

RHEUMATIC SUFFERERS

May Obtain Relief by Enriching the Blood Supply.

In the days of our fathers and grandfathers, rheumatism was thought to be the unavoidable penalty of middle life and old age. Almost every elderly person had rheumatism, as well as many young people. It was thought that rheumatism was the mere effect of exposure to cold and damp, and it was treated with liniments and hot applications, which sometimes gave temporary relief, but did not remove the trouble. In these days there were many cripples. Now, medical science understands that rheumatism is a disease of the blood, and that with good, rich, red blood any man or woman of any age can defy rheumatism. There are many elderly people who have never felt a twinge of rheumatism, and many who have conquered it by simply keeping their blood rich and pure. The blood-enriching qualities of Dr. Williams' Pink Pills is becoming every year more widely known, and the more general use of these pills has robbed rheumatism of its terrors. At the first sign of poor blood, which is shown by loss of appetite, dull skin and dim eyes, protect yourself against further ravages of disease by taking Dr. Williams' Pink Pills. They have helped thousands—if you give them a fair trial they will not disappoint you. You can get these pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Giants of the Air.

Now that the British Government has accepted in principle a big scheme for the building of huge airships for passenger traffic, we can look forward to the day when we shall be able to travel to Egypt in just over a day and night, and to India in seventy hours, says a London writer.

Commander Burney, M.P., who proposed the scheme some eighteen months ago, has great faith in the durability and reliability of the enormous vessels which he proposes to construct for the World Airways.

In 1921 the whole world was thrilled by the marvellous achievement of the British rigid airship R. 34, commanded by E. M. Maitland. During that year R. 34 flew to America and back, the outward journey taking 108 hours and the return flight 75 hours.

R. 34, the largest airship in the world, having beaten all previous records in her trial flights, was sold to the United States. But during 1921 both these aerial cruisers came to disaster. The R. 34 was wrecked at Howden on January 19th, and on August 24th the R. 38 fell in flames into the Humber, only five of her crew of forty-nine being saved.

The new aerial liners will be nearly twice as large as the R. 34. The best way to get an idea of the size of these new airships is to compare them with a mammoth liner. For instance, the aerial monster will be 760 feet in length, just 2 feet shorter than the Mauretania; but this ship is only 88 feet in breadth, while the diameter of the airship will be 120 feet!

And as for speed, the air liner will be able to travel comfortably at a speed of 50 miles per hour—more than twice as fast as the Mauretania.

Passengers on these great airships will be as comfortable as on the Aquitania, or in one of London's famous hotels. In the near future it will be customary to travel by air to Egypt, India, and possibly even Australia, and passengers will have their comfort studied to the limit of possibility.

The first passenger airship will have cabins fitted with single berths—one cabin for each passenger—and each cabin will be fitted with a writing-table, a dressing-table, and a "tip-up" wash basin.

For the use of passengers during the day there will be a lounge and a smoking-saloon, furnished like those in use in the chief London clubs. Matches, of course, will not be allowed on board, but electric lighters will be provided.

The restaurant, capable of seating about eighty persons, will supply the necessities of life on a lavish scale. Food will be cooked in electric ovens which will derive their power from the seven separate engines which will propel this veritable hotel de luxe.

One hundred and fifty passengers will be carried, as well as a large crew, and the airship will be able to cruise 3,000 miles without coming to earth.

She—“You and Tom are fast friends, aren't you?”

He—“Yes, but he's faster than I am.”

Great Heart, an Illinois horse, made a high jump record when, with a rider up, he cleared the bars at more than eight feet.

Ask for Minard's and take no other.

EASY TRICKS

No. 45

The Four Aces



In this clever trick, the four aces are dealt face down on the table. On each ace, three other cards are placed. The magician says the usual magic word—and all of the aces fly to one of the heaps. A little arrangement of the cards is necessary.

The four aces are displayed as in the illustration. Do not display them for long because a keen-eyed spectator might discover the fact that behind the ace of clubs three other cards are hiding. The “fan” of cards is closed and placed, face down, on the top of the pack of cards.

The audience believes that the four aces are on the top of the pack. Really three other cards are on the top of the aces. The first of these is dealt on the table with the remark: “I'll put the first ace here.” The second is dealt with the remark: “—and the second ace here.” Care must be taken not to show the faces of the three cards. On the fourth card, which really is an ace, deal the next three cards—the three remaining aces. Three cards are dealt on each of the other three (alleged) aces. The trick is now completed but don't forget the magic words and any other hocus pocus.

(Clip this out and paste it, with other of the series, in a scrapbook.)

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

King George's Trip to Scotland.

When King George and Queen Mary go to Scotland for their annual visit at this time of the year it is not a simple matter—at least for anyone except the British sovereigns. There is a huge amount of preliminary work to be done.

For instance, even the chief cook at Buckingham Palace must go north to be ready to cater to the royal taste when their majesties are in residence at Balmoral, and even one of the royal carriages must be shipped to Scotland to be there in case of necessity. Also as the King has to do considerable motoring one of his big cars must be sent in advance.

Then there is the question of the King's wardrobe. It is incumbent upon him to appear sometimes in kilts and at other times in tweeds when on the moors shooting grouse. There is at least one official in his retinue who cannot be dispensed with and that is his mailman.

The King's mail always is handled separately and when he travels there is an employee of the postoffice who looks after the Royal mail. It is sent in a special bag and it is the job of this official to see that no delay is occasioned in transmitting letters and documents to the British sovereign.

There is no time of the year which the King relishes more than his excursion to Scotland during the shooting season. He is a keen sportsman and one of the best shots in the United Kingdom. If he had his own way about it he probably would prefer to go to Scotland in as simple a manner as any other subject of his realm, which is also the way the Prince of Wales likes to travel. But being a King there is a great deal of formality connected with his journey from London to the north country.

Graduate Nurse Finds "The Perfect Remedy"

“From my long experience as a professional nurse, I do not hesitate to say Tanlac is nature's most perfect remedy.” is the far-reaching statement given out for publication recently by Mrs. L. A. Borden, 425 Pontius Ave., Seattle, Wash., a graduate of the National Temperance Hospital, Chicago.

“I have used Tanlac exclusively for seven years in the treatment of my charity patients,” said Mrs. Borden, “and my experience has been that for keeping the stomach, liver, kidneys and bowels functioning properly, and for toning up the system in general, it has no equal.”

“About a year ago I had a lady patient who could not keep a thing on her stomach, not even water. I prevailed on her to try Tanlac and after the sixth bottle she could eat absolutely anything she wanted without the slightest bad after-effects.”

“I had another patient who simply could not eat. I got him started on Tanlac and by the time he finished three bottles he was eating ravenously and able to work.”

“These two instances that are typical of the wonderful merits of the medicine. My confidence in Tanlac is unlimited.”

Tanlac is for sale by all good druggists.

HEALTH EDUCATION

BY DR. J. I. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Does poverty affect the health of children and contribute to the high death rate among infants? All indications point to the fact that it does.

There are many causes of infant mortality. Lack of knowledge on the part of the parent is supposed to be responsible for many of these deaths, but this is not the only cause. What about poverty? What about low wages that compel a family to eke out an existence just above what is required to keep body and soul together? There are many such pitiable plights of families, and the sooner such conditions are put right, the sooner will the standard of citizenry be raised. The nation that in war time permits its soldiers to make war on women and children is rightly considered as beyond the pale of citizenship. What may be said of the nation that in peace time allows its infants to be murdered? Is Canada such a nation?

It is to be hoped not, and yet our infant mortality rate is far too high. What is the relationship between this infant mortality rate and the family income? Vancouver, B.C., has an income of the lowest in the Dominion of Canada, and the average salary of Vancouver is more than \$1,250.

In Montreal where the infant mortality rate is above 155, the average earning capacity of parents is less than \$450 per year.

Living conditions in Canada and the United States are somewhat similar, and what we know of conditions

there may be an index of what is prevalent here.

“Six careful and painstaking surveys made by the Government seem to fasten the indictment of baby murderers upon us as a nation,” says one writer. “We are murdering babies by permitting their parents to be paid so little in wages that the babies die without a chance to live.”

The latest revelation of that condition comes from Gary, Indiana, old Judge Gary's “Model Village,” built by the steel trust. The children's bureau of the department of labor has just completed a year's study of infant mortality there which shows: An increase of infant mortality corresponding to the fall of the earnings of the chief bread winners. When the earnings amounted to at least \$1,850 a year the infant death rate was 89.4. When the earnings ranged between \$1,050 and \$1,850 the death rate was 127.1. When the earnings fell below \$1,050 the death rate rose to 137.8.

Said the bureau's report: The heavier toll was taken by the gastric and intestinal diseases due to the inability of the mothers to feed their babies at the breast, inability to provide enough wholesome milk, bad housing and lack of sanitation.

It should be the wish of every citizen and the aim of every statesman to maintain and increase the standards of living which exist in our country. There is some faint hope that the industrial outlook on this continent may lead us to believe that poverty as a cause of infant mortality may soon be considerably reduced.

Ready for the Job.

James (who has come to London with a view to emigrating, stops before a news agent's shop to look at a placard with a large line upon it, “Situation in Russia”)—“I've come about the situation you're advertising.”

News Agent—“What situation?” James (pointing to poster)—“It's the one in Russia I'm after.”

News Agent—“Pooh; that's on the state of affairs.”

James—“I don't care whose estate it's on—I'll take it.”

Keep Minard's Liniment in the house.

A tennis court surfaced with rubber and colored green is a new idea from London. It appears to have everything to recommend it except the cost.

MURINE
NIGHT & MORNING
KEEP YOUR EYES
CLEAN CLEAR AND HEALTHY
MURINE FOR EYES CURE SOON—MURINE CO. CHICAGO, ILL.

For all the family
Strains, sprains and pains, overworked muscles, a twinge of rheumatism, all of them answer at once to Kendall's Spavin Treatment.

Kendall's penetrates right to the sore spot—soothes, soothes and heals. Kendall's Spavin Treatment, known for more than 40 years as Kendall's Spavin Cure, is economical and clean—no medicines, no continued rubbing, no bandaging.

Ask your druggist for a bottle to-day
KENDALL'S SPAVIN TREATMENT

Making the rounds of the popular music publishers these days is just like walking into a market. The publishers will soon have to have their stuff licensed under the Pure Food and Drug Act instead of having them copyrighted.

The list of the latest song hits resembles a music publishers' picnic menu.

Menu
“Yes, We Have No Bananas”
“Hey! You Want Any Codfish?”
“Pickles”
“Cut Yourself a Piece of Cake and Make Yourself at Home”
“I Want An Apple on the Stick”
Re-Heated Coffee—“Don't You Try to Sauer Me”
“Sugar”
And to Complete the Meal with Nuts we have “Hot Roasted Peanuts.”
To keep the food from spoiling we have “The Grandest Ice-man.”

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 Manufacture of Monocarbolic acid of Salicylic acid. While it is well known that Aspirin means Bayer, manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the “Bayer Cross.”

BAYER

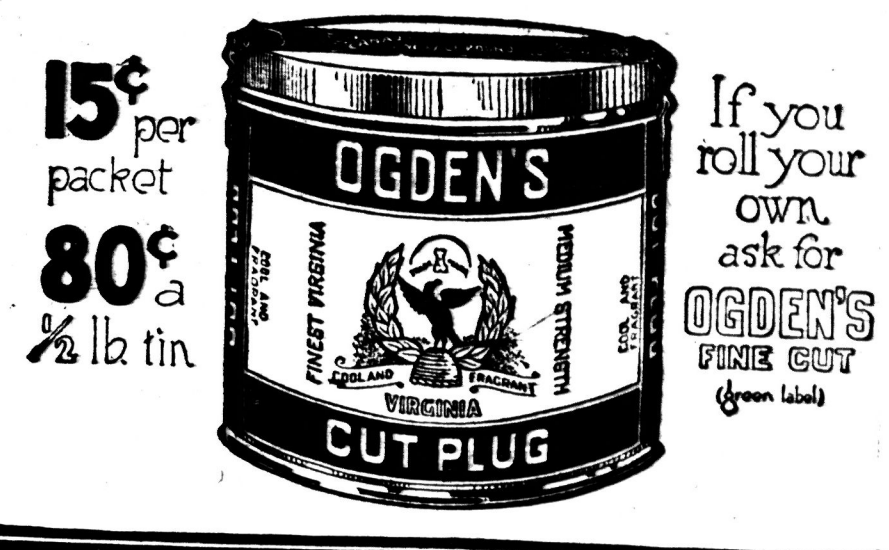
Genuine

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

Handy “Bayer” boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Fill your pipe with

Ogden's CUT PLUG
“It Satisfies”



If you roll your own ask for OGDEN'S FINE CUT (green label)

There's only one safe way of climbing in business, and that is to stay on the level.

Classified Advertisements

SILVER FOXES—NOTES FROM MY DIARY (Booklet). New poem, original, charming, 10 cents. Dr. M. J. Hall, Trust, Nova Scotia.

WASHINGTON HAND PRESS.

W. HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 1 page of 1 column, long. Wilson Publishing Co. Ltd., 73 Adelaide St. W., Toronto.

Attractive Proposition

For man with all round week's newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co. Ltd., 73 Adelaide Street West.

RED RASH ON HANDS AND BODY

Itching and Burning Terrible. Cuticura Heals.

“I was troubled with eczema on my hands and body. It broke out in a red rash and later formed sore eruptions containing water. The itching and burning were terrible. My hands had to be bandaged, and my clothing aggravated the breaking out on my body. The trouble lasted about three months.”

“A friend advised me to try Cuticura Soap and Ointment. I did and found they helped me, and after using two cakes of Cuticura Soap and two boxes of Ointment I was healed.” (Signed) Mrs. Russell Hendsbee, Sand Point, Nova Scotia.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Sample Each Free by Mail. Address: “Lysman, Limited, 244 St. Paul St., W. Montreal.” Sold everywhere. Soap 5c. Ointment 25c. Talcum 5c. 100% Cuticura Soap shaves without mug.

EXCRUCIATING PAINS, CRAMPS

Entirely Remedied by Lydia E. Pinkham's Vegetable Compound

Eberts, Ont.—“I started with cramps and bearing-down pains at the age of eleven years, and I would get so nervous I could hardly stay in bed, and I had such pains that I would scream, and my mother would call the doctor to give me something to take. At eighteen I married, and I have four healthy children, but I still have pains in my right side. I am a farmer's wife with more work than I am able to do. I have taken three bottles of Lydia E. Pinkham's Vegetable Compound and I feel that it is helping me every day. My sister-in-law, who has been taking your medicine for some time and uses your Sanative Wash, told me about it and I recommend it now, as I have received great relief from it.”—Mrs. NELSON YOTT, R. R. 1, Eberts, Ont.

Lydia E. Pinkham's Vegetable Compound is a medicine for almost all common to women. It has been used for such troubles for nearly fifty years, and thousands of women have found relief as did Mrs. Yott, by taking this splendid medicine.

If you are suffering from irregularity, painful times, nervousness, headache, backache or melancholia, you should at once begin to take Lydia E. Pinkham's Vegetable Compound. It is excellent to strengthen the system, and help to perform its functions with ease and regularity.

Write for free booklet, “The Women's Friend.”

Lydia E. Pinkham's Vegetable Compound is sold by all druggists and by mail.

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