Fill your pipe with

Ogden's CUT PLUG

"It Satisfies"

15¢ per package

80¢ a ½ lb tin

If you roll your own ask for OGDEN'S FINE CUT (green label)

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.

Care of the feet is of the utmost importance to health. The custom in this and other so-called civilized countries of cramping and binding the feet by leather shoes has created a real "foot" problem. One cannot be surprised at foot troubles when we know that there are about twenty-seven bones in each foot, and these are connected up by ligaments, muscles, tendons, etc., with a network of arteries and nerves. The wonder is that the pressure of shoes that are made oftentimes to suit fashion rather than comfort, here is not even more foot troubles than there actually is. One of the first hints that there is something wrong with the feet is brought to the attention of the sufferer by a pain in the muscles of the leg. Sometimes this pain takes the form of a cramp, sometimes of a dull pain, and sometimes the muscles of the leg tire easily, the feet may burn or feel uncomfortable. Whenever any of these conditions occur, something is wrong.

Away back in childhood the trouble often begins. It is then that the bones are somewhat soft and not properly calcified. Any pressure, squeezing or binding of the bones of the feet, therefore, is dangerous in children and may lead to life-long infirmity.

Our boasted civilization certainly brings us little benefit as far as foot ease and foot comfort are concerned. In countries where the custom is to travel barefoot, one seldom, if ever, sees any malformations of the feet. Savages are wonderful walkers. As a rule they could out-distance any white man who since childhood has had his feet clamped up and compressed in leather shoes. Like practically every other ailment of adult life the harm begins in the early days of life. If our varying weather permitted, every child should be allowed to run barefooted during nine months of the year. His feet would thereby harden, and the movement and freedom of the toes would strengthen the feet and allow the bones to grow in a natural way. When boots have to be worn, care should be taken to see where they wear, both on soles and heels, so that the mechanism of the feet can be studied and if there is any deformity to find whether the cause lies in the feet itself or in the legs.

Washes Shoes.

When a person steps on a stand invented in Japan water is automatically turned on to wash his shoes.

Illuminated Sign.

An advertising sign to be placed on a door and illuminated automatically when the door knob is turned is the invention of a Chicago man.

SALESMEN

We pay weekly and offer steady employment selling our complete and exclusive lines of whole-tone, fresh-dug fruit trees and plants. Best stock and service. We teach and equip you free. A money-making opportunity.

LUKE BROTHERS, MONTREAL

EDDY'S MATCHES

On the C.P.R. and C.N.R. where *quality* counts

Eddy matches are served to patrons

ALWAYS EVERYWHERE IN CANADA

ASK FOR EDDY'S MATCHES

CANCER

GREAT SUCCESS OF CANTASSIUM TREATMENT

A well-known London Surgeon and recognized authority on Cancer has created worldwide interest in the discovery that Cancer is due to a deficiency of potassium "salts" in the body, which causes the cells to break down and become malignant.

In order that everyone may learn

The Real Cause of Cancer

a remarkable book has been specially written.

This book will be sent free to patients or anyone who is interested in the most successful method of fighting "THE CANCER SCOURGE."

The following is a list of the chapters:

1. The Limitations of Surgery. 2. Some Doctors Oppose Operation. 3. What Cancer Is. 4. Why the BODY CELLS BREAK DOWN. 5. Injurious Cooking Methods. 6. Common Errors in Diet. 7. Vital Elements in Food. 8. Medical Endorsements of Our Claim. 9. The Chief Minerals of the Body. 10. The Thymus Gland. 11. Age When Lime Begins to Accumulate. 12. Potassium Causes Lime Excretion. 13. Great Value of Potassium. 14. Parts of Body Liable to Cancer. 15. Parts Which Are Seldom Affected. 16. How a Doctor Can Help. 17. How to Avoid Cancer. 18. Death Rate From Cancer. 19. Arterial Sclerosis and Old Age. 20. Rheumatism, Gout and Kindred Complaints.

With this book are a number of interesting case-reports, proving the great value of "Cantassium Treatment" in various cases. The treatment is simple and inexpensive, and can be easily taken in one's own home. Apply for free book to Charles Walter, 51 Brunswick Ave., Toronto, Ontario, Canada.

How London is Defended.

Wonderful mechanical ears which never fail to listen and only hear what is meant for them will be part of London's defence from air attacks whenever the next war breaks out.

Experiments are being conducted at the present moment with an entirely new sound detector which can work automatically and needs no human attention.

The Territorial Anti-Aircraft Defence Brigade now in training have not yet experienced the help of the new instrument, which is only in its testing stage. It consists of an electrically controlled mechanism so sensitive that it can be made to pick up any pre-determined sounds.

It is more than human in its sound differentiation, and cannot err. It does not sleep, it does not require rest and recreation or furlough.

The scheme for the future air defence of London or any vulnerable fixed point within the radius of hostile plane action is this:

First, a far-flung ring of the new electrical sound warning apparatus.

Next, a barrage of searchlights and an aeroplane patrol zone.

Then an unbroken circle of guns for night barraging or individual shooting.

Inside them a searchlight area and another aeroplane patrol.

Finally, another cluster of guns and searchlights.

The central figure of all will be the district defence commander at his operations table with his staff, plotting, as messages came inwards, the course of hostile targets. A turn of a telephone switch will enable him to issue orders simultaneously to every gun and light in his command, and by wireless telephone to the aeroplane squadrons in the air.

He will tell the planes to "Step up a thousand" or "Stop down so much," according to the ascertained height of the raiders. He will name the master guns for barrage fire, and circulate such information to his subordinates as may seem desirable. Otherwise scarcely a word will be spoken in the operations room.

When Ignorance is Bliss.

A monarch of pork packing who has founded his own dynasty was continually badgered by his socially aspiring wife to furnish his palatial residence in the classic manner.

As a concession he ordered a plaster cast of the Venus de Milo to be shipped to him by express. On its arrival it was unpacked in the great ballroom, but to his dismay both arms were missing.

"Gosh darn their hides; they've smashed her," he murmured. "I'll sue them."

He did—and the company paid his claim!

Cancer Unknown.

Cancer is unknown in Tunis and Abyssinia.

Ask for Minard's and take no other.

With The BOY SCOUTS

A Story of Scouting.

(Continued from last week)

Summer came, and Camp began to be the talk. Mothers shuddered anew at visions of upset canoes, whittled-off fingers, and starved lost boys. The Scoutmaster interviewed each one and outlined a plan for a cheap camp on the lake, with supervised swimming and a first aid expert.

"But who will cook their meals?" asked each anxious provider of "mother's cookng."

"They cook their own," promptly responded the Scoutmaster.

"Nonsense," rose the chorus.

But the troop served a Mothers' and Sons' Banquet—and the mothers capitulated. Then came mose surprises. The Scoutmaster read a list of "good turns" and they realized that the mysterious supply of Widow Jones' larder was explained; that their sons had directed strangers; and sodded a church lawn. They remembered now a subtle change in the youngsters' attitude towards "chores" and errands. Bankbooks were flourished, the fruits of manful toil at ten cents an hour. The boys revived an apparently drowned member, signalled to an imaginary distant camp for aid and carried the embarrassed "patient" off on a coat stretcher. A serious young orator made the address of the evening, telling in boyish phrases of "What the Scout Movement Means."

The troop went camping.

But when they got home, it was their turn to be surprised. The "Mothers' Auxiliary" of Troop 1 had been formed, and when the boys saw that fitted out Headquarters, they—

But that's another story.

All this happened a good while ago, and most mothers know more about the Scout movement than they once did. But not all, even yet, realize the serious aspect under its fun and outdoor good times. Women who live in some of the larger Canadian cities have seen the outcome of Scouting plainly. They have enlisted the khaki-clad youngsters in distributing "swat the fly" or "clean up" literature. They have been met at trains, coming for big conventions, and courteously escorted to hotels. At community celebrations the Scouts have been ready, no crowd too big to yield to their good natured persuasions, no task too great for their ready help.

Gradually these sons have grown more hardy and self-reliant, yet more helpful and considerate. They can mend a broken table leg, suggest a way of keeping water cool in hot weather, or turn in a fire alarm, direct the men accurately and swiftly, while other Scouts close windows, carry out furniture, and uncoil the hose. "A Scout is resourceful," they say teasingly to each other, but they are proud to have their resourcefulness tested and proved. They even are not ashamed to be seen helping an old man across the street, for the old-time "gang" will recognize it as the day's "good turn."

Then perhaps one day a crowded row boat overturns, or a child is pushed off a pier. The "little boy," as he is still called at home, dives instantly, his brown arms flashing through the water. He breaks the "death hold" coolly, and swims slowly back to where his comrades are ready to pull rescued and rescuer from the water and to pump the air back into the half-drowned lungs. The wet, shivering Scout looks up in astonishment as the crowd cheers, or frantic parents thank him. "'Twas'nt anything," he mutters. "Any Scout could do it. Is she comin' round alright, fellers?" The Scout is a hero. But more than the knowledge of the proper thing to do his mother values the spirit of sacrifice that prompts action too quick for thought.

(To be continued).

HAVE YOU ANY OF THESE SYMPTOMS?

If You Have You Are in Need of a Tonic Medicine.

Are you pale and weak, easily tired and out-of-breath on slight exertion?

Are you nervous? Is your sleep disturbed? Do you wake up in the morning feeling as tired as when you went to bed? Is your appetite poor, your digestion weak, and do you have pains after eating?

If you have any of these symptoms you need a tonic, and in the realm of medicine there is no better tonic than Dr. Williams' Pink Pills, which enrich the blood, restore shattered nerves and bring the glow of health to pale cheeks. The value of Dr. Williams' Pink Pills is shown by the case of Mr. Horace Cuphill, Woodward's Cove, N.B., who says: "The first indication that my general health was not good was a shortness of breath after the least exertion. Then my appetite began to fail, and after eating it seemed as if there was a lump in my stomach. I grew so weak that I could not walk a hundred yards without resting. Then I was taken with a numbness all over my body and was in a sad plight. I was under a doctor's care, but as I was not getting any better, I decided to try Dr. Williams' Pink Pills. The first few boxes did not seem to help me but my wife urged me to continue their use and I got four boxes more. Before these were gone I could feel a fair meal, the numbness was leaving me and I was feeling much better in every way. I took the pills for a while longer, and felt that I was again a well man. I still take the pills occasionally but have had no return of the old trouble."

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

Toronto Bond Exchange Limited

DOMINION BANK BLDG., TORONTO

ATTENTION

1923 VICTORY BONDS

may now be exchanged for

Dominion of Canada 5% Bonds

under the following conditions:

Holders may clip and retain interest coupons due Nov. 1st, 1923 and send their bonds to be exchanged for the same par value of DOMINION OF CANADA 5% Bonds maturing in 5 or 20 years.

In exchanging for DOMINION OF CANADA 5% Bonds due 1928 they will receive the following amounts in cash, in addition to the same par value of DOMINION OF CANADA Bonds on each:

$100	Bond	Cash	$ 1.00
$500	"	"	5.00
$1,000	"	"	10.00

In exchanging for DOMINION OF CANADA 5% Bonds due 1943 they will receive the same par value of DOMINION OF CANADA 5% Bonds in addition to a cash payment of:

$100	Bond	Cash	$ 1.75
$500	"	"	8.75
$1,000	"	"	17.50

For bonds from which the Nov. 1st coupon has not been clipped the cash balance will be as follows:

For 1928 Bonds.

$100	Bond	Cash	$ 3.75
$500	"	"	18.75
$1,000	"	"	37.50

For 1943 Bonds.

$100	Bond	Cash	$ 4.50
$500	"	"	22.50
$1,000	"	"	45.00

Forward your bonds by REGISTERED MAIL to the Toronto Bond Exchange Limited, Dominion Bank Bldg., Toronto.

State plainly the maturity of DOMINION OF CANADA BONDS you wish—1928 or 1943

Receipts will be sent in order of acceptance.

Socialist Aboriginès.

After almost two years in the Caribbean Sea among the primitive tribes of Panama the naturalist and explorer Mr. F. A. Mitchell-Hedges has returned to England. He visited, says the London Times, every village and island of the San Blas coast and penetrated the little-known Chucunaque country. He describes the San Blas Indians as an extraordinary people and as pure in breed.

They live, he says, a socialistic kind of life. One man grows bananas, another grows plantains, and a third grows cocoanuts. They exchange their produce. If a house is to be built, all the men, including the chief, share in the work. They suffer badly, however, with smallpox, and their eyes are affected by a tick that gets under the lids.

I believe no white person before myself ever entered the Chucunaque country. The people are about four feet three inches in height, and the women wear nose rings. They are all simple and honest; they do not use money, and they have no steel weapons. They have very big heads, very broad shoulders and are mostly bow-legged. The women seem to be the superior sex. The chief food is a kind of corn, plantains and bananas, which are cooked unripe. They eat no flesh. I did not see a four-legged creature in the country. They like fish, however, and they have a dish of pineapples, pears and other things, which are all boiled together in a common pot.

The Indians made idols of wood, and each tribe has its own special god. The people believe that when they die they enter a canoe and that their spirit guides them until the river divides into many streams. The spirit then points to the stream they are to follow, and they are led to a comfortable hut in a happy land.

For burial the dead body is placed in a hammock and carried to a grave house, a thatched structure two hundred feet long by one hundred and fifty feet wide. When the hammock has been placed in a hole a vine is put down into the hole so that the spirit can come out at night. The dead man's stool and the utensils from which he ate are placed near by, they believe that the spirit comes forth to sit on the stool and talk with other spirits.

Get It Done.

There's a task that awaits you, a task which is yours;
To neglect it were surely pure madness.
Dereliction of duty most surely ensues
A harvest of sorrow and sadness.
Then heed not the voice that will bid you delay
And tell you to wait till tomorrow;
The task that you ought to be doing today
Get it done, if no trouble would borrow.

To-day is no time to be lazy and slack,
To be wilfully idling and shirking;
The hours you are wasting will never come back,
Those hours when you ought to be working.
So tackle that task with a cheery good will—
To-morrow its duties is shunning—
For well-finished work to the heart brings a thrill,
Get it done: soon for joy you'll be singing.

—Alice Wise.

The King Cobra is the only reptile that will attack everything that it meets.

Tea and eggs are in the same class. You insist on fresh eggs, and since tea deteriorates even more rapidly if exposed to the air, you should insist on tea sealed like "SALADA" in air-tight aluminum to keep it fresh. Do not accept bulk teas of questionable age.

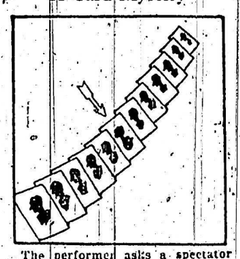
The serious young man wrote to his prospective father-in-law: "I hope my recent appointment to the curatorship of the museum of antiquities will induce you to trust your daughter to my care."

Keep Minard's Liniment in the house.

EASY TRICKS

No. 47

A Card Mystery



The performer asks a spectator to select a card from the pack, to look at it and without showing it to anyone, replace it in the pack anywhere he likes. The performer then asks the spectator to shuffle the pack. Apparently the card is lost in the pack. The performer, however, puts the cards behind his back and repeats a magic phrase. Then he brings the cards into view and asks the spectator to name the card he selected. The performer turns over the top card. It is the card selected.

This trick can be done without sleight of hand by using cards which have pictures, instead of conventional designs, on the back. Before presenting the trick, arrange the cards so that the pictures all face the same way. When the spectator is looking at his card, turn the pack around. When he replaces his card, therefore, it will be the only one that is upside down. After the spectator has shuffled the cards, shuffle them yourself, keeping your eyes open for the inverted picture. It will not be difficult to complete the shuffle so that his card will be on the top or bottom. Placing the cards behind your back is merely to make the trick seem more complicated.

(Clip this out and paste it, with other of the series, in a scrapbook.)

Preserve Your Health Yourself.

"Disease is always due to breaking the laws of health."

"To be constantly commenting upon the high death-rate from cancer, without taking into account the fact that it is primarily a blood disease, is the height of folly. And when it has been demonstrated over and over again that it is only by raising the blood to a healthy standard, and retaining it there, that cancer can be, and has now, in innumerable instances, been cured, what possible ground can there be for denying such a truth?"—Medical Times, Lon.

The late Dr. Forbes Ross, of London, Eng., in 1912, proved in the most conclusive manner that cancer is caused by potassium deficiency. When certain combined assimilable salts of potassium have been administered to far advanced and apparently hopelessly incurable cancer patients, every one received marked benefit. And while it may be conceded that the small quantity of medicinal assistance given is imperative, the fact remains that fully seventy per cent. of the credit due to every completely restored cancer case belongs to the correct diet taken.

It is of supreme importance to adapt the diet so that it may supply those organic salts contained in vegetables, cereals and fruit, when in their natural condition, combined with the living principle of these products of the vegetable kingdom, which are of vital importance.

Cancer is an unconsciously self-inflicted disease which, without warning, on the most trifling provocation is liable to attack any adult reader who consistently adheres to the generally accepted diet of the civilized world. The best proof of the truth of this appalling statement arises from the fact that if individuals from uncivilized, cancer-free races partake of European or American fare, they speedily become cancer-stricken.

There is no reason why cancer should not be eliminated from this country if the public will exercise common sense in the matter of its diet and positively refuse to continue to destroy, in cooking, the organic salts in all vegetables which are essential to the continued preservation of our health. We must admit that we pay much greater attention to the diet of our animals than we do to our own. As a consequence, one hundred and ten thousand persons died from cancer in this continent alone during 1922, and this awful mortality will be increased in 1923 unless we reform our mode of living. We must face these unpleasant facts.

Believing that every man and woman should personally help to relieve humanity from its needless sufferings, the writer has printed and copyrighted a dietary upon which the eminent cancer authority Dr. Robert Bell, of London, England, has complimented him. Fathers and mothers, adopting such diet will very speedily find that they and their children are enjoying such health as never before experienced; that consequently, doctors' bills don't have to be paid, and no medicine is wanted, and, last but not least, a considerable money saving is effected by the greatly reduced cost of living. To help some who may not know how to cut loose from civilization's present disease-producing, premature death-dealing habits, the writer will gladly and freely mail one thousand copies of his dietary to the first one thousand readers who apply for same to Charles Walter, 51 Brunswick Ave., Toronto, Ontario.

It appears to us there is much truth in the following: A deacon of a church asked a man as he entered the House of God, "Have you come to serve the Lord?" The man replied, "No, I have been serving God all the week, now I have come to worship Him."

Minard's Liniment for Dandruff.

The best way to remove freckles is to apply at night a mixture of equal parts of strained lemon juice, glycerine and olive oil.

ISSUE No. 40—'23.

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 colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Essentials of Church Music.

Music in the churches is, too often, cheap, trashy anthems to the music of the great masters, both with and without accompaniment. Music has come to mean so much in the life of the individual, particularly in recent years, that there has developed a much larger general musical appreciation, than is often recognized. Apoorly attended church generally has poor music. Those in charge of such matters often do not realize that the standards of public taste have changed of necessity be high to appeal to the musical public. It is on account that the church which has worthy music well presented is so well supported, for there is a spiritual response and exaltation in such music which cannot be measured and which exceeds greatly that of the spoken word.

The first essential to good church music is a chorus choir, and if the church has sufficient funds that is not difficult to maintain. The primary consideration of much more importance than a solo quartette, too limited to be useful in producing fine choral effects. The church cannot at first pay its singers, and a volunteer chorus choir must be organized. Under the prevailing conditions and customs in this country it is the most difficult to maintain, but in many places where it is maintained the same energy and finance directed would produce infinitely greater and more important results as compared to a mixed choir.

Starting Well

Employer—"Your first duty will be to post this ledger."

New Clerk—"Yes, sir. Where shall I send it?"

Holland's Hand

Lacking quarries, Holland is dependent to import all the stone required for every purpose.

Minard's Liniment Heals Cuts.

Steady Job

Every day for two years 300,000 war service medals have been engraved with the recipient's name by an Irish firm of medal-makers.

Use MURINE FOR EYES IRRITATED BY SUN, WIND, DUST & CINDERS

RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS

WRITE FOR FREE EYE CARE BOOK

DON'T COUGH

Rub the throat and chest with Minard's. Also inhale. It gives quick relief.

MINARD'S "KING OF PAIN" LINIMENT

Keep Stomach and Bowels Right

By giving baby the harmless purely vegetable, infants' and children's regulator.

MRS. WINSLOW'S SYRUP

brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

ASPIRIN

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

BAYER

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

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. By this it will be known that Aspirin means Bayer manufacture to the public. Behind these tablets the Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching. 25 cents. Dr. Kendall, Truro, Nova Scotia.

Universal Portable and Folding Bath Tub

with or without instantaneous water heater attached, permits all bathroom comforts of a millionaire in the room. No plumbing. Equally suitable for country or town home. 30 days' trial. Easy terms. Ask about our latest chemical closets. Universal Metal Products Company, 83 Assumption Blvd., Walkerville, Ont.

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed

Mailed Free to any Address Written by the Author.

H. CLAY GLOVER CO., Inc. 129 West 28th Street New York, U.S.A.

Be Safe!

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.

For all external hurts and pains and for all muscular troubles.

Kendall's Spavin Treatment makes good.

KENSINGTON, Penn., December 4th, 1911.

"Please send me one copy of your BREAKING IN THE HORSE. I have used your Kendall's Spavin for over seven years and would say it is one of the best liniments I have ever used for all kinds of sores. (Signed) M. GRAY.

Get a bottle at your druggist's today. Regular or Horse Treatment—Refined for Human use.

DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

KENDALL'S SPAVIN TREATMENT

PIMPLES ON FACE CUTICURA HEALS

Hard, Large and Scaled Over. Itched and Burned.

"My trouble began with a breaking out of pimples on my face which soon spread up into my hair. Some of the pimples were hard and large and scaled over. They caused much itching and burning, and my face was sore and red.

"I began using Cuticura Soap and Ointment and in two weeks I could see an improvement. I continued using them and in six weeks was completely healed." (Signed) Miss Flora Noteboom, Box 52, Fairview, Mont., Feb. 7, 1922.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, soothe with Ointment, dust with Talcum.

Sample Each Free by Mail. Address: "Cuticura, Limited, 344 St. Paul St., W., Montreal." Everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont. "When I wrote to you for help my act was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable notion I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the Great War period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines." —Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women."