

The Hacking Cough Strains The Lungs

The terrible, hacking, lung-wracking cough that sticks to you in spite of everything you have done to get rid of it is a great source of danger to your health and the longer it is allowed to stick the more serious the menace becomes.

You can easily get rid of the cough or cold at its inception by using Dr. Wood's Norway Pine Syrup, a remedy that has been universally used throughout Canada for the past 30 years.

Mrs. Samuel Matthews, Portage, P. E. I., writes: "Last winter I caught a heavy cold, and was laid up for some time. I had such a hacking cough I could not sleep at night, and did not think I could ever get over it. One day a friend dropped in to see me, and was surprised to see how bad my cough was. She advised me to use Dr. Wood's Norway Pine Syrup, so the next day I sent for a bottle and soon got relief, and by the time I had taken two bottles my cough was all gone. I doubt there is anything to equal it."

Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; 3 pine trees the trade mark; price 25c. and 50c. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Cook's Cotton Root Compound

A safe, reliable, regulating medicine. Sold in three degrees of strength—No. 1, 2, and 3. Sold by all druggists, or sent by mail on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Pharmacy Building)

EAT LESS MEAT IF BACK HURTS

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

Frost & Wood Machinery

- LION DISC STIFF TOOTH CULTIVATORS
- SPRING TOOTH CULTIVATORS
- BINDERS AND MOWERS

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Corner Wellington and Princess
Phone 216.

The placidity of expression worn by a man who is next in a crowded barber shop is almost equal to that of a spinster with her first love letter.

General Booth a Great Man

A BIOGRAPHY of the late General Booth, founder of the Salvation Army, will shortly be published by Mr. Harold Begbie, and in the Book Monthly the author gives an insight into the remarkable personality of the late general.

"When I was a boy," he says, "the name of William Booth came to me on the breath of laughter and sneers. He was a humbug, a mountebank, a fool, a rogue, a coarse-minded, self-seeking, and blasphemous character. I saw pictures of him, and disliked him horribly. What a dreadful person—a Swengall of the religious sub! I can see those pictures now. They represented a tall man in a passion, the face pale, the eyes blazing, the oily black hair disordered, the clenched right hand raised furiously above his head, the froged coat flung open, the red jersey shining fanatically. And underneath there was always a text about Hell Fire.

"Later in life, I must have been about eight-and-twenty. I met this extraordinary person. He was a patriarch living in a little red-bricked suburban villa. His manner distressed me. I felt that he was something of an opportunist. I went away and wrote an article which gave a full account of our conversation and my impressions of the man. It pleased me. I felt I had got at the very soul of William Booth. Forgive me, I was eight-and-twenty, and young for my years.

"Instead of being angry with the proofs of that article, William Booth took a fancy to their writer. I began to see him with a fair frequency. I became fond of him. I thought his ideas were ridiculous, but for the man himself it was impossible not to feel a warm affection. I never knew a fanatic so gentle and human.

Then I saw him on two occasions when he spoke to me intimately of his spiritual passion. On the last of these occasions he was blind. He sat close to me. I could feel the strain of the old man's soul as he struggled to make me realize the agony of God for the salvation of the human race. That day I loved the man, but with no sense of his greatness.

"When it came to writing his life, that he is, reading his private diaries and his more sacred letters. I found myself in a very different frame of mind. There were days and days when he seemed to me the truest-hearted and the profoundest-minded man of his century. I could not help feeling that he towered above such scrappers of the surface soil as Gladstone, and was infinitely nearer to the tremendous secret of Christ than Newman. I kept asking myself: Suppose every man had done what he demanded? For example, who will deny that this revivalist did not see the uttermost truth of politics when he said, 'You cannot make a man clean by washing his shirt'?

"I began to see more clearly what was his aim. The dogmas which ruled him, and which once had bothered me, slipped out of sight. I saw that he was simply hungering and thirsting for the happiness of humanity. I saw that he had embraced religion because God had flashed into his soul the sublimest truth of humanity, and because he knew that without a change of heart, without a new birth of the spirit, no man can be happy. There were moments when a Tolstoyan spirit of self-annihilation almost took possession of me. I had to fight for the discriminating and critical spirit of the biographer; and when I had got it I felt farther from the Kingdom of Heaven, and wonderfully insignificant.

"As I look back on the works of this biography I am struck by two main characteristics of William Booth. First, the passion, the beauty, and the self-sacrifice of his love story—revealing him as one of the tenderest men that ever loved and idealized a woman; and second, the courage of his heart from boyhood upwards.

LIVING IN A BUS—HOW BRITISHERS SOLVED THE SCARCITY OF HOMES.



After two days of work a discarded bus is refitted as a home. The photo shows the wagon home occupants comfortably settled in a vacant lot at Catford, Eng.

And finally they will see him a mild and beautiful patriarch, hailed by huzzards millions in every quarter of the globe, consulted by statesmen, entertained by monarchs, adored by his vast army, and neither bitter nor puffed up, but weeping in secret over the sufferings of children. I do not know a finer story in all the range of literature. It is a thousand pities, nay a million pities, that it could not have been written by his own hand, for then its immortality would have been as certain as Hamlet's. But even as it is in my telling, full of imperfections and little peddling criticisms, it does at least help a discerning and sympathetic reader to make intimate acquaintance with this great Englishman, one of the strongest and bravest spirits that ever loved humanity and endeavored to serve God."

SEEKING NEW BANKERS.

Canadians Make Fewer Deposits in Postal Department.

There is at least one money-saving institution in the Dominion which is waning and not waxing. It is the postal office savings bank, and while the amount of money deposited in this institution is not rapidly declining, it has, however, during the last few years steadily diminished. The total now being \$55,810,419, compared with \$42,728,942 six years ago—a decline of \$13,081,477.

The explanation of this decrease is, of course, the increasing tendency on the part of the Canadian people to deposit their savings with the chartered banks of the country. And there is more than one reason for this tendency. In the first place, the chartered banks afford easier facilities for both opening accounts and withdrawing deposits. In the second place, banks are more numerous than postal offices, there being in addition

to the head office, something like 2,500 branches scattered throughout the country. As a matter of fact, a branch bank is to be found within a few minutes' walk of most city and town homes. Still another factor that is helping to turn deposits from the post office to the chartered banks is the newspaper advertising which the latter employ for the purpose of attracting savings.

While during the six-year period there was a decline of 16 per cent. in the savings deposits with the post office, there was, on the other hand, an increase of over 200 per cent. in those with the chartered banks, the latter amounting to \$1,255,746,924, compared with \$626,199,470 at the close of 1913.

A Real Christian Man.

At Niagara Falls, Ont., they have a real Christian man, according to Rev. Thomas Todd, Methodist minister of that city. A widow out in Stamford had a fire and lost practically everything she had and the Falls Methodist Church decided to help her with donations of money and goods. One good lady confided in Mr. Todd: "I had always wanted a new nickel-plated tea kettle," she said. "The one we used was a grand one and pretty old. We had used it a long time. I thought here was a

good chance to get rid of it and get the new nickel one my soul craved. I would donate the old one to the widow's fund. When my husband came home I told him about my plans. He immediately put his foot down on the idea. He asked me if I hadn't read in the Bible how God required that the best lambs of the flock, without blemish or fault, be given as a sacrifice to Him. 'Well,' he said, 'here is a chance to test your religion. You go and buy a nickel-plated tea kettle and give it to the widow. We'll make the granite kettle do.' I did as he said and I tell you I felt better, realizing there is no real giving without sacrifice."

Arsenic to United States.

Canada retained its position in 1919 as the most important producer of arsenic for the United States market. Lower prices retarded American production during the year.

The United States production of arsenic in 1919, according to estimates compiled by James M. Hill, of the U. S. Geological Survey, Department of the Interior, was 5,900 short tons, as compared with 6,400 short tons in 1918. The imports of arsenic for the first nine months of 1919, as reported by the Bureau of Foreign and Domestic Commerce, were 1,389 short tons. The imports for the year will probably amount to about 1,550 short tons. Most of the imported arsenic went from Canada and Mexico, though some came from Belgium and Japan. The quantity of arsenic available for consumption in 1919 was about 7,450 short tons, as compared with 7,170 short tons in 1918. There were no exports either of foreign or domestic arsenic during the first nine months of 1919. Two American companies, who produced considerable arsenic in 1918, reported to the Geological Survey that they produced none in 1919 on account of low prices.

Sounds a Flier Hears.

Gliding in an airplane with engine switched off, the shout of a man can be heard distinctly at the height of 1,600 feet, the sharp note of a mole cricket at 2,500 feet, and the croakings of frogs at 3,000 feet.

At 3,225 feet a man's voice and the rolling of a cart can be distinguished; at 4,550 feet the roll of a drum and the music of an orchestra; at 5,000, the crowing of a cock; the sound of a church bell, and sometimes the shouting of men and women; at 900 feet higher still, the report of a musket and the barking of a dog.

The noise of a railway train penetrates to a height of 2,800 feet, and the whistle of a locomotive to nearly 10,000 feet.

English as We Speak It.

The other day a Toronto city school superintendent promoted a teacher to the English department in the High School. He was discussing the work with her when she suddenly said, "Oh, Mr. —, it's going to be so hard for me. You see I've always used so much slang and now when I teach English I won't dare use any more."

"Slang," ejaculated that superintendent, "Well, believe me, Alice, you'll have to cut that out now."

The Japanese eat more fish than any other people in the world.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Neuralgia, Toothache, Headache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, 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 also sell larger "Bayer" packages.

Aspirin is the trade mark registered in Canada) of Bayer Manufacture of Mono-acetic-acid-ester of Salicylic-acid. While it is well known that Aspirin means Bayer, manufacturers, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Curing a Mean Drive

Practically every factory of any size has one or more mean drives which seem to defy all attempts to correct them.

Up to date you're beaten—but that's because you want to solve the problem yourself.

Our transmission experts take more real satisfaction in solving mean drives than in selling belts.

Dominion Friction Surface Belting

has helped to solve many transmission problems, and we have yet to find a drive where it will not provide efficient satisfactory service.

Don't continue to waste your time and money on experiments. No matter how much experience you may have had, it is quite probable that our engineers have cured the identical kind of drive that has been worrying you for months.

It will cost you nothing to have one of our belting experts study your problem.

If he can't help you he will tell you so. If he can help you it will cost you only the price of a belt that will give a longer and more satisfactory service than any other belt has given on that particular drive.

The first step to that satisfactory service is a phone or wire to our nearest service branch.

Our Dominion Hose, Packing and Industrial Rubber Goods are all the Same High Quality, and as Dominion Friction Surface Belting.

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FIGHT THE FLU

By Using "KLEAN ALL" JAVEL WATER

A great Disinfectant for Toilets and Sinks.

Germs cannot live where it is used. Manufactured Specially for WHITENING AND TAKING OUT STAINS FROM WHITE LINEN AND COTTON WITHOUT BOILING. 12c. PER BOTTLE.

For sale at all Grocers.

The time wasted by some men in bemoaning their poverty would, if properly utilized, enable them to earn a good living. English railways have special types of cars to carry acrobats. England's tobacco bill for the year '19 in excess of \$250,000,000.

—BY BUD FISHER

MUTT AND JEFF—Mutt pulled a Keystone on the Operator.

