# A MOTHER'S HEALTH NEEDS GREAT CARE

## Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these conditions as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. Mrs. W. T. Riley, R.R. No. 1, Apple Hill, Ont., has proved the great value of Dr. Williams' Pink Pills to mothers, and tells her story as follows:—"Two years ago after the birth of my boy, I became very weak and run down. Gradually I lost weight and energy until I was unable to do my housework. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make me still worse, and my heart would palpitate terribly. I doctored steadily for a year without getting better, but just kept along feeling that I would never be well again. But one lucky day on the advice of a friend, I began a treatment with Dr. Williams' Pink Pills. I have taken only six boxes, but you could see the difference. I was able to do my work, go about and enjoy myself. I feel so entirely a new woman that I advise every weak or ailing woman to try Dr. Williams' Pink Pills and I know they will do her beneficial results."

If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will do for you. You can get Dr. Williams' Pink 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.

Minard's Liniment for Corns and Warts

## Marvels of Mental Telepathy.

It is not many years ago since there was doubt as to whether it was possible for the mind to transmit thoughts to another mind without the aid of speech or other mode of communication.

"Thought-readers" have appeared on the music-hall stage, but there has always been a feeling that the constant flow of talk invariably contained a code which enabled the man in the audience to give instructions to his confederate on the stage.

There really is such a thing as mental telegraphy, and it is possible for thoughts to be transmitted and received when when the two personalities are "in tune."

A well-known business man provided the writer with many instances of communication between himself and his wife. On one occasion he felt strongly impelled to enter a confectioner's shop and buy a chocolate cake. He did so, remarking to the assistant that he really didn't know why he was making the purchases.

He took it home expecting to be laughed at for his pains, but found his wife entertaining friends. There was a roar of laughter when he entered with the cake.

The whole company were witnesses to the fact that his wife had hoped he would return with a chocolate cake, she having forgotten to purchase one when out shopping.

The writer once asked his daughter to make a journey to the bank to pay in some money. The fact that a cheque had also to be cashed escaped his memory until she was well on her way. However, a strong mental effort was made to induce her to return—and she did so.

## 500 Days Without Water.

Interesting experiments of great importance to areas liable to severe drought were carried out recently by the Grootfontein School of Agriculture in South Africa to ascertain whether stock could be kept alive for lengthy periods on a ration of prickly pear leaves alone.

It was demonstrated that sheep, though they fell off in condition, could exist for 280 days solely on a diet of prickly pear, and when a small allowance of lucerne was fed in addition after that period the sheep were able to go for 500 days without a drop of water, depending on the moisture from the prickly pear.

Minard's Liniment for Coughs & Colds

No man has a thorough taste of prosperity to whom adversity never happened.

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

## To My Mother.

Deal gently with her, Time; these many years
Of life have brought more smiles with them than tears,
Lay not thy hand too harshly on her now,
But trace decline so slowly on her brow
That like a sunset of the northern clime,
Where twilight lingers in the summer time,
And fades at last into the silent night
Ere one may note the passing of the light,
So may she pass— since 'tis our common lot—
As one who, resting, sleeps and knows it not.

—John Allen Wyeth.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" Is Child's Best Laxative

Even if cross, feverish, bilious, constipated or full of cold, children love the "fruity" taste of "California Fig Syrup." A teaspoonful never fails to clean the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour, undigested food and nasty bile out of the stomach and bowels, and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful today saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

## Golden Glassware.

Cups and saucers, plates and other articles of tableware which look as if made of purest gold command fancy prices in the shops. They are very beautiful.

Yet this manufacture is a simple process, and taking into consideration the cost of their production, they ought to be much less expensive than they are. For they are nothing but ordinary glass coated with gold dust.

The glass, cup or other article is heated to a high temperature—to a red heat, in fact—causing the material to expand. Then it is placed on a slowly-revolving disc while a spray of finely powdered gold is directed upon it from the nozzle of a little machine, held in the hand, which is operated by compressed air. Owing to the expansion of the hot surface, the metal particles are absorbed by the latter, becoming intimately incorporated with it. The surface layer of the glass becomes golden. Of course the inside of a cup or jar must be treated in this way as well as the outside.

All of the beautiful metallic-lined glassware so much admired nowadays is produced by this simple process. Oxides of various metals—manganese, nickel, copper, cobalt, etc.—are used for the purpose, giving exquisite iridescent hues. Sometimes gold dust is mixed with copper oxide. Wineglasses made in this way are a delight to the eye, and no two of them are quite alike.

A savings account is an antidote for debt, defeat and many disasters.

If you leave only ambition and no energy, you will get about as far as a locomotive without steam.

# WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## A Practical Avocation.

One of the most practical avocations is music. In the welter of modern business life, the business man who can rest his mind and glorify his soul by a few minutes of musical expression every night has the asset which men like Lloyd George and Arthur Balfour have found invaluable. If there is the slightest manifestation of musical talent in the boy in your family teach him to play some instrument, give him a chance, it may be priceless to him some day.

Men must begin to realize how closely music is bound up with the social and industrial life of the country. The old day when it was thought that the business man should take no time for music or that the musician could not possibly be a successful business man has fortunately passed into oblivion.

Many of our best musicians have proved remarkable business men, not merely in the publishing field, where there are some startling successes, but also in the great world of business.

### Deepest Gold Mine.

The Saint John Del Ray mine, 150 miles west of the Rio, follows a vein of gold until the workings are 1½ miles below the earth's surface. The temperature rises one degree for every 120 feet in the depths, and at the lowest level, 6,426 feet, the temperature of the surrounding rock is 118 degrees Fahrenheit.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

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

## Solitude.

Solitude!
In a silent wood
Where thoughts profound
Like a deep black pool,
Arise and astound
My quiet mind
As white birds flee
And darkened pines
Point to the evening sky.
The lonely star
Reflected lies
In the peaceful lake
While the sunset dies.
The loons awake
With a silver laugh
And the crescent moon rides high.

Mary F. W. Porcher.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin".

As soon as you eat a tab'et or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

### A Matter of Aim.

His master asked a Negro servant to get him a good turkey. "And mind you, Sam, I don't want a wild bird," he said.

The turkey arrived and Sam received his money. But when the colonel began to carve, the knife struck something hard, which, on investigation, proved to be bird shot. The master was wrathful.

The next day he found Sam and began to read the Riot Act to him.

"Didn't I tell you not to bring me a wild turkey?" he demanded.

"Dat was tame turkey, boss."

"But I found the shot in him with which you killed him."

"Dem worry, sir, dem shot was tendeh for me."

### The Fall of Man.

An Irish laborer in Bristow-off-Tyne had been warned to be careful of a quarry pit in the neighborhood. His foreman saw him suddenly stagger and disappear over the crest of the opening.

At once he ran to the edge. "Are you dead, Padraic?"

"Sure, an' I'm kilt entirely."

"Man, you don't sound dead."

"Well, if I'm not dead, I'm knocked spachosk."

### Injustice.

The lady of the house was waiting for the milkman, and when he appeared she went out to the back door.

"The milk you left this morning was sour, Mr. Jones," she said.

"There you are, mum," cried the aggrieved milkman. "If there's any complaint the poor milkman soon hears of it, but you never tell 'im when the milk ain't sour, do yer?"

Minard's Liniment used by Physicians

## The Emotional Cabbage.

Do plants and vegetables experience the same emotions that are felt by human beings? Scientists are beginning to think that they do.

Some extraordinary discoveries have been made, and it has been proved that even the humble cabbage has feelings. It is also known that roses experience a rise in temperature after they have been pruned.

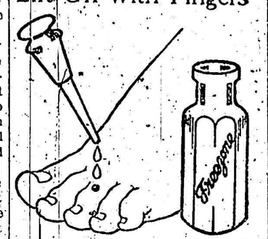
Experts declare that there is no emotion, however delicate, which cannot be felt by plants.

The Japanese have always recognized this feature in plants. They believe that love and hatred are both experienced by flowers. Every plant and vegetable has its own character, we are told.

Science has still much to learn in this direction, but it may be that before long we shall know everything that goes on in the plant "mind."

CORNS

Lift Off with Fingers




Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

### Where Cities Began.

The City of London began on the bank of the Thames, surrounded on all sides except the river by a bulwark of forest, interspersed with swamps. Paris rose on an island of the Seine, with a protecting wall of water all around.

Doctors

Endorse Minard's Liniment and prescribe it in their practice. Prescribe it in their practice. Write for testimony of medical men

Minard's Liniment

The Family Medicine Chest

AMBITIOUS MEN AND WOMEN

Make big money selling our English-made fancy knitting wools. Sell on sight. Profits 75 cents an hour. Twenty-inches sample Wool Free. Write to-day.

English Wool Company
Dept. W.
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Brantford Concrete Mixer

Add Concrete Improvements Your Farm

Canadian Nabob Italian Balm

Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth.

All druggists sell it

## MAN OF LETTERS THANKS TANLAC

### Canadian Writer Declares He Never Saw Its Equal for Building One Up

"Tanlac is a faithful old friend that never fails me," declared James A. Brain, 671 Gerrard St. E., Toronto, Ont., recently. Mr. Brain is one of Toronto's best known citizens, and in addition to being a successful business man, has written many poems and songs that have gained wide popularity.

"I've been taking an occasional treatment of Tanlac for four years, and it keeps me in fine condition. Why, right now, I feel like I could cut around in a foot race with any man my age in Canada.

"Before taking Tanlac, I was all run down, had little appetite, and was suffering from indigestion. I wasn't sleeping well and was often so weak and nervous I couldn't attend to business.

"Well, sir, all these ailments disappeared with my first treatment of Tanlac, and to this good day I've been eating, sleeping and feeling fine. In my seventy years, I've never seen the equal of Tanlac, and I just wouldn't be without it."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Minard's Liniment for sale everywhere

PATENTS

that bring the largest returns should be properly protected. You can write with confidence to our firm. Free report as to patentability. Send for List of Ideas and Literature. Correspondence invited.

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Patent Attorneys
273 Bank St. Ottawa, Can.

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In the Famous Vauxhall District
Bow River Irrigation Project

An especially good location for mixed farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices. THIS IS NOT PIONEERING. The first 10,000 acres are fully settled and another 10,000 across now ready for settlement; machine-made ditches, railroad, seven miles. Good roads, telephones and schools. Easy payments, extending over 18 years. This is the Best Land Buy in Alberta. Write for further information to:

CANADA LAND and IRRIGATION COMPANY, LIMITED
Medicine Hat, Alberta

PETRIE'S MACHINERY TORONTO

Sure relief from rheumatic pain!

Whether you have suffered for years or are experiencing rheumatic pain for the first time—Sloan's Liniment will bring you quick, safe relief.

Apply Sloan's to stiff, sore joints.

Instinctively, penetrating warmth brings comfort immediately. Before you realize it the pain has disappeared.

Sloan's Liniment will relieve that lame, aching muscle. It will suffer from the muscle pain. The most stubborn and chronic cases yield to Sloan's.

Sloan's Liniment kills pain.

For the moment relieves rheumatism

## Classified Advertisements.

PURE WOOL BATTS, BEAUTIFULLY carded and fluffy. Entirely free from dirt or grease. Large sample, enough for comforter, one dollar. Woollen Mills, Georgetown, Ontario.

SALESMEN WANTED.

HUBAM CLOVER.

HUBAM CLOVER. THE GREAT annual. Write for interesting information. D. Fraser, R.R. 1, Elginton, Ontario.

The British Empire has a total population of 445,986,500 people.

Women and music should never be taken.

INVENTIONS

Ideas for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet on request.

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ITCHY PIMPLES ALL OVER FACE

And Shoulders. Burned Badly. Cuticura Heals.

"My trouble started with pimples breaking out all over my face and shoulders. The pimples were large and red and festered and itched and burned so badly that I could not sleep. They were very sore and my clothing aggravated them.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me. I purchased more, and by using four cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) William C. Stein, 39 Peabody St., Buffalo, N. Y.

Use Cuticura for all toilet purposes.

Cuticura Soap and Ointment sold throughout the world. Liberal sample of each free by mail. Address: "Cuticura, Dept. X, Malden, Mass." Cuticura Soap shaves without mug.

# BACK ACHED TERRIBLY

## Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not able to do my work and care for my three little children. One day I decided to get the Compound and take it, and I received the results that I had not believed possible to tell me. It has done for me. I have recommended it to many women I think for what it has done for me." Mrs. J. R. McMAHON, 148 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been for nearly fifty years the standard remedy for women to depend upon for the relief of their ailments. Thousands of grateful women have written us that it has overcome such conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, nervousness, "blues," dizziness, faintness, and indigestion. That is why we advise you to write to us if you want special advice about your case. Your letter will be opened, read and answered by a woman, and held in strict confidence. For 30 years Lydia E. Pinkham's Vegetable Compound has been helping sick women to health. Why don't you try it?

Women who suffer should write to the Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass., for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

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.

Does fatigue cause the greater percentage of industrial accidents? Many statistics think it does, but Mrs. E. Osborne and Dr. H. M. Vernon of Industrial Fatigue Research are inclined to doubt it. These writers claim that the controlling factors in causing accidents are speed of production and the psychical state of the workers. This latter factor is illustrated by the number of accidents that occurred in a shell factory just after the workers had begun their night shift. They were then for the most part in a lively and excited state, but as they calmed down in the course of the night, accidents gradually fell to about the original number. The unimportance of modern fatigue as a factor in the causation of accidents is proved by laboratory experiments. In a test involving modern muscular activity was carried out continuously for a period of three and one-half hours the accuracy attained improved throughout, though much more markedly in the latter half of the experiment than in the first half. There was no indication of loss of manual skill such as might under industrial conditions have led to increased accidentability.

The temperature of the workshop or factory would seem to have some bearing on the number of industrial accidents. It was found that the least number of accidents occurred at 67 deg. F.; at lower temperature their frequency gradually increased till at 52 deg. F. they were 35 per cent. more numerous than at 67 deg. F. At a still lower temperature (47 deg. F.) they fell off slightly, perhaps because the workers were too cold to work with their usual speed, so that there was a consequent diminution of accident risk. At temperatures above 67 deg. F. the accidents showed a slight rise among women workers, but the men suffered 38 per cent. more accidents at 77 deg. than at 67 deg. F., their greater liability being probably due to the heavier and more trying nature of their work.

It has been observed in some industrial plants that a large number of accidents occur within ten minutes after starting in the morning and within ten minutes before closing time at night. Lack of concentration would seem to be the principle cause of the mishaps in these cases. But as the morning's and afternoon's work progresses, it has been found that accidents increase. What is the cause? Fatigue may have some part in it, but the speed of production and the psychical state of the workers would appear to be the chief factors.

Get your vitamins naturally

Vitamin and mineral elements are part of the splendid nutriment which Nature stores in the field grains for nourishing and vitalizing the human body.

Grape-Nuts, made from wheat and malted barley, has for over twenty five years supplied vitamin and other elements necessary for perfect nutrition.

There's a crispness and flavor that delight the taste—and there's natural health-building goodness that makes Grape-Nuts with cream or milk a complete food—and wonderfully delicious!

Grape-Nuts is truly economical because a small quantity provides unusual nourishment.

Grape-Nuts FOR HEALTH "There's a Reason"

Sold by grocers everywhere!
Made by Canadian Postum Cereal Company, Limited
25 Front Street, E., Toronto
Factory: Windsor, Ontario

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 as "Mother Seigel's Curative Syrup." Get the Genuine. 50c. and $1.00 bottles.

KENDALL'S SPAVIN TREATMENT

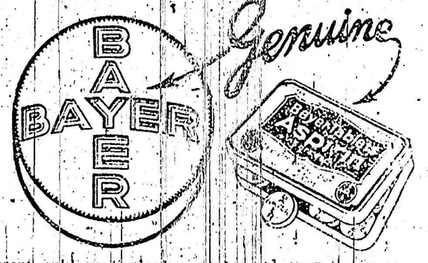
Keep Kendall's always in the barn. A strained muscle, a sprung tendon, a jolt or a knock demands immediate attention. A few hours' delay will result in a long lameness—perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or write for it to

DR. B. J. KENDALL COMPANY,
ENOSBURG FALLS, Vt., U.S.A.

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

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Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

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