

## SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### An Oyster Mystery.

In private life the oyster is a very queer fish. You never know whether you should address a particular oyster as "Mr." or "Mrs.," for the same creature changes its sex frequently. In the spring the oyster's mind turns to thoughts of love. Its conduct is governed by the sex which it has assumed for the time being. If it is a temporary male, it becomes a father; if, on the other hand, it is for the time being a lady-oyster, then the cares of motherhood are uppermost in its mind. The mother oyster lays a large number of eggs which she hatches not by sitting on them, but by keeping them in her gills. When they have hatched and swam away she heaves a sigh of relief and proceeds to become a male. Her erstwhile husband, who has now become feminine, is the mother of the next batch of babies!

Great minds have purposes; others have wishes.

Minard's Liniment for Distemper.

## Ten Commandments of Business.

Handle the hardest job first each day. Easy ones are pleasures. Do not be afraid of criticism—criticize yourself often.

Be glad and rejoice in the other fellow's success—study his methods. Do not be misled by dislikes. Acid ruins the finest fabrics.

Be enthusiastic—it is contagious. Do not have the notion that success means simply money-making.

Be fair, and do at least one decent act every day in the year. Honor the chief. There must be a head to everything.

Have confidence in yourself, and make yourself fit. Harmonize your work. Let sunshine radiate and penetrate.

### A School Creed.

The following creed is used in the schools of Fond du Lac, Wisconsin: "My body is my house. I must live in it as long as life lasts. If I take proper physical exercise, this home will last longer, and be a stronger, handsomer dwelling place.

"My muscles are the machine with which I must do all the tasks that destiny and determination place in my way. Training will keep the parts in smooth working order.

"My will co-ordinates the forces within me. Physical education helps to develop man's will—the will to make the best of himself and serve others.

"Consequently, physical education is a factor in the world's progress, in its happiness, and in its joy in working and playing."

### No Chords Lost.

"I hear your next-door neighbors have a new organ. How many stops has it?" "About three a day—for meals."

## GLAD HE TRIED THE TONIC TREATMENT

### Through Its Use Strength and Vigor Was Restored.

To be tired after exertion is natural. Rest and food restore the body to normal after such fatigue. But to be tired all the time is a symptom of an anaemic condition that will not be corrected until the blood is built up.

Such an anaemic condition is so gradual in its approach and generally so lacking in acute pains that it is often difficult to persuade the sufferer to do anything for it. But it is not a condition that corrects itself. If the blood is not enriched the trouble will increase. The nerves will be undernourished and neuralgic pains will follow. Digestive disturbances often result from this blood, sleep is disturbed and a general breakdown may occur.

Mr. Wilson Johnson, Ninevah, N.S., says: "A few years ago my system was in a badly run down condition. My nerves seemed always on edge, and I found myself so weak that I could hardly do any work. I suffered from headaches and from pains in the back and under the shoulders, and was often so sleepless at night that when morning came I felt as tired as when I went to bed. I was taking medicine all the time, but it was doing me no good. Then I read the testimonial of a man whose condition had been similar to mine, and who strongly recommended Dr. Williams' Pink Pills. I decided to give this medicine a fair trial, and when I had taken six boxes I felt much better. I continued taking the pills until I had taken six more boxes, and I can only say I am glad I did so, as I am now enjoying the best of health, and I advise all men who feel run down to give these pills a good trial."

Dr. Williams' Pink Pills can be obtained from any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Keep Your Head.

When the horses are running away, it is no time to drop the lines and jump out or hang on to the dashboard. You may holler "whoa!" till you are red in the face, but if you don't grab the reins and "saw 'em down" for dear life, it won't be long before there will be a big smash-up.

There are farmers in this country at the present time who are in the wagon with the lines down and the team running wild. Let's stop a minute and think what will be the effect of this runaway sort of farming, if we do not pick up the lines and get back to the only gait which will bring us through to safety.

This is a hungry world. There are more mouths to feed just now than ever before in the history of mankind. What will it mean if any considerable number of men stop producing? It makes one dizzy to think of it. Somehow the world must be fed.

And it can not be very long that prices will be below the cost of production. Just now we are in a stage of transition. But the needle will surely swing back to the north star if we release it and give it a chance. The heart of the nation is right, and it knows what it owes to the farmer and will pay it willingly and cheerfully if it once understands the right and the wrong of things. It is a time for producer and consumer to get nearer together, not farther apart. To know each other better, instead of striking each other down. What, then, is the part of wisdom, so far as the farmer is concerned?

In the first place, let's not think or feel that we are in water that is too deep for us. If we have thought we were in over our heads, maybe we have not straightened up enough. Let's hold our heads high.

Careful and conservatively we may step out into deeper water, all the time holding our heads up like men who know their worth and are proud of their profession. Have we done our best with the old farm? If not, let's do better this year. Let's make every foot count. Brush lots do not feed starving men. Let's improve our methods wherever we can. Let's work for better markets. Let's work shoulder to shoulder with each other to do it. Let's not expect too much right away. Let's remember that Rome was not built in a day, and that, like the oak, anything worth while takes time to grow. The most contemptible thing on earth is a quitter.

And then, if we have brought the old place up to its best and really feel that we might use a little more land, let's add a bit from the adjoining farm that may be in the market at a reasonable price. Land never made any man poor. It is poor management that does that. Then we can grow better crops. Then we can add a few cool cows to our herds and let some of the poor ones go. It is a good time to swap cows.

And let's keep a level head and not drop the lines!

The two most loathed bugs in existence are the bedbug and the humbug. The first complete bathroom ever fitted in an aeroplane is a feature of the 1,200 horse-power biplane, the Lawson L4, just built in the United States to carry passengers, goods and mails over a number of routes. In this bathroom is a showerbath, washstand, and towels, mirror, and lavatory.



## With The BOY SCOUTS

Mr. Lorne W. Barclay, son of Mr. E. R. Barclay of Parkhill, Ontario, and now Director of the Department of Education of the Boy Scouts of America, has been decorated by the Government of France with the Cross of the Legion of Honor as a recognition of the work done by the American, Canadian, English and Belgian Boy Scout organizations for French Scouting under his direction. This is the first time a French decoration has been granted in recognition of the services of a boy worker.

The Penetanguishene Troop carried out an impressive ceremony on Armistice Day. The Scouts of the capital of Huronia planted a grove of Canadian cedars at the entrance of the town, each Scout making himself responsible for a tree. The grove was planted immediately behind the Ontario-Quebec statues which mark the portals of Huronia. On Armistice Day the grove was solemnly dedicated to the memory of the Penetanguishene soldiers who fell in the Great War—each tree planted represented one of the heroic dead.

One of the Field Secretaries of the Provincial Council for Ontario sends the following:

"Some of the boys here are noted for being expert at swearing. The day after a meeting, two boys who were there and joined, together with another lad who was not at the meeting, were playing ball, and the lad who was not at the meeting began to swear. The others, who had joined the Scouts, remembering that 'Scouts did not swear nor associate with those who did,' said, 'Look here, we are Scouts now and don't have anything to do with those who swear.' They dropped their bats and left the other lad on the field. The following day they were playing again and the same lad had another attack of swearing. Instead of breaking up the game, the others chased him off the field."

## Mother! Open Child's Bowels With California Fig Syrup

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile, and undigested food out of the bowels and you have a well, playful child again.

Millions of mothers keep "California Fig Syrup" handy. They know a teaspoonful to-day saves a sick child to-morrow. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

### "Faddy" Appetites

When the digestive organs are out of order you need the help of Mother Seigel's Syrup. The herbal medicinal extracts of which the Syrup is made restore tone and strength to jaded stomachs, make food yield nourishment and save from the many ills which indigestion brings. Mother Seigel's Syrup is now sold in 50c. and \$1.00 bottles at drug stores.

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Ad-  
dress by the Author,  
H. Clay Glover Co., Inc.,  
118 West 31st Street  
New York, U.S.A.

**COARSE SALT  
LAND SALT**  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF - TORONTO

You must say **BAYER** Aspirin

Nothing Else is Aspirin—say "Bayer"

Warning! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an unbroken "Bayer" package which contains directions worked out by physicians during 21 years and proved safe by millions for Colds, Headache, Earache, Toothache, Neuralgia, Rheumatism, Neuritis, Lumbago, and Pain. Made in Canada. All druggists sell Bayer Tablets of

Then he decided that he had better give up swearing and join the Scouts and presently asked the boys if they would let him join if he gave up swearing." What a wonderful example of integrity and loyalty to the splendid traditions of the Brotherhood!

### Surgery in Mid-Air.

The French authorities have found aeroplanes so useful for transport and other services in their colonial territories that they intend to introduce large multi-engined aeroplanes, which will be assigned with a pilot and a small staff of mechanics, to surgeons who have large territories to cover.

The cabins will be equipped as operating theatres possessing every life-saving device that modern surgery can suggest. The surgeon, with his assistant acting as anaesthetist, will be able to perform major as well as minor operations just as readily in remote areas as if he had his patient in a well-equipped hospital.

It will be possible, should a patient in transit develop any suddenly adverse symptoms, to perform a delicate operation in mid-air.

### Preferred the Frying-Pan.

There is a funny side even about a poor slum child's ignorance of the country's beauties and joys.

A philanthropist one summer day said to a ragged urchin of seven or eight:

"You've got a real treat coming. We're going to send you to the country for a week."

"Oh, don't!" replied the urchin, and he looked as if he was about to cry.

"Why?" exclaimed the philanthropist, in surprise. "What's your objection to the country?"

"They've got thrashing machines there, ain't they?" answered the boy. "Well, it's bad enough here, where it is done by hand."

### MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Women, on an average, have broader heads in proportion to their length, and darker eyes and hair than men.

### KEEP YOUR HEALTH! — USE —

**MINARD'S "KING OF PAIN" LINIMENT**

The Old Reliable. Try It!  
Minard's Liniment Co., Ltd.  
Yarmouth, N.S.

### If Headachy, Bilious or Stomach is Bad, Take "Cascarets"

Get a 10-cent box now. Furred Tongue, Bad Colds, Indigestion, Sallow Skin and miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, everything that is sickening. A Cascaret to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated, and never know a miserable moment. Don't forget the children—their little insides need a good, gentle cleansing, too.

### RHEUMATIC ACES QUICKLY RELIEVED

The racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment. For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches. It penetrates without rubbing. You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains. At all druggists—35c, 70c, \$1.40. Made in Canada.

**Sloan's Liniment** (Pain's enemy)

## SHE COULD HARDLY CLIMB THE STAIRS

### COULDN'T RAISE HANDS ABOVE HEAD.

## Hamilton Woman Declares Tanlac Overcame Her Rheumatism and Other Troubles.

"If others hadn't allowed their statements published in the papers I wouldn't have known about Tanlac and would still be suffering, so now for the benefit of others I want to tell what the medicine has done for me," said Mrs. John Dale, 65 Catharine St. South, Hamilton, Ont.

"About three years ago I began to suffer from rheumatism, which kept getting worse until I was in almost constant pain. At times my arms became so swollen and painful I couldn't raise my hands above my head, and my fingers were so stiff I could scarcely hold the coffee pot to pour out the coffee.

"I could hardly go up a flight of stairs on account of the stiffness in my muscles. I became so nervous the noises made by my children playing about the house made me frantic.

"Seeing so many fine statements in the papers about Tanlac, I decided to get a bottle and see if it would do me any good. Well, my rheumatism got better with the first few doses and, now that I have finished the second bottle the last trace of it is gone. My nervousness is gone too, and I am so happy over being free from pain I can't fully express it."

Tanlac is sold by leading druggists everywhere. Adv.

Extraordinary qualities are possessed by the River Tinto, in Spain. It hardens and petrifies the sand of its bed, and if a stone falls in the stream and alights upon another, in a few months they are united and become one.

Minard's Liniment for Garget in Cows.

### Classified Advertisements.

PLAYER PIANO FOR SALE.

BELL PLAYER PIANO IN GOOD condition, with a large number of music rolls, for sale at a bargain. L. Costello, 73 West Adelaide Street, Toronto.

### BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cables, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

### THIN, FLAT HAIR

### GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to use. But what will please you most will be after a few weeks' use when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.



## LETTER FROM MRS. WAKELIN

### Tells Remarkable Story of Sickness and Recovery.

Toronto, Ont.—"I suffered greatly from weakness, seemed to be tired all the time, and had no ambition to do anything or go any place. My nerves were in bad shape, I could not sleep at night, and then came a breakdown. I read of Lydia E. Pinkham's Vegetable Compound in the newspapers and several of my friends advised me to use it, and it surely put new life into me. Now I am quite able to do all my own work, and I would strongly advise every suffering woman to give Lydia E. Pinkham's Vegetable Compound a trial." Mrs. CHARLES WAKELIN, 272 Christie St., Toronto, Ont.

The marks of Lydia E. Pinkham's Vegetable Compound have thousands of such letters as that above—they tell the truth, else they could not have been obtained for love or money. This medicine is no stranger—it has stood the test for more than forty years.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

## Why guess about it— When you can know about it?

Suppose a guide said—

"This way there's a safe and pleasant road to your destination, with no risks or troubles on the way," and—

"That way there's a road that a good many have stailed on and turned back from, but you may get through."

Which would you take?

Postum is a thoroughly agreeable and satisfying meal-time drink, and you're sure that it's perfectly safe for health. Tea and coffee contain drug qualities which disturb the health of many.

Postum or tea and coffee? Which road?

Why guess when you can know?

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

**Postum for Health**  
"There's a Reason"