

## A STYLISH COSTUME



No. 9733—Ladies' Waist. Price, 30 cents. Back and side accorion pleated or plain; two styles of sleeve. In 7 sizes, 34 to 46 ins. bust. Size 36, with accorion-pleated sections, 3 1/4 yds. 36 ins. wide, or 3 yds. 40 ins. wide; with plain sections, 1 1/2 yds. 36 ins. wide, or 1 1/4 yds. 40 ins. wide.

No. 9675—Ladies' Camisole Skirt. Price, 30 cents. To be worn with overdress; 37 or 35-inch length from waistline. In 7 sizes, 34 to 46 ins. bust. Size 36 requires, 37-inch length, 2 1/4 yds. 36 or 40 ins. wide; 35-inch length, 2 1/4 yds. 36 or 40 ins. wide. Width, 1 1/4 yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

### CHILDHOOD AILMENTS

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Minard's Liniment For Dandruff.

We do willingly nothing that is troublesome. But consider the converse of that remark: Nothing is troublesome that we do willingly.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

It is really hard to believe how little some people know about the most elemental matters of health, and about ordinary precautions that should be taken in maintaining health and preventing the spread of disease.

At the Toronto Exhibition this fall, a woman visiting the Provincial Board of Health's Exhibit, noticed the windows raised in one of the subsections where child-welfare was being demonstrated. "Now, that would just cause a draught," she exclaimed to a friend, "and it is the way one catches colds." But fresh air is absolutely necessary to good health, and even in the coldest weather draughts can be avoided while admitting fresh air. This may be done by having double windows, or one or more double panes, and providing an opening at the bottom of the outer and at the top of the inner one, so as to admit fresh air in an upright current. Another method is to place a board beneath the lower sash, propping it up and filling in the space below while providing a way for an upward draught between the two sashes.

It was recently in a house where there were several children as well as the father and mother, and on coming in from the fresh air to the kitchen, where the greater part of the time was spent, it felt like an oven. Double windows were used, but they were both tightly closed and no fresh air was being admitted. A sick baby was in a cradle beside the kitchen stove, and wrapped up in blankets like an Arctic explorer. The baby was perspiring freely, but the mother thought she must not let any fresh air into the house lest the child should catch cold. Some people seem to have a deep-rooted objection to fresh air, one of the most powerful agents in existence for maintaining health, and restoring the sick when they fall ill.

Tuberculosis is unfortunately a common disease, world-wide in its prevalence, and one which has directly or indirectly brought sickness and bereavement to many homes. Yet how often do we find instances even in this enlightened land of Canada where the danger of allowing it to spread is not understood or appreciated.

One of the Provincial Health nurses

## GUNS

A special lot of used guns in good condition at very low prices. Send for List.

**THE D. PIKE CO., LIMITED**  
123 King St. E., Toronto.

### Initiative.

Opportunity is looking for the man with initiative. She needs him even more than he needs her. And who is the man who can do the right thing, at the right time, in the right way, without being told. He is the man who does not wait upon his "boss" to tell him how, when and what to do. He relies on his "boss" to aid his plans, but not to make his plans. If you follow instructions, and follow them well, you are above the average; there will always be a place for you in the world of affairs.

But, if you can exceed your instructions in doing the things that ought to be done, then you are among the chosen minority. Destiny has picked you for special preferment—you have initiative.

Initiative is the power to create, all else is but the ability to imitate. And for every man who can create an idea, there are a thousand who can skillfully imitate it. For each person who can move forward on his own impulse, there are scores who can go ahead only if some one else will supply the impulse. This is the same as saying that real initiative is very rare; therefore it is in great demand.

We need in this world the men who can "carry the message to Garcia," but still more do we need the man who can furnish the message.

Cultivate, therefore, the habit of being a self-starter both in thought and action. I give you a simple test; think of one new thing, to-day, which you can do for your company's interests. Then do it.

That will be initiative; and you will find that it is made up of about one part superior ability and three parts superior determination. Repeat the test to-morrow, the next day, and the day after, until it becomes the habit of your thought and life to explore new fields and break down old rut. That will make of you a success as your own taskmaster, which is the first great stepping-stone to other successes beyond.

### Books Hold Their Own.

We who live more or less among libraries, public and private, wonder what we would have done for our mental provender in those bygone ages of action when any one who wanted a book was forced to get a clerk or a monk or a slave and have it copied out by hand. A book then was an almost priceless possession; and we do not so highly regard what is committed to paper in this era of comparative plenty and of quick-action presses. But if the physical valuation of a book is slighter, it is a

fact for rejoicing that the benefits of good literature are so widely diffused and that whereas a book of old was a rich man's treasure to-day it may be any poor man's friend.

The world was never so turbulent, so anxious, so busy. Getting and spending, we rush about, and trample under, and strive for a place of vantage and a hearing in the crowd of fretful mortals. We need to sit down with a book now and then, in a great calm, and listen to a voice of the spirit that speaks from somewhere outside the immediate business. We cannot get away from our dependence on the comfort and encouragement and inspiration to be found in the friendly society of a good book.

Much of the world is still at war, and humanity has not yet made an end of inflicting misery upon humanity. The first prayer of stricken and wandering wanderers is for the daily bread. But after the satisfaction of the body's needs the spirit has its imperious craving to be fed. As soon as peace comes there is a desire re-awakened for the things of beauty and of truth to which art in every form has given expression, and mankind sated with strife cannot do better than to turn away from guns and powder to good books.

## A MOTHER'S TRIALS

### Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and relief at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

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

### Little-Known Iceland.

The government of Iceland will be in the market for a loan as soon as the project of expenditure is approved by the home government, which is Denmark. It should certainly get it without trouble, for if there is a country on earth to which it is safe to lend money it is Iceland.

Iceland is a country nearly twice the size of Nova Scotia, of which about half is available for tillage or pasturage. Its mountains, of which there are an abundance, provide it with a great amount of water power, which its people desire to utilize. The loan will be sought for the purpose of installing hydro-electric power plants.

Iceland lies just south of the Arctic circle, in the latitude of Central Alaska, Norway, Sweden and Finland. The people are a sturdy lot or they would not be there. There is possibly no other people who are so uniformly intelligent and well educated. To what purpose they intend to direct the great amount of water power which they exist in the country we do not know, but our conception of the character of the Icelanders is such that if they agree that they have the power and can make profitable economic use of it we should accept their judgment and lend them the money if we have it.

### MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

### Ruth's Way.

Young Smith, who was very much in love with Ruth, had duly made his declaration and had been by the young lady referred to her father. When the youth entered the father's library he was received civilly and listened to with great patience.

"It's all right, so far as I am concerned," said the father finally, as he reflectively stroked his beard. "I am afraid, however, that Ruth will not marry you."

Smith grew pale. "Please don't say that!" he exclaimed. "Has she—has she said anything to you to that effect?"

"No, but from my knowledge of Ruth I may say that if she wanted you she would have taken you without referring you to me."

Doing good is the shortest road to becoming good! Try it!

A man cannot be honest alone. He must have courage and brains as well. Honesty, courage, brains—that is the order.—Theodore Roosevelt.

**AUTO SPARE PARTS**  
for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. **Shaw's Auto Salvage Part Supply, 923-931 Dundas St., Toronto, Ont.**

### Purpose.

An English clergyman arriving late one evening at a railway station in London, jumped into a cab, merely telling the cabman to drive as fast as he could. After some time, impatient at not reaching his destination, he called to the driver and asked what he was doing. "I am obeying orders, sir, driving like fury," was the answer. "But you have not taken me to my home," remonstrated the clergyman. "You didn't tell me where you lived," said the cabman. "You told me to drive you just as fast as I could, and I am doing it!"

Many of us are like this clergyman. We have neglected to mark out our life course; we have no definite object, no particular destination in view. We are "bound nowhere at full speed." The title of the song so popular a few years back, "I Don't Know Where I'm Going, But I'm on my Way," would very aptly describe the mental attitude of thousands of young men and young women who are just starting out for themselves, but don't know where they're going. They have vim and courage and ability a-plenty, and could make a splendid success of their lives, but they will fail for lack of a definite purpose, one all-absorbing aim into which all the energy of their life should be poured.

A man starting in life without a definite aim is like a ship that should start out on the ocean without chart or compass, or any definite port in view.

The failure army is full of people who drifted through life without any plan, without heading for any goal in particular. Half the human race is adrift, without aim or purpose, living an unplanned, hand-to-mouth existence. There are millions of human beings on the sea of life, sailing aimlessly, without chart or compass, and yet they wonder why they never get anywhere.

With a definite goal in view and an inflexible determination to reach it, you will win out, though the whole world should try to hold you back.

### Making Joss Sticks.

The composition of the candles called joss sticks, which are used in all the religious ceremonies of Buddhism, has long remained a mystery, the preparation of the sticks being entrusted to certain persons chosen from a limited class. Not long ago, however, there was learned the manner of making joss-sticks in Indo-China. A stem of bamboo is rolled in a preparation containing fourteen different odoriferous drugs, two of which are significant, as showing a knowledge of chemical and physical properties. These are aconite, which serves to protect the sticks against the attacks of rats and mice, and camphor, which causes them to burn steadily without being periodically extinguished.

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT:—"I have used MINARD'S LINIMENT in my home, hunting and lumber camps for years and consider it the best white liniment on the market. I find that it gives quick relief to minor accidents, such as Sprains, Bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly."

(signed) Ellison Gray  
East Kempville, N.S., Feb. 24, 1920.

### What He Thought.

At last little David John was allowed to visit grandpa all alone. They were great friends and had long waited for the great day. David John had the time of his life. Grandpa saw that he wanted for nothing. The small boy gobbled cake and pie to his heart's content, while his pockets bulged all the time with sweets. But there comes an end to everything and David John went home again, pale yellow of complexion, and languid and feverish. Mother promptly sent for the doctor, who ordered him to bed and sent him some very disagreeable medicine. Grandpa came next day and was permitted to creep upstairs to see how the sufferer was faring. He found the small boy lying wan and pale on his pillow, but received a watery smile of welcome. "Oh, Grandpa," said the weak little voice, "I've been awfully sick, but it was worth it!"

Coughs and colds sneezes and sniffles quickly yield to

## BAUME BENGUE

The relief is most gratifying and so refreshing.

Beware of Substitutes

THE LEMING BROS. CO., LTD.  
MONTREAL  
Agents for Dr. Jules Benguet  
RELIEVES PAIN

ISSUE No. 52-20.

## BITS OF HUMOR

**Suitor Him.**  
Official at Herald's College—"You'll want a coat of arms, sir, of course."  
New Knight—"Coat! Put me down for the 'ole suit—I can afford it!"

**The Most Important!**  
Andrew Carnegie was once asked which he considered to be the most important factor in industry—labor, capital, or brains. The canny Scot replied, with a merry twinkle in his eye: "Which is the most important leg of a three-legged stool?"

**Mean Parents.**  
"Well," remarked Tommy Stubbs, "you can say what you like, but I reckon your father's about the meanest man that ever lived. Fancy him letting you walk about in them old boots, and him a bootmaker, too!"  
"Garn!" replied Bobby Roberts, "my father ain't so mean as your father, anyway. Why, fancy him being a dentist and your baby's only got one tooth!"

**All Meal Time.**  
A farmer who went to see the sights of London engaged a room at a hotel, and before retiring asked the clerk about the hours for meals.  
"We have breakfast from eight to eleven, lunch from eleven to three, tea from three to seven and dinner from seven to ten."  
"When the dickens am I going to get to see the sights?" exclaimed the farmer in surprise.

**Only a Dud.**  
While he was making his way about his platoon one dark night a sergeant heard the roar of a "G. I. Can" overhead and dived into a shell hole. His head knocked the wind out of a private who already occupied the hole. There was a moment of silence, a long deep breath, and then:  
"Is that you, Sarge?"  
"That's me."  
"Thank heaven!" exclaimed the private feverishly. "I was just waiting for you to explode."

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.,  
113 West 31st Street  
New York, U.S.A.

SINCE 1870  
**SHILOH**  
30 DROPS COUGHS

**Aticura**

**Talcum**

Is so soothing and cooling for baby's tender skin after a bath with Cuticura Soap.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over thirty years. Now, Aspirin in Canada, let's cost but a few cents. Druggists also sell larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer"!

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Manufacture will be stamped with their general trade mark, the "Bayer Cross."

## Classified Advertisements.

**AGENTS WANTED.**  
**HERBS FOR BLISS NATIVE**  
A Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised, since it was first manufactured in 1888, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonzo O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.

### FARM HELP

FARMERS needing men—married or single—should apply at once, stating wages and other details; good men available. No fees. Ontario Government Employment Bureau (Employment Service of Canada), 45 King St. West, Main 3501, Toronto.

### World's Largest Relief Map is Over 40 Ft. Long.

Made entirely of aluminum alloy enameled in colors, with a length of 43 ft. and a width of 15 ft., a new relief map of the world now being exhibited about the United States by the U. S. Shipping Board layers claim to the title of the largest ever built. The big map, which is mounted in a frame of heavy angle iron, is constructed in 26 sections, 7 1/2 feet high and 38 inches wide. The cast metal of each section is 5-16 inch thick, and the flanged edges are machined to an accuracy of .01 in., making smooth joints in the finished assembly.

### Minard's Liniment Relieves Distemper

The Pretoria Government recently tried an experiment with a view to producing rain by dropping dust on clouds. An aeroplane ascended to a height of 5,000 feet, but the dust failed to cause rain!

**WEEKS**  
**BREAKUP A COLD**  
TRY THEM  
PRICE 25c  
TABLETS

**Cause of Early Old Age**

The celebrated Dr. Michenoff, an authority on early old age, says that it is "caused by poisons generated in the intestines." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound. 10

**WANTED**

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet and "Proof of Conception" on request.

**HAROLD C. SHIPMAN & CO.**  
PATENT ATTORNEYS  
30 SHIPMAN CHAMBERS - OTTAWA, CANADA

**USE SLOAN'S TO WARD OFF PAIN**

You can just tell by its healthy stimulating odor, that it is going to do you good

"If I only had some Sloan's Liniment!" How often you've said that! And then when the rheumatic twinge subsided—after hours of suffering—you forgot it!

Don't do it again—get a bottle today and keep it handy for possible use tonight! A sudden attack may come on—sciatica, lumbago, sore muscles, backache, stiff joints, neuralgia, the pains and aches resulting from exposure. You'll soon find warmth and relief in Sloan's, the liniment that penetrates without rubbing. Clean, economical. Three sizes—35c, 70c, \$1.40

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

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