

PEPS

the real breathable tablets, make the throat, chest, and lungs cold-resisting. When a nasty cold or a coughing bout foretells the revival of your old bronchial trouble, the best thing to do is to take Peps at once to strengthen and

PROTECT

the chest. When a Peps tablet is taken from its preserving silver wrapper and allowed to dissolve in the mouth, it gives off powerful medicinal and germicidal fumes that immediately circulate with the breath through all the air passages, and destroy any germs that have got into

YOUR

nostrils and throat. At the same time the sore, inflamed membrane is soothed, healed, and protected, phlegm is released from the bronchials, breathing is made easy, and that distressing cough and throat soreness disappear.

By this direct treatment Peps keeps trouble off the

CHEST

and lungs, and the worst weather can be faced without fear of evil consequences. It is the safest plan to always have a few Peps handy to arrest a cold, and prevent it reaching the lungs or starting bronchitis and chest weakness.

Peps

ALL DEALERS 50¢ BOX

CHILD GETS SICK, CROSS, FEVERISH IF CONSTIPATED

Look at tongue! Then give fruit laxative for stomach, liver, bowels.

"California Syrup of Figs" can't harm children and they love it.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour. Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a "California Syrup of Figs." It doesn't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

GLASS OF SALTS CLEANS KIDNEYS

If Your Back Hurts or Bladder Bothers You, Drink Lots of Water.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of "Lithia Salts," take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate clogged kidneys; also to neutralize the acids in urine, so it is no longer a source of irritation, thus ending bladder weakness.

Lithia Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

Secrets of Health and Happiness

Why Most Men Are Right-Handed—What Eyes Tell

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D., (Johns Hopkins University.)



DR. LEONARD KEENE HIRSHBERG

Left-handedness was not even given half as much courtesy among men, according to Prof. G. T. Stevens of New York, until 4,000 years ago. Then the Hebrew tribe came out to meet in battle all of the other Hebrew tribes and by the use of the right hand, and put to flight the greater army of their opponents.

Contrary to general scientific conviction, the right hand is the dominant hand in the majority of men.

Knowledge more than instinct told the intelligent warrior of a hundred thousand years ago that his left hand was his more vulnerable half. Heart, stomach, spleen and pancreas are on the left side. The left arm held itself as a defence, a reserve, a shield-carrier, and the right was trained to use the knife, bow and arrow, club, stone and sling. Thus the right hand became the weapon, tool, instrument, useful and intelligent hand, and the left one the defender and protector.

Use makes form and shape. Even a particular thought or emotion will soon make itself manifest in the expression in the furrows of the skin and the fixed expression of a set of muscles.

Thus the employment of the right hand makes the left side of the skull, brain and face firmer and larger than the right.

The movements of the right arm and hand are recorded in the central office of the brain, the brain, in the right part of its left anterior portion.

Since more messages are sent thither from the right hand than to the corresponding right brain from the left hand, the right side of the brain is larger.

Signs of the Eyes. The socket of the eye in the skull is called the orbit. The orbit on the left side is pushed outward a bit in almost all of the individuals. The axis of the orbit is oblique instead of vertical.

This does not tilt the eyes much, and is no sign of disease or disability. The eyes simply maintain their normal relation to the cranium, while the orbit does not. In left-handed persons it is tilted orbit which is so affected.

Examinations by an instrument called a clinoscope make it certain that the vertical axis of the left eye leaves, as a rule, outward at the top. This is independent of illness, fatigue or rest.

This new discovery made by Dr. George T. Stevens of New York, has turned a lot of visual physiology topsy-turvy. A consequence of it is the recognition of an absence of symmetry of action of the two eyes.

Clinoscope or two-eyed vision in complex animals such as man is thus found to be imperfect. There is, in fact, a sort of adjustment, but it is doubtful if, under any circumstances, the eyes of man see things accurately and precisely as they are or just where they are. The degree of visual confusion, however, is small, because the eye muscles and the retina accommodate themselves in a fashion to these physiological errors.

Answers to Health Questions
E. F. Q.—Kindly advise what will reduce the size of the lips.
A.—The only way to reduce the size of the lips is by an operation.

WORRIED: Q.—Kindly advise what to do for superfluous hair.
A.—When you are ready to use the depilatory, make a paste with water and apply a little to the parts. Let it remain on the skin for about five minutes, then wipe off gently with a soft cloth.

Calcium sulphide 2 parts
Zinc oxide 1 part
Starch 1 part
MRS. S. W., Oil Springs, Ont. Q.—

MY SOLDIER HUSBAND
ADELE GARRISON'S CONTINUATION OF
REVELATIONS OF A WIFE

What Letters Are These Dicky Fears Madge's Eyes to See?

"The letters!" I repeated dully, looking at Dicky in bewilderment.

"The letters?" he mocked outstaringly. "Don't pretend you haven't got them, for I know better. You'd never leave anything like those around loose, so fork them over. And I wish you joy of the dope you've got from them."

"Dicky," I said firmly but pleasantly, although I was trembling with passion, "I mustn't show on account of my husband's condition, 'please listen to me. I have nothing of yours, have seen nothing save the checkbook and the keys I've just handed you. If you have lost any letters, I haven't seen them. But—"

With a sudden thought, "are you sure you have lost them? Have you missed them?"

"That's not your affair," he retorted rudely, but I saw by his eyes that I had unwittingly struck the right note. He hadn't missed them, he had jumped to the conclusion that I had them.

He gave me a long, searching look which I returned unflinchingly, although it was hard to bear silently the contempt and anger in his eyes. Then he turned on his heel, and without another word or glance stalked out of the room.

I knew that if I hadn't been for the baby he would have slammed the door viciously, and was thankful that even in his anger he remembered his tiny son.

In the end I heard his own door close before locking mine. And then, shaking as with a chill, I undressed quickly, and putting on my heavy bathrobe over my night attire, I crept into bed and hid myself under the covers.

A curious practice of mine, dating back to my childhood, this creeping to the shelter of my bed whenever I have a problem of conduct to work out. I think my reason lies in the actual physical condition of my mind when I have experienced any painful scene.

Kindly advise what to do for gas on the stomach?
A.—Try either of the following in a little water every four hours: Salol, 2½ grains, or bicarbonate of soda, 10 grains, or bismuth subnitrate, 5 grains.

H. E. T. Q.—Kindly advise what to do for white lumps in the mouth.
A.—You should have teeth put in good condition. Live on a milk diet a few days. Touch ulcers up with a stick of alum, and wash with bicarbonate of soda.

S. C. H. Q.—Kindly advise what to do for severe pains in my limbs.
A.—Massage, vibration and electric treatments will help ease the pain.

ANXIOUS MOTHER, Canada. Q.—Kindly advise what to do for a little girl who walks in her sleep?
A.—You should have the little girl examined and give her a hot glass of milk before bedtime.

A. M. G. Ridgeway, Ont. Q.—Kindly advise what to do for influenza?
A.—Go to bed, take a hot bath, cover yourself with thick blankets, and drink a hot lemonade with 10 grains of quinine sulphate or 10 grains of ammonium salicylate. If not better the next day, remain in bed and take 5 grains ammonium salicylate every 3 hours six times.

Good Night
Stories
By Charles S. S. S.

DAVID, SQUEEDEE AND JACKIE RABBIT.

David gave a low whistle as a rabbit sprang out of the grass at his feet and with a great bound into the air scurried away.

"And I never knew he was anywhere near me," laughed David. "I wish I could have seen him."

"That's easy," laughed a merry voice, and Squeedee, David's little elfin friend, jumped up from the bushes.

"Hello, Squeedee," exclaimed David, shaking the little elfin's hand. "I guess I must have frightened Mr. Rabbit by the way he jumped. 'Oh, hurry he didn't wait a bit.'"

"One thing Jackie Rabbit never does," laughed Squeedee. "Why, that's what his ears are for, and he generally uses them. At the least crackling of a twig he's ready to jump. But don't be sorry, we'll just go after him. And before David knew what he was about away he went hopping after Squeedee just like Jackie Rabbit had hopped away from him.

"Just the Same, I Never Take Chances," Laughed Jackie.

They soon reached Jackie Rabbit, who was crouched under a pile of brush, looking so much like the brown leaves and twigs that David could hardly find him.

"I'm sorry I frightened you," said David, after Squeedee had introduced him. "I wouldn't harm you for the world."

"Just the same, I never take any chances," laughed Jackie Rabbit, "because I've a family of little ones to look after."

"Oh, please take us to see them," begged David. "I'll try not to frighten them."

"All right," squeaked Jackie Rabbit.

With strict economy and putting off all but the most pressing bills, and those to people who couldn't afford to wait for them—our little household went on running comfortably for a month. After that loomed chaos, with the addition of numerous unpaid bills.

If Dicky were well, I could brave his anger and demand that he give his attention to the problem. But his untimely death showed that his nerves were indeed like "badly frayed strings," as Lillian had aptly put it.

Although I couldn't shake off a vague conviction that his death was somehow connected with the financial crisis, I was also in evidence—and I refused to speak to him at all upon the subject of another month.

I must go to work at something as soon as the baby should be a little older. But that was impossible just now. And if I let Katie go—my first thought of economy—how get her back again when I returned to the work she had done? Besides, my promise to Jim that I would care for Katie while he was gone to war prevented that procedure.

And how to meet the financial crisis which would descend upon me at the end of another month?

Round and round the circle of possibilities I travelled, getting more discouraged every moment. My head throbbed, the chill was creeping back into my veins.

My baby whimpered and stirred. I sprang to his crib, gathered him to me, blankets and all, and scrambled back into bed, cuddling him frantically.

For to me had come the knowledge which is sometimes the heritage of every mother, that there is no healing of a woman's hurt heart more potent than her little child's body clasped close, close in her arms.

Today's Fashion

By MME. FRANCES



Brown Velvet Street Frock, Featuring the New Fringe.

Fringes are worn in almost every conceivable form from outdoor costumes to evening gown. One of the most charming combinations is the heavy silk fringe with velvet, such as is shown in the accompanying illustration.

This is a brown velvet frock, severely plain as to bodice, except for the single row of small buttons down the back. The sleeves are also ornamented with buttons on their turned-back cuffs. But the decorative effect is in the heavy very deep brown chenille fringe, depending from the hip line and swirling gracefully about the narrow skirt.

"As long as our friend Squeedee is with you you're welcome." And away he hopped, Squeedee and David following after him across the field to the woods beyond.

There under a thick low bush, in a nice bed of weeds and grass sat Mamma Rabbit watching her three little babies playing around.

At first she didn't like the idea of Jackie Rabbit bringing company home, but when she saw Squeedee she knew David must be a friend.

"You see, we have to be so careful about visitors these days," she laughed, "but if you're a friend of Squeedee it's all right."

"He's not only my friend, but a friend to all the little meadow people," replied Squeedee.

"Indeed, I am," laughed David. "I love every one of you. But tell me, Mamma Rabbit, is this your place?"

"Certainly, our summer place," she replied. "Of course, in winter we build a burrow under an old tree or under a bush in the ground. Then when the snows come we can keep good and warm."

"Some day we're going to take a trip to visit our cousins who live across the seas," replied Jackie Rabbit. "They live in regular rabbit villages. Hundreds of them all together with hallways underground connecting each little house just like your roads connect your houses. We American rabbits are not quite so friendly with one another, we try not to live too close to our neighbors."

"It must be jolly living in a rabbit village," said David. "Maybe some day Squeedee will take us to visit your cousins."

"But right now we'll have to hurry," said Squeedee. "Before David could blink his eyes he was standing on the road and Jackie Rabbit and his family and Squeedee had disappeared."

To-morrow's HOROSCOPE

By Genevieve Kemble

SATURDAY, NOVEMBER 2

The astrologer for this day is strong for important, radical, propitious and entirely satisfactory change. It is a time to be talking, making a new plan, since there is a long chain of stellar influences of the most auspicious nature. Opportunities sudden and unheralded may present themselves, and you long standing reverses, obstacles and disappointments be swept away. Benefits will come through traveling, removals, public agencies and also from elderly persons or Saturnine employments. Business and professional pursuits are promised to flourish, and letters, contracts, documents, etc., may be signed with confidence as to fruitful results. The disposition will be daring, brave, resourceful and enterprising. On the whole, this should be a day of large and successful projects and one memorable for its events. Do not be concerned about trifles.

Those whose birthday it is are promised an eventful and prosperous year, with decided change and travel. A child born on this day will be active, resourceful and enterprising, fond of change and travel, and will be successful in life.

YOU DON'T NEED TO GO

on suffering with that obstinate sore, if you will only use Zam-Buk—the great herbal skin cure. This balm, owing to its unique composition, is the very thing for sores and skin troubles that have resisted ordinary treatments.

Mrs. Herbert Cox, of Port McNoll, Ontario, writes: "For nine years I suffered with an abscess on my face, which was both painful and disfiguring. I had the abscess lanced repeatedly, but it still remained. I also tried ordinary ointments, but without any permanent benefit. Finally the doctor told me I had a tumor on the bone, and would have to undergo an operation, which I did; but instead of improving, the wound only became worse. I was in despair when a friend got me to try Zam-Buk. I soon noticed a marked improvement. Zam-Buk seemed to get to the very root of the trouble, and in the end the abscess was entirely cured—not even leaving a scar. This was a year ago, and there has been no return of the trouble."

Zam-Buk is not a mere ointment, but a rich herbal balm. Unequalled for eczema, scalp sores, ringworm, boils, bad legs, blood-poisoning, piles, cuts, burns, sprains, scalds, and all skin injuries. 50c. box, 3 for \$1.25, all druggists or Zam-Buk Co., Toronto. Send 1c. stamp for postage on 60c. trial box.

ZAM-BUK

KITCHEN ECONOMIES

BY ISOBEL BRANDS.

OF THE APPLECROFT EXPERIMENT STATION

Six Quick Cornmeal Breads That Solve Conservation Problems Deliciously.

Who said cornmeal breads were monotonous? For there are an astonishingly large number of ways in which the changes can be rung on breads with a cornmeal foundation. Moreover, corn bread makes a remarkably good quick bread, and is a heat-producing foodstuff that makes an ideal breakfast dish for cold days.

Cornmeal Hotbread.
2 cups of sifted cornmeal
2 teaspoons of salt
1 teaspoonful of butter
Mix the cornmeal, salt, add butter, and then pour over all 2½ cups of boiling water. Stir until thick, then spread about half an inch thick on a hot greased griddle. Cook 20 minutes, then cover the top with soft butter, turn and cook for 20 minutes more on the other side.

Cornmeal and Apple Bread.
1 cupful of cornmeal mush
2 tablespoons of sugar
2 tablespoons of butter
1 egg
Core, peel and cut the apples into small pieces. Mix the mush with the hot milk, add the sugar, butter and beaten egg. Drop by spoonfuls on a greased hot griddle and bake brown on both sides.

Cornmeal Hot Biscuit.
1 cupful of cornmeal
1 cupful of boiling water
1 teaspoonful of salt
1 teaspoonful of sugar
1 teaspoonful of baking powder
Mix the dry ingredients, then add the hot water. Add enough flour to make a stiff dough, then drop from the spoon to a greased pan. Bake in a hot oven.

Cornmeal and Cheese Hotcakes.
3 cups of cornmeal
1 cupful of grated cheese
1 tablespoonful of salt
2 quarts of water
Add salt to the boiling water, then gradually sift in the cornmeal, stirring constantly. Boil for one hour until thick, using a double boiler. Remove from the fire and stir in the cheese. When the cheese is thoroughly melted pour into a molten bread pan and set aside to cool. When cold cut in slices and crown in fat. This may be served with a white sauce or tomato sauce.

Cornmeal Muffins.
½ cupful of cornmeal
½ cupful of whole wheat flour
½ cupful of milk
1 teaspoonful of salt
2 teaspoonsful of baking powder
2 tablespoons of sugar
Sift together all the dry ingredients, then add the milk and melted butter. Mix together gradually, heating well. Pour into hot greased muffin pans and bake in a hot oven for 20 minutes.

Corn Doggers.
½ cupful of cornmeal
½ cupful of boiling water
1 teaspoonful of sugar
½ teaspoonful of salt
Mix together cornmeal, sugar and salt. Add butter, then pour over all the boiling water, stirring well. When well mixed form into small cakes and fry in hot bacon fat. They're delicious.

Let Cuticura Be Your Beauty Doctor

For free sample Cuticura Soap, Ointment and Talcum address: "Cuticura, Dept. 8, Boston." All druggists.

Why Keep Corns? Lift Corns Off! Doesn't Hurt! Freezone is Magic!

Apply a few drops, then just lift off that sore, touchy corn or callus. Costs only a few cents!

For a few cents you can get a root and all, with the fingers, easy, small bottle of the magic Freezone. Just think! Not one bit of pain discovered by a Cincinnati chemist, before applying Freezone or afterwards. It doesn't even irritate the surrounding skin.

Hard corns, soft corns, or corns between the toes, also, hardened calluses on bottom of feet shrivel shortly you can lift out that corn, up and fall off without hurting.

Confronted as we are by those who have given their all, dare we set a limit to our own sacrifices in Freedom's cause?

Our hearts and our sense of duty to God and humanity must answer the question:—"How much is expected of me?"

Buy Victory Bonds

Issued by Canada's Victory Loan Committee, in co-operation with the Minister of Finance of the Dominion of Canada.

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