



In Dry Canada

# WRIGLEYS

still quenches thirst, cools the parched throat and by its delightful flavor and refreshment restores the joy of life.

After Every Meal

## Nervous Children.

There are some children otherwise in apparent good health, who suffer from an over-excitable weakness of the nervous system that manifests itself in spasms of various muscles or in general convulsions. The larynx is very apt to be the seat of this trouble, which shows itself in attacks of spasmodic croup; again, sometimes associated with croup, sometimes occurring independently, there are cramp-like spasms of the hands and feet. In general all the muscles react instantly and strongly to any stimulus, such as a sharp tap with the finger.

This muscular irritability has been found to be due to a fault of nutrition, namely an inability to absorb or assimilate lime, and the medical problem is to overcome this defect, and bring about a normal lime digestion. An ample supply of lime-containing food must be given and if there are other forms of digestive trouble they must be treated. It is well to start the treatment with a dose of castor oil to ensure the removal of any toxins or poisonous material from the digestive tract.

The diet should consist largely of milk, to which lime water may be added, and also of such foods as are rich

in lime: cabbage, turnips, oatmeal, and vegetables in general. Eggs contain a fair percentage of lime, and so do most nuts, but beef, and other meats have very little. Nuts should be ground, and made into a puree, and, even so, should be eaten sparingly, for they contain much fat, and are not always readily digested. Cod-liver oil aids in the assimilation of lime, so also do extracts of certain glands; but here we are encroaching on the province of the medical attendant, who should of course be consulted not only about the drug treatment, but also about the diet.

The attack itself may be treated and sometimes arrested before the doctor comes, by putting the child in a hot bath and applying cold compresses to the head. The severity of the croup attacks may often be reduced by applying heat to the larynx by means of a sponge or soft cloth wrung out of hot water. If it can be given without disturbing the child too much, an enema is sometimes of service.

## MOTHERS PRAISE BABY'S OWN TABLETS

Mrs. L. M. Brown, Walton, N.S., says: "I cannot recommend Baby's Own Tablets too highly. I have found them invaluable for the ailments of little ones." Mrs. Brown's testimony is the same as that of thousands of other mothers who have used the Tablets. To use them once is a sure guarantee that they will always be kept in the home as long as there are babies or young children to be cared for. The Tablets are a laxative—mild but thorough in action—which never fail to regulate the stomach and bowels; relieve constipation, and indigestion; break up colds and simple fevers and make the dreaded teething period easy. In fact you banish all the minor ills from which little ones suffer. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Prayers for Oysters.

An unusual celebration is to be held shortly by a Japanese firm of artificial pearl dealers. They are to erect a monument in memory of oysters whose lives have been sacrificed for the sake of the pearls that have enabled the firm to become so prosperous. Pearls that even the leading experts are unable to distinguish from the natural product are manufactured by this firm. The monument is being laid out in front of the Imperial Shrine at Ise, and will take the form of a tower containing 10,000 pearls. A religious mass is to be said at the unveiling for the repose of the souls of the oysters.

Most visitors to Japan have remarked with delight on the wonderfully carved ivory statuettes that are offered for sale. A few months ago the leading Japanese ivory workers held a religious ceremony in memory of the thousands of elephants that had been killed to make these statuettes.

Somewhat similar was the ceremony held by gasha for the souls of cats slain to provide the necessary material for the Japanese musical instrument, the samisen, played by the singing girls.

Now It Can Be Told. "Oh, Daddy," said the young lady, "Mrs. Jones said you were the handsomest man on our street." "What's that?" asked the father. "There was a brief silence, then the daughter shook her head and said, "Well, I guess it's true, all right." "What's true?" asked the father. "That every time you compliment a man he makes you repeat it."

It is common knowledge to Arctic and Antarctic explorers that sea-ice more than a year old is entirely free from salt, although new ice contains the same amount of salt as sea water.

### NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desiring to become nurses. This Hospital has adopted the "open house" system. The pupils receive salaries of \$100 a month, a monthly allowance of traveling expenses to and from New York. For further information write the Superintendent.

### Cloud Architecture.

You may take any single fragment of any cloud in the sky, and you will find it put together as if there had been a year's thought over the plan of it, arranged with the most studied inequality—with the most delicate contrast, a picture in itself. You may try every other piece of cloud in the heaven, and you will find them every one as perfect, and yet not one in the least like another.

Stand upon the peak of some isolated mountain at daybreak, when the night-mists first rise from off the plains, and watch their white and lake-like fields as they float in level bays and winding gulches about the islanded summits of the lower hills, untouched yet by more than dawn, colder and more quiet than a windless sea under the moon of midnight. Watch when the first sunbeam is sent upon the silver channels, how the foam of their undulating surface parts and passes away, and down under their depths the glittering city and green pasture lie like Atlantis, between the white paths of winding rivers; the flakes of light falling every moment faster and broader among the starry spires, as the wreathed surges break and vanish above them, and the confused crests and ridges of the dark hills shorten their gray shadows upon the plains.

Wait a little longer and you shall see those scattered mists rallying in the ravines and floating valleys, till they couch in quiet masses, iridescent with the morning light, upon the broad breasts of the higher hills, whose leagues of massy undulation will melt back and back into that robe of material light, until they fade away, lost in its lustre, to appear again above, in the serene heaven, like a wild, bright, impossible dream, foundationless and inaccessible, their very bases vanishing in the unsubstantial and mocking blue of the deep lake below.—John Ruskin.

Do you get a sensation of pressure on the heart? Don't be frightened, it's not heart trouble—it's indigestion. Seigel's Syrup will fix it. Any drug store.

### Sonnet.

When it is done, that last long voyage,  
and we  
Have come to where they tell us there  
is rest,  
When it is done, that last long voyage,  
and we  
Whatever name you will, so let it be  
Shall we remember all the friends we  
met  
Upon this dear old Earth, the haunting  
days  
Of springtime's coming; all the  
browns and grays  
Of English autumns? Or shall we for-  
get  
Will there be sunsets in the Western  
skies,  
And great big silent seas for us to  
sail  
Beneath a crescent moon, all silver-  
pale?  
Will she be there with laughter in her  
eyes?  
And shall we smell the heather wet  
with rain,  
Or see the yellow daffodils again?  
—A.R.U.

### The Heritage.

James Russell Lowell wrote much serious verse, but his "Biglow Papers," written during the American Civil War, are perhaps his most distinctive work.

O, rich man's son! there is a toll  
That with all others level stands;  
Large charity doth never sell,  
But only whitens soft white hands.  
This is the best crop from thy lands;  
A heritage, it seems to me,  
Worth being rich to hold in fee.

O, poor man's son! scorn not thy  
state;  
There is worse weariness than thine  
In merely being rich and great:  
Toll only gives the soul to shine,  
And makes rest fragrant and be-  
nign;  
A heritage, it seems to me,  
Worth being poor to hold in fee.

Both heirs to some six feet of sod,  
Are equal in the earth at last;  
Both, children of the same dear God,  
Prove title to your heirship vast.  
By record of a well-filled past;  
A heritage, it seems to me,  
Well worth a life to hold in fee.

### The Best Reward—

—For good work is the consciousness that we have done it.  
—Our children can give us is to merit our sacrifices.  
—Is not the bonus, but the appreciation the bonus implies.  
—For a good sermon is in the improved living of the hearers.  
—Of thrift is the mastery we establish over impetuous desires.  
—Of hospitality is in witnessing the pleasure of our guests.  
—Of industry is the sense of self-respect that follows.

After Shaving—Minard's Liniment.

### November Cornfield.

The long, rasping whisper  
Of scattered cornstalks  
In November wind  
Is like the hard breathing of old soldiers  
Retreating through a strange country  
The wind carries them,  
And they strain forward,  
Tugging at hard, gnarled roots,  
Swinging tattered leaves  
Like rusted swords,  
Beating weakly, vainly,  
At a quick rush of sleet;  
Bending, struggling on,  
With their shifting, tottering banners  
Of dusty yellow and torn gray.  
—Arthur Saxe.

## REGAINED HEALTH IS NOW HAPPY

### The Experience of a Quebec Woman With Dr. Williams' Pink Pills.

Mrs. L. D. Bernier, 89 D'Arguillon Street, Quebec, is one of the thousands of women who, when she found her health failing, resorted at once to Dr. Williams' Pink Pills, and now finds herself in perfect health. Mrs. Bernier says: "I was very weak, subject to headaches and was unable to sleep well. Testimonials in the newspapers persuaded me to try Dr. Williams' Pink Pills, and the result has been most satisfactory. I have regained my health, the headaches have left me; I sleep well at night, and I have gained in weight. Naturally I am feeling happy. I strongly recommend Dr. Williams' Pink Pills to all weak people."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. If you will send us your name and address a little book, "Building Up the Blood," will be mailed you prepaid. This little book contains many useful health hints.

You can get these pills through any dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Way Out.

The new bride was in tears on the evening of her first supper for friends. "My cottage-pudding wouldn't rise," she sobbed. "That's all right, dear," replied the husband, "we'll just tell them it's a flat pudding."  
We derive greater benefit from the criticism of our enemies than from the flattery of our friends.—J. B.

## FOR Colds

# ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds, Neuritis  
Pain, Toothache  
Headache, Lumbago  
Neuralgia, Rheumatism

### DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also, bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer, Manufacturer of Monocyclic Acetic Acid (Acetyl Salicylic Acid, "A.S.A."). 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."

# RED ROSE TEA

"is good tea"

Order your grocer's best and he'll usually send Red Rose.

### Rolling Stones.

It is wise, it is well  
That stones should roll  
Nor smother in bracken and moss.  
Does a stone grow more whole  
Being striped across  
With parasite lichen?  
But it enters experience  
And sees a new world  
If it rolls—if it rolls—  
After petard, or toss.

Let it roll—  
Roll when it's scuffed out soundly  
From cluttered-up rut, or hole!  
Let it adventure  
Beyond the straight fence.  
Even let it go  
Like a meteor, hurled—  
Even land in another world!

Moss is a parasite.  
A parasite, rust.  
Let a stone roll off its rough;  
Let it chip,  
Let it wear off old crust.  
Even a rare thing might spring from  
its heart.  
If its strictures were broken wholly  
apart.  
—Martha Webster Merriehew.

### Long-Service Eyries.

Golden eagles are still to be found in the western and central Scottish Highlands, where the same nests, or eyries, have been used regularly for half a century.

### Explained.

"Isn't that a new piece?"  
"Oh, no! The piano has just been tuned."

## BILIOUSNESS

Dr. Franklin's DIGESTIN  
Strengthens the Stomach, relieves and prevents Dyspepsia, Indigestion, Heartburn, Sour Stomach, Nausea, Flatulence, Headache, and all other troubles caused by disordered Stomach and Bowels. Buy at your drug store or mail fifty cents to our address.  
Dr. Franklin Laboratories  
Toronto

### Chapped Hands.

Minard's liniment rough and chapped skin on face or hands. Mix it with sweet oil and apply often.

## FOR Colds

# ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds, Neuritis  
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### Classified Advertisements.

#### REMNANTS.

3 LBS. \$2.—5 LBS. PATCHES, \$3.150. A. McCroery, Chatham, Ontario.

### SALESMEN

We offer steady pay weekly to sell our complete and exclusive lines of guaranteed quality, whole root, fresh dug-to-order trees and plants. A attractive, illustrated samples and full co-operation, a money-making opportunity.  
Luke Brothers Nurseries, Montreal

### Little Things.

Least anyone think that the little things don't count, naturalists estimate that insects comprise four-fifths of the animal kingdom.

### Physicians Use Minard's Liniment.

Queen Mary was the first English ruler to date her coins, and Edward the Sixth first used a value mark when he put Roman numerals on the twelve-pence piece. Oliver Cromwell is accredited with introducing inscriptions on the edges of coins to prevent chipping off the silver pieces of his day.

### Plans For Homes

Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated and scores of actual dollar-saving suggestions. Send 25 cents for current issue.  
MacLean Builders' Guide  
347 Adelaide St. W., Toronto, Ont.

### You can rely on SHILOH FOR CROUPS

## DOCTOR ADVISED OPERATION FOR MRS. PENN

She Escaped It, by Taking Lydia E. Pinkham's Vegetable Compound

Windsor, Ont.—"After the birth of my first baby I was very much run-down in health and the doctor said I must have an operation as I was suffering from a displacement. A friend wanted me to try your medicine, Lydia E. Pinkham's Vegetable Compound—and I took it steadily for a year. During this time I was carrying my second baby and I felt real well all the time and did not have a hard confinement. I feel sure the Vegetable Compound did me a lot of good, and all my people do, too. One sister in Leamington, Ontario, takes it, and both sisters praise it as a good medicine. I am more than pleased with the result."—Mrs. W. PENN, Windsor, Ontario.

Mrs. Corbin Relieved from Pain

Stewiacke, N.S.—"I had pains across my back and in my side for two years after my first baby was born. My mother had taken Lydia E. Pinkham's Vegetable Compound and I read about it in the papers, so I tried it and the pains all left me! I have a family of three children now, and the medicine helped me during the months before they were born. I recommend it to my friends."—Mrs. CARY W. CORBIN, Main Street, Stewiacke, Nova Scotia.

### Cucura Shaving Stick A Luxury for Tender Faces

This freely lathering Shaving Stick contains the emollient and medicinal properties of Cucura, enabling tender-faced men to shave without the slightest irritation. It leaves the skin soft and refreshed and free from any dryness or itching.

## The trail that leads HOME

The Cunard Anchor-Donaldson ocean highway will be the home trail for many Canadian citizens intent on spending Christmas with the home folks in the British Isles this Christmas.

Leaving Halifax December 12th and 13th respectively, the two Christmas ships "Letitia" and "Antonia" are scheduled to arrive at the home ports three or four days before Christmas, the "Letitia" at Belfast, Liverpool and Glasgow, and the "Antonia" at Plymouth, Cherbourg and London.

Ask your Steamship Agent for information, or write—  
The Robert Reford Co., Limited  
Montreal, Toronto, Quebec, St. John, N.B., Halifax.

## CUNARD ANCHOR-DONALDSON CANADIAN SERVICE

### Every Woman Deserves One

The SMP Roaster is a fine time saver. You put the roast or fowl in the oven. The roaster does the rest, bastes, roasts to perfection. It roasts with very little shrinkage, thus saving dollars every year. None of the tasty meat juices are lost; all the rich flavor is retained. Besides you can buy cheaper cuts, for it makes cheap cuts taste like choice ones.

The close fitting cover keeps all the cooking odors and the grease inside the roaster—the smell of cooking doesn't fill the house, and the oven is kept sweet and clean. Best of all, it cleans out in a jiffy after the roasting. These are splendid washers. Price \$35. to \$45.50 according to size and finish. Sold in all hardware stores.

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