

She invested \$495
—She has had over \$40 interest on it each year and her principal is now worth more than \$525.

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STOMACH MISERY, GAS, INDIGESTION
"Papa's Diapers" Corrects Soer, Upset Stomachs at Once

HEALTH EDUCATION
BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

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All over the world at the present time, there is unusual activity being manifested in Public Health Work. In the countries of Central Europe, the importance of this work is being recognized by the public, and the people are making valiant efforts to carry on some program of Public Health, knowing that the life and vitality of the nation can only be maintained by conserving the health of the individual and of the community. Reports of what is being done in many European countries are very encouraging, showing the new and changing conditions that have arisen out of the world war. In Public Health, the most important factor is the work of government and voluntary social agencies in the maintenance of the highest possible standard of health for the people. As a result of the war, the public has been awakened to the fact that the health of the individual and of the community is the most important thing in the world. The people are now realizing that the health of the individual and of the community is the most important thing in the world. The people are now realizing that the health of the individual and of the community is the most important thing in the world.

What is good health worth to you?

HEALTH is priceless. You wouldn't knowingly start with it for anything in the world.

Why then do you risk it needlessly for the sake of a few cups of tea or coffee?

Tea and coffee contain Caffeine, a drug which often interferes with nerves and digestion.

There's an easy, pleasant way to avoid this menace to health, without any sacrifice to comfort or satisfaction. Drink Instant Postum instead of tea or coffee.

Instant Postum is a pure, wholesome and delicious beverage made from choice wheat. It's the most convenient and economical, too. Just a level teaspoonful to each cup, add boiling water and stir thoroughly. Then add cream and sugar to taste.

At Your Grocer's in Sealed, Air-tight Tins

Instant Postum FOR HEALTH

"There's a Reason"

A generous sample tin of Instant Postum sent postpaid, for 4c in stamps. Write: Canadian Postum Cereal Co., Limited, 45 Front St., Toronto. Factory: Windsor, Ontario.

THE HUMAN FACTORY
Its Motive Power is Rich, Red Blood.

The human body is the busiest factory in the world. There is no eight-hour day, no sick season, no holidays, no cessation of its labor at any time. Day and night work is carried on in the workshop of your body and it never ceases until the engine—your heart—stops forever.

The factory of your body has its motive power without which it would cease at once. That power is rich, red healthy blood, which keeps your whole system efficient and which drives away all disease that may attack it. Often, however, the blood begins to fail and becomes thin and poor. It becomes loaded with waste and charged with poisons. Then it is that your bodily workshop goes wrong; your physical machinery becomes disorganized and you fall ill. You become anemic, perhaps the nerves break down, or you begin to suffer from indigestion, neuritis, general debility, with pains in the back, head or side. In this condition of bloodlessness Dr. Williams' Pink Pills are just what you need. Their one mission is to make rich, red blood, which brings health and energy to every part of the body. Mr. Raymond Webber, Welland, Ont., tells what these pills did for him as follows:

"My blood was thin and watery, and I was in a badly run down condition. Pimples broke out on my body which caused me much discomfort. I would catch cold easily, which aggravated my condition. My brother advised me to try Dr. Williams' Pink Pills, and after taking about eight boxes I felt that I was again a well man. I have since recommended the pills with good results to others."

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, Ont.

Animals' Eyes.
No two animals have eyes exactly alike. In every case they are adapted to the special needs of their owner. The eyes of flesh-eating creatures are closer together than those of vegetarians. This is said to be due to the habit which the former have of fixing their gaze on their victims before springing. Human eyes are closer together than those of any other creature that eats flesh.

Tigers, lions, cats, and others of the same family are unable to see at great distances, but for objects near at hand their sight is very keen. Lions and tigers have round pupils, which grow bigger when the animal is angry.

Cats have pupils which can be dilated enormously. In the dark, or when the cat is angry, the pupils look almost round. In the first case, what little light there is is reflected by the retina, which is the explanation of the fact that a cat's eyes look green at night.

Animals that live on grass have large eyes, placed as a rule at the side. This gives a wide range of vision and enables the creatures to watch for danger while cropping grass.

Stupid Man.
The Inspector called to see why Johnny Winslow had not been to school recently.

"He's been in the hospital," he was told. "He's been in the hospital for three years, and he's still there."

"Why, I did not finish my education until I was twenty!"

Mrs. Winslow looked at the inspector and exclaimed: "Heavens! you don't mean to say you were such a thick head as that?"

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. These Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist, that the health of the little one will be happy and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Ireland's Gold Mines.
How many people know that there are gold mines in Ireland?

They are situated in Wicklow, and although they are not worked today, at one period in their history they produced nearly \$75,000 worth of gold.

These mines were discovered accidentally in 1775 by a poor schoolmaster. He picked up a piece of metal which he proved to be gold. His life partner, a belle of the day, and his friends told him he was mad. But the story soon became public property and thousands of people rushed to the spot. So keen was the struggle that an armed guard was supplied by the Government to keep the vast crowds away.

In the two months which elapsed between the publication of the story and the Government's seizure of the mine there was a \$250,000 worth of gold were collected by peasants. But when the authorities started to work the mines in a regular manner the same success was not achieved. Between \$10,000 and \$20,000 worth of gold was produced, and as the mines were very much worked they failed to run their course.

The gold was of extraordinary purity and was found in pieces of all sizes, the largest being a nugget weighing twenty-two ounces.

Double-Faced.
Small Boy: "You must have a jolly time when you travel in the train."

Mrs. Gamber: "Why dear?"

Small Boy: "Well, mamma said you were double-faced, and it must be hard for you to be able to look out of two windows at once."

"Howlers."
Among some delightful schoolboy mistakes recorded in the "University Correspondent" are:—

A grass widow is the wife of a dead vegetarian.

Terfium quid is a legal term meaning 84.

Psyche was a black boxer who fought Carpenter.

A circle is a round straight line with a hole in the middle.

Bacchus first taught the Greeks to get drunk, and Raleigh named tobacco after him in honor of the Virgin Queen.

The capital of Norway is Christianity.

Gay's Hospital was built to commemorate the Gunpowder Plot.

Teaching is a sedentary profession.

Wells's history is a veritable mill stone on the road to learning.

Seeing It Through.
The farmer had engaged a Scottish laborer, and, placing a cheese on the breakfast table, told him to help himself.

When the farmer returned, some time later, he found the man still eating.

"Sandy," he exclaimed, "you take a long time to breakfast, don't you?"

"Aweel," replied the man, "a cheese of this size is no sae soon eaten as ye may think!"

CORNS
Lift Off with Fingers

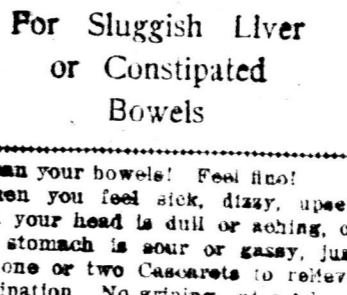


Don't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

MOTHER! MOVE CHILD'S BOWELS

"California Fig Syrup" is Child's Best Laxative



Hurry mother! Even a cross, sick child loses the "fruity" taste of "California Fig Syrup" when it never fails to open the bowels. A teaspoonful today may prevent a sick child to-morrow, if constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

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.

No man can read with profit that which he cannot learn to read with pleasure.—Nash Porter.

Irrigated Farms in Southern Alberta

In the Southern Alberta Districts, the Government has been irrigating farms and raising the standard of living. The Government has been irrigating farms and raising the standard of living. The Government has been irrigating farms and raising the standard of living.

BLACK KNIGHT STOVE POLISH

Will not Burn Easy to Use



KEEP YOUR STOVE SHINING

Children Delight In Cuticura Soap Baths

Because they are soothing and refreshing for tender skins, especially if assisted by Cuticura Ointment on first signs of redness or roughness. The Cuticura Talcum also, delicately medicated and exquisitely perfumed, is excellent for little ones.

Sep 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: LEWIS, Limited, 346 St. Paul St., Montreal.

Young Grief.
Blow from me, wind, to the far earth's end. You must not make little grass blades bend. You must not coax me by tilting a leaf. I am alone with a deep, new grief.

Hide from me, sun, hide your glad, wild face. You must not tease me to laughter again. I have a rendezvous promised with pain.

Turn from me, joy, turn out of my way. You must not call me nor bid me to stay. You cannot follow where happily I stray.

I have a heart that is burdened with pain.

Years from the present I look, come to you. Now I forbid you, my grief is too new. Life, do not woo me with sunshine or glee.

I have a heart that is burdened with pain.

—Helen Frayne-Bowser

When I Was Young.
When I was young I gathered all The shining words that Love would fling So lavishly about my feet And strung them on a silver string—I hid them in a secret place And kept them till the day when I grew old. Thinking to sweep young tears again Over the precious things I have sold.

I did not know, when I was young How smoothly love slips off the tongue —Mottie Cullen.

FARMER GETS IT ALL BACK AGAIN

Declares Tonic Restored Full Strength After Ending Long Suffering From Stomach Trouble.

For years before quitting this came I felt all in, but since taking Tonic I can do a hard day's work on the farm and still feel good when night rolls around." Is the characteristic statement made recently by Nat Hillman, a well-known farmer of Newbury, Ont., while on a visit to London, Ont.

"My liver and kidneys had bothered me for over eight years. The pains in my back kept me awake at night and I got up mornings all tired out. Every once in a while I had a bilious spell and then my stomach would go wrong for days, but kept at it although it was agony."

"I felt better even before I had finished my first bottle of Tonic. Soon my stomach, liver and kidneys got to working right and I was able to sleep well. My back never gave me any more now and I have a dandy appetite. I have gained several pounds in the last month and am feeling fine in every way. Tonic beats them all."

Tonic is sold by all good druggists. Over 35 million bottles sold.

You always get your money's worth when you pay attention.

Poultry & Feathers

We pay highest prices for Poultry and Feathers. Also 25c per lb. for Turkey Feathers. We will send you an interesting price list if you will write to:

LINES & CO., LIMITED
87 LAURENCE MARKET, TORONTO

Rheumatism?

Minard's Liniment is the old reliable relief for Rheumatism. Rub it in to the aching part and you'll see why whooping coughs have crowned it King of Pain.

Minard's Liniment
The Family Medicine Chest.

Corrugated Galvanized Steel Roofing

Direct from Manufacturers to Consumer. Write for Prices.

The Metallic Roofing Co.
Limited
1134 King St. W., Toronto

Cause of Early Old Age

The celebrated Dr. Mitchell says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Sage's Syrup" after meals makes your digestion sound.

PETRIE'S MACHINERY TORONTO

Backaches?—welcome relief!

Scatter the painful congestion. Sloan's warms and stimulates the blood, breaks up congestion —banishes the pain!

Sloan's Liniment
—kills pain!
For rheumatism, bruises, strains, chest colds

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	Headache	Rheumatism
Toothache	Neuralgia	Nervitis
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 Manufacturing Co., manufacturer of salicylic acid. While it is well known that Aspirin means Bayer, the manufacturer, to assist the public against imitations, the Tablets of Bayer-Compound will be stamped with their general trade mark, the "Bayer Cross."

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Classified Advertisements.

REPAIR HELP WANTED.
EARN \$20 WEEKLY. SPARE TIME. Home, addressing, making, etc. Send for free music, catalogues, etc. American Music Co., 128 Broadway, N.Y.

HUMAN GLOVES.
HUMAN GLOVES. THE GREAT. HUMAN GLOVES. THE GREAT. HUMAN GLOVES. THE GREAT.

AGENTS WANTED.
AGENTS WANTED. AGENTS WANTED. AGENTS WANTED. AGENTS WANTED.

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Campana's ITALIAN BALM.
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DOG DISEASES.
DOG DISEASES. DOG DISEASES. DOG DISEASES. DOG DISEASES.

MOTHER OF LARGE FAMILY.
MOTHER OF LARGE FAMILY. MOTHER OF LARGE FAMILY. MOTHER OF LARGE FAMILY.

Recommend Lydia E. Pinkham's Vegetable Compound to Other Mothers.

My First Child.
My First Child. My First Child. My First Child. My First Child.