CRIPPLING PAINS OF RHEUMATISM

Cannot be Banished by Lini. and ministering; and sometimes you ments—Is Reached Through the Blood.

Thousands of men and women suf- of the city hospitals an example of the fer severely from rheumatism. Crip- perfect peace—a little eight-year-old pling pains in the muscles and joints girl. She had suffered for many make every movement a torture, months, and at last her relatives had Many people think rheumatism is due brought her to the hospital for a serito cold or wet weather and they try ous operation, the result of which to banish it by rubbing the painful would be either death or life with reparts with liniment. This is a great stored health and happiness. The mistake; the rheumatic poison is in surgeon believed that with good luck the blood and liniment and rubbing the child might survive. cannot do more than give temporary. The attendants expected a somerelief. If you are a victim of rheuma- what distressing scen when the ether tism or lumbago the way to rid your. was given and were trying to harden self of it is by making the blood rich their hearts against the cries of fear and pure, for only in this way can the that frequently occur at such a time. rheumatic poison be driven from the The moment came, and the attendant system. To enrich and purify the approached with the ether. The child blood, Dr. Williams' Pink Pills should lay watching with close attention. be taken. They act directly on the Then suddenly, instead of a cry from blood, making it rich and red, and in her lips, a most beautiful and winsome this way the trouble disappears, smile like the opening of a flower over-Thousands of people have proved this, spread he small white face. Then she among them Mrs. H. King, Croydon, closed her eyes and reverently, as if Ont., who says: -"I was attacked with at her mother's knee, repeated in a rheumatism in my right arm and low, sweet voice: shoulder. It pained me so that I could not raise the arm to comb my hair or feed myself. I commenced taking Dr. Williams' Pink Pills and after taking three boxes I seemed all right again. About six months later, however, the tear-filled eyes turned away. Then correct all such hair trouble with a trouble came on again, this time in quietly and confidently the serious bottle of delightful Danderine. my left arm. Again I took Dr. Wil- work began. All nervousness, all recommend Dr. Williams' Pink Pills whenever I get a chance "

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville,

The native of Iceland is dependent upon his own resources for all the cold. These sudden changes bring on necessities of his family. He makes his own clothes, builds his own boats, and shoes his own horses.

MONEY ORDERS. Dominion Express Money Orders are on sale in five thousand offices throughout Canada

The whitest teeth in the world are box from The Dr. Williams' Medicine said to be found among the men work- Co., Brockville, Ont. ing on sugar plantations, who are always chewing sugar-cane.

Minard's Liniment for Garget in Cows. of \$2,500,000,000.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health mat-

or simply the avoiding of tea or coffee one case did happen.

if they keep her awake. There remain The Division of Industrial Hygiene only eight hours in which to eat, dress, of the Provincial Board of Health for

ters through this column. Address him at Spadina House, Spadina

FOOLISH TO LET When you enter a hospital you see eased and broken bodies; you see HAIR FALL OUT faces drawn with pain; you see tired nurses after long nights of watching

"My Peace."

see heartbroken relatives, desolate in

Because of those things it seemed

strange and wonderful to find in one

"Now I lay me down to sleep;

If I should die before I wake,

-had filled their hearts.

THE FALL WEATHER

sweeten the stomach, regulate the

I pray the Lord my soul to keep.

I pray the Lord my soul to take."

their loneliness.

35c"Danderine"Saves Your Hair-Ends Dandruff! Delightful Tonic

Above the

rolled.

The sunrise splendors leave me

Young April's emerald sum

And for the glamour of the autumn's

What shall I seek for solace when

The threatening wind about the

And see gaunt shadows where bare

To keep me heartened till the vernal

Shall come on flowery feet to claim

The warm and answering look with-

The Way of Life.

But swings-new high-new low.

Upon their ebb and flow

The burden of its years

Its laughter with its tears.

MOTHER!

Move Child's Bowels with

Even a sick child loves the "fruity"

or has colic, a teaspoonful will never

Loads of Time Yet.

If rubbed between the hands and

inhaled frequently, it will never fail to

relieve cold in the head in 24 hours.

Cities That Go to Sea.

Each year passenger-carrying ships

get bigger and more luxurious, and it

is a common expression to describe them as "floating palaces." In reality they are more like floating cities.

monsters carries representatives of many professions and occupations. A census of these was taken recently, and it was found that in addition to the actual crew men of no fewer than seventeen different occupations were

There were gardeners and hair-

in addition to the ship's surgeon there are nurses, hospital attendants, and

and a battalion of plumbers are in-

cluded in this extraordinary assort-

In addition, there are numbers of

employed.

dispensers.

It is also the best for bruises, sprains,

Yours truly,

J. G. Leslie.

"California Fig Syrup"

-Clinton Scellard.

-Frank Putman.

For perished loveliness

poppy red,

gables moan

its own?

Love has its tides:

The ship that rides

Is never blessed

With perfect rest.

Life hath its cares,

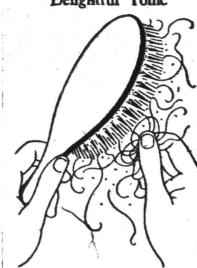
And whose bears

Must hourly blend

Until the end

tree boles rise,

in Love's eyes.



Quick! Don't wait! Every bald head started with just a few falling hair and a little dandruff-but soon the hair appeared thin, scraggly, and then the dreaded bald spot. It seems a sin to let hair fall out or tolerate destruc-There was silence for a moment as tive dandruff when you can quickly

Hams' Pink Pills with the same bene strain and anxiety had departed, for the magic of Danderine; how it cor-Millions of men and women know ficial results, and since then I have the peace of God, which passeth all rects oily, dandruffy, itching scalps had no return of the trouble. Now I understanding,—and which was hers, and helps the hair to grow long, thick, strong and luxurtant. Danderine is not sticky or greasy. It is the largest selling hair corrective and tonic in the HARD ON LITTLE ONES world because it is not a humbug! Get a hottle at any drugstore Canadian fall weather is extremely

hard on little ones. One day it is things are often just as important warm and bright and the next wet and as ones which sound bigger. The questions to ask yourself are: colds, cramps and colic, and unless "What do I find the most value in baby's little stomach is kept right the keeping me healthy?" and, "Is there result may be serious. There is noth- anything I do which might be useful ing to equal Baby's Own Tablets in to another girl, and which she might keeping the little ones well. They not have thought of?"

Rules and Conditions.

bowels, break up colds and make baby thrive. The Tablets are sold by medithan 500 words, and must be written on one side of the paper only. (2) Sign your letter with a penname, and print your own name and Rust and corrosion of metal is re- address clearly on an attached slip of

sponsible for an annual world wastage paper. (3) Your letter may deal with only one point or with as many as you like. (4) Style, spelling, writing, etc., will not be taken into account. The prizes will be given to the girls whose letters are judged to contain the most valuable information on how to keep

> most use to other girls. (5) Information taken from books will not help you to win the prize. What is wanted is your intimate per-

healthy, and such as would be of the

Health Confessions of Business Girls. just as there is a technique of games than anyone else that it takes a great who know most about the technique in a book on personal hygiene, but all Fig Syrup" tandy. They know a teaof a business girl's life are those who names will be kept strictly confidential spoonful to-day saves a sick child to-

third of it is spent at work, where she and minds at their best and help them the girl's name or with the pseudonym, You must say "California" or you may sleep. No straps, buckles or springs wants to be physically well, nicely to get the most out of life. One girl according to the girl's own choice. get an imitation ag syrup. dressed and neat in her person, active- has discovered one rule or one little (8) The first prize is \$15, the secminded and, most of all, self-control- "trick of the trade" or one little labor- and \$10, the third \$5.

led. For these eight hours she must saving device, another girl another. If (9) The judges will be Dr. Edna efface her own moods and be some, all this experience could be pooled it Guest; Miss Mary MacMahan, Busi-cheerfully as he came upon the small and ten cents, coin or stamps, to-day, thing of a machine, cheerful and would form a collection of knowledge ness Women's Club; Miss Jessie M. boy of the house husy in the front to PLAPAO CO., 765 Stuart Bldg., St. serene and on the spot. Another third of how to keep healthy and happy, Robson, Welfare Department of the room, "good boy this morning, I hope?" Louis, Mo., for trial Plapso and the of her life is spent in sleep. For this which would be of great value to T. Eaton Company.

she must provide herself with some everyone. It would be proved knowl- (10) Letters must be in before ceived it was just 11.30. kind of sleeping quarters, must con- edge, too, not just theory out of a book November 16.

trive to keep sufficient time for sleep about what may happen to the body if Letters are to be addressed to doubtfully. "There's half an hour use your head. and also to sleep during the time kept. it is underfed or underrepaired or Sylvia Gray, care Division of Indus-This may mean the refusal of invita- under-exercised, but actual facts from trial Hygiene, Provincial Board of tions which would cut down her sleep personal experience, showing what in Health, Spadina House, Spadina Cres. Minard's Liniment Co., Limited.

A New Use for Poplar.

shop, see her friends, take exercise, Ontario wants to collect just such makeep body and clothes in good repair, terial, and has the following plan for Forest Products Laboratories of Cananever used any to equal yours. A method has been discovered by the liniments I can safely say that I have and, according to circumstances, per- doing so. It is offering prizes for the da, hereby Canadian poplar can be haps do housework and possibly de-best short letter on the most import- used in the manufacture of cigar boxes velop some talent. Quite obviously it ant thing or things to enable a busi- instead of the cedrela from Cuba, is bound to be "close going," and to ness girl to keep physically well and which generally cover up imported do it successfully needs (1) a reason-mentally alert and happy. What is havanas, and has been regarded as the etc. ably healthy body in good running wanted is personal opinion, based on sign manual of a good cigar. Several order; (2) ability to organize and actual experience. It does not matter Canadian cigar manufacturers have alhow simple or trivial the thing you ready started making boxes from pop-Now there is a technique of living have found useful may seem-simple lar.

nudge up as the' a brother Its frosty furtiveness, its stealthy And help some one like a mother.

The glitter of the steely stars o'er Do the deed now, not to-morrow, Fight the hardest when in sorrow, Smile if some one would borrow,

> Sing, the tears your eyes are blinding, Hum, tho' every word is finding Spots to send your soul a-pining,

Show all mercy to the fallen, Bend your back and help the calling When distress does come appailing, Passing.

"Cascarets" 10c

For Sluggish Liver or Constipated **Bowels**

Clean your bowels! Feel fine! When you feel sick, dizzy, upset when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No griping-nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

The Zones.

A teacher was giving her class est in geography and one little boy became quite mixed. One question was: "Name the

His answer was: "There are two zones, masculine and feminine. The masculine is divided into the temperate and the intemperate; the feminine into the frigid and the torrid."

Rupture Kills 7,000 Annually

Seven thousand persons each year are laid away-the burial certificate being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely the truss is only a make-shift—a false packages. prop against a collapsing wall-and cannot be expected to act as more Walking-sticks are made from the than a mere mechanical support. The backbone of sharks stiffened with a binding pressure retards blood cir- steel rod, in Venezuela. taste of "California Fig Syrup." If the culation, thus robbing the weakened muscles of that which they need most Minard's Liniment for Colds, etc. little tongue is coated, or if your child is listless, cross, feverish, full of cold, -nourishment.

But science has found a way, and fail to open the bowels. In a few every truss sufferer in the land is which eat them, while others are hours you can see for yourself how invited to make a test right in the poisonous to all kinds of stock.

polson, sour the waste from the PLAPAO method is unquestionably sonal experience and first-hand knowledge.

(6) Any of the letters may be published in this column and may be used lished in this column and may be used well, playful child again.

Millions of mothers keep "California work nome. The polar than the constitution of the most scientific, logical and successive well, playful child again.

Millions of mothers keep "California work nome. The polar than the constitution of the polar than the polar t

deal of careful planning for her to have gained their knowledge by ex- and nothing which would identify a morrow. Ask your druggist for genuship or shift out of place, therefore The PLAPAO PAD when adhering mark, both mentally and physically. know all the rules which, if followed, Just look at her day for a moment. A would enable them to keep their bodies published in this column, either with all ages printed on bottle. Mother! used whilst you work and whilst you

Learn how to close the hernial opening as nature intended so the rupture "Well, Harry," remarked Uncle CAN'T come down. Send your name Harry regarded the clock and per- information necessary.

When striking a match in the forest

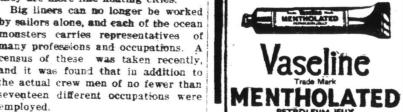
Minard's Liniment for Distemper.

Lister, the surgeon, was one of the Sirs,—I have used your Minard's greatest originators of antiseptic Liniment for the past 25 years and surgery. whilst I have occasionally used other

For Nervous Headaches

TSTHE 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 amount of it gently on the forehead and les. So convenient, effective and economical!

HESEBROUGH MANUFACTURING COMPANY



dressers, photographers and printers, ligrarians and swimming masters. The ship's magazines have their own editors and compositors. Musicians and band-masters have to be carried, and

THE postman or express man will bring Parker service right to your home. Suits, dresses, Each big ship has its chiropodist, and other departments are under the ulsters and all wearing upparel can control of bank-managers, store-keepsuccessfully dyed. ers, and so on. A special police-force

> Curtains, draperies, carpets and all household articles can be dyed and restored to their original

We pay carriage one Write for full particulars.

Parker's Dye Works, Limited Cleaners and Dyers 791 Yonge St. Toronto

ISSUE No. 44-22.

louiding Saye It is His Family Medicine

"Tanke has done my wife and m self so much good that we have madit our family medicine," says Freder ick Moulding, 2513 17th St., South

just about half sick for some time My appetite was very poor, nothing tasted right, and what I did eat seem ed to do me little good. I never felt bungry and my energy and strength were ellyping right away from me. "Two or three years ago my wife

The Singer.

The color of the rose is in your song popples throng; The ripple of the grass, the glow of

And all the wonder of a summer night

"Pape's Diapepsin" Corrects Sour, Upset Stomachs

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases taking care of the sign (swelling) of flatulence, heartburn, sourness, ferthe affliction and paying no attention mentation or stomach distress caused to the cause. What are you doing? by acidity. A few tablets give almost Are you neglecting yourself by wear- immediate stomach relief. Correct ing a truss, appliance, or whatever your stomach and digestion now for a name you choose to call it? At best, few cents. Druggists sell mikions of

COARSE SALT LAND SALT

TORONTO SALT WORKS C. J. CLIFF - TORONTO

"I had pimples and blackheads all over my face. The pimples were hard and quite large, and the itching and burning were so severe that could not help scretching them. I was very restless and lost many nights

which I used with success. I purchased more and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) Miss Sadie Doles, 363 Admiral St., Providence, R. I., Aug. 11, 1921.

Use Cuticura for all toilet purpor

west Calgary, Alberta.

"As for myself, I had been feeling

was troubled somewhat the same way. She had no appetite, was all run down and very nervous. After taking a few bottles of Taniac she was so improved that all the neighbors spoke about it. "Knowing what Taniac did for her, took it myself and it has helped me

just like it did her. I now eat three rousing meals a day and relish every bite and have an appetite that never fails me. That tired feeling is gone and my old time strength and energy have come back to me. My wife and myself both think Taniac is great." Taniac is sold by all good druggists.

And all the tints of the unfolding trees The ever-changing hues of sunlit seas The flame within the corn where

When through the skies the stars take Sing on, sing on!

STOMACH MISERY. GAS, INDIGESTION

at Once

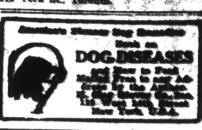
Bulk Carlots

Itched and Burned. Lost Sleep. Cuticura Heals.

"I tried different rem-Seeing a edies without success. Seeing an advertisement for Cuticum Soap and Dintment I sent for a free sample

Sample Shah Proc by Mail. Address: "Lymana, Lint Sad, 846 St. Real. St., W., Mantenni." Sold every-where, Sonp Me. Olistment St and Ste. Talcum Me. Cuticuru. Sonp shaves without mug.

R Toogs Street Toronto Regis



Relieves Dyspepsia

M. D. advises: "Persons who suffer from severe indigestion each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as "Hother Seigel's Curative Syrus." Get the Genuine. 50c. and \$1.00



The pains of strains and sprains are due to congestions. Just quicken the circulation, and the inflammation and pain subside - disappear. Without rubbing, Sloan's penetrates and breaks up the painful congestion.

Sloan's relieves rhoun pains, soothes neuralitia, warms and comforts tired, aching backs. Loosens congestion from colds in chest. Keep it handy.

Sloan's Liniment-kills pain!

EVERY CHANGE

To Recommend Lydia E. Pinkham's Vegetable Compound, for It Helped Her So Much

Fredericton, N. B .- "I was weal and had some troubles women often have, and usually I was unfit for my I saw your advertisements and decided to try Lydia E. Pink-ham's Vegetable Compound. I am very much pleased with the result and recommend your Vegetable Com-pound whenever I have a chance. You may use this letter for the benefit of others."—Mrs. Wandless, 360 Church St., Fredericton, N. B.
Mrs. Wandless, like many, many

other women who have found relief by taking Lydia E. Pinkham's Vege-table Compound, is anxious to let other women know of this splendid medicine. So by word of mouth and by letter, one woman to another, its virtues are made known.

Women suffering from female ail-

ments, indicated by such symptoms as backache, nervous troubles, hos flashes, pain in the side and a general run-down condition of the whole system, should take Lydia E. Pinkham's Vegetable Compound.

For nearly fifty years it has been helping women. Let it help you.

Lydia E. Pinkham's Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to Lydia E. Pinkham Medicine Co.

ASPIRIN

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 Toothache Earache

Headache Neuralgia Lumbago.

Rheumatism Neuritis Pain, Pain

Handy "Bayer" boxes of 12 tablets -Also bottles of 24 and 100 Druggist Aspirin is the trade mark (registered in Canada) of Bayer Mamufacture of Man aceticacidester of Noticelicacid. While it is well known that Aspirit is manufacture, to assist the public asplinat initiations, the Tableto of will be stamped with their general trade mark, the "Pager Com-



For health's sake

Fragrant-delicious-satisfying.

A generaus sample tin of said, for 4c in stamps. Write:

Instant Postum

Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windser, Ontario.

avoid the use of mealtime beverages which cause disturbance to nerves and digestion, often resulting in sleeplessness,

headache and serious organic troubles. When tea or coffee disagrees, try Instant Postum, the healthful, wholesome drink of tried and proven merit; no caffeine, no tannin, no harmful ingredient whatsoever.

At your Grocer's in sealed, air-tight tins,

"There's a Reason"

specialists, such as chefs, electricians, wireless operators, carpenters, and the masters-at-arms

ment of trades on the sea.

Barrier in Ether. There is a "space of territory" in California inside of which wireless telephone messages absolutely disappear. So far as wireless is concerned it is a region of eternal silence. Some sort of invisible barrier in the ether seems to act as a barricade to wire-

Minard's Liniment for Diphtheria.