

WHY BACKS ACHE

The Kidneys Seldom to Blame—
The Trouble Due to Blood
Impurities.

There is more nonsense talked about backache than any other trouble. Some people have been frightened into the belief that every backache means deadly kidney trouble. As a matter of medical fact not one backache in twenty has anything to do with the kidneys. Most backaches come from sheer weakness and kidney drugs can't help that. You need something to improve your blood and build you up, and that is exactly what Dr. Williams' Pink Pills will do. Some backaches are really muscular rheumatism; some are the symptoms of such ailments as influenza, indigestion, constipation and liver troubles. In women most backaches come from any weakness or irregularity of the blood supply. To get rid of the trouble take a tonic like Dr. Williams' Pink Pills to enrich the blood and bring strength to aching backs and weak nerves. Mr. W. Prince, Lovering, Ont., tells what these pills did for him. He says:—"Periodically I suffered for about five years with backache. If I caught cold it seemed to settle in my back, which pained me so badly that I could hardly turn over in bed. These attacks would last for a week or ten days. I tried many remedies but they did not drive away the trouble. About two years ago, while suffering from one of these attacks, a friend advised me to try Dr. Williams' Pink Pills. I followed his advice with the best of results, as I have had no attack of the trouble since, and I feel sure that I am permanently relieved."

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

Blaming It on the War.

A little boy who pinched his finger in the door uttered a naughty word—a word he had promised to forget—and hastened to apologize to his dismayed mother. "I des't touldn't help it," he declared. "I des's it's the after 'fects of the war."

The little boy was not much better in finding excuses than the rest of us. In a way, perhaps, the war is to blame for crime waves, political landslides, pinched fingers and puppy love. Isn't it time, however, that we forgot our war hysteria? It doesn't help us any in solving the real problems left by the war to blame that awful conflict for all the absurdities and perversities of so-called human nature.

It is one of the most profound truths in human life that sooner or later you get back what you give.

Minard's Liniment for Rheumatism.



Doing His Part.

"The papers say there would be no panics if people only had confidence in the banks."

"Well, I'm not worrying—confidence is the only thing I ever had in a bank."

'Tis the Finish That Counts.

One of the most demoralizing things in the world is to get into the habit of starting things with enthusiasm and then fizzling; stopping and leaving them half done. This is fatal to all excellence; it is a deadly blow to efficiency. After a while you will incapacitate yourself for doing good work. On the other hand the habit of doing things to a complete finish, of stamping everything with the mark of your character, of putting the stamp of excellence upon it, constantly increases your capacity for doing good work, just as half-doing things kills it.

It is not the beginning of things that counts so very much; it is the finish. That is the test of your ability, of your efficiency. How does the thing you started turn out; how did you leave it? Did you get discouraged and leave it half done or did you come up to the finish with it like a real victor?—O. S. Marden.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the new-born babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

PALMER HAS NOW DISCARDED CANE

Can Get Around Like a Young
Man Since Taking Tanlac,
Says Hansel Citizen.

"You don't often see a man as spry as I am at seventy-two," declared Thomas Palmer, Sr., well-known retired farmer of Hansel, Ont., while on a visit in London, Ont.

"At the time I got Tanlac I could hardly walk at all, and hadn't been down town without my walking stick since last September. But last Thursday I went down town twice without it and got about as good as many a younger man. I suffered terribly with constipation the last ten years, had no appetite and was bothered a great deal with my kidneys. Sometimes every joint in my body ached. I was badly run down and seldom got a night's sleep.

"If I had Tanlac last spring it would have saved me money, for I took medicine two years without any relief to speak of. But Tanlac and the Tanlac Pills have put me in fine shape, and I stand ready to praise it to the limit."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Unnecessary Exertion.

"I've heard she walks in her sleep."
"Fancy—and they with two automobiles."

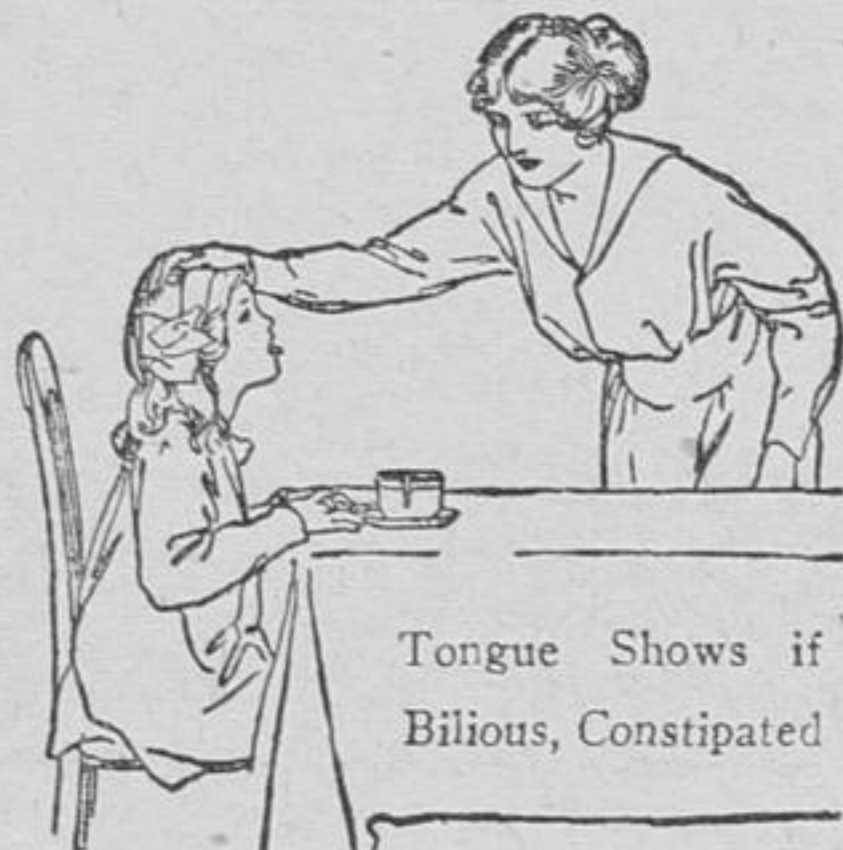
MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Silk furnishes the longest continuous fibre known. One cocoon has been known to yield nearly three-fourths of a mile.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is
Child's Best Laxative



Tongue Shows if
Bilious, Constipated

Hurry mother! Even a cross, sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Earache?

Hot Minard's Liniment on cotton wool brings quick relief for Minard's is King of Pain.

Minard's
Liniment

The Family Medicine Chest.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 50c. and \$1.00 bottles.

America's Pioneer Dog Remedies

Book on

DOG DISEASES

and How to Feed

Mailed Free to any Ad-

dress by the Author,

H. Clay Glover Co., Inc.

129 West 24th Street

New York U.S.A.

ISSUE No. 3—23.

"Cascarets" 10c

For Sluggish Liver
or Constipated
Bowels

Clean your bowels! Feel fine!
When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Pigs that are washed put on a fifth more flesh than those that are left dirty.

Minard's Liniment for Neuralgia.

PETRIE'S MACHINERY TORONTO



Let Cuticura Keep Your Skin Fresh and Young

Daily use of the Soap keeps the skin smooth and clear, while touches of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap shaves without mug.

Bruised?—ease the pain!

Apply Sloan's to sore spot. It increases circulation scatters congestion. This reduces swelling and inflammation—the pain disappears!

Sloan's Liniment

Made in Canada

For rheumatism, bruises, strains, chest colds



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."

Classified Advertisements

AUTO SCHOOL

EDUCATIONAL.

MASTER THE TYPEWRITER BY mail. The touch typing system taught in six lessons—only \$15.00. Why pay more? Typewriting School, 718 Baltimore Bldg., Chicago.

HELP WANTED—FEMALE.

HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 6, Orillia, Ont.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS

C. J. CLIFF - TORONTO

MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's
Vegetable Compound
Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects
Sour, Upset Stomachs
at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.