

still quenches thirst, cools the parched throat and by its delightful flavor and refreshment restores the joy of life. cc36

After Every Meal

Nervous Children.

food must be given and if there are other forms of digestive trouble they must be treated. It is well to start the treatment with a dose of castor oil, to ensure the removal of any toxins or poisonous material from the di

The dies should consist largely of ed, and also of such foods as are rich



trail that leads

The Cunard Anchor-Donaldson ocean highway will be the home trail for many Canadian citizens intent on spending Christmas with the home folks in the British Isles this Christmas.

Leaving Halifax December 12th and 13th respectively the two Christmas ships "Letitia" and "Antonia" are scheduled to arrive at the home ports three or four days before Christmas, the "Letitia" at Belfast, Liverpool and Glasgow, and the "Antonia" at Plymouth, Cherbourg and London.

Ask your Steamship Agent for information, or write-

The Robert Reford Co., Limited Montreal, Toronto, Quebec, St. John, N.B., Halifax.

CUNARD ANCHOR-DONALDSON CANADIAN SERVICE 189

CHOROLOGICA CHILL

in lime: cabbase, turnips, oatmeal, and vegetables and fruits in general. Eggs contain a fair percentage of time, and so do most nuts, but beef and other meats have very little. Nuts should be ground and made into a puree, and, even so, should be eaten sparingly, for they contain much fat and are not always readily digested. Cod-liver oil nids in the assimilation of lime, so also do extracts of certain thands; but here we are engreeabling. glands; but here we are encroaching on the province of the medical attend ant, who should of course be consulted not only about the drug treatment, but also about the diet

sometimes arrested before the doctor comes, by putting the child in a hot bath and applying cold compresses to the head. The severity of the croup attacks may often be reduced by applying heat to the larynx by means of a sponge or soft cloth wrung out of hot water. If it can be given without disturbing the child too much, an enema is sometimes of service.

MOTHERS PRAISE BABY'S OWN TABLETS

There are some children, otherwise in apparent good health, who suffer from an over-excitable weakness of the nervous system that manifests it self in spasms of various muscles or in general convulsions. The larynx is yery apt to be the seat of this. in general convuisions. The larying other mothers who have used the labels very apt to be the seat of this trouble, which shows itself in attacks of spasmodic crop; again, sometimes associated with croup, sometimes occurare a laxative - mild like spasms of the hands and feet. In thorough in action—which never fail general all the muscles react instantly to regulate the stomach and bowels; and strongly to any stimulus, such as relieve constipation and indigestion as sharp tap with the finger.

This muscular irritability has been found to be due to a fault of nutrition, namely an inability to absorb or asills from which little ones suffer. The similate lime, and the medical prob. Tablets are sold by medicine dealers lem is to overcome this defect, and or by mail at 25 cents a box from The bring about a normal lime digestion.

Dr. Williams' Medicine Co., Brockville,

Prayers for Oysters.

An unusual celebration is to be held of the pearls that have enabled the John Ruskin. firm to become so prosperous. Pearls that even the leading experts are unable to distinguish from the natural product are manufactured by this firm The monument is being laid out in front of the Imperial Shrine at Ise, and will take the form of a tower con-

taining 10,000 pearls. A religious mass is to be said at the unveiling for the epose of the souls of the oysters.

Most visitors to Japan have remark ed with delight on the wonderfully carved ivory statuettes that are offer

a religious ceremony in memory of the thousands of elephants that had been Upon this dear old Earth, the hauntkilled to make these statuettes. Somewhat similar was the ceremony held by geisha for the souls of cats slain to provide the necessary material Of English autumns? Or shall we for for the Japanese musical instrument the samisen, played by the singing

Now It Can Be Told.

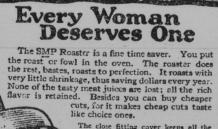
"Oh, Daddy," said the young lady, 'Mrs. Jones said you were the handman on our street." W'hat's that?" asked the father

"There was a brief silence, then the daughter shook her head and said, Well, I guess it's true, all right."

'What's true?' asked the father. nan he makes you repeat it.

It is common knowledge to Arctic and Antarctic explorers that sea-ice more than a year old is entirely free from sait, although new ice contains the same amount of sait as sea water. work.





The close fitting cover keeps all the cooking odors and the greeve inside the roaster—the smell of cooking doesn't fill the house, and the oven is kept_sweet and clean. Best of all, it cleans out in a jiffy after the roasting. These see splendid vessels. Price 85c, to 33,50 according to size and finish. Sold in all hardware stores.

SMP Enameled ROASTER

Cloud Architecture.

of any cloud in the sky, and you will With their shifting, tottering banners find it put together as if there had been a year's thought over the plan of it, arranged with the most studied inequality—with the most studied inequality—with the most delicate symmetry—with the most delicate contrast, a picture in itself. You may try every other piece of cloud in the heaven, and you will find them every one as perfect, and yet not one in the least like another.

Stand upon the peak of some iso-lated mountain at daybreak, when the night-mists first rise from off the plains, and watch their white and lakelike fields as they float in level bays and winding gulphs about the islanded summits of the lower hills, untouched yet by more than dawn, colder and more quiet than a windless sea under the moon of midnight. Watch when the first sunbeam is sent upon the silver channels, how the foam of their undulating surface parts and passes other mothers who have used the Tab- away; and down under their depths the glittering city and green pasture lie like Atlantis, between the white paths of winding rivers; the flakes of light falling every moment faster and broader among the starry spires, as the wreathed surges break and vanish above them, and the confused crests and ridges of the dark hills shorten their gray shadows upon the plains.

their gray shadows upon the plains.

Wait a little longer and you shall see those scattered mists rallying in the ravines and floating valleys, till they couch in quiet masses, iridescent with the morning light, upon the broad breasts of the higher hills, whose leagues of massy undulation will melt back and back into that robe of mabook, "Building Up the terial light, until they fade awa, lost be mailed you prepaid. in its lustre, to appear again above, in the serene heaven, like a wild, shortly by a Japanese firm of artificial pearl dealers. They are to erect a monument in memory of oysters whose lives have been sacrificed for the sake

Do you get a sensation of pressure on the heart? Don't be frightened it's not heart trouble—it's indigestion. Seigel's Syrup will fix it. Any

Sonnet.

When it is done, that last long voyage, flat pudding."

Have come to where they tell us there when it is done, that last long voyage, criticism of our enemies than flattery of our friends.—J. B.

ed for sale. A few months ago the leading Japanese ivory workers held Sha'l we remember all the friends we

Of springtime's coming; all the browns and grays

get Will there be sunsets in the Western skies,
And great big silent seas for us to

Beneath a crescent moon, all silver

Will she be there with laughter in her eyes? And shall we smell the heather wet

with rain. Or see the yellow daffodils again?

The Heritage.

James Russell Lowell wrote much

O, rich man's son! there is a toil That with all others level stands; Large charity doth never soil,
But only whitens coft white hands. This is the best crop from thy lands; A heritage, it seems to me, Worth being rich to hold in fee.

O, poor man's son! scorn not thy

state; There is worse weariness than thing in merely being rich and great:
Toil only gives the soul to shine, And makes rest fragrant and be-

A heritage, it seems to me. Worth being poor to hold in fee.

Both, heirs to some six feet of sod, Are equal in the earth at last; Forh, children of the same dear God, Prove title to your heirship vast By record of a well-filled past; heritage, it seems to me Well worth a life to hold in fee.

The Best Reward—

For good work is the consciousess that we have done it. -Our children can give us is to merit our sucrifices.

-Is not the bonus, but the aprecia tion the bonus implies. -For a good sermon is in the improved living of the hearers. -Of thrift is the mastery we establish over impetuous desires.

Of hospitality is in witnessing the pleasure of our guests.

Of industry is the sense of self respect that follows.

After Shaving-Minard's Liniment.

November Comfield

ating through a strange countr The wind harries them, And they strain forward, Tugging at hard, gnarled roots, Swinging tattered leaves Like rusted swords, Beating weakly, vainly,

At a quick rush of sleet:

REGAINED HEALTH

The Experience of a Quebec Woman With Dr. Williams' Pink Pills.

Mrs. L. D. Bernier, 89 D'Arguillon treet, Quebec, is one of the thousands Let it rollof women who, when she found her health failing, resorted at once to Dr. From cluttered-up rut, or hole. Williams' Pink Pills, and now finds Let it adventure herself in perfect health. Mrs. Ber. Beyond the straight fence. nier says:—"I was very weak, sub-ject to headaches and was unable to sleep well.—Testimonials in the news-Even let 4t go Like a meteor, hurled— Even land in another world! papers persuaded me to try Dr. Williams' Pink Pills, and the result has been most satisfactory. I have regained my health, the headaches have left me; I sleep well at night, and I have gained in weight. Naturally I have gained in weight. Naturally I Let it wear off old crust. am feeling happy. I strongly recom-mend Dr. Williams' Pink Pills to all its heart

weak people.' Try Dr. W Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. If you will send us your name and address a little Highlands, where the same nests, or book, "Building Up the Blood," will eyries, have been used regularly for This little half a century. book contains many useful health hints.

Brockville, Ont.

The Way Out.

The new bride was in tears on the evening of her first supper for friends. "My cottage pudding wouldn't rise,"

"That's all right, dear," replied the husband, "we'll just tell them it's a

We derive greater benefit from the riticism of our enemies than from the



Chapped Hands. Minard's heals rough and chapped skin on face or hands. Mix it with sweet oil and apply often.





Proved safe by millions and prescribed by physicians for

Colds Neuritis Pain Toothache Headache Lumbago Neuralgia Rheumatism

DOES NOT AFFECT THE HEART

WARNING! Beware of Counterfeits

There is only one genuine "ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"-refuse it with contempt-it is not "ASPIRIN" at all! Don't take chances!

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 21 and 100 -Druggists.

d in Canada) of Bayer Manufacture of Moroacetic-alicylic Acid, "A. S. A."). While it is well-known re, to assist the public arainst initations the Tablets with their general trade mark, the "Bayer Cross."

滑印 "is good tea" IE Order your grocer's best and he'll usually send Red Rose.

Classified Advertisements.

REMNANTS.

LBS., \$2. 5 LBS. PATCHES, \$1.50. A. McCreery, Chatham,

SALESMEN—We offer steady employment and pay weekly to sel our complete and exclusive lines of guaranteed quality, whole root, fresh dug-to-order trees and plants. Attractive Hustrated samples and full co-operation, a money-making opportunity.

Luke Brothers Nurseries. Montreal

Little Things.

things don't count, naturalists esti-mate that insects comprise four-fifths of the animal kingdom.

Physicians Use Minard's Liniment.

Queen Mary was the first English ruler to date her coins, and Edward the Sixth first used a value mark when

he put Roman numerals on the twelve-pence piece. Oliver Cromwell is ac-credited with introducing inscriptions

Plans For Homes

ast word in builders' aid. Practical, p-to-date suggestions on planning, uilding, furnishing, decorating and ardening. Profusely illustrated, ad scores of actual dollar-saving sug-gestions. Send 25 cents for oursent issue.

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She Escaped It by Taking Lydia E. Pinkham's Vege-

table Compound

Lest anyone think that the little

Rolling Stones.

IS NOW HAPPY It is wise, it is well
That stones should roll
Nor smother in bracken and moss. Does a stone grow more whole Being striped across With parasite lichen? But it enters experience And sees a new world If it rolls—if it rolls— After petard, or toss

If its strictures were broken wholly

on the edges of coins to prevent chip-ping off the silver pieces of his day. Long-Service Eyrles. Golden eagles are still to be found in the western and central Scottish

Explained.

"Isn't that a new piece? "Oh, no! The piano has just been tuned."

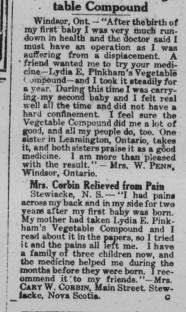
BILIOUSNESS

Dr. Franklin's DIGESTIN Strengthens the Stomach, relieves and prevents Dyepopsis, Indigestion, Heartburn, Sour Stomach, Nausea, Flatulence, Headache, and all other troubles caused by disordered Stomach and Bowels. Buy at your drug store or mail fifty cents to our address.

Dr. Franklin Laboratories Toronto

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This freely lathering Shaving Stick contains the emollient and medicinal properties of Cuticura, enabling tender-faced men to shave without the slightest irritation. It leaves the skin softcoed and refreshed and free from uz/ tense, dry feeling.

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