SPECIALIST SAID HE MUST OPERATE

Took "FRUIT-A-TIVES" Instead and Is Now in Perfect Health.



MME. F. GAREAU

153 Papineau Ave., Montreal. "For three years I suffered great pain in the lower part of my body. with swelling or bloating. I saw a pecialist, who carefully examined pecialist, who carefully examined and gave me several tonics to te, which did not help me. Then told me I must undergo an oper-

ation. This I refused to permit. "I heard about 'Fruit-a-tives' and the wonderful results it was giving because this medicine is made from

"The first box gave great relief; and I continued the treatment, takin 5'x boxes more. Now my health is excellent—I am free of pain and swelling—and I give 'Fruit-a-tives' my warmest thanks."

50c a box, 6 for \$2.50, trial size 25c. At all dealers or sent by Fruit-a-tives Limited, Ottawa.

LEMON JUICE WHITENS SKIN

Girls! Make beauty lotion at home for few cents

few cents. Massage this sweetly fra-grant lotion into the face, neck, arms and hands each day, and see how tan, redness, sallowness, sunburn and wind-burn disappear, and how clear, soft and rosy-white the skin becomes. Yes! It rosy-white the skin becomes. Yes! It

********************** Loosens Right Up

Here is a home-made syrup which millions of people have found to be the most dependable means of breaking the most dependable means of breaking up stubborn coughs. It is cheap and simple, but very prompt in action. Under its healing, soothing influence, chest soreness goes, phlegm loosens, breathing becomes easier, tickling in throat stops and you get a good night's restful sleep. The usual throat and chest colds are conquered by it in 24 hours or less. Nothing better for bronchitis, hoarseness, croup, whooping cough, bronchial asthma or winter coughs.

coughs.

To make this splendid cough syrup, pour 2½ ounces of Pinex (50 cents worth), into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup and shake thoroughly. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you get 16 ounces—a family supply—of much better cough syrup than you could buy ready-made for \$2.50. Keeps perfectly and children love its pleasant taste.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its prompt healing effect upon the membranes.

over for its prompt hearing enect upon the membranes.

To avoid disappointment ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept

why pine extract, known the words over for its promph lealing effect upon the more formed to the membrane and work of the more formed to the membrane and the more formed to the membrane and the more formed to the membrane and the more formed to the more formed



DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

How Every Good Doctor Prevents Blindness in Babies

By DR. LEONARD KEENE HIRSHBERG.



of silver nitrate into the infant's eyes at birth.

Many states have properly and correctly passed iaws which require doctors and nurses to instill a preventive solution into a baby's eyes the moment of its birth. While it is true that most youngsters would be born without danger of blindness, it is a fact that these specific antiseptic drops absolutely prevent inflammation of babies' eyes, which so often causes blindness.

Although almost a generation has elapsed since the French physician, Dr. Crede, discovered this simple, safe and sure method to reduce the number of cases of blindness, so "slow and sot in their ways" are some parents that they hardly knew of "ophthalmia neonators of prevention. They fail to realize their derellction of duty, honor and justice, when they neglect to put the harmless drops into the new-born's eyes which do only good and prevent blindness.

Moreover, parents who do not insist that these silver eyedrops be used, may hereafter, in the enlightenment which these facts bring, consider themselves guilty of criminal negligence.

Acute Germ Disease,
Ophthalmia neonatorum was once fool-

MRS. C. E., London, Ont. Q.—Kindly advise what will take nits out of children's hair?

Acute Germ Disease.

Ophthalmia neonatorum was once foolishly called "catarrh of the new-born."

Beware always of the words "catarrh," "nervous" and "rheumatism"—they are a Joseph's coat of many colors used to cloak many hidden dangers.

a Joseph's coat of many colors used to cloak many hidden dangers.

This kind of inflammation of the eyes in the new-born is an acute infectious germ disease. If the two drops are not inserted at once at birth, matter at the corners of the baby's eyes is apt to be seen on the second or third day after birth. The eyebalis are soon affected and the glazed surface of the cornea soon becomes rough, corrugated, dull and seriously damaged. Treatment begun at this stage may arrest the trouble short of blindness, but the disease will leave its marks.

SUBSCRIBER, St. Vincent, Ont.: Q.—Kindly advise what to do for Infected tonsils?

A.—Have a thorough examination made by a throat surgeon, and if necessary, have the tonsils removed.

X. Y. Z., London, Ont.: Q.—Please tell me what to do for dandruff?

A.—Use a little of the following for your dandruff about three times a week:

Sulphur 10 grants leave its marks.

Resorcin 10 grains
Salicylic acid 10 grains
Sulphate of quinine 10 grains
Petrolatum 1 ounce

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be enswered personally, if a stamped

and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K Hirshberg, in care of this office.

BLINKY AND WINKY BROWN BEAR.

One bright, beautiful morning Winky and Blinky Brown Bear asked their mamma if they might go out into the woods in search of nuts.

"We'll not go far," whined Blinky

Brown Bear.

"All right," laughed Mamma Brown
Bear. "But be sure not to touch anything that belongs to anybody else or
you might get into trouble," Tying on
their little bonnets Mamma Brown
Bear kissed her two little ones goodbye.

a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best bleaching and skin whitening lotion and complexion beautifier, at very, very small cost.

Your grocer has the lemons, and any drug store or toilet counter will supply three counces of Orchard White for a few cents. Massage this sweetly fratering is not interested in the drop word of a l-per cent solution of nitrate of silver into the little one's eyes. These silvery drops disperse the unseen germs before they multiply as they may do in two or three days.

Bilad asylums until very lately were largely populated with men and women whose blindness harks back to ignorwhose blindness harks back to tagious diseases are never inherited. They are perhaps at times congenital,

Stubborn Cough & Answers to Health Questions

C. S. Y. Q.—Kindly advise what to do home-made remedy is a wonder of quick results. Easily and cheaply made.

Is a home-made syrup which of people have found to be depended by the cheaply and cheaply made.

Is a home-made syrup which of people have found to be depended by the cheaple of the teeth also. Sometimes a blood transfusion helps.

A NASHVILLIAN. Q.—Kindly advise what to use to make hair curly.

A.—Apply a little of the following to your hair:
Glycerine 1½ ounces
Gum arabic 1½ ounces
Carbonate of potsh . . 1½ ounces
Rosewater pints

J. B. Q.—Kindly advise what to do for a leaky valve.

A.—Inside of the chambers of the heart there are draw curtains called valves. These flap open to allow the blood to come in, and close automatically when blood has filled the chambers. When these curtains ahrink from an Bear kissed her two little ones goodbye.

Blinky and Winky Brown Bear trotted along the road until they reached a grove of beechnut trees. Blinky climbed into the tree and shook down the beechnuts, while Winky gathered them all into a pile. After eating all they wanted the two little brown bears ran

MY SOLDIER HUSBAND

REVELATIONS OF A WIFE

Why Is Madge's Father So Horrified at the News of His

Daughter's Need?

on into the woods to see what else they could find.

At last they came to a tree swarming with bees.

"I'm quite sure where there's bees there must be honey," whispered Blinky, "And if there is, we're going to have some, for I certainly do love honey."

"Yes, so do I," replied Winky Brown Bear. "But do you think it would be right to help ourselves to the honey without asking the bees?"

"They'll know nothing about it," laughed Blinky Brown Bear. "We'll just wait until they've all gone away from home, then we'll go up and help ourselves."

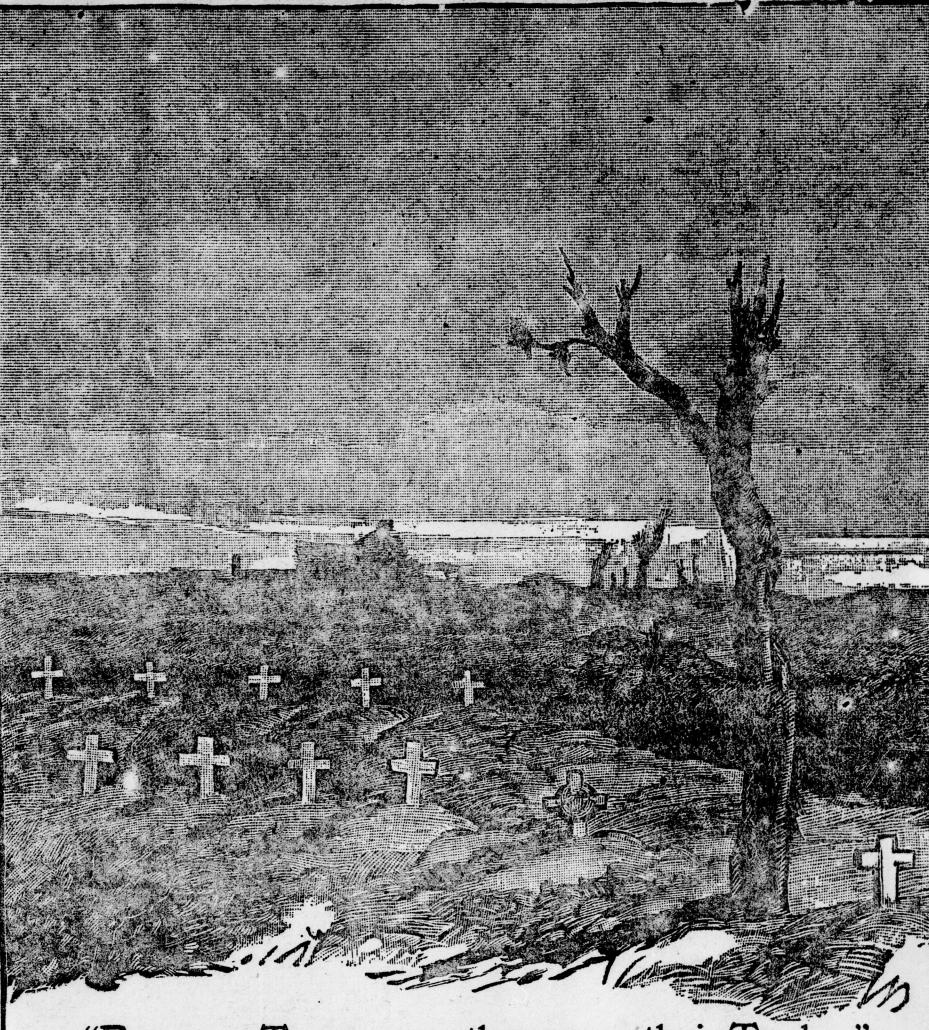
At first Winky Brown Bear didn't want to take the honey, but after her sister Blinky assured her the bees would never know who did it Winky and Winky Brown Bear they came to a river and into the water sister Blinky assured her the bees would never know who did it Winky and Winky Brown Bear they came to a river and into the water blinky assured her the bees would never know who did it Winky and Winky Brown Bear plunged, and there they stayed until the bees had gone away. It was two sorry little to wait until the bees had gone away. It was two sorry little bears, tired from their long walk, soon fell to sleep. When they and never swollen out on a level with their long walk, soon fell to sleep. When they and net bees and neither could see. They had lost, their bonnets and neither could see. They had lost, their bonnets and neither could see. They had lost, their bonnets and neither could see. They had lost, their bonnets and neither could see. They had lost, their bonnets and neither could see. They had lost, their bonnets and neither could see and

acts and speech.

Those whose birthday it is should have an active and prosperous year, both in business, domestic and social affairs. A child born on this day will be interesting, kind, affectionate and pop-

By Generative Kemble

SUNDAY AND MONDAY, NOV. 3-4.
Sunday's planetary aspects point to a day of activity in the family and social circle, and also in romantic interests, all prospering under the benignant



"For your To-morrow they gave their To-day"

(Inscribed on a cross in Flanders)

And we who live in tranquillity amid all the comforts of peace and plenty, knowing little of sacrifice, nothing at all of fear of death or violence—are we worthy of the sacrifices those crosses in Flanders mutely remind us of?

Are we doing our duty to our noble dead—those gallant, highsouled boys who interposed their bodies against the assault upon civilization by brutalized might?

Are we living, thinking and acting as people for whom great things are being done, tremendous sacrifices made? Are we accepting in a proper spirit of humility the

bloody sacrifices and the agonies of the battlefields; the sorrows and heart aches of Canadian mothers, wives and sisters whose loved ones lie beneath the poppies in Flanders?

Do we realize that we, each one of us, as individuals have a personal share and interest in the issue for which our boys fight, bleed and die in France.

If we do realize this, then our duty is clear—a duty to ourselves, our country, our glorious fighters, and our heroic dead—to help by every means in our power to bring Victory for our boys in battle.

Buy Victory Bonds and Help our Soldiers Win the War

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada