A MUTHER'S HEALTH NEEDS CREAT CARE

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in house hold duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many acti much indoor living tend to weaken her ties are "in tune."

constitution. No wonder that the wosimple and relief at hand. When well, making the purchases. it is the woman's good blood that keeps He took it home expecting to be woman in the world needs rich blood with the cake. and plenty of it. There is one way to The whole company were witnesses W. T. Riley, R.R. No. 1, Apple Hill, when out shopping. Ont., has proved the great value of Dr. could not sleep, my nerves would and she did so. twitch and jump so that I arose in the morning with heavy aching limbs and

am now able to do my work, go about and enjoy myself. I feel so entirely like a new woman that I advise every weak or ailing woman to try Dr. Wil-Hams' Pink Pills and I know they will get beneficial results." If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you. You can get Dr. Williams' Bink Pills through any deals er in medicine or by maif at 50 cents

head. Indigestion helped to make the

Minard's Liniment for Corns and Warts through

Crescent, Toronto.

Temperature .

Does fatigue cause the greater per-

HEALTH EDUCAT

ters through this column. Address him at I

factory would seem to have some pear to be the chief factors.

Vitamin and mineral elements are

part of the splendid nutriment

which Nature stores in the field

grains for nourishing and vitalizing

Grape-Nuts, made from wheat and malted barley, has for over

twenty five years supplied vitamin

perfect nutrition.

and other elements necessary for

the human body.

It is not many years ago since the was doubt up to whether it was po-the for the plant to gament thought to speech or other mode of communica-

the music-hall stage, but there has ways been a feeling that the constant flow of talk leverlably contained a code which enabled the man in the audience to give instructions to his confederate on the stage.

There really is such a thing as mensevere. Her own health trials and her tal telegraphy, and it is possible for children's welfare exact heavy tolls, thoughts to be transmissed and rewhile hurried meals, broken rest and ceived when when the two personali-

A well-known business man proman at home is often indisposed wided the writer with many instances through weakness, headsches, back of communication between himself and sches and nervousness. Too many his wife. On one occasion he felt women have grown to accept these strongly impelled to enter a confecvisitations as a part of the lot of tioner's shop and buy a chocolate cake. motherhood. But many and varied as He did so, remarking to the assistant her health troubles are, the cause is that he really didn't know why he was

her well; when ill she must make her laughed at for his pains, but found his blood rich to renew her health. The wife entertaining friends. There was nursing mother more than any other a roar of laughter when he entered

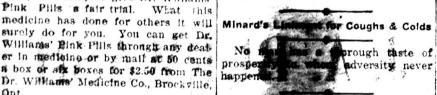
get this good blood so necessary to to the fact that his wife had hoped he perfect health, and that is through the would return with a chocolate cake, use of Dr. Williams' Pink Pills. Mrs. she having forgotten to purchase one

Williams' Pink Pills to mothers, and to make a journey to the bank to pay The writer once asked his daughter tells her story as follows: -"Two years in some money: The fact that a ago, after the birth of my boy, I be- cheque had also to be cashed escaped came very weak and run down. Grad- his memory until she was well on her ually I lost weight and energy until I way. However, a strong mental effort was unable to do my housework. I was made to induce her to return-

500 Days Without Water.

misery worse, and my heart would pal-Interesting experiments of great impitate terribly. I doctored steadily for portance to areas liable to severe # year without getting better, but just drought were carried out recently by dragged along feeling that I would the Grootfontein School of Agriculture never be well again. But one lucky day, on the advice of a friend, I began in South Africa to ascertain whether treatment with Dr. Williams' Pink stock could be kept alive for lengthy Pills. I have taken only six boxes, but periods on a ration of prickly pear leaves alone. I wish you could see the difference. I

It was demonstrated that sheep, prickly pear, and when a small allow-hours you can see for yourself how after that perfod the sheep were able to go for 500 days without a drop of and bowels, and you have a well, playwater, depending on the moisture from ful child again. the prickly pear.



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Get your vitamins

naturally

derfully delicious!

Grape Nuts

Conndian Postum Company, Limited

Sold by grocers everywhere!

45 Pront Street, B., Toronto

unusual nourishment.

There's a crispness and flavor

that delight the taste-and thee's

natural health - building goodness

that makes Grape-Nuts with cream

or milk a complete food-and won-

Grape-Nuts is truly economical

because a small quantity provides.

clime. Where twillight lingers in time. And fades at last into the silent night

Ers one may note the passing of the the house. They Haht. So mer she no

mon lot-As one who, restin

John Allen Wyeth.

Ont.

A Practical Avecation

One of the most practical avocations

music. . In the welter of modern

business life, the business man who

can rest his mind and glorify his soul by a few minutes of musical expres-

sicn every night has the asset which men like Lloyd George and Arthur

Balfour have found invaluable. If there is the slightest manifestation of

musical talent in the boy in your

family teach him to play some instru-

ment, give him a chance, it may be

Men must begin to realize how

social and industrial life of the coun-

that the business man should take no

time for music or that the musician

could not possibly be a successful

business man has fortunately passed

Many of our best musicians have proved remarkable business men, not

merely in the publishing field, where

there are some startling successes, but

Deepest Gold Mine.

of gold until the workings are 11/2

miles below the earth's surface. The

temperature rises one degree for every

"Cascarets" 10c

Best Bowel Laxative

When Bilious,

Constipated

To clean out your bowels without

cramping or overacting, take Cascar-

ets. Siek headache, biliousness, gases,

indigestion, sour, upset stomach, and

all suca distress gone by morning.

Nicest physics on earth for grown-ups

My quiet mind

The lonely star

The loons awake

Reflected lies

As white birch tree:

Point to the evening sky.

And the crescent moon rides high.

Instantly! End Indigestion

or Stomach Misery with

"Pape's Diapepsin"

As soon as your eat a tablet or two of

few cents. Each package guaranteed

A Matter of Aim.

get him a good turkey; "And mind you. Sam. I don't want a wild birde' ne said.

The turkey arrived and Sam re-

ceived his money. But when the colonel began to carve, the knife

struck something hard, which, on in-

The next day he found Sam and be-

"Didn't I tell you not to bring me a

"But I found the shot in him with

vestigation, proved to be bird shot.

gan to read the Riot Act to him.

"Dar was tame turkey, boss."

"Doan worry, sir, dem shot

The Fall of Man.

had been warned to be careful of a

quarry pit in the neighborhood. His foreman saw him suddenly stagged

and disappear over the crest of the

At once he ran to the edge. "Are

"Well, if I'm not dead, I'm knocked

The lady of the house was walking

for the milkman, and when he appear-

"The milk you left this morning was sour, Mr. Jones," she said.

"There you are, mum!" oried the ag-

ed she went out to the back door.

"Sure, an' I'm kilt entirely."

"Man, you don't sound dead."

An Irish laborer in Bristow-off Tyne

The master was wrathful.

wild turkey?" he demanded.

which you killed him."

you dead, Padraic?"

tended for me.'

opening.

His master asked a Negro servant to

By druggist.

- Mary F. W. Porcher.

TROUBLING YOU

And darkened pines

In the peaceful take While the sunset dies.

With a silver laugh

IF STOMACH IS

and children. 10d a box Taste like

The Saint John Del Ray mine, 150

also in the great world of business.

priceless to him some day.

into oblivion:

"California Fig Syrup" Child's Best Laxative



Even if cross, feverish, bilious, con- 120 feet in the depths, and at the lowstipated or full of cold, children love est level, 6,426 feet, the temperature though they fell off in condition, could Syrup." A teaspaonful never fails to Fahrenheit. the "fruity" taste of "California Fig of the surrounding rock is 118 degrees exist for 280 days solely on a diet of clean the liver and bowels. In a few thoroughly it works all the souring food and nasty bile out of the stomach

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 ag syrup.

Golden Glassware.

Cups and saucers, plates and other articles of tableware which look as if made of purest gold command fancy prices in the shops. They are very

ordinary glass coated with goff dust. The glass, cup or other article is heated to a high temperature—to a

Does fatigue cause the greater percentage of industrial accidents? Many authorities think it does but Mrs. D. E. Osborne and Dr. E. M. Venon of the Industrial. Fatigue Research Board, are inclined to doubt it. These observers claim that the controlling factors in causing accidents are speed of production and the psychical state of the workers. This latter factor is suggested by the number of accidents was a consequent diminuition of accident are speed to come workers, their greater list. At tamperatures above 67 the workers in a lively and accidents are speed to cold to work the workers in a lively and accidents are speed to cold to work the workers in a lively and accidents are speed to cold to work the workers in a lively and accidents showed a slight that the course in a lively and accidents are factor in the course in the course of modern fatigue as a nature of their work.

The surface layer of the glass becomes golden. Of course the inside of a cup or jar must be treated in this way as well as the outside. At tamperatures above 67 a cup or jar must be treated in this men suffered 38 per cent, more accidents way as well as the outside. All of the beautiful metallic-hued glassware so much admired nowadays is produced by this simple process. Oxides of various metals—mangarese; nickel, copper, cobalt, etc.—are used

ortance of modern fatigue as a nature of their work.

Oxides of various metals—mangarese:
or in the causation of accidents is It has been observed in some innickel, copper cobalt, etc.—are used suggested by laboratory experiments, dustrial plants that a large number of for the purpose, giving exquisite irides-When a test involving modern muse- accidents occur within ten minutes cent hues. Sometimes gold dast is when a test involving modern muscular accidents occur within ten minutes activity was carried out continuously for a period of three and one within ten minutes before closing that hours the accuracy attained improved three accuracy attained in the world seem to be the principle cause slowly in the latter half of the experi-

ment than in the first half. There the morajne's and afternours work was no indication of loss of manual progresses, it has been found that skill, such as might under industrial accidents increase. What is the cause? conditions have led to increased accidents increase. What is the cause? Taking may have some part in it, but dead Mahility. A savings account is an antidote for deht, defeat and most disasters.

a locomotive without steam.

Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatufence, gases, palpitation, or any misery If you leave only ambition and no from a sour, acid stomach ends. Corthe workshop or chical state of the workers would ap- energy, you will get about as far as rect your stomach and digestion for a

that every the humble college has feelings. It is also known that page experience a rise in temperature after they have been pruned.

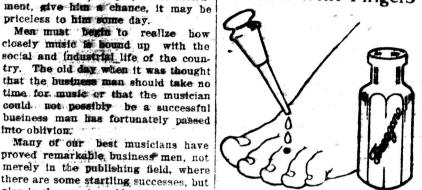
Experts declare that there is no motion, however delicate, which cannot be felt by plants. The Japanese have always recog-

are sold by medicine desires or by mail at 25 cents - has from The Dr. Williams Medicine, Co., Brockville, nized this feature in plants: They believe that love and hatred are both experienced by flowers. Every plant and vegetable has its own character, we

Science has still much to learn in this direction, but it may be that before long we shall know everything that goes on in the plant "mind."

CORNS

Lift Off with Fingers



Doesn't turt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then short ly you lift it right off with fingers miles west of the Rio, follows a vein Truly!

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

Where Cities Began. The City of London began on the bank of the Thames, surrounded on all sides except the river by a balwark of forest, interspersed with swamps. Paris rose on an island of the Seine with a protecting wall of water all

Endorse Minard's Liniment and prescribe it in their practice prescribe it in their practice. Write for testimony of medi-

Minard's

The Family Medicine Chest

Doctors

Liniment

THAILS ME

English Wool Company

Dept. WI2 MOSTRE

Brantfo

Concrete Mixi

Campanas

Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth.

All druggists sell it

good of our Relieves Dyspepsia

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

KENDALLS SPAVIN

Keep Kendali's always in the barn. A strained muscle, a sprung tendon, a jolt

or a knock demands immediate attention. A few hours' delay will result in a long lameness perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more homeflesh than all the other known remedies. Under the name of Kendall's Spayin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or

DR. B. J. KENDALL COMPANY,

671 Gerrard St. E., Tore recouting. Mr. Brains is one foronto's best known citizens, and in addition to being a successful business has written many poems and that have gained wide popufarity.

"I've been taking an occasional treat ment of Taniac for four years, and it keeps me in fine condition. Why, right now, I feel like I could hold ground in a foot race with any man my age in Canada.

Before taking Taniac, I was all run down, had little appetite, and was suffering from indigestion. I wasn't eleeping well and was often so weak and nervous I couldn't attend to busi-

"Well, sir, all these allments disappeared with my first treatment of Tanlac, and to this good day I've been eating, sleeping and feeling fine. In all my seventy years, I've never seen the equal of Tanlac, and I just wouldn't be without it."

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An especially good location for mixed
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in districts where good land cannot
be bought at reasonable prices.

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another 10,000 acres now ready for
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ITCHY PIMPLES

And Shoulders. Burned Badly. Cuticura Heals.

"My trouble started with pimpless breaking out all over my face and shoulders. The pimples were large and red and fes-tered, and itched and burned so badly that I could not sleep. They were very sore and my clothing aggravated

them.
"I read an advertir for Cuticura Soap and Ointment and sent for a free sample which helped me. I purchased more, and after using four cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) William C. Steen, 32 Peabody St., Buffalo, N. Y. Use Cuticura for all toilet purposes Sample Each Procby Maff. Address: "Lymans, Lin ited, 542 St. Fash St., W., Montreak." Sold even where. Song 25c. Olintment 25 and 50c. Talcom 25c Cuticura Song observes without many

BACK ACHED



Jure relief from rheumatic pain!

for years or are experiencing rheumatic pain for the first time-Sloan's Liniment will bring you quick, sure relief. Apply Slown's to those

stiff, sore joints. Its singling, peremaine warmth brings condoct in accidately. Before you realize it the pain has disappeared.
Sloan Liniment will make you realize how unnecessary it is to suffer from theumatic pain today. The most stuffborn and chronic

cases yield to Slown." Sloan's Liniment-kills pain!

Found Relief by Pinkham's Veget

Chatham. Ont .- "I Pinkham's Vegetable C run-down condition after my baby boy. I liad terr backache, and was tired fit to do my work and case for my little children. One day I received y little book and read it, and gave up t the Vegetavile Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do. Mrs. J. R. McMahon, 153 Harvey

St., Chatham, Ont. Lydia E. Pinicham's Vegetable Compound, made from roots and herbs, is for nearly fifty years been restoring alling women to health and street ves the troubles which cav symptoms as backache, painful pe irregularities, tired, worn-out feelings

and porvousnes. This is shown again and again by Suco. again by Sher ar Mrs. McMahon, writes, as well as by another. These wo in known a dare willing to tell others, what them; therefore, it is surely your trial.

Women who suffer should write to the Lydia E.Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E Pinkham's Private Text-Book upo "Ailments Peculiar to Women."

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

> Neuralgia Lumbago

Rheumatism Neuritis Pain, Pain

Handy "Bayer" boxes of 12 toblets -Al & Bottles of 24 and 100 - Druggists. Aspirir means Bayer Aspfrin is the trade ma acethodidester establica manufacture, to assist t

Factory: Windsor, Ontario milk ain't sour, do yer? SAM TON MAY

FOR HEALTH

"There's a Reason

grieved milkman. "If there's any complaint, the poor milkman soon hears of it; but you never tell 'im when the

ISSUE No. 10-23.

write for it to

Colds Headache Toothache Earache

ENOSBURG FALLS, Vt., U.S.A.