

PAIN IN THE JOINTS

Is An Indication That the Blood is Thin and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—sometimes rheumatism attacks the heart and is fatal.

A remedy that has corrected many cases of rheumatism is Dr. Williams' Pink Pills. These pills enrich and purify the blood so that the poisonous rheumatic matter is driven out of the system as nature intended. Miss Gerle Denne, Washago, Ont., was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says:—"About a year ago I was attacked by rheumatism and for two weeks was confined to my bed. The trouble was so painful, affecting the joints of my limbs so that I could not stand alone. Mother had a box of Dr. Williams' Pink Pills in the house and thought they might help me. I began taking them, and when I had taken these pills got a further supply, with the result that the rheumatism vanished and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various ailments with equal success, and now we are never without them in the house."

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or by mail, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Not Shaky Enough

The Guide—"Now that you've seen the real thing, how do you like the Indian snake dance?"

Miss Tiptoes—"Not a bit. I expected to see some sinuous wriggles that I could introduce in a hesitation."

Minard's Liniment for sale everywhere

Collapsible Orchard Ladder Makes Fruit Picking Easy.

A collapsible orchard ladder is made in two sections. The upper section of the two-part ladder is disposed at an obtuse angle to the lower one, and terminates in a single rail. As this rail is sheathed, no damage to the bark is possible when it is adjusted between the limbs of a fruit tree, and the fruit picker can pick over a considerable range without having to descend and shift the ladder to a new position.

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are Olives of Quality



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Every single olive inspected for size and quality before it goes into the "INVINCIBLE" bottle.

Plain and Stuffed, At all Grocers

Insist on McLAREN'S INVINCIBLE

McLAREN'S LIMITED Hamilton & Winnipeg

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.

The question of height and weight of people at various ages is always important from a health point of view. In infancy the weight especially is of extreme importance in keeping watch on the baby's health and development. A baby of a certain age should weigh a certain amount, allowing for such things as its weight at birth, character of its feeding during the first few months of life and so on. Most mothers know something about what a child should weigh, and instinct teaches them to realize that something is wrong if the baby does not gradually gain in weight. The whole subject of infant feeding and care has now been reduced to a science and valuable and definite information is always to be had from Boards of Health for those who are interested.

However, in the matter of height and weight in growing children and adults the case is somewhat different, as no hard and fast lines can be drawn as to the exact amount that people should weigh, or the exact height they should be. Height is to a large extent a question of heredity, it being often noticed that a young man or woman above the normal height usually has at least one parent noticeably tall. The opposite holds good in the case of short people. Children take after their parents in this regard just as they do in physical features, disposition, etc. Of course there are exceptions to this, as to most of all conditions of a similar nature, but generally a child follows its father's or mother's footsteps as regards height.

Numerous experiments have been made to prove that good feeding in

infancy and childhood will undoubtedly add something to the height. In fact some countries of the world, anxious to increase the stature of its people, have adopted school feeding movements to try to bring about the desired result. It might be added that something can even be added to the height by standing straight.

Investigations have shown that pupils being measured showed a difference in height of from one to three inches, brought about from a change from bad to good posture. The proper height of the desks and seats in school must be adhered to, otherwise the children will suffer. Up to about nine years of age the back of a standing child is straight, but when it has reached 12 or 15 years of age the hollow curvature of the back is much more pronounced. It is about this stage that variations from the normal curvature begin to show themselves.

For growing children or for adults it is not necessary to give meat every day. Many people can live and thrive without meat at all, but for ordinary diets, meat once every other day and at one meal a day is enough. Chicken and fish can very often be substituted for meat with advantage.

Cheese should be eaten sparingly, and not more than once per day.

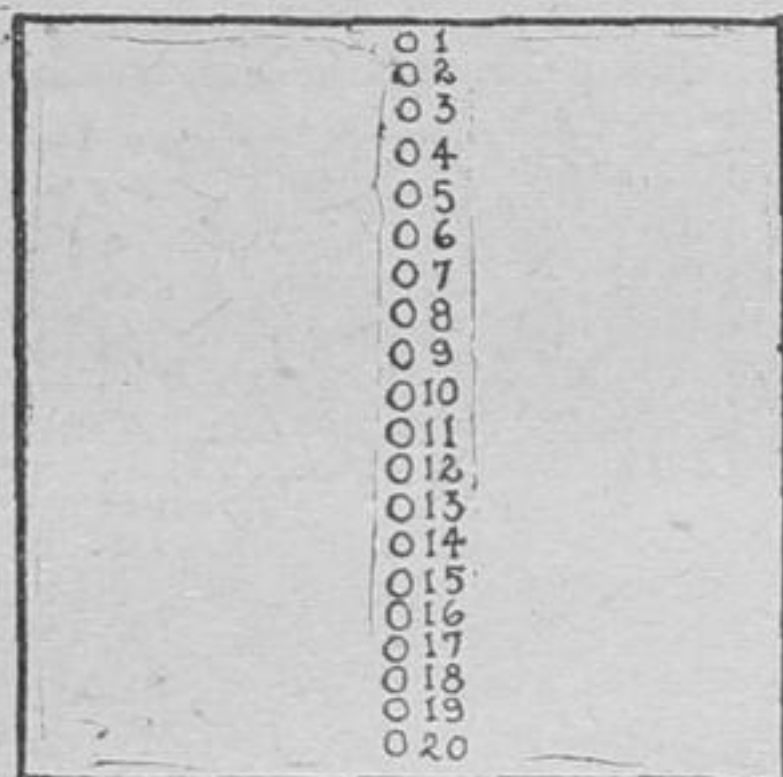
One should especially cultivate a taste for fresh vegetables, as they contain important food factors that are not in cooked or preserved foods. These factors are known as vitamins and are very necessary to health. Fresh fruit should also be eaten daily, and milk and water should be taken freely, leaving out tea and coffee as much as possible.

BABY'S OWN TABLETS AN EXCELLENT REMEDY

When the baby is ill—when he is constipated, has indigestion, colds, colic or simple fever or any of the other many minor ills of little ones—the mother will find Baby's Own Tablets an excellent remedy. They regulate the stomach and bowels, thus banishing the cause of most of the ills of childhood. Concerning them Mrs. E. D. Duguay, Thunder River, Que., says:—"My baby was a great sufferer from colic and cried continually. I began giving him Baby's Own Tablets and the relief was wonderful. I now always keep a supply of the Tablets in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

EASY TRICKS No. 30

Twenty Little Circles



You'll need a blackboard, a slate or something else upon which you can write with chalk. Make 20 little circles, numbering each as in the illustration.

The problem is to rub out all of the circles in five rubs. That is easy. It becomes a little more difficult when you learn that you must rub out at each rub a group of circles ending with one that is numbered with an odd number. To make it a little harder, it is necessary to rub out an even number of circles each time.

The secret (that usually does not occur to the person to whom you present the problem) is it can be done by beginning at the bottom. Rub out 20, 19, 18 and 17 at the first rub, 16, 15, 14 and 13 at the second and so on.

(Oup this out and paste it, with others of the series, in a scrap-book.)

New Motor Fuel.

British automobile engineers have developed a motor truck that is driven by carbon monoxide gas produced by passing a jet of live steam into a fire box in which any material rich in carbon is burned.

MONEY ORDERS.

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

Better not to break than to have to mend.

Minard's Liniment used by Physicians.

Soliloquy.

The roads of June are paved with shadows dancing,
The flowers new magic know,
Through trees, thick-leaved, the silver moon is glancing,
The glad reeds whisper low.

Soft ivy-fingers at my pane are tapping,
When zephyrs drowsy dream,
And idle willows in the dusk are lapping
The waters of the stream.

June's cup of loveliness my heart is quaffing—
Ah, merry sounds the surge upon the bar,
As in the moonlight lone it tumbles, laughing
At Even's loyal star.

The heartstrings of the summer night are throbbing
Like pulsing of sweet lyres,
Then laughter of the creeping Morn comes, robbing
The dream and heart desires.
—Alleen Ward.

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Dr. B. J. KENDALL CO.,
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FREE

ISSUE NO. 23—'23.

PRICE OF A HOME SPENT IN VAIN

Mrs. Logue States Money Failed to Buy Health, But Tanlac Restored It.

"I bless the day I started on the Tanlac treatment, for it completely ended my troubles, which had kept me in misery ever since I came here from Scotland eleven years ago," is the grateful statement of Mrs. Emily Logue, 129 N. Park St., Hamilton, Ontario.

"At times indigestion, gas bloating and heart palpitation tortured me till I thought it would drive me frantic. My appetite was so poor I scarcely ate enough to keep going, and I grew so weak and worn out I had to let my housework go. My head ached till I thought it would split, I had fearful dizzy spells, and couldn't get a good night's sleep.

"I spent enough money on medicine to buy a home, but nothing helped me until I started on Tanlac. I now have a splendid appetite, my digestion is perfect, and I always feel strong and well, for Tanlac has built me up to robust health and I will always praise it."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are nature's own remedy for constipation. For sale everywhere.

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Cuticura Talcum Soothes And Cools

After a warm bath with Cuticura Soap there is nothing more refreshing for baby's tender skin than Cuticura Talcum. If his skin is red, rough or irritated, anoint with Cuticura Ointment to soothe and heal. They are ideal for all toilet uses.

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.

Classified Advertisements.

NEW FORD OWNERS CAN ENJOY LUXURY, comfort and economy with the latest attachment. In unrepresented territory one may get it FREE. Write Auto Specialty Co., Peterboro, Ont.

WANTED—FEMALE CLOTH WEAVERS, Velours, Polos, etc. Highest wages paid. Apply Shingby Manufacturing Co., Ltd., Brantford, Ontario.

Simple Division.

Husband (going through house-keeping accounts) — "But what is the earthly use of running accounts with four grocers?"

Wife—"Well, you see, dear, it makes the bills so much smaller!"

Eldiest in the Family.

Mr. Vicar (meeting father and son) to son—"Well, my little man, are you the eldest of your family?"

Son—"No! Father is."

MURINE Night and Morning. Have Clean, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

FACE SORE FROM SHAVING

Dilute Minard's one-half with sweet oil or cream and apply once a day; heals pimples, blotched & chapped skin.

MINARD'S "KING OF PAIN" LINIMENT

MRS. ANDERSON TELLS WOMEN

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 down-bearing 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. Pinkham's Vegetable Compound to get 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 KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery.

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."