## EUGENE LEPAGE GIVES TANLAC FULL CREDIT

### Stomach Trouble Vanishes and Montreal Man Gains 14 Lbs. On Four Bottles.

"Since I began taking this wonderful Tanlac I seem to be getting younger every day. I have gained 14 pounds on four bottles, and everybody speaks about how well I look."

The above statement was made, recently, by Eugene Lepage, proprietor Prince of Wales Hotel barber shop, Montreal, Canada, one of the most exclusive tonsorial parlors in this city. Mr. Lepage further said:

"Stomach trouble had almost completely wrecked my health. I was a mere shadow of my former self and so run-down and nervous I thought I would have to give up my work.

"Tanlac soon had me eating everything, sleeping like a log at night and feeling as fine as one could ask to feel. My only regret is that I did not learn about Tanlac long before I did."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.



Tanlac Vegetable Pills For Constipation. Made and Recommended by the Manufacturers of Tanlac.

# HEALTH EDUCATION

BY DR. J. J. MIDDLETON Provincial Board of Health, Ontarie

Or. Middleton will be glad to answer questions on Public Health mas ters through this column. Address him at Spadina House, Spadins Crescent, Toronto.

public health? Is there any particu- weeks or until all discharges from the lar phase of the work that interests nose, throat and ears have cleared up? you? These are questions that I can The after-effects of scarlet fever are only answer if you write and tell me. middle-ear disease and kidney disease. Sometimes I get very good sugges- These should be carefully guarded Is a Bountiful Supply of Rich tions from correspondents who want against, for in the case of middle-ear to know something definite about a disease, deafness often results, and in communicable disease or the question the case of kidney disease the patient of pure water, child welfare, goitre, sometimes becomes a semi-invalid for and many other topics of interest to life. the public. A few days ago I receiv- As regards measles, the most comed the following interesting question: mon after-effects are pneumonia and "What is the difference, if any, be- tuberculosis. The coryza or cold in tween scarlet fever and scarlatina? the head which is generally one of the What are the symptoms of these dis- early symptoms of measles should eases? Is it the law to quarantine never be neglected. The infection scarlet fever cases for six weeks? Are may spread down the bronchial tubes

let fever and scarlatina. The latter from an attack of measles. The high name is only used by the public to death rate from measles should be a denote a mild attack of the disease, warning to parents and guardians not but it should be kept in mind that a to think of the disease as a trifling mild attack is just as infectious as a one that the child will eventually get more severe one. The symptoms are and soon get over. It is really one sore throat, headache, rise in temper- of the most serious disease of child ature, nausea, vomiting, "strawberry life and no matter how mild the symptongue," swollen neck glands and the toms may be, a doctor should always rose-red, or pin-point rash.

What do you want to know about fever cases for a period of about six

there any after-effects of measles?" and cause broncho-pneumonia. Tuber-There is no difference between scar- culosis also results not infrequently be in attendance to guard against the It is the law to quarantine scarlet possibility of serious complications.

### GREEN TEA IMPORTS LARGER.

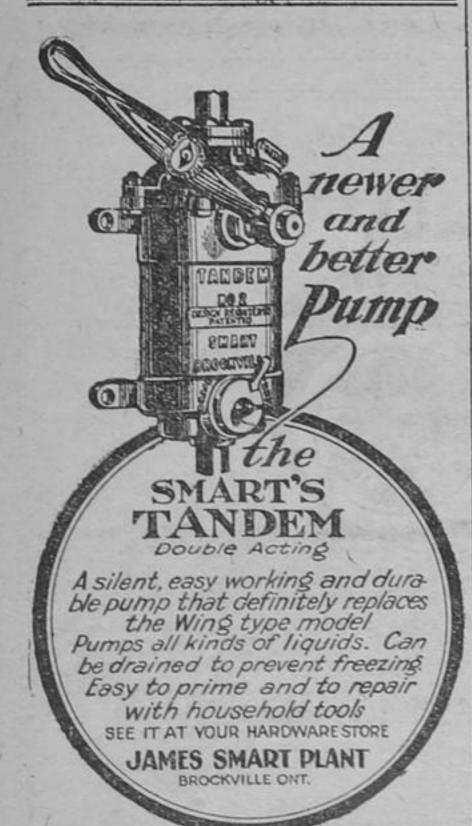
Statistics from Ottawa show that in 1923, 553,977 pounds more Green Tea were brought into Canada than in 1921, and 906,728 pounds more than in 1922. The reason given is that the fine quality Green Teas of India and Ceylon have displaced the inferior Japan and China Greens which, due to their ! low price, were imported heavily some years ago. Salada Tea Company is the largest importer of India and Ceylon Green Teas.

### Courage.

The wise and active conquer difficulties

Shiver and sink at sight of toil and hazard.

And make the impossibility they fear. -Herrick.



### Pride.

Why do I rise at the dawn's early light.

To clean the car after a rain? When I'm pedfectly sure it will be, before night,

Quite dirty and dusty again. Why do I hasten to give it a bath, To polish it after a ride?

I'd much rather follow the easier path, But I can't-it's a matter of pride.

Why do I hunt for a rattle or squeak, In a most inaccessible spot?

Why am I willing to work for a week, When the weather is terribly hot? It's not that I love all the grease and the grime;

That's something I cannot abide; By daring to attempt them; sloth and | Moreover, the job takes a lot of my | them." time.

It's merely a matter of pride.

A man may be known by the car he Medicine Co., Brockville, Ont. will keep-

The way that he keeps it, I mean; Perhaps it is one so remarkably cheap, Or else an expensive machine.

counts, It isn't the price that's the guide; It's really the care that he gives-that

amounts To the strength of his personal pride.

-Harold S. Osborne.

Pay your out-of-town accounts by Dominion Express Money Orders.

High Living.

Early mountaineers, says the leader of the third attempt to climb Mount Everest, feared lest they should collapse at an altitude much less than that which warranted any such fear. He believes that almost anyone can remain for long periods at heights of twenty-one thousand feet or more if he is not afraid. When European men were supportable at the top of Mont of science were debating whether life Blanc-at an altitude of less than sixteen thousand feet-there was a road over a pass in India nineteen thousand feet high that had been in constant use for centuries.

Minard's Liniment for Rheumatism.

## EASY TRICKS A Card Mystery



Hand a pack of cards to a spectator and turn your back. Ask her to shuffle the cards and then to select one of the last ten cards in the pack, remembering its number from the bottom of the pack but not disturbing the order of the cards. Ask her to hand you the cards. Face her and put the cards behind your back. Ask the spectator to mention any number between ten and twenty. Whatever number he mentions, count one less than that number from the bottom of the pack and put them on the top without disturbing their order. Bring the cards into view again and call to the spectator's attention the fact that no one excepting herself knows just where his card was. Ask him to observe that you do not manipulate the cards in any way and then ask her to tell you the number from the bottom the selected card was.

Starting with the number following the number she gives you, count to the first number she gave you, dealing off a card for each count. The last card dealt will be the selected card. If you follow the instructions, the trick will work itself.

(Clip this out and paste it. with other of the series. in a scrapbook.)

## A REAL NERVE TONIC

## Health-Giving Blood.

Sufferers from what medical men speak of as nervous debility find themselves tired, morose, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears and cannot sleep at night. Their hands tremble, the legs feel as if they will give away following a walk or any exertion, and the mind is greatly disturbed by the most trivial incidents.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. To secure this new, rich blood use Dr. Williams' Pink Pills which have a direct action on the blood and through it stimulate every nerve and organ in the body. Mrs. Alpheus Merritt, Fenwick, Ont., gives her experience with this medicine as follows:-"I had a nervous breakdown and was in the Welland County Hospital for some time. As I was not improving my husband took me out and took me up to my mother's. I doctored there but it did not help me. Then a doctor's care, but with no better results. I would tremble and get numb all over, and the least noise would affect me. I was quite unable to do my housework, and was in a terrible condition. Finally I was advised to try Dr. Williams' Pink Pills, and am thankful that I did so, as after taking about a dozen boxes I was again a healthy woman. I have used the pills since while nursing my baby, with equally good results, and I strongly advise other ailing women to try

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams'

### He Forgot.

Mike and Pat were "gentlemen of the road." It was not often they were It isn't the money expended that lucky enough to secure such satisfactory quarters as they had on this particular night, but a kind-hearted gentleman had given them a very cosy bedroom over the stables.

When the pair were comfortably lying in bed with the light out Pat suddenly got up and struck a match. He had a good look around, then blew out the match and lay down again.

"Why did you do that?" asked Mike. "Oh," replied Pat, "you see, I forgot whether I blew the candle out or not, so I just looked to see."

Minard's Liniment Relieves Pain.

The best way to clean the glass on your automobile is to dip a clean cloth in gasoline and lightly rub over surface. Then use a dry cloth.



# SMOKING TOBACCO

IS FOUR TIMES SEALED The outer wrapper proof parallin paperno The regular Old
Chum wrapper
showing name
and trade mark SMORING 6

manilla paper to bring you the full richness

# "Tobacco of Quality"

and mellow sweetness of this-

Manufactured by IMPERIAL TOBACCO CO. OF CANADA LIMITED

### Pieces of Eight.

The heavy

Hidden treasure has always acted as a lure to the adventurers of the world, but, though treasure hunts are many, treasure findings are few.

Trinidad is believed to be a "mine of treasures." Much of the wealth of the richest of the South American cities was conveyed to that island by the sea rovers who plundered the mainland.

In a great cavern in the cliffs on the Auckland Islands lies the General Grant, which was wrecked in 1866, with 50,000 ounces of gold on board. It is known that the hulk is still within the cave, but expeditions from Australia and New Zealand have been baffled by the undertow and the great combers.

Somewhere in the East River, U.S.-A., is \$2,500,000 in gold. It has lain there since 1780, when the British frigate Huzzar, carrying money for the Royal forces engaged in the American War, struck a rock opposite the upper end of Randall Island and sank only a hundred yards from shore

Lovers of romance, too, will find food for dreams in the thought that on the mainland of Panama is a great store of gold hidden by Sir Francis Drake after he had sacked the city of the same name. The treasure was never retrieved, and no one knows where to look for it.

### About the Busy Bee.

The busy bee may not be so busy as she is supposed to be. Entomologists who have been checking the flights of I returned home, and was again under a number of marked bees have found that each insect makes on an average only five or six trips a day for honey, and that each trip lasts only about fifteen minutes. Between trips a bee spends half an hour or more in the hive and gives at least half a day to uninterrupted rest. Moreover, it appears that the hardest workers live about three weeks, whereas some of the lazier ones survive for five months. The discovery will be a great comfort to members of the Sons of Rest every-

The flamingo is the only member of the stork tribe that builds a nest of mud. These birds, which live in large flocks, sleep standing on one

## No Monkey Business

Treat your fowls with Dic-Lice. One application guaranteed to keep your fowls free from lice for



SEND NO MONEY-Just drop us a card; we will mail you Die-Lice sufficlent to treat 200 fowls. When it arrives pay postman \$1 and postage. Money back if it fails. Secret how to tell sex of an egg before your place of rats, mice and free with each box. Agents wanted.

THE DIE-LICE CO., Wiarton, Ont. Drawer 55,

Heal quickly after a few applications of

### Japanese Practicing Thrift.

From the wealthiest to the poorest, thrift is being practiced in Japan as a national rule to enable that country to recover from the recent earthquake and fire.

The British Empire occupies 13,-653,751 square miles.

### Classified Advertisements

WANTED - CAR OWNERS TO send for our Big Free Catalogue showing 101 bargains in Auto Supplies. It will save you monoy. Send for it to-day. Canadian Auto Shops, Box 154, Niagara Falls, Ontario.

On Face. Itched and Burned. Lost a Great Deal of Sleep.

"I had pimples on my face for several months. They were hard and large, and the skin was sore and red. The itching and burning almost set me crazy at night and I lost a great deal of sleep. The breaking out caused disfigurement. "I tried many different remedies

but found no relief. I almost despaired of help when I tried Cuticura Soap and Ointment and in a short time I was completely healed." (Signed) Miss Annie Fischer, Box 45, Hatton, Saskatchewan.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed to soften, soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.

Try our new Shaving Stick.

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont. - "I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."-Mrs. HARVEY MILLI-GAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs, and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

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