WHEN NERVES ARE

The Right Thing to Do is to Take a Tonic for the Blood.

act at once means a steady drain on results are deplorable." down.

pains in my body and limbs, dizzy 'teens. spells lasted I could keep nothing on ease and the inability to get liquor. ldleness, I told my husband I was alcoholic beverages." through with doctors and was going to try some other remedies. I got one, but after taking it for a month found no benefit. Then I decided to try Dr. Williams' Pink Pills, and at the end of two weeks I found these were what I needed. With nerves worn threadbare from all the suffering of the past, I continued the use of Dr. Williams' Pink Pills for three months and by this time I was able to do most of my own housework. In fact I soon felt well and was able to do any kind of work without feeling tired. Since that time I have continued to do all my' own work and have had no return of the dreadful pain I suffered before. I have recommended the pills in many cases and have always seen good results from their use."

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

Flax Seed for Canada,

On account of the standstill of the flax industry in Ireland, an investigation is being made with a view to growing flax in Canada.

Port Said in Egypt, gets on an average only 2 inches of rain yearly. London has 24 inches, New York 38 inches.

Bituminous sands 150-200 feet thick lie along the Athabaska river for 73 miles. Drawn out by the sun, the tar runs into deep pools. Similar sands are found at intervals from "Pape's Diapepsin" your indigestion is Lat. 57 deg. to beyond the Arctic gone. No more distress from a sour, circle. The soaked area is possibly acid, upset stomach. No flatulence, 10,000 square miles. This deposit re- heartburn, palpitation, or misery-makpresents the largest known occurrence, ing gases. Correct your digestion for of solid asphaltic material.

Minard's Liniment for Rheumatism.

Drugs and Prohibition

By Rev. Peter Bryce.

"I believed in Prohibition, absolutely, but my faith is shaken," said a friend to me a few days ago. "The statement attributed to Judge Mur-When you become so exhausted af- phy," he continued, "in a letter in a liquor and the drug addict." ter a day's work that you cannot sleep, morning paper last week, seems to

not let your condition become too far increased addiction in drugs. She be- addicts are rarely alcoholics." tors whom I consulted called neural- cannot be said to be a substitute for habits of the underworld and gunmen. gia of the tissues of the system. I drink is the fact that such a large per- Dr. C. M. Crawford, the Ontario Hos-

three days, only to get up so dizzy pital, states that from the testimony came into effect." and so weak that I could not cross the of their drug patients, there is no con-

year, but with no beneficial results. ment, in the year 1919-20, asked 1,403 practically disappeared, and further, Finally the last doctor who attended drug patients the cause of their ad- morphine and cocaine addiction have me said medicine would not benefit diction. Only 1 per cent. came to it me. I must have perfect rest, and from alcoholic indulgence. The Secrespend most of my time in the open air. tary of the Rhode Island State Board He gave me very poor encouragement. of Health says: "We fail to find among friend's faith in prohibition, there is Knewing that the mother of four child- the applicants for treatment any one evidently no cause for the foundation ren could not spend all her time in formerly addicted to the free use of of his faith being shaken by the facts

The Drawback

INDIGESTION, GAS,

UPSET STOMACH

Instantly! "Pape's Diapepsin"

Corrects Stomach so

Meals Digest

The moment you cat a tablet of

a few cents. Each package guaranteed by druggist to overcome stomach

better than you do."

quick."

The City Health Officer of Jacksonville, Florida, reports that from the historics of addicts registered, "it appears that there is no relation between the habitual user of alcoholic

The Medical Committee of the Kior sleep fails to refresh you, it is time make it clear that those deprived of wanis Club, Vancouver, states: "Practo look after your health. Failure to liquor are turning to drugs, and the tically all observers state that there seems to be no special connection beyour health reserve, which can result | Judge Emily Murphy, in her book, tween the use of alcohol and the use in but one thing-a nervous break- The Black Candle, in the chapter de- of drugs. There is no evidence to show voted to "Prohibition and Drugs," that the suppression of the use of al-Do not wait for a breakdown. The makes it clear that she does not con- cohol increases to any appreciable extreatment is simple enough if you do sider Prohibition to be the cause of tent the addiction to drugs, as drug

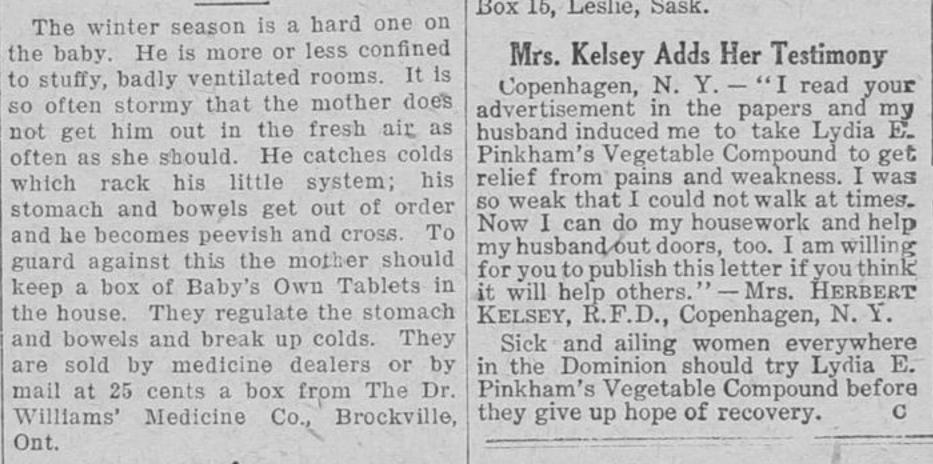
advanced. The treatment is one re- lieves it is 'bad association and the Cora Frances Stoddard in her Prequiring an effective tenic to enrich the urge of an illicit traffic seeking to liminary Study on the relation beblood and feed the starved nerves. profit by the sale of the habit-forming tween prohibition and drug addicts The most effective tonic known is Dr. drugs that are the most potent causes says: "Of 1,169 patients treated at the Williams' Pink Pills, which act direct- for the growth of the evil." She fur- New York Narcotic Relief Station in ly on the blood, and with proper diet ther states: "In most places those one week (April 10-16, 1919), most of have proved of the greatest benefit in deprived of liquor seek substitutes not them were mere youths, nearly onenervous troubles and all conditions in opium, cocaine or other allied drugs, third of them are not out of their flue to impoverished blood. Mrs. Mary but in raisin jack, home-made wines, 'teens. One boy began at the age of Hanson, Braeside, Ont., has proved the jamaica ginger, paregoric, essences or thirteen." These youths are doubtvalue of Dr. Williams' Pink Pills and moonshine." Another argument ac- less animated by a morbid desire to says:-"I was taken ill with what doc- cording to Judge Murphy, why drugs imitate what they believe to be the

was a complete wreck from constant centage of drug addicts are in their pital, Whitby, says: "Morphine and cocaine are responsible for certain headaches, fainting spells and consti- Many medical authorities confirm type of mental disorder. There has pation. So intense was the pain that Judge Murphy's statement. Joseph C. been no increase so far as we can deat times it caused vemiting and I Doane, M.D., the Chief Resident Physi- termine in either morphine addiction would have to go to bed for two or cian of the Philadelphia General Hos- or cocaine addiction since prohibition

Dr. G. H. Kirby, Medical Director of bedroom without aid, and while these nection whatever between drug-dis- the New York State Hospitals, says: "Since prohibition has come into efmy stomach. I doctored for almost a The New York City Health Depart- fect alcoholic mental disorders have not increased at all." He bases his statement on many thousands of cases. If other causes have not shaken my

regarding the drug traffic.

WINTER HARD ON BARY



Dragon-flies can catch up other in-"I'm glad you don't like candy any sects travelling at over forty miles "I 'spect I would only I get full too an hour!

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Irish people, who eat large quantities of potatoes, never suffer from gout.

The sea covers three-fourths of the earth's surface, or a total area of about 145 million square miles.

"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 griping-nicest laxative-cathartic on earth for grown-ups and children. 10c a box. faste like

Rice paper is not made from the rice plant, but from the pith of a tree growing in Formosa.

Minard's Liniment for Neuralgla.

candy.



ISSUE No. 5-22.

Footsore?

Bathe your feet with warm water then rub well with Minard's Liniment. Soreness goes -feet feel fine, for Minard's Liniment is King of Pain.

> Minard's Liniment

The Family Medicine Chest.

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Leslie, Sask .- "For about a year I was troubled with a distressing downbearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times, as no woman ought to be without it in the house." - Mrs. OSCAR A. ANDERSON, Box 15, Leslie, Sask.

Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y. - "I read your advertisement in the papers and my husband induced me to take Lydia E. relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others." - Mrs. HERBERT

Sick and ailing women everywhere in the Dominion should try Lydia E.

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HELP WANTED-FEMALE.

FELP 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.

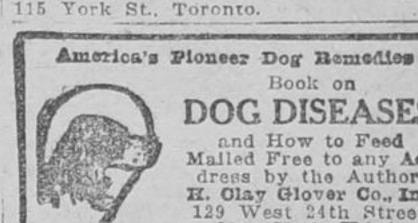
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UBAM CLOVER, THE GREAT annual. Write for interesting information, D. Fraser, R.R. 2, Ilderton, Ontario.

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Book on

COARSE SALT SALT

Bulk Carlots TORONTO SALT WORKS C. J. CLIFF TORONTO



With Cuticura Bathe with Cuticura Soap and hot

water to free the pores of impurities and follow with a gentle application of Cuticura Ointment to soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum for powdering and perfuming. Soap 25c. Ointment 25 and 50c. Taleum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

Chest colds-broken!

Inflamed membranes, congestion, oppressive pain. Apply Sloan's to chest and throat. It scatters congestion -your cold is gone!

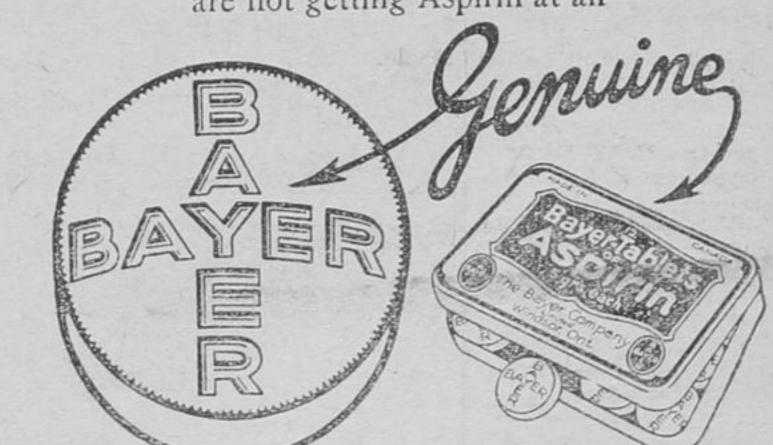
Sloan's Liniment

-kills pain!

Made in Canada

· For rheumatism, bruises, strains, chest colds

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 Toothache

Headache Neuralgia

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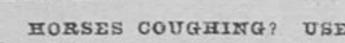
Lumbago Earache Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



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