ECZEMA.
Apply a small portion of KINS-HAW, according to directions on the bottle, and see how quickly relief is obtained; $1 a bottle, or 35c trial size, at all druggists or mailed on receipt of price. Mutual Pharmacal Company, Box 448, London. Kins-Haw is recommended for all skin troubles. xxv

PERHAPS YOUR BACKACHE COMES FROM KIDNEYS

Not all backaches are kidney backaches, but many of them are, and at the first sign of back pains, twinges or weakness in the kidney regions it is a good plan to use a good, safe kidney regulator, such as a little Solvax, as even two or three doses will often enable you to see right where your kidneys stand.

If the kidneys are all right Solvax won't do them a bit of harm, and if they are weakened or run-down it will do them a world of good, for Solvax acts directly on sluggish kidneys, and cleans and strengthens them so that almost immediately they begin to filter and sift out of your body all the clogged up, poisonous impurities from the blood. Solvax usually will act in less than 24 hours, and with the kidneys acting normally you should begin to feel better right away. Solvax is a guaranteed remedy for Disordered Kidneys, in that your druggist, and leading druggists everywhere who sell it, agree to return its price in any case where it does not give perfect satisfaction. There is no time like the present for doing a thing that ought to be done, and if there is any doubt about the kidneys, today is the best time to find it out, before serious trouble may begin.

If your druggist cannot supply you, write, inclosing 50 cents, to Booth's Hyomei Company, Postoffice Box 388, London, Ont.

NUXATED IRON
POWER HEALTH VITALITY ENDURANCE STRENGTH ENERGY

Nuxated Iron increases strength and endurance of delicate, nervous, rundown people in two weeks' time in many instances. It has been used and indorsed by such men as Former United States Senator and Vice-Presidential Nominee Charles A. Towne, U. S. Commissioner of Immigration Hon. Anthony Caminetti; also United States Judge G. W. Atkinson of the Court of Claims of Washington and others. Ask your doctor or druggist about it.

HOW THIS NERVOUS WOMAN GOT WELL

Told by Herself. Her Sincerity Should Convince Others.

Christopher, Ill.—"For four years I suffered from irregularities, weakness, nervousness, and was in a run down condition. Two of our best doctors failed to do me any good. I heard so much about what Lydia E. Pinkham's Vegetable Compound had done for others, I tried it and was cured. I am no longer nervous, am regular, and in excellent health. I believe the Compound will cure any female trouble."—Mrs. ALICE HELLER, Christopher, Ill.

Nervousness is often a symptom of weakness or some functional derangement, which may be overcome by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, as thousands of women have found by experience.

If complications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for suggestions in regard to your ailment. The result of its long experience is at your service.

Secrets of Health and Happiness

What An "Itch" Is---Why Scratching May Be Dangerous

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

DR. HIRSHBERG

Itching is one the dozen and more sensations included under the sense of touch. Tickling and prickling, tingling and burning, creepy and numb feelings are all first cousins to the itch.

Itching is the anatomical flash, which signals your brain that "something is doing" at a particular place.

The widely held notion that itching is a sign of healing is not correct. When your flesh itches it is, true enough, a sign of trouble, not of returning health.

The impulse to scratch is according to Huxley, the muscular discharge aimed by the brain at some instrument located at the itching point. Briefly, then, the tiny nerve fibres interwoven in your dermal apparel becomes irritated and incensed by some interloper, such as a bacillus, the egg of a little mite, the itch bug, a hair, or some other pagan. At once as the outposts and pickets of your body dispatch an "itch" to the brain, the brain gets busy, moves the nearest muscle—usually your hand or fingers—to action, and then you scratch.

Scratching and picking are dangerous, even deadly habits, sometimes, not because nature has made a mistake, but for the two reasons that man has become coddled and susceptible to microbes, and even when cleanest has his finger nails full of microbes.

When a dog lifts up his hind paw and scratches his ear like a vibrating machine there is little or no injury to fear. When you scratch your nose, your eye or your flesh because it "itches," blood poisoning may result.

Why this difference? Not because nature has been kinder to the dog, but because dogs have become resistant to malicious microbes, and man living in ease and luxury has become susceptible to them.

When you, with the cleanest, daintiest, most polished hand scratch an itch, your manicured fingers are still infested with wicked microbes. These you literally vaccinate into yourself. The mere accident that you do not always fall ill is due to the fact that the skin is a fine fighting machine. It conquers a majority of bacteria.

One way to remove itching, be it attributable to hives or what not, is to apply carbolated petroleum with glycerine and benzoin to the flesh. Then seek the source of the trouble, which must be removed as quickly as posible.

Answers To Health Questions

C. T. S.: Q.—Kindly advise me what to do for split hairs?

A.—This is often the result of officiousness by barbers, scalp masseurs and others who know little of dermatology. Singeing, cutting the hair too much, washing it in soaps that have too much alkali and egg shampoo cause the hair to split at the ends. The ends should be waxed, the scalp massaged and treated with electricity.

A READER: Q.—What can I do for blackheads and enlarged pores?

A.—Gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of a little paste made up with the following will help:

Fuller's earth	4 drams
Vinegar	2 drams
Glycerine	3 drams

Once the blackheads and pimples are gone, large pores may remain for a time. These are annoying, but not serious troubles. Massage, vibration and the use of some harmless paste, such as a little lycopodium powder and glycerine, or borated cocoa butter helps to fill them out.

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.

The Adventures of Jimmy Coon

CHATTERBOX ACTS AS POLICEMAN.

Quilly Porcupine was a very quiet person, but he liked a good joke—if it wasn't on himself. So he laughed when he saw that those rascals hadn't eaten a bite of the hemlock bark he had gathered for the party for the porcupines.

Chatterbox was cross and angry, but Quilly made him promise to keep the loss of all that good food a secret. The next day Quilly started off early for more provisions, and he left Chatterbox on guard to see that no one else found a way into the cellar.

Chatterbox looked everywhere and at last he found the new door into the hall of the porcupine, and then he knew how those rascals had gotten in and what had happened.

Before the day was over all those little rascals came sneaking back again, to try and get in and see if there could be a crumb left.

Chatterbox ran back and forth in the tree tops, and talked and grumbled and seemed very excited about something, but nobody could tell what he was talking about.

Jimmy Coon felt worried and wondered if Chatterbox knew anything about the door into the hall that he had made or anything about all the food those rascals had taken.

When Jimmy Coon tried to find out, all Chatterbox would talk about was the nice house Quilly Porcupine had for a party.

"You see the front door of this house is so close to the water that it is a lovely place to have Uncle Bullfrog's orchestra. Isn't it lucky, Jimmy Coon, for Uncle Bullfrog hates to take his orchestra on a long trip for a party. He says they never do as well!"

Jimmie Coon couldn't think what was the matter with Chatterbox. "Why didn't you go with Quilly today when he went out after food for the party?"

"Oh, I got so tired yesterday that Quilly thought I ought to stay at home and rest. He is nearly ready anyway, but he wanted to get a little more lettuce so that he would be sure and have enough for old Mrs. Rabbit, and he thought he would try and have one more fish—for he said he was so fond of you, Jimmy Coon, and it would be dreadful not to have enough!"

Jimmy Coon swallowed hard when he heard what Quilly had said and he felt ashamed of himself for taking those little animals into the cellar and eating all the nice things on the pantry shelves when Quilly had worked so hard.

"Come on, Teddy Possum, I'm sorry. Let's go and get something nice for Quilly and make up for all those things we have taken. I'm glad he doesn't know what we have done!"

Jimmy Coon seemed to have a conscience. He felt sorry that he had taken all the good food from the pantry shelves of Mr. Porcupine. He truly was ashamed of himself, and what made him ashamed was to know that Quilly had gone to try and catch another fish for him so that he would surely have enough.

"Now, Teddy Possum, it was all right to cut that skylight in Quilly Porcupine's house, for if we were at his party and Mr. Wolf or Mr. Fox came along we could all get out by the back door. But I am ashamed about all that good stuff we ate up, fish and mussels, and all the nuts the squirrels ate, and all the lettuce Peter Rabbit ate."

"What are you going to do about it, Jimmy Coon?" Teddy Possum asked.

"Well, I'm going to make it up to Quilly Porcupine and you are going to help me. We have got to work awfully hard and get all that stuff in tonight, for Quilly may make up his mind to have the party tomorrow.

"How do you know that I'm going to help you?"

"You ate as much as I did, Teddy Possum, and it is only fair that you will help to make it right."

"Well, we'll get Ned Chipmunk to help us and get some nuts for the Squirrels. You see all of our friends eat something different and so it is hard to get ready for a party."

Ned Chipmunk was the kindest soul in the world and he had a lovely house, store room after store room, in an old log house, and all filled with hazelnuts and beechnuts. He said he would make a bargain with Jimmy Coon and give him a quart of nuts if, when strawberries were ripe, Jimmy would bring him some and some blueberries.

Jimmy Coon and Ned Chipmunk made the bargain and then Ned led the way to his house. They raced along the fence tops and old logs and up and down trees, and it was a pretty sight to see them chase each other.

Four trips they had to make to Ned Chipmunk's house. Ned carried lots of the nuts each time in the funniest basket—you will never guess what his basket was!

Well, he had a little pouch in each side of his mouth and there he puts nuts or any kind of food. Poor Jimmy Coon didn't have such a basket, so he tried to drag his nuts on a piece of board and he had such bad luck—almost all of the nuts fell off before he got to Quilly's house.

Jimmy Coon and Ned Chipmunk Made the Bargain.

Ned Chipmunk did almost all the work of taking nuts to Quilly's house, but he is so jolly that he and Jimmy Coon had a fine time.

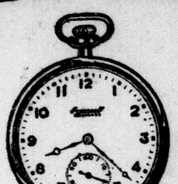
Then Jimmy Coon had to find little Peter Rabbit and go with him for fresh carrots and parsley.

Quilly came home with one more fish and a bunch of lettuce, and late in the night Jimmy Coon slipped into the house by the skylight and put on the store room shelves the nuts and vegetables he had brought.

Tomorrow—The Party.

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASES
RHEUMATISM
BRIGHT'S DISEASE BACKACHE
DIABETES
NUMBER 23 THE PROPRIETARY

COMFORT 100% PURE LYE
COMFORT SOAP CO. TORONTO
The best you can get



Actual Size

A Jeweled Ingersoll

The handsome 7-jeweled Reliance Thin, bridge model

Reliable. 127 inspections before the movement is assembled. Tested in 6 positions. Timed 6 days in the case

Robt. H. Ingersoll & Bro., 128 Bleury St., Montreal, Can.

MY HEART AND MY HUSBAND

ADELE GARRISON'S NEW PHASE OF

REVELATIONS OF A WIFE

The Note Dicky Left For Madge.

Katie was watching for me at the window. She ran down the steps as the taxi drew up before them, whispered tempestuously to me before I was fairly out of the machine:

"Oh, Missis Graham, dot old womans she mad like some spitting leetle cat! She raise vun leetle hell all day. She say she vant see you joost so qveeck as you coom in. So you plees go oop by her. I vatch me two-tree hours so I tell you first."

"Thank you, Katie," I said gratefully, for I was indeed thankful to my faithful little maid for warning me of my mother-in-law's displeasure. My nerves were too raw from the strain of the day's events to enable me to withstand any unexpected irritation with equanimity.

"Oh, dot's all right!" Katie returned grandiloquently. "You look out she no eat you oop," she murmured with a little chuckle as I passed her on my way to my mother-in-law's room, and the volatile humorous warning cheered my spirits out of all proportion to its value as I mounted the stairs.

"Is that you, Margaret?" my mother-in-law demanded superfluously as I neared her door, which was partly ajar.

"Yes, mother," I answered dutifully, pushing the door farther open, but remaining strategically in the doorway. "Did you want me?"

"You know very well I want you," she returned tartly. "Haven't I seen that ape of a girl hanging around the windows all the afternoon when she ought to have been at work, waiting her chance to tell you that I had ruffled her delicate feelings? I can tell you, I'm not going to put up with that chimpanzee's impertinence another day."

I had heard this declaration many times before, knew that Mother Graham in reality, would no more discharge Katie than I myself would. I would have paid no attention to her threat except that it had been preceded by a statement which my mother-in-law evidently believed, and which it behooved me to disprove.

"You are mistaken about one thing, mother," I said firmly. "Katie did not say anything at all about your hurting her feelings."

"She'd better not if she knows what's good for her!" she retorted, suddenly abandoning that line of attack and opening another one. "But I didn't call you up here to waste time talking about an idiot like Katie. I want to get at the bottom of something else. What has made Richard fly off at the tangent he has?"

Madge Temporizes.

I waited a full half-minute before answering her. I wished to be sure that my nerves were under steady control, for the controversy I saw in front of me, a controversy made more difficult for me by the fact that I was completely in the dark as to what Dicky had done.

"I am not aware that Richard has flown off at any tangent," I said quietly. "I left so early this morning that we had no chance for any conversation."

I didn't think it necessary to add that Dicky had passed me on the stairs without speaking, that earlier in the morning before he had said that he would not speak to me again until I explained my emotion over the newspaper. But my mother-in-law evidently took no stock in what I did say.

"Tommyrot!" she exclaimed. "You can't pull any wool over my eyes like that. You've had some sort of row, and it's over that red-headed teacher who came here last night. Good heavens! Margaret, I know you have some mighty silly ideas in your head, but I never thought you'd be idiot enough to get jealous of that old maid and raise such a row as to drive your husband out of his own house."

I think my jaw must have dropped in sheer amazement at her words, for before I could frame an indignant protest against her ridiculous theory she had advanced to the attack again.

"Don't stand there with your mouth open like a ninny, as if you didn't know what I was talking about!" she commanded acidly.

Dicky's Message.

I clicked my teeth together with a little snap, resolved to keep silent until I could untwine this amazing tangle in which my mother-in-law's thoughts seemed to be meshed. Was this only her own theory, or had Dicky given her reason for her absurdity in a childish attempt to mask the real reason for our disagreement?

"Richard just the same as admitted it when I taxed him with it this morning at the time he sprang his staying in town for a month idea on me," she went on. "Of course, he pretended there was nothing the matter, and left a note for you as if you were friendly. But you can't fool me. Here's the note. Oh, of course, you can rush off with it if you want to, but I should think you'd have better breeding."

With an icy "Pardon me!" I stopped my involuntary movement away from the door, tore open the envelope, looked at its inclosure.

There was nothing but a blank sheet of paper in my hands!

GRAND TRUNK RAILWAY SYSTEM

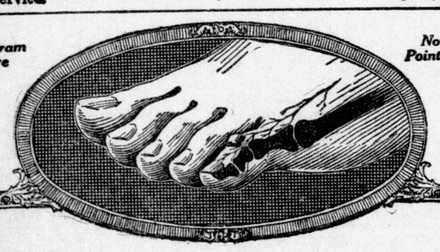
TIMETABLE CHANGES

A Change of Time Will Be Made On

SEPTEMBER 28TH, 1919.

Information now in Agents' Hands.
Sept.19,22,24,26

A Diagram Picture — Note the Pointed Corn



Why Corns Hurt

Note this diagram picture of a corn. Note its conical shape. The cause of the corn is pressure. And pressure makes it hurt. The point of the corn is pushed into the nerves. Applying a Blue-jay plaster instantly removes the pressure. Note the felt ring (A) in the picture below. The ring gives barefoot comfort in the tightest shoe.

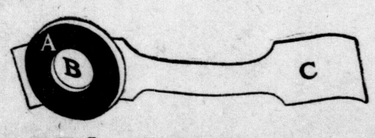
But that is temporary. One should not continue a ring. The corn should be quickly ended.

The bit of B&B wax in the center of the ring does that (marked B in illustration below). In two days, usually, the whole corn disappears. It stops the pain, then ends the corn. And it wraps the corn so the action is undisturbed.

Then the action of the B&B wax is centered on the corn. Held there by the rubber coated adhesive tape (C) which wraps comfortably around the toe. Healthy tissue is not affected.

These are the reasons why millions of people have adopted the Blue-jay method. Keeping corns is folly when this easy way can end them. Treating them in cruder ways is inexcusable.

For your own sake, convince yourself by applying Blue-jay to one corn.



B&B Blue-jay The Scientific Corn Ender — Stops Pain Instantly, Ends Corns Completely, 25c—At Druggists

BAUER & BLACK, Limited Chicago, Toronto, New York
Makers of Sterile Surgical Dressings and Allied Products (1028)

TOMORROW'S HOROSCOPE

By Genevieve Kemble

SATURDAY, SEPTEMBER 20.

The planetary positions for this day denote conflicting conditions. There is danger from precipitate and rash actions—leading to quarrels, disputes and litigation, which will prove unfortunate. Likewise in the use of moneys there is danger from either speculation or investment, although if these be undertaken with precaution against fraud, trickery and deception, the results should be decidedly satisfactory, as Jupiter is under a strong and favorable lunar transit. Domestic, affectional and social interests should thrive under the benefic rays of Moon semi-sextile Venus. There is a warning against changes of any nature.

Those whose birthday it is may have an active and prosperous year if they avoid law, quarreling and change. A child born on this day may be inclined to be rash, impulsive and quarrelsome, thereby contributing to its own undoing. Notwithstanding many difficulties it will succeed and rise in life.

OVER 1000 INDUSTRIALS USE

GOODYEAR
MADE IN CANADA

EXTRA POWER BELTING

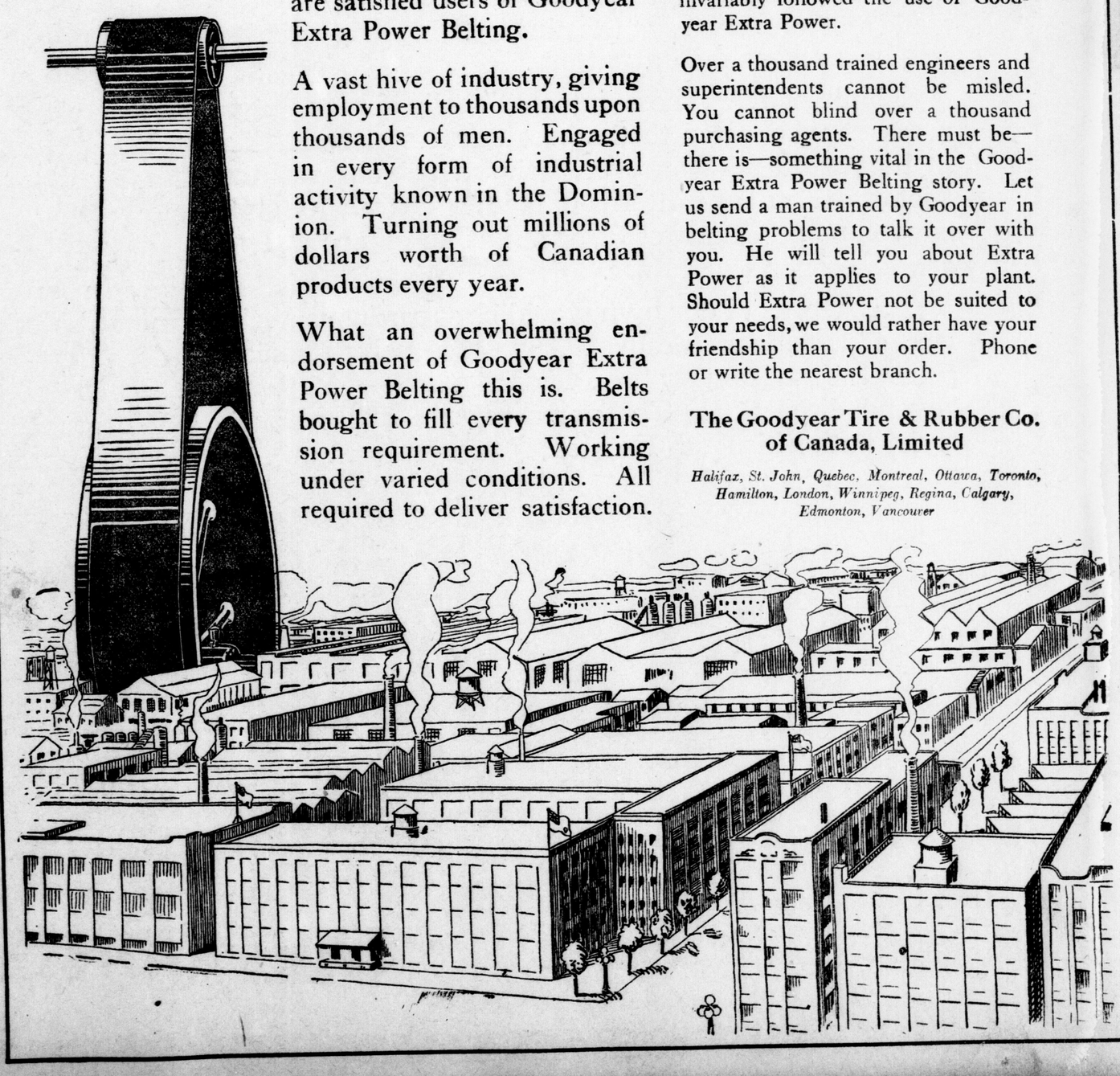
ON RECORD in our offices alone are the names of over 1000 Canadian industrials who are satisfied users of Goodyear Extra Power Belting.

A vast hive of industry, giving employment to thousands upon thousands of men. Engaged in every form of industrial activity known in the Dominion. Turning out millions of dollars worth of Canadian products every year.

What an overwhelming endorsement of Goodyear Extra Power Belting this is. Belts bought to fill every transmission requirement. Working under varied conditions. All required to deliver satisfaction.

Think of the great power-saving because Extra Power Belting is flexible. It grips the pulleys and combats slipping. Greater production has almost invariably followed the use of Goodyear Extra Power.

Over a thousand trained engineers and superintendents cannot be misled. You cannot blind over a thousand purchasing agents. There must be—there is—something vital in the Goodyear Extra Power Belting story. Let us send a man trained by Goodyear in belting problems to talk it over with you. He will tell you about Extra Power as it applies to your plant. Should Extra Power not be suited to your needs, we would rather have your friendship than your order. Phone or write the nearest branch.

The Goodyear Tire & Rubber Co. of Canada, Limited

Halifax, St. John, Quebec, Montreal, Ottawa, Toronto, Hamilton, London, Winnipeg, Regina, Calgary, Edmonton, Vancouver