

Why Suffer?
 from Coughs, Colds, Sore Throat, Cramps, Chills, Sprains, Stains, etc.

Johnson's Anodyne Liniment

is a doctor's famous prescription for internal and external use. A soothing, healing, pain quieting anodyne with a record of over 100 years of remarkable success.

Germany Must Withdraw all Soldiers From Baltic

Paris, Sept. 20.—Germany's recall of General von der Goltz from the Baltic region will not satisfy the Supreme Council, it is asserted, the Council being determined to place economic pressure on Germany until all the German soldiers are withdrawn from the Baltic.

The German soldiers at present in this region are variously estimated at from 50,000 to 100,000. They apparently are determined to restore the old Russian regime there.

Members of the peace delegations repeatedly have conferred with Baron Kurt von Lersner, head of the German mission, concerning von der Goltz and his forces, and the German Government agreed to remove them. The slowness in action, however, has resulted in great disorder in the Baltic states and the Supreme Council is determined to take immediate steps to bring pressure to bear upon the Germans until its demands are satisfied.

While it cannot be said that a blockade is actually on against Germany, steps are being taken to bring about financial pressure which will speedily cut off the German food supply and bring the German public to a realization of the fact that German activities in the Baltic states must cease. From now on the way to Germany will not be stopped but future supplies will be held up unless the German Government makes good its promises to evacuate the troops now in the Baltic region.

The Origin of Pearls

For many centuries, even until comparatively recent times, it was the common belief that pearls were drops of dew that gained entrance into the shell of an oyster and were there transformed into lustrous gems. Arab and Indian divers still believe that at certain seasons oysters come to the surface and suck in the rain drops that later become pearls. Science, however, has rudely shattered this poetic fancy and discovered the real origin to be a worm. Some interesting information in this relation has been gathered by the United States Fisheries Commission.

According to an officer of the commission almost any foreign body—a grain of sand, a bit of mud or shell, piece of seaweed or a small animal—may by its irritation cause the oyster to cover it with nacre and make it the nucleus of a pearl, but the largest part of the annual pearl crop of the world is due to parasites.

Minute spherical larva of marine worms, known as cestodes, become imbedded in the soft tissues, as many as forty having been found in one Ceylon oyster. As a result of irritation the oyster forms a protecting sac about the intruder, and then, if the larva dies, its body is gradually converted into carbonate of lime and the pearly mass proceeds to grow with the shell.

If the larva lives it may pass into the body of the strong-jawed trigger fish, which prey upon the pearl oysters, there undergoing further development. Ultimately it reaches the body of the great rays, which in turn eat the trigger fish. In the rays the worm attains full development and produces larva that are cast into the sea, and find lodgment in pearl oysters.

WINTER STORAGE OF SQUASH.

Squash to be carried successfully in storage must be well matured and free from bruises, broken stems, cuts or frost injury. If one disposes of the well coloured, best matured squash and tries to keep those not well ripened, failure is likely to result under the most favorable storage conditions. A squash may be sufficiently matured for immediate use, but not be suitable for storage. In selecting for storage, therefore, pick out those which have had the longest period of growth, and just here it might be said that to get a large proportion of the crop for storage due attention must be given to having the plants started early. It is well also to turn the squash occasionally when growing in order to develop a hard shell on all sides. They should be handled carefully and placed immediately in a well ventilated, dry, warm room with a temperature around 80 degrees until the shells are hard and then removed to a cool but dry light and well ventilated room. Under such conditions we have been able to keep squash until spring in perfect condition.

A woman's tears and a man's grief are not always on the level.

Love may be blind, but unfortunately it is neither deaf nor dumb.



HOW TO SAVE YOUR SHOES

The scarcity of leather and the consequent increase in price for footwear make any process of treatment welcome that gives added life to articles so essential. A writer in 'Chambers' Journal declares that varnishing the soles of boots or shoes makes them wear four or five times as long as they would wear without that treatment. An inferior type of copal varnish is good enough for the purpose and half a pint, costing with a suitable brush, about 25 cents, should keep a person's footwear treated for a year or more.

The leather must be quite dry and bare when you apply the varnish. You should, therefore, wear new boots for a day before treating them. Apply the varnish at intervals of half an hour until the leather is so saturated that the surface remains shiny instead of becoming dull in places. Hang the boots up to dry for twelve hours and they will be ready for wear. It is a good plan to treat the soles in that way once a month. In addition to increasing the life of the leather, the varnish makes it virtually waterproof.

THINGS TO BEAR IN MIND

Here are some bits of advice for men more than 45 years of age, the paragraphs being from Walter Camp's Senior Corps Instruction Book.

Drink without eating and eat without drinking.

Five glasses of water a day, none with meals, will make you free of the doctors.

Wearing the same weight underclothing the year around will save you lots of colds.

Dress cool when you walk and warm when you ride.

Your nose, not your mouth, was given you to breathe through.

Don't sit still with wet feet. Walk until you have a chance to change.

Never let a day pass without covering four miles on foot.

See how high you can hold your head and how deeply you can breathe whenever you are out of doors.

Getting angry makes black marks on the health.

Sleep woos the physically tired man; she flouts the mentally or nervously exhausted.

Loose clothes, loose gloves, easy shoes spell comfort and health.

THICK, GLASSY HAIR FROM DANDRUFF

Girls! ~~Get~~ Hair gets soft, fluffy & beautiful—Get a small bottle of Danderine.

If you care for heavy hair that glitters with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff. You can not have nice heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast. Surely get a small bottle of Knowlton's Danderine from any drug store and just try it.

Gen. Pershing celebrated his 59th birthday by reporting to War Secretary Baker at Washington.

Hostery manufacturers in convention at Atlantic City say there is no prospect of any decrease in prices.

Greatest Rule of Health

And How it May be Carried Out With Dr. Chase's Kidney-Liver Pills.

You sometimes hear it said that the most important Rules of Health is "Daily movement of the bowels."

Constipation begins with the bowels but it does not end there.

You must also consider the way it affects the liver, the kidneys, the digestive system, and in fact the whole human body.

Headaches, backaches, aching limbs, indigestion, biliousness, kidney derangements, appendicitis, and the most serious diseases imaginable often have their beginning with constipation of the bowels.

There is one treatment which has a direct and combined action on the bowels, the liver and the kidneys and gets these organs into good working order in remarkably quick time, and that is Dr. Chase's Kidney-Liver Pills.

They afford relief quickly, but they do more than that. They positively cure constipation, and insure lasting regularity of the bowels by setting the liver right.

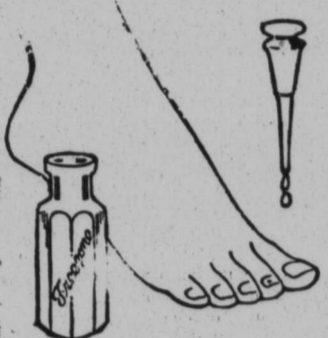
Mr. M. Lock, 30 Home street, Brockville, Ont., writes: "For many years I have been troubled with constipation and have tried a number of remedies, but without obtaining much benefit. About a year ago I started using Dr. Chase's Kidney-Liver Pills, and have found them to be the best medicine for constipation that I have ever used. I would strongly advise anyone troubled with this complaint to try the same remedy."

Mrs. R. Childs, Harriston, Ont., writes: "I suffered from constipation and kidney trouble for some time. One day I bought some of Dr. Chase's Kidney-Liver Pills to see if they would help me, and to my delight, I received great benefit from them in a short time. They are a splendid medicine, and I always keep them on hand as a household remedy."

Dr. Chase's Kidney-Liver Pills are so universally used as a treatment for constipation and liver and kidney troubles that you can obtain them at any store where medicines are on sale. One pill a dose; 25 cents a box; Remanson, Bates & Co., Ltd., Toronto.

LIFT OFF CORNS!

Apply few drops then lift sore, touchy corns off with fingers



Doesn't hurt a bit! Drop a little Frezzone on an aching corn, instantly that corn stops hurting, then you lift it right out. Yes, magic!

A tiny bottle of Frezzone costs but a few cents at any drug store, but is sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation. Frezzone is the sensational discovery of a Cincinnati genius. It is wonderful.

MINARD'S KING OF PAIN LINIMENT

Extract from a letter of a Canadian soldier in France.

To MRS. R. D. BAMBRICK:
 The Rectory, Yarmouth, N.S.

Dear Mother:—

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,
 R. D. Bambrick, 14th Regt. B. Co.

Manufactured by the
 Minard's Liniment Co. Ltd.
 Yarmouth, N.S.

The Expenditure of \$610,000,000

How the last Victory Loan was spent

For Demobilization

For Trade Extension

BEFORE buying Victory Bonds again you may want to know how Canada used the money you loaned her last year.

Canada borrowed the money to carry on the war and to provide credits for Great Britain and our Allies.

CONSIDERABLY more than one-half of the Victory Loan 1918 was spent on our soldiers. This included \$312,900,000, for paying them, feeding them, bringing them home, separation allowances to their dependents, maintenance of medical services and vocational training schools.

\$59,000,000 of the Victory Loan 1918 was paid on account of authorized Soldiers' gratuities.

\$9,000,000 was spent at Halifax for relief and reconstruction after the disaster.

Other disbursements were not, strictly speaking, expenditures, but National Re-investments.

- To Great Britain for example:
- \$173,500,000 was loaned for the purchase of our wheat and cereals.
 - \$9,000,000 for our fish.
 - \$30,000,000 for other Foodstuffs.
 - \$2,900,000 for Canadian built ships.
 - \$5,500,000 to pay other British obligations in Canada.

Making in all \$220,900,000 advanced to Great Britain.

To our Allies, we loaned \$8,200,000 for the purchase of Canadian foodstuffs, raw material and manufactured products.

The Re-investments will be paid back to Canada in due time, with interest.

These credits were absolutely necessary to secure the orders for Canada because cash purchases were impossible.

They have had the effect of tremendously helping agricultural and industrial workers to tide over the depression that would have followed the Armistice, had we not made these credit loans.

As far as money is concerned, 1919 has been, and is still—just as much a war year as 1918. Our main expenditures for war cannot be completed until well on into 1920. Thus another Victory Loan is necessary—Get ready to buy.

Victory Loan 1919

"Every Dollar Spent in Canada"

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