

## TIRED-OUT WOMEN

What They Need to Restore Health and Vitality.

The woman who feels tired out, who aches all over when she rises in the morning, who feels depressed most of her time, needs just the help that Dr. Williams' Pink Pills can give her—new rich blood and stronger nerves.

The number of disorders caused by thin blood is amazing, and most women are careless about this condition of their blood. Their nerves are quickly affected, and they become irritable; they worry over trifles, and do not obtain refreshing sleep. There may be stomach troubles and headaches. This is the condition that calls for Dr. Williams' Pink Pills, the blood-making and nerve-restoring tonic. The value of this medicine is proved by the statement of Mrs. John Conroy, Fall River, Ont., who says:—"Two years ago, after the birth of one of my children, I became so run-down that I had to wean the baby and could not do my housework. I lost appetite, took no interest in anything, and was in a pitiable condition. I tried different doctors, but they did not help me very much. I was in this condition all summer until a neighbor advised me to try Dr. Williams' Pink Pills. After taking two boxes I felt somewhat better and got a further supply. I found my appetite improving; I could do my housework, and living again seemed worth while. I continued taking the pills for some months, and was then enjoying the best of health. I cannot too strongly recommend Dr. Williams' Pink Pills to anyone run down and in need of a tonic as they built me up, and there is no sign of anemia about me today."

You can get Dr. Williams' Pink Pills 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.

Red lights can be seen at a greater distance than green.

Minard's Liniment for Neuralgia.

## The Meaning of a Cough.

A cough is a reflex action; that is, it is a succession of co-ordinated muscular movements intended to force a column of air through the respiratory tube so as to expel some irritant that is lodged there. This irritant causes a disagreeable sensation in the mucous membrane of the tube, and the nerves carry news of it to a centre in the spinal cord, which sends back an order to the muscles to start the mechanism by which the thing can be removed. When the irritant is a drop of mucus or other secretion the cough sends it up to the mouth, but when the trouble is a spot of inflammation without secretion the cough does no good and may do harm by keeping the part inflamed.

Irritation or inflammation in other parts that are served by branches of the same nerve that guards the larynx may also excite a cough. The centre in the spinal cord cannot always tell from what organ it receives the news; becoming confused, as it were, it may interpret it as coming from the air tubes. Thus a cough occurs not infrequently in children who are teething; or a cough may be owing to a reflex excited by a foreign body or by an accumulation of wax in the ear or perhaps by actual inflammation.

A so-called nasal cough is not at all uncommon. It is produced by some irritation of the mucous membrane that covers the posterior part of either of the nasal cavities. The irritant may be a little dust or a foreign body such as a pin; or it may be a tumor. The cough that occurs with a beginning cold in the head is usually owing to nasal inflammation rather than to any trouble in the larynx.

Sometimes a little irregularity in the heartbeat excites a slight cough; and disease of the heart or of the kidneys may cause a little dropsical swelling in the air tubes and thereby may excite a cough that is both ineffectual and troublesome. A gouty condition also may excite a bothersome cough; happily, however, it can be promptly allayed by treating for gout. Finally, inflammation of the pleura—that is, the membrane covering the lungs and lining the chest—almost always causes

a distressing and painful cough. Thus we see that a cough is not a simple matter with a single definite cause; we should realize therefore the necessity of a careful medical examination when a cough persists and the foolishness of swallowing some nauseous and possibly dangerous medicine just because it relieved a friend's cough, which may have been owing to some entirely different cause.

## Greenland Moving West 20 Yards a Year.

The earth is "wobbling" on its axis, according to Col. P. Jensen, the Danish scientist, who returned recently from a degree measuring expedition into Greenland, says a London despatch. He reports that Greenland is moving westward at the rate of twenty yards a year. This seems to confirm the recent reports of surprising climatic changes at the North Pole.

It is now established that there is a periodic shifting of the latitudes of the North Pole. The movement is difficult because of the small area of the Pole—about the size of a tennis court. Some authorities say that the poles are gradually changing their positions, and that this alteration to the world's axis will in time mean that regions which are at present icebound will become warm and habitable countries.

## KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are so changeable—one bright, the next cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippe. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds, and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Lilliputian Flying Machines.

An outstanding feature of the aeronautical world is the influx of Lilliputian machines. One type is known as the "pocket aeroplane." It is from a design by A. W. Whippet and is so small that it can be dismantled and packed in a fair sized trunk. The designer claims that it can develop a speed of 100 miles an hour. The "British Crow," weighing under 250 pounds, has a span of 15 feet and will develop 75 miles an hour. Lieutenant E. Passepourt, a French designer, claims, to have turned out the smallest aeroplane in the world. It has a span of ten feet.

The initial outlay and the cost of the upkeep of these midge aeroplanes have received every consideration. The average purchase price ranges from \$900 to \$1,250, and a fair example of performance is given by the "Avro Baby." It is equipped with a 35 h.p. Green engine, and is capable of a speed of 75 miles an hour and will give 25 miles on a gallon.



M. L. MEHLBINE

**The Ultimatum.**  
Cook—"I won't stand for that man's temper! You either get a different husband or a different cook!"

### A Costly Comma.

It is said that a comma once cost the Government of the United States \$2,000,000. The tariff bill, in which the mistake occurred, provided that "foreign fruit plants, &c." should be admitted free of duty, the idea being to encourage the culture of high grade varieties of fruit trees and grapevines in that country. When the bill was printed "foreign fruit plants, &c." read foreign fruit, plants, &c. and as a result oranges, grapes, lemons, bananas, &c. came into the United States free of duty for a year. The error cost the government just \$2,000,000 in revenue.

### Too Cheap.

Pasted on the window of the book publisher's store was the sign, "Porter wanted," and in the window itself on a pile of books the placard, "Dickens' Works All This Week for \$4." The able-looking Irishman read first the sign and then the placard. He blurted out: "Dickens may take the job! Dickens can work all the week for four dollars if he wants to, but I'll not touch it. Ye'd better kape Dick'ens."

### British Houses of Parliament.

The Houses of Parliament cover an area of eight acres, and have a river frontage of 940 ft. They contain more than five hundred rooms, and about eighteen residences, the resident population being about two hundred.

## VETERAN TELLS HOW HE ESCAPED

Declares Tanlac Freed Him From Stomach Trouble, Swelling and Weakness Left by Pneumonia.

George L. Lewis, Boullie St., London, Ont., well-known carpenter and veteran of the South African and World wars, has added his name to the long list of Ontario people praising Tanlac for the benefits they have derived from taking the medicine.

"Last winter," said Mr. Lewis, "I was down with pneumonia, and after that I couldn't get my strength back and was unable to work. I had no appetite, and if I did dare to eat it only caused me more suffering with my stomach. I had neuritis in my legs, and my feet would swell up till I thought they would burst. My kidneys were out of order, and it was impossible for me to get a good night's sleep."

"But I have taken on new hope and courage since I started taking Tanlac. I can just feel the medicine building me up. My appetite has come back full strength, I can sleep like a top, and you can bet I'll stick to Tanlac." Tanlac is sold by all good druggists.

### Meat Consumption Figures.

The average per head consumption of meat of all kinds, exclusive of poultry and game in Great Britain, was about 120 pounds a year prior to the war. Of this amount three-fifths was home-produced, and two-fifths was imported. Of the over-seas supply 70 per cent. of the mutton, 19 per cent. of the beef, and 9 per cent. of the pork came from within the Empire—Canada, Australia, New Zealand and South Africa.

### MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

### A Bargain Sight.

"You don't mind if I leave my hat on, do you?" asked the sweet young thing of the little man in the seat behind her at the pictures.

"Not at all, miss! Not at all!" replied the little man. "I enjoy looking at bargains."

## IF STOMACH IS

TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapiesin"

As soon as you eat a tablet or two of "Pape's Diapiesin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents! Each package guaranteed by druggist.

## COARSE SALT LAND SALT

Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF - TORONTO

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed Mailed Free to any Address by the Author.  
E. Gray Glover Co., Inc.  
129 West 24th Street  
New York, U.S.A.

Will not burn Easy to use  
**BLACK KNIGHT**  
STOVE POLISH

## Sneezing?

Nature's Warning Signal. Heat and Inhale Minard's Liniment at once. It relieves cold in the head and arrests the development of more serious trouble.

### Minard's Liniment

The Family Medicine Chest.

## The Cause of Heart Trouble

Faulty digestion causes the generation of gases in the stomach which inflate and press on the heart and interfere with its regular action, causing faintness and pain. 15 to 30 drops of Mother Seigel's Curative Syrup after meals sets digestion right, which allows the heart to beat full and regular. 50c. and \$1.00 bottle at druggists.

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## CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

## PETRIE'S MACHINERY TORONTO

## PIMPLES ON HEAD AND NECK

Small and Formed Sore Eruptions. Skin Sore and Red. Cuticura Heals.

"Pimples broke out on the back of my head and neck. At first the pimples were small and then ran into each other and formed sore eruptions about the size of a ten cent piece. The skin was sore and red and itched a great deal, causing me to scratch."

"I had the trouble about six months before I began using Cuticura Soap and Ointment, and after using three cakes of Soap and three boxes of Ointment I was healed." (Signed) J. A. Macdonald, Giffard, Quebec.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin.

Sample Each Free by Mail. Address: "Cuticura," Limited, 544 St. Paul St., Montreal. Sold every where. Soap 2c. Ointment 2c. and 5c. Talcum 1c.

Small boxes of Cuticura Soap shave without soap.

## Bruises—strains

Apply Sloan's. The blood circulates freely and normally again. The painful congestion is broken up—*all soreness disappears!*

## Sloan's Liniment

Made in Canada

For rheumatism, bruises, strains, chest colds.



# ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism  
Toothache Neuralgia Neuritis  
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacture of Monoclinic Tablets of Salicylic Acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

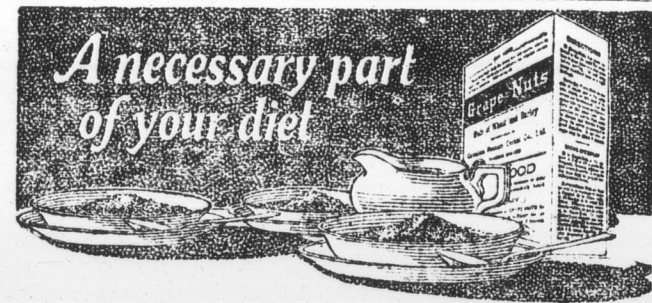
Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

The motion picture has come to stay as an educational factor of great value in health propaganda. Many and varied are the topics that such a film may cover, all of which are able to deliver a forceful message that could not be got across to the public in any other way.

A valuable contribution to the teaching of Child Hygiene is supplied by a new film entitled "Baby's Bath and Toilet" in which the advice offered is shown being put into practice by actual scenes: Plenty of fresh air and lots of sunshine should enter the baby's room. Shield its eyes from direct sun or light rays, and guard against draughts. Warm, stuffy air is de-vitalizing and increases the danger of catching cold. The baby should sleep alone, not in a cradle. A crib is best. This will eliminate the ever-present danger of smothering, over-nursing, or shutting off fresh air. Strongly protest against the habit of kissing the baby on the mouth, as disease can thus be carried to the baby. Handle the baby as little as possible, and always support its head and back. Keep a careful record of its weight. Weigh it regularly every seven days under identical conditions, after bowel movement and before feeding, etc. The baby should gain 4 ozs to 8 ozs. each week. It must be bathed at least once a day and the temperature of the bath for the first

few weeks should be 100 deg. F. and then 98 deg. F. After six months 97 deg. F. coming down to 90 deg. F. A bath thermometer should always be used. Wash hands scrupulously clean before giving bath. Baby should have its own tub. Many boils seen on the tender skin of an infant are due to the careless use of the family tub. Old-fashioned white Castile soap is best, with clear soft water. The folds of the skin, creases in the neck, the clenched fists, must all receive particular care. First dry the baby thoroughly and then sprinkle talcum powder. Carefully remove excess to avoid caking on the skin. Oil is carefully put into each nostril with toothpick having cotton wrapped on end. Weak boric acid solution for the ears. Two or three drops of weak boric acid solution for the eyes.

Baby's clothes should be loose and roomy and of loosely woven material, to allow ventilation for the skin. It should be clothed according to the weather to insure uniform body temperature. Feet and hands should be kept warm and the head cool. Too much clothing will cause sweating. Wet clothes should be changed immediately, and the skin carefully dried and talcum powder used. A film of this kind, showing the actual carrying out of these principles in the care of the infant, cannot fail to be of practical value to mothers and prospective mothers.



A necessary part of your diet

VARIETY in foods is essential, of course, but in providing variety do not overlook the importance of nourishment.

Some foods supply bulk with little nourishment—others provide nourishment with little bulk.

Crisp, delicious Grape-Nuts is a highly nourishing cereal food in unusually compact form. It supplies the rich nutrition of wheat and malted barley, including the mineral elements of these splendid grains, without which health and strength cannot be maintained.

Grape-Nuts with good milk is a complete food, combining all the food elements needed for body-building.

Economical, too, because a moderate amount provides unusual nourishment.

Sold by Grocers Everywhere!

## Grape-Nuts

THE BODY BUILDER

"There's a Reason"

Made by Canadian Postum Cereal Co., Limited  
45 Front St., E., Toronto Factory: Windsor, Ontario