

How I Cured My Rheumatism

BY PETER SAVALA

I threw away my crutches in seven days, in two months, I was a well man—and I have never had a twinge from rheumatism since. This is what the remedy, which I obtained from my uncle in Greece, did for me. I went home to Greece crippled, broken in spirit—sick. I returned to this country in two months, absolutely free of every trace of rheumatism. The whole story of my life in America—how I became crippled with rheumatism and how I found the treatment which uprooted the disease and drove it out of my body—I will gladly tell you FREE. It makes no difference how swollen or distorted your joints may be, how severe the pain, or how discouraged you are; I feel sure that I have the means of helping you to find relief in a few days and a lasting cure in just a few weeks. Send no money. Just write me personally. Say: "Tell me how you cured your rheumatism, and how I may cure mine." Address your letter or post card to Peter Savala, 29 St. Peter St., D. 103, Montreal, Que.

TUNIS

Tunis, the subject of the second bulletin of a series issued by the U. S. National Geographic Society describing "African countries that will be in the news, and cities that will be appearing among the datelines in your newspaper."

"Tunis the capital of Tunisia, situated on the coast of northern Africa, in about the latitude of Norfolk, Va., is considered one of the most beautiful cities of the Orient," says the bulletin, which is based on a communication to the Society.

"It has a mixed population of more than 275,000. Arabs, Jews, French, Italians, Sicilians, Greeks and Maltese.

"Tunisia was an absolute monarchy until 1881, when the treaty of the Bardo made it a French protectorate. It is governed by an Arab bey, who is advised by a resident general from France. The latter is in reality chief executive.

"Tunis is called by the Arabs 'The White Burnous of the Prophet.' Its houses are all flat-roofed and creamy white in color. Minare's point heavenward from every square, and from their tops may be heard the call to prayer of the faithful five times a day—Allah is Allah. There is no God but Allah; Mohammed is his prophet.

"Tunis has changed greatly since 1881. A large and attractive French town has sprung up outside the walls of the native city. Broad boulevards, with rows of palms and various shade-trees; large shops, with tempting displays; modern hotels, with every comfort and luxury; restaurants, cafes and garages for the motars that come in greater numbers every season. Trolleys run in all directions, and Carthage can be reached in 25 minutes.

"Friday is the Arab Sunday, when all the women go in the morning to the cemeteries to pray. One passes hundreds of them chatting together, dressed in their silvery white halke and black face-veils. Many of the women of the wealthy families, instead of a face-veil, wear a broad scarf of heavy, dark silk, which covers their face and is held out in front by the arms of the wearer. All she can see is a few feet in front of her feet.

HUSBAND SAVES WIFE

From Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Pittsburgh, Pa.—"For many months I was not able to do my work owing to a weakness which caused backache and headaches. A friend called my attention to one of your newspaper advertisements and immediately my husband bought three bottles of Lydia E. Pinkham's Vegetable Compound for me. After taking two bottles I felt fine and my troubles caused by that weakness are a thing of the past. All women who suffer as I did should try Lydia E. Pinkham's Vegetable Compound."

Mrs. JAS. ROHRBERG, 629 Knapp St., N. E., Pittsburgh, Pa.

Women who suffer from any form of weakness as indicated by displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues," should accept Mrs. Rohrborg's suggestion and give Lydia E. Pinkham's Vegetable Compound a thorough trial.

For over forty years it has been correcting such ailments. If you have mysterious complications write for advice to Lydia E. Pinkham Medicine Co., Lynn, Mass.

These wealthy women are usually followed by several female attendants. "A tiny donkey with panniers filled with oranges shoves you up against the wall of the narrow street as he passes, and we wonder what the vendor is crying. It sounds weird, but, translated means only: 'Oranges—sweeter than honey.'

"Entering the souks or bazaars, steaming Turkish coffee is brought in tiny cups, while Oriental rugs, silks, jewels and antique weapons are shown.

"At the slaughterhouse there are three separate divisions—one for the Europeans, one for the Jews and a third or the Mohammedans, where the animal to be killed has to face toward Mecca.

"In the days of Rome, northern Africa (Tunisia) was called the 'granary of the world,' for the Roman system of irrigation was marvelous and the soil fertile wherever water was to be had, and it was to be found in abundance in the mountains. The aqueduct, built under Hadrian about 135 A. D., supplied Carthage with 32,000,000 liters (over 8,000,000 gallons) of water a day.

"To-day Tunisia has over 10,000,000 olive trees under cultivation and they cover an area of about 500,000 acres.

"April 13 marks the commencement of the Jewish feast of unleavened bread, or Purim, when no business is done and unleavened bread must be eaten for seven days."

Clogged Nostrils Open Breathing Made Easy, Catarrh Cured!

New Method Very Successful

It is a new method of treatment, that of medicated air, and cannot fail to be beneficial. It goes wherever air can go, thus reaching all the affected parts. It purifies as by fire, simply burning up the disease germs.

"Catarrh" is a non-poisonous and healing agent; it therefore acts upon the mucous tissues of the throat, nasal passages, and bronchial tubes, destroy all microbe life, and at the same time heals up all the inflamed parts.

As a cure for Catarrh, Bronchitis, Asthma, La Grippe; as a strengthener for the throat, Catarrh cannot be equalled.

It is a guaranteed cure, and is highly endorsed by prominent physicians who use Catarrh in their practice.

Sufficient Catarrh for two months' use, price \$1.00; smaller size, 50c; at all dealers.

TAPIOCA TIPS

Read Them and You Will Not Be Apt to Be Sorry.

Friends, do you realize what a good article tapioca is? No, well listen—Apart from the many delicious deserts, it can be used, rightly prepared for soup thickenings, gravies, cereals and as a cereal by itself.

Stew tomatoes the regulation way, five minutes before serving add one tablespoonful of granulated tapioca to about one pint (or more) tomato, boil for five minutes then serve.

Put one quart of fresh milk, half a cup of sugar, a pinch of salt, one teaspoonful of vanilla, two large tablespoonfuls of tapioca, is made by mixing, then baking for one hour; stir three times, then brown it; serve cold.

TEMPLETON'S RHEUMATIC CAPSULES

For fifteen years the standard specific for Rheumatism, Neuritis, Gout, Sciatica, Lumbago, Neuralgia. Many doctors prescribe them. Write to Templetons, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for \$1.00 per box.

tion in the classic pages of Mother Goose: Taffy was a Welshman. Taffy was a thief. Taffy came to my house and stole a piece of beef. I went to Taffy's house and Taffy was in bed. I took the marrowbone and beat him on the head.

Of course, the rejoinder would be that nobody could ever catch Mr. Lloyd George asleep in bed or anywhere else, so the reference could not be personal. But the aspersion upon "a Welshman" stands; even Shakespeare made a Welshman eat a leek for a penance, but the rowdy Pistol seemed to like it; and the Welsh actually carry this aromatic vegetable upon their armorial achievement.

The Englishman might as well object to Mother Goose's 'Fee, fi, fo, fum!' I smell the blood of an Englishman! The French might protest against the popular worship of such a shady person as Francois Villon, to judge by his own account. Why should the spirit of mortal be so touchy upon the subject of tribal peculiarities?

THROWING A BOOMERANG.

Easy to Learn and is More of a Knack Than a Science.

The boomerang is thrown overhead. Grasping the small end in his right hand, the man moves his left hand back as far as he can over the shoulder; then he brings it forward with all the force possible, letting the boomerang slip from his grasp when his hand is well forward in front.

Throwing the boomerang is more of a knack than a science. It may be learned by any American or European who gives the time and patience for practice. However, only native Australians acquire marked ability in making the boomerang turn exactly where they wish. The natives are not averse to using the boomerang as an American policeman uses his night stick.

One of the most interesting implements used by the native Australian is the woomera or spear thrower. The spear thrower resembles a rubber plant leaf with its edges turned upward. At the pointed end there is a barb or hook against which the native places the butt of his spear. In this way he can get considerable additional power for throwing the spear because of the increased purchase.

WORTH KNOWING.

Cut steel buttons may be polished with powdered pumice stone, slightly moistened and applied with a soft brush or cloth.

A serviceable addition to the invalid's workbasket is a small horse-shoe magnet fastened to a ribbon or tape of sufficient length that it can be dropped to the floor to pick up scissors or needles.

Nothing is so unsightly in a pantry or closet as a number of tin lids pitched loosely on a shelf. One woman has overcome this effect by nailing a narrow strip of wood to cleats, about ten inches under the high pot shelf in the pantry. In the space thus made the lids are slipped. The handles prevent slipping and they can be had at a moment's notice. Ranged according to sizes, hunting for the right lid does not waste one's time.

A clinical thermometer for taking temperatures is indispensable in any home. If, when inserted under the tongue, it shows a rise from normal (98 to 98½ degree) to 100 or so, a feverish condition is revealed that needs attention.

Leather that has become dull and shabby-looking may be very much improved in appearance by being rubbed over with the white of an egg, well beaten.

It is always advisable to polish new boots before wearing them, and, in order that they should take the blacking well it is a good plan to rub them over first with a cut lemon. Leave them to dry thoroughly, then black in the usual manner and the polish obtained will be most satisfactory.

AN EXCELLENT MEDICINE FOR LITTLE ONES

Baby's Own Tablets are an excellent medicine for little ones. They are a mild but thorough laxative, which sweeten the stomach and regulate the bowels, thus bringing relief in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them, Mrs. L. J. Chaisson, Paquetville, N. B., writes:—I have found Baby's Own Tablets excellent for my young baby in the case of constipation and colic and it gives me great pleasure to recommend them to other mothers. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

PIGMIES.

Pigmies, apparently of a single racial stock, are scattered over many parts of the world, and nobody can give a plausible guess as to how their distribution was accomplished. Wherever found they seem to be the earliest people—veritable aborigines—and all of them are much alike physically, though different somewhat in complexion. They are supposed to be more glib than any other race now surviving on the globe.

To this race belong the so-called "monkey men" of the mountainous interior of India. Likewise the pot-bellied natives of the Andaman Islands, in the Bengal Gulf, who are said to "look like babies all their lives." These latter wear their hair in frizzly tufts and adorn themselves with necklaces made from the bones and teeth of defunct relatives.

In Madagascar are the Hehoas, black dwarfs, who, when pursued, jump from tree to tree like monkeys. They are so timid that sometimes they die of fright when captured.

In Ceylon are found the Veddahs, of whom not more than 2,000 are now left alive. Few of them are able to count up to three. They are of the same pigmy race, and unquestionably they were very anciently a numerous people, inhabiting that island when visited by the earliest of prehistoric explorers.

The bones of pigmy people are plentifully found on the Island of Formosa, where doubtless the rest of them were wiped out by the Malays some centuries ago. Formosa is really a northern member of that great archipelago which we call the Philippines, though separated from the latter politically. Hence it is not surprising to find dwarfs of the same race to-day inhabiting Luzon and Mindanao, where they are called Aetas.

Minard's Liniment Cures Burns, Etc. Around the World. There is no legal and formal slavery now in any Christian country. It survives in a mild form in most Mohammedan countries.

The famous Tugela river in South Africa on one occasion rose 40 feet during a single night, owing to thunderstorms in the mountains.

The average length of life is greater in Norway than in any other country. This is attributed to the fact that the temperature is cool and uniform throughout the year.

In the Alps there is one letter box at an elevation of nearly 10,000 feet above the sea level from which there are collections four times a day. There are several letter receptacles at an elevation of between 6,000 and 7,000 feet.

Dr. Martel's Female Pills

For Women's Ailments

A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half century in Patented Tin Hinge Cover Box with Six Nature. "Knickerbocker Remedy Co. across side. Accept no other. At your Druggist or by Mail Direct from Knickerbocker Remedy Co., 71 Front Street East, Toronto, Can., upon receipt of price, \$2.00.

HIS LIE WAS BEST.

Picked Up Four Bushels of Legs After One Shot.

A party of gentlemen at a hotel were telling stories one night recently of famous shots and how many quails, partridges, ducks and other birds had been killed at a single discharge. After listening to what seemed a wilful exaggeration by different narrators, a stranger who was present volunteered his experience of his only use of the fatal double-barreled gun as follows:

"I went into the field one day to try gunning. The only game discovered was an immense flock of blackbirds. I should say there were 10,000 in the flock. Slowly I crawled up to them, and when not more than four rods away the birds rose in a solid mass. I fired both barrels and how many do you think I killed?"

Different guesses were made by the party ranging from 20 to 100. "Not one," said the stranger, "but I went out with my brother to look for the results, and I picked up four bushels of legs. I had shot a little under."

THE ESKIMO

Not Dying Out, as Explorers Predicted.

FARMS FOR SALE

\$13,000 - 21 ACRES BEARING fruit, cherries, plums, raspberries and berries, vineyard of 15 acres in best condition and best varieties, frame dwelling and good barn, convenient to station and radial, 13 miles from Hamilton. Returns from this property show profitable investment. J. D. Bizar, (Regent 934) 205 Clyde Block, Hamilton, Ont.

180 ACRES STRONG SAND LOAM, 2000 large hardwood timber, mostly large body trees, 15 acres pasture land, 8 room rough east house, bank barn, cement floor, hog pen, other outbuildings, silo rack, fruit, apple orchard, 1 mile from churches and school, on gravel road adjoining stone road, north and west from Waterford, 15 miles from Hamilton. J. D. Bizar, 205 Clyde Block (Regent 934) Hamilton, Ont.

\$10,000 CHOICE PEACH FARM, 2 story frame house, 8 rooms, bath and toilet, hardwood floors, large verandah, cement cellar, good barn and stable, with cement floors, all new, abundance of good water, arid and soft, in addition to the peaches there are apricots, cherries, good assortment of small fruits, well located. A home-maker and will take city property in exchange. J. D. Bizar, (Regent 934) 205 Clyde Block, Hamilton, Ont.

32 ACRES ON LAKE SHORE, 10 from Hamilton, modern house with water system and furnace, good outbuildings, 29 acres grapes, and an assortment of cherries, plums and small fruits. This is a most desirable location for a summer home. J. D. Bizar, 205 Clyde Block (Regent 934) Hamilton, Ont.

94 ACRES CLAY LOAM, LEVEL, 1/4 mile from stone road, and 7 miles southeast of Hamilton, 9 room brick house, cement cellar, 2 wells and cistern, 2 bank barns, one 20x70 the other 30x40, drive house, 21x36, chicken house, pig pen, 1 acre apples bearing, 10 acres plowing. For sale at a bargain with or without stock and implements. Immediate possession. J. D. Bizar, (Regent 934) 205 Clyde Block, Hamilton, Ont.

MISCELLANEOUS

PAY YOUR OUT-OF-TOWN ACCOUNTS by Dominion Express Money Orders. Five Dollars costs three cents. RAW FURS BY PARCEL POST. What have you? Price? Read Bros., Bothwell, Ont.

WANTED-POTATOES AND APPLES, any quantity, will pay highest prices. Apply D. B. Gordon, Cor. Macaulay and Mary Sts., Hamilton, Phone Regent 3918.

FOR SALE

KNITTING YARN MADE FOR RED Cross, grey and black only, will clear at dollar and quarter per pound; sample skein thirty cents. Georgetown Woolen Mill, Georgetown, Ont.

P AIR PRACTICALLY BLACK FOXES, also twenty other pairs. Read Bros., Bothwell, Ont.

HELP WANTED

WANTED-OAK CABINET WORKERS on oak cabinets. Read Bros., Bothwell, Ont.

WOOLEN MILL HELP WANTED-We have openings for female weavers and apprentices to learn weaving. Special consideration shown apprentices, in teaching this work and good wages while learning. This work offers permanent employment, and experienced operators earn high wages. Other openings for winders, finishers, etc. Full particulars will be given upon application. Write us. The Singsby Mfg. Company, Ltd., Brantford, Ont.

MEN WANTED TO WORK AT PORT-Saw Mill, also Bush work, and Teamsters. Apply H. G. Cockburn & Son, Guelph, Ont.

POULTRY WANTED.

HENS WANTED ALIVE IN CENTS A pound, any size, P.O.B. your station if within 200 miles of Toronto. Ship C. O. D. in crates or boxes. Albert Lewis, 666 Dundas St. W., Toronto.

WANTED. LADIES WANTED, TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

Doctor Kane, in 1853, and Doctor Hayes, in 1861, found but a small population, and stated that in a few years undoubtedly the race would vanish. There are more there to-day than there were then, and they are increasing rapidly. In 1909 the total population of these northern shores numbered 219; in 1917, 261. TRUE. Philosopher: "People who listen seldom hear anything good of themselves." Cyril: "Yes; and people who talk seldom say anything good about anybody."

Strike while the iron is hot. Even cold cash can be warmed over.

When Fatigued Acup of OXO is both re-freshing and invigorating. Ready in a minute—the minute you want it. OXO CUBES. Net 10c., 25c., \$1.15, \$2.35.