

WOMEN'S HANDICAPS

Headaches and Backaches Often Make Life Miserable

A woman's health handicaps her almost always. She has pains and aches which do not afflict men. Nature does not give her a fair chance. Her blood is more often thin and poor than a man's, and she often neglects the first beginnings of ill-health. Many women who seemed destined to a life of frequent suffering have been freed entirely from their suffering through the wonderful blood-making qualities of Dr. Williams' Pink Pills. Many a woman tells all day with a pain in her back and side, a burning headache, and a sense of having no spine left.

What a pity women will not listen to their friends whom Dr. Williams' Pink Pills have saved from their misery. Whenever a woman suffers they will help her—in youth, middle-age and afterlife. Mrs. John Mitchell, of Middleville, Ont., gives her experience for the benefit of other women sufferers. She says: "Some years ago I was so badly run down I could hardly walk around the house. I tried to do a few chores but was able to do very little. My boys and husband had to do the rest. If I started up stairs I had to go very slow or I would fall, and I was just played out when I got to the top of the stairs. My head ached terribly, and my heart would beat violently. In this deplorable condition I began taking Dr. Williams' Pink Pills. When I had finished six boxes I felt much better. Then I got a further supply, and by the time I had taken these I could walk anywhere without being exhausted, the headaches had disappeared and I am now perfectly well. Any woman who is run down should not hesitate to begin Dr. Williams' Pink Pills at once, as I am sure from my own experience they will build her up."

You can get these Pills from any medicine dealer or by mail at 50 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Little Feet

Little feet pattered down the path
Between the mignonette;
Little feet pattered back again
Where the aster plants are set.

Little feet hung on the garden gate
And swung and swung and swung,
Then climbed the ladder by the porch
Climbed up rung by rung.

Little feet pattered into meals
And out again to play,
They were very, very restless feet
And scarcely still all day.

But evening always follows day,
Then little feet are still,
And the little hearts that led them on
Have gone up Dreamland Hill.

—Rebecca Helman.

WE WANT CHURNING CREAM

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

Bowes Company Limited,
Toronto

For references—Head Office, Toronto, Bank of Montreal, or your local banker. Established for over thirty years.

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SAWS and MACHINE KNIVES
They stay sharp longer.
SIMONDS CANADA SAW CO. LIMITED
1000 DUNDAS ST. W., TORONTO
BRANCHES: MONTREAL, ST. JOHN, N.B.

INECTO RAPID
The world's best hair tint. Will restore gray hair to its natural color in 15 minutes.
Small size, \$3.30 by mail
Double size, \$5.80 by mail
The W. T. Pender Stores Limited
129 Yonge St. Toronto

After illness you need BOVRIL

Influenza, debility and other illnesses result in loss of vitality, weight, and weakened digestion. Bovril is the food which not only contains nourishment and strength, but supplies it in a concentrated and easily digestible form. Bovril contains the most valuable nourishing and stimulating qualities of Prime Beef.

That is why—
BOVRIL puts BEEF into you.

The Silver God

One need not be superstitious to realize that occasionally terrible things happen in a way to give those who think superficially ground for believing in "ill luck." The well known English dealer in antiques, Mr. Thomas Hoban, who has written a book about the interesting experiences of his life, tells one story that illustrates the kind of incident we mean.

The most eerie occurrence that ever happened to me, he writes, fell out in this fashion. I was in the habit of buying small bric-a-brac from an old retired schoolmaster who had a fairly good knowledge of antiques. He used to bring me Battersea boxes, little Chelsea scent bottles—very rare these days—old seals, and so forth. One day he brought in a Chinese god about nine inches high. It was beautifully modeled in silver, and the base was ragged, as if it had been torn off of some kind. The silver was as thin as paper, and the interior of the figure was filled with a sort of bitumen.

The old gentleman said that it had been looted from Peking at the time of the Boxer riots. He said as it may, I bought the figure for \$4. This, I remember, was on a Thursday. I placed the figure on a cabinet. That day not a single client came to see me; the next day, Friday, it was the same, not a single inquiry. Of course, one does not expect to sell antiques every hour, but as a rule some one comes in every day to make some inquiry or to have a look around. Saturday in those days was a fairly busy morning; on this particular Saturday not a soul came in.

The loneliness began to get upon my nerves. I was walking about the shop, pondering on this sudden and unaccountable cessation of business when my eyes alighted on the silver god. I am not superstitious, but all of a sudden the idea came to me that the Chinese god was bringing me bad luck.

Just about the luncheon hour, the old schoolmaster came in with a torse-shell and silver piquet snuffbox, for which he wanted \$2. I told him I would take the box if he would take back the god. I said I was willing to lose a pound on it. He assented, saying he knew a collector who would buy the god.

On the following Monday morning a dealer who also had dealing with the old schoolmaster came in and said, "Have you heard the news? Poor old Powell (the name of the schoolmaster) was found dead in bed on Sunday night." It gave me a shock, and I thought of the silver god. It was no doubt only a strange coincidence, but the death of the old schoolmaster haunted me for days.

Sentence Sermons

The Cost of a Grudge—Is more than any man can afford to pay.

—Is excessive in comparison with the cost of forgiving.

—Is out of all proportions to the dividends it pays.

—Continues to grow as the grudge grows older.

—Is not the first cost but the upkeep.

—Can never be estimated in advance.

—Always includes a lot of unhappiness for all concerned.

Still Alive

Doctor—"I suppose, Mrs. Johnson, that you have given the medicine according to directions."

Mrs. Johnson—"Well, doctah, I done mah best. You said give Sam one o' dese heath pills three times a day until gone, but I done run out o' pills yesterday an' he hain't gone yet."

Every man who believes in luck has a touch of the gambler in him.

NURSES

The Nurses' Hospital for Women, in connection with the Toronto General Hospital, is now open for the reception of patients. This hospital has adopted the latest system. The nursing staff consists of the School, a monthly attendance and training system, and a staff of nurses. For further information apply to the Superintendent.

Montreal Fur Auction

Over one and a half million dollars was realized at the mid-summer auction sale of Canadian furs held in Montreal, at which were present several buyers representing all the more important fur houses of Canada, the United States, Great Britain and the Continent. This was the seventeenth fur auction held in Montreal and since its inception over twenty million dollars worth of pelts have been sold.

The holding of these sales in Montreal is the outcome of a persistent demand by those interested in the Canadian fur industry to market their own pelts. For many years it had been the custom to despatch the skins, with the exception of a small quantity taken up by retailers in the Dominion, to markets in London, New York, St. Louis and other fur centres. This meant that the Canadian industry was at a disadvantage in competing with other fur sources, having no control over the selling price of its pelts. In order to offset this drawback to the development of the fur industry in Canada, an organization was established in Montreal in 1920 to dispose of domestic and foreign furs by auction.

Since then the results attained by this organization have been gratifying and have more than justified its establishment. The volume of raw furs offered is carefully checked so as to keep the price at a level which will give a reasonable return to the producer, and this one item alone has been of great benefit in stabilizing the industry. Controlling in this way a considerable quantity of the very finest of pelts, the foreign buyer must come to Montreal, and as a result that after only four and a half years' operation, this organization now has a decided influence on the trade in regulating the supply and price of better class raw furs.

In this connection it is interesting to note the progress of the fur industry of Canada in recent years, both in production and export. For 1920-21 the total production in the Dominion was valued at \$1,151,594, for 1922-23 at \$1,761,567. Prior to 1914 Great Britain was Canada's most important customer for raw furs, but since the war the majority of exports have gone to the United States, that market accounting for well over half of the total in the past five years.



Corn in Camp

1st Soldier—"When you eat corn on the cob are you able to bite off the major part?"

2nd Ditto—"I bite off the whole kernel, my boy."

Things Schoolboys Say

The following bright answers to questions were given at a recent school examination:

Q. What other minerals exist besides coal and iron? A. Lemonade and ginger-beer.

Q. What did Wolfe do at Quebec? A. The wicked beast made war on Little Red Riding Hood.

Q. What is the patent saint of Scotland; the patent saint of England is Union Jack.

Q. What is "below par"? A. The eldest son.

The Couleuses of Rhodes was a great explorer; he discovered land in South Africa.

Joan of Arc was a French peasant girl called Maid of Athens for her bravery and patriotism. After many years she was cremated.

A fugue is what you get in a room full of people when all the windows and doors are shut.

An Irish bull is a male cow.

Cereals are films shown at the pictures.

People of Iceland are called Equinoxes.

Queen Elizabeth was called the Virgin Queen because she knew Latin.

Evolution is what Darwin did; Revolution is a form of government abroad, and Devolution is something to do with sates.

Locust Oil

Locusts are made into an excellent brand of oil for airplane engines.

A man once christened his baby "Homer," and on the clergyman's asking him whether he had done so because "Homer" was his favorite poet, he replied: "Poet? Lor, no, sir; I keep diggers."

The love of angels to man is simulated to that of a man's friendship for his dog—St. Bernard of Clairvaux.

Minard's Liniment for Distemper.

A Super Signal Box

The Metropolitan Railway Company has brought into use at Baker Street station, London, the radiating point of the whole of the system—a super signal-box that eclipses all others.

Operated entirely by electric power, this signal-box will control the movement of 1770 trains daily, permit of greater flexibility of traffic and materially increase the handling capacity of this important station.

An illuminated diagram in the signal box informs the signalman of the position and movement of every train within a three-mile zone. It also possesses a power frame comprising forty-five levers of the latest type, operating twenty-one sets of points, thirty-five signals and eleven route indicators.

A LITTLE BOOKLET

MOTHERS SHOULD HAVE

It Tells What a Mother Ought to Know for Baby's Sake.

Above all things every mother wishes that her child, or children, whatever their age, may be bright, healthy, good-natured, rosy boys and girls; clear eyed, clear skinned babies; good sleepers, bright wakers. Every mother's wish for her little folks is that they may be well.

It is natural for little folks to be well. No wise mother thinks that her child at any age is in a natural state unless it is well and happy. No mother can expect, though, that her child will escape all the ills to which babyhood and childhood are subject, but she can do much to make baby's battles for health easily won.

A valuable little booklet entitled "Care of the Baby in Health and Sickness" has been prepared and as it is something every mother should have, a copy will be sent free to any mother on request who will mention this paper by The Dr. Williams' Medicine Co., Brockville, Ont.

New to Her

The demure young woman signed her name in the hotel visitors' book "Mrs. T. Brown," and asked the clerk whether there were any letters for her.

"I don't suppose," he said, taking one from the rack, "that this could be meant for you." And he handed her a letter addressed "Mrs. T. Browne."

"Oh, yes," said the young woman, eagerly, "that's mine! I recognize the writing!"

"But you spell it 'Brown,' while the name on the letter has a final 'e.'"

"That's all right," she replied. "I'm never quite sure how he spells it."

"Who?"

"My husband, of course. You see, we've been married only two days!"

Who Bosses the Home?
If you clasp your hands together, interlacing the fingers, and the right thumb unconsciously comes on top, you will rule the home; if the left, you will be ruled.

STORM WINDOWS PAY FOR THEMSELVES
Stop Fuel Waste, Insure Winter Comfort with Storm Windows. Low "Frigid Pay" price, ready-glazed, safe delivery guaranteed. Free-glass list and easy measuring chart.
"HALLIDAY SERVICE" HAMILTON

SHIP US YOUR POULTRY, GAME, EGGS, BUTTER AND FEATHERS
—WE BUY ALL YEAR ROUND—
Write today for prices—we guarantee them for a week ahead.
P. POULIN & CO. LIMITED
36-38 Bessborough Market, Montreal

A tea your grocer recommends is usually good tea

RED ROSE

TEA "is good tea"

And most grocers recommend it.

What Thumbs Indicate.
The strength of your will-power is measured by the length of the upper joint of the thumb, and thumbs that curve downward show shrewdness and miserliness.

If the thumb turns back, it is a sign that you love to spend money, and a short thumb is a sign of humble origin. The second division of the thumb shows how much determination you have. Thumbs that bend up indicate a curious disposition, while a small, narrow thumb denotes a weak character.

Ask for Minard's and take no other.

Says African is Happiest.
The London Post, discussing what appears in some quarters a growing affection for the primitive, says: "The ideal would appear to be the state so wittily described by the late Professor Drummond in his 'Tropical Africa.' Of the African he wrote: 'The man is apparently quite happy; he has practically no wants. One stick, pointed, makes him a spear; two sticks, rubbed together, make him a fire; fifty sticks, tied together, make him a house.'"

Mars has a civilization extending back for at least ninety thousand years, according to one American scientist.

"DIAMOND DYE" ANY GARMENT, DRAPERY

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

MINARD'S "KING OF PAIN" LINIMENT

Minard's penetrates, soothes, and stops the pain. Always keep a bottle handy.

Large Red Pimples Itched Terribly Cuticura Heals

"My face became full of large, red, scaly pimples and at times they itched terribly. They spread in great blotches and formed large, sore eruptions that burned a great deal. I was ashamed to go anywhere on account of them, and the trouble kept getting worse. The trouble lasted about a year.

"I tried various kinds of ointments without success. I sent for a free sample of Cuticura Soap and Ointment and they helped me. I purchased more, and after using three boxes of Cuticura Ointment, together with the Cuticura Soap, I was healed in about two months."

(Signed) Mildred M. Bresau, Croustons, Nova Scotia.

Prevent pimples by daily use of Cuticura Soap, assisted by touchings of Cuticura Ointment when required. Dust with Cuticura Talcum.

Sample Each Free by Mail. Address Canadian Depot, Cuticura, Montreal. Price, Soap 25c, Ointment 25c and 50c. Talcum 25c. Cuticura Shaving Stick 25c.

WATERPROOF ARCTIC DUBBIN SAVES BUYING RUBBERS

The Cape Polishes, Ltd., Hamilton

LESS WORK BETTER RESULTS

For **Headache**

BAYER

ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache Colds Neuralgia Lumbago
Pain Toothache Neuritis Rheumatism

DOES NOT AFFECT THE HEART

Safe

Accept only "Bayer" package which contains proven directions. 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., Monroeville, Pa., U.S.A. While it is well known that Aspirin is a Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

PAINS ACROSS THE BACK

Relieved by Lydia E. Pinkham's Vegetable Compound

Mitchell, Ontario.—"I have taken your medicine for a number of years. I do not take it steady all the time, but I am never without it. I always keep it in the house. I took it first for pains in the abdomen and bearing-down pains, headaches and pains across the back. I have my home to look after and many a day I could not get up at all. I saw the advertisement in the paper about Lydia E. Pinkham's Vegetable Compound, and Mrs. John Miller told me about it, too. Every time I take it, it makes me feel better and I always recommend it to my friends. I am willing to answer letters from women asking about this medicine and you may use this letter as a testimonial."—Mrs. F. J. WASSMANN, Mitchell, Ontario.

The merit of Lydia E. Pinkham's Vegetable Compound is told by women to each other. Many women know by experience what this medicine will do and they are anxious for others to know. Such testimony should cause any woman suffering from the troubles so common to her sex to give this well-known medicine a fair trial.

Do you know that in a recent canvass among women users of the Vegetable Compound over 220,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."

This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.