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DOCTOR TLING OFFER

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The price tag on Stanfield's Unshrinkable Underwes offers you the best underwear value in Canada. Buying wool in enormous quantities, enables us to obtain the lowest prices.

Making hundreds of thousands of garments each season, keeps down the cost

of production. The steady demand for Stanfield Unshrinkable Underwear in every section of the Dominion, means a very light marketing expense.

Thus, Stanfield's Unshrinkable Under-

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Made in combinations and two-piece suits, in full length, knee for men and women. Stanfield's Sleepers for growing children (pat.)

For sample book; showing weights and textures, write STANFIELD'S, LIMITED, TRURO N.S.



"Bridget "Yis, mum?" as I told you?"

"Yis, mum. I biled it for two hours. Ain't it done?"

Minard's Liniment for Distemper.

Long-Lived Trees.

The longest lived trees in Northern Europe are the pines of Norway and "Did you boil this drinking water, Sweden, but 570 years is their greatest period. Germany's oldest oaks WORDS OF PRAISE FOR live little more than 300 years.

Be quick at figures, but slow to

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

many children examined, in fact over In cases of infants not fed at the fruit;
one thousand, and would you believe breast, whole milk is absolutely necit, over half this number showed essary if the proper feeding is to be And some to keep the hearthstone physical defects of one kind or an-given. other. In one instance it was defectione of the greatest causes of mal- Some for the roof and some for the tive hearing, in another defective nutrition in young children is mistonsils, in another some skin disease, the case of so-called "spoiled" chil-

the same, and the regrettable part of leads a most irregular life that is it is that so many of these defects anything but good for its health. The could be corrected in early life if the child rises in the morning when it trouble was not allowed to develop. Ekes, ea's the kind of breakfast it Outside a dog was barking shrilly, of "Pape's Diapepsin" your indigestion directions for bables and children of resort, and an ideal place for the uptain; botts its food at midday and class. When Mrs. Brown opened the door from a sour, acid stomach ends. Corget an imitation fig syrup. bringing of children. It is, in so far not take any time for rest in the entry she saw a small but lively black-and-rect your stomach and digestion for a as the country air and surroundings afterneon. Between meals the child tan dog alternately barking and dig few cents. Each package guaranteed go, but in some other respects it is eats candy, ice-cream, soft drinks and ging under a large box while Jimmy, a by druggist. n) more conducive to health than the other things that impair its digestion mischievous small boy who lived in the ety. For instance, children in the yet bring very little nutrition to the block, was jumping round and urging Sountry often do not get the oppor-growing child. When evening comes, him on. The cause of the excitement, A tiny magnet has been designed tunity of being examined for physi-there is no regular bedtime arranged, Mrs. Brown soon learned, was a for-for picking a single phonograph needle cal defects and consquently they drift and the child roams the streets with lorn-looking little kitten that had from a cup. along to adult life oftentimes impair- other boys, perhaps learning bad taken refuge under the box. "Why, ed in health and physique, when with habits, and getting totally out of Jimmy!" she cried. "You mustn't do a little foresight in youth they might parental or motornal control. These that; it's very wrong! I'm sufprised

personal hygiene. Many farms are responsibilities towards their children Jimmy straightened like a flash; he not equipped with suitable bathing if the coming generation is to be im- was neither frightened nor ashamed, treated with serum injections. facilities and so the warm bath week- proved or even kept at the present "No'm, I ain't," he replied. "I'm sayly and the daily sponge of the body level.

A few weeks ago I was down in are oftentimes neglected. The question use them for my little ones." The Fastern Ordario and spent some time of keeping one's body clean is one of Tablets are sold by medicine dealers in the rural districts, many miles from the most important in the whole range or by mail at 25 cents a box from The James was newly married, and he even a town. I was interested in the of public health. Then again the Dr. Williams' Medicine Co., Brockville, arrived home one day to find a pie of health of these people that I met and question of milk must be considered. Out. was particularly interested in the I heard a doctor say not long ago that health and general condition of the there were far too many cream separchildren. In some cases an examina- ators in this province. That may or tion was made of the boys and girls may not be so, but one thing is cer- Many a tree is found in the woods at school, the very ones who were sup- tain, we should not impoverish the And every tree for its use is good; posed to be in good health and who milk at the expense of babies and Some for the strength of the gnarled never had a doctor to see them since young children, who would thrive betthey were born. There were a good ter on whole milk than on skim milk. Some for the sweetness of flower or

eased management. This often harmens in And some for a in another rheumatism, and in yet dren who get out of control and do In the wealth of the wood since the another heart disease. Of course just whatever they like. Perhaps the many other defects were found but mother is too indulgent and lets the The trees have offered their gifts to these mentioned are just a sample. | child have its own way. It takes ad-In every part of the province it is vantage of this, and consequently One thinks of the farm as a health what neurisiment the food may convoice was shouting, "Sic 'em, sic 'em!"

One thinks of the farm as a health what neurisiment the food may convoice was shouting, "Sic 'em, sic 'em!"

You must say "California" or you may become normal men and women. conditions are all too prevalent at pres- at you. You mustn't set the dog on the a Dominion Express Money Order. Then again, there is the question of ent, and parents should realize their kitty."

For Those Inland.

Tossing thick foam upon the russet

sedge.

land

the sand

that blows

gold to dim

are caught

and lull. .

your thought

article laments their fate.

our revenge upon you for having thus

Salute to the Trees.

warm:

beam.

stream.

world began

ing 'sic 'em' to the cat."

POSTUM

A BEYERAGE

---- A

Encouraging the Cat.

Henry Van Dyke.

And gnaried trees blowing on a sandy This Painful Trouble is Due to The long sharp waves breaking un Poverty of the Blood.

Neuralgia is one of the most painful

maladies that afflicts humanity. The

Here, blue-white shells embedded in trouble is usually seated in the face or head, following the course of some Glisten and bubble as the waters ebb; nerve, but it attacks other parts of the A smell of salt blows inward on the body as well. It is characterized by acute pains, sometimes steady, at others spasmodic and darting. But Where thin mist sparkles like a spiderwhatever course it takes the pain is agenizing and almost unbearable Here you may look and see a cloud Medical authorities agree that neuralgia is due to poverty of the blood-Acress the far horizon's perfect rim Made lonelier for one dark ship that starved. It is further agreed that if ronto, on the occasion of the placing of Dragging its smoke where there is trouble will disappear. It is for this sociation in the church. reason that Dr. Williams' Pink Pills Learn fortitude where broken winds have been so successful in treating neuralgia. They enrich the blood In tortured waves that climb and crash which feeds the starved, aching nerves nual Meeting of the Provincial Counhidden cause, which usually lies in Lean with courageous oaks and let whose general health is also improved. about the beginning of February, 1923. digest your food properly, eliminate Soar starward with a great slow-curv- cases of this kind is given by Mrs. M. Provincial Council to be held outside strength and vigor. Get a bottle to-Mourning for Murderers. The infliction of capital punishment apon the assassins of the British Field Marshal, Sir Henry Wilson, has apmarsnal, Sir Henry Wilson, has appain were of such frightful intensity of to participate and every effort will Russia. The "Izvestia," one of the leading Bolshevist organs, in a long medicine, but without relief. I had Scouting. taken Dr. Williams' Pink Pills years "The "pravda" not only mourns but calls for vengence and, addressing ago, when they helped me wonderfully, and I decided to try them again. Be-Great Britain, says: "We shall take fore I had taken more than a half

good of humanity and the cause of You can get these pills through any medicine dealer or by mail at 50 cents BABY'S OWN TABLETS

No medicine receives such great

praise from thankful mothers as do The tree that never had to fight Baby's Own Tablets. Once a mother For sun and sky and air and light, has used them for her little ones she That stood out in the open plain, will use nothing else. The Tablets are And always got its share of raina mild but thorough laxative. They Never became a forest king, regulate the bowels and stomach; But lived and died a scrubby thing.

drive out constipation and indigestion; relieve colds and simple fevers; pro- The man who never had to toil mote healthful sleep and make teeth. To Heaven from the common soil, ing easy. Concerning them Mrs. Omer Who never had to win his share LeBleu, Maddington Falls, Que., Of sun and sky and light and airwrites:-"I am well satisfied with Never became a manly man, Baby's Own Tablets and will always But lived and died as he began.

immense length on the table awaiting

"What's this, Maggie?' he asked. "That's a rhubarb pie," , replied Maggie proudly.

"An' whatever have you made such a big one as this for?" he asked test-

"Why," replied Maggie, in an aggrieved tone, "it's only as long as the

> IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

MONEY ORDERS. When ordering goods by mail send

Keep Minard's Liniment in the house.



On a recent Sunday the Scouts of Amherstburg held their annual Decoration winter time. tion Day parade. marching to Highland Cemetery, where they placed

flowers on the graves of Scout Bruce Sanger of the 1st Halifax Troop, Mr. E. J. Lay, a past president of the Amherstburg Boy Scouts Association and King's Scout Bert Chapman, of the 1st Amherstburg Troop. A special Scout Decoration Service was conducted, after which the boys marched back to their headquarters for dismis-

Handsome Cups as Scout Prizes.

A competition for efficiency among the boys of the 1st Galt Troop has received added interest by the generous donation by Mr. H. M. Anthony of a handsome silver cup, of beautiful design and standing eighteen inches in height, which is to be presented at the annual banquet during the winter to the patrol scoring the most points in the competition for the year. To the Scout with the highest score Mr. Anthony is giving a miniature replica

oup. A Scout Canoe Trip.

Scouts of the 1st Renfrew Troop under Scoutmaster R. F. Fraser took their summer outing in the form of-a cance trip up the historic Madawasks

Ask for Minard's and take no other.

neath many of which a small greet mound and a rough-hown slab of wood marks the spot where some rugged driver sleeps the long sleep within hearing of the rumble of the fast water

they loved The troop made the Duck's Hunt Club, at the head of the Duck Rapids, their headquarters, and during the week hiked to Chain Rapids and Black Donald Mine. They also visited the power house, had some fine fishing in the rapids there and altogether spent a very enjoyable and profitable week.

Bishop Dedicates Flags. Right Rev. W. Cyprian Pinkham, D.D., Bishop of Calgary, preached in that the nerves are actually being St. Stephen's Anglican Church. Tothe blood is purified and enriched the the colors of the local Boy Scouts As-

Annual Meeting in Hamilton. The city of Hamilton has been Brown, R.R. No. 1, Warsaw, Ont., who of Toronto. Special committees are day at any good druggist. says: "I have taken Dr. Williams' Pink now working on the programs, both of Pills and can recommend them as bethis meeting and of the Annual Coning the best medicine I know of for forence of Scout Officers which will be neuralgia. Two years ago I had an atheld in conjunction with it. Notable tack of this trouble in the neck and Scout leaders from England, the matrimonial situation, are you thinkshoulder. The repeated attacks of the United States and Canada are expect. ing of anyone in particular?" that my life was almost unbearable. I be made to make the occasion one of ing." consulted two doctors and took their the biggest in the history of Canadian

New Jewish Troop at Ottawa. A troop of Hebrew Scouts has been organized at Ottawa with leading Jew treated the best and most energetic of dozen boxes the pain had disappeared, ish citizens as members of the Troop our agents, who were laboring for the and I have since enjoyed the best of Committee. There are other Jewish health, thanks to Dr. Williams' Pink troops in Toronto, Hamilton and Brantford.

Scout Field Department.

Provincial Headquarters of the Boy a box or six boxes for \$5.00 from The Scouts Association, Bloor and Sher-Dr. Williams' Medicine Co., Brockville, bourne Sts., Toronto, maintains a special service to assist local communities To clean out your bowels without to form Scout troops. Persons desir-cramping or overacting, take Casca-Winning Through Difficulties. ing information about Scout work rets. Sick headache, biliousness, should address the Field Secretary.

MOTHER!

Open 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, MENTHOLATED or has colic, give a teaspoonful to leanse the liver and bowels. In a few hours you can see for yourself how theroughly it works all the constipation 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 teaspecuful to-day saves a sick child tomorrow. Ask your druggist for genu-As soon as you eat a tablet or two ine "California Fig Syrup" which has

> Piccadilly, the famous London thorcughfare, is said to have received its name from the "pickardil," a collar worn by men of fashion in the seventeenth century; these were sold by a merchant who built himself a house, Piccadilly Hall, which stood where Piccadilly now runs.

Hay fever is now successfully A Health Saving **REMINDER:** Don't wait until you get sick-USE



Opposite.

Teacher-"If heat causes things to expand what does cold do? Willie-"Makes the days shorter in

Minard's Liniment For Colds, Etc.

HE postman or express man will bring Parker service right to your home.

Whatever you send-whether it be suits, coats, dresses, lace curtains, tapestry draperies, etc., etc.—will be beautifully cleaned by the Parker process and speedily returned.

We pay carriage one Write for full particulars. Parker's Dye

Works, Limited Cleaners and Dyers 791 Yonge St. Terento

ISSUE No. 43-22.

dure a half-eick, nervous, run-down condition when they might enjoy sturdy, robust health and all its manifold blessings if they only knew what to do. People in this condition find Taniac soon ends their trouble and builds up abundant strength, energy and vitality. John Ahern, of 1 Boult bee Ave., Toronto, Ont., says:

"Stomach trouble had me in a ge eral run-down condition. I was badly constinated, had headaches and dizzy spells and felt worn out all the time My wife received such splendid results from . Tanlac that I took it myself. Now, my troubles are things of the past and I'm a well man once more."

Nervousness and a run down, tiredchosen as the scene for the 13th An- out feeling are but symptoms of a and thus bring relief to the sufferer, cil for Ontario, which will be held the stomach. Tanlac enables you to Proof of the value of these pills in This will be the first meeting of the waste and regain your old time

A Radio Trip.

Madge-"In taking a survey of the Marjorie-"No; I'm just broadcast

"Cascarets" 10c

For Sluggish Liver or Constipated **Bowels**

gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like

For Nervous Headaches

TS THE RELIEF from beadache or neuralgic pains worth one cent to you? That's all it costs for an application of 'Vaseline" Mentholated Jelly. With the first indication of a headache rub a small amoun of it gently on the forebead and temples. So convenient, effec tive and economical !

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Clears the Pores Of Impurities

of the Soap, with oc casional Cuticura Talcum is ideal for powdering and perfuming.

See 25c. Chatment 25 and 50c. Talcum 25c. Sole throughout the Dominion. Canadian Depot Junea, Limind, 346 St. Peul St., W., Hentred.

touches of the Ointment as needed cleanses andpurifies theskinand keepsitfree from pimples and blackheads Classified Advertis PRIVATE CHRI

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COARSE SALT LAND SALT

Bulk Carlots TOPONTO SALT WORKS C. J. CLIFF . TORONTO



Nagging pains cease when congestion is relieved

Remember: most of the pain and inflammation of rheumatism comes from congestion. Start the congested blood flowing freely and even chronic, nagging pains cease. Sloan's does just this—it penetrates without rubbing straight to the congested spot. It warms up, stimulates the circulation. It stops pain, brings quick, comforting relief. Many uses comforting relief. Many uses— all in one 35c bottle. Keep Sioan's handy. It allays pain of all aching muscles. Relaxes and eases tired, aching backs. Ends neuralgia, Halts cold in chest. Relieves all cases of

congestion. Made in Canada Sloan's Liniment-kills pain!

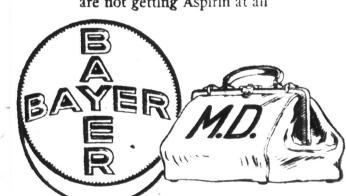
Read How Lydia E. Pinkham's Vegetable Compound Helped Mrs. Beecroft

Hamilton, Ontario.—"I have suf-fered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia
E. Pinkham's Vegetable Compound
advertised in the 'Hamilton Spectator' and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Vegetable Compound to several friends."-MRS. EMILY BED-CBOFT, 16 Douglas St., Hamilton, Ontario.

For nearly fifty ears women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast

to coast. If you are troubled with any aifment peculiar to women why don't you try Lydia E. Pinkham's Vege-table Compound? It has helped others, let it help you.

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



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 Tooth e Earach

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Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggiste. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mona-aceticacidester of SalicyMeacid. While it is well known that Aspirin means Bayer



ful and satisfying.

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Bondage
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"There's a Reason" A generous sample tin of Instant Postum sent, postpaid, for 4c in stamps. Write: Canadian Postum Cereal Co., Ltd., 45 Front Street, E., Toronto.

EVERY man or woman who has come to depend upon the

the joy of living—the priceless blessing of bounding, spontaneous,

It is easy to snap the bonds and feel the surge of rich, red blood

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Start TODAY. You'll find the flavor and aroma both delight-

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