

# SMOKE OGDEN'S CUT PLUG

15¢ per  
packet  
80¢ a  
½ lb. tin



If you  
roll your  
own  
ask for  
**OGDEN'S**  
FINE CUT  
(green label)

## Preventing Disease.

The modern aim of medicine to prevent disease rather than wait for it to declare itself is encouraging. In former days people used to remark with some amusement that among other "queer" customs of the Chinese—queer because contrary to our ideas or practice—was that of paying the doctor only so long as you were well, but nowadays we are beginning to think that the custom is perhaps not so funny after all. We have always been fond of saying, "An ounce of preven-

tion is worth a pound of cure," but, curiously enough, we applied the maxim to almost everything except health. Now, however, we are coming to see that it applies to bodily ills with special force.

The modern effort to prevent disease began with the doctors, who in spite of the good-natured, and the sometimes ill-natured, fun that is poked at them are true lovers of their kind. Since, with some few exceptions, we have not adopted the Chinese plan, the doctor earns his living solely by caring for the sick, and the fewer the sick the harder it is for him to earn his living. Nevertheless, he is working constantly to teach people how to keep well.

Societies have been formed for instructing the public how to avoid tuberculosis, cancer, heart disease and other great scourges of mankind. Moreover, associations of medical men have been established for considering the best means to promote public health and to prevent epidemics. But at bottom responsibility for health rests with the individual, who should form the habit of going to his physician for a clean bill of health, just as he goes to his dentist to ascertain the condition of his mouth.

## Was Methuselah Really Old?

How old was Methuselah? Nine hundred and sixty-nine years is the age with which we have always credited this patriarch. Now however, scientific research has reduced the figure to 78½ years!

Experts point out that there has always been a certain amount of doubt concerning the great age supposed to have been attained by patriarchs, and many theories have been evolved to reduce Biblical records of this kind to something near man's normal span.

It is supposed that in the earliest times the month, or period of a moon cycle, was called a year. So that Adam's 930 years of life, calculating a year at 29½ days, the length of a lunar month, works out at 75¼ years.

After the month-year there would appear to have come a five-month year, the limit of five being derived from the fingers of one hand, for primitive peoples used the fingers for purposes of calculation. On the five-month year basis, Abraham's 175 years shrink to 72, and Isaac's 180 to 74.

It is also pointed out that it is possible there intervened a six-month year, discovered by Jacob while watching Laban's flocks. Thus Jacob's 147 years work out at about 73.

The twelve-month year originated with the Egyptians, who saw that a complete period was made up of two "years," in one of which the days were longer than the nights, and in the other the nights were longer than the days.

## MONEY ORDERS.

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

## New Devices.

Resembling a rubber hand stamp is a new device with which ink from a reservoir passes through stencils that can be made by any one as it is pressed down.

Minard's Liniment for sale everywhere

## Poor Fannie.

Fannie was eating an apple, when she suddenly cried out in pain.

"What is the matter, darling?" asked her mother.

"I stepped on my tongue with my teeth," said Fannie.



The Work of Paul Peel.

A piece of sculpture by Paul Peel, the famous Canadian painter, whose picture, "After the Bath," has just been returned to Canada, purchased by Henry Pocock, of London, Ont., from the Hungarian government. The figure was presented years ago to the London library by Paul Peel's father.

## Boys - Girls



This Ball Outfit and other prizes, for Boys and Girls, given for selling a few dollars' worth of Government Tested garden seeds at 10c a pkg. We pay you cash also, if you wish.

HOWARD-OER COMPANY  
66 Bond Street, Toronto

Send me FREE, 30 packages of seeds and booklet of prizes. If I don't sell seeds I will return them at your expense.

Name.....  
Box No..... Town.....  
SEND NO MONEY

## A TREATISE on the Horse— FREE!



This book is one of the best ever written for the horseman and the farmer. In plain, everyday, understandable English it deals with every ailment that horseflesh is heir to, and tells how to treat them. It has chapters on shoes and shoeing, breeding and feeding. The book is worth many dollars to the handler of horses, but all you have to do is ask your druggist for it. It is absolutely free. Here is one opinion:  
SOUTH BERWICK, N.S., Jan. 19, 1922.  
"Please send me by mail your GREAT book showing positions and actions of sick horses. Have been using your Kendall's Spavin Treatment for years and think it is a great treatment."  
PERLY COLEMAN.

If your druggist has not a copy of the book left write us direct.  
Dr. B. J. KENDALL CO.,  
Enosburg Falls, Vt., U.S.A.

## RHEUMATISM

Minard's Liniment is the old reliable relief for Rheumatism. Rub it in to the aching part and you'll see why two generations have crowned it King of Pain.



## Irresistible Eyes

are those which are bright and sparkling. Keep your eyes young and beautiful through the daily use of Murine. It has stood the test of time. At all druggists.



## 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.  
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New York U.S.A.

ISSUE No. 15-23.

## MRS. J. GILMORE DISCUSSES CASE

Despaired of Ever Getting Well, But Tanlac Entirely Ended Stomach Trouble, She Declares.

"I was just hopeless of being well again, when along came Tanlac, and to-day I enjoy the best of health. I will praise this medicine as long as I live." This grateful statement was made recently by Mrs. Janet Gilmore, 73 DeGrassi St., Toronto, Ont.

"For seventeen months I led a miserable existence with stomach trouble. My appetite left me and anyhow I was afraid to eat. Gas on my stomach pressed around my heart till I thought I would smother, and my nerves were so excited even the noise of the children playing nearly drove me frantic. I could get no restful sleep and it was next to impossible for me to do any housework.

"Then I started on Tanlac and the first bottle convinced me I had the right medicine. I now feel like a new person, without a single ailment. Tanlac has no equal."

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

Minard's Liniment used by Physicians.

## Bad Breath Overcome

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowels." If your teeth are good, look to your digestive organs at once. Get Seigel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and \$1.00 Bottles. Do not buy substitutes. Get the genuine.

## Sloan's



## Rheumatic pain —less every year

Sloan's is rapidly making widespread suffering from rheumatism a thing of the past.

Millions can testify to the grateful relief it brings.

The moment you feel the first twinge of pain—apply Sloan's. Its tingling, penetrating warmth gives instant comfort. Before you realize it the pain disappears.

Try it—you'll find many every-day uses for Sloan's.

Made in Canada

Sloan's Liniment—kills pain!  
For rheumatism, bruises, strains, chest colds

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## STRAWBERRY PLANTS.

STRAWBERRY PLANT CATALOGUE Free. All the best varieties of choice, deeprooted stock. Try the wonderful O.A.C. Strawberry. W. H. Bramley, Strathroy, Ont.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.



## Keep Your Hands Soft and White With Cuticura

The daily use of the Soap, with occasional touches of the Ointment, is very effective for keeping the hands soft and smooth. For red, rough or sore hands: On retiring bathe in hot water and Cuticura Soap, dry, and rub in Cuticura Ointment.

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

## WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because

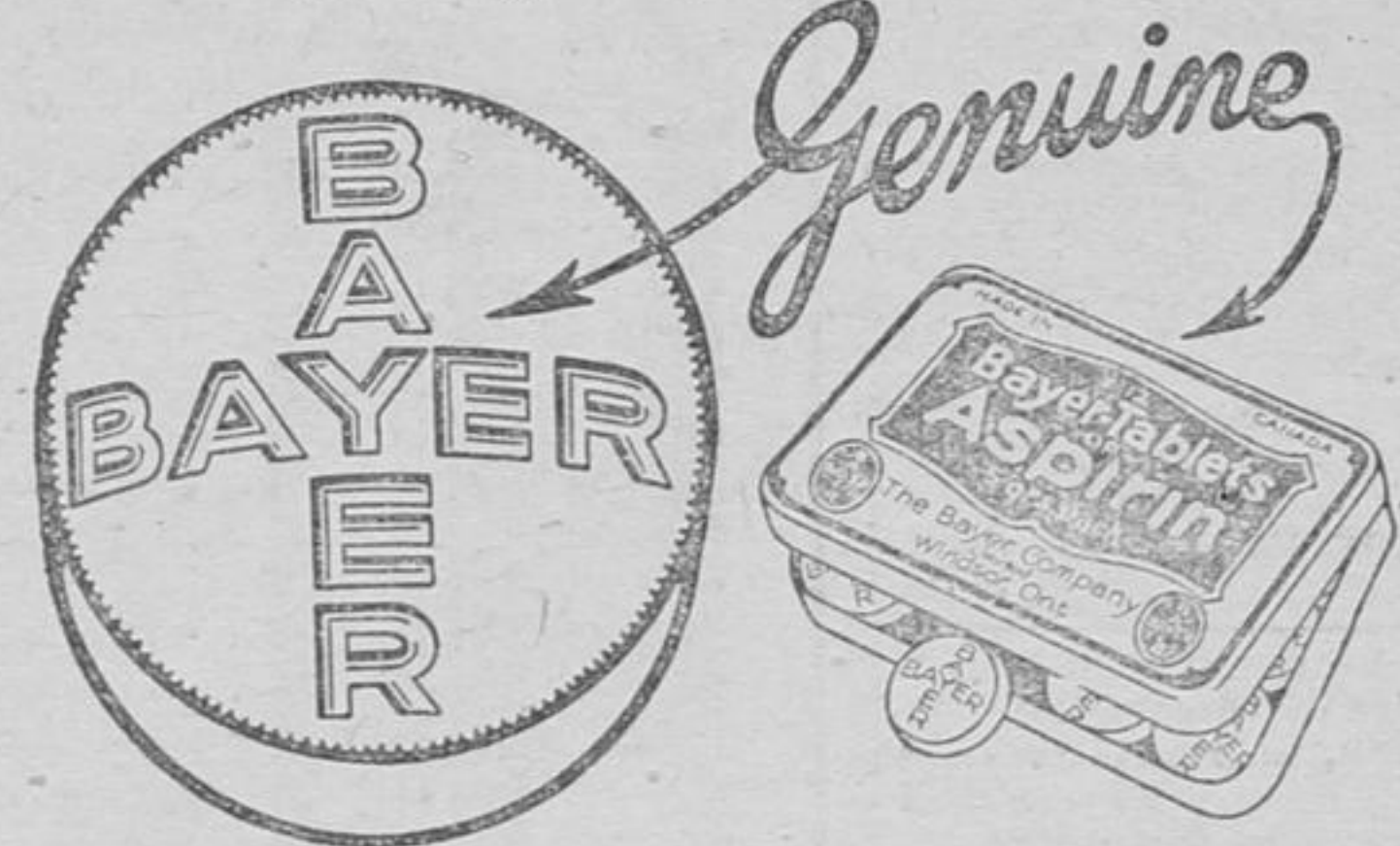
I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

# 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
- Toothache
- Earache
- Headache
- Neuralgia
- Lumbago
- Rheumatism
- Neuritis
- 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."

Make it an every morning habit to shine with

# 2 IN 1

## Shoe Polishes

East or West Eddy's Best

# EDDY'S MATCHES

Insist on having EDDY'S!

You're paying for one whether you own it or not!

IN hours of hard, hot toil you are paying for it—in health—in time stolen from pleasanter things—

In the Walker Electric Dishwasher an entire day's dishes are washed, rinsed, sterilized and dried in less than ten minutes.

Is it economy to spend hours doing what the Walker does in minutes and does better than hands can do it?

And there's no breakage—no muss—no wet hands—no shattered nerves.

The Walker avoids all of that.

See it demonstrated—today.

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