

MISS DESAUTELS IS LIKE A NEW WOMAN

POPULAR YOUNG WOMAN SAYS TANLAC WAS A WONDERFUL BLESSING TO HER.

Gives Details of Recovery for Benefit of Others Who Suffer As She Did.

"Tanlac has been a wonderful blessing to me and I will praise it the longest day I live," said Miss Aline Desautels, St. Laurent, Que.

"My only regret about Tanlac is that I didn't learn about it sooner, as I know I would have been saved many hours of misery and suffering. This grand medicine has brought me the wonderful blessing of health and I feel that I am simply doing my duty in helping to let people know that no matter how much they may suffer from stomach trouble, there is hope for them if they take Tanlac.

"I am no more like the same person now that I was before I took this grand medicine than day is like night."

Tanlac is sold by all good druggists. —Advt.

To Restore Churches in Ravaged France.

Now that the museums in the invaded regions which were looted by the advancing Germans in 1914 and 1915 have been restored, as far as possible, to their pre-war status, attention is being given to the reconstruction of village churches many of which were willfully damaged by dynamite just before the armistice. Several co-operative building societies have joined forces for the purpose of obtaining Government aid in floating a loan for churches. It is estimated that with 20,000,000 francs the majority of places of worship can be put back on the map.

This plan provides for the use of rough looking hutments in many regions which formerly boasted artistic buildings, but public opinion is general that such a start must be made if the present crime era is to be halted. Thousands of oil paintings taken from churches have been restored by the Germans. In fact, the Reparations Commission has been notified of the receipt of some eighteenth century works of art which were not even listed among those stolen by the enemy during the war.

The well-being of the people is like a tree—agriculture is its root; manufacturing and commerce are its branches and life. If the root is injured the leaves fall, the branches break and the tree dies.—Old Chinese Philosopher.

Rupture Kills 7,000 Annually

Seven thousand persons each year are laid away—the burial certificate being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely taking care of the sign (swelling) of the affliction and paying no attention to the cause. What are you doing? Are you neglecting yourself by wearing a truss, appliance, or whatever name you choose to call it? At best, the truss is only a make-shift—a false prop against a collapsing wall—and cannot be expected to act as more than a mere mechanical support. The binding pressure retards blood circulation, thus robbing the weakened muscles of that which they need most—nourishment.

But science has found a way, and every truss sufferer in the land is invited to make a test right in the privacy of their own home. The PLAPAO method is unquestionably the most scientific, logical and successful self-treatment for rupture the world has ever known.

The PLAPAO PAD when adhering closely to the body cannot possibly slip or shift out of place, therefore cannot chafe or pinch. Soft as velvet—easy to apply—inexpensive. To be used whilst you work and whilst you sleep. No straps, buckles or springs attached.

Learn how to close the hernial opening as nature intended so the rupture CAN'T come down. Send your name and ten cents, coin or stamps, to-day, to PLAPAO CO., 765 Stuart Bldg., St. Louis, Mo., for FREE trial Plapao and the information necessary.

When your burden is heaviest, you can always lighten a little some other burden. At the times when you cannot see God, there is still open to you this sacred possibility, to show God. Let this thought, then, stay with you; there may be times when you cannot find help, but there is no time when you cannot give help.—George S. Merriam.

Never affirm, or think about yourself, your prospects, your career, or your happiness what you do not wish to come true.

work is carried on to gain the information asked for, while in addition, a system of general educational propaganda on Industrial Hygiene is being conducted.

A start has been made in clinical work by the establishment of an industrial clinic for diagnosis, by means of which an investigation is being made as to the prevalence of lead poisoning in certain trades in Ontario. A demonstration has recently been carried out in Thorold to determine the possibilities of an Industrial and Public Health nurse combining her duties so as to make both phases of her work as effective as possible. Altogether the Division of Industrial Hygiene is aiming to raise the general standard of health among industrial workers and thereby do its share towards the great combined work of all Divisions of the Provincial Board of Health, viz., to improve the race and raise the health standards for all classes of the community.

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 caluses, without soreness or irritation.

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. 129 West 24th Street New York, U.S.A.

Keep Your Health TO-NIGHT TRY

Minard's Liniment for that cold and tired feeling. Get Well—Keep Well. KILL SPANISH FLU by using the OLD RELIABLE! Minard's Liniment Co., Ltd. Yarmouth, N.S.

About Baldness. Medical men have agreed that baldness is largely a matter of headgear. It is a rarity for a woman to go bald, notwithstanding that her hats are often heavier and bigger than a man's. But her hat is fixed to her hair, not to her scalp, the veins are not constricted, and ventilation is permissible. Men's hats, with their hard, tight-fitting brims, make it impossible for the blood to circulate properly, and consequently there is a congestion of blood in the scalp and baldness results.

MONEY ORDERS. A Dominion Express Money Order for five dollars costs three cents.

An Island Hermit. The story of a modern Robinson Crusoe who for thirty years has lived on a lonely island in the Arafura Sea, between Australia and New Guinea, is told by Mr. W. Somerset Maugham, the English playwright, who has just returned from a fifteen months' tour in the East.

"I had chartered a lugger for a cruise in the Arafura Sea," he said, "and I was asked to drop a bag of rice on the island for this old hermit."

"I learned on the way from those who had already seen him that he was shipwrecked thirty years ago, and with fifteen other men reached the island in open boats. They lived on the island for three years before they were sighted by a passing ship."

"Of the sixteen only five were then alive, and only four were taken away—for the fifth, the old man living there now, refused to leave."

"He told the rescuers that during the three years he had spent with the other men on the island he had seen such horrible things that he wished never to live among his kind again."

"During the thirty years he has been on the island," added Mr. Maugham, "the old man has lived on chickens, eggs, fish, and fruit."

"During the war he was left alone for five years, for no ships passed his way, and he was reduced to living entirely upon what the island could produce."

Throats of Whales. Although whales grow to enormous size, sometimes 80 feet and even 90 feet long, the throat of the common whale is so small that it cannot swallow a bite as large as a tea biscuit. The sperm whale has a mouth large enough to swallow a man.

Hammocks are supposed to have received their name from the fact that the natives of Brazil used the bark of the hammock tree for nets in which to sleep.

Minard's Liniment prevents Spanish Flu

Classified Advertisements

CANADIAN MATRIMONIAL PAPER, 26c. No other fee. A. McCreery, Chatham, Ont.

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WOOL MADE INTO BLANKETS AT reasonable prices. Yarns. Pure wool, chiefly grey seconds, fifty cents per pound. Postage extra. Sweater yarns, six beautiful colors, seventy-five cents. Samples free. Georgetown Woollen Mills, Georgetown, Ontario.

ARTICLES FOR SALE. BEEKEEPERS' SUPPLIES—LANG-STROTH and Jumbo hives and furnishings, honey extractors, pumps, engines and storage tanks; a complete stock of beekeeping requirements; send for our catalogue. Ham Brothers Company, Ltd., Manufacturers, Brantford, Ont.

BELTING FOR SALE. ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

Never criticize that which you could not do better. Minard's Liniment for Coughs and Colds

COARSE SALT LAND SALT Bulk Carlots TORONTO SALT WORKS C. J. CLIFF - TORONTO

SLOAN'S RELIEVES NEURALGIC ACHES

FOR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains.

Keep Sloan's handy and apply freely, without rubbing, at the first twinge. It eases and brings comfort surely and readily. You'll find it clean and non-skin-staining.

Sloan's Liniment is pain's enemy. Ask your neighbor.

At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment Pain's enemy

ITCHING BURNING PIMPLES ON FACE

Festered and Scaled Over. Face Disfigured. Cuticura Heals.

"My face was almost covered with pimples which festered and scaled over. They itched and burned so that I could hardly stand them, and my face was so disfigured I was unable to go anywhere. I lost so much sleep that I was about crazy."

"The trouble lasted two months. I started using Cuticura Soap and Ointment and after I had used two cakes of Cuticura Soap and two boxes of Cuticura Ointment for three weeks I was completely healed." (Signed) Miss Dorothy Danielson, Jackson, Calif.

Cuticura Soap daily, with Cuticura Ointment occasionally, prevents pimples or other eruptions. They are a pleasure to use, as is also Cuticura Talcum for performing the skin. Sample Each Free by Mail. Address: "Cuticura, Ltd., 164, 348 St. Paul St., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Soap shaves without mug.

QUEER FEELINGS AT MIDDLE AGE

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

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 to me. Finally 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 and I have kept on improving ever since. I have taken seven bottles now and am so happy that I am all over these bad feelings."—Mrs. B. LANSEY, 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?

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham's Vegetable Compound

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.

Industrial hygiene is a term that should be understood by everybody. When we consider the large percentage of the people of this province who are engaged in industry, the health and happiness of these workers is a matter of supreme importance to the individual, the community and the state.

The preservation of the health of workers in industry is what industrial hygiene essentially means, whether it is in reducing health hazards or in improving the surroundings and conditions under which the work is carried on. Incidentally the preservation and improvement of the health of the workers brings the same benefits to the members of the workers' families and friends, thus increasing immeasurably the sphere of industrial hygiene activity. Too often the conditions under which men and women work are reflected in their home conditions and surroundings, and where lack of concern is shown for the welfare of those engaged in industrial pursuits, there is a corresponding lack of interest on the part of the workers in the work they are doing, which is detrimental to both employers and employees, as well as to the quality and quantity of the goods or manufactured articles produced. Besides, if a lack of interest is manifested in the health and conditions under which men and women work, social

and political unrest and dissatisfaction become wide-spread, disturbing and dislocating trade and commerce, and affecting the whole strata of our domestic and national affairs.

That there is a great need for intensive work to be done in Ontario in the sphere of Industrial Hygiene is evidenced by industrial reports and by statistics. The time lost through disability is a very important feature to be reckoned with, it being estimated that approximately 3,300,000 work-days per year are lost through disability, by the 500,000 industrial workers in this province.

To safeguard the health of industrial workers in Ontario is one of the chief functions of the Division of Industrial Hygiene, Provincial Board of Health. To this end the Division has established a bureau of information which will supply all facts and figures necessary for the work that is to be carried on.

To prevent waste of time and the reduplication of effort, there have been collected the results of scientific research and practical experience gained by highly paid experts in progressive plants in other countries. This very valuable information is at the disposal of industrial plants who have similar health problems, even though on a much smaller scale, to be dealt with. Where certain information is not at hand, literary research

William found a pocketbook

But the string jerked it back



It looked like a happy discovery as it lay there on the sidewalk—until the discoverer reached to pick it up. Then the hidden string jerked it away. All William got was disappointment.

That's the way a good many people have found it to be with the comfort and cheer they thought they had secured in tea and coffee. When they came to depend on it—there was a hidden string, and nothing left but disappointment.

The drug, caffeine, in tea and coffee, is a nerve stimulant. Constant stimulation of the nerves often produces rebellion that takes the form of sleeplessness, headaches, irritability, high blood pressure. That's the string to tea and coffee.

Postum, that wholesome and delightful cereal beverage, is completely satisfying and there's no harmful quality whatsoever, to jerk away the comfort which you find in this splendid table drink. Any member of the family may enjoy Postum with any meal—and there will be no after-regrets.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by grocers.

*Postum for Health—"There's a Reason"

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