

WHY RHEUMATISM OFTEN COMES BACK

The Usual Treatment Does Not Reach the Root of the Trouble.

Most treatments for rheumatism do no more than aim to keep down the poison in the blood and enable nature to overcome that particular attack. Then when the system becomes run-down from any cause the disease again gets the upper hand and it all has to be done over.

Sufferers from rheumatism who have found their condition unrelieved or actually growing worse while using other remedies, would do well to try Dr. Williams' Pink Pills. The tonic treatment with this medicine has proved in thousands of cases that it builds up the blood to a point that enables it to cast out the rheumatic poisons through the regular channels of excretion, the bowels, kidneys and the skin. When this is done rheumatism is banished, and as long as the blood is kept pure and rich the patient will be immune from attack. This is proved by the case of Mrs. J. Hewitt, Beach P.O., Hamilton, Ont., who says: "For a number of years I was troubled with muscular rheumatism, which caused me a great deal of suffering. I would get rid of the trouble for a time, but it always came back. A friend recommended Dr. Williams' Pink Pills and I have not had an attack of rheumatism since I took them, and that is five years ago. I have since used the pills for anaemia and found them equally good, and I now recommend them to any friends who may be ailing."

You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.

London's census figures, issued recently, show that there are 341,000 more women than men in the Metropolis.

Minard's Liniment for Rheumatism.

Britain's Tiniest Railway Systems

The High Rocks Station between Tunbridge Wells and Groombridge claims to be the only railway station without a staff, says a London newspaper. It has no station-master, booking clerk, porter, booking office, or waiting room. The trains serving it are drawn by baby engines, and the guard acts in the marvellous capacity of a complete station staff.

But one need not go out of London to find stations run on almost similar lines. The Waterloo-City Railway, known to tens of thousands of business men, consists of two termini, one at Waterloo and the other in the City, and at least a third of its length runs under the River Thames.

At neither station is there a station-master, porter, or booking clerk, for you buy your ticket on the train as you do on a bus, and throw it away when you get to the other end!

There is a railway station in Derbyshire where trains stop only on one day in the week to enable the inhabitants of the village of Blackwell Mill to go shopping to Buxton!

What claims to be the shortest passenger line in the world may be seen at Groulle, not far from Douglas, Isle of Man. It is one mile long, and the gauge is only two feet. It was made to convey passengers from the entrance to Groulle Glen to the seashore. The engine looks like a toy, but is powerful and well made, and the open cars carry ten passengers.

The smallest fully working line is probably the Eskdale Railway, which runs over the seven miles which separate Ravenglass, on the west coast of Cumberland, from the foot of Scafell, the highest mountain in England.

If the engine fails to take the points and runs off the lines, passengers help the driver and guard lift it bodily back to its proper place! This novel railway carries large quantities of goods as well as passengers, reducing the cost of road transport in a very difficult country by one-half.

Discouragement is the worst misfortune that can befall a man. It is the death of his strength.

The Hills

Plains lie too far below the skies; The air of Heaven enfolds the hills, And joy and hope and life distills, And vision sanctifies.

Surgings and sittings in the wind. The upland pines call constantly. I long to lie and watch the sea. Of blurring, boughs, soft intertwined. Or gaze across a steep, dark place. Of purple gulfs sunk way below. The forest's sweeping ebb and flow. To sunshine on the mountain's face.

And lower still, to clustered fields. All primly checked in varying green. Or yellow where the grain's bright sheen. Gleams wavering like burnished shields.

From tiny homesteads, white and red, Woo, tiny threads of smoke ascend, And tiny figures wend and wend. 'Tis twixt house and barn and yard and shed.

Lowlands are too remote from Heaven, They balk the eyes' far, perfect sight That plunges from the hills' sweet height.

Where understanding peace is given! —Katharine Sawin Oakes.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle, but thorough laxative and have proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers.

Concerning them Mrs. Ernest Gagne, Beauséjour, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box 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.

Canadian Spruce.

Spruce lumber forms about one-third of the total annual output of Canadian saw-mills. Spruce pulpwood is used in preference to all others and forms over two-thirds of the total quantity of pulpwood consumed in Canadian pulp-mills and exported in the unmanufactured state. The wood is considered to be the best material for pulp manufacture on the markets of the world.

A Jubilee.

Mrs. Nextdoor—"I noticed your house all lighted up last night."

Mrs. Hiram Offum—"Yes. Our cook just completed a week's service, with us and we were giving her a party in honor of the occasion."

sacred sphere; of personal liberty and individual rights. And all these limitations of liberty are imposed in order to effect the conservation of liberty. The Sunday law is built on the principle that liberty of rest for each demands the law of rest for all. One's own property or life is only safe because all men's lives and property are protected by law. Law is always justified if it is for the general good, no matter what limitations of personal liberty or tramping on personal opinions or desires may be involved.

Can any man who does not recognize this fact and will not respect laws whether they are pleasing to him or not, be rightly regarded as a good citizen? Can democracy be safe on any other basis?

LONDON COUPLE ARE DELIGHTED

His Wife's Two Years of Trouble Is Now Ended, Says Frank Westlake.

"Tanlac has made all the difference in the world in my wife's health and we are both delighted," declared Frank Westlake, valued employee of the Public Works Department of London, Ont., residing at 40 Langarth St.

"About two years ago, my wife underwent an operation that left her badly run-down and she simply couldn't get back her strength. Her appetite left her and she could hardly eat enough to keep going. The least exertion would tire her out completely. She would lie awake hours at night, too, and morning found her just as tired as when she went to bed. She suffered terrible splitting headaches, her nerves were on edge and she got very little pleasure out of life.

"But three bottles of Tanlac simply put her on her feet again! She can do her housework easily now, the headaches have gone, she sleeps soundly and her appetite is a joy to behold. I can't find words to express my gratitude."

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

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF TORONTO

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.
129 West 24th Street
New York U.S.A.

PETRIE'S MACHINERY TORONTO

Filled the Bill.

A woman inserted the following advertisement in a newspaper:

"Wanted: companion for a lady; must be a total abstainer; must be cleanly in his habits and know a little about nursing. Comfortable home, no salary."

A few days later she received by express a basket containing a tabby cat. An accompanying note said:

"In reply to your advertisement, I recommend bearer. She is a total abstainer, cleanly in her habits and knows a little of nursing, having brought up a large family. She will be pleased to accept a comfortable home and requires no salary."

MONEY ORDERS.
Remit by Dominion Express Money Order. If lost or stolen you get your money back.

Slightly Puzzled.
"The doctor said my illness was caused by a germ."
"What did he call it?"
"I really can't remember, I caught the disease but not the name."

Minard's Liniment for Neuralgia.

That or Nothing.
He was unaware of the eccentricities to be found in the wild American West when he entered what seemed to be the only hotel in the place. After ushering him to a table and giving him a glass of ice water, the waiter inquired: "Will you have sausages or toast?"

"No, I never eat 'em," the guest replied.

"In that case," said the waiter, "dinner is over."

Canadians Use Much Butter.
Figures just compiled indicate that each person in Canada consumes a total of twenty-seven pounds of butter each year. This is the largest per capita consumption in the world. The United States ranks second with an average of eighteen pounds per person each year. Sweden leads in the consumption of milk, and Switzerland in the amount of cheese consumed.

Mutual Gratitude.
Two men grew rather heated over an argument as to who was the better man, and the following conversation took place:

Englishman—"Well, I'm English, and I'm thankful for it!"
Irishman—"Well, I'm Irish, and I'm thankful for it. What do you say, Scotland?"

Scotman—"Well, I'm neither, and I'm thankful for it!"

His Innovation.
"Mr. Meekingham has great presence of mind."
"Is that so?"
"Yes, while he was proposing to Miss Stronghead instead of saying, 'Will you be mine?' he said, 'May I be yours?'"

ISSUE No. 2-23.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone. Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

France in the world war lost 57 per cent. of her male population between the ages of 20 and 31 years of age.

Toothache?
Minard's Liniment makes an excellent counter-irritant. Bathe the face and if there is a cavity in the tooth place in it a piece of cotton wool saturated with Minard's.
Minard's Liniment
The Family Medicine Chest.

Bad Breath Overcome
"Bad breath is a sign of decayed teeth, foul stomach or unclear bowels." If your teeth are good, look to your digestive organs at once. Get Sigel'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.

CUTICURA HEALS LARGE RINGWORM
On Head, Itched and Burned, Could Not Sleep.
"A large ringworm started on my head. Each day it grew larger and itched and burned so that I used to have to get up at night and bathe it. The hair around it fell out and became very dry. I could not sleep at night on account of the irritation. The trouble lasted about a month. I began using Cuticura Soap and Ointment and after using about three cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Miss Lucile Bond, 606 S. Lea St., Roswell, New Mexico, Oct. 8, 1921.
Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.
Sample Each Free by Mail. Address: "Cuticura, Limited, 244 St. Paul St., W. Montreal." Sold everywhere. Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

CUTICURA HEALS LARGE RINGWORM
On Head, Itched and Burned, Could Not Sleep.

Break chest colds
Apply Sloan's. It draws congestion to the surface. Starts blood circulating freely and thus breaks up the cold!
Sloan's Liniment
~kills pain!
Made in Canada
For rheumatism, bruises, strains, chest colds

ASPIRIN
UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER
Genuine
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 Pharmaceutical Goods. 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

AUTO SCHOOL
\$5 TO \$10 PER DAY. MEN WANTED. \$5 at once, city and parties demand automobile mechanics and driving tractor operating, tire vulcanizing, foxymotors, welding, storage battery, electrical work. We teach these trades, practical training only, few weeks required; day-night classes. Write for free catalogue, big wages, steady employment. Hemphill Auto Gas Tractor Schools, 163 Kink West, Toronto.

HELP WANTED—FEMALE
HELP WANTED—WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 6, Oshawa, Ont.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR USED, pulleys, saws, cable, hose, etc. shipped subject to approval at lowest prices in Canada. Fort Belting Co., 115 York St., Toronto.

Nothing makes a business man so absolutely independent as ready cash.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not come at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS F. ELSASSER, Hillcrest Farm, Webbwood, Ont.

Another Nervous Woman Finds Relief
Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEELER, 501-14th St., Port Huron, Mich.
Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.

Personal Rights

Dr. J. G. Shearer, Secretary Social Service Council of Canada.

A young man, intelligent and prosperous-looking, sitting opposite at dining car table, said to the writer, "I like a glass of beer at luncheon or dinner and if I want it I'm going to have it, wouldn't you?"

"Would you feel justified in joining a bootlegger in a violation of the law in order to get it?"

"Yes, I would."

A gentleman of high standing in a certain church said recently that he sympathized with the poor bootlegger and considered it outrageous to put any man in gaol for violation of a prohibition law.

Of course it is legitimate for any citizen to advocate and work for the repeal of any law of which he personally disapproves. Is it lawful for him to wink at or encourage the violation of such a law? If he does, does he not become an abettor of lawbreaking? Is he any better than the law-breaker himself?

That breezy Western daily, the Saskatchewan Star, recently numbered such violators and abettors of the violation of the liquor laws among "Pariahs, prostitutes, etc., as outlaws and outcasts!" Was not the Star justified? Is not the deliberate law-breaker a rebel, and in practice, if not in theory, an anarchist?

But what is the psychology standing back of such law-breaking on the part of otherwise respectable people, as some of them are? It is a mistaken idea about personal rights. They think

a man has a divine right to do as he pleases and that the majority have no right to limit this, his supposed liberty.

What about these personal rights? Have we as individuals many, if any rights that are divine or inalienable? Are not the great majority of personal rights simply social privileges—OK-ed by society? And if bestowed by society then are they not liable rightly at any time to be limited, or removed by society? Take the so-called constitutional rights guaranteed to Americans in terms of the Declaration of Independence, viz.: "to life, liberty and the pursuit of happiness." Are these rights inalienable? They were suddenly removed for millions during the war, and may be so again for a similar reason. Society gave. Society can take away. But even in peace, and in normal times the individual cannot use either life or liberty as he pleases nor pursue happiness any old way he chooses. He must respect his neighbor's rights. He must respect, moreover, the will of society expressed in law. Law is essential to personal liberty, and liberty is necessarily limited by every law. That is the price the individual pays for the privilege of living in a state of civilization. The more advanced the civilization, the more limited is personal liberty.

Health laws, laws of sanitation, Sunday laws, laws for the protection of life and property and all civil rights involve invasions of the sphere, the

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Rosy Cheeks and Sparkling Eyes



GRAPE-NUTS
THE BODY BUILDER
"There's a Reason"

GOOD HEALTH, the signs of which are so plainly written in looks and actions, comes from within—the natural result of right food, such as Grape-Nuts.

Crisp, delicious and soundly nourishing—easily digested and quickly assimilated—Grape-Nuts brings happy smiles at the breakfast table and happy feelings afterward.

All the family will thank you for including Grape-Nuts in your grocery order today. It's ready to serve in a moment with cream or milk.

Made by Canadian Postum Cereal Company, Limited
45 Front Street, E., Toronto Factory: Windsor, Ontario