

honey, per doz.,  
Hams, med., 24 to 36 to 40c; smoked cottage rolls, 25 to 30c; 25 to 30c; speck, 30 to 35c; to 38c.  
Clear bacon, 13 1/2 to 20 1/2c;  
bacon, 14 to 14 1/2c;  
bacon, 15 to 15 1/2c;  
Shortening, tierces, 14c; prints,  
No. 2, 59 to 60c;  
No. 1, 60 to 61c;  
Flour, Man. 1st, \$7.50; Rol., \$2.85 to \$2.90;  
Hay, \$27 to \$28;  
Cheese, finest Potatoes, per  
good fat cows, \$4.75  
bulls, \$5.25;  
weighing  
butters, \$2.75;  
calves, \$8 to \$10;  
select, \$11.50

**WHY BEAUTY FADES**  
**A Condition Due Entirely to Poor, Watery Blood.**  
The girl who returns home from school or from work thoroughly tired out will be fortunate if she escapes a physical breakdown, because this getting tired so easily is probably the first warning symptom of a thinning blood that must not be disregarded if her health is to be preserved.  
When the blood becomes thin and impure the patient becomes pale, haggard and angular. She not only tires out easily but suffers from headaches, palpitation of the heart, dizzy spells and a loss of appetite. This condition will go from bad to worse, if prompt steps are not taken to increase and enrich the blood supply. To make the rich, red blood, there brings the glow of health, no other medicine can equal Dr. Williams' Pink Pills. If given a fair trial their use brings rosy cheeks, bright eyes, a good appetite and good spirits. Dr. Williams' Pink Pills have made thousands of pale, languid girls active and strong. On the first sign of poor, thin blood mothers should insist upon their daughters taking a fair course of these pills. They will not only restore health, but will save further doctor bills.  
Dr. Williams' Pink Pills can be obtained from any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**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.  
Smashing plate glass windows in Parry Sound was recently the afternoon's work of a person named Stephen Zowisluk. Since that occurred this eccentric individual has been given the extraordinary sentence of 40 years imprisonment, by a kindly judge who showed pity for Stephen and granted Stephen's request for a long term in jail. This is a deplorable case—that of a man who might have been of some use in the world leading a worthless life. Examination by a doctor showed that the window-smasher is not insane, but of low mentality. He is probably unable to read or write, even in his own language, at all. He has never attended a school, never given an physical or when young, never been a mental examination. Oh, the sad fate of an uneducated man! What an folly of us is now to the community, we state that you and I and the other fellow have to support by paying taxes. And the worst feature of it all is that there are thousands of

**Will your "Good Morning" last all day?**  
Easy to start from the breakfast table with zest and enthusiasm, but how easy is it to keep on? Does ambition last, or lag, as the day develops?  
The afternoon "slump" is a factor to be counted upon, in business or social life.  
Usually, there's a reason.  
Nerves whipped by tea or coffee won't keep on running, and they won't stand constant whipping.  
Many a man or woman who has wished the afternoon would be as bright as the morning has simply been wishing that the nerves wouldn't have to pay the natural penalty for being whipped with the caffeine drug.  
Postum gives a breakfast cup of comfort and cheer, without any penalties afterward. There's no "letting down" from Postum—no midday drowsiness to make up for midnight wakefulness; no headaches; no nervous indigestion; no increase of blood pressure.  
Think it over. There's full satisfaction in Postum—a cup of comfort for anybody (the children included), any time.  
You can get Postum from your grocer or your waiter today, and probably you'll begin to have better tomorrows, as so many thousands have had, who have made the change from tea and coffee to Postum.  
Postum comes in two forms: Instant Postum (in the made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.  
**Postum for Health**  
"There's a Reason"

**MINARD'S LINIMENT FOR GARGET IN COWS.**  
A Californian bank has installed a device which it is believed will protect its vault from safecrackers. Huge bottles of mustard gas have been placed inside the heavy steel door, and so arranged that the slightest jar will break them, allowing the deadly contents to escape.  
Minard's Liniment for Distemper.  
The longer you gaze on an obstacle the bigger it becomes.  
**Classified Advertisements.**  
BELTING FOR SALE  
ALL KINDS OF NEW AND USED belting, rubber, canvas, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.  
**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF - TORONTO  
**DANDERINE**  
Stops Hair Coming Out; Thickens, Beautifies.  
35-cents buys a bottle of "Danderine" at any drug store. After one application you can not find a particle of dandruff or a falling hair. Besides, every hair shows new life, vigor, brightness, more color and abundance.  
America's Pioneer Dog Remedies  
Book on **DOG DISEASES**  
and How to Feed and Mailed Free to any Address by the Author. The Gray-Stovos Co., Inc., 118 West 21st Street, New York, U.S.A.  
**USE SLOAN'S TO EASE LAME BACKS**  
YOU can't do your best when your back and every muscle aches with fatigue. Apply Sloan's Liniment freely, without rubbing, and enjoy a penetrating glow of warmth and comfort.  
Good for rheumatism, neuralgia, sprains and strains, aches and pains, sciatica, sore muscles, stiff joints and the after effects of weather exposure.  
For forty years pain's enemy. Ask your neighbor. Keep Sloan's handy.  
At all druggists—35c, 70c, \$1.40.  
Made in Canada.  
**Sloan's Liniment**  
ISSUE No. 3—22

**WHY BEAUTY FADES**  
**LINERS OR CRUISERS**  
**IN THE FUTURE**

**A Condition Due Entirely to Poor, Watery Blood.**  
The girl who returns home from school or from work thoroughly tired out will be fortunate if she escapes a physical breakdown, because this getting tired so easily is probably the first warning symptom of a thinning blood that must not be disregarded if her health is to be preserved.  
When the blood becomes thin and impure the patient becomes pale, haggard and angular. She not only tires out easily but suffers from headaches, palpitation of the heart, dizzy spells and a loss of appetite. This condition will go from bad to worse, if prompt steps are not taken to increase and enrich the blood supply. To make the rich, red blood, there brings the glow of health, no other medicine can equal Dr. Williams' Pink Pills. If given a fair trial their use brings rosy cheeks, bright eyes, a good appetite and good spirits. Dr. Williams' Pink Pills have made thousands of pale, languid girls active and strong. On the first sign of poor, thin blood mothers should insist upon their daughters taking a fair course of these pills. They will not only restore health, but will save further doctor bills.  
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**QUESTION OF BUILDING BATTLESHIPS.**  
**Let Britain Turn Out Speedy Liners to Keep Her Yards Busy, Says an English Writer.**  
Consternation reigned throughout the big shipbuilding centres when the announcement rang through the country that the Washington Conference was to end the battleship building business for at least ten years, says a London writer.  
The taxpayer doubtless omitted a sigh of relief which might have been heard in every Income Tax office in Britain.  
But 30,000 workers in the steel works and shipyards were heavy-hearted when, in the four big ships that had been scrapped, they saw disappear the prospect of three years' employment, and a total wage bill of \$110,000,000.  
The Alternative.  
To mitigate the disappointment occasioned, the Government issued a quick reminder that the work had only been provisionally stopped.  
But now that a ten-year naval holiday has been proclaimed, and the great armies of shipyard and steelworkers to sit down and weep disconsolately because their battleships are not?  
In brief, is there an alternative to keep the shipyards going? There is. The same engine-power, the greatest in the world, which was to be applied to the suspended battle-cruisers, employed in the propulsion of first-class Atlantic liners, would revolutionize Transatlantic travelling, and open the door to a new and prosperous trade.  
Instead of the four battle-cruisers,

which would earn no money, four new Lusitanias could be built. That old emperor of the Ocean could only totter at twenty-five knots an hour. A new Lusitanian with the engine-power suggested, could do thirty-five knots, or forty land miles an hour, and the Atlantic could be bridged in two and a half days. Experts declare this proposition to be perfectly feasible.  
Save a Day and a Week.  
A ship that could span "the world" in a trifle over fifty hours would create for herself an absolutely new clientele. The business man assailed by desperate anxieties, or eager to close a bargain, might find it possible to rush the Atlantic both ways inside a week.  
The holiday-maker and tourist, with only three weeks at his disposal, could "do Europe" easily and be back in America within the prescribed limits of his vacation.  
It is an established fact, also, that the Atlantic passenger is notoriously fond of travelling in the popular belief. When the Lusitanian was in her heyday, cracking the record an every run, she left New York one day, packed from stem to stern with keen enthusiasts, while another steamer left New York an hour later with less than a hundred disgruntled passengers aboard.  
Records That Need Breaking.  
If trade follows the flag, passenger traffic follows the popular ship.  
Since the advent of the Lusitanian and the Mauretania, fourteen years ago, this ancient competition for the fastest ship and the record run has been allowed to fall into disuse. The consequence is that the allurements to the sporting instincts of the public to travel in the fleetest ship have disappeared, and the traffic that goes with the boat that beats the record has subsided.  
The remedy is to bring back the record-breaking Atlantic liner. A new trade at the best rates will be created, and the proposed Lusitanias would pay.  
There is only one passenger liner in the world to-day capable of doing twenty-five knots—the Mauretania. The best of the others do only twenty-two and a half knots. Among battle-cruisers, the Hood and the Renown, in which the Prince of Wales is travelling, can notch thirty-two full knots an hour. That doesn't say much for the enterprise of Britain's great shipping companies.  
The kind of enterprise needed to-day to help Britain and her shippers might be exemplified from the life of Sir Wm. Pearce, the great Clyde shipbuilder of last century.  
He told the first Lord Inverclyde, chairman of the Cunard Company, that he had the designs of two ships which were designed to cross the Atlantic in about five days, and if the Cunard boats himself and run them against his company.  
Lord Inverclyde demurred, and tried to haggle for one ship; but in the end the indomitable Sir Wm. Pearce got his way, and the orders for the two boats were placed.  
This same enterprising gentleman, during a period of dullness in shipbuilding, built two grand steamers, the Queen Victoria and the Prince of Wales, for the Isle of Man service. With two Manchester gentlemen behind him, these ships were run in competition against the boats of the existing company.  
They proved so much faster that bills were posted in Douglas every day, intimating that the Queen Victoria or Prince of Wales would leave one hour after the regular steamer of the opposition company, and be in Liverpool before her.  
This feat was actually performed day after day, a new record being set up for the seventy-five miles' journey in two hours fifty-eight minutes.  
"What Has Been Done—"  
The result was that the people travelling to and from the Isle of Man flocked to the Clyde-built boats. The spectacle was witnessed of their decks crammed with cheering enthusiasts, shouting cynical remarks to the handrails on board the opposition boat as they led the way into the Mersey.  
In the end, these boats proved so exceedingly popular that the local company was compelled to buy them out, and, like Charley's aunt, they are running still, and earning good money for the company.  
Build the Lusitanias, then! Break the Atlantic records by a day and a half. Restore all the old enthusiasm of Atlantic travelling in a ship that can chip miles off anything afloat, and the crowds will follow.  
There need be no fear of their not paying. They will create a new traffic on the Atlantic for themselves. That's the way to supersede the battleships, and help Britain's hard-put-to-shipyards.

**WINTER WEATHER HARD ON LITTLE ONES**  
Our Canadian winters are exceedingly hard on the health of little ones. The weather is so severe that the mother cannot take the little one out for an airing. The consequences of that baby is confined to overheated, stuffy, ventilated rooms; taken cold and becomes cross and peevish. Baby's Great Tablets should be given to keep the little one healthy. They are a mild laxative, which regulates the stomach and bowels and thus prevents colic. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.  
**Where Do Fairies Hide Their Heads?**  
Of Where do fairies hide their heads? When snow lies on the hills—When frost has spoiled their mossy beds.  
And crystallized their rites? Beneath the moon they cannot trip In circles o'er the plain; And draughts of dew they cannot sip Till green leaves come again.  
Perhaps, in small, blue diving-bells, They plunge beneath the waves, Inhabiting the wreathed shells That lie in coral caves.  
Perhaps, in red Vesuvius; Charonals they maintain; And cheer their little spirits thus, Till green leaves come again.  
When they return there will be mirth, And music in the air, And fairy wings upon the earth, And mischief everywhere.  
The maids, to keep the elves aloof, Will bar the doors in vain; No key-hole will be fairy-proof, When green leaves come again.  
—Thomas Haynes Bayly.  
**MONEY ORDERS.**  
The safe way to send money by mail is by Dominion Express Money Order.  
**Little Happinesses.**  
When Ibsen makes one of his characters exclaim of the burning of her house, "It was the loss of the dolls that mattered," he touched one of the hard facts of life. It is often easier to bear with fortitude a catastrophe than to endure the loss of things that, though trivial, are intimate. To surround yourself with little happinesses is one of the great secrets of joyous living, and some of the most fruitful happinesses of all cost nothing: a friendly word, a smile, a generous thought, a trifling but kindly deed.  
**"Cascarets" if Sick Bilious, Headachy From the Bowels**  
Get a 10-cent box now. You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passage every few days with salts, cathartic pills or castor oil? Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascarets physic to-night will straighten you out by morning.  
**PNEUMONIA**  
and other Lung Diseases  
Claims many victims in Canada and should be guarded against.  
**MINARD'S LINIMENT**  
is a great preventative, being one of the oldest remedies used. Minard's Liniment has relieved thousands cases of Grippe, Bronchitis, Sore Throat, Asthma and kindred diseases. It is an enemy to germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.  
Minard's Liniment Co., Ltd.,  
Yarmouth, N.S.

**Life is an Echo.**  
An echo is like the sound which calls it out. The echo from a deed is exactly like the deed in character and quality. It cannot vary from that which produced it any more than our reflection in a mirror can be different from the image we present. Our life is merely the echo of the sum of our thoughts, of our words, of our motives, of our efforts, and the echo will be pleasant or disagreeable, joyous or sad, rich or poor, just as is the life which inspired it!  
**A Slight Difference.**  
Marriage is never a failure, but often the contracting parties are.  
Nicaragua this year for the first time produced enough cotton to begin its exportation.

**LEACH'S TROUBLES ARE OVER AT LAST**  
**FIVE YEARS OF WORRY AND ILL HEALTH OVERCOME.**

**Went for Days Without Eating and Even Slept of Food at Times Made Him Sick.**  
"I certainly am glad to thank Tanlac and give it a fair trial, for since taking it I'm eating better, sleeping better and feeling better than I have in years," said Henry Leach, well-known citizen residing at 766 Page Ave., Toronto, Ont.  
"Four years ago I had a spell of grippe which lasted five years ago. I've been having attacks of indigestion and other troubles since, and I was so weak I used to go for days at a time without eating anything, and even the sight of food just made me want to leave the table. Even what little I did eat seemed to do me no good. Nights I often dozed with gas until my heart acted so queerly I dared not try to lie on my left side. Many times I got so dizzy it looked like I would surely fall. I had terrible headaches, and dull pains all through my body. I got scarcely any sleep and always felt tired and dull."  
"At last my wife persuaded me to try Tanlac. I took three bottles before it seemed to help me the least bit, but after that I improved wonderfully and now I'm a well man, and I mean to say by that I haven't an ache or pain of any kind. I sleep like a log every night, and am always ready for a hearty breakfast in the morning and a big day's work. There's certainly nothing like this wonderful medicine Tanlac."  
Tanlac is sold by leading druggists everywhere. Advt.

**Helping the Caterpillar Crawl.**  
We have all seen how the caterpillar tractor or the war tank operating on the same principle gets over obstacles. It bumps over them with much incidental strain on the machine.  
A Frenchman, Josephus Moine Ollivier, has patented in this country a contrivance that will enable the caterpillar to crawl smoothly and easily over anything it comes across, accomplishing its track laid down before it as it travels to every irregularity.  
The secret lies in a sort of worm, eighteen inches or more in diameter, which runs through the middle of the machine, almost from one end to the other. The outer coat of the worm is of rubberized fabric, made flexible so as to be indented with all the bumps formed by the under layer of this outer coat is filled with water.  
Pivoted to the edge of each of the caterpillar's wheels is a bar, the other end of which terminates in a stirrup that is always held fast to the above-mentioned worm. Thus the worm, being elastic, controls the elevating or depressing of the wheels as the latter pass over irregularities of ground, and at all times keeps the caterpillar's feet in contact with the ground with an equal pressure.  
The movement of the machine becomes, thanks to this elastic arrangement, an easy and smooth glide, like that of a real caterpillar. Watch the insect travel and you will get the idea. It could not move in that way if it had a rigid skeleton.  
Thus improved, the machine (so the inventor claims) affords easy riding, and not being subjected to violent strains and shocks, its length of life is greatly extended.  
The great Kiel plant in Germany, from which came so much of the war material, has now taken up more peaceable pursuits in the manufacture of street cars. These cars are made from the lumbering and rumbling tanks, and armored motor cars of all kinds.

**Mother! Clean Child's Bowels With California Fig Syrup**  
Even a sick child loves the "fruity" taste of "California Fig Syrup." If the little tongue is coated, or if your child is listless, cross, feverish, full of cold, or has colic, give a teaspoonful to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the constipated poison, sour bile and waste out of the bowels, and you have a well, playful child again.  
Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child tomorrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

**CUTICURA HEALS PIMPLES**  
In terrible rash on face which made skin sore and inflamed. Irritated face by scratching and was disfigured. Could not sleep well and made feel unpleasant. Trouble lasted 3 months before used Cuticura and after using 2 cakes of Soap and 1 box of Ointment was completely healed.  
From signed statement of Miss Gladys Neabel, R.R. 3, Brussels, Ont.  
Cuticura Soap, Ointment and Telcum promote and maintain skin purity, skin comfort and skin health often when all else fails.  
Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, St. Paul St., Montreal.  
Cuticura Soap shaves without mug.

**COARSE SALT LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF - TORONTO  
**DANDERINE**  
Stops Hair Coming Out; Thickens, Beautifies.

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Yarmouth, N.S.

**Genuine BAYER ASPIRIN**  
WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?  
Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for  
Colds Headache Rheumatism  
Toothache Neuralgia Neuritis  
Earache Lumbago Pain, Pain  
Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-acetic Acid of Salicylic Acid. While it is well known that Aspirin means Bayer, manufacturers to avoid the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."