

Check that
Cold with

BAUME BENGUE

Highly efficient in colds and Catarrhal
affections of the nose and throat

BWARE OF SUBSTITUTES
\$1.00 a tube.
THE LEEMING MILLS CO., LTD.
MONTREAL
Agents for Dr. Jules Bengue
RELIEVES PAIN

Friendship.

Old friendships that have stood the
test of years
And not grown dim
Are like the miracles with which our
God endears
The autumn glory and the tender
spring—
Repeating o'er and o'er His promise
true.
True friendship is a mark of godli-
ness within the soul—
There's naught than Man may know
more fair,
Nay, nothing lovelier written upon
Life's scroll.

The British high-speed record for
aeroplane stands at 166.8 miles an
hour.

To rest our bodies, we should stand
up for ten out of every thirty minutes,
according to one authority.

Minard's Liniment Relieves Distemper.

The Years.

When I was young and twenty,
I'd run a many mile,
And when I came to thirty
I'd sit and rest awhile
And now that I am thirty-five
I am the sleepest man alive.

But maybe when I'm forty
I'll shake my legs again,
And walk from then till fifty
With young and striding men.
And hillward go in sixty's year
To see how yet the counties fare.

When I am old and eighty
All treasors will be done
Of love and silly bitterness,
And I shall watch the sun
Go out, and little heed the fear
That smote upon my middle year.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely
hard on little ones. One day is
warm and bright and the next wet
and cold. These sudden changes
bring on colds, cramps and colic, and
unless baby's little stomach is kept
right the result may be serious.
There is nothing to equal Baby's Own
Tablets in keeping the little ones well.
They sweeten the stomach, regulate
the bowels, break up colds and make
baby thrive. The Tablets are sold by
medicine dealers or by mail at 25
cents a box from The Dr. Williams'
Medicine Co., Brockville, Ont.

A newly invented machine kneads
dough with metal arms, which repre-
sents exactly the movements of the
human kneader.

BEAUTIFUL PARTY DRESSES



No. 9728—Girl's Dress. Price, 25
cents. With lining; straight gather-
ed flounces attached to two-piece
skirt. In 5 sizes, 6 to 14 years. Size
8, net, 5/8 yd. 45 ins. wide; flouncing, 7
yds. 8 1/2 ins. wide; without collar, with
long sleeves, 3 1/2 yds. 36 ins. wide;
with collar and short sleeves, 2 1/2 yds.
36 ins. wide.

No. 9726—Girl's Dress. Price, 25
cents. With or without Eton jacket;
two styles of sleeve; straight-gathered
flounces attached to two-piece skirt.
In 5 sizes, 6 to 14 years. Size 8 with
Eton jacket, flouncing, 5 1/2 yds. 10 1/2
ins. wide; with long sleeves, without
collar and Eton, 2 1/2 yds. 36 ins. wide.

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

WHY ANAEMIA PREVAILS

The Strenuous Conditions of Life To-day Are Responsible.

Mothers who remark that girls to-
day are more prone to anaemia than
the girls of a generation ago, should
look back at the surroundings in
which they and their companions
lived. They would easily see the rea-
son in life's altered circumstances to-
day.

Now the school-girl's life is more
strenuous; her more numerous stu-
dies are a severe tax upon her
strength. Also, girls enter business
soon after leaving school—at an age
when they most need rest and out-
door life. Their womanly develop-
ment is hampered by the stress of
working hours, hurried and often
scanty meals. Girls are more liable
to bloodlessness to-day, but there is
this consolation that, whereas doc-
tors formerly regarded anaemia as
often incurable, the cures are now
counted in tens of thousands. Such
medicines as Dr. Williams' Pink Pills
have restored to good health thou-
sands of weak anaemic girls and wo-
men, simply because they contain the
elements necessary to make new, rich,
red blood which means good health
and vitality.

When your daughter's strength fails
and pallor, breathlessness and back-
ache disclose her anaemic condition,
remember that you can make her well
and assure her healthy development
by giving her Dr. Williams' Pink Pills
to make good red blood. Remember,
too, that for women of all ages Dr.
Williams' Pink Pills are especially
helpful in the many ailments that
result from watery blood. They
make women and girls well and keep
them well. This is amply proved by
the case of Miss Eva MacKinnon,
Glamis, Ont., who says: "As a school
girl I grew very pale and would take
dizzy spells and sometimes vomiting.
My condition was such that I was not
able to attend school regularly, and
my mother was very much worried
about my condition. Finally she de-
cided to give me Dr. Williams' Pink
Pills and I took these for a consider-
able time, gradually gaining strength
until I was perfectly well. It is some
years since I took the pills and I gave
enjoyed the best of health, and I
am certain pale, sickly girls will find
new health if they give Dr. Williams'
Pink Pills a fair trial."

You can procure Dr. Williams' Pink
Pills through any dealer in medicine
or they will be sent you by mail at
50 cents a box or six boxes for \$2.50
by writing direct to The Dr. Williams'
Medicine Co., Brockville, Ont.

How a Ball Travels.

When next you see a baseball game,
you will find it more interesting if
you realize that a thrown ball travels
120 miles an hour, or at twice the
speed of the fastest railroad train. It
travels from second base to the home
plate, or from first base to third base,
in one second.

See the man pick up the bat; he is
going to hit the ball. At all events he
will try to hit it. A little over four-
fifths of a second elapses from the
instant when the ball leaves the pitch-
er's hand to the instant when it is
struck by the bat.

The man has hit the ball. If it is
a straight hard drive the ball will
travel at a speed of something like
150 miles an hour.

It was, let us say, a two-base hit.
The runner stands at second base and
the pitcher winds up for a fresh ef-
fort. He is a fast pitcher, and the
ball he sends over the plate is one of
his swiftest. It travels at a speed of
two and two-fifths a minute, 210 feet
a second.

Bang! It is a home run this time.
The runner, if doing his best, covers
the distance between each two bases
in three and a half seconds. The cir-
cuit he must cover is a track 300 feet
in length, or a little less than one-
fifteenth of a mile, without reckoning
the departures he makes from the ex-
act line of the course.

The 300 feet correspond to the de-
grees of a circle. If a circle be drawn
that all four points of the baseball
diamond fall upon its circumference,
the first base, second base, third base
and home plate will be located at the
90, 180, 270 and 360 degree marks.
The pitcher's station is in the approxi-
mate center.

Baseball is really governed by
mathematics. It is highly scientific
pursuit. Those who understand it
best are even now learning a great
deal about it which they did not know
before by a systematic study of pic-
tures taken with the so-called "slow-
motion" camera.

This sort of camera takes photo-
graphs at tremendous speed, 120 of
them a second, whereas the ordinary
movie camera makes only sixteen to
a second. When the film is run
through the machine at the ordinary
rate, the movements of the players on
the screen appear absurdly slow and
deliberate, so that the time required
for each action can be exactly de-
termined.

Classified Advertisements.

WANTED—BENS. STATE BREED
and price; also fresh eggs. 1411
44 Logan Ave., Toronto.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Ad-
dress by the Author,
E. Gray Glover, Co., Inc.,
118 West 31st Street
New York U.S.A.

New Figures.
Instead of the king, queen and jack,
the latest style of playing cards are
pictured as a "Tommy" for the king,
a Red Cross nurse for the queen, a
Sailor for the jack, and the ace is re-
presented by an aviator.

Minard's Liniment For Dandruff.
Domestic economy was introduced
as a lesson into English schools in
1874.

"DANDERINE"

Girls! Save Your Hair!
Make It Abundant!

Immediately after a "Danderine"
massage, your hair takes on new life,
lustre and wondrous beauty, appear-
ing twice as heavy and plentiful, be-
cause each hair seems to fluff and
thicken. Don't let your hair stay life-
less, colorless, plain or scraggly. You,
too, want lots of long, strong, beauti-
ful hair.

A 35-cent bottle of delightful "Dan-
derine" refreshes your scalp checks
dandruff and falling hair. This stimu-
lating "beauty-tonic" gives to thin,
dull, fading hair that youthful bright-
ness and abundant thickness—All
druggists!

HEALTH EDUCATION BY DR. J. J. MIDDLETON

To bring about a decrease in infant
mortality is one of the most pressing
problems of the hour. During the
great war the countries engaged suf-
fered tremendously not only material-
ly and financially, but also by a de-
crease in birth-rate through the ab-
sence of such large numbers of po-
tential fathers, and the high rate of
infant mortality.

Now that we as nations are trying
to readjust ourselves to peaceful pur-
suits, one of the fundamental under-
takings that confronts us is the wel-
fare of the coming generation. The
ravages of war, with the accompany-
ing scarcity of food and shortage of
houses for the people have reaped
their harvest of death, and the nations
are depleted of man-power. How then
can we set about to remedy this un-
natural condition? Obviously by safe-
guarding the life of the newly-born,
and helping mothers to bring their
children through the first year of life
—the most critical stage of their
whole existence.

A few figures will help to show
what great need there is for some con-
certed, organized effort to reduce the
appalling death-rate of infants. Dur-
ing the year 1918, in Ontario, 6,402
babies under one year of age died.
Think what this means. Imagine the
sorrow it has brought to every home
where the little life flickered out. But
the most distressing point about the
whole tragedy is that a large number
of these babies died because their
mothers did not know how to take care
of them. Sometimes it was a heredi-
tary weakness that caused death, the
infant being brought into the world
handicapped by some disease or de-
formity, directly resulting from the
sins of the father or mother. In many
cases, however, the child is born quite
healthy, and if given a reasonable
chance will grow up a healthy man or
woman; but in the critical months
after its birth, when attacked by so
many little ailments that efficient
medical and nursing treatment can
successfully overcome, the mother does
not know what to do, and not realiz-
ing the seriousness of the baby's con-
dition, neglects calling in a doctor
until too late.

As regards infant feeding, much
educational work is needed. There is
a tendency nowadays among certain
classes of mothers to feed their chil-
dren on the bottle, instead of nursing
them. The principal excuse for this
is that nursing ties them down, inter-
feres with their social functions, and
in general makes them slaves to their

children. On the other hand, I have
actually heard women say that bottle-
fed babies are healthiest, because the
mother can adjust the strength of the
bottled milk she used to suit the child,
while oftentimes the mother herself
is not strong and therefore physically
unable to supply enough nourishing milk
to enable the baby to live and thrive.
This latter argument may hold good
in certain cases, but they are the ex-
ception.

Feeding the child at the mother's
breast is nature's own way, and that
it is the safest way is shown by the
fact that ten bottle-fed babies die to
one fed on the breast. Mother's milk
contains the proper elements of food
in the right proportion for the grow-
ing child. It does not always have to
be prepared or measured; it is always
ready, and is never sour. Breast-fed
babies seldom have bowel trouble,
which is so fatal in bottle-fed babies,
especially during hot weather. In-
sufficient or improper feeding of in-
fants is prevalent and leads to dire
results, an example of this being fur-
nished only a few days ago by the
Medical Officer of Health of a large
city in Ontario who found that thirty
per cent. of the children of that city
arriving at school age were under-
developed through insufficient and im-
proper feeding during the first two
years of life.

What is the remedy for this state
of affairs? It must be to educate
mothers as to the best and most sci-
entific methods of child welfare, and it
is along these lines that the Division
of National and Child Welfare in the
Provincial Board of Health is working
to-day. Efforts are being made to get
closely in touch with the people, not
from a legislative standpoint, but
merely from a co-operative standpoint.
The first step in this scheme of child
welfare is to bring about close asso-
ciation between the mother and the
public health nurse, without which no
satisfactory working arrangement can
be effected. It is more and more be-
ing realized that the state should
share the responsibility with the parent
in successfully bringing up children,
and so develop a strong and healthy
race, the nation's best asset.

This will necessitate a Systematic
Home Visitation by the nurse, a School
for Mothers, and an Infant Consulta-
tion, coupled with a scheme providing
healthy surroundings, facilities for
proper feeding, fresh air and other
general measures conducive to good
health among young and old.

(Continued next week.)

He Sleeps in France.

Where blackened war sowed powder-
ed, whirling sleep;
Where now the white and rigid
crosses grow
Like lilies undisturbed by wind or
snow;
He stays; his last adventure there
shall keep.

Dreams take no measure of the part-
ing miles,
I can but dream and step across a
sea
And he foregoes those silent serried
files,
He wakes and strolls remembered
paths with me.

With smiles, not tears, he proudly
seeks my gaze.
As fits the young who braved great
deeds' mischance,
It troubles him that I should think
him far
To whom all things are near, my
hands, a star
Oh, not to cry my loss but his high
praise
I tell with voice so dim; He sleeps
in France.

—Kathryn White Ryan.

For years I have never considered my
stock of household remedies complete
unless a bottle of Minard's Liniment
was included. For burns, bruises,
sprains, frostbites or chilblains it ex-
ceeds, and I know of no better remedy
for a severe cold in the head, or that
will give more immediate relief, than to
inhale from the bottle through the nasal
organ.

And as to my supply of veterinary
remedies it is essential, as it has in very
many instances proven its value. A re-
cent experience in reclaiming what was
supposed to be a lost section of a valu-
able cow's udder has again demonstrated
its great worth and prompts me to re-
commend it in the highest terms to all
who have a herd of cows, large or small.
I think I am safe in saying among all
the patent medicines there is none that
covers as large a field of usefulness as
does Minard's Liniment. A real truesium
good for man or beast.

CHAS. K. ROBBINS,
Chebogue Point, N.S.

Effects of War.

According to the census taken on
January 31, 1920, the Republic of
Austria, in its present territorial
limits, has a population of 6,067,430.
Compared with the corresponding
figures for 1910, the census of 1920
shows a loss of 227,209, or 3.6 per
cent. The city of Vienna alone, with
a population of 1,842,005 in 1920, shows
a loss of 189,493, or 9.3 per cent.

MONEY ORDERS.

Send a Dominion Express Money
Order. They are payable everywhere.

How Radium Was Squandered.

During the war extensive use was
made of radium for luminous watch
dials. These were extremely useful,
inasmuch as, in timing night attacks
and on many other occasions, it was
necessary for officers to look at their
watches, and to light a match would
have been dangerous.

Radium was used also to illuminate
gunsights, thus rendering marksmanship
at night much more accurate.

Unfortunately, since the end of the
war something like 95 per cent. of our
entire output of this most precious of
substances has been used for luminous
paint. It is a senseless squandering
of what may be irreplaceable, for the
sources of radium are few.

Considering the proved usefulness
of radium in the treatment of cancer,
this reckless waste is little short of
criminal—especially in view of the
fact that, for the making of luminous
paint "mesothorium" would serve
equally well. This is a by-product of
the manufacture of thorium, which is
derived from monazite sand.

Not only has the world's stock of
radium failed to increase of late, but
it is believed to be actually less by
one-half than it was a few years ago.

There is one telephone to each eight
inhabitants of the United States.

The Shapes of Hair.

A Chinaman has a round head.
Every hair on his head is shaped like-
wise. That is to say, a cross-section
of it (as seen under the microscope)
is circular.

People of our own race have heads
that are more or less oval in form, as
your hat will show. The hairs of
your head are likewise oval in section.

The negro has an oblong head. Call
it rather an oblong square. Each in-
dividual hair of his kindly wool is ob-
long square in action. Which, in fact,
is the reason why it kinks.

Nobody knows why there should be
this sort of correspondence between
the shape of the head and the shape
of the hair. It is just a fact in
nature.

CASCARETS

"They Work while you Sleep"



Do you feel at "sixes and sevens" to-
day? You are bilious, constipated!
You feel headachy, full of cold, un-
strung. Your meals don't fit—breath
is bad, skin sallow. Take Cascarets
to-night for your liver and bowels and
wake up clear, rosy and cheerful. No
gripping—no inconvenience. Children
love Cascarets too. 10, 25, 50 cents.



Touch Tender Spots With Cuticura After Shaving

After shaving with Cuticura Soap the
Cuticura way, without mug, gently rub
tender spots on face or dandruff on scalp
with a bit of Cuticura Ointment. Then
wash off with Cuticura Soap and hot
water. Rinse with tepid water.

Soap 25c, Ointment 25c and 50c. Sold
throughout the Dominion. Canadian Depot:
Lymans, Limited, St. Paul St., Montreal.
Cuticura Soap shaves without mug.

MOTHER!

"California Syrup of Figs"
Child's Best Laxative



Accept "California" Syrup of Figs
only—look for the name California on
the package, then you are sure your
child is having the best and most
harmless physic for the little stom-
ach, liver and bowels. Children love
its fruity taste. Full directions on
each bottle. You must say "Calif-
ornia."

STORM WINDOWS & DOORS

SIZES to suit your
openings. Fitted
with glass. Safe de-
livery guaranteed.
Write for Price List
(10). Cut down fuel
bill, insure winter
comfort.

The HALLIDAY COMPANY, Limited
HAMILTON FACTORY DISTRIBUTORS CANADA

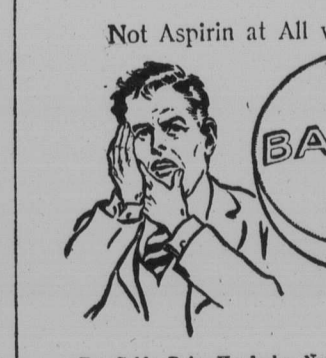
SINCE 1870

SHILOH

30 DROPS STOPS COUGHS

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Headache, Neural-
gia, Toothache, Earache, and for
Rheumatism, Lumbago, Sciatica, Neu-
ritis, 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.

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

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-
acetic acid ester of Salicylic acid. While it is well known that Aspirin marks Bayer
manufacture, to assist the public against imitations, the Tablets of Bayer Company
will be stamped with their general trade mark, the "Bayer Cross."

Sloan's Liniment

is always ready to
ease rheumatism

"At the very first twinge, down
comes my bottle of Sloan's;
then quick relief, without rubbing,
for it's stimulating and scatters
congestion. The boys use it for
stiff muscles, and it helps Sally's
backaches, too." 35c, 70c, \$1.40.

A Kidney Remedy

Kidney troubles are frequently
caused by badly digested food
which overtaxes these organs to
eliminate the irritant acids
formed. Help your stomach to
properly digest the food by
taking 15 to 30 drops of Extract
of Roots, sold as Mother Seigel's
Curative Syrup, and your kidney
disorder will promptly dis-
appear. Get the genuine. 7

When the Coffee Drinker
makes a change
in his table beverage,
he naturally turns to

INSTANT POSTUM

A drink that resembles
coffee, with none of coffee's
harm, and it costs less.