

MRS. KNOX SUFFERED FOR OVER THREE YEARS

St. John Lady Was Nervous and Had Severe Indigestion That Caused Intense Pain.

"It has been nearly two years since I took Tanlac, but I am more grateful to the medicine than ever for I have felt just fine to this very day," recently declared Mrs. Lena Knox, 51 Hilliard Street, St. John, N.B.

"For three years, indigestion and nervousness caused me such agony it boggles description. I was actually afraid to eat; at night I would lie awake nervous and sleepless for hours and finally became so weak and thin I was almost a shadow.

"But Tanlac gave me a splendid appetite, calm nerves and a digestion that is simply perfect. I sleep the whole night through and have gained such weight, strength and energy that I always feel at my best."

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



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

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.

Monks in England enjoy a remarkable immunity from cancer, tuberculosis and influenza, according to recent investigations made by the Ministry of Health. It is because they eat no meat in the monasteries, but consume a great deal of fresh vegetables and fruit?

Dr. S. Monkton Copeman, of the British Ministry of Health, has been making an investigation at the Carthusian Monastery at Cowfold, near Horsham, Sussex. He states that so far as he has been able to ascertain, the monks there appeared to be extraordinarily healthy. He pointed out that no meat was eaten in the monastery, but the monks eat a great deal of fruit and vegetables. Green salads are among the most important items of their diet. Like the monks on the continent they also make large dietary use of dandelion and chicory.

"There is no doubt," said Dr. Copeman, "that middle-aged people should eat plenty of fruit and vegetables like the monks. Most of the monks at Cowfold are middle-aged, but there are some old ones. I saw one who is nearly a hundred years old employed

on carting stones." Dr. Copeman added that convents are not so free from disease and that there is a good deal of consumption in convents, especially in the very poor ones. The procurator of the monastery states that the ministry has begun a detailed study of the dietary habits of the monks with a view to applying their fruitarian principles to the treatment of cancer. The opinion is steadily gaining ground among medical authorities that the kind of food we eat has a great influence on our health and our freedom from or susceptibility to disease.

Dr. Adam Wright, Chairman of the Provincial Board of Health, Ontario, has given this matter of diet as a preventive of cancer much thought. He holds the opinion and it is gaining ground, that the prevention of intestinal stasis is an important factor in the prevention of stomach and intestinal cancers.

As cancer seems to be increasing in this country, according to statistics, it is readily seen that the question of diet in fighting this dreadful malady is extremely important.

BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godroy, Que., writes: "I have used Baby's Own Tablets for my three little ones and have found them to do an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieve constipation and indigestion, break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



She Was At Home.
Caller: "Young man, is your mother at home?"
Willie: "Say, I've think I'd rather be cleaning up this yard than out playing ball!"

Hills.

I never loved your plains,
Your gentle valleys,
Your drowsy country lanes,
And pleached alleys.

I want my hills! the trail
That scorns the hollow,
Up, up the ragged shale,
When few will follow.

Up, over the wooded crest
And mossy boulder,
With strong thigh, heaving chest,
And swinging shoulder.

So let me hold my way,
By nothing halted,
Until at close of day
I stand exalted.

High on my hills of dream—
Dear hills that know me!
And then, how fair will seem
The lands below me.

How pure at vesper-time
The far bells, chiming,
God, give me hills to climb,
And strength for climbing!

—Arthur Güttermann.

Every player in the game of life holds a winning hand at some stage.

Flethy Scales.

Andy Macdonald lived alone in a cabin he had built with his own hands on the banks of a famous salmon river in the Highlands.

He claimed to have made most of the record fish catches in that vicinity during the past twenty years, and he kept a big record book containing dates and weights to impress visitors. Last summer a young married couple from London were occupying a small bungalow near Andy's cabin.

A baby was born to them, and the only scales the proud father could obtain on which to weigh the new arrival were those on which Andy had weighed all the big fish he had caught in twenty years.

The baby tipped the scales at twenty-five pounds!

Minard's Liniment for Sprains.

Try This One on Dad.

The new scholar told the rest of the children about a funny little log cabin in the bush where he used to live. "Inside were two rooms in which were half a dozen chairs, three lamps and two beds. How many people lived in the cabin?" One boy guessed two, but the new boy replied, "one man more." Then some one guessed three and again he made the same reply.

There was one man and his name was More!

RED ROSE TEA "is good tea"

and the choicest of Red Rose Teas is the ORANGE PEKOE QUALITY

Personal Influence.

A few lines somewhere read, a sentence heard, may shape a career or go far to determine a character. How often, in the retrospect of life, we recall the timely, kindly utterance of one who, with a deep concern in our welfare, gave us the word of sympathetic guidance—not of hectoring or lecturing—that pointed the way or shed a light upon it!

The importance of the spoken or written word cannot be overestimated. But behind all forms of language is the personal example as a factor still more influential. Life itself is the paramount force to make an impress upon life. Finite and mortal as we are, the contemplation of infinity and immortality is, often overwhelming. Then we reach out to clasp the hands of other mortals like ourselves and find our reassurance in the ordinary human contacts and sympathies of every day. We know that God is somewhere, waiting. But in His goodness He has given us friends that we may see and know familiarly, creatures of flesh and blood, so that we may commune with them and not merely with "the world that is a wonder still."

From those round about us, as well as from the far voices of an undiscovered country, we take our inspiration.

Some of us are reluctant to admit how dependent we are on friends and companions in life's pilgrimage. We like to believe that we stand secure as the rooted pines of the Sierras, fronting imperturbably the sunshine or the thunder, the snows or the icy blast.

But God, who made us, did not build us so. We need the rest of the race. We require friends and families. Our very "independence" is in reality an interdependence. If we have strength, it is that we may help the weak and serve the downcast. Often those who appear sufficient unto themselves are those most in need of comfort and healing—the quiet, kindly influence that is in our bestowal, though we find it hard to believe that this is so.

Bob-O-Link's Song.

Bob-O-Link is calling, calling!
Hark! I hear him say
While the morning light is falling
Golden o'er the way:
"Bob o' Lincoln, Bob o' Lincoln,
Bob o' Lincoln, I,
Singing love-songs to my Princess
And the summer sky!"

Now he's swinging on a thistle;
Now he's rocking to and fro;
Now I hear him whistle, whistle
Fute-like high and low:
"Princess, Princess, mid the blossoms
Of your pretty nest,
You I'm singing to, my dearest;
You I love the best!"

"You're the soul of all my musio
As you fold your wing
Softly o'er the little cherubs
In the round nest's ring!
You're my song, my serenading
All the live-long day;
You're my carol in the evening
And my morning lay!"

Ah, his golden head he's tilting
Silently and long;
Then the purple blossom tilting
Trembles with his song:
"Who is happy in the clover
'Neath the beaming sky?
Bob o' Lincoln, Bob o' Lincoln,
Bob o' Lincoln, I."

—Leslie Clare Manchester.

GREEN TEA IN GREAT DEMAND.

Twenty-five years ago, Green Tea was more popular than Black, but due to the heavy importation of poor quality Japan and China Green Teas, the demand fell off. Ceylon and India started producing Green Tea on a large scale only in recent years. They were of such fine quality and delicious flavor that Green Tea drinkers immediately recognized their superiority and demanded them in ever increasing quantities. Salada Tea Company is practically the sole importer of Ceylon and India Green Teas in Canada.

If You Would Be a Bankrupt—
In friendship, live for yourself alone. In purse, spend everything and then some.

In spirit, admit that you are down and out.

In initiative, follow the line of least resistance.

In influence, pay no attention to self-mastery.

In happiness, always think of getting joy instead of giving it.

In health, heed not the timely warnings which disease usually dispatches.

In imagination, just shake your fist in the face of progress and shout, "It can't be done."

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

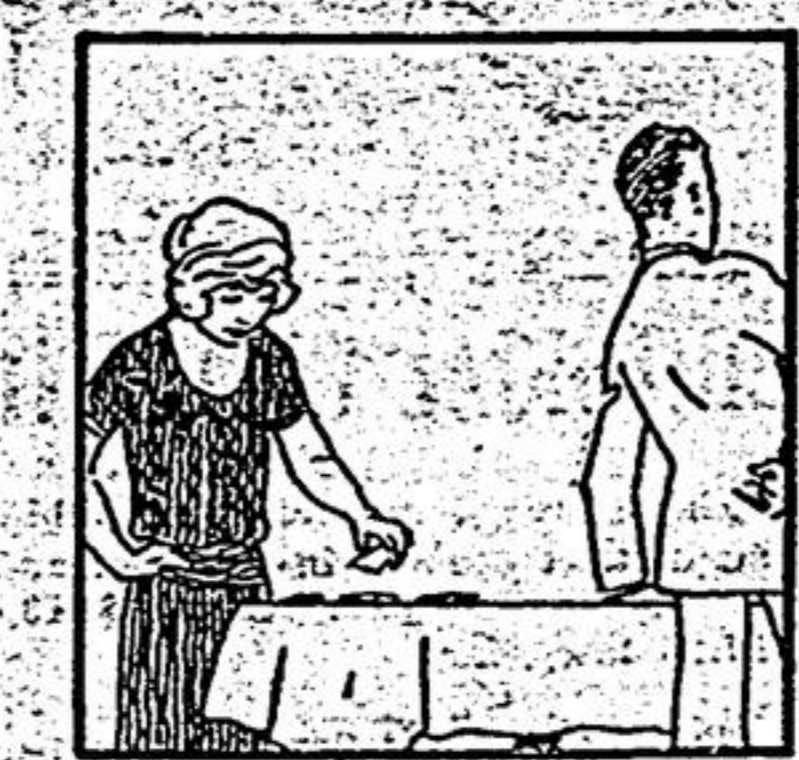
The first will in the English language, now lodged in the Durham registry, is the will of a chandler, who bequeathed candles to various churches, and some special ones that were over nine feet high to the cathedral at York.

If a man be gracious unto strangers it shows he is a citizen of the world, and his heart is no island cut off from other lands, but a continent that joins them.—Bacon.

Greatness comes only to those who seek not how to avoid obstacles, but to overcome them.

Minard's Liniment for Diatemper.

EASY TRICKS A Spectator's Trick



A spectator is asked to mention any number of cards smaller than 15. The company is asked to remember this number until the conclusion of the trick. The spectator is then asked to deal three heaps of cards on the table, the same number of cards to be in each of the heaps. While this is being done the performer turns his back so that he cannot see how many cards are dealt. His back still turned, he directs the spectator to transfer cards from one heap to another, continuing until there are in the middle heap cards equal to the number mentioned by the spectator. This is done in this manner:

The trickster asks the spectator to take three cards from each of the side heaps and put them on the middle heap. The spectator is then to count the number of cards remaining in the left hand heap. She is to remove that number from the middle heap and put them on the right hand heap. This will leave nine cards in the middle heap and the trickster will have little difficulty in directing removals from side heaps to the center heap to obtain the proper number.

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

TOO WEAK TO WALK

The Sad Condition of a Brandon Lady—How Relief Came.

"I owe my present good health to Dr. Williams' Pink Pills," says Mrs. Annie Treherne, Brandon, Man., who tells of her new found health as follows:—"Some years ago I had an attack of pneumonia and it left me in a terribly weakened and run-down state. I was unable to walk for a long time as I had practically lost the use of my legs, and had to be carried upstairs, for I had not the strength to go myself. I became despondent over my condition for I had tried many remedies, which failed to help me. While in this wretched condition a lady friend urged me to give Dr. Williams' Pink Pills a trial and I procured a supply. After taking the pills for a while I could see that I was growing stronger, and I gladly continued their use until I had fully regained my old-time health and strength. Now if I feel at all run down at any time I at once take Dr. Williams' Pink Pills, and they never fail me. I can therefore warmly recommend them to others who may be run down."

There is no better tonic than Dr. Williams' Pink Pills to improve the blood and bring back strength after acute diseases such as fevers, pneumonia, influenza, etc. Given a fair trial they will not disappoint you. You can get the pills from your druggist, or they will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.



She Didn't Pay It.
He—"Do you mean to tell me you paid \$200 for that new hat?"
She—"Why of course not, dear! Do you think I'd be that foolish? I had it charged."

Slow Down.
The plaintiff, a voluble Italian, talked as fast as his knowledge of English would permit.

Looking down at the official reporter, the Italian noticed for the first time that his testimony was being reduced to writing (the reporter was trying his best to keep up), and thereupon began to talk faster than ever, until finally he burst forth—
"Don't writ-a so fas; I can't-a keep up with you."

No Monkey Business

Great your fowls with Die-Lice. One application guaranteed to keep your fowls free from lice for six months.

SEND NO MONEY—
Just drop us a card—we will mail you Die-Lice sufficient to treat 200 fowls. When it arrives pay postman \$1 and postage. Money back if it fails. Beware how to tell size of feet before incubation, and wonderful new secret how to rid your place of rats, mice and spiders without the use of traps or poisons and free with each box of Die-Lice.

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

Smoke OLD CHUM

The Tobacco of Quality

Sealed Package 15¢
(which keeps the tobacco in its original condition)

also in 1/2 lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

Canada Needs Her Forests.

Lumber and pulpwood have for years been looked upon as the chief products of our forests, with the result that little attention has been given to the smaller and not very essential products. Canada's forested areas are represented in so many articles of use that it would be useless to try to enumerate them, but a few outstanding ones may be mentioned, says the Natural Resources Intelligence Service of the Department of the Interior at Ottawa.

British Columbia estimates that this year 6,000,000 fruit boxes will be required to provide for the province's apple crop.

Nova Scotia uses over 1,500,000 barrels each year to ship apples, the barrels averaging about 15 staves each. One Nova Scotia plant last year had a contract for 10,000,000 staves. It requires 12,000,000 new ties each year to supply the Canadian railways for upkeep alone.

Telephone and telegraph companies use one million poles each year. The coal mines of Nova Scotia use one million trees, or 26,000,000 lineal feet of timber, each year for mine props.

There were over 13,000,000 boxes and packing cases made in 1920, also nearly 3,000,000 cheese and butter boxes.

The forests, after supplying all this material, will continue to do so from normal growth, provided they are protected from fire. Forest fires are destroying more timber annually than is used for commercial purposes. Save the forest and save the wood-using industries.

The Deceiver.
"Algernon is very interesting," said Mr. Cumerox's daughter.
"What does he talk about?" inquired her father.
"Why, he's ever so well posted on Shakespearean quotations."
"Young woman," said Mr. Cumerox, "don't you let him deceive you. Don't you let him make sport of your ignorance. There ain't no such stock on the market."

Some one has just been defining that elusive and often puzzling fellow, the salesman. "A real salesman," we are told, "is one part talk and nine parts of judgment to tell when to use the one part of talk."

A Railway's Responsibility.
Damages amounting to £330 were awarded in the Paris courts to a traveler who sued the French Eastern Railway Company. He was attacked in a train and injured by another passenger, and claimed that the railway company was responsible because of the absence of light in the carriage.

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

MURINE

Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book.

ITCHY RASH IN SPOTS ON HANDS

Could Not Put Hands In Water; Cuticura Heals.

"A red rash broke out in spots on my hands. I did not pay much attention to it at first, but later the eruptions grew larger and caused so much itching and burning, that I could not put my hands in water. The irritation caused me to scratch the affected parts.

"As soon as I began to use Cuticura Soap and Ointment the trouble began to get better. I continued the treatment and now I am completely healed." (Signed) Mrs. H. W. Day, Hillsdale Farm, Wesley, Me., Aug. 31, 1923.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura," P. O. Box 2414, Montreal, P. Q. Send for Cuticura Soap and Ointment, 25 and 50c. Talcum 25c. Try our new Shaving Stick.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles." ODELLA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ill in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

DON'T DO THIS

CATARRHAL DEAFNESS
Many have had surprising relief from Catarrhal Deafness, Head Noises, Ringing in the Ears and Head Colds by using

Leonard Ear Oil

A soothing, penetrating oil that is very effective. Just rub it back of the ears and insert in nostrils. For sale everywhere \$1.25. Interesting descriptive folder sent upon request. A.O. LEONARD, Inc., 70 5th Ave., N.Y.

PAIN

Minard's, the great counter-irritant, penetrates to the root of the pain and gives quick relief.

MINARD'S
"KING OF PAIN"
LINIMENT