



Tit for Tat.
 BH Beetle—"I won't stop calling you 'skinny giant'." Mr. Granddaddy-longlegs, unless you stop calling me 'midget'!"

An average of three British seamen lose their lives every day by drowning, and 300 British steamers and sailing vessels are lost yearly at sea.

Minard's Liniment
 Accepted Mar-
 1922. It is a total
 voluminous

Look to Your Eyes
 Beautiful eyes, like fine
 steel, are the result of constant
 care. The daily use of Murine
 makes eyes clear and radiant.
 Murine is the only eye medicine
 recommended by all doctors.

Jockeys
 Poultry and dog fanciers,
 animal trainers and breeders,
 find daily use for Minard's
 Liniment as a preventive and
 remedy. Write for evidence
 of experienced men.

Minard's Liniment
 The Animal's Friend

HEALTH EDUCATION
 BY DR. J. J. MIDDLETON
 Provincial Board of Health, Ontario
 Dr. Middleton will be glad to answer questions on Public Health mat-
 ters through this column. Address him at Spadina House, Spadina
 Crescent, Toronto.

Sound peaceful slumber is one of the greatest recuperative and beautifying agents known. Without such sleep you cannot have health, and without health you cannot have your full measure of beauty. Much is printed daily upon methods of winning sleep, how many hours to sleep, when to sleep, correct and incorrect positions. We shall say all that and leave it to you, but we want to remind you that if you do not get sufficient sleep the penalty will be mercilessly exacted sooner or later. To obtain restful helpful sleep you must breathe fresh, pure air. We don't know if it is possible to get too much ventilation, but we are going to urge you to try, for we are satisfied that too much is far better than not enough in this case. Our feeling about this is quite similar to the Indian's on whiskey. "Plenty whiskey, very good, too much, just right." If you are one of those unfortunates who take their cares to bed with them to thrash over for hours, the penalty will be upon you if you do not master and control the habit. The practice of complete relaxation will conquer that evil sooner or later. When making up your mind that you are going to sleep do not concentrate your entire will power on the determination, for if you do you will only succeed in stirring up a nervous unrest. Just gently make up your mind and then dismiss that thought and all other thoughts, and go quietly to sleep; you may think it cannot be done, but just keep on trying. Each time you succeed it becomes easier so much easier. If troubled by a raging insomnia let your physician guide you. Under no circumstances resort to opiates without his advice. Temporary relief is thus obtained at a terrible expense. Drug habits with their undesirable and inevitable ending are oftentimes established. But sleep you must if



There's Solid Comfort in Healthy Nerves

WHEN you envy the calm and serene person who always looks so comfortable, just remember that his condition is the result of healthy nerves and sound, refreshing sleep.

If you are nervous and irritable—if you cannot sleep at night—avoid the use of tea and coffee, which many

people cannot drink without serious harm to their nerves, and consequent interference with health and comfort.

Drink, instead, delicious Instant Postum—the wholesome, healthful table beverage that safely charms and satisfies.

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 a card. Write: Canadian Postum Cereal Co., Limited, 45 Front St., E., Toronto. Factory: Windsor, Ont.

INFLUENZA LEAVES THE BLOOD THIN

To Restore Full Health Tonic Treatment is Recommended.

Probably the most treacherous trouble that afflicts the people of Canada during the winter months is influenza or its gripe, as it is often called. The disease is treacherous, because often after the characteristic symptoms of the trouble have disappeared it leaves behind it a weakened and debilitated constitution which makes the victim an easy prey to other troubles. All this is due to the fact that the attack of influenza has left the blood abnormally weak and thin. Weak blood means impaired digestion, a feeling of tiredness after slight exertion, and often a nervous breakdown. This condition will continue until the blood is restored to a rich, red, disease resisting condition. For the purpose of enriching and stimulating the blood no other medicine equals Dr. Williams' Pink Pills. These pills act directly upon the blood, and through the blood upon the nerves and in this way act as a restorative to the whole system. Thousands throughout Canada have proved the value of Dr. Williams' Pink Pills in cases of this kind, among them Mrs. Ida M. Fraser, R.R. No. 2, Thessalon, Ont., who says: "I passed through a severe attack of influenza which left me pale, thin and weak. Indeed, I was so weak I could scarcely stand upon my feet. The medicine I was taking in the hope of bringing back my health did not help me, and I was greatly discouraged. Finally I decided to try Dr. Williams' Pink Pills, and from the time I had taken the first box my health began to improve. I used six boxes altogether, and found as a result that I was again strong and healthy, and I think that in cases of this kind they are worth their weight in gold."

If you have passed through an attack of influenza, your speediest way to regain full strength is through the fair use of Dr. Williams' Pink Pills. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

It is one of the symptoms of "sleeping sickness." You sometimes find a condition in this disease resembling mania, which may or may not come on periodically. Generally the symptoms of sleeping sickness are as follows: There is gradually increasing lethargy of body and mind. The upper eyelids droop, the gait is unsteady, and after a time the patient is almost constantly asleep. When it goes to the actual sleeping stage the end is generally close at hand. The symptoms and rate of progress vary in different cases. There may be muscular tremor and general convulsions. Sometimes there is mania. The glands of the neck are enlarged and an itchy eruption may appear on the skin. There is usually fever towards the end.



With The BOY SCOUTS

A Word About Gangs.

Scoutmastering isn't the easiest and most leisurely recreation a man can select—not by a long way. And sometimes the Scoutmaster has to wait a long time before he sees much really worthwhile results from his work. And the boys, too, do not always seem appreciative. But once in a long time something comes along which makes him doubly glad that he "stuck to the troop" and made a success of it. Imagine if you can the satisfaction of the unnamed Scoutmaster when he read the record and appreciation of his old Scouts in the following articles we quote from a recent issue of the Toronto "Boys Own Paper."

"Many articles have appeared about the badness of the boy gangs around the street corners, but nothing has been said about their better and higher ideals which are waiting to be worked out."

"Every Gangster" has a code of honor and they are generally ready to help each other.

"I am not writing this from fancy, but as a former member of one of the best known gangs in this city, and I beg to tell you that these fellows can be taken hold of and moulded into the finest boys or men in the city."

"It is too bad that had boy gangs are operated in this city, but to show what can be done by a leader I will relate this incident. A certain man came around to our gang and became personally acquainted with us all. Most of us joined a troop of Scouts he organized, and the result was that these fellows, many of whom had been up in court, had the finest troop in the city and captured most of the prizes in various demonstrations."

"During the war this troop contributed more money to boys at the front than any other troop. These gangs can be changed from the worst to the best in the city by true leadership, not pretense at it."

"Numbers there are who will disagree with this article, but remember that there are always two sides to every question, and as a former gangster, this is my view. With co-operation we can change the lives of the boys of this city. Are these boys worth going after? You bet they are! And the boys will appreciate it and you for your effort. Come on, co-operate!"

The above story can be just as true of the smallest cross-roads village in Ontario as it is of the city of Toronto. There are boys everywhere who would just as soon devote their energies to worthless things instead of constantly getting into "scrapes" if only some man would lead them. The existence of the gang without proper leadership is a challenge to the virtue manhood of every community to see that the situation is changed. The Boy Scout Movement offers one of the best known means for working this change. If you are interested, the Field Secretary of the Boy Scouts Association will be glad to send you full information regarding the Scout plan if you will write to him about it at 100 and Sherbourne Streets, Toronto.

Couldn't Keep It.
 Tom (considerably mused up)—"I been out looking for a fight."
 Jack—"Evidently you found it."
 Tom—"Yeah—but I lost it right away!"

WINTER WIND-WISY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels, and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

All Aboard.
 Some sailors went ashore, and as a change thought they would like to go for a ride on horseback. They went to the nearest livery stable, and the spokesman asked for the ostler.
 Ostler—"What kind of an 'orse?"
 Spokesman—"We want a four-legged 'orse."
 Ostler (amused)—"Yes! I know that, but d'yer want a quiet 'orse or a spiky 'orse?"
 Spokesman—"Oh, it don't matter about that, mate. Give us a pretty long 'orse—there's eight of us, and we're all gitt' aboard."

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly the 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 to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Natural Inclination.

"What profession is your boy Josh going to select?"
 "I'm going to educate him to be a lawyer," replied Farmer Cornsoll.
 "He's naturally argumentative and bent on misin' into other people's troubles, he might 'ee' as well get paid for his time."

"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, no laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Hooked.
 "What is the difference between a fish and a fool?"
 "I don't know. I'll bite. What is the difference?"
 "Well, if you'll bite there isn't any."

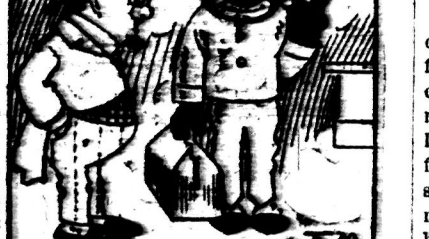
MONEY ORDERS.
 Remit by Dominion Express Money Order. If lost or stolen you get your money back.

"As the Spaniards Say."
 The traveller in Spain frequently comes across some very quaint but wise expressions and sayings, for many of which we have no equivalent in our language.

For instance, there is the popular domestic saying in Spain that "a smoky house, a leaky roof, and a scolding wife drive a man from home."

A Spaniard often sums up another's character with the remark that, "he is like a collier's sack, bad outside, worse inside." They are particularly fond of sayings relating to love and money matters, as the following expressions show: "Love, grief, and money cannot be concealed," and, "He who tries to get rich in a year will hang in six months." This latter proverb is evidently meant as a kindly warning to businessmen.

Finally one might quote the old Spanish recipe for true happiness: "Enjoy your little, while the fool seeks more."



Height of Care.
 Guest—"Here, take my valise! Are you a careful porter?"
 Hotel Porter—"Deed Ah is, sah! Ah ain't never broke a bottle yet!"

Minard's Liniment used by Physicians.



The Disappearing Home.
 "There's no place like home."
 "No; you'd have a hard time to find such a place these days."

STOMACH MISERY, GAS, INDIGESTION
 "Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

A giant tree recently found in New Zealand has a trunk 22 feet in diameter and 66 feet in girth. Its age is estimated at 2,000 years.

Remember that your face is an advertisement; it shows the public what mental and moral goods you have to offer it.

Campana's ITALIAN BALM
 Prevents chapped hands, cracked lips, chilblains. Makes your skin soft, white, clear and smooth. DRUGGISTS SELL IT

Irrigated Farms in Southern Alberta
 In the Famous Vauxhall District
 New River Irrigation Project
 An especially good location for farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices.

Be Safe!
 Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.
 For all muscular hurts and pains
 Kendall's Spavin Treatment makes good.
 For external use, it is a sure cure for all muscular troubles. It is a sure cure for all muscular troubles. It is a sure cure for all muscular troubles.

KENDALL'S SPAVIN TREATMENT
MOTHER! MOVE
CHILD'S BOWELS

"California Fig Syrup" is
 Child's Best Laxative

Hurry mother! Even a cross, sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day 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.

California Fig Syrup is Child's Best Laxative

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 Neuritis
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., Ltd., of Germany. While it is well known that Aspirin means Bayer, the public is often misled by cheap imitations. The Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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LOST HOPE, SAYS MRS. WATERMAN

Declines Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds

"Tanic restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Cora Waterman, 145 Monroe St., Toronto, Ont.

"I don't believe there was a worse case than mine in Ontario. I had been suffering for about three years and was practically a nervous and physical wreck. I could eat scarcely a thing, sleep was almost impossible, and rheumatism in my hands, wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine, and had about lost hope of ever being well again."

"But Tanlac ended my suffering and saved me a great many dollars. I regained fourteen pounds, too, which I still retain, and I feel as strong and healthy now as when a school girl. I have been praising the Tanlac treatment three years now, and want to send out this message to help others."

Tanic is for sale by all good druggists. Over 35 million bottles sold.

What matters is not what you are, but what you are becoming.

Minard's Liniment for sale everywhere

Amateur's Horse Book
 Book on DOG DISEASES
 And How to Feed
 Mailed Free to any Address by the Author,
 Mr. May Glover, 224
 129 West 24th Street
 New York U.S.A.

Brantford
 Have \$9 to \$10 a Day on Labor alone. Write for details. A book-talking job and think of the VALUE FARM-SIZE MIXER. It is the only one on wheels. It is a foundation, horse trough, also, etc. Many farmers are using it for milking, etc. Made for hand or power, on sails or mounted on trucks, with or without engine. Write for booklet.

Black Knight STOVE POLISH
 Will not burn. Easy to use.

Sloans
 Chest Cold?—try this method

That chest cold can be broken up—no matter how stubborn and deep-seated it may seem!

Apply Sloan's Liniment to chest and neck tonight. Its tingling, glowing warmth goes to the root of trouble. It breaks up the congested, inflamed condition. Relief quickly follows.

Get a bottle of Sloan's today. All druggists carry it. Its effectiveness will surprise you. Made in Canada.

Sloans Liniment—kills pain!
 For rheumatism, bruises, strains, chest colds

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-five pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."

—Mrs. ELIZABETH A. BRYAN, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is an splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Recipe Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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

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