

STRONG PEOPLE NEEDED

The need for people to be healthy is urgent. Those whom illness has put outside the ranks of robust men and women feel their position keenly.

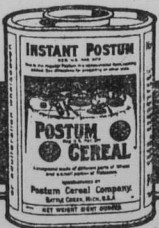
You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ALGOMA AND AN AUTHOR.

If an author can be said to be the product of any particular district—and why not, just as much as a variety of flower, or fruit, or grain?—Alan Sullivan, the distinguished Canadian poet and novelist, should be most properly identified with Algoma.

Peasant women are harvesting the crops in Italy.

The latest advice is not to char the ends of fence-posts before setting them in the ground. The charcoal is said to hold water and thereby hastens rotting of the post.



THERE'S NO DOUBT ABOUT POSTUM AS A HEALTH IMPROVEMENT OVER TEA & COFFEE

"TACTICAL MINES"

Are Inefficient Instruments of Naval Warfare at the Present Time.

In the last great sea fight in the North Sea the retreating Germans threw overboard great numbers of so-called "tactical mines" in the hope that the British warships would hit them and be thereby demolished.

Many experiments in the use of such mines have been made by the United States naval experts. They have been attached in pairs by a line 200 or 300 feet long, but the line sank, bringing the two mines together, so that they were no better than one.

Thus the tactical mine remains to this day an inefficient instrument of naval warfare. It represents an unsolved problem.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. A. C. Smith, Goodwood, Ont., writes: "I have used Baby's Own Tablets for the past two years and have found them the best medicine a mother can give her little ones and I would not be without them."

BELGIAN MILLS STRIPPED.

Invaders Send Machinery to Germany Or Wreck It.

Official dispatches confirm the reports recently brought from Belgium and northern France that the Germans are stripping textile mills of their machinery, destroying it or sending it to Germany.

In some quarters these reports have been interpreted as a possible sign of an approaching evacuation of a large section of Belgian territory. It is pointed out, however, that reports from the same sources tell of the importation of children from ten to fifteen years of age from Germany for office work, and apparently discredit the evacuation theory.

MURINE Granulated Eyeids, Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your eyes and in Baby's Eyes.

To stop the creaking of a door apply a little soap to the hinge. This is as effective as oil, and the soap does not spoil the appearance of the paint.

Minard's Liniment Relieves Neuralgia.

Palaces Going Begging. Would you care to purchase a castle, drawbridge and ghost inclusive, for the small sum of two thousand pounds?

Many palaces have figured recently in the property sales, and some have been acquired at an absurdly low figure.

Fringed by the banks of the River Thames stands Linsey Palace, in Cheyne Walk—not of large dimensions, but notable as the home of both Stuart and Hanoverian rulers.

Turn the garden over with a spade or plough this autumn and, if it is to be had, cover the soil with manure a foot deep before turning it under.

YES! MAGICALLY! CORNS LIFT OUT WITH FINGERS

You say to the drug store man, "Give me a small bottle of freezone." This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender, aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers.

This new way to rid one's feet of corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin.

Don't let father die of infection or lockjaw from whittling at his corns, but clip this out and make him try it. If your druggist hasn't any freezone tell him to order a small bottle from his wholesale drug house for you.

What She Wanted.

An old dame who had never budged from her native village in her life before was travelling to London to see her wounded son. It was a long journey, and she began to be very hungry. She had heard that it was possible to get tea on express trains; but no attendant passed along the corridor. Then a bright thought struck her. One should ring for a servant, of course. She reached up and pulled the communication-cord. There was a screech of brakes, and presently the guard came rushing along.

Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly, T. B. LAVERS, St. John.

When you have an invalid to care for, paste ten or a dozen sheets of old newspapers together, cover with a layer of old cotton cloth, and you will have a mattress protector, easily destroyed if necessary.



Men in Training

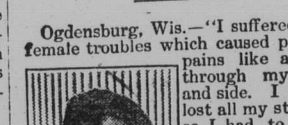
Fighting isn't the only duty of a soldier, and exposure to bullets is not as serious as exposure to all kinds of weather and dampness. Rheumatic aches, sore and stiff muscles, strains and sprains, chilblains and neuralgia, all are enemies of the soldier, and the relief for all these pains and aches is Sloan's Liniment. Clean and convenient to carry or use; does not stain, and penetrates without rubbing.



PAINS SHARP AND STABBING

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound.

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. The first bottle brought great relief and six bottles have entirely cured me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."



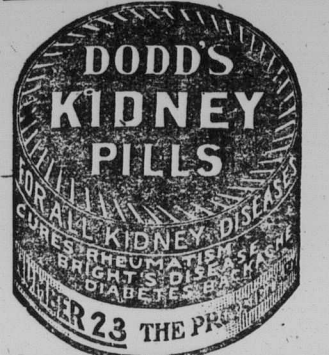
Physicians undoubtedly did their best, battled with this case steadily and could do no more, but then the most scientific treatment is surpassed by the medicinal properties of the good old-fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound. If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

Blackbirds Saved the Crop.

A few days ago, Grant Mitchell, living near Windfall, Indiana, gave up for lost a ten-acre field of tomatoes, says the Indianapolis News. In one last effort to save at least a part of the crop, Mr. Mitchell and two or three farm employees went to the field one morning to destroy as many worms as possible, but they found that every worm had disappeared. A neighbor told Mr. Mitchell the field had been alive with blackbirds the afternoon before. Similar stories are reported by other farmers of the county.

Minard's Liniment Cures Dandruff.

Seed ears from the best producing stalks in the field produce more than seed ears apparently as good, but gathered without considering the productiveness of the parent stalk. The place to select seed corn is in the field, not in the crib; the time to select it is as soon as it is mature, not at husking time.



CUTICURA HEALED VERY ITCHY SCALP

Burning Kept Her Awake Nights. Hard Lumps Came Then Turned to Scales.

"My scalp began by being very itchy and burning which would keep me awake nights it was so bothersome. First there would come little hard lumps and when I scratched them they would turn to flaky scales and dry."

"I got no relief until I got Cuticura Soap and Ointment. They gave instant relief and in a week I was completely healed."

Most skin troubles might be prevented by using Cuticura Soap and Ointment for every-day toilet purposes.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.



I think that every mother's son And every father's daughter Should drink, at least till twenty-one, Just nothing but cold water. And after that they might drink tea, But nothing any stronger. If all folks would agree with me, They'd live a great deal longer.

Minard's Liniment for sale everywhere.

You will find it much easier to both hear and talk over the telephone if you close your eyes.

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

October is the month to plant tulip, crocus, narcissus and hyacinth bulbs. Do it now!

Minard's Liniment Cures Burns, Etc.

When buying your Piano insist on having an "OTTO HIGEL" PIANO ACTION



South Australia hopes to become a producer of radium, as it has discovered a deposit of uranium.

NEWSPAPERS FOR SALE

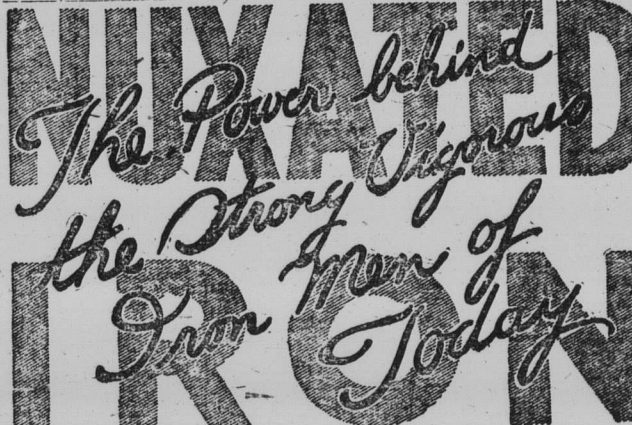
PROFIT-MAKING NEWS AND JOB OFFICES for sale in good Ontario towns. The most useful and interesting of all businesses. Full information on application to Wilson Publishing Company, 73 Adelaide St., Toronto.

MISCELLANEOUS

CANCER, TUMORS, LUMPS, ETC.—Internal and external, cured with our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont.

ABSORBINE

Reduces Bursal Enlargements, Thickened, Swollen Tissues, Curbs, Filled Tendons, Soreness from Bruises or Strains, stops Spavin Lameness, allays pain. Does not blister, remove the hair or lay up the horse. \$2.00 a bottle at druggists or delivered. Book 1 M free.



Dr. Ferdinand King, a New York City Physician and Medical Author says "There can be no strong, vigorous, iron men no beautiful, healthy, rosy-cheeked women without iron—Nuxated iron taken three times per day after meals will increase the strength and endurance of weak, nervous, run-down folks 100 per cent. in two weeks' time in many instances. Avoid the old forms of metallic iron which may injure the teeth, corrode the stomach, and thereby do more harm than good. Take only organic iron—Nuxated Iron." It is dispensed by all good druggists.

Dr. Beck, The Well Known Eye Specialist and Doctor Judkins, The Medical Author, Publish Astonishing Report on Wonderful Remedy To Strengthen Eyesight

Say it Strengthens Eyesight 50% in One Week's Time in Many Instances



DR. BECK

A Free Prescription You Can Have Filled and Use at Home.

New York—Dr. Beck, a New York state eye specialist, and Dr. Judkins, a Massachusetts physician, were asked to make a thorough test of the popular eye remedy, Bon Opto. Their reports were most interesting. Here they are:

Dr. Beck reports: "When my attention was first called to the wonderful eye remedy, Bon Opto, I was inclined to be skeptical. I make it a rule to test every new treatment which is brought to my attention. Having specialized in eye work for the past twenty years, I believe I am qualified to express an intelligent opinion on remedies applicable to the eyes. Since Bon Opto has created such a sensation throughout the United States and Canada, I welcomed the opportunity to test it. I began to use it in my practice a little over a year ago and I am frank to say that the results obtained are such that I hesitate to tell of my experience for fear it will sound incredible. Some of the results I have accomplished with Bon Opto not only astonished myself but also other physicians with whom I have talked about it. I have had many individuals who had worn glasses for years for far-sightedness, near-sightedness, astigmatism and other eye weaknesses, tell me they have dispensed with them through the adoption of the Bon Opto principle. Many eye troubles can be traced directly to muscular contraction and relaxation and since Bon Opto method tells how to exercise and develop the eye muscles, it reaches conditions not possible through other means. I advise every thoughtful physician to study Bon Opto principle, give it the same careful trial I have and there is no doubt in my mind they will come to the conclusion I have, namely, that the Bon Opto method opens the door for the cure of many eye troubles which have heretofore been impossible to cope with. The treatment is so simple in its application that it can be used at home by anyone of average intelligence. In my own practice I have seen it strengthen

the eyesight more than 50 per cent in one week's time. I have also used it with surprising effect in cases of work strained eyes, pink eye, inflamed lids, catarrhal conjunctivitis, smarting, painful, itching, itchy eyes, eyes weakened from colds, smoke, sun, dust and from the watery eyes, blurred vision, and in fact many other conditions too numerous to describe in this report. A new and startling case has just come under my observation, which yielded to Bon Opto. It is that of a young girl, 12 years old. Two prominent eye specialists, after a thorough examination of the young girl, decided in the young girl to be operated on, the young girl's father decided to use Bon Opto. In less than three days a marked improvement was noticed. At the end of a week the inflammation had almost disappeared, and at the end of six weeks the eye was saved. Just think what the saving of that eye means to this little girl. Another case is that of a lady ninety-three years old. She came to me with dull vision and extreme inflammation of the lids and the conjunctiva was almost raw. After two weeks' use of Bon Opto the lids were absolutely normal and her eyes are as bright as many a girl of sixteen."



DR. JUDKINS

caused by overworked, tired eyes which induced heron headaches. I have worn glasses for several years, both for distance and close work and without them I could not read my own name on an envelope or type-writing on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what has done for me."

"It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by the use of this prescription at home. Here is the prescription: Go to any active drug store and get a bottle of Bon Opto tablets. Drop one Bon Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what has done for me."

NOTE—Another prominent physician to whom the above article was submitted, said: "Yes, the Bon Opto prescription is truly wonderful. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or mist glasses. It is one of the very few preparations I feel should be kept on hand for ready use in almost every family. Bon Opto referred to above, is not a patent medicine or a secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee that the medicine will do 100 per cent in one week's time in many instances. It is a good drug, including glasses, stores; also by G. T. Tamplin, Boston and Co., Toronto."