

Success Nuggets.
There are three rules for success. The first is: Go on. The second is: Go on. The third is: Go on.
The best education in the world is that got by struggling to make a living.—Wendell Phillips.
Life is not so short but that there is always time for courtesy.—Emerson.
Wasted opportunity is the cause of most failures.—Sales Sense.
Remember when you are right you can afford to keep your temper, and when you are wrong, you can't afford to lose it.
Measure your work with a speedometer—not by a clock.
All words that picture evil are creative of evil.
"Great opportunities come to those who make use of small ones."
It's twice as hard to do something you ought to do as it is to do something you can't do.—Abel Martin.

A man with push can get there, but it takes the men with character to stay there.—Shepard.
The man who only half tries doesn't even half make good.—Farrington.
Walt Whitman says: "I am hunting success; I am success."
Words, money, all things else, are comparatively easy to give away; but when a man makes a gift of his daily life and practice, it is plain that the truth, whatever it may be, has taken possession of him.—Lowell.

Self-Consciousness.
People are conscious of themselves chiefly in relation to other people or in relation to certain things that they must do or are expected to do. Self-consciousness, then, is simply a consciousness of superiority or inferiority. In either form it is an undesirable trait; in the one case it is obnoxious to other people, in the other it is harmful to yourself.
The self-consciousness that manifests itself in a sense of superiority to others, in arrogance and pride, may have solid reasons for existence. Few people are consciously superior without having some advantages in mental or moral or material equipment, but they frequently lose the benefit of their advantage by reason of their objectionable consciousness of it. Similarly the persons who feel themselves superior to the work that they have to do, even though their estimate of themselves may be warranted, are likely to do the work carelessly and churlishly and not so well as less superior persons. On the other hand, the people who feel diffident and deprecatory injure their standing in the eyes of others and tend to disqualify themselves for effective effort; in timidity they shrink from the tasks and the tests that if only they could feel confidence in themselves they could satisfactorily perform.

The habit of measuring yourself with others or with jobs that are to be done is a bad habit. The men who never give a thought to their superiority or inferiority to other men who take people as they come and deal with them as individual human beings worthy of interest and respect, and who take the tasks and seize the opportunities neither with condescension nor with timorosity, are the most successful men and the happiest and are the truest exemplars of democracy.

Winter Warmth.
Many people dread the winter months because they cannot keep themselves warm while in bed. Broken sleep and an unrefreshing night mean, of course, a loss of working efficiency and injured health.
Sufferers put blankets on their beds, use hot-water bottles, and do all sorts of things—except the right one—to get warm. But none of these "aids" suffice; they do not make the body warm, because they are not promoters of blood circulation.
And therein lies the whole secret of winter warmth. Circulation. A brisk walk warms one, and the body glows with heat. The blood circulates. And the exercise of walking makes one breathe more quickly. That in itself is a thing as well as being an aid to circulation.
So, to keep warm, circulate! Ten minutes before you retire to rest, "circulate" yourself round the house, and up and down the stairs. Do it in your stocking feet.
Stand between the light and the bedroom wall, and do some shadow-boxing. That you cannot really box matters nothing. Lunge out, with mighty punches. You will soon glow, and then, as you recover your breath, rub or smack the soles of your feet. The dormant blood will get going. And then, off to bed!
You will be warm as toast, and the bedclothing will fulfil its real function of conserving your warmth. But don't make the mistake of burying your head under the covers. Perfect, dreamless, warm sleep requires a warm body and a cool head. Don't "hunch" your body, either. Lie straight; perfect circulation is not possible if you compress the arteries.

Great Britain is restoring the full-dress uniform and walking-out dress for her army, territorials and the reserve.

A POPULAR BLOUSE DESIGN

No. 9714—Ladies' Side-Tied Waist. Price, 25 cents. Kimono sleeves, short or lengthened by novelty sleeves. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 ins. bust measure. Size 36 requires, with short sleeves, 2 yds. 36 ins. wide, or 1 1/2 yds. 40 ins. wide; with long sleeves, 2 yds. 36 ins. wide, or 2 1/2 yds. 40 ins. wide.
This pattern may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond Street, Toronto, Dept. W.

Frightening Them Away.
There had been a party at Lightleigh's house and Lightleigh was bored. Said he to his wife:
"My dear, I have a splitting headache. Can't you manage, in some detour, to get rid of these people, nice as they are?"
"I can't very well show them the door," said Mrs. Lightleigh.
"Certainly not," rejoined Lightleigh, "with an ingratiating smile, 'but, my dear, you can show yourself at the piano.'"

Self-Consciousness.
There had been a party at Lightleigh's house and Lightleigh was bored. Said he to his wife:
"My dear, I have a splitting headache. Can't you manage, in some detour, to get rid of these people, nice as they are?"
"I can't very well show them the door," said Mrs. Lightleigh.
"Certainly not," rejoined Lightleigh, "with an ingratiating smile, 'but, my dear, you can show yourself at the piano.'"

Minard's Liniment For Dandruff.

HEALTH EDUCATION
BY DR. J. J. MIDDLETON

If Child-Welfare work is going to show good results in the shortest possible time, it will be by the co-operation of all persons interested. Not the least of these is the family doctor, who has such an influence over the people amongst whom he practices his profession.

It should ever be the purpose of the State to keep the people well, and this can best be done through the family physician, assisted by various social and co-operative bodies whose services are invaluable in bringing the people and the family doctor closer together. It is not only to cure the sick child or sick adult, but to keep them well by rectifying minor ailments which, seemingly insignificant in themselves, may if neglected lead to ill-health and physical weakness later on, that the family physician is an invaluable asset in Public Health work.

The establishment of pre-natal clinics is a move in the right direction, and will fill a place that till the present has been much neglected. There has never been much attention paid to the expectant mother. Her condition was seldom discussed scientifically, nor was she brought into contact with her family physician except at, or shortly before, the time of her expectancy. Whatever illnesses she may have developed during the pre-natal stage, or may have been suffering from previously, were not taken much into account. As a result the child is often born with a bad start—that is it is handicapped in its race for life even before birth.
There are many conditions of ill-health in the mother that has a direct bearing on the physique of the child, or, in other words, the baby may show "constitutional defects" even from the time it is born. One of the most serious maladies that an expectant mother could suffer from is venereal disease. There are many

Finicky Digestions
disturbed by ordinary food, find comfort in
Grape-Nuts
Twenty hours of baking make this blend of wheat and malted barley quickly and easily convertible into health and strength
Try a package from the grocer. Test tells "There's a Reason"

A TONIC FOR THE NERVES
The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.
"If people would only attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."
The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of today. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.
Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore, to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.
You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Solitude.
Let thy soul walk softly in thee As a saint of heaven shod For to be alone with silence Is to be alone with God.
An acre of ground planted with bananas will produce nearly twenty tons of fruit, as each bunch of bananas weighs from 70 lb. to 80 lb.
New arc lamps being used in American film studios are of 100,000 candle-power each.

Loneliness.
Loneliness is a terrible affliction. It is a sense of isolation, a feeling of being cut off from the world. It can be caused by physical distance, but more often by emotional distance. It is a state of mind, and it can be cured by opening one's heart to others.

Loneliness.
Loneliness is a terrible affliction. It is a sense of isolation, a feeling of being cut off from the world. It can be caused by physical distance, but more often by emotional distance. It is a state of mind, and it can be cured by opening one's heart to others.

Loneliness.
Loneliness is a terrible affliction. It is a sense of isolation, a feeling of being cut off from the world. It can be caused by physical distance, but more often by emotional distance. It is a state of mind, and it can be cured by opening one's heart to others.

Loneliness.
Loneliness is a terrible affliction. It is a sense of isolation, a feeling of being cut off from the world. It can be caused by physical distance, but more often by emotional distance. It is a state of mind, and it can be cured by opening one's heart to others.

Loneliness.
Loneliness is a terrible affliction. It is a sense of isolation, a feeling of being cut off from the world. It can be caused by physical distance, but more often by emotional distance. It is a state of mind, and it can be cured by opening one's heart to others.

Going Down.
Don't do any work when the boss isn't there. And loaf when he is, if he'll let you; His business will suffer, but why should you care? His troubles ought never to fret you. Don't save any money—just blow all your pay.
For if you go broke you can borrow. And though you may land in the poor-house some day, Forget about that till to-morrow.
Sneak out of all tasks that you possibly can, Or hunt for an easy way through them; Leave all the hard jobs to some dull-witted man, Who will always be willing to do them.
Be sure to break out with a harrowing wall If duties are rough or unpleasant. And though you are likely to "wind up" in jail, Don't think about that—for the present.
Don't stand for rude talk, if the boss calls you down; There are plenty of men who will hire you; Look right in his eye, and observe with a frown, If he don't like your work, he can fire you.
Perhaps you'll get by, if this course you pursue, Though the chances are very much greater That before very long you will starve if you do, But that you can think about later.
This wisdom we never have gathered from books, Philosophers never supplied it; We got it from loafers and grafters and crooks, And all of these worthies have tried it.
They've followed these rules very closely they say, And if you will look where it got 'em, Forthwith you'll agree it's the speediest way To get from the top to the bottom!

A MOTHER'S ADVICE
Once a mother has used Baby's Own Tablets for her little ones she is always happy to recommend them to others. Her advice given after a careful trial, can be readily followed with assured good results. The Tablets are a mild but thorough laxative which never fails to regulate the bowels and sweeten the stomach. They always do good—they cannot possibly do harm even to the youngest babe. Concerning them Mrs. P. Laforest, St. Nazaire, Que., writes:—"For three months my baby was constipated and cried continually. On the advice of a friend I gave him Baby's Own Tablets and now at the age of five months he is perfectly well and weighs twenty pounds. I am delighted to be able to advise other mothers to use them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Autoing for Wolves.
The motorcycle threatens to out rival the broncho as an instrument of locomotion on western ranches and cattle ranges. According to the Illustrated World cowboys are using it for rounding up cattle, driving in stray animals, inspecting long lines of fences and other such work.
By all odds the most remarkable purpose for which the motorcycle is employed however, is that of chasing coyotes. Such a machine, if the terrain be not too difficult, can easily overtake one of those little gray wolves, tiring the beast down to a point where it can no longer turn and dodge successfully.
Then it is simply a matter of a whirl of the lariet, and the vicious brute, with a few quick spurts of the motorcycle, is choked to death.

Autoing for Wolves.
The motorcycle threatens to out rival the broncho as an instrument of locomotion on western ranches and cattle ranges. According to the Illustrated World cowboys are using it for rounding up cattle, driving in stray animals, inspecting long lines of fences and other such work.
By all odds the most remarkable purpose for which the motorcycle is employed however, is that of chasing coyotes. Such a machine, if the terrain be not too difficult, can easily overtake one of those little gray wolves, tiring the beast down to a point where it can no longer turn and dodge successfully.
Then it is simply a matter of a whirl of the lariet, and the vicious brute, with a few quick spurts of the motorcycle, is choked to death.

Autoing for Wolves.
The motorcycle threatens to out rival the broncho as an instrument of locomotion on western ranches and cattle ranges. According to the Illustrated World cowboys are using it for rounding up cattle, driving in stray animals, inspecting long lines of fences and other such work.
By all odds the most remarkable purpose for which the motorcycle is employed however, is that of chasing coyotes. Such a machine, if the terrain be not too difficult, can easily overtake one of those little gray wolves, tiring the beast down to a point where it can no longer turn and dodge successfully.
Then it is simply a matter of a whirl of the lariet, and the vicious brute, with a few quick spurts of the motorcycle, is choked to death.

Autoing for Wolves.
The motorcycle threatens to out rival the broncho as an instrument of locomotion on western ranches and cattle ranges. According to the Illustrated World cowboys are using it for rounding up cattle, driving in stray animals, inspecting long lines of fences and other such work.
By all odds the most remarkable purpose for which the motorcycle is employed however, is that of chasing coyotes. Such a machine, if the terrain be not too difficult, can easily overtake one of those little gray wolves, tiring the beast down to a point where it can no longer turn and dodge successfully.
Then it is simply a matter of a whirl of the lariet, and the vicious brute, with a few quick spurts of the motorcycle, is choked to death.

For Rheumatism, Neuralgia, Gout, use
BAUME BENGUE
For quick and sure relief. BEWARE OF SUBSTITUTES.
THE LEEMING WILES CO., LTD. MONTREAL.
Taxes in Germany are \$15.25 per head; in Great Britain they are \$110 per head.

BANK OF MONTREAL
Annual General Meeting, Held 8th December, 1923.
The 103rd Annual General Meeting of the Shareholders of the Bank of Montreal was held on Monday, December 8th, at the Bank's Headquarters. The President, Sir Vincent Meredith, Bart., occupied the chair, and presented the annual report of the Directors.
Before moving the adoption of the report, Sir Vincent Meredith gave a comprehensive review of the economic situation. During the year, he said, an overwhelming demand for credit had taxed resources to the utmost. It had been difficult to make men who had grown accustomed to high prices recognise the fact that economic conditions, which no artificial means can alter, alone are the cause of price decline. "The demand for intervention through Government control is still insistent in some quarters," he said. "Canada alone cannot control world-wide conditions, and it is idle to turn to the Government for relief from falling prices. This applies to wheat as well as other commodities."
Summing up, he said: "The situation in Canada at present, as I view it, is that while there does not appear to be any cause for apprehension, there is every reason for the exercise of the utmost measure of caution. Canada cannot dissociate herself from world conditions, and world conditions are not satisfactory. On this continent the two years supervening upon the Armistice have been marked by unequaled trade activity and prosperity, a circumstance common to the conclusion of all great wars, but the reaction has set in and may not yet be in full play. Happily, Canada is well buttressed on many sides, and the exercise of prudence and sagacity should enable her to meet the shock of falling prices, restricted credits and deflated currency, without serious impairment of her commercial and financial vitality."
Expansion of Business in Canada.
The General Manager, Sir Frederick Williams-Taylor, in reviewing the operations of the Bank during the year, said the payment of a bonus of 2% to the shareholders was not the outcome of higher rates of interest on current loans in Canada but a reflection of the increase in current loans and of high interest rates on call loans in New York, the volume of which was governed by the Bank's requirements in liquid reserves. One anomaly which attracted attention was that with credit restriction as acute here as it was across the line, the price of money was materially lower in the Dominion. This condition, he said, was regarded as a tribute to Canada's good banking system.
Dealing with the growth of the Bank's operations, he said: "It is noteworthy that the greatest expansion of the Bank during the past few years has been in our own country. This is revealed in our greatly increased loans and deposits in Canada and in the number of branches opened during the period.

Loans Deposits in Canada in 1923 \$125,147,000 \$165,557,000 1922 240,725,000 358,878,000 302
The annual report was unanimously adopted and the retiring directors were re-elected. The shareholders gave approval to the motion by Lord Shaughnessy to increase the number of directors from 16 to 18 and to the two new positions on the Board were elected Sir Lomer Gouin and General Sir Arthur Currie.
At a subsequent meeting of Directors, Sir Vincent Meredith, Bart., was re-elected president, and Sir Charles Gordon, G.B.E., was re-elected vice-president.
Where Trapping is Worth While.
In the little island of Tasmania trapping is a very profitable business. According to a correspondent of the London Daily Mail, the trappers supply a market that used to look to America and Siberia with skins of the humble rabbit, the wallaby, the kangaroo and the opossum. Inexperienced trappers earn one hundred and twenty-five dollars a week, and the old hands earn as much as three hundred.
One of the leading fur exporters of Hobart assures me that this sum is a fair average with many of his customers, says the correspondent. As I was speaking to him he wrote a check for twelve hundred pounds—the proceeds from skins trapped during three months by two brothers in the far Western forests.
The trappers are sought after. Caravans go out into the bush for weeks buying up skins. Before the war landowners were glad to have trappers to keep down the game that devastated their runs, but skins have now become so valuable that they let the trapping rights for big rentals, and there are many applicants. The state government has followed their lead in respect to crown lands. Options are now held for two seasons ahead over the best trapping country.


Where Trapping is Worth While.
In the little island of Tasmania trapping is a very profitable business. According to a correspondent of the London Daily Mail, the trappers supply a market that used to look to America and Siberia with skins of the humble rabbit, the wallaby, the kangaroo and the opossum. Inexperienced trappers earn one hundred and twenty-five dollars a week, and the old hands earn as much as three hundred.
One of the leading fur exporters of Hobart assures me that this sum is a fair average with many of his customers, says the correspondent. As I was speaking to him he wrote a check for twelve hundred pounds—the proceeds from skins trapped during three months by two brothers in the far Western forests.
The trappers are sought after. Caravans go out into the bush for weeks buying up skins. Before the war landowners were glad to have trappers to keep down the game that devastated their runs, but skins have now become so valuable that they let the trapping rights for big rentals, and there are many applicants. The state government has followed their lead in respect to crown lands. Options are now held for two seasons ahead over the best trapping country.

For Colds, Pain, Rheumatism, Ach-ing Joints, Lumbago, Sciatica, Neuralgia, and for Headache, Neuralgia, Toothache, Earache, take Aspirin
marked with the name "Bayer" or you are not taking Aspirin at all. Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists Aspirin" also sell larger "Bayer" packages.
There is only one Aspirin—"Bayer"—You must say "Bayer"
Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Mon-sieur-Lester of Barmbeck, 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"

BITS OF HUMOR
FROM HERE & THERE
For Speeding.—"Ever try a fast motor-car?" said a friend of the magistrate's.
"No," replied the magistrate, "but I've tried a lot who have."
An Insect Diet.
Little Tommy was much worried at the condition of his pet cat, who constantly lost flesh despite the very good bits furnished to her.
Tommy's mother tried to reassure him by saying that the cat was thin because of the flies she had eaten during the summer.
Whereupon Tommy surveyed the cat with renewed interest.
"Mother," he said very solemnly, "I think she's been eating bees, too, for I can hear 'em humming."
Definitions.
"Jimmy," said the teacher, "what is a cape?"
"A cape is land extending into the water."
"Correct. William define a gulf."
"A gulf is water extending into the land."
"Good. Christopher," to a small, sagger-looking boy, "what is a mountain?"
"Christopher shot up from his seat so suddenly as to startle the teacher, and promptly responded, "A mountain is land extending into the air."
Nothing in That Line.
A visiting minister was proceeding to examine the children of a Sunday school as to their general knowledge of Bible characters, and began:
"Who was the first man?"
"Adam," they all answered in chorus.
"Who was the first woman?"
"Eve," they all shouted.
"Who was the meekest man?"
"Moses."
"Who was the meekest woman?"
Everyone was silent, the children looked blankly at each other, but none could answer. Finally a little hand went up, and the preacher, looking at the little fellow, said: "Well my little man who was she?"
"There wasn't any," confidently asserted the boy.
Shaving off the whiskers is among Hindus a sign of mourning for the death of a near relative.
The earliest printed Bible in any language dates from 1456, and is known as the Masarin Bible.

SHILOH
30 STOPS COUGHS
"Pain's enemy" — I'll say it is!
WHEN you want quick comforting relief from any "external" pain, use Shiloh Liniment. It does the job without staining, rubbing, bandaging. Use freely for rheumatism, neuralgia, when and pains, sprains and strains, backache, sore muscles.
Keep it handy
SLOAN'S LINIMENT
35¢ 70¢ 1.40
At all druggists
A Kidney Remedy
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.

CUTICURA HEALS PIMPLES
In terrible rash on face which made skin sore and inflamed. Irritated face by scratching and was disfigured. Could not sleep well and made feel unpleasant. Trouble lasted 3 months before using Cuticura and after using 2 cakes of Soap and 1 box of Ointment was completely healed.
From signed statement of Miss Gladys Neale, R.R.3, Brussels, Ont.
Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.
Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, St. Paul St., Montreal. "Cuticura Soap shaves without mess."

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN
Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Rheumatism, Ach-ing Joints, Lumbago, Sciatica, Neuralgia, and for Headache, Neuralgia, Toothache, Earache, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all. Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists Aspirin" also sell larger "Bayer" packages.
There is only one Aspirin—"Bayer"—You must say "Bayer"
Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Mon-sieur-Lester of Barmbeck, 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.
IMMORTALITY CERTAIN—Swedenborg's grand work on Heaven and Hell, and a real world beyond. Over 400 pages, only 25c postpaid. H. B. Law, 458 Bloor Ave., Toronto.
NUMBERS NEEDED—YOUNG WOMEN
—your services are needed; not only in times of war and disaster, but also in times of peace; enlist now by taking a course in Hamot Hospital Training School for Nurses; you will in this way be giving immediate invaluable service and be preparing for a remunerative life work and for future service in your home and community. Hamot Hospital, Erie, Pa. gives such a course and is now making up its January class. Write for particulars.
Hog Size of House Rat.
The smallest known species of hog are the pygmy swine of Australia. They are exactly like other hogs in every particular except size, being no larger than a good-sized house rat.
MONEY ORDERS.
A Dominion Express Money Order for five dollars costs three cents.
Venice of the East.
Canals run in every direction in Bangkok the capital of Siam, and are so numerous that the Siamese are proud to call their city the Venice of the East.
Minard's Liniment Relieves Distemper
Nearly twenty-seven and a half million halfpennies were issued by the British Mint this year, yet there is a shortage of this coin.
A total of 253,007 acres of land has been acquired in England and Wales for the use of ex-Service men since January, 1919.
America's Pioneer Dog Remedies
Book on **DOG DISEASES**
And How to Feed
Mailed Free to any Address by the Author,
Dr. Clay Glover, D.V.M.,
115 West 21st Street
New York, U.S.A.
SHILOH
30 STOPS COUGHS
"Pain's enemy" — I'll say it is!
WHEN you want quick comforting relief from any "external" pain, use Shiloh Liniment. It does the job without staining, rubbing, bandaging. Use freely for rheumatism, neuralgia, when and pains, sprains and strains, backache, sore muscles.
Keep it handy
SLOAN'S LINIMENT
35¢ 70¢ 1.40
At all druggists
A Kidney Remedy
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.