

FOODS THAT MAINTAIN HEALTH.

It is not long ago since we thought that we knew all there was to be known about food. Scientists told us that if we ate daily certain definite proportions of what they termed, in a knowing way, proteins, carbohydrates, fats, and salts, we should live well and happily ever afterwards.

The first of these imposing looking and sounding words simply means foods containing nitrogen, such as meat, fish, eggs, peas, beans, etc.; the second includes edibles composed of starch, or sugar. Fats and salts speak for themselves.

But it has recently been discovered that there is a great deal more in the constituents of these various classes of food than meets the eye or tickles the palate. It is now quite obvious that complete nutrition does not depend only on such food elements as I have just mentioned. A diet containing sufficient quantities of all the above-mentioned nutritive substances is now found to be deficient if it is lacking in certain hitherto unknown and rather mysterious compounds, one kind of which we call vitamins.

It is only recently that these vitamins have been isolated in a crystalline form from certain constituents of familiar foods, in which they are present in very small amounts. It is believed now that this so-called vitamin is only one of several as yet undiscovered compounds necessary for complete nutrition.

Everybody is, of course, aware that all animals, vegetables, fruits, or other living organisms, eatable and uneatable, contain either life-giving or death-dealing elements. Take, for instance, the common or garden bean; that supplies us with a vitamin or life-giving compound. On the other hand, there is the East Indian bean, which yields us the deadly poison strychnine.

As far removed from each other as the Poles are the vivifying pine-apple and the poisonous poppy. And so on throughout the entire range of the animal and vegetable kingdoms. Fresh meat contains vitamins; animal food for the human, vitamins. There is not for the argument.

Vitamins, then, are as brilliantly vital as the active principles of such vegetable matter as strychnine are deadly. They are accumulated in a relatively greater amount in some animal and vegetable stuffs, such as yeasts, the outer covering of rice, barley, wheat, etc., the brain, the heart, and the eggs of mammals and birds.

The striking curative and disease-preventing qualities of these foodstuffs are due to this circumstance. The richness of the raw egg in vitamins explains its place as the great "stand-by" in the sick-room, in cases where human vitality has sunk to a low ebb; and in this category may be placed also fresh milk and live oysters.

These, not quite fully understood, life-giving compounds are believed to act upon the processes of nutrition. Their absence or scarcity seems to interfere with the complicated processes of tissue-change, with the wear-and-tear and upkeep of the bodily structure.

It used to be believed that scurvy, at one time the curse of the Navy, was simply due to the eating of considerable quantities of "salt junk." But it was not so much the presence of so much salt in the diet as the total absence of fresh vegetables that was the essential cause of the disease. The introduction of lime-juice put an end to these outbreaks of scurvy. It is only today that we know that the curative value of fresh vegetables and fruit juice is due to the vitamins they contain.

Again, beriberi is a disease attended by great wasting of the body, contracted by those who live largely on rice which has been deprived of its outer coating, i.e., polished rice. This polished rice has been deprived of its vitamin coat, and thus becomes a death-dealing food.

It is important to note that vitamins are easily destroyed by long storage, long heating and cooking. Hence the importance, in any dietary, of fresh, uncooked vegetables, fruits, etc. Recent experiments tend to demonstrate that animal fats are much richer in vitamins than vegetable fats.

Life on the Earth.

The more science delves into antiquity, the more ancient does life on the earth seem to be. It is now believed that mankind has existed for at least 1,000,000 years.

Man, however, is relatively a recent animal. Studies have been made of ants preserved in amber (a fossil gum of cone-bearing trees) for 2,000,000 years, yet belonging to species that still survive.

Prof. C. D. Walcott has found fossils of snails, worms and crustaceans which, he believes, lived 200,000,000 years ago.

Only Woman Cabinet Minister.

Countess Laura de Gozawa Turznowicz, the only woman in the world occupying a cabinet position, holds the portfolio of public charities in the Government of the new Lithuanian republic. The Countess is a Canadian by birth.

Do thoroughly whatever work God may give you to do, and cultivate all your talents.

For Winter Days



No. 9131—Ladies' Coat. Price, 25 cents. Gathered side sections; adjustable collar; 50-inch length. Cut in 7 sizes, 34 to 46 ins. bust. Size 36, without nap, 3 1/2 yds. 48 ins. wide; with nap, 3 3/4 yds. 54 ins. wide; lining, 4 1/2 yds. 36 ins. wide.

No. 9159—Ladies' Suit Coat. Price, 25 cents. Adjustable collar; 40-inch length. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 ins. bust measure. Size 36 requires, without nap, 3 1/2 yds. 48 ins. wide; with nap, 2 1/2 yds. 54 ins. wide; lining, 3 3/4 yds. 36 ins. wide.

9130—Skirt. Sizes 22 to 38. Price, 20 cents.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

The Phantom Breakfast.

Jane, who has worked in one particular section of the lunch counter of one of New York's hotels since the day it was opened, is the best waitress that ever set down a dish without a spill or a clatter—so say the discriminating. Her deftness, her quiet manners, her promptness—above all her unfailing politeness, stamp her as one apart from the sisterhood. She was serene and composed while she dealt with one of those peckish, snappy men who had drowned in under the impression that because one sits on a stool in this excellent place it is cheap. It isn't. He was a little ashamed to fuss about the prices, so he fussed about everything else. But at last he departed, and serene Jane permitted herself a weary smile.

"You have to get along with all kinds, don't you?" remarked a patron. "Indeed, yes," said Jane. "I served a ghost yesterday morning."

An old gentleman came in quite early, for breakfast. He was beautifully dressed; I think he was one of the hotel guests; at least he came in that entrance. He chose a stool and when somebody tried to sit beside him, he said, "Pardon me, but can't you see that seat is taken?" He ordered toast, soft boiled eggs and coffee. Then he turned to the vacant stool and asked, "What would you like, my dear?"

"He paused as if for an answer. Apparently he heard one, for he said to me with a smile, as if amused at the notion, 'A piece of pie and a cup of milk and some rolls.'"

"There wasn't any pie at that hour and so he ordered sliced peaches. I brought all the things and arranged them as if for two. By that time people were moving away from him. He buttered the rolls at the vacant place before he ate a bite himself. Then he made his own breakfast. I thought there might be a scene about the two checks, but not. He added them up aloud and correctly; counted out the change in his hand; left a tip in front of each plate and then asked for a paper sack. In it he put an unbroken roll. Then he paid the cashier and went out. They found the paper bag with the roll in it outside on the steps."

"Could you make out whether he thought he was talking to a man or a woman?" asked the patron.

"I thought it was a little child," said Jane softly. "He always looked down when he spoke to it, and he buttered the rolls, and the pie order for breakfast was childish, too—I thought," and Jane's eyes seemed a little misty. "I thought maybe he had lost a favorite grandchild."

POOR THIN BLOOD BRINGS INDIGESTION

Make the Blood Rich and Red by Using Dr. Williams' Pink Pills.

Thin-blooded people generally have stomach trouble. They seldom recognize the fact that thin blood is the cause of indigestion, but it is. Thin blood, weak, watery blood, is one of the most common causes of stomach trouble. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state nothing will more quickly restore appetite, digestion and a normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles, and awakens to normal activity the glands that supply the digestive fluids. The first sign of returning health is an improved appetite, and soon the effect of these blood improving pills is felt throughout the whole system. You find that what you eat does not distress you, and that you are daily growing stronger and more vigorous. Mr. J. J. Murray, Regent Street, Toronto, bears testimony to the value of Dr. Williams' Pink Pills in cases of this kind. He says:—"During the latter part of 1918 I was a sick man. My stomach seemed simply down and out. I had no desire for food, and when I ate it distressed me. I was pale, did not sleep well, naturally got up in the morning feeling groggy. My wife was worried over my condition and urged me to try Dr. Williams' Pink Pills, reminding me of the good they had done our eldest daughter when she was in a somewhat similar condition. I decided to follow her advice and got a supply and here is the story in a nutshell: I had not my appetite back, sleep soundly at night, enjoy my meals and am so gratified with what the pills have done for me that I strongly advise their use for all pale, sick people."

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

Be Thyself.

Know then thyself, presume not God to scan; The proper study of mankind is man.

—From Pope's Essay on Man.

Likewise be thyself. One of the weaknesses of mankind is to copy, not originate. The geniuses of the world have been the creators—the originals.

It is better to be with one original great thought to your credit than to live in the midst of reflected glory.

The miseria of delusion is fatal to individuality—fatal to originality. If you think you are like somebody else, you are not.

It is more valuable than the counterfeit of imitation. An ounce of originality is worth more than tons of imitation. A mental crutch is worse than a physical crutch.

Parents make a fatal mistake in not permitting their children to be themselves. A child knows nothing of deceit or delusion until he is introduced to the world of imitation. A mental crutch is worse than a physical crutch.

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world was not planned for duplicity. Nature never imitates. One flower does not deceive itself that it is any other kind of a flower. One animal does not deceive itself that it can imitate any other animal.

Nothing disintegrates personality so rapidly as this effort to be a counterfeit. It creates a false nervous energy, a constant fear of discovery and a final revelation that is deadly. "Thou shalt not be found out" is the commandment upon which the fool builds his earthly structure.

Be thyself. It means contentment. It assures self-respect—the only road to the respect of others. It leads to confidence and power. Be thyself. In those two words dwell the philosophy that spells happiness and peace.

The Singing Fire.

The Fire's singing the song you knew in the night's when the Mother was singing too— Singing the child in her arms to sleep, Who trembled to hear the witch wind creep, Or over the rooftops, storming, cry To the ghoully dark and the starless sky.

"Life is sweet as life is long: With never a sigh or a farewell song: Life is laughter, and life is play, And the Dark will dream itself away!" That's the song the Fire sang to you. There—where the Mother was singing too.

It is singing the same old song to-night To the wintry dreamer, with temples in his head, who dreams of the beautiful years!

After the years, rain dark with tears— After lost dreams of the beautiful years!

For the singing Fire has never known That the listening dreamer dreams alone!

Change, friendly Fire, that singing word, And let this song in the Dark be heard: "Life is lonely and tempest tossed, Too long—too long when Love is lost!" But the Fire still sings the old loved song: "Life is sweet, as life is long!"

Well satisfied with BABY'S OWN TABLETS

Mrs. Emilie Malette, Montpelier, Que., writes:—"I have used Baby's Own Tablets for some time and am well satisfied with them. They are surely the best medicine I know of for little ones."

What Mrs. Malette says thousands of other mothers say. Once they have used the Tablets for their children they would use nothing else. The Tablets are a mild but thorough laxative; are absolutely free from opiates, narcotics or other harmful drugs and may be given to the youngest baby with perfect safety and good results. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Why They Are Coupled. Locomotives would not be able to pull their loads, especially on wet or slippery rails, unless the large wheels were "coupled" by side-rods.

The pulling power of a locomotive depends on its "adhesion"—that is, the weight that comes on the driving wheels, and makes them grip the rails. By coupling two or more pairs of wheels together, the force of the cylinders is caused to revolve them all in unison, and much more of the weight of the locomotive is utilized for adhesion.

That is why engines for heavy goods have often eight coupled wheels, and sometimes twelve.

I was cured of terrible lumbago by MINARD'S LINIMENT.

REV. WM. BROWN. I was cured of a bad case of earache by MINARD'S LINIMENT.

MRS. S. KAULBACK. I was cured of sensitive lungs by MINARD'S LINIMENT.

MRS. S. MASTERS.

World's Busiest Station. Nearly a quarter of a million people use Charing Cross Underground Station (London) daily. The number of passengers entering and alighting at this station is made up of 150,000 ordinary and workmen's ticket holders, and 22,000 season ticket holders. The District, Bakerloo and Hampstead Railways serve this station, and a total of 2,920 trains pass through the station daily. The new stairways now under construction will relieve to a large extent the congestion during the rush hours of the world's busiest station.

Conclusive Proof. "Yes," said the traveller, "I had an amusing journey up to town. There were two Scotsmen in the carriage."

"How do you know they were Scotsmen?" asked the cashier curiously. "By their accent, I suppose?"

"No; you see, they both happened to take their pipes out together. Well, they filled them, and then, each calmly waited for the other to strike a match."

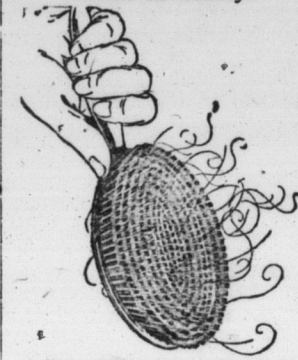
"Well, what happened?"

"Oh, I brought out my pipe, so both of them waited for my match!"

There are more than 275 women's clubs in the Philippine Islands.

LET "DANDERINE" SAVE YOUR HAIR

Check ugly dandruff! Stop hair coming out and double its beauty.



A little "Danderine" cools, cleanses and makes the feverish, itchy scalp soft and pliable; then this stimulating tonic penetrates to the furnished hair roots, revitalizing and invigorating every hair in the head, thus stopping the hair falling out, or getting thin, dry, or fading.

After a few applications of "Danderine" you seldom find a fallen hair or a particle of dandruff, besides every hair shows new life, vigor, brightness, more color and thickness.

A few cents buys a bottle of delightful "Danderine" at any drug or toilet counter.

Photographs by Lightning. Killed by lightning while standing under a tree during a storm, it was found, on medical examination, that the victim's body was marked with the imprint of the tree.

Such a freak is not uncommon. The markings on the skin are reddish brown in color, and resemble photographic imprints of trees or shrubs.

Lightning, however, plays many strange tricks. A girl was once crossing a meadow during a thunderstorm when she was struck by lightning. Although every shred of clothing was torn from her, she herself merely experienced slight giddiness.

In another extraordinary case a man was killed by lightning while riding a horse through a storm, but the animal was untouched and unalarmed, and carried his dead master home at a gentle trot.

Where It Was. The teacher had written 92.7 on the blackboard, and to show the effect of multiplying by ten rubbed out the decimal point. She then turned to the class and said: "Now, Mary, where is the decimal point?"

"On the duster, miss," replied Mary, without hesitation.

SUFFERING CATS! GIVE THIS MAN THE GOLD MEDAL

Let folks step on your feet hereafter—wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freeze, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug is a sticky ether compound, but dries at once and simply shrivels up the corn without inflaming or even irritating the surrounding tissue.

It is claimed that a quarter of an ounce of freeze, obtained at any drug store will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. Cut this out, especially if you are a woman reader who wears high heels.

"SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels

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 laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Neither! You must say "California."

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Wise Men Say—

That the mould of a man's fortune is in his own hands. That he who blackens others does not whiten himself.

That much has been achieved by attempting the impossible. That the man who is not afraid of failure seldom has to face it.

That tears never yet wound up a clock or worked a steam-engine. That the man who expects to succeed on sympathy will surely fail.

That one thorn of experience is worth a whole wilderness of warning. That you may have the ability to start, but you're a failure if you can't finish.

That many a great effort owes its final success to the sound of a faint cheer.

That successful men owe most of their success to the opposition they meet with.

That no one is useless in this world who lightens the burden of it for any one else.

That many of the world's great men are unknown to fame. They are great because they share their pleasures with others and keep their troubles to themselves.

MONEY ORDERS. Send a Dominion Express Money Order. Five Dollars costs three cents.

Electric Headlights. An Arkansas inventor has patented an electric headlight to be mounted on a horse's head, furnished with current from dry batteries attached to the harness.

Minard's Lintment Cures Distemper. Spoiled the Yarn. Uncle (telling tall yarn to young nephew): "We had more than a mile to go to get out of the forest when we heard the howls of a pack of wolves behind us. I strained every nerve, but all in vain; Now I could hear their panting breath; at last I felt their muzzles touching me when—"

Nephew: "You must have felt glad, uncle."

Uncle: "Glad? Why?"

Nephew: "When you found they had muzzles on."

CARBON! Rid System of Clogged-up Waste and Poisons with "Cascarets."

Like carbon excess and chokes a motor, so the excess bile in liver, and the constipated waste in the bowels, produce foggy brains, headache, sour acid stomach, indigestion, sallow skin, sleepless nights, and bad colds.

Let gentle, harmless "Cascarets" rid the system of the toxins, acids, gases, and poisons which are keeping you upset.

Take Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced. Cascarets never gripe, sicken, or cause inconvenience. They work while you sleep. A box of Cascarets costs so little too.

GET SLOAN'S FOR YOUR PAIN RELIEF.

You don't have to rub it in to get quick, comfortable relief

Once you've tried it on that stiff joint, sore muscle, sciatic pain, rheumatic twinges, lame back, you'll find a warm, soothing relief you never thought a liniment could produce.

Won't stain the skin, leaves no muss, works in time in applying, sure to give quick results. A large bottle means economy. Your own or any other druggist has it. Made in Canada. Get it to-day. 35c., 70c., \$1.40.

Sloan's Liniment Keep it handy

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Headache, Neuralgia, Toothache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer" Tablets of Aspirin in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada. Handy tin boxes containing 12 tablets cost but a few cents. Druggists 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 Monoaceticacidester of Salicylicacid. 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."

Classified Advertisements.

AGENTS WANTED. PORTRAIT AGENTS DESIRING FRAMES, Painted Portraits and Frames, write for Catalogue and Price List, United Art Co., 4 Brunswick Ave., Toronto.

CONCERT TROOP. ATTENTION! ALBERT DOWNING, Canada's most successful tenor soloist, supplies concert talent for whole or part programmes. He knows all the best. Write now for terms. Northdale, Ont., Toronto.

WANTED. FIRST CLASS GARAGE MAN, State experience and wages wanted. Reid Bros., Bothwell, Ont.

MISCELLANEOUS. IMPROVE YOUR BREAD! JUST ADD A TEASPOONFUL OF HO-MAYDE BREAD IMPROVER to your regular baking and get a larger, finer, and sweeter loaf, which will not dry out so quickly. Perfectly wholesome. Ask your grocer, or send fifteen cents for a package. Ho-Mayde Products Co., Toronto.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Holmes Medical Co. Limited, Collingwood, Ont.

Hardly a Compliment. "The school mistress is interested in you, dad."

"How's that?"

"Why, to-day after she'd told me six times to sit down and behave myself she said she wondered what kind of a father I had."

Minard's Lintment Cures Garget in Cows.

Fowls of the heavier breeds cease to produce a profitable number of eggs at the end of their second laying year. This holds true with the lighter breeds at the end of their third laying year.

SHILOH 30 DROPS COUGHS

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed, Mailed Free to Any Address by the Author, H. Clay Glover Co., Inc., 115 West 21st Street, New York U.S.A.

Yes, Cold All Gone—Not A Bit of Cough Left

Feel great this morning. As soon as I felt it coming on yesterday I used Gray's Syrup and nipped it in the bud. Just couldn't miss an hour at the office, we are so busy and short-handed. Gray's Syrup is a habit in our family, the folks have used it for sixty years. I always buy the Large Size. 64

GRAY'S SYRUP RED SPRUCE GUM

BABY COVERED WITH ECZEMA

When 4 Days Old. Gross and Cried. Cuticura Heals.

"My baby brother had eczema which began when he was about four days old. It came in little pimples and then a rash, and he was covered. He was so cross that he could not sleep, and he cried."

"This lasted about two months before we used Cuticura. It helped him, so we bought more, and he was all healed after we had used two cakes of Soap and two boxes of Ointment." (Signed) Miss Almada Williams, Youngs Cove, N.B., May 22, 1918.

Use Cuticura Soap, Ointment and Talcum for