

How I Cured My Rheumatism

BY PETER SAVALA

I threw away my crutches in seven days. In two months, I was a well man and I have never been troubled by rheumatism since. This is what the remedy, which I obtained from my uncle in Greece, did for me. I came home to Greece crippled and taken in the spirit-sickness. I returned to this country in two months, absolutely free of every trace of rheumatism. The whole story of my life in America-how I became crippled with rheumatism and how I found the treatment which uprooted the disease and drove it out of my body-I will gladly tell you FREE. It makes no difference how swollen or distorted your joints may be; how severe the pain; or how discouraged you are; I feel sure that I have the means of helping you to find relief in a few days and a lasting cure in just a few weeks. Send no money. Just write me personally. I say: Tell me how you cured your rheumatism, and how I may cure mine. Address your letter or post card to Peter Savala, c/o Peter St., D. 163, Montreal, Que.

TUNIS

Tunis, the subject of the second bulletin of a series issued by the U. S. National Geographic Society describing "African countries that will be in the news, and cities that will be appearing among the datelines in your newspaper."

"Tunis the capital of Tunisia, situated on the coast of northern Africa, in about the latitude of Norfolk, Va., is considered one of the most beautiful cities of the Orient," says the bulletin which is based on a communication from the society.

The population of more than 300,000 Arabs, Jews, French, Italians, Greeks and Maltese, under an absolute monarchy. When the treaty of the Bardo was signed by an Arab bey, who is advanced by a resident general from France. The latter is in reality chief executive.

"Tunis is called by the Arabs 'The White Burnous of the Prophet.' Its houses are all flat-roofed and creamy white in color. Minarets point heavenward from every square, and from their tops may be heard the call to prayer of the faithful five times a day—Allah is Allah. There is no God but Allah; Mohammed is his prophet."

"Tunis has changed greatly since 1881. A large and attractive French town has sprung up outside the walls of the native city. Broad boulevards, with rows of palms and various shades; large shops, with tempting displays; modern hotels, with every comfort and luxury; restaurants, cafes and garages for the motors that come in greater numbers every season. Trolleys run in all directions, and Carthage can be reached in 25 minutes.

"Friday is the Arab Sunday, when all the women go in the morning to the cemeteries to pray. One passes hundreds of them chatting together, dressed in their silvery white haiks and black face-veils. Many of the women of the wealthy families, instead of a face-veil, wear a broad scarf of heavy, dark silk, which covers the face and is held out in front by the arms of the wearer. All she can see is a few feet in front of her feet. These wealthy women are usually followed by several female attendants. "A tiny donkey with panniers filled with oranges shoves you up against the wall of the narrow street as he passes, and we wonder what the vendor is crying. It sounds weird, but translated means only: "Oranges—sweeter than honey. "Entering the souks or bazaars, steaming Turkish coffee is brought in tiny cups, while Oriental rugs, silks, jewels and antique weapons are shown. "At the slaughterhouse there are three separate divisions—one for the

BAND SAVES WIFE

From Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Pittsburgh, Pa.—"For many months I was not able to do my work owing to a weakness which caused backache and headaches. A friend called my attention to one of your newspaper advertisements and I immediately bought three bottles of Lydia E. Pinkham's Vegetable Compound for me. After taking two bottles I felt fine and my troubles caused by that weakness a thing of the past. All women who suffer as I did should try Lydia E. Pinkham's Vegetable Compound."—Mrs. JAS. ROHBERG, 620 Knapp St., N. S., Pittsburgh, Pa.

Women who suffer from any form of weakness, as indicated by displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues," should accept Mrs. Rohberg's suggestion and give Lydia E. Pinkham's Vegetable Compound a thorough trial.

For over forty years it has been correcting such ailments. If you have serious complications write for advice to Lydia E. Pinkham Medicine Co., Lynn, Mass.

Europeans, one for the Jews and a third or the Mohammedans, where the animal to be killed has to face toward Mecca.

In the days of Rome, northern Africa (Tunisia) was called the 'granary of the world,' for the Roman system of irrigation was marvelous and the soil fertile wherever water was to be had, and it was to be found in abundance in the mountains. The aqueduct, built under Hadrian about 135 A. D., supplied Carthage with 32,000,000 liters (over 8,000,000 gallons) of water a day.

"To-day Tunisia has over 10,000,000 olive-trees under cultivation, and they cover an area of about 500,000 acres.

"April 13 marks the commencement of the Jewish feast of unleavened bread, or Purim, when no business is done and unleavened bread must be eaten for seven days."

Around the World.

There is no legal and formal slavery now in any Christian country. It survives in a mild form in most Mohammedan countries.

The famous Tugela river in South Africa on one occasion rose 40 feet during a single night, owing to thunderstorms in the mountains.

The average length of life is greater in Norway than in any other country. This is attributed to the fact that the temperature is cool and uniform throughout the year.

In the Alps there is one letter box at an elevation of nearly 10,000 feet above the sea level from which there are collections four times a day. There are several letter receptacles at an elevation of between 6,000 and 7,000 feet.

Minard's Liniment Cures Dandruff.

TAPIOCA TIPS.

Read Them and You Will Not Be Apt to Be Sorry.

Friends, do you realize what a good article tapioca is? No, well listen—It can be used, rightly prepared for soup thickenings, gravies, cereals and as a cereal by itself.

Stew tomatoes the regulation way, five minutes before serving add one tablespoonful of granulated tapioca to about one pint (or more) tomato, boil for five minutes then serve.

Pudding, use one quart of fresh milk, half a cup of sugar, a pinch of salt, one teaspoonful of vanilla, two large tablespoonfuls of tapioca, is made by mixing, then baking for one hour; stir three times, then brown it; serve cold.

For variety four teaspoonfuls of cocoa and a pinch of cinnamon are mixed with the sugar, added to milk and finished as above. Serve iced cold.

Clogged Nostrils Open Breathing Made Easy, Catarrh Cured!

New Method Very Successful

It is a new method of treatment, that of medicated air, and cannot fail to be beneficial. It goes wherever air can go, thus reaching all the affected parts. It purifies as by fire, stifling burning up the disease germs. Catarrh is a non-poisonous and healing agent; it therefore acts upon the mucous tissues of the throat, nasal passages, and bronchial tubes, destroying all microbe life, and at the same time heals up all the inflamed parts.

A cure for Catarrh, Bronchitis, Asthma, La Grippe; as a strengthening for the throat, Catarrh can never be equalled. It is a guaranteed cure, and is highly endorsed by prominent physicians who use Catarrh in their practice.

Sufficient Catarrh for two months' use, price \$1.00; smaller size 50c.; at all dealers.

PIGMIES.

Pigmies, apparently of a single racial stock, are scattered over many parts of the world, and nobody can give a plausible guess as to how their distribution was accomplished. Whoever found them seem to be the earliest people—veritable aboriginals—and all of them are much alike physically, though different somewhat in complexion. They are suspected to be more ancient than any other race now surviving on the globe.

To this race belong the so-called "monkey men" of the mountainous interior of India. Likewise the notable natives of the Andaman Islands, in the Bengal Gulf, who are said to "look like babies all their lives." These latter wear their hair in frizzly tufts and adorn themselves with necklaces made from the bones and teeth of defunct relatives.

In Madagascar are the Bohosy, black dwarfs, who when pursued, jump from tree to tree like monkeys. They are so timid that sometimes they die of fright when captured.

In Ceylon are found the Veddahs, of whom not more than 2,000 are now left alive. Few of them are able to count up to three. They are of the same pigmy race, and unquestionably they were very anciently a numerous people, inhabiting that island when visited by the earliest of prehistoric explorers.

The bones of pigmy people are plentifully found on the Island of Formosa, where doubtless the rest of them were wiped out by the Malays some centuries ago. Formosa is really a northern member of that great archipelago which we call the Philippines, though separated from the latter politically. Hence it is not surprising to find dwarfs of the same race to-day inhabiting Luzon and Mindanao, where they are called Aetas.

Minard's Liniment for sale everywhere

"SALADA" Tea is Pure Tea, Fragrant and of Delicious Flavor, stimulating and refreshing. "Watch for the Name" on every genuine sealed packet.



27 Years in Public Service.

THE ESKIMO

Not Dying Out, as Explorers Predicted.

One hundred years ago Sir John Ross navigated his ship through Medville bay and arrived at the edge of the ice field attached to the shores. To his amazement black dots were seen rapidly approaching over the vast expanse of ice. What could it be? Eskimos and their dog-teams! The most northern people in the world. Eagerly the big ship and in detail everything connected with it.

Donald B. MacMillan, Arctic explorer, in recalling this bit of meagre history concerning the far north, relates that through an interpreter the Eskimos asked Sir John where he came from.

"From the south," he told them. "That is impossible," they said. "No one could live down there. All our ice goes off in that direction. It must be now filed up with ice."

Doctor Kane, in 1853, and Doctor Hayes, in 1861, found but a small population, and stated that in a few years undoubtedly the race would vanish. There are more there to-day than there were then, and they are increasing rapidly. In 1909 the total population of these northern shores numbered 218; in 1917, 261.

Dr. Martel's Female Pills For Women's Ailments

A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half century in Patented Tin Hinge Cover Box with Signature "Knickerbocker Remedy Co." across side. Accept no other. At your Druggist or by Mail Direct from Knickerbocker Remedy Co., 71 Front Street East, Toronto, Can., upon receipt of price, \$2.00.

Aspersions of Nationality

(New York Evening Sun.) The recent action of the Newark Board of Education in deleting 'The Merchant of Venice' from the volumes of Shakespeare's plays used in the public schools on the ground that the character of Shylock slandered the Jewish race has not passed unnoticed.

At a dinner of the League of Scottish Veterans of the World War at an uptown hotel a resolution was adopted calling upon the American people "to extend the same courtesy and privilege to Scotland" and accordingly demanding that "to remove anti-Scottish prejudice the play of 'Macbeth' be barred from reading courses in American schools." The resolution goes on to deplore the traucing of the glorious clan of the Macbeths and the whole Scottish race by Shakespeare's misrepresentation of Macbeth as a traitor and murderer. It is thrice and four times unfortunate that such unjustified inferences should have injured the feelings of the Scottish veterans in this happy Yuletide. Surely Macbeth was not considered as a representative Scot by the Swan of Avon, but rather as a ruler and a barbarian of Barbarian habits. Dr. Johnson's dictionary contains a definition of oatmeal as a grain used to feed horses, but eaten by the population in Scotland. Yet this great dictionary is still used in Edinburgh and Aberdeen. Were not the Scottish veterans over-sensitive, as much so as the Jew-

ish objectors to Shylock? Why, Mr. Lloyd George might as well establish an order-in-council forbidding the repetition of that injurious implication in the classic pages of Mother Goose.

Taffy was a Welshman. Taffy was a thief. Taffy came to my house and stole a piece of beef. I went to Taffy's house and Taffy was in bed. I took the marrowbone and beat him on the head.

Of course, the rejoinder would be that nobody could ever catch Mr. Lloyd George asleep in bed or anywhere else, so the reference could not be personal. But the aspersions upon "a Welshman" stands; even Shakespeare made a Welshman eat a leaf for a penny, but the rowdy Pistol seemed to like it; and the Welsh actually carry this aromatic vegetable upon their armorial achievement.

The Englishman might as well object to Mother Goose's Fee, fi, fo, fum! I smell the blood of an Englishman! The French might protest against the popular worship of such a character as Francine Villon, to judge by his own account. Why should the spirit of mortal be so touchy upon the subject of tribal peculiarities?

Minard's Liniment Cures Burns, Etc.

Decay of Home Life

(Woodstock Sentinel-Review.) If home life is decaying—and there are many evidences that it is—it is a matter of serious concern. Where is the responsibility?

There are many influences at work, no doubt. The spirit of independence is in the air. It is not a bad thing in itself, but may be easily carried too far. It goes too far when it leads to the denial of all authority. Opportunities for earning money make it easy for young people to become self-reliant. Self-reliance is a good thing in itself; but it, too, may be easily carried too far when it threatens the destruction of home influence.

And yet there never was a time when it was so easy to make home life attractive. A good deal of what is best in the world is now within reach of people with very moderate means. The development of the talking-machine has brought much of the world's best music within reach of practically everyone. Good books are cheap and plentiful, and there are public libraries in every town and almost every village. The daily newspaper is so cheap that it is not appreciated. Modern processes have made it possible for practically everyone to obtain at least a small collection of beautiful pictures.

All that seems to be lacking is the taste for beautiful things and the desire to satisfy it. But this, indeed, is a most serious lack. There is a very curious Irish legend which tells how the Saviour was going along the road one evening when He came upon a young woman in distress. She was cold and homeless and hungry. He directed her to a house where she found all she needed, and where she remained until she became his mistress. Then, one day, after she had become mistress, the Saviour, in the appearance of a poor man, came to her and asked her for some bread. She offered him some cold potatoes, not wishing to give up good bread. He revealed Himself

DR. WARD The Specialist

79 NIAGARA SQUARE, BUFFALO, NEW YORK.

Men, Are You in Doubt?

As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily? ARE YOU NERVOUS and despondent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there falling power, a drain on the system? Consult the old reliable specialists.

SYMPTOMS OF VARIOUS AFFECTIONS

Weak and relaxed state of the body; nervousness; dependency; poor memory; lack of will power; timid, irritable disposition; diminished power of application; energy and concentration; fear of impending danger or misfortune; drooping and tendency to sleep; unsteady sleep; dizziness; rings under eyes; weakness or pain in back, lumbago, dyspepsia, constipation, headache, loss of weight, insomnia. Dr. Ward gives you the benefit of 25 years' continuous practice in the treatment of all chronic, nervous, blood and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.

Men, why suffer longer? Let me make you a vigorous man. Let me restore your physical condition to full manhood. Don't be a weakling any longer. Make up your mind to come to me and I will give the best treatment known to science—the one successful treatment based on the experience of 25 years in treating men and their ailments.

Dr. Ward's Methods Unfailing, Thorough and Permanent.

Do you realize that you have only one life to live—do you realize that you are misusing most of that life by ill health? A life worth living is a healthy life. Neglect of one's health has put many a man in his grave.

I have been telling men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

I have been treating men these things for many years but still there are thousands of victims who, for various reasons, have not had the good sense to come and get well.

OFFICE HOURS: 9 a.m. to 5 p.m. Sundays—10 a.m. to 1 p.m.

FREE CONSULTATION EXAMINATION.

Before beginning treatment you must make one visit to my office for a personal physical examination. Railroad fare will be considered as part payment of fee. Canadian money accepted at full value.

79 Niagara Square, Buffalo, N. Y.

to her, and reminded her of what he had done for her when she was poor and homeless. Her answer was: "But when you gave me all these things why did you not give me the heart to know how to use them?"

The world is full of beautiful things for home-making; but what good are they without the heart, the taste and the desire to use them? How is this taste to be acquired? The school curriculum is, of course, already overloaded; yet it is always possible to make room for more important things by the elimination of less important ones. It is little less than criminal injustice to children that they should be allowed to grow up in ignorance of the many inspiring and elevating agencies which modern developments have placed within their reach. If the highest purpose of education is the production of an enlightened citizenship, surely the schools cannot afford to ignore the influences that are available for the making of intelligent, contented and happy homes.

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excellent medicine for little ones. They are a mild but thorough laxative, which sweetens the stomach and regulates the bowels, thus bringing relief in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them, Mrs. L. J. Chalson, Paquetville, N. B., writes:—I have found Baby's Own Tablets excellent for my young baby in the case of constipation and colic and it gives me great pleasure to recommend them to other mothers. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Air-Propelled Boats.

The treacherous Missouri River, with its disappearing channels, movable sand bars, and general unavailability, is to be attacked from a new angle in a determined effort to make its mighty but wayward course useful to commerce, according to the September Popular Mechanics Magazine. Big barges, drawing when loaded only eight to ten inches of water, will be equipped with air propellers, driven by gasoline engines. A mile ahead of each string of barges a small motor pilot boat will hunt the shifting channel and sound for obstructions, signaling the course back to the barge steersman.

Minard's Liniment Relieves Neuralgia

TROWING A BOOMERANG.

Easy to Learn and is More of a Knack Than a Science.

The boomerang is thrown overhead. Grasp the small end in his right hand, the man moves his hand backward as far as he can over the shoulder; then he brings it forward with all the force possible, letting the boomerang slip from his grasp when his hand is well forward in the air.

Throwing the boomerang is more of a knack than a science. It may be learned by any American of European who exercises a little patience for practice. However, only native Australians acquire marked ability in making the boomerang turn exactly where they wish. The natives are not averse to using the boomerang as an American policeman uses his stick. The native has the advantage over the "cop." He can deal an effective blow without being near the victim.

One of the most interesting implements used by the native Australian is the woomera or spear thrower. The spear resembles a rubber plant leaf with its edges turned upward. At the pointed end there is a barb or hook against which the native places the butt of his spear. In this way he can get considerable additional power for throwing the spear because of the increased purchase.

TEMPLETON'S RHEUMATIC CAPSULES

For fifteen years the standard specific for Rheumatism, Neuritis, Gout, Sciatica, Lumbago, Neuralgia, Migraine, etc. Write to Templeton, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for \$1.00 per box.

WORTH KNOWING.

Cut steel buttons may be polished with powdered pumice stone, slightly moistened, and applied with a soft brush or cloth.

A serviceable addition to the invalid's workbasket is a small horse-shoe magnet fastened to a ribbon or tape of sufficient length that it can be dropped to the floor to pick up scissors or needles.

Nothing is so unsightly in a pantry or closet as a number of tin lids pitched loosely on a shelf. One woman has overcome this effect by nailing a narrow strip of wood to cleats, about ten inches under the high pot shelf in the pantry. In the space thus made the lids are slipped. The handles prevent slipping and they can be had at a moment's notice. Ranged according to sizes, hunting for the right lid does not waste one's time.

A clinical thermometer, for taking temperatures is indispensable in any home. If, when inserted under the tongue, it shows a rise from normal (98° to 98½ degree) to 100° or so, a feverish condition is revealed that needs attention.

Leather that has become dull and shabby-looking may be very much improved in appearance by being rubbed over with the white of an egg, well beaten.

It is always advisable to polish new boots before wearing them, and in order that they should take the blacking well it is a good plan to rub them over first with a cut lemon. Leave them to dry thoroughly, then black in the usual manner and the polish obtained will be most satisfactory.

Strike while the iron is hot. Even cold cash can be warmed over.

FARMS FOR SALE

\$13,000 — 21 ACRES BEARING fruit, cherries, plums, grapes, currants and berries; vineyard of 15 acres in best condition and best varieties; frame dwelling and good barn; convenient to station and 1 1/2 miles from Hamilton. Returns from this property show profitable investment. J. D. Biggar, (Regent 934) 225 Clyde Block, Hamilton, Ont.

180 ACRES STRONG SAND LOAM, 20 large body trees, 15 acres pasture land, 9 room rough east house, bank barn, cement floor, hayrack, other outbuildings, silo rack litter, apple orchard, 1 mile from churches and school, on gravel road adjoining stone road, north and west from Waterdown, 15 miles from Hamilton. J. D. Biggar, 225 Clyde Block, (Regent 934) Hamilton, Ont.

\$10,000 CHOICE PEACH FARM, forty frame house, 8 rooms, bath and toilet, hardwood floors, large veranda, cement cellar, good barn and stable, with cement floor; all new, abundance of good water and soil, in addition to the peaches there are apricots, cherries, good assortment of small fruits, well located. A money-making and profitable city property in exchange. J. D. Biggar, (Regent 934) 225 Clyde Block, Hamilton, Ont.

32 ACRES ON LAKE SHORE, 10 water system and furnace, good outbuildings, 20 acres grapes, and an assortment of cherries, plums and small fruits; this is most desirable location for a summer home and is a profitable fruit farm. J. D. Biggar, 225 Clyde Block (Regent 934) Hamilton, Ont.

94 ACRES CLAY LOAM, LEVEL, 1/2 mile from stone road, and 7 miles southeast of Hamilton, roomy brick house, cement cellar, 2 wells and cistern, 2 bank barns, one 30x70 the other 30x50, 25x35, chicken house, pig pen, 4 acres apples bearing, 10 acres all plowing. For sale at a bargain with or without stock and implements. Immediate possession. J. D. Biggar, (Regent 934) 225 Clyde Block, Hamilton, Ont.

MISCELLANEOUS

PAY YOUR OUT-OF-TOWN Accounts by Dominion Express Money Orders. Five Dollars costs three cents.

RAV FURS BY PARCEL POST. What have you? What price? Reid Bros., Bothwell, Ont.

WANTED—POTATOES AND APPLES, any quantity, will pay highest prices. Apply, including F.O.B., four states, Mary Sts., Hamilton, Ont. Macauley and Macauley, Hamilton, Ont. Regent 382.

FOR SALE

KNITTING YARN MADE FOR RED Cross, grey and black only, will sell at dollar and quarter per pound; sample skein thirty cents. Georgetown Woolen Mill, Georgetown, Ont.

PAIR PRACTICALLY BLACK FOXES, also twenty other pairs. Reid Bros., Bothwell, Ont.

HELP WANTED

WANTED—OAK CABINET WORKERS on oak cabinets. Reid Bros., Bothwell, Ont.

WOOLEN MILL HELP WANTED—We have openings for female weavers and apprentices to learn weaving. Special consideration shown apprentices in teaching this work and good wages while learning. This work offers permanent employment, and experienced operators earn high wages. Other openings for winders, finishers, etc. Full particulars will be given upon application. Write us, The Silsgaby Mfg. Company, Ltd., Brantford, Ont.

MEN WANTED TO WORK AT PORT—able Saw Mill, also Bush work, and Teamsters. Apply H. G. Cockburn & Son, Guelph, Ont.

POULTRY WANTED.

HENS WANTED ALIVE 18 CENTS A pound, any size, F.O.B. four states, if within 200 miles of Toronto. Ship C. O. D. in crates or boxes. Albert Lewis, 626 Dundas St. W., Toronto.

WANTED.

LADIES WANTED, TO DO PLAIN light sewing at home; whole or spare time; good pay; work seen; any details; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

HIS LIE WAS BEST.

Picked Up Four Bushels of Legs After One Shot.

A party of gentlemen at a hotel were telling stories one night recently of famous shots and how many quails, partridges, ducks and other birds had been killed at a single discharge. After listening to what seemed a wilful exaggeration by different narrators, a stranger who was present volunteered his experience of his only use of the fatal double-barreled gun as follows:

"I went into the field one day to try gunning. The only game discovered was an immense flock of blackbirds. I should say there were 10,000 in the flock. Slowly I crawled up to them, and when not more than four rods away the birds rose in a solid mass. I fired both barrels and how many do you think I killed?"

Different guesses were made by the party ranging from 20 to 100. "Not one," said the stranger, "but I went out with my brother to look for the results, and I picked up four bushels of legs. I had shot a little under."



When Fatigued AcupOXO is both refreshing and invigorating. Ready in a minute—the minute you want it.

