

MOVED LIKE A DOLL

Had to be Helped Off with His Coat

Now As Active As Ever

How happy this man must feel to be strong and fit again, after being a victim of rheumatism for so long.

"It is many years now," he writes, "since I was first laid up with chronic rheumatism. Then I had to go about with two sticks. I worked in misery until five years ago. I could only move like a wooden man by turning round altogether. I could not get my coat off without my wife's help. But, thanks to Kruschen Salts, which I have taken regularly now for five years, I am as active as a young man of 22."—E.H.

Why continue to get only temporary relief from rheumatism when you can obtain lasting comfort and remove the cause of your rheumatic torment with Kruschen Salts? Here is a plain statement of the facts:—Two of the various salts of which Kruschen is composed dissolve the needle-pointed crystals of uric acid which have settled in your joints, causing them to swell, ache and inflame. Other ingredients of Kruschen assist Nature to flush out these dissolved crystals through



the natural channels. Other ingredients still, prevent food fermentation or decomposition taking place in the intestinal tract, and thereby check the further formation not only of uric acid but of other body poisons which undermine the health.

Start on Kruschen to-morrow. Keep up "the little daily dose" and you'll soon joyfully agree with thousands of others that rheumatism meets its master in Kruschen.

Kruschen Salts is obtainable at all Drug Stores at 45c and 75c per bottle.

Heide Plains and Birch Trees

"Flaming Hills" is the term by which certain portions of northern Germany are designated. There the peculiar purple-red of the blossoming heide or heather covers the sandy plains and long, low plateaus like a garment of flame. The flowers are tiny, but every branch and stem is thickly covered with small clusters of them; indeed, the low clumps of lavender and rose sweep on in an endless mass of beauty. Between the Weser and the Elbe Rivers an area of this blossoming undergrowth is so unproductive as to be spoken of as the dreary Luneburger Heide. As far as the eye can see, the flaming heide delights the gaze, broken, perhaps, by clusters of juniper bushes or an occasional group of white-trunked birches. A few small lakes may break the monotony or a lonely sheepfold rise above a wind-swept dune. A great forest sometimes breaks the horizon. Or, on a sandy road may lead to a small cultivated field—the result of incessant toil—and to a windmill by a stream. Remote villages retain their simple, homey customs, and the whistled secrets of the wind along the heide have become a part of the folklore of the German lowlands.

Another large heath, which extends west of the Weser and north of Hannover, is known as the Ahlhorner

Heide. From it has come inspiration for some of the masterly paintings of Maue and other artists of the Dutch and of the North German school who have delighted to paint the sheepfold, the sand dunes, the birch trees, and the lowly, blue-hued heide. Poets, also, have sung of the spell which the vastness of the flowering heath casts over the solitary traveler. One is glad that the heide, which brightens the barren wastes, clings also to the heartstrings of a humble and home-loving people.

How vividly there comes to mind picture of amber-tinted clouds and sunset hues, mingling their brightness with the heide glow. Tall birches bend eagerly toward a little pool of water, while with sweet content a peasant leads his only cow on the road toward home. Patches of yellow sand dunes break the heath into veritable garden spots, outlined, perhaps, by a cluster of birches or a lonely shepherd's hut; while in the distance a village church spire gleams against the edge of a bit of woodland. It is a peaceful scene, and a poet who loved the birch and the heide has made it all seem even more serene by a few appreciative lines.

"Thou blossoming heide in russet dress, Thou precious peace, lovely quietude, Farstretching heide and lonely birch, How gladly I welcome thy solitude."

So They Say

"Regular armies will not fight the wars of the future; whole nations will fight them."—General James G. Harbord.

"You've got to offer something different now, in pictures and books as well as the theatre."—George M. Cohan.

"I wouldn't manage another baseball club if you gave me the Empire State Building."—John J. McGraw.

"The use of land is the best form of unemployment insurance."—Henry Ford.

"A man cannot administer great corporations which employ armies of men and serve large communities if his judgment is dulled and distracted by huge speculative transactions."—Walter Lippmann.

"There is no such thing as a great man or a great woman. People believe in them as they used to believe in dragons and unicorns."—George Bernard Shaw.

"One hundred thousand dollars invested in a children's playground in one of our cities is far more remunerative than \$1,000,000 spent in building a prison or a reformatory."—George W. Wickersham.

"Facts, after all, are not physical objects which can be caught, labelled and put in glass cases."—John Dewey.

"Nothing could be more misleading than to believe that materialism reigns in Russia."—Emil Ludwig.

"Wise kings always earmarked a certain percentage of their income for display."—Aldous Huxley.

"The ideal woman is feminine to her finger-tips, but she has what must so far be called a man's man."—Anne Morgan.

"The biggest hoarders today are the commercial banks."—Paul Mazur.

"In general, I burn my ships behind me, but I make use of past experiences."—Benito Mussolini.

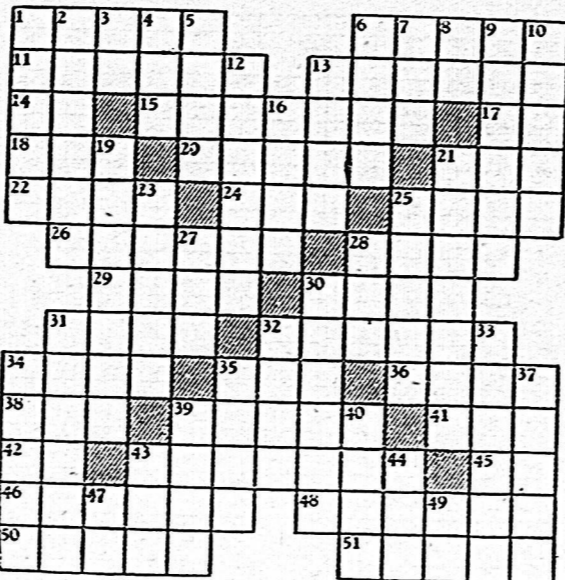
"History will wear many false beads to conceal truth about our current affairs."—Richard Washburn Child.

Colic Pains

"I found that BABY'S OWN TABLETS relieve colic pains almost at once," writes Mrs. Mildred Noddin, Long Creek, N.B. Many other Mothers report equally happy benefits from giving their children these Tablets. BABY'S OWN TABLETS are recommended by Mothers for teething troubles, upset stomach, indigestion, colic, simple fevers, constipation. There is no need for YOUR child to suffer. BABY'S OWN TABLETS can be given with absolute safety—see analyst's certificate in each 25c package.

Dr. Williams' BABY'S OWN TABLETS

OUR CROSS-WORD PUZZLE



- HORIZONTAL**
- 1—Variant type
 - 2—Scotches
 - 11—Source of tapioca
 - 12—To conquer
 - 14—Holding office
 - 15—Cautious
 - 17—Not any
 - 18—Lee
 - 20—Feat
 - 21—Spanish for river
 - 22—Girl's name
 - 24—To make edging
 - 25—Water bird
 - 26—Walk
 - 28—Norse discoverer
 - 29—Rodent
 - 30—To mount
 - 31—Plateau
 - 32—Stripping
 - 34—Musical instrument
 - 35—Chlorin and sodium
 - 36—Period
 - 38—Ibsen character
 - 39—Lingers
 - 41—Welsh river
 - 42—Far being
 - 43—Number
 - 45—By
 - 46—Waste
 - 48—Fold
 - 50—Ornamental slit
 - 51—Shades
- VERTICAL**
- 1—Gru
 - 2—Rectangular pieces
 - 3—Forward
 - 4—To tear
 - 5—Rugged hills
 - 6—Coin
 - 7—Rearward
 - 8—French article
 - 9—Mad
 - 10—Decoy
 - 12—Mollusk
 - 13—Depression
 - 16—Two-fold
 - 19—Votary to art
 - 21—Held power
 - 23—To uproot
 - 25—Special quality
 - 27—Anglo-Saxon money
 - 28—To sin
 - 30—European sea
 - 31—Shell fish
 - 32—Scoop
 - 33—Savage brile
 - 34—Animals' homes
 - 35—Transaction
 - 37—Deals out
 - 39—Desire
 - 40—Kind
 - 43—Vehicle
 - 44—Prefix; new
 - 47—Musical note
 - 49—Article

Countrywoman

Her heart was bred by calm and gracious things:
Humbled before the gentleness of trees,
Made still by wind and rain and rising wings.
Her dream was fashioned by the least of these
She knows the secret of the small economy
Design of corn and pattern of the ferns,
The stately beauty of the harvest moon
That like a bright wheel on the mountain turns.

Cities will beckon, bells will bid her pass,
Torches will flame among the lofty towers,
But from her mind, as in a crystal glass,
Will rise the little ghost of forest flowers.
She needs no guide of art; around her stand,
Unseen, the leafy regions of her land.
—Florence Ripley Mastin, in the New York Times.

"No man is great until all other men are small."—G. K. Chesterton.

"Fads in Hollywood are as catching as measles."—Eddie Cantor.

"When one grows old one is lucky if one can understand and sympathize with the young."—Clarence Darrow.

"The hardest competition may be accompanied by good humor and rivalry may be expressed with good sportsmanship."—Herbert Hoover.

Source of Cosmic Ray Exists in Stratosphere

Brussels.—King Albert heard Professor Auguste Piccard tell the story of his recent voyage into the stratosphere.

Addressing a scientific gathering, the professor declared he had established that the source of cosmic rays is in the stratosphere, although the origin of this radio-activity still is a matter of mystery.

Discovery of the cosmic ray's origin will enable mankind to produce greater energy than has ever been known, Professor Auguste Piccard, famous for his balloon flights into the stratosphere, said recently.

Professor Piccard detailed his last flight before an audience which included King Albert and the entire Belgian diplomatic corps.

Greater Longevity in Future Forecast

Toronto.—There will be 27 per cent. more people over 50 living 30 years from now than to-day, declared D. W. Walker, of New York, addressing an insurance company meeting here recently. In other words, he said, "you have a 15 per cent. better chance today to live to be 50 or older than had your great-grandfather."

In 1850, he said, only nine per cent. of the population were past the half-century mark. In 1920, their number had increased by 15 per cent. Computations from these figures forecast the 27 per cent. better chance for the next 30 years.

Not only are chances for more birthdays improving, but the average age at death from 1850 to 1925 increased from 26 years to 47½ years. And the average age of those living mounted in the same period from 25 to 29½ per cent. This was due, he said, to reduction in infant mortality and improvement in general health.

Willow Only Inch High Found

A dwarf variety of willow is the world's smallest tree. It grows one inch or less in height and it found only at high altitudes in the Rocky Mountains in Idaho, Montana, and in a limited area in the White Mountains in New Hampshire.

Power dwells with cheerfulness, hope puts us in a working mood, while despair is no muse and untunes the active power.—R. W. Emerson.

Mrs. Smith (showing portrait of herself on her mother's arm)—"This is how I looked twenty years ago." Guest—"Wonderful! And who is the baby on your arm?"

ANSWER TO LAST WEEK'S PUZZLE

PIG OVOID JAW
ALL VIGOR ALA
SKA PSES NUBBIN
ZONES BIBB
OPEN SOWS SEBIA
VEDIC SIBIR DOG
ANCOP GAP FET
LACOP FIFER FET
SLON FIAN LADY
BET BATES
WALTON KISSEPT
ERE RIKED AGO
BIAT STUDY NOW

Australian Train World's Slowest?

Adelaide, S. Aust.—Long distances rather than sensational speeds are the outstanding accomplishments of Australian trains, which have to span a continent. But the Commonwealth has some claim to the slowest train in the world, in one which travels from Port Augusta, South Australia, to Kalgoorlie, Western Australia, and back—a total mileage of 2100 taking two weeks over the round trip. Still, there is really no hurry necessary; all that is needed is regularity.

This train is called the "tea and sugar train" and is so named because it transports domestic supplies to settlers along the east to west transcontinental route. To them it is a vital link with far-off capitals on both sides of Australia.

With it goes Mr. William Cowan who is described as the East-West undenominational missionary, and whose diocese embraces the whole sweep of desert country beyond Port Augusta to the borders of Kalgoorlie, and the little communities en route. Mr. Cowan distributes hundreds of newspapers, enabling the lonely settlers to keep contact with the far-off cities.

First Thoughts
In matters of conscience, first thoughts are best; in matters of prudence, last thoughts are best.—Rev. Robert Hall.

+ Do You Know? +



That many of the blue berries consumed in New York and the eastern states each year come from the Lake St. John district of Northern Quebec? The photograph shows a packer "trump-lining" six cases of blue berries to the station for shipment to market.—Photograph, Canadian National Railways.

Owl Laffs

Roggie—"Do you send your shirts to the laundry?"
Charles—"No, I just wear them once and tear them myself."

Jacob—"Where did you get that black eye?"
Alfred—"I kissed the bride."
Jacob—"But I thought that was customary?"
Alfred—"Well—not two months after the ceremony, it isn't."

The photograph and radio have saved parents many a dollar that would have been wasted on piano lessons for girls who had no musical talent.

Walter—"Haven't you forgotten something, sir?"
Professor—"Why, I thought I gave you the customary tip?"
Walter—"You did, sir, but you forgot to eat."

A lecturer says that mothers find it difficult to get modern children to believe fairy-stories. Fathers are often faced with a similar difficulty in the case of modern mothers.

Hostess—"Will you sit on my right hand during dinner?"
Male Guest of Honor—"Not with that big ring on your finger."

Mrs. Jones (to her neighbor)—"You know I think my husband was drunk last night."
Mrs. Helms—"How's that?"
Mrs. Jones—"Why, he came in and jumped in the bed."
Mrs. Helms—"Well?"
Mrs. Jones—"The bed was there."

Irate Passenger—"Madam, what do you mean by letting your child snatch off my wig?"
Mother (with a sigh of relief)—"Oh, it's a wig, is it? I was afraid for a minute that he's snatched ye alive."

The easiest job in the world is the one most grievously neglected—attending to your own business.

Phyllis—"Daddy, John asked me to marry him, but I told him I couldn't leave mother."
Father (brightly)—"That's all right, my dear. Take her with you."

The man who says "I run things a home," usually refers to the lawn mower, washing machines, vacuum sweeper and errands.

Diner—"I see that tips are forbidden here."
Waitress—"So" was apples in the Garden of Eden."

Employer—"I want you to prove your power as a salesman. Just sell that gentleman some of those cigars."
Salesman—"But I sold him some of them last week."

Employer—"I know, but selling them to him again is where the real test of a salesman is going to come in."

We might have better times right away if people would stop using their money for everything by paying debts.

Doctor—"When the symptoms first appeared did your teeth chatter?"
Patient—"I don't know they were on the table."

According to a child specialist, school children really do not need a yearly vacation. Maybe not, but their teachers do.

A Hint for British Films

After a period of depression, the British film industry is showing all the marks of confidence and success. Two or three new talkies are being completed each week by one or other of the movie companies now operating in Britain; and with the increase in output goes a corresponding improvement in quality. Nevertheless, there is one complaint about British films which is made so insistently from so many different quarters that the industry might be well advised to give it attention.

It is that British films reveal little or nothing of the national temperament, ambitions, and outlook.

Two suggestions have recently been made for the removing of this defect. One distinguished film critic has observed that there are magnificent film subjects lying unused in the great British industries, in the coal and iron trades, in agriculture and shipping, and in such enterprises as the Port of London. The inference is that films based on the rise and development of these activities, or upon them as a background to some invented story, could hardly fail to capture and show to the world some aspects of Britain's national temper.

A further suggestion is that made by Sir Stephen Tallents. Among other things, Sir Stephen thinks that British film companies scarcely exploit the scenic background of England, Scotland, Ireland and Wales as much as they might do. A great deal could be done in the spreading abroad of an awareness of Britain by selecting stories that give opportunities of making pictures of the more famous and beautiful sections of the British Isles. There seems to be no reason why film versions of novels, properly made, should not be popular also. For scenes set in Devonshire there are the stories of Mr. Eden Phillpotts, for Wessex there is Hardy, for the Lake District Mr. Hugh Walpole, and for Yorkshire the Bronte sisters. In fact there is hardly a part of Britain that has not, at one time or another, been made the scene of some stirring and worthwhile story. Some work in this field has, of course, been done, but as a project aimed chiefly at revealing the beauty of British scenery it has been virtually undeveloped.—The Christian Science Monitor.

Weave our lives as we may, it is God who selects the pattern.

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DIXIE

IS THE BEST VALUE IN PLUG TOBACCO - 20c

The Boat Race

We walked along the fields past the church, crossed the boat-house ferry, and mingled with the crowd upon the opposite bank. Townsfolk and townsmen with the laced fellows commoner sprinkled among them here and there—reading men and sporting men—fellows, and even masters of colleges, not indifferent to the prowess of their respective crews—all these, conversing on all topics, from the slang in Bell's Life to the last new German Revelation, and moving in ever-changing groups down the banks, where, at the farthest visible bend of the river, was a little knot of ladies gathered upon a green knoll, faced and illuminated by the beams of the setting sun. Beyond which point was heard at length some indistinct shouting, which gradually increased, until they are off—they are coming!" suspended other conversation among ourselves; and suddenly the head of the first boat turned the corner and then another close upon it, and then a third; the crews pulling with all their might, but in perfect rhythm and order; and the crowd upon the bank turning round to follow along with them, cheering, "Bravo, St. John's," "Go to it, Trinity," and waving hats and caps—the high crest and blowing forelock of Phidippus's mare, and he himself shouting encouragement to his crew, conspicuous over all—until, the boats reaching up, we also were caught up in the returning tide of spectators, and hurried back toward the boat-house, where we arrived just in time to see the ensign of Trinity lowered its pride of place, and the eagle of St. John's soaring there instead.—From "Euphonor," by Edward Fitzgerald.

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DR. I. R. REBERT SMITH, PROMINENT Toronto surgeon, has sailed for Vienna where he will spend several months in intensive study and surgery in various medical clinics. He will return in December.

MOTOR BOAT FOR SALE

RICHARDSON DOUBLE CANNON cruiser, about thirty feet in length, together only four or five months in use. Two seasons complete equipment including carpets, bed and table linen, china, glassware and silver as well as all machinery, equipment and many extras. This cruiser with its two cabins and its well equipped galley is an unusually comfortable boat for week-ends or longer cruises for four to six people. It is exceptionally seaworthy and has sailed over the Great Lakes. It has a special class and very economical 50 horsepower, six-cylinder power plant with complete electric lighting throughout and speed of 12 to 14 miles per hour. It is a special job and very attractive in appearance. Owner will sacrifice for half its original cost. H. Watkins 73 W. Adelaide St. Toronto.

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