

THE STORY OF JOSEPH MARTIN

FEELS LIKE A NEW MAN SINCE TAKING "FRUIT-A-TIVES"



The story of Mr. Joseph Martin of St. Ursula, P.Q. reads like a modern miracle. His was an unusually bad case of indigestion. In his own words he writes: "For about 15 years I could not digest my food. For a year I could not work, I had no strength and I could hardly get up. I was like a dead man. I worked and did as much as I like and feel like a new man. Your 'Fruit-a-tives' have relieved me completely. I had to have a doctor without your remedy. I was under the care of a doctor for a year without getting any relief. I am thankful to you, as you have saved a marriage of dyspepsia."

"Fruit-a-tives" are different from any other medicine, being made of the intensified juices of fresh apples, oranges, figs and prunes combined with tonics. They will give you prompt relief. 25c. and 50c. a box—at all dealers.

Ease Sore Muscles! SORENESS and lameness disappear when Absorbine, Jr. gets on the job. No second-day stiffness when you use the magic bottle! Get the quick relief of this antiseptic liniment—it restores aches and pains—and restores limberness. Pack it in your grip when going away. W. F. YOUNG, Inc., Montreal, Quebec, Canada.

ITCHY PIMPLES ALL OVER FACE Bothered Over A Year. Cuticura Healed. "I was bothered with pimples for over a year. They were hard and small and scaled over and were scattered all over my face. The pimples itched causing me to scratch and my face was disfigured. I tried other remedies but without success. I sent for a free sample of Cuticura Soap and Ointment and after using it I got relief. I purchased more and in about two months I was completely healed." (Signed) Miss Kathleen Menzies, Northumberland St., Whitney, N. B., January 2, 1925.

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EYE GLASSES Correct glasses in time, save future trouble and bring sharp, well defined vision. R. ARTHUR OPTOMETRIST

How To Build Convenient Closets

Editor's Note—This article is one of a series on Furnishing, Decorating and Gardening as pertaining to moderate priced Canadian Homes. Copyright 1925, MacLean Building Reports, Limited.

My husband and I are "cranks" when it comes to closets! We want them light, airy, ample, easily cleaned, attractive! The houses we have bought, if they have had any closets at all, have been provided with the most unattractive, dark, stinky "cubby-holes" imaginable! The very worst detail of the home we now occupy was the kitchen cupboard. One look within its chock-late-colored depths made me shudder! It suggested dirt—and worse! Its walls were papered with dark brown paper, the shelves were deep and thick, the doors solid wood. I felt I could not live with that horror long, so the first doing-over was chosen to be that spot!

We took off the heavy doors at the top, leaving solid doors below for the cupboard reached from ceiling to floor. We substituted glass mill-order doors, with a single plain panel in each. The shelves were removed and all the wall paper taken off. As the walls were not in good shape, they were covered with wall board, and shelves graduating from a wide-width at the bottom to a rather narrow one at the top, four in all, replaced the old shelving. The whole closet was then given several coats of flat cream paint and one of enamel. To-day, that horror is the centre of a most attractive kitchen. All small supplies like spices are kept in glass jars; special emergency supplies or extra-nice jams and jellies are to be found at the top, while the two lower shelves hold the gayest bits of china used in the daily cooking—bowls, plates, pitchers. No one comes into our kitchen without exclaiming over that bright, attractive supply-closet. Of course, its doing-over led to other improvements in time, cream-painted walls, new bluish linoleums, etc., so that in truth, the whole atmosphere of the work centre of the house is transformed, cheerful, attractive and convenient, as it should be if one is to enjoy working in it. All bed rooms closets have been painted. It is not only because paint is more hygienic than paper and can be easily cleaned, but it looks fresh and dainty, as any clothes-proof should look. Two of our bedrooms had no closets. In these rooms we built corner closets of wall-board, measuring carefully so that not an extra inch would be used of room space that was needed, and yet that

there was width enough for clothes-pole, with which every closet is fitted.

Anyone who has used clothes-poles for hanging know how many more garments can go in a given space than with the old plan of hooks about the wall. The pole sets in a socket, so that it is removable. It is painted to match the wall color, and it hangs at the easiest height at which clothes may be hung, and all low space between them and floor. Above the pole is always a shelf, and not infrequently when ceiling-height allows, two.

Our most successful closet was made out of the unused waste front-end of the upstairs hall. This is about five feet square, opening into the largest bed room, which before we made the change had only a narrow, single closet to hold the wardrobes of two people.

Now the large closet has a window, shoe-shelves, two wide shelves above the clothes-pole, the lower of which has a hinged cover, which dropping down, rests on the shelves forming a hat-shelf. Closed, it makes a complete hat-case for six hats! All the work we did ourselves, my husband and I, except for the help he had in making over a very old door (which we purchased at a bargain) and hanging it.

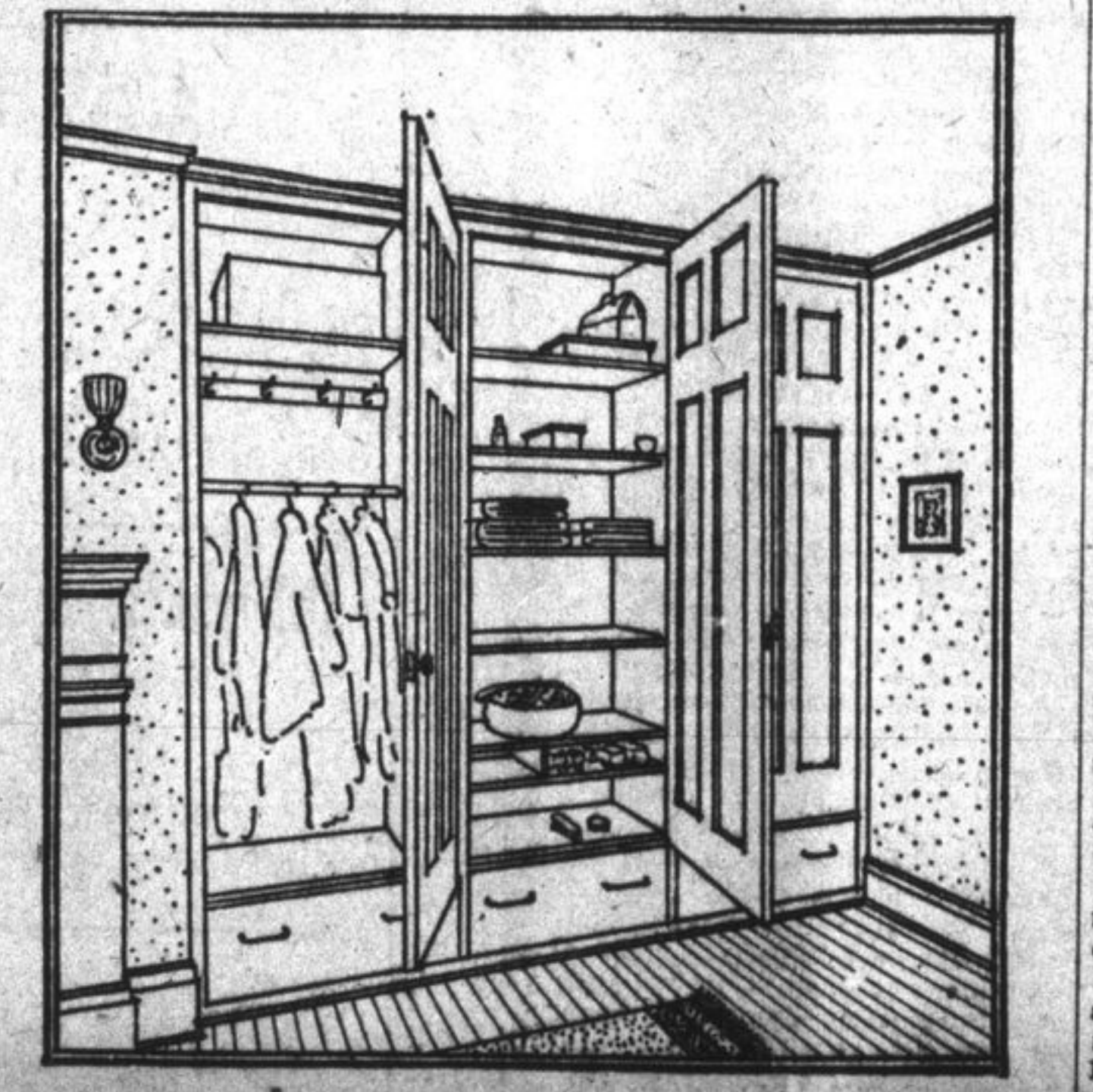
When the closet was finished there was still the space bordering the stair-railing in the hall, upstairs. We had no linen closet. We felt this space was the answer to our need!

THE DUTY OF A WOMAN

Is To Tell Her Ailing Sisters How New Health Can Be Obtained.

"The duty of one woman to another is to tell her. But the wrong advice is worse than no advice at all." "That," says Mrs. Florence Glebe, 311 Royal Apts, Merrick Street, Hamilton, Ont., is why I feel it my duty to give women a little information concerning Dr. Williams' Pink Pills for Pale People. In the first place I may say that I am a graduate nurse of one of our Hamilton schools of nurses, having had a number of years' experience in nursing nervous and other cases of women. "I may state that for the last three years I have not been feeling as I should. I have been under the care of our physician. He informed me that I would not improve until I took a change of climate. My symptoms were that I was tired out easily, pallid, short of breath. On going upstairs I had a rapid heart action and a weak feeling. If I entered a warm room I became hot and clammy. Black spots would float before my eyes, and I had sharp pains in my head. I did not sleep well at night and would wake up in bed. My appetite was feeble and I tried a number of medicines that were advertised, with no good results. I began to feel despondent as when I met friends they would say, "My, you look terrible." I lost in weight and in spirits. My husband came home one evening asking, as he usually did, how I was feeling, and at my answer said, "Well, try these," and he handed me a box of Dr. Williams' Pink Pills. He said try them anyhow, they may help you. I did try them and they surely gave me quick results. By the time I had taken four boxes I can honestly say I felt like a different person. I could hardly realize it myself. People I met would say, "Why you look splendid. What have you been taking?" My reply would be that I had been taking Dr. Williams' Pink Pills, and their answer usually was, "Well, they certainly have helped you." I now sleep well and eat well. The terrible sharp pain has left my head. My color has returned and the pills have given me new vitality. I am deeply thankful that my husband brought me the first box of Dr. Williams' Pink Pills. I will gladly tell anyone what these pills did for me, and you have full permission to publish this statement in the hope that my experience may help someone else.

If you will send your name and address to The Dr. Williams' Medicine Co., Brockville, Ont., a little book "Build Up the Blood," will be mailed you postpaid. This little book contains many useful health hints. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



AUSTRALIA AN OLD LAND, BUT A POLITICAL BABY

Geologically, the Methuselah among world land masses, Australia is economically as well as politically, the baby of the world. Her trees and plants, most of them, belong to an age inconceivably distant. Her mountains have been levelled off, pretty largely her valleys have been smoothed out and the whole appearance of her speltage—mighty age in an aged world. Her animals, practically all marsupials from the kangaroo rat to the man-sized great kangaroo of the great central plains are different from anything found elsewhere. The emu and cassowary, wingless or nearly so, the flying opossum, the Tasmanian devil, the tiger-striped Tasmanian wolf, the mysterious platypus or duck-bill, a mammal which swims under water, has web feet and the head of a bird, with a body covered with long brown fur, and which lays eggs, yet suckles its

BEFORE BUILDING

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NEWS OF ENGLAND GIVEN IN ITEMS

Oranges were cast up by the sea over four miles of beach near Highcliffe, Hampshire. The Earl of Wicklow presided at the opening of the new Masonic Hall at Grayston. It has been decided to hold the Henley Regatta this year, June 30th and July 1st, 2nd and 3rd. Contributions amounting to £18,500 have been received by the Royal Hospital for Accidents. The Royal stock sent from Windsor to the Slough Christmas Fair realized nearly £2,000. Arrangements have been made for the preservation of the warrant for the execution of Charles I. The South Suburban Co-operative Society was fined £5 at Croydon for delivering short-weight coal. Jack Hobbs, the noted cricketer, recently celebrated his forty-third birthday with a long day's golf. Dr. Foxley Norris, Dean of York, has been installed as Dean of Westminster Abbey. Mrs. Annie Young, aged 78, was frozen to death, while returning to her home at Gordon Hill Enfield. Walton Colwell has sanctioned a "houseboat on piers" beside the Thames as a temporary building. Frank Millard, a Bath butcher, aged 27, committed suicide by hanging himself in the cellar of his shop. Fred Lander, of Cambridge, a signal officer, fell in front of a light engine at Peterborough and was killed. Mrs. William Miles, a member of the board of guardians has been appointed Windsor's first woman J.P. Thomas Tyson Potts, of Peckham, has been acquitted on a charge of attempting to utter counterfeit coin. The Empire Press Union has arranged a banquet in honor of Vis-

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count Burnham, in London, on January 25th. James Pinch, of St. Kew, an exhibitor at the St. Columba poultry show, died in a chair in his sister's house. A gift of £50,000 for research work has been received by the London Hospital from an anonymous donor. Bernard Gormley, an old Blackburn street sweeper, was knocked down and killed by a light motor vehicle. Julian Hatton, of Earle Court, London, was sent to prison for twelve months for being in possession of heroin. Austin Taylor has been appointed chairman of Westminster Hospital in succession to the late Sir Edward Pearson. Joseph Barcroft, a Fellow of King's College, Cambridge, has been appointed professor of physiology in the university. A foreman named Turner, collapsed and died while in the act of making a present to the manager of a Bath laundry. Residents of Horsforth, Yorkshire, have agreed to a capital levy based on their rentals to raise £1,000 for charities yearly. The death has taken place at Hornsey, of Mrs. George Kerry, for fourteen years secretary of the Baptist Zenana Mission. E. G. Reveley, Aberavon, died from poisoning caused by a bite from a tarantula spider, while opening a barrel of apples. The members of the Bath City Council have decided to provide themselves with robes and caps for ceremonial wear. Sir Edward John-Ferguson, of Sprinkell, Dumfriesshire, fell on the frozen pavement in Bath and fractured his thigh bone. The death has taken place at Walthamstow, of Rev. J. E. Rattee, formerly Congregational minister at Abbots Roothing. Henry Herbert Lowe, a confessor, was sent from the Old Bailey to prison for three years for wrongful conversion of money. General Sir George Milne, presented the King's Shield and silver medals to the Depot Royal Marine Cadet Corps at Deal. Mrs. Grace Alma Stewart, of Peckham, was awarded £550 damages for being knocked down and injured by a bus in Cheapside. Miss Sargent, sister of the late John Sargent, R.A., has presented two water colors by her brother, to Birmingham Art Gallery. Mrs. Setter who died recently at Exmouth, has sailed round the world thirteen times in the boat on which her late husband was master. Lloyd George and Ramsay MacDonald will be among those who will address the World's Christian Endeavor meeting in London in July. The Belgrave Hospital for Children having raised £10,000, are now entitled to a like amount from the executors of the late William Shepherd.

Eczema Was So Bad Could Hardly Sleep Mrs. G. Jones, Kitchener, Alta., writes:—"I had eczema on my left hand, and my first finger was so swollen, sore and itchy I could hardly sleep at night. I got a prescription from my doctor, but it did me no good, so I finally began to take Burdock Blood Bitters. After I had taken three bottles I was completely relieved of my eczema, and would advise any one suffering from any disease of the blood to use B.B.B., as it's worth its price many times over." This valuable preparation has been on the market for the past 47 years; put up only by The T. Milburn Co., Limited, Toronto, Ont.

STRENGTH-SAVING Nowadays nearly everyone is impressed with the health-building and strength-saving merit of Scott's Emulsion of invigorating cod-liver oil. Millions of bottles are sold every year. A very little used regularly daily builds health and helps keep the body in strength. Scott & Bowne, Toronto, Ont.

Wake Up Tired? Look Out for Chronic Fatigue In thousands of cases that tired, unrefreshed feeling every morning is an almost sure sign of debility due to chronic fatigue. Chronic fatigue is an unnumbered ills—usually due to lack of sufficient organic iron in the blood. By restoring this iron to the blood Nuxated Iron quickly banishes chronic fatigue and gives new strength and vigor. Will not injure teeth or disturb the stomach. Take Nuxated Iron for 2 weeks. Money back if not improved. At all good druggists.

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Hemorrhoids Or piles are quickly relieved by Dr. Chase's Ointment. It is a serious matter to have piles and one person in four has them at one time or another. The annoyance and distress is great. It is difficult to obtain lasting relief. So much so that your physician may tell you that surgical operation is necessary. That is unless he is familiar with Dr. Chase's Ointment for many doctors recommend this treatment to their patients. For nearly half a century Dr. Chase's Ointment has been the never failing relief for itching, bleeding and protruding piles. It is now very generally known by the medical profession, and the public generally, as the standard treatment for this torturing ailment. Ask your friends about Dr. Chase's Ointment for "hemorrhoids" in this case. Relief comes quickly, and you can obtain the ointment at any drug store.