

### Your Hens Need This Tonic

A rounded tablespoonful of PRATT'S Poultry Regulator for each ten fowls will put new vigor into your flock.

## Pratt's Poultry Regulator

is not a food but a natural tonic and health builder, which acts directly and positively upon the digestive and egg-producing organs—tones up the whole system—makes hens lay more eggs.

**PRATT'S Poultry Disinfectant** keeps poultry houses sanitary. Kills mites and disease germs.

Your Money Back if YOU Are Not Satisfied

Sold by Dealers Every where. Made in Canada by PRATT FOOD COMPANY OF CANADA, Limited, 332 V. Carlaw Avenue, Toronto.

PRATT'S 5th YEAR OF SERVICE

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

In looking over the birth and death records of a large town in Ontario I noticed the following figures:—

Deaths under 1 year of age . . . 70  
Deaths from 1 to 6 years of age 12  
Deaths from 6 to 11 years of age 2

Surely the public should be roused to a sense of responsibility and leave no stone unturned to prevent such an appalling wastage of child life.

What are the reasons for such a heavy death rate?

## ARN BICYCLE

THE WORLD'S MOST ADVANCED MOTORCYCLE

Thousands of our graduates are making big money in the auto business. Thousands of others are making big money in the auto business. Thousands of others are making big money in the auto business.

Complete Course—The best of the auto business is taught. Construction, operation, repairs and maintenance of all makes of automobiles. Practical instruction in all branches of the auto business.

Michigan State Automobile School  
5372 Auto Bldg., Detroit, Mich.

## \$12,000 IN PRIZES \$12,000

Here's your opportunity to participate in these three big cash prizes. We wish to put THE ATHLETIC GUIDE, our new Sporting Paper on the map and at once to reward our club members and readers for their loyalty and interest in this exciting contest. We have decided to spend our money in a way which will really make our proposition a national one all the way round.

Participate in this subscription campaign you simply indicate on the coupon below whether in your estimation the HOME TEAM will score MORE, LESS or THE SAME NUMBER OF GOALS than they scored in the corresponding game of last year by placing an "X" in the column headed by the word MORE, LESS or THE SAME. Prizes will be awarded on the basis of the number of correct estimates.

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### RULES

- All entries must be made on coupons provided for that purpose.
- Any coupon which has been altered or mutilated will be disqualified.
- In event of a tie, or ties, prizes will be divided equally between those tying, but should the necessary arise, the Auditor reserves the right to rearrange prize money so that the first prize winner will receive more than the second, and the second prize winner receive more than the third.
- Matches on coupons incorrectly scheduled, or not commenced, same will be struck off the coupon. In the event of a game being started, and then discontinued for any reason whatsoever, the score as registered at the time the game is terminated, will be accepted as being the score as a full game.
- The Auditor reserves the right to disqualify any coupon for what, in his opinion, is a grossly inflated reason, and it is a distinct condition of entry that the Auditor's decision shall be accepted as final and legally binding in all matters concerning this competition. No correspondence will be entered into or interviews granted.
- In marking coupons, please cross in column headed "more" whether you think the HOME team will score more than last year.

## FOOTBALL COMPETITION No. 2

ATHLETIC GUIDE PUBLISHING CO., 508 Dominion Bank Bldg., Vancouver, B.C.

I enter this Football Competition with the understanding that I agree to abide by the published rules governing same and to accept the Auditor's decision as final and legally binding. Twenty-five cents enclosed for five weeks' subscription entitles me to one estimate; 50c, ten weeks and two estimates; 75c, fifteen weeks and three estimates; \$1.00, twenty weeks and five estimates.

NOTE—Mark with an "X" in column provided whether you think the HOME team will score MORE, LESS or THE SAME number of goals as in the corresponding game last season.

HOME TEAM	Last Year's Score	Away Team	More	Same	Less
Aston Villa	2 0	Preston N.E.			
Sunderland	2 1	Birmingham			
Bolton W.	1 2	Cardiff			
Clapton O.	1 2	Rotherham			
Coventry	2 0	West Ham			
Charlton A.	1 0	Watford			
Luton	1 0	Millwall			
Northampton	2 0	Brighton & H.			
Queen's Pk. R.	1 1	Portsmouth			
Accrington	1 2	Hull'x			
Lincoln	1 0	Barrow			
Rochdale	2 1	Sheffington			
Dundee	2 0	Albion Rovers			
Kilmarnock	1 1	Hibernian			
Faith Rovers	1 1	Celtic			

## THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright, and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colic and make baby happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## THE HALF-SPEED MAN

What it Means When You Feel Run Down and Out of Sorts.

You know what it means to feel "all out of sorts." Most people have felt this way at some time. Nervous out of order, irritable, languid, depressed. An aching head, appetite bad and digestion weak. With some people this condition comes and goes; with others it is chronic—they can't shake it off. It interferes with business, spoils recreation and robs life of all its joys. These men and women are only half-speed, half-work, half-able to work at half-speed. The trouble is caused by poor, watery blood. You can improve your conditions to-day by taking Dr. Williams' Pink Pills. These pills enrich and stimulate the blood, strengthen the nerves and give you fresh vigor. Here is proof: Mr. William F. Bell, Bracebridge, Ont., says:—"I have been recommending Dr. Williams' Pink Pills for a number of years, because of the benefit I got from their use. I was in a terribly run down condition. I was scarcely able to do anything all winter. To make things worse I took the mumps and caught cold, and as a result was confined to bed for six weeks, part of the time in a terrible fever. Of course I was doctoring, but instead of getting better I was growing weaker. At this time my father-in-law urged me to try Dr. Williams' Pink Pills, but I had no faith in all medicine and refused. However, he had such faith in them that he bought me six boxes, and of course I could not refuse to take them. Now I am glad I did not. I had not taken them long before I began to have faith in the pills. My mumps and cold were all improving. Day by day my strength came back and I gained in weight from 115 to 145 pounds. Therefore, I feel that I cannot speak too highly of Dr. Williams' Pink Pills and I hope my experience will convince some other sufferer of the value of this wonderful medicine. I have written this for the purpose of letting you know that I really make our proposition a national one all the way round."

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

## MOTHER!

Open Child's Bowels with "California Fig Syrup"

Hurry, Mother! A teaspoonful of "California Fig Syrup" will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the four bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

## Africa's Wife Market.

In the Christian Herald, M. T. Dyson tells this interesting narrative. "That wives in Africa are not given with all good wishes and congratulations but sold for a price is well known in many parts of South Africa as 'lobola' or 'cattle.' Thus when the purchase price is spent they speak of the 'cattle' as having been 'bought' for their wives. 'Of late considerable discussion has been going on in some of the local papers because some of the better educated natives object to its being called a 'commercial transaction.' It is an insult to say that we sell our daughters," writes one. But when asked to explain 'lobola' he says: 'I bought you with my cattle' or 'What, shall a cow refuse to go where it is driven?' their only excuse is that: 'Of course, the custom has lost some of its value with the present generation, but as it forms a backbone of native social life it would be absolutely folly to have the Government to legislate against it.' 'Complications arise from the 'lobola' affairs are endless. In most instances the case goes first to the native chief of the district. It has been said that fully 95 per cent. of the native heathen court cases are 'lobola' cases. 'In our territory one of the prime evils resulting from the 'lobola' system is its sister-evil, 'mutengatari.' Cattle are not to be found in the part of the country owing to the tsetse fly, and money, at least gold sovereigns, are hardly to be seen. One goes away to the mines and works for some two or three years of more to get the purchase price. Hence the difficulty is overcome by giving another woman or girl, oftentimes a mere child, in exchange. This 'mutengatari' system may be the worst of the 'lobola' system. 'One man about to take a wife has not the required amount of money. So he pays down what he has and promises the father or guardian his first daughter. Thus the hapless little girl is sold before she starts on her journey into the world. In the often case, turned over to her own care as soon as she is old enough to be of service in the garden.

## Fisherman's Friend

The Original and Only Genuine

# MINARD'S LINIMENT

"KING OF PAIN"

YARMOUTH, N.S.

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapiesin" for Gas, Indigestion or Sour Stomach

## Proof Against Poison.

Some animals can absorb enough poison to kill a regiment of men without suffering any ill effects at all. Man is the only creature of his kind that can swallow with impunity enough to kill one thousand human beings.

Cats seem morphia proof. They can take quantities of the poison without being made in the least sleepy. On the contrary, morphia seems to excite these animals.

A pigeon has been known to eat 800 grains of morphia mixed with its food in a fortnight. Here again the bird was not in any way harmed.

Habitats will eat belladonna to such an extent that their flesh becomes poisonous while they themselves are not any the wiser. In fact, they soon die.

Cantharidin is not so deadly as the poisons already mentioned, yet one grain has been known to kill a human being. You might, however, give a whole spoonful to a hedgehog without doing him the slightest harm.

Arsonic is one of the new poisons which kill all forms of life—plant, animal, and vegetable—and of the vegetable poisons there is one—namely, nicotine—which is even more deadly in its effects upon the lower animals than it is upon mankind.

An Up-to-Date Reason.

"I wonder," said the vicar, "if any of you boys or girls can tell me why Mary and Joseph fled into Egypt?"

"Because," said a girl, "his voice, 'because they hadn't paid their rent, sir."

Minard's Liniment for Warts.

Shadows.

How from the morning to the vesper star

The ever shifting shadows busy are,  
Finding at night upon the quiet breast  
Of the compassionate earth a dreamless rest!

We are as shadows—through life's active days  
Pursuing each his own unending way.  
Then we on the long-night close dark  
And deep  
Finding on Mother Earth untroubled sleep.

Clinton Scollard.

## STAMMERING

or stuttering overcome positively. Our natural method restores natural speech. Graduate pupils everywhere. Free advice and literature.

THE ARNOTT INSTITUTE  
KITCHENER, CANADA

## "Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Stop headache, biliousness, gas, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

The longest-lived fashion is surely the famous "Salvation Army" bonnet which has not really changed since 1877.

Minard's Liniment for Gargol in Cove  
ISSUE No. 49-22.

## BROUGHT THE JOY OF LIFE TO MRS. COTE

Mrs. J. Cote, 58 St. Eustache St., Quebec, recently made the following grateful statement regarding Tanlac:—"Tanlac has brought me perfect health and the joy of living and I am glad to tell everybody what a grand medicine it is. For over a year I was in such a weak condition on account of stomach and liver troubles that I could hardly move about the house. I could not eat a good meal without suffering the worst sort of pains afterwards. I woke up mornings with a fearful headache, and had such bad dizzy spells I had to leave my work and lie down. I felt tired and weary all the time, and when I had terrible sinking sensations. "The way Tanlac built me up is simply wonderful. After taking four bottles my troubles are all gone and I am as well as I ever was in my life. I eat and sleep like a child, and have strength to do my housework with ease." Tanlac is sold by all good druggists.

Oil storage tanks in the Panama Canal zone have been equipped with metal awnings to prevent a serious loss of oil by evaporation.

Minard's Liniment for Colds, etc.

The common flea is really a wingless fly.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

That the earth is much older than the sun is the opinion of a well-known scientist.

Minard's Liniment for Distemper.

A roof well covered with straw thatching may last as long as thirty years.

## Cure for Desertion.

A curious custom prevails in the New Britain group of islands, in compelling a man who has neglected his wife and children to run the gauntlet. Two rows of women extend for a distance of several hundred feet, each woman being armed with a stick. Down the avenue thus formed the culprit, in a state of nudity, has to make his way; and as he darts past the women behave in his derisive. By the time he reaches the end of the row he is exhausted and covered with blood.

So his punishment is greatly dreaded, not so much on account of the physical suffering it entails as the disgrace that follows, for the man is an outcast afterwards for several weeks.

## PETRIE'S MACHINERY TORONTO

Sheboygan, Wisconsin.—"I was run down, tired and nervous. I could not even do my own housework, could not sleep at night and all kinds of queer thoughts would come into my mind. I gave up going to the doctor and a friend told me of Lydia E. Pinkham's Vegetable Compound. After the first bottle I could sleep better than I had in a long time. I have taken seven bottles now and am so happy that I am all over these bad feelings."—Mrs. B. LANGRISH, 1639 N. 3rd St., Sheboygan, Wisconsin.

For the woman entering middle age Lydia E. Pinkham's Vegetable Compound can be of much benefit. During this time of life certain changes take place which sometimes develop into serious trouble. Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vegetable Compound is a natural restorative, especially adapted to assist nature in carrying you safely past this time. Why not give it a fair trial?

## Cuticura Insures Healthy Complexions

Daily use of Cuticura Soap, essential when necessary by Cuticura Ointment, promotes a clear skin, good hair and soft white hands in most cases when all else fails. Always include the Cuticura Soap and Cuticura Ointment in your toilet preparations. See 25c Ointment 25c and 50c. Sold throughout the Dominion, Canadian Depot: Great Lakes, 24 St. Paul St., Toronto. Cuticura Soap shaves without stung.

## Buy Your Electric Supplies By Mail and Save Money

\$3.95

Semi-Indirect Bowl Mixtures, similar to cut. Some are nicely shaded in pink, others are decorated with blue birds. Bowls are complete with chain hanger about 2 feet long and socket ready to install.

The regular price of this mixture is from \$5.00 to \$10.00. Our Mail Order price is complete, \$3.95.

Send for our new illustrated catalogue of Electric Fixtures. Every fixture is a bargain. Above you will see one of them. Shaded throughout "Canada, liberal commission."

W. P. EARLE  
Electric Supply Co.  
1284 St. Clair Ave. West  
TORONTO, ONT.

## SACRIFICE SALE

# WHELOCK ENGINE

LATEST TYPE VALVE MOTION Engine 18"x42"

In good operating condition. Fly-wheel 15' diameter x 26" face. NO REASONABLE OFFER REFUSED

WE MUST HAVE THIS SPACE FOR OTHER PURPOSES

REAL ESTATES CORPORATION, LIMITED  
73 West Adelaide St., Toronto. Phone Adelaide 3100

## ASPIRIN

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

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds, Toothache, Earache, Headache, Neuralgia, Rheumatism, Neuritis, Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also boxes of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacturing of Monach-acetate of Salicylic acid. While it is well known that Aspirin is Bayer's product, the public should be warned that Aspirin is not Bayer's product. Bayer's product will be stamped with their special trade mark, the "Bayer Cross."

## Classified Advertisements

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WANTED SPACE IN CELLARS, ETC., for storing extra stock of goods for sale. Growing mushrooms for sale. Also growing mushrooms for sale. Queen and Elizabeth.

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THE UNITED HOSPITAL SCHOOL, of training offers a 24 year course to High School graduates. Text-books, uniforms and scholarships provided. Class enters in January. Send for prospectus. Port Chester, New York.

FOZZER  
CHOICE SILVER PLATE, FINEST, 100% pure silver. Red Hops, Bothwell, Ontario.

## BELTING FOR SALE

Belting of all kinds, new or used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

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Send for list of inventions wanted by Manufacturers. Inventions have been made from simple ideas. Write for prospectus.

HAROLD C. SHIPMAN & CO.  
PATENT ATTORNEYS  
211 BANK STREET, TORONTO

America's Pioneer Dog Remedies  
DOG DISEASES  
How to Feed, How to Cure, How to Prevent. Write for the Author. H. Clay Glover Co., Inc., 129 New York U.S.A.

## QUEER FEELINGS AT MIDDLE AGE

Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period

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