He needs three square meals a day, at regular hours. His daily dlet should include: at least one pint of milk; For the infant who kicks his toes

some garments and enough of them to some garments and enough of them to keep clean and change frequently. He or he must sleep in a cramped postshould change his stockings at least tion because he cannot stretch out.

twice a week, and have different clothing for day and night. His shoes will be better when he is a little older should be long and wide enough. He needs special clothing for protection against bad weather,

bath every day, or at least once a length to them, but to inches from the week, be regular with tollet habits, ground. Their materials are woolens, wash his hands always before eating, jerseys, cordured, velveteen and and sleep ten hours in a well ventileathers. Such leathers! Nothing ated place.

A child needs play, lots of play—ers, but soft, washable and very love

preferably outdoors. He needs the right sort of playmates; toys, the teels of play; a place of play; and it the sof play, a place to play nation and initiative.

Schooling and some family responsibilities, or "chores," are good for him; but he also needs some vacation time each year, each week, each day. He should not be kept going at top speed. He needs some leisure in which to think his own thoughts, dream his own dreams and instruction.

or do as he pleases. Do not crowd his program too full or you will crush his genius.

Every child needs moral training: Feligion, if you please. Happy the child who gets this at Mother's knee in the vase of water. To cover the light.

Keeping Celery

Ceals a peculiar alcohol common to in the search for something to loosen the search for something to loosen the search for something to loosen the germ from its grip.

It is of course not impossible that the sterols may be present in t child who gets this at Mother's knee in the vase of water. To cover the and in daily association with Dad—celery with a waxed paper keeps the

A study of rural home lighting has cally sound, mechanically convenient, been made by home economics exmentally stimulating, artistically satall living cells. In the examination of
all living cells. In the examination of kind, with a few gasoline lamps.

The degree of illumination is far below the desirable standards for efficient work or recreation after dark. Besides this, there is much glare in the eyes because of no shades, and the light is poorly distributed.

By four methods, the lighting of rural homes might be improved: (1)
Use more lamps of higher candle power; (2) Use two or more lamps per room; (3) Put the kitchen lamp above the sye level; (4) Shade all lamps to threw the light where you want it, and to prevent its glare in the eyes.

Nor be loth to femember My-lost April lark
That dreams in the dark Old earth of November.
Let misery mope and pretend; I'll but laugh in recalling My bright-laughing love Whose cloak fits like a glove Neath russet and red leaves fall

Those who use electric light from the light for quently suffer from improperly shaded come away! Knowing death for the tarks Those who use electric light fre lamps, as well as from insufficient light, on their work. Sufficient light, distributed and properly shaded, wil make for better eyesight.

Fruit Pudding Dried fruits are delicious addition

to steamed puddings. Dates, figs. and raisins may be washed, chopped and added without cooking them; but added without cooking them; but prunes, dried peaches and apricots are better if first steamed tender.

Brandon Sun: There are many residents in this Dominion who have not cal peculiarities in the tubercle baciliary occupation he put down "farmer." matography." are better if first steamed tender. To make the batter, cream a fourth yet valued its liberties, protective cup of shortening, with two-thirds cup privileges and opportunities well enof sugar. Add a well beaten egg and ough to become at least naturaliz of sugar. Add a well beaten egg and ough to become at least naturalized a teaspoon of vanilla. Sift two and cone-fourth cups flour, four teaspoon, of baking powder and a half teaspoon of salt. To the creamed mixture, add alternately a cup of milk and the sifted mixture. Mix the fruit with flour tenungh to coast it lightly and add it to this subles. ed mixture. Mix the fruit with hour enough to coat it lightly and add it to the batter. Steam one hour and serve hot with a tart pudding sauce. The citizenship, even legally. There is

Keeping Food Hot

aluminum cover, the shape of a pan, which they put over pancakes to keep them hot when they are served. We never have these in our households, but the food might be more hot and Vaneouver Province: Sir Thomas tempting if we did. A substitute might be the strainer, which may be vise young men without a compet-

the plates to keep the food hot is not ests of wealth. And Canada has a bad one, though it harks back to the day of wood ranges and, even far ther still, of dining rooms far removed idealism and their vision and their from the kitchen, when a line of ser- intolerance of sham. She can illvants carried the food from the cook- afford to wait until they have worn ing room, which was often in a separ-ate building from the rest of the ed their faculties and perhaps their

role, in the oven or on top of it, when you are baking, and to set it on the table with the hot biscuits or baked petatoes in it, Tilt the cover to let

What Children Need

For his best development, the child needs a comfortable home, well supplied with fresh air, a comfortable bed, an undisturbed place in which to keep his clothing and belongings and where he can rest, work or play in quiet at times. He also needs a proper place in which to welcome his friends.

butter; bread and cereal; green vege-tables, especially leafy vegetables; will reach at least one foot below his fruit: and meat, egg or f.sh.

For clothing, he needs clean, wholeand draw it up at night. Be very care-

Sport Clothes Even sport clothes are becomi As to health habits, he should brush its teeth morning and night, take a length for them, but the more popular

Colds

but he also needs some community religious exercise, such as the church affords.

It has been discovered that isfying, socially responsible, spiritual the fats and lipoids obtained from the lamps are the ordinary by inspiring, founded on mutual affect tubercle bacilli we have never been For what are men better sepe lamps, or the round wick tion and respect, a place or unselfish love and service.

The ideal home should be economi-

the bacteria."

comment on the health effects of the

the national co-operative endeavor

missing sterol. This explanation came from biologists associated with Yale

to discover a specific cure for tuber-White, of Washington, is director.

sterol do not live. There are sterols

bacilli live, it was explained further

cells of this alcohol to get the life-

substance they themselves do not pos-

jester Nor regret nor lament Shall touch my content In the snowdrop that sleeps in my in the human cells in which tubercle

-Hamish Maclaren in the Observer, and it may be that the germs rob the

Canadian Citizenship

same pudding may be baked half an hour, in which case it will not be so light or moist, but you migh. We it impress the foreign-born resident. We regard Canadian citizenship as a formality and do not stress the value Hotels and restaurants have an of living under the security of Brit-

Youth In Politics

certed over the meat or plate of ence not to go into politics. We hope toast or pancakes, to keep them hot nntil they are set on the table, or even left over them on the table.

the advice will not be taken, and for two reasons. Canada is a democracy, not a plutocracy. She has no mind left over them on the table.

The oid-fashjoned trick of heating to be ruled by wealth or in the interhouse. consciences in the struggle for gold Another way is to heat the casse- in the market-place. She has big



A Fancy Stepper

as she appeared recently giving a demonstration of her grace and skill,

Rabbit Souttle This makes an excellent dish for an nvalid. Remove the flesh from a found, uncooked rabbit, and pass brough a mineer. Soak one breakough a mincer. Soak one breakhen strain. Mix with the rabbit meat, id one tablespoonful melted butter, to well-beaten eggs, five tablespoon- our sorrows.—Isaiah 53: 4 ils cream (or condensed, unsweetenmilk), and a pinch each salt and Place in a buttered bowl and I. MIRACLES OF HEALING, eam for half ar hour. Garnish with etables and serve.

This dish can be made from let ugh a mincer and stir into it the juice of half a lemon and a pinch of t and pepper. Melt 2 oz. butter in It and pepper. Melt 2 oz. butter a reported by the stewpan and stir in two well-beaten whole gospel narrative stewpan and stir in two well-beaten of thoughtful and sciences. Add the rabbit mixture, allow to see the stewpard of thoughtful and sciences.

Baked Rabbit Pie Pass the flesh of a rabbit through a unique power and pos-tincer, put in a pie dish with one God. He commanded mincer, put in a pie dish with one fair-sized onion (peeled and chopped) and a little salt and pepper. Arrange small pieces of fat bacon on top and cover with slices of tomato. Sprinkle the big with head of supply a few horses. cover with slices of tomato. Sprinkle tianity. In the light of lightly with breadcrumbs, a few herbs, edge we may fairly sa and cover with water. Cook in a moderate oven for one and a half hours. Remove from the even. over with a arise in our minds abo

The First Movie Many of us remember when there "A fever." "a withered were no movies, but who recalls when he first became aware of them?

And who was "the father" of the medical diagnosis of the

Is Laid to Defect in Germs Bacilli of Disease Found Apparently to Lack Peculiar Alcohol.

Bacilli of Disease Found Apparently to Lack Peculiar Alcohol.

Bacilli of Disease Found Apparently to Lack Peculiar Alcohol. Absorbent of Sunshine and Heat, Says Yale Professor possible dispute. Absorbent of Sunshine and Heat, Says Yale Professor

Cleveland, Ohio.—The tuberculosis has reported by Dr. Anderson. These germ either lacks or strangely con could be a professor of the same of the germ either lacks or strangely con countries are sought as entering to loosen Leeds, England, where Le Prince in 1 ceals a peculiar alcohol common to in the search for something to loosen 1888 made the first practical one lens

Discovery of the deficiency was reported recently by Dr. Robert J. Anderson, of Yale University, to the chemistry section of the Advancement of Science.

"Science.
"Sterols of some kind." he said, "are always associated with the fats in all living cells. In the examination of Science all living cells. In the examination of since the sum of the sum of the solvents as we Guardian gives his story:

"It was in the garden here that Louis Le Prince took moving pictures at the rate of twelve a second in the summer of 1888. In that year he made kinema photography on Leeds Bridge which he showed in the workshop on a screen with a projector having electric arclamp illumination.

The Guardian gives his story:

"It was in the garden here that Louis Le Prince took moving pictures at the rate of twelve a second in the summer of 1888. In that year he made kinema photography on Leeds Bridge which he showed in the workshop on a screen with a projector having electric arclamp illumination.

The Guardian gives his story:

"It was in the garden here that Louis Le Prince took moving pictures at the rate of twelve a second in the summer of 1888. In that year he made kinema photography on Leeds Bridge which he showed in the workshop on a screen with a projector having electric arclamp illumination.

The Guardian gives his story:

"It was in the garden here that Louis Le Prince took moving pictures at the rate of twelve a second in the summer of 1888. In that year he made kinema photography on Leeds Bridge which he showed in the workshop on a screen with a projector having electric arclamp illumination.

The Guardian gives his story:

"It was in the garden here that Louis Le Prince took moving pictures at the rate of twelve a second in the summer of 1888. In that year he made kinema photography on Leeds at the rate of twelve a second in the summer of 1888. In that year he made kinema photography on a series with a projector having the prince of the pri officer in the French Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need conversion of the french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need to be a french Army, was estack persons need than sheep sentially an artist craftsman. "He made his first experiments in I. MIRACLES OF HEALING, Luke

able to isolate even traces of true or goats, "He made his first experiments in sterols or of substances which give That nourish a blind life within the New York, but it was in Leeds that sterols or of substances which give That nourish a bind life within the brain, any of the usual sterol reactions.

"It is of course not impossible that the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer, the sterols may be present in the of prayer may be presen the sterols may be present in the bacilli in some combination, which is bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends?

The sterols may be present in the bacilli in some combination, which is call them friends? the bacteria."

Way

As a chemist Dr. Anderson did not Bound by gold chains about the feet The career of Le Prince ended in V. 39. Illness was very

The career of Le Prince ended in an extraordinary and never-explained mystery.

"On September 16, 1890, he was seen entering the train for Paris at Bour."

"The career of Le Prince ended in supposed to be due to "de devils, which had entered the body; hence, Luke says to "rebuked" the fever. The properties of which Dr. William Charles

Goodness

Goodness

Just to be good, to keep life pure entering the train for Paris at Bourettern and the community helpful in little ways to pletely disappeared. His luggage and the community helpful in little ways to pletely disappeared. His luggage and the community helpful in little ways to pletely disappeared. Importance of Sterol

one's spirit always sweet, and avoid all meanner of petty anger and irrespond that sterol, by absorbing sunlight, forms ergosterol, which prevents rickets. Animals robbed of the standard of the standa

-Edward Howard Griggs. held master patents, nothing could of Jesus. Carol Says Job is King be done with them until the statutory Vs. 42-44. There Bucharest, Rumania.—King Carol's period of seven years, when by law his hief occupation is that of being a death was presumed and his affairs the preaching of the good new King, he wrote in a census taker's administered. By that time many be swamped by the deman the sterol is one of several chemi- blank form Dec. 29. As his second- others had entered the field of kine-

"Meatless" Babies



Count Nicholas Serenyi, Hungarian landowner, well known in connection with child welfare, with eis two sons. Elder (left) has been brought up on diet of fish and eggs, whereas younger child has eaten nothing but milk and vegetables. Neither has tasted meat.

Sunday School Lesson

12-16. Golden Text - Sure hath horne our griefs, and c

III. LAW AND GOSPEL, Luke

INTRODUCTION-Jesus is r

ouls. A generation ago

rted in the gospel are not to suppose that

exactly what was the

ng-picture situation.

"It had that effect, for although he it has often been cured in

III. LAW AND GOSPEL, Luke

V. 14. Christians are no

is not binding upon the not till many years after t Jesus that, largely throug sionary work of Paul, (

broke away from Judaism not seek to draw the Jews a the religion of their father he called them to enter into prophetic heritage of Israel.

V. 16. We may, perh

ing both physically and

An evening accessory

come something of a fancy

ter is the little formal ca

and a veritable Juliet affair

An uplift worker, visiting a

was much impressed by th

choly attitude of one man sh My poor man," she syl

"what is the length of your "Depends on politics, lady, the melancholy one. "I'm

en."-Border Cities Star.

ering the back of a young

the hairline exposed.

glittering sequins or

New Caps

You Can't Win!

maintaining that the La

(Lez., chap. 13), shows that from that which is called day; it seems to have been of very contagious skin dis

losis. Most of them were mlosis. Most of them were he open market from un"The results of the experiment were

Tommy: "How old is that mother?" Tommy: "Oh, soor years." Tommy: "Then it down; it's too young to smok

thus entirely satisfactory for they Achieves Vaccine

dish Committee Announces Complete Immuniza-Possible With New Preparation—Cheap to Manufacture and Easy to Administer

Complete conquest of | known dams and were vaccinated im- against this massive infection. ortant milestone in on a bitterly cold winter day. The munizes cattle under the most unfavorant milestone in human tuberculosis caives suffered from scouring and orable conditions to be found in ordinary by the found would would be found to be found in ordinary by the found would would be found to be foun announced here by an ring-worm. They were housed and ary farm life. tee which has been kept under ordinary farming conditherements with the vac-Spahlinger, distinguish-that reacted to tuberculin. These conditions were deliberately As a result of its experiments the invited in order to reproduce the un

hich includes persons out-hie public life of Britain ly met with in practical farming. nt medical and veterin- Some of the calves were vassinate es, has reached the con on December 21, 1929, and some on the efficacy of the vaccine December 31. These were cross ared oved beyond doubt" and Shortho is and Friesians. In March of last year it was decided to add he demonstrations should some Guernseys to the experiment and these were vaccinated on the 21st of this connection the committee that month. In all, 18 calves were ts out that between 40,000 and 50,persons die annually from tuber-sis in Great Briain and that tuber-mere trace to a large dose, except lous milk has been well established three calves, each of which recei Tuberculosis of the bones, clands in children, furtherceribed to the same cause.

In the jugular vein with a massive principal sources of in- two doses.

dose, 15 milligrams, of extremely viru-lent living bovine tubercle virus. In evident then," the committee order to demonstrate its virulence, what if you can keep the milk supply free from tuber-order to demonstrate its virulence, order to demonstrate will reduce considerably and therefore unprotected calves. In the case of two calves the test viru ision of tuberculous free
was introduced into the jugular vein safe treasury. For the public, the farmer it of nore animals emaclated by selfs no more animals compared with injection into the jugular veln in the same way as vaccinated calves, are known as "controls." The effect of the subcutaneous injection, as compared with injection into the jugular veln in the creating countries, it means with the skin for some time. Calves thus indicated take somewhat longer to the disease affecting his milk capacity. For the in certain countries, it means with the skin for some time. Calves thus indicated take somewhat longer to die than the "controls" proper, in which the virus is immediately carried by the blood stream all over the less streamous duties of conductor.

Vaccine Produced

Was introduced mo way as the vaccinated calves. Two others received the virus subcutaneously. Those that received the virus subcutaneously. Those that the virus subcutaneously. Those that the virus subcutaneously. Those that received the virus subcutaneously. Those that the virus subcutaneou litee adds, "has great in exactly the same way as the vacci-

which the virus is immediately can be the third the virus is the virus of the third the test virus. This fact that year he produced a vacine was to use to be practical, nor was it suffice administer to make it of utility upon the farm. It did, conform to two of the most it requirements for a generally intrinsect to the virus of the virus was administered to all the calves in the conform to two of the most it requirements for a generally minutelenee and of the animals with the disease of the animals with the disease of the virus under the skin died in the measure of success also that would receive the virus of the virus under the virus was administered to all the virus under the virus was administered to all the calves in the virus was administered to all the calves in the theory that the virus was administered to all the calves in the test virus. This fact is important to new the third the virus was administered to all the calves in the test was administered to all the calves in the content of the virus under the virus was administered to be all the calves in the virus was administered to be all the virus was administered to be all the virus was administered to all the calves in the calves in the virus was administered to be all the virus was administ

ceived the smallest dose of vaccine—one-twentieth of a drop.

"In other words," the committee's report concludes, "a mere trace of the vaccine, while not sufficient to protect the animal completely against so massive an injection of virulent living tubercle bacilli, had nevertheless refer by registrating to a degree which

"Thank God for sleep in the For the quiet day calling cetive dosage for British cattle and thether or not the vaccine used in the 1927 experiments in Switzerland control calves no less than three calves no less three calves no less than three calves no les For the shining well-water and warm golden light, And the paths washed whit tency or was still ef- months. This degree of resistance ing rains. would have sufficed to immunize the animal against the spontaneous infechoney in the comb, accomplish these objects tions met with in ordinary farm life, For the brown-shelled eggs, for th ons were taken to provide which are immeasurably slight in comclustered blossoms set Beyond the open window in a pink Results of Tests and cloudy foam,

tany call "indigestion" is once. You will never use crude en nothing but excess acid methods when once you learn the omach. The stomach nerves way. A small bottle is sufficient to over-stimulated, and food show its merit.

c corrective is an alkall, itralizes acids instantly. Milk of Magnesia prescribed by

alkali known to medical physicians for more than 50 years is Phillips' Milk of Mag- in correcting excess acid. 50c a has remained the stand-icid-with physicians in the directions for its many uses are ince its invention.

onful of this harmless, The Genuine Milk of Magnesse. it will neutralize in- is always a liquid—never a tablet, times as much acid, Look for the Phillips' name on oms disappear at bottle.

Made in Canada

Overwork or Worry

Taxes the Health of Thousands tubercle virus which kills unvaccinof Young Girls ated calves in about a month. In the "teen-age" years when sel

(2) That even a mere trace of the vaccine sufficies to enhance in a notable degree the animal's resistance against this massive infection.

In the "teen-age" years when school Accounted dump, his simple or office work is exacting and outside ignored.

Sufficiently the sum of the passive infection.

In the "teen-age" years when school ignored.

Sufficiently the sum of the passive infection.

Accounted dump, his simple ignored.

When Balaam failed to see the argument of the passive infection. spoil their happiness for years to

Forty-five years of continuous ser-

For the laughing loves among the

"For the kind-faced women we bring

grave eyes clear and blithe,

For the old man bent above his

able ways,
For the carol and the color, Lord,

What things may be of thanks, and

Sticky Dishes

When food sticks to the pan, add a

ittle bicarbonate of soda in cold water

surprised how much comes off without

WASH SILKS.

Many of the pretty new prints for

brink. For serviceable frocks about

nany cleaning bills because you can

silk dresses are washable and do not

the house, this material will save you

and put the pan back on the stove to heat the water slowly. You may be

that Thou hast lent our days

ips to sing."

—John Drinkwater.

Eyes to see and ears to hear and

For earth's little secret and innume

our thanks to Thee, With shapely mothering arms and

as men may be,

scythe.

we bring

ny rubbing.

wash them yourself.

branches met.

build up the nerve cells and correct run-down conditions. Concerning them Miss Margaret Torrey. Indian Road, Toronto, Ont., says: "When I was attending high school I suffered a comtending high school I suffered h s potency with the lapse of time." not sleep and nothing I ate agreed place
with me. I began taking Dr. Williams' Made doubly sweet with frankincense Pink Pills and before long I gained and myrrh and lighted with the glory of her on left no."

Made doubly sweet with frankincense Kitty: "Paul proposed four times and myrrh before I accepted him." Catty: Dr. Williams' Pink Pills are sold by

medicine dealers or by mail at 50 cents a box from The Dr. Williams Down many a weary mile with heavy load.

Unless I hear hosannas fill the air Table Silver

Table silver sometimes requires a special cleaning. It is well to make With Jesus of this Hallelujah song, a paste of water and whiting; apply And wonder if he keeps the Master's

he whiting is quite dry it should be bbed off with a second piece of Should he who saw the warning angel lannel, and a soft brush where neces-Who knelt sary, and the article given a thorong's polish with a chamois leather. Some

> Like Mary and the Master, let us show A tenderness as infinitely kind, That every beast with love's respectively

> > The fact that every dog has day wouldn't be so bad if the cats

Ease From



When Balaam, failed to see, the

Regarding Our Beasts

Pilis will be found most valuable. is whiled
They purify and enrich the blood; In stupid dozing, I would say to them build up the nerve cells and correct That once the Virgin Mary, great

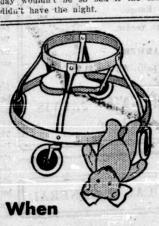
plete breakdown. My heart would pal-pitate at the least exertion; I could Or sees again the manger's humble

Along Jerusalem's trimphal road.

rub each article thoroughly, giving attention to the stained parts. When and long.

people prefer to use methylated And who obeyed the Master's gentle spirits or ammonia with which to

Some angel, star or anthem -"Our Dumb Animals



BABIES

BABY ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea. How would you meet this emergency—tonight? Have you a bottle of Castoria ready?

For the protection of your wee keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the influence will ease and soothe the influence will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria.

Hetchers CASTORIA

DREADED GOING TO ENGLAND

Lumbago Always Crippled Him NOW KRUSCHEN KEEPS

HIM FREE

England hasn't any monopoly in Lumbago. Yet, although this engineer has lived in many parts of the world, it was always when he went home to England that lumbago attacked him. Eventually he tried Kruschen, and Expand that lumbago attacked limber of the lives us permission to publish this:

"I some time ago spent ten years in China, and every time I came home on leave I was crippled with lumbago. About nine years ago I came to England to reside permanently. Wishing to beep clear of the trouble. I started a course of your Kruschen Selts exactly as prescribed on the lauci, taking same in my breakfast coffee each day. During these nine years, apart from one mild attack about four years ago, I have been entirely free from Lumbago and in good health. You may make what use you wish of the above, with the understanding that my name is not published."—N B., A.M.I.E.E.

Lumbago, Rheumatism and all other uric acid compianits can be traced—in nine cases out of ten—to intestinal stasis (delay). Poisons bred





MATENTS THE BAMSAY CO., Dept. W. 273 Bank St., Ottawa. Cnt.

Deafness HEAD NOISES RUB IN BACH CORRECTED IN NOSTRILS,... LEAR OIL A. O. LEONARD, Inc. 70 Fifth Ave., New York Cit;

ct your skin, scalp and hair fro Cuticura Soap 25c. Everywhere





Five Boys-Best Evidence.

Mrs. Corcoran. of Leigh, writes:—
"I suffered with biliousness accom-panied by sick headaches for days panied by sick headaches for days at a time, and every medicine I tried failed to bring relief. A friend gave me some of your wonderful Carter's Little Liver Pills and the first dose gave me great relief. For three years I have taken them every night as a regulator and I find they prevent these bilious and sick headache attacks. I have five little boys and I give them three or four every and I give them three or four every week. I have great faith in them." Take Carter's Little Liver Pills. All druggists 25¢ and 75¢ red pkgs.



Operation

"I was very weak after an op eration. My nerves were so bad I would sit down and cry and my husband would not go or and leave me alone. Now m nerves are much better, thank to a booklet that was left under the door. Lydia E. Pink ham's Vegetable Compound surely put me on my feet. have taken eight bottles. M friends tell me I look fine. M ister has taken this medic too."-Mrs. Annie Walton, 6; Stanley St., Kingston, Ontario.

ISSUE No. 4-'31