She invested \$495

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

Royal Securities Corporation Limited 58 King Street West,

STOMACH MISERY.

errest reset for indigestion, gases.

Carcent, Toronto

shaken to their foundate

education

"Bo k of lived Hearth!

ribesnen of the nevert. An is to be preserved.

What is

of a new cups of the or coffee?

Then add cream and sugar to laste.

A denerous sample tin of Instant Postum

seat, post paid, for 40 in stamps. Write:

good health worth

to you?

often interferes with nerves and digestion.

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

Why then do you risk it needlessly for the sake

Ten and coffee contain Caffeine, a drug which

There's an easy, pleasant way to avoid this menace to health, without any sacrifice to comfort or satisfac-

tion. Drink Instant Postum instead of tea or coffee.

Instant Postum is a pure, wholesome and delicious

be cause made from choice wheat. It is most convenient and economical, too. Just a level teaspoonful

to each cup, add boiling water and stir thoroughly.

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

Instant Postum FOR HEALTH

estum Cereal Co., Limited, 45 Pront St., E., Toronto. Factory: Windsor, Ontario

"There's a Reason"

packago.

heartburn, sourness, fer-

THESE simple phrases tell the story of a woman who wisely entrusted her modest investment to us.

JUST because you live in I the country, or in a small town, there is no reason why you cannot have as good a choice of sound investments as city people.

IF you will send us your name and address, we will forward you periodically a copy of Investment Items, which will keep you thoroughly informed as to the trend of the Investment Market, and will offer you good securities which you may buy by mail order on exactly the same terms as financial institutions and large private investors. Send now for it. It will be well worth your while.

Use this coupon. Royal Securities Corporation, Limited 58 King Street West

W. P. NELLIS Branch Manager TORONTO St. John - Winnipeg - Vancouver - New York - London

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

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

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

He Knew the Boys.

Once a boy got vaccinated. The medico as usual propared to put a proteeting white band round the hoy's GAS, INDIGESTION egat sleeve above the vaccination, but the youngster said: "Put it on the other arm, dictor," "What for?" asked official ."Why. I did not finish my edu-"Pape's Diapepsid" Corrects ing. I put it on the sore arm, of Sour, Upset Submachs course, so that the boys at school won't nit it." "Put it on the other arm, mean to say you were such a thick- Ville, Ont,

ha w the boys at our school, MONEY ORDERS.

mentation or stomach gatress caused Sond a Dominion Express Money by acidity. A few tablers give almost Order. Five Dollars costs three cents. minediate stomach relief Correct your stemach and dige than new for a Rings were used by the Egyptians on thats Drugg its fell millions of as an equivalent for money. Minard's Liniment for Burne & Scalds

GUARD THE BABY AGAINST COLDS

dow, top and bottom so as to let in a

Animals' Eyes.

to the special needs of their owner.

bigger when the animal is angry.

Stupid Man.

sure he's had schooling enough."

cation until I was twenty!"

school recently.

Cats have pupils which can be di-

The eyes of flesh-eating creatures

No two animals have eyes exactly

To guard the baby against colds nothing can equal Baby's Own Tab- I'd get along without that girl. Always lets. The Tablets are a mild laxative on these days she picks out her nicest that will keep the little one's stomach pieces, like 'Sweet Rest By and By.' and bowels working regularly. It is a 'Mother's Growing Old,' 'Love Will recognized fact that where the stom- Roll the Clouds Away, and sings them ach and bowels are in good order that for me while I'm running the clothes colds will not exist; that the health of through the first water. 'Tain't every the little one will be good and that he girl whold be so thoughtful, I can tell will thrive and he happy. The Tab- you." les are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, All over the world at the present stories of the orient. Each chapter

Ireland's Gold Mines.

time, there is unusual activity being is headed by an epigraph, a citation manifested in Public Health Work. In from the prophet. The introduction How many people know that there are gold mines in Ireland? as follows: "In the They are situated in Wi tre making valuant efforts to carry on you, O reader! We have written this at one period in their history they me program of Public Health, know-book to teach you to observe the most produced nearly \$75,000 worth of gold. ing that the life and fitality of the precious of gifts-the gift which may These mines were discovered accidentration can only be maintained by con- bring you all other gifts in the world, ally in 1775 by a poor schoolmaster.

serving the health of the individual and aid you to merit the blessings and of the community. Reports of what is being done in many European book to teach you to safeguard the individual and aid you to merit the blessings. We have written this beginned the proved to be gold. His wife refusing the idenodaction of new laws to seven chapters that follow are: Be meet the flow and changing conditions them. Entitle very dutter as a father became public property and mousands new and changing conditions clean. Fulfil your duties as a father, became public property and thousands that have arisen out of the world war. Learn how to protect yourself against of people rushed to the spot. So keen In Prayue important stops are being contagious diseases. The preventable was the struggle that an armed guard taken to observe the work of gov-diseases. How to treat wounds. Dis- was supplied by the Government to and voluntary focial agencies cases of domestic animal. The duties keep the vast crowds away.

so that a minimum amount of good of chiefs.

may be some with the least possible overlapping a vigorous campaign to bring about the complete supprossion take you when you have not performable the complete supprossion take you when you have not performable the confidence. As for a abilition, blame no one but your collected by peasants. But when the authorities started to work the mines. authorities started to work the mines formia Fig Syrup" and it never fails to campaign as being current on against. The passage of the Keran: "Allah in a regular manner the same success the ravages of cattle playue, but what creates beings that you know not of," was not achieved. Between \$10,000 ever the page it has its name problems.

> one taken to disating that even in the bypaths of The gold was of extraordinary pur-less h. They the world, whether people like singly ity, and was found in pieces of all to knew something of sanitary mea-weighing (wenty-two ounces.
>
> Ask your druggist for genuine "Califormia Fig Syrup" which has directo knew something of sanitary mea-weighing (wenty-two ounces.
>
> Characteristics of sanitary mea-weighing (wenty-two ounces)

Double-Faced. Small Boy "You must have a folly

Mrs. C. R. asks if the house should time when you travel in the train." oil ed "Kitab- be kept warm in cold weather, with-ea, in Acabi, out any ventilation, as she is afraid. Small Roy-"Well, mamma as The aivice of colds, coming from the draughts. and the pleasuretions that it contains Yes, the house should be kept warm, were double-faced, and it must be fine pleasure.—Noah Porter. are acted in the act of hat the for but there should be some means of fain to be able to lock out of two winwe of Islam apprepare; that is, vertilation. If nothing else will do, dows at once."

A BEVERAGE

let everybody leave the room for a let everybody leave the room for a few minutes and throw open the win-

supply of fresh air. In hot stuffy rooms one is always liable to catch cold, and besides if the air has been Its Motive Power is Rich, Red breathed over and over again it becomes very injurious to the health. and predisposes to colds and bron-chitis and other chest conditions.

The human body is the busiest fac-, ing 6s 8d. hour day, no slack season, no holidays, fought Carpentier. Day and night work is carried on in a hole in the middle. alike. In every case they are adapted

are closer together than those of vegetarians. This is said to be due to the motive power with cut which it would The factory of your body has its Queen. habit which the former have of fixing cease at ence. That power is rich, red tianity. healthy blood; which keeps your whole springing. Human eyes are closer together than those of any other crea- all disease that may attack it. Often, system efficient and which drives away memorate the Gunpowder Plot. Tigers, lions, cats, and others of the becomes thin and poor. It becomes however, the blood begins to fail and sion. same family are unable to see at great loaded with waste and charged with poisons. Then it is that your bodily heir sight is very keen. Lions and workshop goes wrong; your physical tigers have round pupils, which grow machinery becomes disorganized and you fall ill. You become anaemic, lated enormously. In the dark, or begin to suffer from indigestion, neur self. perhaps the nerves break down, or you breakfast table, told him to help him-finished my first bettle of Tanlac. when the cat is angry, the pupils look algia, general debility, with pains in almost round. In the first case, what the back, head or side. In this continue is in reflected by the back, head or side. In this continue later, he found the man still eat. retina, which is the explanation of the Pink Pills are just what you need. Their one mission is to make rich, red long time to breakfast, don't you?" Animals that live on grass have to every part of the body. Mr. Ray- o' this size is nae sae soon eaten as ye large eyes, placed as a rule at the mond Webber, Welland, Ont., tells may think!" side. This gives a wide range of vision and enables the creatures to watch lows: - "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 discom-The inspector called to see why fort. I would catch cold easily, which Johnny Winslow had not been to aggravated my condition. My brother advised me to try Dr. Williams' Pink "Why," said Mrs. Winslow, "he was Pills, and after taking about eight thirteen years old last week, sir! I'm boxes I felt that I was again a well

man. I have since recommended the "Schooling enough!" exclaimed the pills with good results to others." You can get these pills through any medicine dealer or by mail at 50 cents Mrs. Winslow locked at the inspect- a box or six boxes for \$2.50 from The or and exclaimed: "Heavens! you don't Dr. Williams' Medicine Co., Brock-

Considerate! "Hard at it, Mrs. Grey?" "Yes, Mrs. Blucher; this is my washing-day, and looking after a family of

ten doesn't leave much time on my hands." "Is that Kitty's voice I hear at the

piano in the parior?" "Yes, that's her. I don't know how

CHILD'S BOWELS

California Fig Syrup" is Child's Best Laxative



Hurry mother! Even a cross, sick onild loves the "fruity" taste of "Cellsay of cattle plague, but what creates beings that you know not of," was not achieved. Between \$10.000 and \$20.000 worth of gold was producted in the chapter on all with.

The creates beings that you know not of, was not achieved. Between \$10.000 and \$20.000 worth of gold was producted, billious, feverish, freeful, and as the mines cost very much has cold, colic, or if atomach is sour, then it is to run they were close to give on the little bowsle in a good cleansing of the little bowels is often all that is necessary.

> tions for bables and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation ilg symp.

No man can read with profit that Small Boy-Well, mamma said you which he cannot learn to read with

Minard's Liniment for Neuralgia

Young Grief. Run from me, wind, to the far earth's

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 rendezvens promised with

pain.

Turn from me. Joy, surn out of my way, You must not call me nor bid me to You must get follow where lonely I

I have a heart that is burdened with

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

> at for a loog, long while! -Helen Frazes-Bower

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 Against the day when I grew old. Thicking to weep young tears again Over the precious things Love told.

I did not know, when I was young Hew smoothly love silps off the tongue.

Among some delightful schoolboy

mistakes recorded in the "University Correspondent" are:-A grass widow is the wife of a dead

vegetarian. Tertium quid is a legal term mean-

tory in the world. There is no eight. Psyche was a black boxex who

The capital of Norway is Chris-

Guy's Hospital was built to com-

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

The farmer had engaged a Scottish it was agony laborer, and, placing a cheese on the

"Sandy," he exclaimed, "you take a

Lift Off with Fingers



Doesn'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. Truly!

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

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

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

Irrigated Farms in Southern Alberta

the trible where good land cannobe bought at negacinable prices
THIS 18 NOT PIONERMING the
first 10,000 acres are fally rettled an
another 10,000 source now leady for
meditement, maximum distance from
rationad, seven after. Good roads rations, seem without Exp payments, extending over it years.
This is the Best Land Buy in Alberta GANADA LAND and IRRIGATION
GOMPANY, LIMITED
Medicine Est,
Alberta



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.
Somp 25c. Omitment 25 and 50c. Fairm 25c. Solid Inroughout the Dominion. Canadian D Lyunse, Limited, 344 St. Paul St., W., Mout Cuticura Soan shaves without

FARMER GETS IT ALL BACK AGAIN

Declares Tanlac Restored Full Declares Taniac Restored Full
Strength After Ending Long
Suffering From Stomach

Suffering From Stomach Suffering From Stomach

Trouble. "For years before quitting time came no cessation of its labor at any time.

A circle is a round straight line with Day and night work is carried on in a hole in the middle.

For years before quitting time came of remaining the work is carried on in a hole in the middle.

I can do a hard day's market a taking Taplac on tario. the workshop of your body and it Bacchus first taught the Greeks to farm and still feel good when night I can do a hard day's work on the never cesses until the engine your get drunk, and Raleigh named tobacco rolls around." is the characteristic after him in honor of the Virgin statement made recently by Nat Hillman, a well-known farmer of Newbury, Ont., while ca a visit to London,

> "My liver and kidneys had bothered me for over eight years. The pains Teaching is a sedimentary profes- in my back kept me awake at night and I got up mornings all tired cut. Every once in a walle I had a billous spell and then my stomach would go

> > "I felt better even before I had Soon my stomach, liver and kidneys any more now and I have a dandy appetite. I have gained several pounds in the last month and am feeling line in every way. Tanlac bears them all Tanlac is sold by all good druggists. Over 35 million bottles sold.

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

Poultry & Feathers We pay highest prices for Poultry, and are paying 66c per lb. for Goose Fouthers; also 35c per lb. for Goose Feathers. We will send you an inter-

esting price list if you w LINES & CO., LIMITED

Rheumatism?

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

Minard's Liniment

The Family Medicine Cheet.

Corrugated Galvanized **Steel Roofing** Direct from Manufacturers to sumer. Write for Prices

Sec. of Terms to Farmers The Metallic Roofing Co. 1194 King St. W., Torente

Cause of Early Old Age The celebrated Dr. Michenhoff.

an authority on early old age, says that it is "caused by poisons generated in the intestine."
When your stomach digests food properly it is absorbed without forming poisonous matter. Polymers with the polymer of the polym sons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. *********

Classified Advertis

PREASE RELY WANTE

HUBAM CLOVER

SEED FOR SALE.

WRITE FOR OUR 1922 ILLUS-trated sweet pearweed catalogue. Ontains all latest novelties and best pencer varieties. Also full instructions i cultivation. Crosland Bros., Duncan, ancouver Island. AGENTS WANTED.

AST WEEK OFR WINDSOR AGENT made 101 clear profits, selling tube flavors nouse to house. Write quick, Craig Brothers, Nagara Falls, Canada.

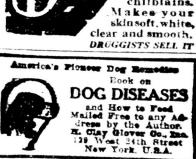
wrong for days. I suffered enough to Europe, eccupying two-thirds of the give up work, but kept at it although territory of the Continent and having a population of nearly 284,000,000.

Minard's Liniment for Coughs & Colds.

HAIRDRESSING

TORONTO HAIRDRESSING ACADEMY.





LARGE FAMILY

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

Hemford, N. S.-"I am the mother of four children and I was so weak after my last baby came that I could not do my work and suffered for months until a friend induced me to try Lydia R. Pinkham's Vegetable Compound. Since taking the Vegetable Compound my weakness has left me and the pain in my back has gone. I tell all my friends who are troubled with female weakness to take Lydia E. Finkham's Vegetable Compound, for I think is to the beam medicine ever sold. You may advertise my letter."—Mrs. George I. Croussa Hemford. N. S. taking the Vegetable

My First Child

Glen Allen, Alabama, —"I have been greatly benefited by taking Lydia E. Pinkham's Vegetable Compound for bearing-down feelings and pains, I was troubled in this way for nearly four years following the birth of my first child, and at times could hardly stand on my feet. A neighbor recommended the egetable Compound to me after I had aken doctor's medicines without much faken doctor s medicines without much benefit. It has relieved my pains and gives me strength. I recommend it and give you permission to use my testi-monial letter."—Mrs. IDA RYE, Glea Allen, Alabama. Women who suffer should write to the Lydia F. Pinkham Medicina Co. Coloniae

Lydia E.Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Feculiar to Women."

Backaches?-welcome relief! Scatter the painful congestion.

Sloan's warms and stimulates the blood, breaks up congestion -banishes the pain!

Sloan's Liniment



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-Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monos aceticosidester of Salleyicaada. While it is well known that Aspirin means Eleven manufacture, to emist the public against imitations, the Tablets of Bayer Companywill be stamped with their general trade mark, the "Bayer Companywill be stamped with their general trade mark, the "Bayer Company"

-Mollie Cullen.

ISSUE No. 7-'23.