

# SPANISH INFLUENZA

## Not Fear When Fighting a German or a Germ!

By Dr. M. COOK.

cool fighter always wins and as is no need to become panicky. Avoid fear and crowds. Exercise in the fresh air and practice the 'C's': A Clean Mouth, a Clean and Clean Bowels. To carry off those that accumulate within the and to ward off an attack of the bacillus, take a good liver or to move the bowels. Such a made up of May-apple, leaves of out of jalap, and is to be had drug store, and called "Pleasant Pellets."

ad cold develops, go to bed, wrap, drink freely of hot lemonade, ke a hot mustard foot-bath, the bedroom warm but well ventilated.

Obtain at the nearest drug Anuric Tablets to flush the and control the pains and Take an "Anuric" tablet every rrs, together with copious drinks.

made. If a true case of infame food should be simple, such as milk, buttermilk and ice-cream; s important that food be given y in order to keep up patient's and vitality. After the acute has passed, which is generally ree to seven days, the system e built up by the use of a good ic, such as "Ironic" tablets, oi ned at some drug stores, or ll known blood-maker and tonic made from roots and forest trees—sold everywhere as ce's Golden Medical Discovery.

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in medicines, as in every other necessity, the public is satisfied with nothing but the best! This explains the ever-increasing demand for Zam-Buk. Not only is this great balm the best household remedy to-day, but it is also the most economical.

Zam-Buk's superiority is due to the fact that it is all medicine, containing none of the coarse animal fats or harsh mineral drugs found in ordinary ointments. Again, the medicinal properties are so highly concentrated that they contain the maximum amount of healing, soothing and antiseptic power, so that a little of this balm goes a long way. Another reason why Zam-Buk is most economical. It will keep indefinitely and retain to the last its strength and purity. Best for skin diseases and injuries, blood-poisoning and piles. All dealers, 50c. box.



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## New Book of Praise

THE Presbyterian Church in Canada may well feel deeply satisfied with the revision of its "Book of Praise." It is worthy of a great church, and worthy of the great press which produces it. Indeed, as a mere feat of book-making during the war, it is wholly remarkable. We are sure that, to use the compilers' words, it will be gratefully received as an "excellent gift to the church." Some two hundred hymns have been added. This is partly accounted for by the very generous provision made for children. It is a noble conception which aims to make the church's "Book of Praise" their book. Fine hymns in the former book, which somehow failed, have been given a more successful setting, as "There Came a Child to Earth" and "Again the Morn of Gladness." Exquisite gems have been added, such as "Luther's Cradle Hymn" and "The World Looks Very Beautiful"; and we can imagine the welcome awaiting "The First Nowel" and "God Rest You, Merry Gentlemen," when the Christmas season arrives.

It is interesting to observe that what appears in the new hymn book of the Methodist Church as a section of hymns on "Social Service," is here described as "Brotherly Love and Service." Phrases subtly expressive of the time will pass, the thing in itself endure. We could perhaps have wished that Dean Alford's "Speak Thou the Truth" had been here included by the Presbyterian Communion. On the other hand, the third stanza of Hosmer's splendid hymn is not omitted. Der Tag! Were ever human aspirations at a great crisis so voiced as in these stanzas:

"And lo! already on the hills  
The flags of dawn appear;  
Gird up your loins, ye prophet souls,  
Proclaim the day is near:

"The day in whose clear shining light  
All wrong shall stand revealed,  
When justice shall be clothed with might,  
And every hurt be healed."

It is well to consider the difficulties of such an undertaking as this. Use and wont hallow words and music in despite of maturing judgment and richer experience of life. In the sphere of the ideal—how much more in the field of religious aspiration—we would impose our personal whims upon young and old alike. More than all, it is the note of North American life to cut adrift from tradition. With admirable taste and self-restraint the "Book of Praise" provides for young and old, for the eager, forward-looking temper of the time, and for those who follow in spirit, but not with their feet, for whom "the old is better." But the compilers are more than conservative. They seek to release with fresh power the universal through the Christian ages. While the sentimental and eccentric are avoided, tenderness and simplicity have equal place with the dignified and noble, as they should. "Shall We Gather at the River" and "There Were Ninety and Nine" belong to the same day

and generation as "O Thou Not Made With Hands," "The Saints of God, Their Conflicts Past," and "None Other Name," and by their presence they exemplify the spirit in which the revision has been made.

Perhaps the most striking feature in the words is the richness of the material from the Psalms. How many men and women have felt during the great war a life glowing within the Psalms such as they had never suspected! A quiet effort is here made by drawing upon richer versions, by exquisite taste in selecting and editing the older literal renderings, and by making the whole body of selections an integral, not a special, part of the book, to assert the undying value of the Psalms. As for the musical settings, we venture to express our belief that no hymn book prepared for the actual use of a whole church has ever come so near to achieving the impossible. The number of tunes specially composed is very light, but the range and wealth of material is great. The "Oxford Hymn Book" had already drawn fresh attention to S. S. Wesley's "European Psalmist," and the influence of both is visible in the "Book of Praise." The "Scottish Mission Hymn Book" and the "English Hymnal" have been pointedly suggestive, the latter especially in redirecting attention to old English and French melodies and to the Genevan psalters. The attempt to revive the plain-song will be watched with great interest, while the selection of Welsh melodies will create surprise that we have remained in ignorance of this fertile field.

And This In Fair Canada.

Constable Peters of Chatham discovered three brothers of the Johnson family, the trio paralyzed from their hips downward, crawling about on their stomachs in a shack at Chatham Gore. The brothers had all been paralyzed from birth and were utterly neglected by the parents, save that they threw food to them at intervals. There was none in the shack when the officer visited it.

Druggist Made Mistake.

Dr. C. A. Jarvis, one of Brantford's best known druggists and a leading Rotarian, died recently in his store through having got the wrong bottle in dispensing a prescription for himself. After taking a draught he had only time to gasp "Send for Dr. Phillips. I have made a mistake," and life had ended.

New Wheat Mark.

S. Little, a farmer of Oakville, Man., threshed 1,335 bushels of wheat from a 27-acre field, an average of 70 bushels to the acre, a record for Manitoba.

Miller's Worm Powders are a prompt relief from the attacks of worms in children. They are powerful in their action and, while leaving nothing to be desired as a worm expellant, have an invigorating effect upon the youthful system, remedying fever, biliousness, loss of appetite, sleeplessness, and other ailments that follow disorders caused by worms in the stomach and bowels.

The death occurred at Bothwell, after an illness of a week from pneumonia, of Mrs. Alex. Sussex. Mrs. Sussex was 72 years of age and had lived most of her life near Bothwell.

### Children Cry FOR FLETCHER'S CASTORIA

## IDEAL FOR MORNING WEAR



Could anything be more stunning for the morning jaunt than this blouse of cafe au lait crepe de chine and black satin skirt? The lines of the blouse and its hand-painted design lift it far out of the ordinary.

## DRAPERIES FOR WORN HATS

Georgette Crepe, Net, Chiffon and Other Materials Aid Women in Making Transformations.

Never was it so easy for the ordinary woman not gifted with very much millinery skill to freshen up a hat that is beginning to show wear as at the present moment, says a fashion writer in New York Herald. This new fashion of draping hats with georgette crepe, net, chiffon, etc., makes it possible for even a woman rather lacking in skill to achieve good results in adjusting a trimming that will completely refurbish a hat that has served for part of the summer. Georgette crepe draped around the crown and over the top will be all that is necessary very often, or a more picturesque hat may have a net ruche placed directly on the brim and encircling the crown.

A small toque shape may be very easily covered entirely with some one of these diaphanous materials, which can be held in close to the crown with a wreath of tiny flowers or a band of ribbon. Again a straight organdie ribbon or one of georgette or net may be draped around the crown and made in a bow at the side.

The platted nets, georgettes and organdie ruchings are also useful for covering hat brims that are soiled or shabby. The plaiting may stand up around the crown and lie flat on the brim. The adjustment of these trimmings takes very little time and will often solve the problem of making one's summer millinery hold out until one really wants a fall hat.

## NICE FOR TRAY BREAKFASTS

Individual Sets of Dresden China or Willowware Have Specially Decorated Linens.

Hostesses of today are sending up tray breakfasts to their guests rather than expecting them to come into the dining room for breakfast, and even in households where the people are in rather moderate circumstances there are likely to be one or two individual breakfast sets. These sets may be of the most fragile Dresden china or they may be of porcelain with an old-fashioned design of flowers.

Each set consists of a small coffee pot, sugar bowl, cream and hot water pots, a covered dish, cereal bowl, plate, butter plate, egg cup, cup and saucer and salt shaker.

It is the fad just now to have a set of linen for each breakfast set. For instance, if the set is Dresden, there are a cloth for the tray, a tiny cover for the toast, a cozy for the egg and a napkin, buttonholed in pink or blue, with Dresden flowers embroidered in the corners. If it is a willowware set, the linen is coarser and has a bite plicated edge and a pair of doves outlined in the corner.

The breakfast might consist of a grapefruit or a cocktail glass of orange juice, a little cereal, an egg, some toast or a roll, a small jar of jam, and a pot of coffee. Many hostesses are buying these tiny jars and filling them when they make their jam for just this time.

## FIGHTING FOR LIBERTY.

### Czecho-Slovaks In Canada Are Strongly Organized.

Czecho-Slovaks in Canada are preparing to celebrate the re-establishment of a free Czecho-Slovak nation, after three hundred years of enforced submission to Teutonic rule. There are twenty-four branches of the Czecho-Slovak National Alliance in Canada, with headquarters in Winnipeg. The Canadian president, W. Blaha, has despatched the following telegram to Prof. Masaryk, the first President of the young republic: "The Czecho-Slovak people in Canada are thrilled with great joy in reading the proclamation issued by you to the world announcing the fundamental principles which are to be adopted to govern the present Czecho-Slovak republic. There is a fitting victory for your indomitable spirit, supported by all liberty-loving Czecho-Slovak people the world over."

The activities of the alliance since the outbreak of war, directed to the achievement of their national aims, have been seconded all along with the most earnest effort to give practical assistance to the Allies in the war. Thousands of men of the oppressed nationalities of Southeastern Europe have fought in the Canadian army. August Fibiger, former Canadian president of the alliance, recruited a unit of Czechs in Winnipeg and the West, which went overseas as a company in the 223rd Manitoba Battalion about two years ago. The 225th British Columbia Battalion also contained a number of soldiers of this nationality. Many Czecho-Slovaks have gone overseas from Eastern Canada, and Czechs resident in the United States came to Canada at the financial expense of the alliance to enlist against the Teutonic alliance before the United States came into the war.

The Czecho-Slovak army is in the fifth place numerically with the Allies, fighting on the French, Italian and Macedonian fronts. They form the nucleus of a new Entente force on the Russian front, opposing Bolshevism and German influence in Russia and Siberia. Thousands are in the United States army.

The white and red flag of the Czech people now floats over the historic castle of Hradsin, seat of former Czech kings, in Prague, symbolizing the dawn of freedom from Teutonic rule and oppression which the Czechs have fought against with every means in their power for 300 years.

## Rules for Hunters.

Game conservation is a vital question in Canada. The time to act and place upon a sound and sane continuing basis all game birds and animals is now. Insofar as rules for sportsmen are concerned, they will obey them. Here are a few good ones:

1. Be a real sportsman. There is more honor in giving the game a square deal than in getting the limit.
2. Make sure it's a buck or drake. If you can't see his horns, or determine a duck, she hasn't got any, and in case of a duck don't shoot.
3. Help enforce the game law. Game and fish are public property, and only a game-hog will take more than his fair and legal share. Violations should be reported to the nearest official of the Government.
4. Respect the ranchman's property. He regards the man who leaves his gates open, cuts his fences, chouses his live stock, or shoots near dwellings as an outlaw. Put yourself in his place.
5. Be careful with your camp fire and matches. Save the forests. One tree will make a million matches; one match can burn a million trees.
6. Leave a clean camp and a clear record. Unburied garbage, crippled game, and broken laws are poor monuments for a sportsman to leave behind him.

## Children Lost In Big City.

Two children, a ten-year-old girl and her seven-year-old brother, disappeared from their home in Toronto recently and were not found by the police until the third morning after they had left their home to go to school. The tots wandered down to Scarborough Beach, where they spent the afternoon, and afterwards managed to reach Yonge street, where the police found them.

"We wanted to see Santa Claus, and we saw him," said the little girl.

For two nights they had slept behind the big pillars of a bank. They spent the day-time in the downtown stores.

## The Wonders of Observation.

Long ago a keen observer of humanity recorded his discovery that a small borrower never leaves the bank without glancing one way and moving off in the contra direction. A rival observer has just turned up in the Christian Science Monitor to report his conclusion, after years of patient observation, that a brass band and a small boy never move in opposite directions.

## Caribou.

Migrating caribou along the Yukon river near the American-Canadian border were so thick during the first week of October that the United States Government steamboat Gen. Jeff Davis had difficulty in navigating among the animals swimming in the river. Thousands swarmed the shores and waters. Members of the crew said they lassoed a dozen and hauled them aboard for fresh meat.

## BUY War-Savings Stamps

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WHEREVER THIS SIGN IS DISPLAYED

**BUY War-Savings Stamps for \$4.00 each, place them on the Certificate, which will be given to you; have your Stamps registered against loss, free of charge at any Money-Order Post Office; and on the first day of 1924, Canada will pay you \$5.00 each for your stamps.**

As an aid to the purchase of W.-S. S. you can buy THRIFT Stamps for 25 cents each. Sixteen of these Thrift Stamps on a Thrift Card will be exchanged for a W.-S. S. Thrift Stamp do not bear interest. Their virtue is that they enable you to apply every 25 cents you can save towards the purchase of a Government, interest-bearing security.

"If high rates of interest must be paid on Government borrowings it is but right that every man, woman, and child should have the opportunity to earn this interest."—Sir Thomas White.

**\$5.00 for \$4.00**

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### Lovell's Bakery

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Read the Guide-Advocate "Want Column" on page 4.

### Children Cry FOR FLETCHER'S CASTORIA