find the most value in colds, cramps and colic, and unless keeping me healthy?" and, "Is there baby's little stomach is kept right the anything I do which might be useful result may be serious. There is nothto another girl, and which she might ing to equal Baby's Own Tablets in

> keeping the little ones well. They not have thought of?" sweeten the stomach, regulate the Rules and Conditions bowels, break up colds and make baby (1) Your letter must not be longer than 500 words, and must be written cine dealers or by mail at 25 cents a on one side of the paper only. box from The Dr. Williams' Medicine (2) Sign your letter with a pen-

ame, and print your own name and Rust and corrosion of metal is readdress clearly on an attached slip of sponsible for an annual world wastage (3) Your letter may deal with only one point or with as many as you like.

(4) Style, spelling, writing, etc., will not be taken into account. The prizes will be given to the girls whose letters are judged to contain the most healthy, and such as would le of the most use to other girls. (5) Information taken from books

What is wanted is your intimate personal experience and first-hand knowl-

edge.
(6) Any of the letters may be pub-Health Confessions of Business Girls. just as there is a technique of games

Just look at her day for a moment. A would enable them to keep their bodies published in this column, either with all, ages printed on bottle. Mother! used whilst you work and whilst you third of it is spent at work, where she and minds at their best and help them the girl's name or with the pseudonym, You must say "California" or you may sleep. No straps, buckles or springs wants to be physically well, nicely to get the most out of life. One girl according to the girl's own choice.

dressed and neat in her person, active- has discovered one rule or one little (8) The first prize is \$15, the sec-

thing of a machine, cheerful and would form a collection of knowledge ness Women's Club; Miss Jessie M, boy of the house busy in the front to PIAPAO CO., 765 Stuart Bldg., St. serence and on the spot. Another third of how to keep healthy and happy, Robson, Welfare Department of the room, "good boy this morning, I hope?" Louis, Mo., for trial Plapao and the of her life is spent in sleep. For this which would be of great value to T. Eaton Company.

Harry regarded the clock and per information necessary.

she must provide herself with some everyone. It would be proved knowl—, (10) Letters must be in before ceived it was just 11.30.

kind of sleeping quarters, must be edge, too, not just theory out of a book. November 16.

trive to keep sufficient time for steep about what may happen to the body if Letters are to be addressed to coubtfully. "There's hand also to sleep during the time kept, it is underfed or underrepaired or Sylvia Gray, care Division of Indus-This may mean the refusal of invita- under-exercised, but actual facts from trial Hygiene, Provincial Board of tions which would cut down her sleep personal experience, showing what in Health, Spadina House, Spadina Cres., or simply the avoiding of tea or coffee one case did happen.

A New Use for Poplar

shop, see her friends, take exercise, Ontario wants to collect just such malar A method has been discovered by the keep body and clothes in good repair, terial, and has the following plan for forest Products Laboratories of Canadand, according to circumstances, personal doing so. It is offering prizes for the haps do housework and possibly debest short letter on the most importused in the manufacture of citar boxes. velop some talent. Quite obvious y it ant thing or things to enable a busi- instead of the cedrela from Cuba; s bound to be "close going," and to ness girl to keep physically well and which generally cover up imported do it successfully needs (1) a reason- mentally alert and happy. What is havanas, and has been regarded as the ably healthy body in good running wanted is personal opinion, based on sign manual of a good cigar. Several order; (2) ability to organize and actual experience. It does not matter Canadian elgar manufacturers have alphan wisely; (3) self-discipline. how simple or trivial the thing you ready started making boxes from pop Now there is a technique of living have found useful may seem-simple lar.

What Solace. white on-creeping of the

Just hudge up as the' a brother And help some one like a mother, Its frosty furtiveness, its stealthy tread: The glitter of the steely stars o'er-Do the deed now, not to-morrow, Fight the hardest when in sorrow,

arren uplands out The sunrise For perished loveliness and

Young April's emerald, su and for the glamour of the autumn'

What shall I seek for sclace when

The threatening wind about the And see gaunt shadows where bare tree boles rise.

To keep me heartened till the vernal Shall come on flowery feet to claim its own? The warm and answering look with

in Love's eyes. -Clinton Scollard The Way of Life.

Love has its tides: The ship that rides Upon their ebb and flow Is never blessed With perfect rest. . But swings-now high

Life hath its cares, And whose bears The buiden of its years Until the end Must hourly blend Its laughter with its tears

-Frank Putman MOTHER!

Child's Bowels with



Even a sick child loves the "fruity taste of "California Fig Syrup" If the culation, thus robbing the weakened valuable information on how to keep little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, a teaspoonful will never will not help you to win the prize hours you can see for yourself how thoroughly it works all the constination poison, sour bile and waste from the tender little howels and gives you a the most scientific, logical and success-

Health Confessions of Business Girls, just as there is a technique of games Every business girl knows better than anyone else that it takes a great deal of careful planning for her to have gained their knowledge by exhaush, both mentally and physically.

The planning for her to have gained their knowledge by exhaush, if fellowed, mark, both mentally and physically.

The published in this column and may be published.

Well, playful child again.

Millions of mothers keep "California world has ever known.

The Plapao Pad when adhering spoonful to-day saves a sick child to have gained their knowledge by exhaush with a perience. Probably very few girls girl will be published.

The plapad of the fetters may be published in this column and may be used will be full again.

The Plapao Pad when adhering closely to the body cannot possibly slip or shift out of place, therefore cannot challen of the probable them to keep their bodies.

The plapad of the fetters may be published in this column and may be used with a book on personal hygiene, but all spoonful to-day saves a sick child to morrow. Ask your druggist for genulation of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot challen of the body cannot possibly slip or shift out of place, therefore cannot be probable them to keep them. get an imitation fig syrup. attached

dressed and neat in her person, active has discovered one rule or one little labor- and storage and neat in her person, active has discovered one rule or one little labor- and storage and neat in her person, active has discovered one rule or one little labor- and storage are storage and storage and storage are storage and storage and storage are storag Harry regarded the clock and per information necessary.

"I don't know yet. Uncle," he said "There's half an hour use your head.

Minard's Liniment Co., Limited. Sirs,-I have used your Minard's Liniment for the past 25 years and surgery, whilst I have occasionally used other liniments I can safely say that I have never used any to equal yours.
If rubbed between the hands and nhaled frequently, it will never fail to relieve cold in the head in 24 hours.

it is also the best for bruises sprains, Yours truly. J. G. Leslie.

Cities That Go to Sea.

Each year passenger carrying ships get bigger and more luxurious, and it is a common expression, to describe them as "floating palaces." In reality they are more like floating cities. Big liners can no longer be worked

by sailors alone, and each of the ocean monsters carries representatives of many professions and occupations. census of these was taken recently, and it was found that in addition to the actual crew men of no fewer than seventeen different compations were employed.

There were gardeners and hairdressers, photographens and printers, ligrarians and swimming masters. The ship's magazines have their own editors and compositors. Musicians and band-masters have to be carried, and in addition to the ship's surgeon there are nurses, hospital attendants, and

dispensers. Each big ship has its chiropodist and other departments are under the control of bank-managers, store-keepers, and so on. A special police-force and a battalion of plumbers are included in this extraordinary assortment of trades on the sea.

In addition, there are numbers of specialists, such as chefs, electricians, wireless operators, carpenters, and the masters-at-arms.

Barrier in Ether

There is a "space of territory" in California inside of which wireless elephone messages absolutely disappear. So far as wireless is concerned it is a region of eternal silence. Some sort of invisible barrier in the ether seems to act as a barricade to wire less waves.

Minard's Liniment for Diphther

Moulding Says It is His Family Medicine

"Passing.

Say a kind word to each other,

Passing.

Smile if some one would borrow,

Hum, tho' every word is finding

Spots to send your soul a-pining,

Bend your back and help the calling

When distress does come appalling,

"Cascarets" 10c

For Sluggish Liver

· Bowels

Clean your bowels! Feel fine!

When you feel sick, dizzy, upset,

when your head is dull or, aching, or

your stomach is sour or gassy, just

take one or two Cascarets to relieve

constinution. No griping-nicest laxa-

tive-cathartic on earth for grown-ups

The Zones.

became quite mixed.

One question was:

A teacher was giving her class a

masculine is divided into the temper-

ate and the intemperate: the feminine

Seven thousand persons each year

are laid away—the burjal certificate being marked "Ruptuke" Why? Be-

cause the unfortunate ones had neg-

lected themselves or had been merely

taking care of the sign (swelling) of

the affliction and paying no attention

to the cause. What are you doing?

Are you neglecting yourself by wear-

the truss is only a make-shift—a false prop against a collapsing wai!-and

cannot be expected to act as more

than a mere mechanical support. The

privacy of their own home.

PLAPAO method is unquestionably

When striking a match in the forest

Lister, the surgeon, was one of the

greatest originators of antisentic

For Nervous

Headaches

TS THE RELIEF from head-,

A ache or neuralgic pains worth one cent to you? That's all it costs for an application of

"Vaseline" Montholated Jelly. With the first indication of a

headache rub a small amount of it gently on the forehead and

temples. So convenient, effec-

HESEBROUGH MANUPACTURING

Minard's Liniment for Distemper.

into the frigid and the torrid.'

Rupture Kills

answer was: "There are two

masculine and feminine. The

7.000 Annually

or Constipated

Show all mercy to the fallen,

Passing.

Passing.

"Tanlac has done my wife and my self so much good that we have made it our family medicine," says Freder ick Moulding, 2513 17th St., South west Calgary, Alberta. Sing, the tears your eyes are blinding

"As for myself, I had been feel just about half sick for some time My appetite was very poor, nothing tasted right, and what I did eat seemed to do me little good. I never fel hungry and my energy and strength were slipping right away from me. "Two or three years ago my wife was troubled somewhat the same way She had no appetite, was all run down and very nervous. After taking a few bottles of Tanlac she was so improve

that all the neighbors spoke about it. "Knowing what Tanlac did for her.
I took it myself and it has helped me just like it did her. I now eat three rousing meals a day and relish every bite and have an appetite that neve fails me. That tired feeling is gone and my old time strength and energy have come back to me. My wife and myself both think Tanlac is great." Tanlac is sold by all good druggists

The Singer.

The color of the rose is in your song And all the tints of the unfolding trees and children. 10c a box. Taste like The ever-changing hues of sunlit sea The flame within the popples throng; The ripple of the grass, the glow of

sun. . And all the wonder of a summer night test in geography and one little boy When through the skies Sing on, sing on! a

> STOMACH MISERY. GAS, INDIGESTION

> "Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Papo's Diapensin" is the quickest urest relief for indirection, gase sourness, ! fet latulence. heartburn. pentation or stomach distress cause by acidify, . A few table's give almos immediate stomach relief. Correct your stomach and digestion now for ing a truss, appliance, or whatevel name you choose to call it? At best, few cents. Druggists sell miklions

Walking-sticks are made from th backbone of sharks stillened with binding pressure retards blood cir- steel rod, in Venezue'a.

muscles of that which they need most But science has found a way, and Some weeds taint the milk of cow every truss sufferer in the land is which eat them, while nvited to make a test right in the poisonous to all kinds of stock.

> COARSE SALT. LAND SALT Bulk Carlots

TORONTO SALT WORKS C. J. CLIFF . TORONTO

Itched and Burned, Lost

Sleep. Cuticura Heals.

"I had pimples and blackheads all over my face. The pimples were hard and quite large, and the liching and burning were so revere that I could not help scratching them. I was very restless and lost many nights' sleep "I tried different remedles without success. Seeing an advertisement for Cuttoura Soap and Ointment I sent for a free sample which I used with success. I pur-

which I used with success. I purchased more and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) Miss Sadie Dolce, 363 Admiral St., Providence, B. I., Aug. 11, 1921.

Use Cuticura for all toilet purposes Bample Each Free by Mall. Address: "Lymans, Lim ited, 344 Et. Paul St., W., Montreal." Sold every where. Soap 25c. Ointment 25 and 50c. Talcun 26c Cuticura Soap shaves without mug

Classified Advertisements FOR SALE.

Clinton: Two spring wells: splendid buildings, good orchard and fences. For terms and further particulars apply to G. A. P. Brickenden & Co., Barristers, &c., London, Ont.

DIDOUT & MAYBEE, KENT BLDG. Vonge, Street, Toronto, Registered Patent Attorneys. Send for free booklet.

BELTING FOR SALE

TELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, home, etc., shipped subject to approval at low-est prices in Canada. York Belting Co., 115 York St., Toronto.



Relieves Dyspepsia

M. D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade ns "Mother Seigel's Curative Syrup." Get the Genuine. 50c. and\$1.00



leduces sivelling

— slarts blood circulating The pains of strains and sprains are due to conversions. Just quicken the circulation, and the inflammation and pain subside disappear. Without rubbing Slean's penetrate sand break paintful conversion.

Paintin Congestion.

Slockly relieves theumatic paints relative neuraligia warms and conflorts tired, aching backs, loosenscengestication couls in thest. Keep it hardy.

Sloan's Liniment-kills bain!

WOMAN TAKES **EVERY CHANCE**

To Recommend Lydia E. Pinkham's Vegetable Comoound, for It Helpe Her So Much

Fredericton, N. B .- "I was weak and had some troubles women often have, and usually I was unfit for my have, and usually 4 was unfit for my work. I saw your advertisements and idecided to try Lydda E. Pipkham's Vegetable Compound. I am very much pleased with the result and recommend your!Vezetable compound whenever I have a cheme. You may use this letter for the helicity of others,"—Mass Wenners, 160 Church St. Frederictor N. B. Mrs. Wandless, hite rinks, usuy other women who have found acted by taking Lydia E. Pinkham's Vegetable Compound, is anxious to let

table Compound, is anxious to let other women know of this sidential medicine. So by word of mouth and by letter, one woman to another its virtues are made known.

Women suffering from female adments, indicated by ruch synaptoms as backache, nervous troubles, hot flashes, pain in the side and a grandal mendown condition of the who's system, should take Lydia E. Pinkham's Vegetable Connedund.

For nearly fifty years it has been helping women. Let, it help you.
Lydia E. Pinkham's Text-Book upon "Allments Peculiar to Women" will be sent you free upon request Willo to Lydla E. Pinkham Medicine Co., Lynn, Mass.

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



unbroken package" of "Bayer Tablets of Accept only and Aspirin," which contoons diffections and dose worked out by rphysicians during 22 Jehrs and proved safe by millions for

Colds Toothache Earache

Headache Neulralgia Lumbago

Rheumatism Neurius 👉 Pain, Pain

Handy "Bayer" boxes of 12 table s-Aleb bertles of 24 and par Dengara. Applein is the trade ings trigisters in Cause and Hayer we dan nearlegeldester of Salacy earld. While it is well known that to prove and institute to assist the public and last toltarious, the way are



For health's sake

avoid the use of mealtime beverages which cause disturbance to nerves and digestion, often resulting in sleeplessness. headache and serious organic troubles.

healthful, wholesome drink of tried and proven merit; no caffeine, no tannin, no harmful ingredient whatsoever.

Fregrant-delicious-satisfying.

A generous sample stant Postuus sent Instant Postum

Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ontario.

When tea or coffee disagrees, try Instant Postum, the

At your Grocer's in sealed, air-tight tins.

'There's a Reason"

DYEING

MENTHOLATED

THE postman or express man will bring Parker service right to your home. Suits, dresses, ulsters and all wearing apparel can be successfully dyed. Curtains, draperies, carnets and Il household articles can be lived and

restored to their original We pay carriage one way on all orders.

Parker's Dye Works, Limited

Cleaners and Dyers 791 Yonge St. Toronto.

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