

AUTO SPARE PARTS
for most makes and models of cars.
Your old, broken or worn-out parts
replaced. Write or wire us describing
what you want. We carry the
largest and most complete stock in
Canada of slightly used or new parts
and automobile equipment. We ship
C.O.D. anywhere in Canada. Satisfac-
tory or refund in full our motto.
Shaw's Auto Salvage Part Supply,
922-921 Dufferin St., Toronto, Ont.

**DESIGNS FOR YOUNG
WOMEN.**



No. 9737—Ladies' and Misses' Rag-
lan Coat. Price, 35 cents. Two
styles of collar. Cut in 3 sizes;
small, 34, 36; medium, 38, 40; large,
42, 44 ins. bust measure. Small size
requires, without nap, 4 1/2 yds. 40
ins. wide; or 3 3/4 yds. 40 ins. wide;
with nap, 3 3/4 yds. 54 ins. wide; lin-
ing, 3 3/4 yds. 36 ins. wide.
No. 9732—Ladies' Suit-Coat. Price,
35 cents. Convertible collar; with
or without bell cuffs. In 7 sizes, 34
to 46 ins. bust. Size 36, with bell
cuffs, without nap, 2 1/4 yds. 40 ins.
wide; with nap, 2 1/4 yds. 54 ins. wide;
lining, 2 1/4 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.

Contentment.

Some murmur, when their sky is clear
And wholly bright to view.
If one small speck of dark appear
In their great heaven of blue;
And some with thankful love are fill'd
If but one streak of light.
One ray of God's good mercy, gild
The darkness of their night.
In palaces are hearts that ask,
In discontent and pride,
Why life is such a dreary task,
And all good things denied;
And hearts in poorest huts admire
How love has in their aid
(Love that not ever seems to tire)
Such rich provision made.

**THE BEST MEDICINE
FOR LITTLE ONES**

Thousands of mothers state posi-
tively that Baby's Own Tablets are the
best medicine they know of for little
ones. Their experience has taught
them that the Tablets always do just
what is claimed for them and that
they can be given with perfect safety
to children of all ages. Concerning
them Mrs. Joseph Therrien, St. Ga-
briel de Brandon, Que., writes: "Baby's
Own Tablets are the best medicine I
know of for little ones. I thought I
would lose my baby before trying the
Tablets but they soon made him
healthy and happy and now I would
not be without them." The Tablets
are sold by medicine dealers or by
mail at 25 cents a box from The Dr.
Williams' Medicine Co., Brockville,
Ont.

On a fifteen per cent. grade it takes
nine horses to move the same load
that one horse can move on a level
highway. Grade the grades and save
horse-flesh and power.

Only the best of everything comes
to the man who waits on himself.

Minard's Liniment Relieves Distemper

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

At the present time smallpox is a
real menace to the health and wel-
fare of the people of Canada and
United States. In recent years there
has been a carelessness in these
countries with regard to the dangers
from smallpox, because there has been
a long period of comparative freedom
from the severe forms of the disease.
The cases that have occurred have
been few and mild. But since the
Great War there has been a world-
wide increase in the number of cases,
partly because during the war people
from all parts of the globe were
brought together in large numbers,
and some came from countries where
there was much smallpox. The lack
of adequate medical and sanitary ser-
vice in all the fighting countries of
Europe, the unfavorable living con-
ditions arising out of the war, and the
marked falling off in universal vac-
cination, have resulted in an in-
creased prevalence of the disease. In a
number of instances it has occurred
in severe form.

In the Province of Ontario, where
there has been persistent opposition
to vaccination, a very severe outbreak
of smallpox with thousands of cases
occurred early this year, and the
United States sanitary authorities de-
clared a quarantine on all travellers
from this province into the United
States. California reported more
than 2000 cases in 1919, and reports
from several other States in the South
show that smallpox has been widely
prevalent recently.

It is entirely within the power of
the people to erect a barrier against
the disease. Vaccination is the one
measure which has proven its effec-
tiveness as a means of smallpox con-
trol. The evidence shows conclusively
that in those countries where vac-
cination is faithfully carried out,
hardly any deaths from smallpox oc-
cur; and in those areas where there
is public and private indifference to
this simple procedure, there is always
more or less mild, and, at times, viru-
lent smallpox.

The experience of the people of
Cuba is one of the most important
facts we have on smallpox preven-
tion. In 1896 and 1897 there were
over 1000 deaths each year from
smallpox in the City of Havana alone.
With the beginning of American oc-
cupation of the island, vaccination
was enforced; children were com-
pelled to be vaccinated, as were also
all persons who could not produce
satisfactory evidence of previous vac-
cination. The beneficial effect of this
common-sense procedure was observ-
ed almost at once. Between 1901 and
1917 there was only one death from
smallpox in the City of Havana. A
similar condition was observed in
Japan. Before the practice of vac-
cination was effectively carried out
Japan had thousands of cases and
deaths each year. Epidemics of the
disease were especially severe. In
1909 a law was passed requiring vac-
cination of each infant within three
months after birth. This measure
had the effect of greatly re-
ducing the number of cases and
deaths. There have been no serious
epidemics from smallpox in Japan
since vaccination was generally in-
troduced.

In Canada and the United States
there are no centres of smallpox in-
fection where vaccination has been
thoroughly tried out. Some cases are
brought in from other countries, or
from other areas where the practice
of vaccination is lax, but no epidemics
have commenced in these protected
centres. On the other hand, in cities
where there is great laxity in the en-
forcement of vaccination laws, or
where there are no laws to be en-
forced, many cases occur each year.
It is the duty of health officers,
publicists and all others interested
in the public safety to arouse their
communities immediately to this men-
ace and to enlist public interest in
the passing of vaccination laws
where none now exist, or in the rigid
enforcement of such laws as are now
on the statute books.

Grape-Nuts

*The Cereal
That Needs No Sugar*

Healthful, substantial and
full of sturdy nourishment.
A food of delightful flavor,
eatable to the last atom.

Sold by grocers everywhere!

Wriggling Eels.

Eels do not breed in fresh water.
All of the myriads of them seen in
our streams and lakes were originally
hatched in the sea. They are by
origin marine fishes.

When very young they do not look
in the least like the eels with which
we are familiar. They are flat and
ribbonlike. This is a larval stage of
development. When they have assum-
ed adult form they leave the sea and
run up into the rivers.

When big enough to breed they go
back to the sea, and there the females
lay their eggs. Thus the cycle of their
lives is accomplished. One under-
stands, then, why there were no eels
in Lake Erie until they were planted
there. They could not climb over the
Niagara cataract.

Baby eels were caught in deep-sea
dredges many years before they were
recognized as eels, their appearance
being so different. Even now very
little is known about their spawning
grounds.

**WEAK, NERVOUS
AND RUN DOWN**

A Condition Afflicting Thou-
sands of People—How to
Get New Health.

There are thousands of people who
are enduring the pain and discom-
fort of minor ills in the hope that the
indisposition is only temporary and
will be outgrown in time. Often such
finenesses are not serious enough to
require the attention of a doctor, but
will respond to intelligent home treat-
ment if a reliable remedy is used. Wo-
men, busy with a multitude of house-
hold cares, young women in offices or
stores, or girls studying hard in
school, easily fall a prey to that con-
dition of bloodlessness known as
anaemia. The trouble need not be
serious if prompt, effective measures
are taken to check it in its early
stages. Dr. Williams' Pink Pills will
restore the elements needed to bring
the blood back to strength, and once
the blood regains its healthy quality
the entire body will show the benefit.
Among the many who have found
benefit through the use of Dr. Wil-
liams' Pink Pills is Mrs. James J.
Johnston, of Peterboro, Ont., who
says: "I can personally strongly re-
commend Dr. Williams' Pink Pills be-
cause of what they have done for me.
About two years ago I felt poorly, was
terribly weak, nervous and run down.
I was easily annoyed and worried, and
my heart would flutter at the least
exertion. I tried several remedies but
did not find a cure until I took Dr.
Williams' Pink Pills. I took seven
boxes in all and am now enjoying per-
fect health and have gained in weight.
I calculate the cost small when I
think of the benefit I received, and I
recommend the pills to all weak
people."

Rich, red blood is the whole secret
of good health, and from the first to
the last dose Dr. Williams' Pink Pills
enrich and purify the blood. You
can get these pills through any medi-
cine dealer or by mail at 50 cents a
box, or six boxes for \$2.50, from The
Dr. Williams' Medicine Co., Brockville,
Ont.

My Youth.

My youth was my old age,
Weary and long;
I had too many cares
To think of song;
My moping days all came
When I was young.
Now in life's prime my soul
Comes out in flower;
Late, as with Robin, comes
My singing power;
I was not born to joy
Till this late hour.

Minard's Liniment Co. Limited,
Gentlemen.—In July, 1915, I was
thrown from a road machine, injuring
my hip and back badly and was ob-
liged to use a crutch for 14 months. In
Sept. 1916, Mr. Wm. Outridge of La-
crosse urged me to try MINARD'S
LINIMENT, which I did with the most
satisfactory results and to-day I am
as well as ever in my life.

Yours sincerely,
his
MATTHEW B. BAINES,
mark

Island of Ghosts.

The little island of Rotherneuff, off
the coast of France, has for its sole
inhabitant an eccentric hermit who for
many years has devoted much of his
time to carving humulike figures out
of the rocks which slope down to the
sea.

There are hundreds of them—mostly
lying on their backs, as if staring up
at the sky, but some in a seated po-
sure and a few standing erect.
The effect is described by the Popu-
lar Science Monthly as weird and un-
earthly, the figures looking like petrified
men. They are understood to repre-
sent biblical characters. Along the
top of the wall in front of the hermit's
dwelling are a number of heads, like-
wise carved out of stone.

The hermitage is on the summit of
the rocks, overlooking the carved
shore and the sea. People who live
on the nearby mainland call the place
the "island of ghosts."
The hermit keeps his sculptures
swept clear of sand. They seem to
have for him a religious significance.

The international signal code makes
use of eighteen flags from which 78,
000 signals are given.

A jumping tooth or
earache quickly re-
lieved by the use of

**BAUME
BENGUE**

It soothes pain.
BEWARE OF SUBSTITUTES
\$1.00 a tube.
THE LEEHMAN CO., LTD.
MONTREAL
Agents for Dr. Jules Bengue
RELIEVES PAIN

**Victoria and Vancouver
Island.**

Vancouver Island folk pick roses in
the garden when the Christmas bells
are ringing, and the golfer is never off
his game, so far as being able to play
is concerned, because there he can
drive, approach the green and putt all
most every day in the year. In the
fall and during the winter the grass
is rich and green, and bloom is per-
petual. This is due to the warming
influence of the Japan current, which
is the Gulf Stream of the Pacific
Ocean. Vancouver Island was named
after Captain George Vancouver, of
the British Navy, who discovered it
in 1792, and has an estimated area of
15,000 square miles. Its trees, among
them the stately Douglas fir, which
towers 300 feet above the roads over
which the traveller glides by auto-
mobile, or by the Esquimalt & Nanai-
mo Railway, which runs northward
through half the length of the island,
are magnificent beyond description,
some of them being 6 or 7 feet in
diameter. Along the road are many
comfortable hotels and country
chalets, many of them like the inns
one finds on English country roads.

Victoria, the capital of British
Columbia, is a city of rare charm with
its beautiful drives, its golf courses,
its Chinese quarter, its turbaned
Hindoo, its Empress Hotel and its
beautiful Capitol buildings. Every
year at least 5,000 American golfers
visit one course in Victoria, the Vic-
toria Golf Club course, and thousands
of automobiles leave Seattle annually
for Victoria and Vancouver.

There is splendid inland and deep
sea fishing in and on the coast of
Vancouver Island, and the ambitious fish-
erman who really wanted to do some-
thing sensational has even gone out
on the west coast waters of the Pacific
and caught a real whale for breakfast.
Needless to say, he did not have it
served on toast.

Gladness.

This is my Father's world.
Should my heart be ever sad?
The Lord is King—let the heavens
ring:
God reigns—let the earth be glad.

MONEY ORDERS.

Buy your out-of-town supplies with
Dominion Express Money Orders.
Five Dollars costs three cents.

Cheese, besides containing a large
per cent. of protein, has nearly an
equal amount of fat in its composi-
tion. Both of these must be taken into
consideration when planning meals
which are dependent upon cheese for
the principal nourishment.

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.

WANTED

Send for list of inventions wanted
by Manufacturers. Fortunes have
been made from simple ideas.
"Patent Protection" booklet and
"Proof of Conception" on request.
HAROLD C. SHIPMAN & CO.
PATENT ATTORNEYS
20 SHIPMAN CHAMBERS - OTTAWA, CANADA

STORM WINDOWS & DOORS

SIZES to suit your
openings. Fitted
with glass. Safe de-
livery guaranteed.
Write for Price List
(10). Cut down fuel
bills, insure winter
comfort.
The HALLIDAY COMPANY, Limited
HAMILTON FACTORY DISTRIBUTORS CANADA

**WEEKS
BREAK UP A COLD**

TABLETS
ISSUE No. 48—20.

**BITS OF
HUMOR
FROM HERE & THERE**

Bobby Knew.

Teacher: "Now, Bobby, how much
do six and four make?"
Bobby (eagerly): "Eleven, sir."
Teacher: "Now, guess again."
Bobby (doubtfully): "Twelve—nine
—thirteen."
Teacher: "How about ten?"
Bobby (exultingly): "Oh, you can't
mix me up that way. It's five and five
that make ten!"

No 'a Girl Guide.

It happened in London about the
time that the Jamboree was held at
Olympia, and Boy Scouts from all over
the world attended.

A Highland soldier, on entering an
underground train at Paddington,
found himself in the centre of a party
of the boys.

There were no vacant seats, but
a tiny "wolf-cub" got up and said:
"Will you please take my seat,
miser?"
The Highlander blushed, smiled,
and replied in kindly tones:
"Thank ye, me lad but I'm no 'a
Girl Guide yet."

**WHEN RHEUMATISM
HITS YOU HARD!**

Sloan's Liniment should be kept
handy for aches and pains

WHY wait for a severe pain, an
ache, a rheumatic twinge fol-
lowing exposure, a sore muscle,
sciatica, or lumbago to make you quit
work, when you should have Sloan's
Liniment handy to help curb it and
keep you active, and fit, and on the job?

Without rubbing, for it penetrates,
apply a bit today to the afflicted part.
Note the gratifying, clean, prompt relief
that follows. Sloan's Liniment couldn't
keep its many thousands of friends the
world over if it didn't make good.
That's worth remembering. All drug-
gists—three sizes—the largest is the
most economical. 35c, 70c, \$1.40.

**Sloan's
Liniment**

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 physio for the little stom-
ach, liver and bowels. Children love
its fruity taste. Full directions on
each bottle. You must say "Cal-
ifornia."

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

Classified Advertisements.

FEMALE HELP WANTED.
LADIES WANTED—TO DO PLAIN
and Light Sewing at home; whole-
sale time; good pay; work sent any dis-
tance; charges paid. Send stamp for
particulars. National Manufacturing Co.,
Montreal.

AGENTS WANTED.
AGENTS WANTED: BLISS NATIVE
Herbs is a remedy for the relief of
Constipation, Indigestion, Bloating,
Rheumatism, Kidney Troubles. It is
well-known, having been extensively ad-
vertised, since it was first manufactured
in 1888, by distribution of large quan-
ties of Almanacs, Cook Books, Health
Books, etc., which are furnished to
agents free of charge. The remedies are
sold at a price that allows agents to
double their money. Write Alonzo O.
Bliss Medical Co., 124 St. Paul St. East,
Montreal. Mention this paper.

MISCELLANEOUS.
IMMORTALITY CERTAIN—Sweden-
borg's great work on Heaven and
Hell, and a real world beyond. Over 400
pages, only 25c postpaid. H. B. Law,
486 Euclid Ave., Toronto.

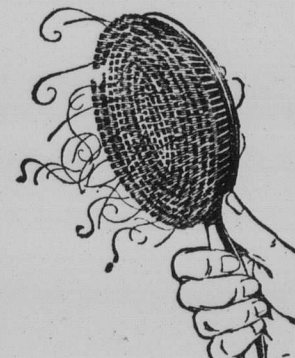
As a result of the world war the
present value of capital in France
necessary for pensions for widows,
orphans and wounded is 68,000,000,000
francs.

Minard's Liniment For Dandruff.

A stork has been known to perish
in a conflagration rather than desert
her little, helpless brood.

"DANDERINE"

Stops Hair Coming Out!
Doubles Its Beauty.



A few cents buys "Danderine." Af-
ter an application of "Danderine" you
can not find a fallen hair or any dan-
druff, besides every hair shows new
life, vigor, brightness, more color and
thickness.



**Cuticura Shampoos
Mean Healthy Hair**

Especially if preceded by touches
of Cuticura Ointment to spots of
dandruff, itching and irritation.
This treatment does much to keep
the scalp clean and healthy and to
promote hair growth.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold
throughout the Dominion. Canadian Depot:
Lyness, Limited, 344 St. Paul St. W., Montreal.
Cuticura Soap shaves without ras-
sor.



SHILOH
30 DROPS
STOP COUGHS

**ONLY TABLETS MARKED
"BAYER" ARE ASPIRIN**

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" stamped on tab-
lets positively identifies the only gen-
uine Aspirin—the Aspirin prescribed
by physicians for over nineteen years
and now made in Canada.
Always buy an unbroken package
of "Bayer" Tablets of Aspirin which
also sell larger "Bayer" packages.
There is only one Aspirin—"Bayer"—You must say "Bayer!"
Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mon-
roch and Co. of Elberfeld. While it is well known that Aspirin means Bayer
manufacture, to assist the public against imitations, the Tablets of Bayer Company
will be stamped with their general trade mark, the "Bayer Cross."