

SAYS SHE HAD ACTUAL DREAD OF MEALTIME

**Montreal Woman Was On
Verge of Breakdown But
Eats Anything Now, and
Nervousness is Gone, Too.**

"Tanlac is wonderful. It has simply made me feel like a different person," said Mrs. Wm. Allen, 1515 Wellington St., Verdun, Montreal, Quebec.

"For five years I never knew what it was to be free from stomach trouble and finally was on the verge of a breakdown. I actually dreaded for mealtime to come as I knew no matter how careful I was about my diet I would be sure to suffer afterwards."

"Tanlac has just changed things all round for me. For a long time I had been going without any breakfast altogether and now I get up in the morning so hungry I can eat bacon or most anything else I want and enjoy it. I have gotten over the nervousness, too, and am able to sleep all night long without waking up once and I get up mornings feeling thoroughly refreshed. I am still taking Tanlac and improving steadily. In fact, it just seems that every dose increases my strength and energy."

Tanlac is sold by all good druggists. Advt.

Phone Service Measured Like Electric Light.

The first metered telephone service in the world is now given in Everett, Wash., where about 6,000 subscribers are paying for just the amount of talking they do. The new rates which are now on trial under orders of the Washington State Board of Public Works, are based on the time consumed in actual talking over the telephone, as gas, electricity, and water are metered. Under this system the service company asserts that it is possible to reduce the cost to 85 per cent. of its subscribers and increase the capacity of its plant by 2,000 telephones without adding to the exchanges.

These changes are made possible through the development of a device known as a "telechronometer," which accurately measures the length of time each telephone is used by the calling party. Incoming calls are not registered. For more than a year the telechronometers have been tested, and last December they were ordered placed on all telephones in the Everett system.

Among other advantages of the telechronometer, the company claims that it will discourage and probably eliminate "listening in" on party lines,

as it will cost the eavesdropper money to take down his receiver and gather the neighborhood gossip; unnecessary and frivolous conversations will be reduced to a minimum, and the use of ten, eight, six, and four-party lines will be increased, because there will be less traffic on the lines.

Telephone service is now given for as little as \$1 a month, which entitles the subscriber to 60 telechrones a month. If he uses more than that amount he pays one cent a telechrone for it. Single-party business telephones that formerly cost \$6 a month are now \$5.25 a month, which entitles the subscriber to 600 telechrones, or almost 24 minutes of conversation, each business day.

The telechronometer is a little device located close to each telephone and registers the time consumed by the calling party, after "central" has made the connection. Registration is stopped the instant their receiver is replaced on the hook. No influence outside the control of the subscriber can cause registration.

Forest Fires and the Citizen.

Forest fires have made such inroads upon Canada's forests, that no citizen having the country's interests at heart can refrain from adopting every sensible precaution in his personal conduct. Unextinguished camp fires, lighted matches, and tobacco have robbed the nation of millions of dollars in public-owned property. To leave a camp-fire burning while in or near standing timber is a plain invitation to a disaster. The lighted match and the cigarette are in the same category.

CHILDHOOD AILMENT

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.

Port O' Happiness.

To happiness! A foreign port we think
Toward which we proudly steer,
Our sails all set, our bows afoam,
Mere pleasure is the reef ahead, my lads,
Helm down, haul taut the gear
Our port of happiness is home!
—H. C. Chatfield-Taylor.

Novel Method of Attracting Settlers

Wisconsin's method of adding to the population and wealth of the state is distinguished by absolute originality, and what is better, by unparalleled success, says an American writer. Like all states, not to mention Canada, where immigration is desired, Wisconsin uses printed pamphlets describing the attractive features of the state, but it uses these only as a secondary feature—the primary feature of its method of attracting new residents, and of retaining them after settlement, being an entirely personal appeal, an appeal from man to man from the director of immigration directly to the prospective settler, and a supervision of his interests after his arrival in the state.

This method can be best illustrated by describing a typical example. In reply to a bureau of immigration classified advertisement, there came an inquiry from a man in Iowa. In reply to this went a long personal letter from the director of the bureau, interpreting an accompanying pamphlet on "Farm Making in Upper Wis-

consin," and pointing out the use of an inclosed "certificate of inquiry" to be presented to any person or firm from whom the prospective settler might purchase land. This certificate is a protection to the land purchaser, and it warns the land salesman that the Wisconsin Bureau of Immigration intends to keep in touch with the purchaser during the whole transaction. Thus is the immigrant in a large measure protected from falling into the hands of unscrupulous land agents, and should he nevertheless do so, he could appeal to the bureau to have his wrongs righted.

The result of this kind of work has been that since the war, 5,280 families have located in northern Wisconsin to develop farm homes. Two large charts have been made, one covered with dots representing new families located on the land during the last three years, and the other showing, with similar dots, each new family that has been directly assisted by the immigration bureau. The second chart has nearly as many dots as the first.

The Pine Tree and the Star.

In the vaulted blue a shining star,
Brightest of the hosts on high,
Sheds its radiance from afar,
A rare jewel of the sky.

A humble pine tree on earth below
Lifts its arms unto that star,
Like a giant index it doth show
What it worships from afar.

The pine tree can not the star attain,
It stands rooted in the clay;
But worship of the orb shall not wane
Till the tree shall pass away.

Winds the pine tree's branches toss
and sway,
But the gale if still defies
And with its giant finger points the way
To its idol in the skies.

My soul looks upward to heights of fame,
As the pine tree to the star,
In dreams I see an immortal name
Where Fame's deathless glories are.

And does my soul look up all in vain,
While my feet cling to the clay?
Should I scorn heights I may not attain
And choose a more humble way?

Better that my soul should ever yearn
For heights I shall never know,
Than to be content to humbly turn
Into ways obscure and low.

As the pine points to the star on high
It grows ever straight and true;
And uplifted ever, so may I
Attain some small glory, too.
—Hattie Washburn.

Tree Planting in Canada.

This is the season of the year when tree planting is being actively carried on throughout Canada. In Ontario and Quebec, farmers are improving their woodlots by planting seedling trees sent out from the provincial forest nursery stations at St. Williams and Berthierville, respectively; and in both provinces there is considerable activity in regard to municipal forests, particularly in Ontario, where the first planting work is being done on some of the newly established county forests. In the Prairie Provinces about five million seedlings and cuttings, all told, will be sent out from the Indian Head and Saskatoon forest nursery stations of the Dominion Forestry Branch. These are all for planting shelterbelts on farms. Besides this, these same nursery stations are sending out a considerable quantity of planting material and tree seeds for planting and sowing on different Dominion forest reserves. This is only a beginning in reforestation, but it indicates that the tide is at last turning in that direction.

Nurses War Memorial Fund.

Canadian nurses from coast to coast are raising funds to erect a monument at the Capital in commemoration of Canadian Nursing Sisters who lost their lives during the Great War. Ontario nurses are requested to send their contributions either individually or through their local association to the Provincial Secretary-Treasurer of the Fund, Miss Holland, 410 Sherbourne St., Toronto.

Rules Differ.

In Italy wheeled traffic keeps to the left in large towns but to the right in the country.

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Two cabins, a heating stove which will also warm food, and a life-saving net, into which shipwrecked people can jump, are the main features of a new type of lifeboat now being built.

Minard's Liniment Relieves Neuralgia

Recreational Uses of Forest Reserves.

The forest reserves are steadily coming into more general use for recreational purposes. Each year shows an increase in the number of cottages erected at the various summer resorts. Camping and picnicking parties find healthful pleasure on the shores of the various lakes, and those resorts which are accessible by automobile are visited by considerable numbers each week end and holiday during the season.—Annual Report Director of Forestry, Ottawa.

Scandal.

If you're the butt of scandal's aim,
This thought to you appeals:
The poorest fruit is not the game
On which wasps gnaw their meals.
The vicious word, the ball of snow,
They gather as they roll and grow.
Throw a handful out upon the street,
It's a mountain when the neighbors meet.

The boy and girl club leader who put "earn" into "learn" did much to further the club movement.

STOMACH TROUBLES ARE DUE TO ACIDITY

Tells Safe, Certain, Speedy Relief For
Acid Indigestion.

So-called stomach troubles, such as indigestion, gas, sourness, stomach-ache and inability to retain food are in probably nine cases out of ten, simply evidence that excessive secretion of acid is taking place in the stomach, causing the formation of gas and acid indigestion.

Gas distends the stomach and causes that full, oppressive, burning feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the excess development or secretion of acid.

To stop or prevent this souring of the food contents of the stomach and to neutralize the acid, and make it bland and harmless, a teaspoonful of Bisurated Magnesia, a good and effective corrector of acid stomach, should be taken in a quarter of a glass of hot or cold water after eating or whenever gas, sourness or acidity is felt. This sweetens the stomach and neutralizes the acidity in a few moments and is a perfectly harmless and inexpensive remedy to use.

An antacid, such as Bisurated Magnesia, which can be obtained from any druggist in either powder or tablet form, enables the stomach to do its work properly without the aid of artificial digestants. Magnesia comes in several forms, so be certain to ask for and take only Bisurated Magnesia, which is especially prepared for the above purpose.

How Forest Fires Start.

Do your part in preventing fire becoming master. Look after your camp fire. See it is dead out. Do not throw matches or burning material or ashes where they might ignite leaves or twigs or rubbish and thus set fire to the forest.

Minard's Liniment for sale everywhere

"If a child refuses to eat," says an expert, "do not try to force him; instead, dole out the food with apparent reluctance and try to make him believe that he must not eat too much."



Have Good Hair and Clean Scalp

Free from dandruff and itching. It's easy. On retiring rub spots of dandruff and itching with Cuticura Ointment, getting Ointment well on scalp. Next morning shampoo with Cuticura Soap and hot water. Rinse with tepid water.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. **Cuticura Soap chaves without mug.**

America's Pioneer Dog Remedies

DOG DISEASES

and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 123 West 24th Street New York U.S.A.

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Classified Advertisements

COUPLE WANT BOARD, FARM OR mountains, give particulars. Box 100, Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

NURSES WANTED.

NURSES WANTED FOR TRAINING School in charge of graduate of Johns Hopkins Hospital. Apply Superintendent, Homewood Sanitarium, Guelph.

HELP WANTED—MALE.

WANTED PERSONS TO GROW mushrooms for us, waste space in cellars, out-houses or gardens can be made yield \$25 to \$50 per week; illustrated booklet and particulars sent for 3c stamp. Toronto Supply Co., Cumstock

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.

Too many heads are turned to the appeal of "luck" and from the modest returns of thrift.

"Mystery roads" on which motor cars travel more quickly "of their own free will," are now said to be due to the extra profuse vegetation on either side; the plants give off oxygen which helps the motor engines to run more freely.

COARSE SALT LAND SALT

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

Those Having Sick Animals SHOULD USE



Good for all throat and chest diseases, Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable. —SOLD EVERYWHERE.

TO ENJOY PERFECT HEALTH

Every Woman's Wish—
Read Mrs. Cassady's
Experience

Paris, Ontario.—"For five years I suffered with pains in my back and

from other troubles women often have. All of this time I was unfit for work and was taking the different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassady so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial now.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.



WARNING!—Say "Bayer" when you buy 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

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 Mono-acetic acid ester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Feed the body well

Right food for the body is more important than right fuel for the engine.

Grape-Nuts

is a scientific food, containing all the nutriment of wheat and malted barley. Grape-Nuts digests easily and quickly, builds toward health and strength — and is delightful in flavor and crispness

"There's a Reason" for Grape-Nuts