

RHEUMATISM IN THE BLOOD

Can Only Be Cured by Thoroughly Enriching the Blood Supply.

So long ago rheumatism was laid upon as a pain in the muscles brought on by exposure to wetness or bad weather. Now we know that it is rooted in the blood and while exposure may start it, nothing but the removal of the acid from the blood can cure the trouble. It is a waste of time and money to try to cure rheumatism with liniments, poultices or anything that only goes skin deep. Lotions into the skin may give temporary relief, but it actually circulates the poisonous acid freely and thus in the end increases the trouble, and perhaps the sufferer permanently crippled. The one cure, the only cure, for rheumatism is to drive the acid which is the trouble out of the blood. This no other remedy can equal. Williams Pink Pills which act to make new blood, sweeps out the old acid, loosens the stiffened joints, and bring good health and comfort. Here is the proof. Mr. C. C. Crouse, of Ninevah, N.S., writes: "For several years I was afflicted with rheumatism. It seemed to locate in all parts of my body, and my sufferings were most intense, and were greatly interfered with my work. I doctored steadily for a long time, but the trouble was obstinate and would not yield in the least to the treatment. One day a friend told me of some cures of rheumatism by Dr. Williams Pink Pills. I was advised to try them. I got a bottle and to my great surprise I was completely cured. I am now free from pain as ever in my life. Better still, I feel a symptom of the disease."



Dr. Amaro Sato

Recently appointed Japanese Ambassador to the United States. The newly appointed Ambassador, who is a baseball fan, brought from Japan to the United States a message of peace, good-will, and desire for continued friendliness through the ages.

BRITONS ARE LEANER.

Hard Work and Plain Living Reduce John Bull's Girth.

The medical experts are telling us that the British, since the war began, have become leaner, says the London News. Generally speaking, John Bull, owing to hard work and plain living, is now able to take in his belt three holes.

The well-known vendor of a "figure reductor" for self-conscious persons, questioned on this by a Daily News interviewer, admitted a decline in sales.

A test case was obviously "Twenty Stun Bill," who used to loiter, fairly actively, at a corner where bus horses assembled in South London, and still haunts the place. "Old Bill?" queried a motor-bus driver. "Not so stah? Not arf. No treating nah. Not so much beer." Food for thought there.

A panel doctor, in a large way of business, confirmed the general statement of a leaner Britain. "I don't think there's either loss or gain in it. Many people are thinner because they are in poor condition, owing to worry, or high food prices, or both. Nothing knocks the tissues about like worry. And then a large number of well-nourished people are working so much harder than usual that they've lost a good stone in the past year. But they're the better for it, like the sound man who gets lean in his army training—if that isn't overdone or hurried, as I fear it is, however, in not a few instances."

BABY'S OWN TABLETS USED TEN YEARS

Mrs. C. E. Stilwell, Winthrop, Sask., writes: "I have used 'Baby's Own Tablets' for the past ten years and have found them so good for my little ones that I always keep a box in the house." Mrs. Stilwell is one of thousands of mothers who always keep the Tablets on hand. Once a mother has used them for her little ones she would use nothing else. They are absolutely free from opiates and injurious drugs and cannot possibly do harm to the youngest child. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

CONCERNING CRUISERS.

This Class of Vessel Is Called the "Eyes of the Fleet."

The cruiser has to perform perhaps, more varied functions than any other class of warship in the Fleet.

It is her business to stop and fight when the circumstances are, from her point of view, favorable, and also to possess a high speed to enable her to run away when the position is unfavorable.

The cruiser is admirably termed the policeman of the Fleet, for her capacities of mobility and long passage-making without replenishing her bunkers are her chief attributes.

Although the introduction of wireless telegraphy has somewhat lessened the responsibility placed upon the cruiser for scouting work, she is still regarded as the "eyes of the Fleet."

For the object of scouting work there is a special type of scouting cruiser in existence.

The armored cruiser's advent has almost extended that class of ship to be considered to come within the scope of the battleship. Indeed, in some cases they are so perfectly equipped in aggressive policy as to be deemed competent enough to lie in the battle-line with the "capital ships."

Human Nature.

"But you will at least admit that there are two sides to every question, and—"

"I admit nothing of the kind," interrupted J. Fuller Gloom. "As far as I am concerned, there is only one side and a lot of confounded foolishness!"

Doctor Tells How To Strengthen Eyesight 50 per cent in One Week's Time in Many Instances.

A Free Prescription You Can Have Filled and Use at Home. **LOMONDO.** Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; I could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses. It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be free from the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules.

Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time. Note: Another prominent Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very best preparations I feel should be kept on hand for regular use in almost every family." The Valmas Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

Pa's Revenge.

"Isn't it funny?" said Gladys curiously to her chum Phyllis. "Fahter has promised to give me a pair of diamond earrings if I will stop having music lessons. I wonder why?"

"That's strange!" agreed Phyllis. "But you've never worn earrings, have you?"

"No, I shall have to get my ears pierced."

"That explains it," said Phyllis, an innocent smile curving her ruby lips. "He wants to pay you back in your own coin."

In Exalted Company.

One of the members of a committee of inspection on its tour of a certain penitentiary found himself in conversation with one of the convicts. The latter was disposed to be confidential, and thus unburdened himself.

"It's a terrible thing to be known by a number instead of a name, and to feel that all my life I shall be an object of suspicion among the police."

"But you will not be alone, my friend," said the visitor consolingly. "The same thing happens to people who own automobiles."

Toronto Fat Stock Show.

Farmers who have choice stock to market, shortly would do well to enter in Toronto Fat Stock Show, Union Stock Yards, Toronto, December 8th and 9th, 1916, and secure some of the big premium offered in addition to market price of their animals. This show has been coming to the front very rapidly and carries the best and largest exhibition of fat butcher stock in Canada, and this year promises to be better than ever.

Potent Love Charm.

A young woman who thought she was losing her husband's affection went to a seventh daughter of a seventh daughter for a love powder. The mystery woman told her:

"Get a raw piece of beef, cut flat, about an inch thick. Slice an onion in two and rub the meat on both sides of it. Put on pepper and salt, and toast it on each side, over a red coal fire. Drop on it three lumps of butter and two sprigs of parsley, and get him to eat it."

The young wife did so, and her husband loved her ever after.

Relics of Shakespeare.

Of the few genuine relics of Shakespeare preserved in his native town, the most interesting are his signet ring, with the initials "W.S." on it, and the desk at which he sat in the grammar school at Stratford. Over 23,000 people visit the poet's home every year, numbers of them traveling many thousands of miles for this express purpose.

Minard's Liniment Cures Diphtheria.

Like Herself.

Mrs. Youngbride (in fish store)— Haven't you any lobsters that are ripe? These look so green.

Minard's Liniment Co., Limited.

Gentlemen,—In July 1915 I was thrown from a road machine, injuring my hip and back badly and was obliged to use a crutch for 14 months. In Sept., 1906, Mr. Wm. Outridge of Lachute urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely,

MATTHEW X BAINES, mark.

It's An Ill-Wind—

"I see that there's a great scarcity of paper."

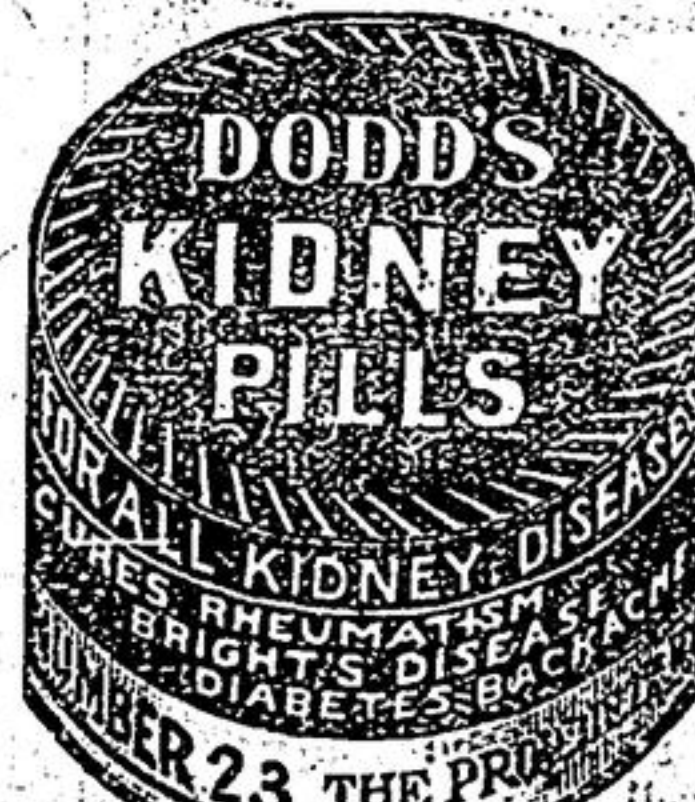
"Glad it! My creditors may have to stop sending me bills."

Minard's Liniment Cures Distemper

Duration of War.

A proper man is young always, Herr Foschwitz, aged 50 years, and captain in the Landwehr, married about the time the war began a wife not yet 20. Since the war has been dragging on and he has continued at the front, he has spoken often to his comrades about a matter very near his heart.

"If this fighting business keeps up much longer," says he, "when it's over I'll find myself tied to an old woman."



MOTHER'S REMEDY FOR BRUISES

Children's Bumps, Sprains and Minor Hurts Quickly Relieved by Sloan's Liniment.

It is the very nature of children to hurt themselves—to come crying to mother with little fingers bruised, with heads bumped, with sprained ankles and wrists.

They are painful hurts, too. But their pain and sting can't survive the gentle use of this liniment. A single application of Sloan's Liniment and the little fellow's bravely kept back tears give way to smiles. His hurt is relieved.

In every home where there are children a bottle of Sloan's Liniment is a necessity. Aching muscles, rheumatism, lumbago, stiff neck, backache, chilblains etc., can be effectively relieved with Sloan's Liniment. Cleaner than messy ointments or plasters.

Sloan's Liniment can be obtained at all drug stores, 25c., 50c. and \$1.00.



PEAKS 11,000 FEET HIGH.

Made Accessible by Kootenay Central Branch, C.P.R.

The wonderful icefields and eleven-thousand-foot-high peaks of the Purcell range, which the construction of the Kootenay Central branch of the Canadian Pacific Railway has rendered accessible to mountain climbers, are described and illustrated by Mr. C. W. Stone in the Canadian Alpine Journal for 1916. The approach to Mount Ethelbert, a peak which arrests the attention at Spillimacheen Station, seems almost to have overwhelmed the writer with its beauty. "Before us," he says, "lay a lake of exquisite blue color resting like a jewel in a setting between two rugged peaks, which mirrored in the clear water, rose abruptly thousands of feet on either hand like grim guardians of a lovely treasure. Beyond the lake the lifted eyes rested on a terrace stretched across the valley like a giant curtain eighteen hundred feet above the lake, down whose verdant slopes two gleaming cascades traced their foaming course and filled the whole amphitheatre with the sounds of falling water. Still farther and higher in the background, great snow crests appeared, inscrutably looking down upon us."

Three considerable parties of Alpine climbers, numbering nearly forty in all, mostly from the United States, made ascents in this region during the past summer on the invitation of Mr. A. H. MacCarthy, an enthusiastic member of the Canadian Alpine Club, who has a fine ranch at Wilmer in the Windermere district. Under Mr. MacCarthy's leadership important explorations have been made up the various creeks, piercing the eastern slopes of the Selkirk and Purcell ranges, Mr. MacCarthy being of the opinion that for interest and variety and spectacular beauty this mountain region is without rival on the North American Continent, and as soon as roads and trails are built will attract many tourists who have hitherto been content with the more beaten path of the C.P.R. main line.

How to Get Rid of Catarrh, Catarrhal Deafness or Head Noise.

If you have catarrh, catarrhal deafness or head noises caused by catarrh, or if phlegm drops in your throat and has caused catarrh of the stomach or bowels you will be glad to know that these distressing symptoms can be entirely overcome in many instances by the following treatment which you can easily prepare in your own home at little cost. Secure from your druggist 1 ounce of Epsom salt (Double Strength). This will not cost you more than 75c. Take this home and add to it a pint of hot water and 4 ounces of granulated sugar, stir until dissolved. Take one tablespoonful four times a day. A decided improvement is sometimes noted after the first day's treatment. Breathing becomes easy, while the distressing head noises, headache, dizziness, cloudy thinking, etc., gradually disappear under the tonic action of the treatment. Loss of mucus, drooping in the back of the throat are other symptoms which suggest the presence of catarrh and which are often overcome by this efficacious treatment. Nearly ninety per cent of all ear troubles are said to be directly caused by catarrh, therefore, there must be many people whose hearing can be restored by this simple home treatment.

Japs Abroad.

About 358,000 Japanese subjects are living abroad. In the United States are 80,000, Hawaii 90,000, Philippine Islands 5,000, China 119,000, Australia 6,000, Canada 12,000, France 129, Great Britain 478, and Germany 434.

Minard's Liniment Cures Garget in Cows No Gift.

A business-like man stepped into a butcher's shop.

"A piece of beef for roasting," he ordered, briskly.

The meat, mostly bone, was thrown on the scales.

"Look here," remonstrated the man, "you're giving me a big piece of bone."

"Oh, no, I ain't," said the butcher, blandly, "yer payin' fer it."

Sore Granulated Eyelids, Eyes

Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, No Itching, Just Eye Comfort. At Your Druggist's 50c per Bottle. Murine Eye Remedy 25c. For Book of the Eye Free ask Druggist or Murine Eye Remedy Co., Chicago

Trapping a Slacker.

He had no stomach for the army, but had presented himself for examination with a "sure trick" up his sleeve to "work his ticket." He was physically perfect, but his eye-sight was shocking—so bad, indeed, that the sergeant thought the doctor should see him.

"First class physically," pronounced the doctor, but when the medical man applied the eye tests the would-be recruit's sight appeared much worse than when the sergeant had him in hand.

"No, no, my man; with sight like that you're no use for the army," said the medico. "But you ought to get glasses. Stay, I've a pair like microscopes and if you see with them you can have them."

The spectacles were produced and fitted on, the recruit at once cried, "Oh, I see splendidly!"

"Do you now?" said the doctor, with sarcasm. "Take 'em along, sergeant, and get him sworn in. There's no glass in the spectacles."

"A girl seldom kicks when an old man lays his fortune at her feet. If your wife had it to do over again the chances are she wouldn't marry you."

TRAPPERS!
Send your **RAW FURS** to **JOHN HALLAM**

add receive highest cash prices. We send money the same day the furs are received. Charge no commission—paid by all other fur dealers. We have paid out millions of dollars to thousands of trappers in Canada who send their furs to us because they know they get a square deal, and receive more money for their furs. For Williams. We buy more furs from trappers for cash than any other five firms in Canada.

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BOOK ON DOG DISEASES And How to Feed Mailed free to any address by the author **H. CLAY GLOVER CO., Inc.** 118 West 31st Street, New York

The Soul of a Piano is the Action. Insist on the **"OTTO HIGEL" PIANO ACTION**

A Home Billiard Table
Will provide you and your family with the finest form of indoor recreation during the long winter evenings. **Our Famous Malsontta Table** is made specially for the home at a reasonable price. Cash or on terms. **BURROUGHS & WATTS, Ltd.** Makers to H. M. the Kings. 34 Church St., Toronto

WANTED Men & Boys For All Departments
Steady Employment Good Wages
APPLY **Independent Rubber Co., Ltd.** MERRITTON, ONT.

Kettles Made of Paper. Kettles made of thin paper are used by Japanese soldiers. When needed for boiling, the kettle is filled with water, and then water is poured over it. It is hung over the fire and in ten minutes the water is boiling. The kettle can be used eight or ten times.

NOW IS THE TIME
to send some Zam-Buk to your soldier friend at the front. With the coming of cold weather, the men in the trenches all suffer, more or less, with chapped hands, cold cracks, chilblains and cold sores, and the soldier who has some Zam-Buk on hand to apply immediately any of these painful ailments make their appearance, will be saved hours of suffering. Pte. E. Westfield of "C" Company, 3rd Worcester Regiment, writes: "We wish our friends would send us out more Zam-Buk. It is splendid for sore hands, cold cracks, cold sores, etc. Nothing ends pain and heals so quickly as Zam-Buk, and being germicidal, it prevents blood-poisoning." 50c. box, \$ for \$1.25. all druggists or Zam-Buk Co., Toronto.

ZAM-BUK

Growing Custom
The custom of placing Nuts on the table meals is growing in all homes.
Children and adults help themselves to this delicious as often as they like. It contains the entire nutrition of wheat and barley, its quickness and is wonderfully energizing.
Every table should have a daily ration of **ape-Nuts**
here's a Reason"
Postum Cereal Co., Ltd., Windsor, Ont.