

ASTHMA NEVER CAME BACK

Since Taking The Fruit Treatment in "Fruit-a-tives"

Read this letter from Mrs. J. M. Pennington of New Rockland, P.Q. "In 1919, I was taken with Bronchial Asthma and no one knows what I suffered during the winter. I began having choking spells and would just gasp for breath and could not speak. The doctor said he could do nothing for me.

In the spring of 1920, I started taking "Fruit-a-tives" and soon the choking spells became easier and I have not had one since May 7th, 1920. It is such a relief to be able to go to bed and have no thought of having to get up in the night for an hour or more as I did all that winter, but never have to now, all because I take a "Fruit-a-tives" tablet every night. 25c. and 50c. a box—at all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.



Clean to handle. Sold by all Druggists, Grocers and General Stores



Invited for the week-end

—by Long Distance

It was Thursday afternoon in the country. Hospitable Mrs. Martin seemed disappointed. The week had slipped away before she knew it. No one had been invited up for the week-end and there wasn't time in which to write.

And then she thought of the telephone — Long Distance! What an inspiration! In twenty minutes she knew the Smarts would come — delighted to — and what train they would be on. Splendid! — and she had ordered some extra supplies from her grocer in town to be shipped by express that night!

What a pleasant week-end she will have — thanks to Long Distance!



Have You Tried Our
Malto Cream Bread
IT'S REAL —
Not an Imitation

F.H. Lovell
Bakery and Confectionery

CONDITIONS IN CHINA

As Told by Miss Margaret H. Brown, Missionary

At Hwai King Fu, Honan, in a Letter to her Home Folks. She Graphically Describes Some of the Chinese Ceremonies.

(Note:—The following letter will be of great interest to many of our readers as Miss Brown is well known to many in this vicinity, she having visited here while home on furlough some time ago.)

Dear Home People:—

I wrote to you quite late last week, but there has been one big event since then. We got some rain. I do not think you can have the least idea just what it meant to us all. The whole countryside was restless. The wheat has headed out and what little was left would dry up unless the rain fell, and every soul in city and country had become restless. Flour was daily rising in price and everyone was worked up over it. I am going to enclose a copy of the story I have written about their attempt to get rain, so I shall not repeat. Rain came on Monday and even that morning I was not sure that it might all end in wind and dust. At noon it started gently and lasted on late into the evening without a bit of wind. Oh the joy to walk out and find no dust. We had not seen the mountains for more than two weeks though they are just seven miles away and often look as though you could put out your hand and touch them. They were lost in dust. Friends had been urging me not to walk to school as the dust was so bad and disease so prevalent. Oh the joy of getting just one breath of clean, pure air.

The sister of one of my pupils died on Sunday night. She has been sick for ever so long and they have tried every remedy, and Sunday came for the doctor. He went in in the afternoon, only to find that she was nearly dying of pneumonia. She may have had typhoid as well, he could not tell, but she was in the last stages and was already unconscious. He said he had never seen a worse looking case. I heard him explaining some things to Clara, but not being a doctor I did not understand. Before she died I heard that they sent off fifty fire-crackers by her bed. I do not know whether that was to try to rouse her or to frighten away the evil spirits left behind by the foreign doctor. They told him that one of the things they had done to try to help her was to cut up a live chicken and put it on her chest. Poor things; and we are here with means to help them and they do not trust us but come as the very last resource.

I think I told you about Ma Tai Tai being so ill. It was only about Wednesday of last week that the doctor discovered that she had diabetes as well. Yesterday the insulin that he sent for arrived. It seems terribly sad. We do mean to have had so many sad things. Since Doctor Chang left Dr. Reeds simply has not been able to overtake all the work. Some days he has as many as one hundred and fifty at the clinic and he has only two trained assistants or dressers, as they are called, to help him. Now on top of this, the most experienced of these two is very ill with relapsing fever. The doctor said last night that he was very ill and was not responding as readily to the medicine as he ought to, and besides the relapsing fever microbe, there was something else which he had not yet recognized. He is such a fine Christian fellow and has been here ever since I came, but he went to France. I think you can understand how, with all this on his hands, the doctor finds it pretty hard to make all possible tests on all the patients. I do hope that Dr. Maclure can come in to help a bit in the fall.

Breaking Through the South Gate of Heaven

This spring has been usually dry and dusty, even for a land where drought and dust are the order of the day. Strangely enough we have had an unusual amount of cloudy weather. Over and over again we thought that our hope of rain was about to be realized. Alas! We never got more than a few tantalizing drops. As the Chinese said, "Such lovely rain, but unwilling to come down." And more often instead of the few beautiful drops, we got nothing but a strong wind carrying a dust storm a little worse than the last time. Then there would be a scurrying around to close up every window and door, while tired

The simple, sure way to keep that schoolgirl complexion

Youthful complexions are becoming the rule—even in middle life and later years. For millions now follow a simple rule—a method you, too, may easily employ.

Do this at night

Cleanse the skin regularly, authorities say, to keep your complexion lovely, radiant, youthful. But beware of harsh cleansing methods. They injure skin.

Wash thoroughly with Palmolive Soap—each night before retiring. Rub the creamy, foamy lather well into the tiny

pores. Rinse — and repeat the washing. Then rinse again. Then—if skin is dry—apply a little cold cream. That is all. Skin so cared for is not injured by cosmetics, by wind and sun, or by dirt.

The simple, correct way

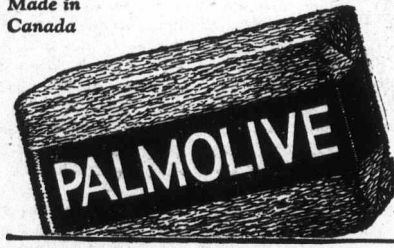
You cannot find a more effective beauty treatment. Because Palmolive Soap is blended of rare

palm and olive oils—famous for mild but thorough cleansing qualities since the days of Cleopatra. And it is inexpensive.

All dealers carry Palmolive Soap. Try it for just one week. See how it does improve your skin. Note well the name and wrapper. Palmolive is never sold unwrapped.

Costs so little that you may enjoy it for the bath also.

Made in Canada



Volume and efficiency produce 25c quality for

10c

THE PALMOLIVE COMPANY OF CANADA, LIMITED

Winnipeg Toronto Montreal

Palm and olive oils—nothing else—give Nature's green color to Palmolive Soap.

Women's Handicaps

Headaches and Backaches Often Make Life Miserable.

A women's health handicaps her almost always. She has pains and disabilities which do not afflict men. Nature does not give her a fair chance. Her blood is more often thin and poor than a man's, and she often neglects the first beginnings of ill-health. Many women who seemed destined to a life of frequent suffering have been freed entirely from their suffering through the wonderful blood-making qualities of Dr. Williams' Pink Pills. Many a woman toils all day with a pain in her back and side, a burning headache, and a sense of having no spine left.

What a pity women will not listen to their friends whom Dr. Williams' Pink Pills have saved from their misery. Whenever a woman suffers they will help her. In youth, middle age and afterlife. Mrs. John Mitchell, of Middleville, Ont., gives her experience for the benefit of other women sufferers. She says:—"Some years ago I was so badly run down I could hardly walk around the house. I tried to do a few chores but was able to do very little. My boys and husband had to do the rest. If I started up stairs I had to go very slow or I would fall, and I was just played out when I got to the top of the stairs. My head ached terribly, and my heart would beat violently. In this deplorable condition I began taking Dr. Williams' Pink Pills. When I had finished taking six boxes I felt much better. Then I got a further supply, and by the time I had taken these I could walk anywhere without being exhausted, the headaches had disappeared and I am now perfectly well. Any woman who is run down should not hesitate to begin Dr. Williams' Pink Pills at once, as I am sure from my own experience they will build her up."

You can get these Pills from any medicine dealer or by mail at 50 c. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Red Currant Jelly

adds piquancy to any winter meal. Why not put it up now while supplies are plentiful and inexpensive?

DOMINION GLASS CO., LIMITED MONTREAL DEPT. D

Perfect Seal Crown Improved Gem JARS

Free recipe book on request

"FEEL IT HEAL"

Mentholatum

TIED FEET SKIN-IRRITATION, BRUISES

JARS 50c. & 60c.—TUBES 50c.—At all Drug Stores

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