

lls unfolds. pilgrim moulds

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SKIPS.

Maurice Morris. y, work on the

y." is the advice to those who lal unhappiness. ficial statistics.

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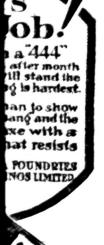
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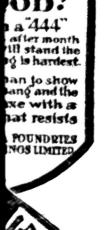
ATTONAL PRE Quighee, Que. Bulbs

ask for rou order

ob. a 444" after month an to show and and the ixe with a hat resists POUNDRIES NOS LIMITED









SMOKE



# The Tobacco of Quality

Manufactured by Imperial Tobacco Company of Canada Limited

# HEALTH EDUCATION BY DR. J. J. MIDDLETON

Provincial Sound of Health, Ontario Dr. Middleton will be glad to answer questions on Public Health masters through this column. Address him at Spadina House, Spadina

any exchange, and it answers this if preventive measures were taken in way: "A Christian Nation is one that time.

Crescent, Toronto.

there are at present.

only with regard to the way in which ing men and women.

we attack the problem that I have any

Or in a more general way take an criticism to offer.

perhaps there would not be so many ness to spend money on a filtration

old adage, and it is very true. attacking the problem from the pre- never have occurred at all. far too high, and sad to say many, damage after it is done.

mine, in Brazil.

dred years this wonderful mine has the ore. yielded a fortune in gold and its allied Suddenly a sharp tap, like the sound a pocket-handkerchief when read! products, while more wonderful still of a hammer meeting wood, comes to Some years before the war the The shadows where it darts. is the fact that instead of giving out, the ear, and, following it, a mighty "Journal des Jambes' appeared in It is October in our hearts. the lode shows signs of becoming, if rush of wind that, unless you are preanything, richer than ever!

The mine was first exploited systhe Brazilians themselves, while there the fury of a great storm. is evidence that it was known to an You are then at liberty to descend ery."

even olde generation. It was not until about thirty years and the various processes of choregraphic, sporting, or other questaround to get its bearings and then the mine has owed much of its pros- yielded by every ton of ore. The pro- either sex." gish mining engineer, who in a short tion by what is known as "roasting." time made Morro Verho one of the Every blasting operation means that

the mine which is now nearing the roughly, a thousand pounds. In adtwo-mile mark in depth, was made by dition there are various valuable bymeans of ladders and occupied nearly products—among them silver, pallaforty minutes. To day electric lifts dium, and arsenic. take one down in a little more than two minutes.

A wonderful system of air locks is Installed at the various, levels, the is by Dominion Express Money Order. pressure at some of which is so great that a complete change of clothing becomes necessary, ordinary garments being exchanged for thick woollen

inchets and trousers. Blasting operations take place twice a day, and to be in the mine at the A silica has been discovered with time of one of these occurrences is to which raw glass can be made without andergo an experience which is not the aid of any other ingredients.

easily forgotten. Imagine yourself standing in an elec- Keep Minard's Linime

'What is a Christian nation?" asked many lives of mothers could be saved

contains underpaid girl employes and Then the father may lose his life rescue homes." A bit far-fetched per- through an avoidable accident while at paps, but still with a grain of truth in work, and many avoidable accidents Because, if there were no under-take place in every line of industry. paid girl employees, or boy employees Statistics show that. But whatever for that matter, there might not be the cause the result is the same—the nothing can equal Baby's Own Tabmade from bulrushes, the Latin name for half the number of rescue parents come to an untimely end, and lets. The Tablets are a mild laxative for which is "junkus," and so we have the thought that we are spending we must have drives and raise thou- and bowels working regularly. It is a end. Sailors carry the word a bit farfor health and welfare work at sands upon top of thousands of dol-recognized fact that where the stom-ther and call their meat "junk." rong end of the problem, always lars to care for orphans, and not only ach and bowels are in good order that The words starboard and larboard corporation to the protection, always lars to care for orphans, and not only ach and bowels are in good order that colds will not exist; that the health of through lack of preventive medicine, charitable or philanthropic purpose. hygienic measures or whatever one Not that I am minimizing the necessity of projection of the little one will be good and that he will thrive and be happy and good-natively ach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natively ach are sold by modification. The Tablets are sold by modification of the little one will be good and that he will thrive and be happy and good-natively ach are sold by modification. sity of praiseworthiness of any object dons on society and are nothing more tured. The Tablets are sold by medithat tries to and succeeds in relieving than human derelicts when they might cine dealers or by mail at 25 cents a When the old galleys were in use they that tries to and succeeds in reflexing than numan defences which they be an oar fixed to the strong, hardships or distress. It is have been strong, active, self-support- box from The Dr. Williams' Medicine were steered by an oar fixed to the

But people will at once say "Orphout outbreak at Cochrane. Through lack ans have to be cared for." True, but of knowledge of what serious results ir preventive measures were adopted might follow or through an unwillingorphans. And here is where I be- plant to purify the water supply, the lieve the solution of the distressing citizens of that northern town took a conditions found to-day often lies chance and a terrible record of suffer-When we think over the situation filtration plant been installed and the we can at once see the possibilities of water purified, the epidemic might

before her baby was born by failing to Humanity is kind, and no worthy ob- century! realize the seriousness of symptoms— ject fails to get public support, but symptoms which to her seemed trifling through education we will learn the but which were in reality grave warn-value of nipping trouble in the bud ings of serious trouble ahead. The at a small expense rather than delv-

One of the little-known wonders of your feet, and perhaps half a mile by 11in, and sold for fourpence. the world is the Morro Velho gold wide of where you are standing, the

tity and fame to the skill of an Eng. cesses include cyaniding and purifica-

most completely equipped mines in five hundred pounds' worth of gold Health Commissioner for the city of til he arrived at his home in Wakehas been wrested from Mother Earth, Thirty years ago the descent into the value of the daily output being,

> MONEY ORDERS. The safe way to send money by mail

What bed is soft, well covered and nicely made, yet cannot be slept in? A flower bed.

A silica has been discovered with

# EASY TRICKS

By Sense Of Touch



Borrow half a dozen coins. you borrow each place it on the mantlepiece - if the mantlepiece happens to be stone. A marble top table will serve. Make a little talk about the trick, assuring the company that you use no confederates and that the trick you are about to perform will have the effect, at

least, of being real mind reading. Tell the company that you will leave the room. While you are gone, the coins on the mantlepiece are to be put into a hat. One of the spectators is to select one coin and to mark it with a pin or a penknife. Each person in the party is to hold the coin against his forehead and to fix his mind upon the coin and upon nothing else. When every person has done this, the coin is to be returned to the hat, with the others, and the hat placed on the mantle-

This is done. When you return, you walk directly to the hat, reach in and pick out the coin which the spectators marked.

How is it done? Your little talk had a great deal to do with the trick as it permitted the coins, which lay on the mantlepiece, to become more or less chilled. The selected coin, due to all of the handling it receives, becomes a great ieal warmer than the others. When you reach into the hat you distinguished the marked coin, not because of the concentration of minds but because it was warmer than the

(Clip this out and paste it, with other of the series, in a scrapbooks

To guard the baby against colds Three thousand years ago rope was orphans have to be cared for. And so that will keep the little one's stomach the nautical term "junk" for a rope's Co., Brockville, Ont.

## Curiosities of the World's Press.

The biggest newspaper ever published was the "Illuminated Quadruple Constellation," issued in New York in 1859. The paper measured 81/4ft, in prevention. That's the thing. "Pre- ing and death resulted with a gigantic height and 6ft. in width, and consisted It is October in our hearts, vention is better than cure" says an outlay of money to try and cope with of eight pages, each containing thir. The vineyards of the years are ripe.

A ream of the strong paper on which it was printed weighed 3cwt. Playing across the hill. ventive aspect. A mother may die at Some day we will realize the waste Forty people were occupied continualthe birth of her child through lack of and foolishness of neglecting to spend ly for eight weeks in order to bring O it was well to drink our fill medical and nursing attention. She a comparatively small amount of out this oddity, which its designers Of pleasure when the sun was high, may have endangered her life weeks money on the prevention of disease. proposed should be issued once every And it is well beneath the still

In the Caucasus before the war a postcard newspaper was issued, the print of which was so small that a The hush that follows song is deep, maternal mortality in this province is ing deep into our pockets to repair the magnifying glass had to be used to Far deeper than the song was gay, master its contents; while in 1831 ap- And autumn pasturing ghostly sheep peared the first number of "Bethold's Among the fields of yesterday Political Handkerchief," a newspaper Is shepherd of our dreams. Fortunes Made Twice Daily! trically-lighted chamber a mile below printed on calico to evade the stamp the surface of the earth. Far beneath duty. This news-sheet measured 18in. Heap the dead leaves beside the

A similar sheet was started in miners are laying the dynamite Greenock in 1849. It was known as Almost every day for nearly a hun-charges, in readiness for getting out the "Greenock News Clout," and the Heap the bonfire that redeems editor advised his readers to use it as The dead who wake in light, and

pared for it, sweeps you off your feet. filled a "long-felt want," and that it A minute later comes a low, rumb would be "a friend and counsellor to tematically a few years before Queen ling noise that increases in volume all who wish to keep their legs fit, and Victoria's coronation. Prior to this until it roars like thunder, while the to all who, weary, impotent, or worn ing instinct which was proved recentit was worked for nearly a century by whole mine trembles as if shaken in out, wrongly believe that they have ly when a specimen was brought from

It was not until about thirty years ore to the surface to be crushed and deal with all the medical, surgical, spent only a few moments in hopping ago, however, that up-to-date machine obtaining the ounce of gold which is tions relating to the human leg of started post-haste for its "own vine

# Cigarette Commended.

New York, states that the cigarette is field. The distance covered is about the most suitable smoke as the tobac- seventy-five miles and the toad must co in that form is perfectly consumed, have come exceedingly close to the and as combustion is better the nico- speed limit for hoppers, as he made tine is practically destroyed. Although the complete journey in just five days. a non-smoker himself, Dr. Copeland says there can be no doubt that smokers find solace and comfort in the moderate use of tobacco.

A new and universal "air language" is suggested to enable pilots of any nationality to understand wireless telephone messages from earth stations all over the world.

nervous of all animals, and that little the enamel to crack or chip. things annoy and irritate him. Remember that he will be contented or n iserable according as you treat him.

# STIPTORS OF LITTLE

## An Inherited Tendency to Anaemia May be Overcome.

Some people have a tendency to become thin-blooded just as others have an inherited tendency to rheumatism. or to nervous disorders. The condition in which the blood becomes so thin that the whole body suffers comes on so gradually and stealthily that anyone with a natural disposition in that direction should watch the symptoms carefully. Bloodlessness, or anaemia, as the medical term is, can be corrected much more easily in the earlier stages than later. It begins with a tired feeling that rest does not overcome, the complexion becomes pale and breathlessness on slight exertion, such as going upstairs, is noticed. Dr. Williams' Pink Pills are a home

remedy that has been most successful in the treatment of diseases caused by thin blood. With pure air and wholesome food these blood-making pills afford the correct treatment when the symptoms described are noticed.

You can get these pills through any dealer in medicine or by mail, postpaid, at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

# The Origin of Marine Terms.

The origin of many sea terms is unknown to most people. For instance, Its origin, however, is "Emir of Bagh," Arabic for "Lord of the Sea."

"Captain" comes direct from the Latin "caput," a head; while "mate" is derived from the Icelandic "mati," which means a companion, or equal.

At first the coxswain was the man who pulled the after-oar of the captains boat, then known as a cockboat. "Cock-boat" is a corruption of coracle, a small round boat used for fishing. Commodore is from the Italian "commendatore," or commander, and naval cadet was originally the French "capdet," which has the same origin as captain.

We often hear "Davy Jones" mentioned, but there never was such a person. The original term was "Duffy Jones's locker." Duffy is the West Indian term for spirit or ghost.

"Dog watch" comes from "dodge" AGAINST COLDS watch. This "dodge" is to enable the men to avoid being on duty every day at the same hours.

right-hand side of the stern, and the inboard portion was held by the helmsman in his right hand. Larboard is probably a corruption of lower-board or side, as it used to be considered inferior to starboard.

# October Rest.

From thinnning forests Pan departs, And we shall never hear his pipe

Suspense of twilight-laden sky To drink our fill of sleep.

streams

Where youth has heard the summer

-Robert Hillyer.

### The Homing Toad. The common garden toad has a hom-

lost the use of theirs beyond recov. Winchendon to Wakefield. Mass., to where the miners are sending the It went on to say: "This journal will of testing this very fact. The toad and fig tree," dragging a small tag fastened to its hind leg. The creature was seen both in Townsend and Con-Dr. Royal S. Copeland, formerly cord, but was not discovered again un-

# Two Elizabeths.

Professor of History-"What do you know of the age of Elizabeth, Mr. Jones?"

Jones (dreamily)-"She'll be nineteen next week."

Bek for Minard's and take no other. Enameled kettles that have burned dry should be filled at once with boil-Remember that the horse is the most ing water, as cold water would cause

ISSUE No. 41-23.

Their very hearts away in melody; Where dryads have a home in every

And fauns dance down the meadows. murmuring

Fantastic spells; where golden lilies swing Their fragrant bells, and bees hum

droweily And breezes woo the shy anemone With wistfulness that breathes the soul of spring,

Here summer may not burn, nor autumn rest His chilling touch, nor winter's winds hold sway.

Beneath its boughs the wonder of the May Shall never fade, nor Love tire of his quest

Of happiness, nor beauty lose its truth: Since Arcady is but eternal youth. -Charlotte Becker.

# Ate the Plate.

Blinks—The undercrust to that chicken pie you brought me was abominably tough."

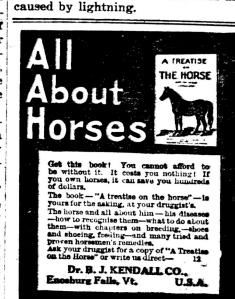
Waiter-"There wasn't any undercrust to that pie, sir, it was served on a paper plate."

## Favored Execution.

A man, whose family pride was take the word admiral. Many of us more marked than his love for music. think of it as a purely English word. asked a friend to come and hear his daughter sing. After she had finished, the proud father said to his friend: "Well, how do you like it? What do you think of her execution?

The reply came swiftly: "I'm in fav-

Fifty-one per cent. of farm fires are



PREE

For Thin Falling Hair

Use Cuticura

If your scalp is irritated and your

nair dry and falling out in handfuls,

ry this treatment: Touch spots of

landruff and itching with Cuticura

Ointment and follow with hot shampoo of Cuticura Soap. Nothing better than Cuticura for all skin and scalp

Soup 25c. Cintment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Mentreal.

Cuticura Soap shaves without mug.

# America's Pioneer Dog Remedies DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. CLAY GLOVER CO., Im

CILVER POXES NOTES FROM MY

accounts to her husband.

ting streaky, it's cheaper."

every other day."

band.

A young wife brought her weekly

He scrutinized them with a look of

profound understanding, and remarked with an oracular air: "I see you have

been paying less for bacon this week." "Oh, yes, jarling," said the wife with a proud mile. "I have been get-

"Why is it cheaper?" asked the huse

"I believe the pigs cost less to

keep," answered the young house-

keeper, "because they are only fed

Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eve Care Book

Minard's eases and heals them.

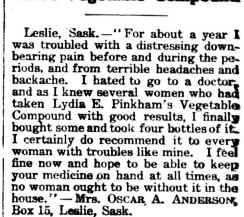
Rub it on before you go out in

the wind. A good preventive.

CHAPPED

# MRS. ANDERSON TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound



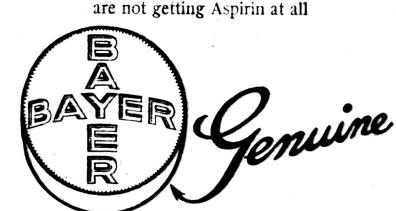
# Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y. - "I read your advertisement in the papers and my husband induced me to take Lydia Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. HERBERT KELSEY, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery.

# ASPIRIN

UNLESS you see the name "Bayer" on tablets, yea



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-Days Aspirin is the trade mark (registered in Canada) of Bayer Manufacture aceticacidenter of Salleylicacid. While it is well known that Aspira is manufacture, to assist the public assists instations, the Tables of Bayer Will be stamped with their general trade mark, it e Bayer Cream