

How I Cured My Rheumatism

BY PETER SAVALA

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FIGMIES.

Pigmies, apparently of a single racial stock, are scattered over many parts of the world, and nobody can give a plausible guess as to how their distribution was accomplished. Wherever found they seem to be the earliest people—veritable aborigines—and all of them are much alike physically, though different somewhat in complexion. They are supposed to be more ancient than any other race now surviving on the globe.

To this race belong the so-called "monkey men" of the mountainous interior of India. Likewise the pot-bellied natives of the Andaman Islands, in the Bengal Gulf, who are said to "look like babies all their lives." These latter wear their hair in frizzly tufts and adorn themselves with necklaces made from the bones and teeth of defunct relatives.

In Madagascar are the Beahoy, black dwarfs, who, when pursued, jump from tree to tree like monkeys. They are so timid that sometimes they die of fright when captured.

In Ceylon are found the Veddabs, of whom not more than 2,000 are now left alive. Few of them are able to count up to three. They are of the same pigmy race, and unquestionably they were very anciently a numerous people, inhabiting that island when visited by the earliest of prehistoric explorers.

The bones of pigmy people are plentifully found on the island of Formosa, where doubtless the rest of them were wiped out by the Malays some centuries ago. Formosa is really a northern member of that great archipelago which we call the Philippines, though separated from the latter politically. Hence it is not surprising to find dwarfs of the same race to-day inhabiting Luzon and Mindanso, where they are called Aetas.

PINKHAM SAVES WIFE

From Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Pittsburgh, Pa.—"For many months I was not able to do my work owing to a weakness which caused backache and headaches. A friend called my attention to one of your newspaper advertisements and immediately my husband bought three bottles of Lydia E. Pinkham's Vegetable Compound for me. After taking two bottles I felt fine and my troubles caused by that weakness as a thing of the past. All women who suffer as I did should try Lydia E. Pinkham's Vegetable Compound."—Mrs. JAS. ROHRBERG, 620 Knapp St., N. S., Pittsburgh, Pa.

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For over forty years it has been correcting such ailments. If you have mysterious complications write for advice to Lydia E. Pinkham Medicine Co., Lynn, Mass.

"SALADA" Tea is Pure Tea, Fragrant and of Delicious Flavor, stimulating and refreshing. "Watch for the Name" on every genuine sealed packet.

"SALADA"

27 Years in Public Service.

THE ESKIMO

Not Dying Out, as Explorers Predicted.

One hundred years ago Sir John Ross navigated his ship through Medville bay and arrived at the edge of the ice field attached to the shores. To his amazement black dots were seen rapidly approaching over the vast expanse of ice. What could it be? Eskimos and their dog teams! The most northern people in the world. Eagerly the big ship and in detail everything connected with it.

Donald B. MacMillan, Arctic explorer, in recalling this bit of meagre history concerning the far north, relates that through an interpreter the Eskimos asked Sir John where he came from.

"From the south," he told them.

"That is impossible," they said. "No one could live down there. All our ice goes off in that direction. It must be now filed up with ice."

Doctor Kane, in 1853, and Doctor Hayes, in 1861, found but a small population, and stated that in a few years undoubtedly the race would vanish. There are more there to-day than there were then, and they are increasing rapidly. In 1909 the total population of these northern shores numbered 218; in 1917, 261.

Dr. Martel's Female Pills

For Women's Ailments

A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half a century in Patent Tin Hinge Cover Box with Signatures "Knickerbocker Remedy Co." across side. Accept no other. At your Druggist or by Mail Direct from Knickerbocker Remedy Co., 71 Front Street East, Toronto, Can., upon receipt of price, \$2.00.

Aspersions of Nationality

(New York Evening Sun.)

The recent action of the Newark Board of Education in deleting "The Merchant of Venice" from the volumes of Shakespeare's plays used in the public schools on the ground that the character of Shylock slandered the Jewish race has not passed unnoticed.

At a dinner of the League of Scottish Veterans of the World War at an uptown hotel a resolution was adopted calling upon the American people to extend the same courtesy and privilege to Scotland, and accordingly demanding that "to remove anti-Scottish prejudice the play of 'Macbeth' be barred from reading courses in American schools." The resolution goes on to deplore the traducing of the glorious clan of the Macbeths and the whole Scottish race by Shakespeare's misrepresentation of Macbeth as a traitor and murderer. It is thrice and four times unfortunate that such unjustified inferences should have injured the feelings of the Scottish veterans in this happy Yuletide. Surely Macbeth was not considered as a representative Scot by the Swan of Avon, but rather as a rude northern barbarian, of barbarian habits. Dr. Johnson's dictionary contains a definition of oatmeal as a grain used to feed horses, but eaten by the population in Scotland. Yet this great dictionary is still used in Edinburgh and Aberdeen.

Were not the Scottish veterans over-sensitive, as much so as the Jew-

Minard's Liniment Cures Dandruff.

TAPIOCA TIPS.

Read Them and You Will Not Be Apt to Be Sorry.

Friends, do you realize what a good article tapioca is? No, well listen—Apart from the many delicious deserts, it can be used, rightly prepared for soup thickenings, gravies, cereals and as a cereal by itself.

Stew tomatoes the regulation way, five minutes before serving add one tablespoonful of granulated tapioca to about one pint (or more) tomato, boil for five minutes then serve.

Pudding, use one quart of fresh milk, half a cup of sugar, a pinch of salt, one teaspoonful of vanilla, two large tablespoonfuls of tapioca, is made by mixing, then baking for one hour, stir three times, then brown it; serve cold.

For variety four teaspoonfuls of cocoa and a pinch of cinnamon are mixed with the sugar, added to milk and finished as above. Serve icy cold.

Minard's Liniment Cures Burns, Etc.

Decay of Home Life

(Woodstock Sentinel-Review.)

If home life is decaying—and there are many evidences that it is—it is a matter of serious concern. Where is the responsibility?

There are many influences at work, no doubt. The spirit of independence is in the air. It is not a bad thing in itself, but may be easily carried too far. It goes too far when it leads to the denial of all authority. Opportunities for earning money make it easy for young people to become self-reliant. Self-reliance is a good thing in itself; but it, too, may be easily carried too far when it threatens the destruction of home influence.

And yet there never was a time when it was so easy to make home life attractive. A good deal of what is best in the world is now within reach of people with very moderate means. The development of the talking-machine has brought much of the world's best music within reach of practically everyone. Good books are cheap and plentiful, and there are public libraries in every town and almost every village. The daily newspaper is so cheap that it is not appreciated. Modern processes have made it possible for practically everyone to obtain at least a small collection of beautiful pictures.

All that seems to be lacking is the taste for beautiful things and the desire to satisfy it. But this, indeed, is a most serious lack. There is a very curious legend which tells how the Saviour was going along the road one evening when He came upon a young woman in distress. She was cold and homeless and hungry. He directed her to a house where she found all she needed, and where she remained until she became his mistress. Then, one day, after she had become mistress, the Saviour, in the appearance of a poor man, came to her and asked her for some bread. She offered him some cold potatoes, not wishing to give up good bread. He revealed Himself

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DR. WARD The Specialist

75 NIAGARA SQUARE, BUFFALO, NEW YORK.

Men, Are You In Doubt

As to your trouble? Have you some skin eruptions? Is your skin itchy? Have you a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and dependent, weak and debilitated; tired morning; no ambition—irritability; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there falling power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AFFECTIONS

Weak and relaxed state of the body, nervousness, depression, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unusual sleep, dry, itchy, under-eyes, weakness or pain in back, shoulders, gynecoid, gynecoid, headache, loss of weight, insomnia. Dr. Ward gives you the benefit of 15 years' continuous practice in the treatment of all chronic, nervous and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 25 years in treating men and their ailments.

Dr. Ward's Methods Unrivaled, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are missing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

Specialist in the treatment of nervous conditions, nervous exhaustion, backache, lumbago, rheumatism, stomach and liver troubles, acute, chronic diseases, catarrh, asthma, neural troubles, piles, flatulency and blood conditions.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

75 Niagara Square, Buffalo, N. Y.

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ISSUE NO. 5 1920

FARMS FOR SALE

\$13,000 — 2 ACRES BEARING fruit, cherries, plums, apples, currants and berries, vineyard of 15 acres in best condition and best varieties, frame dwelling and good barn, convenient to station and road, 1 mile from Hamilton. Return \$500 and property show profitable investment. J. D. Biggar, (Regent 384) 25 Clyde Block, Hamilton, Ont.

180 ACRES STRONG SAND LOAM, 20 acres hardwood timber, mostly large body trees, 15 acres pasture land, 9 room rough cast house, bank barn, cement floor, hog pen, other outbuildings, silo rack, litter, apple orchard, 1 mile from churches and school, on gravel road adjoining stone road, north and west from Waterloo, 15 miles from Hamilton. J. D. Biggar, (Regent 384) 25 Clyde Block, Hamilton, Ont.

\$10,000 CHOICE PEACH FARM, near Vineland station, 1 storey frame house, 8 rooms, bath and toilet, hardwood floors, large verandah, cement cellar, good barn and stable, with cement floors, 20 acres of land, good water hard and soft, in addition to the peaches there are apricots, cherries, good assortment of small fruits, well located. A money-maker and will take city property in exchange. J. D. Biggar (Regent 384) 25 Clyde Block, Hamilton, Ont.

94 ACRES CLAY LOAM, LEVEL, 1/2 mile from stone road, and 7 miles southeast of Hamilton, 9 room brick house, cement cellar, 2 wells and cistern, 2 bank barns, one 30x70 the other 30x40, drive house, 24x30 chicken house, pig pen, 4 acres apples bearing, 10 acres fall plowing. For sale at a bargain with or without stock and implements. Immediate possession. J. D. Biggar, (Regent 384) 25 Clyde Block, Hamilton, Ont.

MISCELLANEOUS

PAY YOUR CITY TAXES by Dominion Express Money Orders. Five Dollars costs three cents.

RAW FURS BY PARCEL POST. What have you? What price? Reid Bros., Bothwell, Ont.

WANTED—POTATOES AND APPLES. Any quantity, will pay highest price. Apply D. B. Gordon, Cor. Macaulay and Mary Sts., Hamilton, Phone Regent 3048.

FOR SALE

KNITTING YARN—MADE IN CANADA. Red, cross, grey and black only, will clean at dollar and quarter per pound; sample skein thirty cents. Georgetown Woolen Mill, Georgetown, Ont.

PAIR PRACTICALLY BLACK FOXES, es, also twenty other pairs. Reid Bros., Bothwell, Ont.

HELP WANTED

WANTED—OAK CABINET WORKERS on oak cabinets. Reid Bros., Bothwell, Ont.

WOOLLEN MILL HELP WANTED. We have openings for female weavers and handloom weavers. Special consideration shown apprentices. In teaching this work and good wages while learning. We offer permanent employment, and experienced operatives earn high wages. Other openings for weavers. Full particulars will be given upon request. Write us, The Slingby Mfg. Company, Ltd., Brantford, Ont.

MAN WANTED TO WORK AT PORT. Able Saw Mill, also Bush work, and Teamsters. Apply H. G. Cockburn & Son, Guelph, Ont.

POULTRY WANTED

HENS WANTED ALIVE IS CENTS A pound, any size, F.O.B. your station if within 200 miles of Toronto. A Ship C. O. D. in crates or bonneted opal crates. Write us, Lewis, 688 Dundas St. W., Toronto.

WANTED.

LADIES WANTED. TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; National Manufacturing Company, Montreal.

HIS LIE WAS BEST.

Picked Up Four Bushels of Legs After One Shot.

A party of gentlemen at a hotel were telling stories one night recently of famous shots and how many quails, partridges, ducks and other birds had been killed at a single discharge. After listening to what seemed a wilful exaggeration by different narrators, a stranger who was present volunteered his experience of his only use of the fatal double-barreled gun as follows:

"I went into the field one day to try gunning. The only game discovered was an immense flock of blackbirds. I should say there were 10,000 in the flock. Slowly I crawled up to them, and when not more than four rods away the birds rose in a solid mass. I fired both barrels and how many do you think I killed?"

Different guesses were made by the party ranging from 20 to 100.

"Not one," said the stranger, "but I went out with my brother to look for the results, and I picked up four bushels of legs. I had shot a little under."

WORTH KNOWING.

Cut steel buttons may be polished with powdered pumice stone, slightly moistened and applied with a soft brush or cloth.

A serviceable addition to the invalid's workbasket is a small horse-shoe magnet fastened to a ribbon or tape of sufficient length that it can be dragged to the floor to pick up scissors or needles.

Nothing is so unsightly in a pantry or closet as a number of tin lids pitched loosely on a shelf. One woman has overcome this effect by nailing a narrow strip of wood to cleats, about ten inches under the high pot shelf in the pantry. In the space thus made the lids are slipped. The handles prevent slipping and they can be had at a moment's notice. Ranged according to sizes, hunting for the right lid does not waste one's time.

A clinical thermometer for taking temperatures is indispensable in any home. If, when inserted under the tongue, it shows a rise from normal (98 to 98½ degree) to 100 or so, a feverish condition is revealed that needs attention.


Leather that has become dull and shabby-looking may be very much improved in appearance by being rubbed over with the white of an egg, well beaten.

It is always advisable to polish new boots before wearing them, and in order that they should take the blacking well it is a good plan to rub them over first with a cut lemon. Leave them to dry thoroughly, then black in the usual manner and the polish obtained will be most satisfactory.

Strike while the iron is hot. Even cold cash can be warmed over.

When Fatigued

AcupoOXO is both refreshing and invigorating. Ready in a minute—the minute you want it.



AcupoOXO CUBES

AGRICULTURE
EXPERIMENTAL
MEETINGS
Useful Discussion
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Experts Advise
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Burwash, U. M.
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Tawa; Secretary,
Assistant Secre-
Squirell, O. A.
Mason, O. A. C.
Creelman, O. A.
St. George, Ont.
M. P. E. Exp-
Burwash, U. M.
Treasurer, J. W.
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hand of \$1,622.
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