

**AUTO SPARE PARTS**  
 for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. **Shaw's Auto Salvage Part Supply, 923-931 Dufferin St., Toronto, Ont.**

**Your Day's Work.**

What a satisfaction there is when you leave your work at night, in looking back over the day's work as a superb accomplishment. How you enjoy your unquestioned approval at the end of a perfect day. You can go home with a light heart and say to yourself, "Ah, now I can play. I have done my best to-day. I have left nothing undone or half finished. I have made the most of everything. I haven't been mean, I haven't been unkind, I haven't lost my temper, I haven't shirked my job. I have tried to put efficiency into everything I have done to-day."

This is a day's record which it is a delight to look over, of which to be proud. But when you go home at night feeling mean and contemptible because of a poor day's work, and of failures in all directions that you could have prevented, how different your sensations!

Some people drift into the habit of being half satisfied with a poor day's work. But you can't afford to do this, my friend. The habit of leaving your work at night without having done your best, of turning out, day after day, work that does not meet with your approval, is demoralizing to your character and fatal to your chances of advancement.

Don't be satisfied with anything less than your best. Make it a rule that you will have reason to be proud of your day's work because you have put your best into it, the highest of which you are capable. Don't leave it with flaws; don't compel yourself to go home at night regretting a poor day's work, a botched job. You can't afford it; it will haunt you so that you cannot enjoy your home or your recreation.

There have been rumors of men who have died from overwork; but many cases of death from overeating are very well authenticated.

The wood-box in the kitchen yawns to be filled these nights; let it not yawn in vain.

**Minard's Liniment Relieves Distemper**

**A STYLISH COSTUME**



9733-9675  
 Dress No. 96

**No. 9733—Ladies' Waist. Price, 30 cents.** Back and side accordion pleated or plain; two styles of sleeve. In 7 sizes, 34 to 46 ins. bust. Size 36, with accordion-pleated sections, 3 1/4 yds. 36 ins. wide, or 3 yds. 40 ins. wide; with plain sections, 1 1/2 yds. 36 ins. wide, or 1 1/4 yds. 40 ins. wide.

**No. 9675—Ladies' Camisole Skirt. Price, 30 cents.** To be worn with overdress; 37 or 35-inch length from waistline. In 7 sizes, 34 to 46 ins. bust. Size 36 requires, 37-inch length, 2 1/4 yds. 36 or 40 ins. wide; 35-inch length, 2 1/4 yds. 36 or 40 ins. wide. Width, 1 1/4 yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

**CHILDHOOD AILMENTS**

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Nearly all Australian railways are State, or Government, owned.

**A MOTHER'S TRIALS**

**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 her children's welfare exact heavy tolls, and 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 visitations 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. These pills make new blood, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. 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 surely do for you.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**Origin of Gun Salute.**

The custom of firing artillery comes to us from the time when guns were first used. It was then considered polite and courteous to any great personage who happened to arrive at your castle to load all your guns with shotted rounds—not blank—and to fire them off as he arrived at your threshold. The reason for doing this was to show you trusted your guest by emptying all the guns just before he came into their range. This practice was not kept up long. Blank rounds were soon fired instead of real ones. They were not so dangerous!

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT—

Have used MINARD'S LINIMENT in my home, hunting and lumber camps for years and consider it the best white liniment on the market. I find that it gives quick relief to minor accidents, such as Sprains, Bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is liable to catch when log-driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly.

(Signed) Ellison Gray  
 East Kemptville, N.S., Feb. 24, 1920.

**The Lesson of the Rabbit.**

Talk about output! Listen to this little tale of mass production. Fifty years ago, there were no rabbits in Australia. Then three rabbits were sent out from London. Forty years later 25,000,000 frozen rabbits and 96,000,000 rabbit skins were shipped to Europe from Australia.

**MONEY ORDERS.**

When ordering goods by mail send a Dominion Express Money Order.

**Very Ill!**

Lord Halsbury's ninety-seventh birthday reminds me that he is still sturdy, and can walk into the House of Lords without any assistance other than a stick. To himself, however, his health is not very marvellous.

A friend who met him one day congratulated him on the wonderful way in which he was preserving his strength and on never being ill. "I don't know so much about it," said Lord Halsbury, shaking his head sagely; "I had a bad attack of hic-coughs last week."

Economy is in itself a source of great revenue.

Coughs and colds sneezes and sniffles quickly yield to

**BAUME BENGUÉ**

The relief is most gratifying and so refreshing.

**BWARE OF SUBSTITUTES**  
 \$1.00 a tube.  
 THE LEEING MILES CO., LTD.  
 MONTREAL  
 Agents for Dr. Jules Bengué  
**RELIEVES PAIN**

**BITS OF HUMOR**  
 FROM HERE & THERE

**A Matter of Taste.**

"Don't you wish you was a bird, Jimmy, and could fly way up in the sky?" mused little Jean dreamily.  
 "Naw!" scorned Jimmy. "I'd rather be an elephant and squirt water through my nose."

**Angels Got Tired.**

The new baby had proved itself the possessor of extraordinary lung power. One day baby's brother, little Johnny, said to his mother:  
 "Ma, baby came from heaven, didn't he?"  
 "Yes, dear," answered the mother.  
 Johnny was silent for a minute and then he went on: "I say, ma!"  
 "What is it, Johnny?"  
 "I don't blame the angels for slinging him out, do you?"

**Murdering Wagner.**

"Excuse me," said the detective, as he presented himself at the door of the music academy, on Christmas Eve, "but I hope you'll give me what information you have, and not make any fuss."  
 "What do you mean?" was the indignant inquiry.  
 "Why, that little affair, you know."  
 "I don't understand."  
 "Why, you see, we got a tip from the house next door that somebody was murdering Wagner and the chief sent me down here to work on the case."

Minard's Liniment For Dandruff.

**USE SLOAN'S TO WARD OFF PAIN**

You can just tell by its healthy, stimulating odor, that it is going to do you good

"If I only had some Sloan's Liniment!" How often you've said that! And then when the rheumatic twinge subsided—after hours of suffering—you forgot it!

Don't do it again—get a bottle today and keep it handy for possible use tonight! A sudden attack may come on—sciatica, lumbago, sore muscles, backache, stiff joints, neuralgia, the pains and aches resulting from exposure. You'll soon find warmth and relief in Sloan's, the liniment that penetrates without rubbing. Clean, economical. Three sizes—35c, 70c, \$1.40

**Sloan's Liniment** (Pain's enemy)

**WANTED**

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

**HAROLD C. SHIPMAN & CO.**  
 PATENT ATTORNEYS  
 20 SHIPMAN CHAMBERS - OTTAWA, CANADA

**INVENTIONS**

**WEEKS BREAK-UP-A-COLD TABLETS**

TRY THEM  
 PRICE 25¢

**GUNS**

A special lot of used guns in good condition at very low prices  
 Send for List.  
**THE D. PIKE CO., LIMITED**  
 123 King St. E., Toronto.

**Welcome Words.**

"Jones is the finest after-dinner speaker I ever heard."  
 "Indeed!"  
 "Yes; he always says, 'Walter, give that bill to me.'"

**Classified Advertisements.**

**AGENTS WANTED.**

**AGENTS WANTED: BLISS NATIVE Herbs** is a remedy for the relief of Constipation, Indigestion, Bloatingness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised since it was first manufactured in 1888, by distributors of large quantities of Almanacs, C. & C. Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Almond O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.

**FARM HELP**

FARMERS needing men—married or single—should apply at once, stating wages and other details; good men available. No fees. Ontario Government Employment Bureau (Employment Service of Canada), 45 King St. West, Main 3501, Toronto.

**Cause of Early Old Age**

The celebrated Dr. Michenhoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound.

America's Pioneer Dog Remedies  
 Book on **DOG DISEASES**  
 and How to Feed Mailed Free to any Address by the Author,  
**H. Clay Glover Co., Inc.**  
 118 West 31st Street  
 New York, U.S.A.

SINCE 1870  
**SHILOH**  
 30 DROPS STOPS COUGHS

**Cuticura**

**Talcum**

Is so soothing and cooling for baby's tender skin after a bath with Cuticura Soap.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: **Lymans, Limited, 544 St. Paul St., W., Montreal.**  
 Cuticura Soap shaves without mug.

**HEALTH EDUCATION**

BY DR. J. J. MIDDLETON

It is really hard to believe how little some people know about the most elemental matters of health, and about ordinary precautions that should be taken in maintaining health and preventing the spread of disease.

At the Toronto Exhibition this fall, a woman visiting the Provincial Board of Health's Exhibit, noticed the windows raised in one of the subsections where child-welfare was being demonstrated. "Now, that would just cause a draught," she exclaimed to a friend, "and it is the way one catches colds." But fresh air is absolutely necessary to good health, and even in the coldest weather draughts can be avoided while admitting fresh air. This may be done by having double windows, or one or more double panes, and providing an opening at the bottom of the outer and at the top of the inner one, so as to admit fresh air in an upright current. Another method is to place a board beneath the lower sash, propping it up and filling in the space below while providing a way for an upward draught between the two sashes.

I was recently in a house where there were several children as well as the father and mother, and on coming in from the fresh air to the kitchen, where the greater part of the time was spent, it felt like an oven. Double windows were used, but they were both tightly closed and no fresh air was being admitted. A sick baby was in a cradle beside the kitchen stove, and wrapped up in blankets like an Arctic explorer. The baby was perspiring freely, but the mother thought she must not let any fresh air into the house lest the child should catch cold. Some people seem to have a deep-rooted objection to fresh air, one of the most powerful agents in existence for maintaining health, and restoring the sick when they fall ill.

Tuberculosis is unfortunately a common disease, world-wide in its prevalence, and one which has directly or indirectly brought sickness and bereavement to many homes. Yet how often do we find instances even in this enlightened land of Canada where the danger of allowing it to spread is not understood or appreciated.

One of the Provincial Health nurses

recently visited a home where the father of the family was lying ill in bed with tuberculosis and he got fits of coughing at intervals. Not once did he cover his mouth when coughing, although children were playing about in the room where he lay. In amazement the nurse asked him if he had never realized how desperately important it was to cover his mouth with a handkerchief when coughing, but the man didn't know. He said he had never been told about the dangers of promiscuous coughing in a room where others were, and particularly where children were. This patient was able at times to sit up and hold the baby in his arms while his wife was busy with the housework or otherwise engaged. Sometimes, he said, he got a fit of coughing while holding the baby, but he always laid it down somewhere if the coughing fit was at all severe. Although this may be an isolated case, one can readily realize how hard it is for organized effort to completely stamp out this great scourge from our midst. We see, too, how much educational work there is still to be done in telling the public of the dangers of tuberculosis, and how it is spread. Although municipalities now generally put up anti-spitting notices, some people still indulge in this objectionable habit. I have watched men spit on the floor of a street car although above their head a sign hung telling of the penalty that would be imposed on anybody caught spitting. People careless of their own health and their neighbor's do still exist in great numbers, but it is through lack of knowledge rather than any desire to wilfully spread disease that this laxity occurs. There is not a man, woman or child suffering from tuberculosis who would care to see anybody else contract the disease, and yet through lack of knowledge the disease is often spread.

Much educational work is being done at present in the campaign against tuberculosis, and in teaching such simple essentials as destroying by fire or purifying by antiseptics all handkerchiefs or cloths soiled with tuberculous discharges.

In all branches of Public Health work there is still a great deal of educative work to be done before the results aimed at can be reached.