BEDRIDDEN WITH RHEUMATISM

Felt That He Would Never Walk Again—"Fruit-a-tives" Brought Relief.

MR. LORENZO LEDUC.

3 Ottawa St., Hull, P. Q.

"Fruit-a-tives" is certainly a wonder. For a year I suffered with Rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine, but without getting better, and thought it would never be able to walk again.

"One day while lying in bed, I read about 'Fruit-a-tives,' the great fruit medicine; and it seemed just what I needed, so I decided to try it.

"The first box helped me, and I took the tablets regularly until every trace of the rheumatism left me.

"I have every confidence in 'Fruit-a-tives,' and strongly recommend them to every sufferer from Rheumatism."

LORENZO LEDUC.

50c a box, 6 for $2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives, Limited, Ottawa, Ont.

The Quick Way to Stop a Cough

This home-made syrup does the work in a hurry. Easily prepared, and saves about $2.

You might be surprised to know that the best thing you can use for a severe cough, is a remedy which is easily prepared at home in just a few moments. It's cheap, but for prompt results it beats anything else you ever tried. Usually stops the ordinary cough or chest cold in 24 hours. Tastes pleasant, too—children like it—and it is pure and good.

Pour 2½ ounces of Pinex (50 cents worth) in a 16-oz. bottle; then fill it up with plain granulated sugar syrup. Or use clarified molasses, honey, or corn syrup, instead of sugar syrup, if desired. Thus you make 16 ounces—a family supply—but costing no more than a small bottle of ready-made cough syrup.

And as a cough medicine, there is really nothing better to be had at any price. It goes right to the spot and gives quick, lasting relief. It promptly heals the inflamed membranes that line the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splendid for bronchitis, croup, whooping cough and bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract, famous for its healing effect on the membranes.

To avoid disappointment ask your druggist for "2½ ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

CUTICURA

SOAP and Ointment

Quickly soothe and heal eczemas, rashes, itchings and burnings of the skin.

Sample Each Free by Mail. Address postcard "Cuticura, Dept. N, Boston, U.S.A." Sold by dealers throughout the world.

TURN HAIR DARK WITH SAGE TEA

If Mixed With Sulphur It Darkens So Naturally Nobody Can Tell.

The old-time mixture of Sage Tea and Sulphur for darkening grey, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the grey hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance, which is so attractive.

KAY'S LINSEED COMPOUND

is a reliable old English Home remedy for — COUGHS, COLDS, Asthma, Bronchitis, & all Lung & Throat Troubles.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

How Science Remedies Loss of the Sense of Smell

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D., (Johns Hopkins University.)

DR. HIRSHBERG

"A rose by any other name will smell as sweet," is a popular platitude believed implicitly by many. Yet to the person who, through a nasal infection, a cold or some other disorder, has lost the sense of smell, a rose would yield no fragrance at all.

It is a difficult thing for a normal person, much less an abnormal one, to discriminate between taste and smell. The various odors and taste are intermingled in his mind.

Loss of the sense of taste is very rare, yet you hear many persons say, "I cannot taste a thing." Generally they mean that their sense of smell is temporarily lost. For odors reach the nostrils as often through the back of the throat as through the nose proper.

Dr. D. Wheeler of the Canadian army recently reported a not unusual sort of olfactory disturbance. This patient is perhaps typical of many, and explains very definitely the four primary tastes, as distinguished from a whole legion of odors.

A Strange Case.

The victim could recognize and perceive anything that was sweet, sour, salty or acid, yet he couldn't tell a steak from an onion, or garlic from nectar.

Indeed, edibles and drinks were past all recognition so far as he was concerned, although he had previously had the reputation of being unusually skillful in his tastes—a veritable Lucullus or Epicure.

Taste is commonly credited in the popular mind with the most power of discrimination and fine differentiation. It is, after all, smell and not taste that separates out these differences.

The sufferer was told by all sorts of doctors, scientists and others that he "imagined" this, that it was "hysterical," "neurotic," "psychic," and not real.

The Successful Treatment.

He was finally restored to a normal sense of smell by means of a Faradic electric treatment.

It has been the experience of physicians who recognize a structural, actual foundation for nasal and olfactory ailments, that electricity in the form of the buzzer or interrupted current, stirs up lazy or perverted sensory tissues.

A vigorous current applied to the back of the neck, or in the neighborhood of the nostrils, in not too sensitive a part, arouses the lost or diminished irritability if the affected sense, which soon or late under this stimulation recuperates.

Obstructions and inflammations in the nasal chambers, whether due to spurs, polyps, congestions, large turbinates, troublesome ethmoids or sphenoids, influenza, colds or other infections, may bring about some sort of confused or lost sensation, which electricity brings back to normal.

Neglect to begin such treatment immediately may be the origin of a chronic lost sense of smell.

Answers to Health Questions

W. D. S.: Q.—Kindly advise me what to do for poor circulation.

A.—Very slow and weak condition of blood circulation may possibly be due to constipation.

F. M.: Q.—Kindly advise me what to do for warts.

A.—A skillful physician should be allowed to rake out these epidermal weeds in a professional, not an amateurish, way. Of course, some warts are so mild that a little cold, heat, dryness, vinegar or other simple domestic "hocus-pocus" will cause them to drop off. Many, however, require more radical treatment, such as a little caustic soda, salicylic acid, one gram to the ounce of collodion, or the surgeon's lance.

O. R. Q.: A.—If you will send a self-addressed stamped envelope with your query repeated, I will be glad to answer your question.

N. M. B. Q.—Kindly advise me what to do for the roof of my mouth, which is very sore.

A.—A lazy, inactive stomach and pseudo-constipation with partially emptied intestines may cause this.

C. A. G. Q.—Kindly advise me a remedy for protruding ears.

A.—Do nothing until the child is grown, then have him operated on.

MISS E. M. Q.—Kindly advise me what to do for an oily skin.

A.—Apply a little of the following to your skin:

Rosewater .. ..1 pint
Glycerine .. ..½ ounce

A. U. F. Q.—Kindly advise me what to do for a double chin.

2.—Kindly advise me how to darken the hair.

A.—A double chin shows a jolly disposition and a liberal tendency toward sweets, oils, breads and luxurious foods. Fasts, worries and privations are ways to lose a double chin.

2.—To one-half-pound of henna leaves use one gallon of water. Brew as ordinary tea. Get some indigo, dilute this very pale or deep to obtain the desired shade. Mix the two together, then apply to your hair. But why change something that may be beautiful?

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Discusses the Three-Piece Suit Looking Forward To the Problems of Spring.

At first glance, a three-piece suit seems expensive. Besides the greater amount of material and workmanship necessary in the construction of the three-piece suit, there is the idea for an extra contribution of creative talent must go into the design of the three-piece suit.

This additional expense is warranted, however, in the ultimate utility and smartness of the three-piece suit. Efficiency and beauty are found in a good model of this class.

In almost any climate spring demands a wrap of some kind. The transition from winter to summer is never quick enough to disregard the light jacket or coat. However smart a shirtwaist and skirt may be for many occasions to which a suit is adapted, the one-piece gown is more dressy for luncheon and afternoon wear.

An Unusually Striking Three-Piece Suit.

The one-piece dress looks well for church when an extra bit of dressing seems in keeping with the spirit of the Sabbath.

Blue tricotine, garbadine or serge are ideal materials for the spring three-piece suit. Tricotine is especially smart, durable and becoming.

An unusually striking three-piece suit of navy tricotine is made with a cutaway jacket. At the back the waist line of the jacket is broken by a narrow belt and silver buckle, while the front cuts away to show a vest of ivory white charmeuse. This vest reaches from the shoulder line of the dress, where a narrow shawl collar begins to turn, and ends under a black grosgrain ribbon tie. The plain blouse of tricotine runs straight on either side of this vest from the point where the column of the neck meets the shoulder to the waist. This line from neck to belt is bound with black grosgrain ribbon, and is outlined with grosgrain buttons.

The sleeves of the dress are of black satin sewed into the lining at the arm's eye, the tricotine armholes being bound with black grosgrain ribbon. The black satin sleeves have their reason for being in the tunic of black charmeuse which trims the skirt. This tunic is bound with black grosgrain ribbon.

The front of the jacket describes an attractive bias line and fastens with black grosgrain buttons. A collar of ivory white charmeuse turns over on the jacket and is attached to it. The outswept effect shows the vest of ivory white charmeuse, which is part of the dress.

The sleeves of the jacket are quite long and tight. The pointed cuffs are cut in one with the sleeves and are trimmed on the inner side with silver buttons.

The skirt shows a front closing under black grosgrain buttons. This closing is also bound with ribbon.

Every line of this suit merges with the other at just the right angle. It is a charming costume, and one that may be worn for a variety of occasions.

The substitution of a black charmeuse vest would make it an ideal traveling gown for a spring bride.

The youthful hat worn with this suit is delightfully smart and new. A bandeau of ilsere straw is the visible means of support for a tam crowd of navy faille silk, which is embroidered in black and henna silk. The craze for tams which was so strikingly evidenced all winter will overlap the spring styles. These tams are too youthful and becoming to be lightly given up.

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MY SOLDIER HUSBAND

ADELE GARRISON'S CONTINUATION OF

REVELATIONS OF A WIFE

What Katie Told Madge.

"Oh-h Missis Graham, my dear Missis Graham, coome home quick, I got such things to tell you!"

Katie's clutch at my arm was convulsive, and I knew by her face and eyes that her volatile nature was wrought up to its highest pitch. I hadn't seen the girl for several weeks, and I wondered for a moment at her unfamiliar appearance. Then I saw that she was much thinner—all the rounded plumpness had departed from her face and figure. Evidently work in a munitions factory and the fare of a boarding-house was not as beneficial to her as the regime of our home.

I turned with her toward the direction of my home before I spoke.

"This is a fortunate meeting, Katie," I said. "It has saved me going down to your boarding-place after you."

Katie flushed in embarrassed fashion.

"I glad you no go," she said. "I no dere any more, those peoples know nottings about me."

"What Have You Seen?"

"Why, aren't you working in the shell factory?" I asked astonished.

"I no dere last two weeks," Katie returned laconically. "I work me by drug store."

"In the drug store?" I echoed mechanically, for I could think of no place in a pharmacy where Katie would fit in.

"Yep," Katie assented, with one of her ludicrous adoptions of Americanisms. "I help upstairs when womans need me. I help wash bottles, oder thinns downstairs behind wall when drug store mans busy."

"But, surely, you don't earn nearly so much money?" I protested.

"But I get chance to hear all peoples ask for medicines, and I can watch me all time for dot old devil vomans. I know I catch her some day, and oh, Missis Graham—"

Her excitement, which with my knowledge of Katie I had managed to quiet by my matter-of-fact manner, was distinctly rising again. This time my own imagination caught something from her emotion. I found myself questioning her quickly, sharply.

"What do you mean? What have you seen? Tell me quickly!"

"I always say dot old devil vomans up to no things good," Katie returned with triumph in her voice. "When I work by you she always have so many little bottles, never let nobody see vot in dem, keep dem locked up all time, stingy old fools—"

Through all my excitement I could scarcely help smiling at Katie's resentment, knowing so well the girl's monkey-like inquisitiveness. But I masked my amusement and kept my face serious. Indeed, with her next words there wasn't even the semblance of a smile left in me.

"We Must Get Back."

"I think and I think and I think after I leave," Katie went on. "At last I no can stand it, and I get me place by drug store. I have to wait for job, or I be dere before. Den I vatch, and one day dot old devil vomans coom in and ask for dot soothing syrup."

"Ah!" I breathed, light suddenly flooding my mind.

Katie turned sharply.

"Vot's dot you say?" she demanded. "You know somthings?"

"Go on, Katie," I answered quietly. "Tell me all you know."

"Well, I hear dot mans tell her she can no get dot soothing syrup unless doctor say so. She mad as old vet hens, but she go away, and she no coom back till little vile ago. She have dot vot you call eet from doctor, dot piece paper?"

"Prescription?" I suggested.

"Dot's it!" she assented. "Well, she give dot to drug store mans, and vere he read it, he say, 'Vot you vant dis stuff for? Not for soothing syrup, eh?'

"She say: 'Vot you tink I am, crazee vomans? I vant it make me sleep, I have sooch toothache. Don't you see doctor say so?'

"Den drug store mans he give her dot stuff, but ven she gone he say to oder man dere:

"'Vot you bet dot old vomans vants to put drop in babee's milk, make sleep all same soothing syrup? If it were poor folks I'd call up doctor, but dose peoples dey got money and brains, and dere doctor is a big mans. It's his writing, all right. I joost mind my own business. But dot stuff she got dere, mighty powerful.'

"I no vait to hear nottings more, I joost beat it quick for your house."

It was my turn to grow excited.

"Hurry, Katie," I said, grasping her arm. "We must get back home before she gets there."

"We do dot all right," Katie returned. "She go on down street to fish market. Is dot babee all right?"

"Ye-es, except that he is wakeful at night and seems to sleep too much in the daytime."

"Vot I tell you?" demanded Katie.

And then, to my horror, she began to wail aloud:

"Oh, dot babee he die. I tell you dot vomans keel him."

Good Night Stories

By Blanche Salmon

BETTY'S TRIP UP THE AMAZON.

"Oh, hello, there, Gocomeback!" exclaimed Betty, as the funny little travel elfin poked his head up from between the pages of her study book. "I was just wishing you'd call for me today."

"That's just why I came," laughed Gocomeback. "I'm on my way to South America. How would you enjoy a trip up the Amazon River?"

Betty thought this would be lovely, and before she could even answer they were floating through the air above the most beautiful river Betty had ever seen.

"I've often read about this lovely river," laughed Betty, "but I never dreamed of really seeing it."

"Well, you're looking at the largest river in the world," replied Gocomeback. "It flows eastward more than three thousand miles through a vast, low plain until it reaches the Atlantic Ocean."

"What a funny coffee color!" exclaimed Betty. "Why, the river's almost wide enough at its mouth to be called a lake, isn't it?"

And so it was, stretching for miles and miles, a great mass of muddy yellow water flowing into a blue ocean.

"This island at the mouth here is called the Island of Marajo," Gocomeback explained. "It divides the river into two streams, one more than twenty miles wide and the other more than fifty. Marajo is covered with pastures and plantations from which are sent cattle, rice, sugar and fruits to all parts of the country."

They sped up the river past the plantations, and the river began to take on a wild appearance. Great marshes bordered it on either side, covered with a thick growth of trees. Here and there open spaces where Betty could see the water were covered with large round, green leaves, that with their brown edges turning upward looked like flatboats. Some of them were six feet across.

"If you stood in the centre of one of them, Betty, it would hold you up," said Gocomeback.

Among these leaves floated beautiful water lilies larger than any Betty had ever seen before. Their inner petals were a pretty rose color and in the centre was a circle of bright gold, while the rest of the flower was snowy white.

"Oh, dear!" cried Betty as she spied something floating toward the lily bed. "Those old brown logs will tear them to pieces!"

"Logs!" laughed Gocomeback. "Those are great scaly alligators floating in the sunshine."

And Betty laughed as one old lazy fellow opened his ugly red mouth. Frogs and turtles larger than any Betty had ever seen glided among the lily-pads, while lizard a yard long crawled upon the shore. Out of the bushes darted long-legged swamp birds and waded about in the water, catching frogs and snakes.

The bright blue sky became suddenly clouded, and before Betty and Gocomeback knew it they were almost caught in a shower.

"Now begins what the natives call the wet season," laughed the elfin, "so we'd better return home. For weeks it will rain this way, starting in a little earlier each day, until after a while it will rain for days without stopping. But there's one good thing: the heat remains about the same, for the larger part of South American never has any winter."

Betty thanked Gocomeback for her trip and tucked her study book under her pillow that night, and sure enough the next day she remembered everything she had seen.

"That's Just Why I Came."

Jimmy Coon and His Friends

The Adventures of the Little People of the Great Forest.

FATHER COON'S PLANS FOR DINNER.

Cousin Bruin and Jimmy Coon stood at the bottom of the Hemlock Apartments, and Teddy Possum was swinging from a low branch of a nearby tree, by his long tail, and they all were calling Father Coon. They made such a racket that all the little folk of the Great Forest looked out of their windows and doors to see what all the rumpus was all about.

Father Coon was hard to wake, for he had been hunting all night, but finally his towsled head appeared from the window of the top floor, and he wanted to know what in thunder the noise was all about, that honest people couldn't sleep in their beds?

When he saw Cousin Bruin, however, he was all smiles.

When he saw Cousin Bruin, however, he was all smiles, and he said he would come down at once, just as soon as he could throw on his new fur house coat. Jimmy called out: "Now, Father, be sure and put on your 'Thinking Cap' so that you can make a plan for Cousin Bruin's dinner. He is just as hungry as a Bear, and Mother has gone off to visit Mrs. Possum for a few days, and so you and I will have to find dinner for Cousin Bruin."

Cousin Bruin smiled a broad smile. He was glad Jimmy Coon was a little afraid of him, for he found it very pleasant to have relatives find all his all his meals for him!

Soon Father Coon came down in the elevator from the top floor and he had on his new fur house coat, and his best thinking cap.

You know that when people put on their thinking caps, they can just make a plan that will work in a wink. So now Father Coon had a fine plan that popped into his head just the minute he put on that thinking cap; but he didn't want Cousin Bruin to know it was that easy to find meals for him and so he put his hand to his head and he screwed his forehead into wrinkles, and he sighed and groaned. Cousin Bruin yawned and said: "Well, Father Coon, you are a slow coach. I must have a good dinner, for I am just starved to death, and you must hurry!"

"Well," said Father Coon, at last, could you walk into the woods with us for a mile or so? Our dining room is off at a quiet place, and dinner is ready now, and it is as warm as a meat-dinner should be."

What do you suppose Father Coon's plan was? That is another story. Father Coon's plans were always good ones, and this plan is worth hearing about! Even Jimmy Coon could not guess what it was!

LOSE YOUR FAT, KEEP YOUR HEALTH

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal. The simplest method known for reducing the overfat body two, three or four pounds a week is the Marmola Method, tried and indorsed by thousands. Marmola Prescription Tablets, containing exact doses of the famous prescription, are sold by druggists at 75 cents for a large case, or if you prefer you can obtain them by sending direct to the Marmola Company, 364 Woodward avenue, Detroit, Mich. They are harmless, and leave no wrinkles or flabbiness. They are popular because effective and convenient.

COUNT FIFTY! NO RHEUMATIC PAIN

Don't suffer! Instant relief follows a rubbing with old "St. Jacob's Liniment."

Stop "dosing" rheumatism.

It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Liniment" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain and distress. "St. Jacobs Liniment" conquers pain! It is a harmless rheumatism liniment which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache, neuralgia and reduces swelling.

Limber up! Get a small trial bottle of old-time, honest "St. Jacobs Liniment" from any drug store, and in a moment you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.

FREE PRIZE PUZZLE $4,500.00

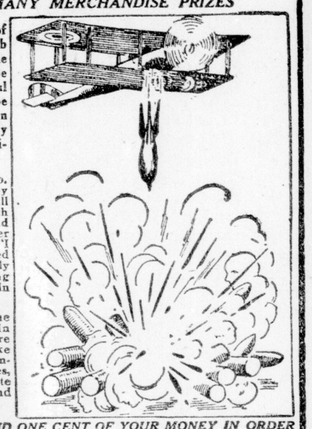
In Cash has been Given Away FREE also hundreds of Merchandise Prizes

$200.00 more IN CASH will be Given Away as follows

1st Prize, **$50.00** in Cash. 2nd Prize, **$40.00** in Cash
3rd Prize, **$35.00** in Cash. 4th Prize, **$25.00** in Cash
5th to 9th Prizes—Each **$10.00** in Cash.

TOGETHER WITH MANY MERCHANDISE PRIZES

Herewith will be found the picture of an Aviator who has just dropped a bomb on a pile of Shells. At first glance the Aeroplane and the Explosion appear to be all there is in the picture, but by careful study the faces of several soldiers will be found. There are 7 of them in all. Can you find them? It is no easy task but by patience and endurance can be accomplished.



You may win a cash prize by doing so. Many have done this as will be shown by the names and addresses which we will send you. If you find the faces mark each one with an X, cut out the picture and send it to us, together with a slip of paper on which you have written the words "I have found all the faces and marked them." Write these nine words plainly and neatly, as in case of ties, both writing and neatness are considered factors in this contest.

This may take up a little of your time but as TWO HUNDRED DOLLARS in cash and many merchandise prizes are given away, it is worth your time to take a little trouble over this matter. Remember all you have to do is to mark the faces, cut out the picture and write on a separate piece of paper the words, "I have found all the faces and marked them."

WE DO NOT ASK YOU TO SPEND ONE CENT OF YOUR MONEY IN ORDER TO ENTER THIS CONTEST

Send your answer at once; we will reply by Return Mail telling you whether your answer is correct or not, and we will send you a complete Prize List, together with the names and addresses of persons who have recently received over Four Thousand Five Hundred Dollars in Cash Prizes from us, and full particulars of a simple condition that must be fulfilled. (This condition does not involve the spending of any of your money.)

Winners of cash prizes in our late competitions will not be allowed to enter this Contest.

This Competition will be judged by two well known business men of undoubted integrity, who have no connection with this Company, whose decisions must be accepted as final.

Upon receipt of your reply we will send a complete list of the names and addresses of persons who have won $4,500.00 in Cash Prizes in recent contests held by the publishers of this advertisement. Although these persons are entirely unknown to us, they are our references. An enquiry from any one of them will bring the information that our contests are carried out with the utmost fairness and integrity. Your opportunity to win a good round sum is equally as good as that of anyone else, as all previous winners of cash prizes are debarred from entering this contest.

Send Your Reply Direct to
GOOD HOPE MANUFACTURING COMPANY
40 ST. ALEXANDER STREET, MONTREAL, CAN.

To-morrow's HOROSCOPE

By Genevieve Kemble

SUNDAY AND MONDAY, MARCH 2-3.

Sunday's planetary figures are limned for success in whatever line the energies may be bent. Jupiter, the most powerful of benefics, is most powerfully placed, prospering and blessing all undertakings with increase and gain—a happy outcome emphasized by the conjunction of "the Lights," likewise giving growth and progress in anything attempted.

Those whose birthday it is may be assured of gain and promotion. A child born on this day is bound to make a success of its life.

Monday promises some unanticipated change or journey, which should not, however, be essayed without cool deliberation and discernment. While the change itself may be enforced under good astral operations, an inimical position of Mars might incite to a precipitancy and haste of unamiable attitude that would defeat the auspicious purposes. The influence of Mars is tempestuous and tumultuous and needs bridling. This applies very strongly on this day to social, domestic and affectional matters. Also the impulse to squander money should be curbed. Guard against losses.

Those whose birthday it is may have need for strong self-control and discretion in all directions. A child born on this day should be well disciplined and taught thrift, amiability and humility.

The known peat bogs of Canada, covering about 36,000 square miles, are estimated to be capable of producing twenty-eight thousand million tons of air-dried peat, which in fuel value would equal fourteen thousand million tons of coal.

The first wedding veil was called the "flammeum." It was a large yellow veil that completely covered the Greek and Roman brides during the marriage ceremony. The bridal wreath of orange blossoms, which is the conventional thing today, was introduced into Europe by the Crusaders, and is a Christian substitute for the gilt coronet worn by the Jewish brides.

By a new process, pineapple leaves, which were formerly waste, can be made into paper fibre at a profit. The fibre is a tough substance that can be used for insulating purposes, and 70 pounds of fibre can be manufactured from a ton of pineapple leaves.

Zinc is ductile between 212 and 302 deg. Fahrenheit, and can then be shaped as required. But when either above or below these limits it becomes brittle and unplianl, and therefore not adapted for treatment. It melts at about 186 deg. Fahrenheit if volatilization is guarded against.

Electric vehicles are now receiving considerable attention and encouragement in Norway for every form of mechanical propulsion. Heretofore gasoline cars have been practically the only machines in use in the country. For several months past no gasoline has been received, and as there are but few electric cars in Norway, automobiles have practically disappeared.

The beginnings of self-deception are so slight that they are likely to be unnoticed until the habit is fixed upon us. We can scarcely be too strict and honest with ourselves in little matters and large ones.

Poor Kidney Action Brings Fatal Results

It is well for everyone to realize that from the moment the kidneys fail to remove the poisons from the blood stream, these poisons accumulate and set up the infections that cause disease.

What are the indications which give warning of this approaching suffering?

Here are a few of the symptoms. That pain in the back, dizziness, swollen joints or ankles, painful urination or brick dust deposits. At the first attack of any of these troubles turn to the old tried and tested kidney remedy—Gin Pills. Take them as directed and you will ward off chronic troubles.

Do not misunderstand the name Gin Pills. How they came to be called Gin Pills is this:

Gin has long been considered a remarkable curative agent for kidney or bladder trouble. This virtue comes from one ingredient alone in Gin and NOT from the alcohol. That is why the beneficial ingredients in gin can be taken in pill form, without alcohol, and that is what you get when you use Gin Pills.

When you decide to try Gin Pills you are protected. Buy a box from any dealer for 50 cents. If you do not get genuine relief after taking them, all you have to do is ask for your money back and it will be returned.

This is certainly a generous offer; but we make it feeling that once you have tried Gin Pills and know the beneficial results they bring, you will continue to use and recommend them.

A free sample will be sent if you address your request to the National Drug & Chemical Co. of Canada, Limited, Toronto, Ont. 195

Digests Meal When Stomach Won't

Eat without fear of indigestion, gas or acidity. No dyspepsia or any stomach distress.

Millions know the magic of Pape's Diapepsin for dyspepsia, indigestion and stomach trouble.

When your meal don't digest, but turns into gases and acids or lays like a lump of lead, you can have instant relief.

Don't stay a dyspeptic! Upset stomachs feel fine! Costs so little at drug stores.

UPSET? **Pape's Diapepsin** WILL PUT YOU ON YOUR FEET

Is Your Blood Starving For Want of Iron?

Modern Methods of Cooking and Living Have Made an Alarming Increase in Iron Deficiency in Blood of Amercian Men and Women.

WHY NUXATED IRON SO QUICKLY BUILDS UP WEAK, NERVOUS, RUN-DOWN FOLKS—Over 3,000,000 People Annually Taking It in This Country Alone to Increase Their Strength, Power, Energy and Endurance.

"Is your blood starving for want of iron? Iron is red blood food. If you were to go without eating until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally starve for want of iron—iron that gives it strength and power to change food into living tissue," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Out-door Dept.) New York and the Westchester County Hospital.

"Modern methods of cooking and the rapid pace at which people of this country live has made such an alarming increase in iron deficiency in the blood of American men and women that I have often marveled at the large number of people who lack iron in the blood, and who never suspect the cause of their weak, nervous, run down state. Lack of iron in the blood not only makes a man a physical and mental weakling, nervous, irritable, easily fatigued, but it utterly robs him of that virile force, that stamina and strength of will which are so necessary to success and power in every walk of life. It may also transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable. I have strongly emphasized the great necessity of physicians making blood examinations of their weak, anaemic, run-down patients. Thousands of persons go on year after year suffering from physical weakness and a highly nervous condition due to lack of sufficient iron in their red blood corpuscles without ever realizing the real and true cause of their trouble. Without iron in your blood your food merely passes through the body, something like corn through an old mill with rollers so wide apart that the mill can't grind.

"For want of iron you may be an old man at thirty, dull of intellect, poor in memory, nervous, irritable and all run-down, while at 50 or 60 with plenty of iron in your blood you may still be young in feeling, full of life, your whole being brimming over with vim and energy.

"As proof of this take the case of Former United States Senator and Vice-Presidential Nominee Charles A. Towne, who at past 58 is still a veritable mountain of tireless energy. Senator Towne says: 'I have found Nuxated Iron of the greatest benefit as a tonic and regulative. Henceforth I shall not be without it. I am in a position to testify for the benefit of others to the remarkable immediate helpfulness of this remedy, and I unhesitatingly recommend Nuxated Iron to those who feel the need of renewed energy and the regularity of bodily functions.'

"But, in my opinion you can't make strong, keen, forceful men and healthy rosy-cheeked women by feeding them on metallic iron. The old forms of metallic iron must go through a digestive process to transform them into organic iron—Nuxated Iron — before they are ready to be taken up and assimilated by the human system. Notwithstanding all that has been said and written on this subject by well-known physicians, thousands of people still insist in dosing themselves with metallic iron simply, I suppose, because it costs a few cents less. I strongly advise readers in all cases, to get a physician's prescription for organic iron—Nuxated Iron—or if you don't want to go to this trouble, then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you have taken preparations such as Nux and iron and other similar iron products and failed to get results, remember that such products are an entirely different thing from Nuxated Iron." In commenting upon the value of Nuxated Iron as a means for creating red blood, strength and endurance, Dr. Ferdinand King, a New York physician and medical author, says:

"Scarcely a day goes by but that I see women whose careworn faces, dragging steps and generally weak, tired appearance show unmistakable signs of that anaemic, run-down condition usually brought on by lack of iron in the blood.

"There can be no strong, healthy, beautiful women without iron and inasmuch as refining processes and modern cooking methods remove the iron of Mother Earth from so many of our most common foods this iron deficiency should be supplied by using some form of organic iron just as we use salt when our food has not enough salt.

"Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat your food merely passes through you without doing you good, and as a consequence you become weak, pale and sickly-looking just like a plant trying to grow in a soil deficient in iron. Pallor means anaemia. The skin of an anaemic woman is pale, the flesh flabby. The memory fails, and often they become weak, nervous, irritable, despondent and melancholy. Give such a woman a short course of Nuxated Iron and she often quickly becomes an entirely different individual — strong, healthy and rosy-cheeked. I have used Nuxated Iron widely in my own practice in most severe, aggravated conditions with unfailing results. I have induced many other physicians to give it a trial, all of whom have given me most surprising reports in regard to its great power as a health and strength builder."

Who Should Take Nuxated Iron

Manufacturers' Note: Nuxated Iron, which is used by Dr. Sullivan and others with such surprising results, and which is prescribed and recommended above by physicians, is not a secret remedy, but one which is well known to druggists everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed in this city by Standard Drug Co., Limited, and all other druggists.