

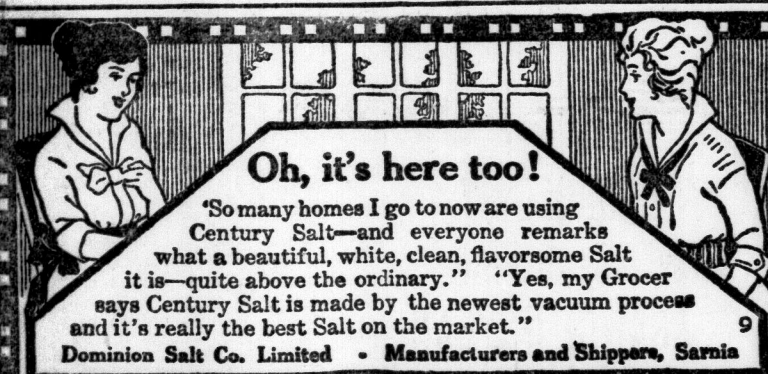
Keep Fit For Success In Life

BY DR. A. B. BARCOCK.

You can take your boy and out of him make anything you like if you can get him under good self-discipline. All roads are open to the man who is strong and fit. Uncle Sam took "our boys"—those slatted, stooped, hollow-chested youths—and made of them vigorous, well-developed, well-set-up and courageous men. Take the right way! Train yourself and your children to take proper exercise, drink plenty of water and keep the system clean. Your doctor will tell you that anything from a common cold or headache to the most serious illness may result from the absorption of poisons in the intestines.

The first principle is to keep the system clean. Occasionally see that the boy or girl, as well as yourself, has an internal bath. It may be with castor oil or a tiny pill of May-apple, aloin and jalap, which is sold by druggists as Dr. Pierce's Pleasant Pellets.

If a cold starts with a cough and it persists, then some local treatment for this condition should be taken. A well-known alternative extract which has been on the market for a great many years, and which has been highly recommended by thousands of users, is Dr. Pierce's Golden Medical Discovery. This tonic compound is composed of an extract of roots and herbs, without alcohol, and has a soothing effect upon the mucous membrane, allays the irritation and at the same time works in the proper and reasonable way, a true seat of the trouble—the stagnated or poisoned blood.



Oh, it's here too!

"So many homes I go to now are using Century Salt—and everyone remarks what a beautiful, white, clean, flavorsome Salt it is—quite above the ordinary." "Yes, my Grocer says Century Salt is made by the newest vacuum process and it's really the best Salt on the market."

Dominion Salt Co. Limited • Manufacturers and Shippers, Sarnia

Century Salt

HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

FRENCH KNOTS AND BARS.



FRENCH KNOT ~ BAR TACK.

French knots are used in line decoration, and when nicely made are a very dainty way of trimming certain spaces in clothing, as those between groups of tucks. To make a French knot, bring the needle up on the right side of the cloth at the point where the knot is to be made, then holding the thread near the cloth with the left hand, wind it two or three times around the point of the needle, according to the thickness of the material, and then push the needle back into the cloth very near the place where it came

through, push the coil of thread on the needle down close to the cloth, and, holding it with the left thumb, pull the needle through to the wrong side. The coil of thread thus left on the surface of the cloth forms the knot.

To finish the ends of set-in or tailored pockets, the ends of seams, or the stitching of plaits, various ornamental tacks are used, the commonest being the bar. To make a bar, bring the needle up on the outer row of stitching on one side, and put it through the outer row of stitching on the other side, thus making one long stitch across the end of the pocket, three or four inches long, more times, according to the number of the thread used, and the size of the bar desired, being careful always to put the needle through the same holes each time at both ends of the stitch. Do not make the bar too heavy for the cloth.

Now bring the needle up at one end of the bar, and exactly below it, put the needle through to the wrong side, above the bar exactly opposite where it just came up, making a small stitch, then bring the needle up, and bring the needle down again below the bar close to the long threads, repeating the process, thus making a bar with a plain stitch over and over. It is necessary to push the needle through the cloth with two motions, to make sure that the long stitches of the bar are even on the right.

(Copyright, 1920, the Metropolitan Newspaper Service.)

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

Constipation in Infancy.

Probably the most common cause of constipation in breastfed babies is castor oil.

The first dose of castor oil should not be given unless the attending physician insists. If the first dose is not given there is little likelihood that the habit of constipation will become established. The major effect of castor oil is binding.

Indeed, a mother who ventures to feed her own baby a physic without express orders from the physician makes a mistake which is pretty sure to bring regret later on, for the alimentary machinery of an infant is most delicately adjusted and it requires very little crude interference by means of physics to upset the nice adjustment and bring on end of digestive disturbance and costiveness.

Better, always, to wait 48 hours for spontaneous evacuation than to administer any laxative or injection. The imagined dangers of costiveness in infancy are great, but the actual dangers are small. Physics do more harm than constipation, and this includes bowel injections or suppositories, of course.

A frequent cause of costiveness in bottle babies is insufficient solid food material. An infant fed only condensed milk or some similar cheat, or one fed with even pure fresh milk, too greatly diluted, is likely to be constipated, because the solids in the food

are insufficient. Every baby requires accessories in the diet after the age of three or four months, beginning with small amounts of orange or tomato juice in the fourth month and adding small amounts of strained pulp of cooked vegetables in the eighth month. These items, besides furnishing vitamins which prevent scurvy, rickets and other deficiency diseases, add that essential bulk which is a natural stimulant to bowel function.

The inadequate amount of fat in condensed milk and various proprietary substitutes for pure, fresh milk is often responsible for constipation, which calls for the addition of fresh cream, not for a straight modified milk formula, in place of the artificial or manufactured food.

Constipation is due to an excessive proportion of casein (the protein or cheese part of cow's milk), for such cases the stools are hard, dry and very offensive in odor. One remedy is the addition of or increase of the cereal element (oatmeal water, barley water or other cereal decoction) used in diluting the milk; another is the use of top-milk in place of straight milk.

Fat is naturally somewhat laxative in effect, but sometimes too much fat in the feeding mixture may produce constipation in an infant a few weeks old, with light, grey, greasy-looking, sour, but not offensive, stools and perhaps a marked ammonia odor in the urine. This calls for greater dilution and a larger proportion of the cereal decoction.

QUESTIONS AND ANSWERS.

Driving Out Poison.

I suffer with muscular soreness in neck, shoulders, hips and stomach, which I am told is due to poisons. Have had all but four teeth extracted. These four will be extracted in a few days (have had a few extracted at each of several seasons, rather than all at one time). Can you recommend something for me to take to drive the poison out of my system? (A. N. S.)

ANSWER—You did well in having only three or four teeth extracted at a time, with intervals of a week or two between seasons, for there is some risk of flooding the system with an overdose of toxic matter if a large number of teeth are extracted at one sitting when there is a diseased state of the gums. I regret I know nothing which "drives poison out of the system." That idea is a favorite bit of nostrum or quack doctor disputation. If your systemic trouble is secondary to the mouth in-

Advertiser Patterns

Owing to the pattern manufacturers increasing the price of patterns to us, all patterns advertised from this date will be 15 CENTS EACH.



3219

A Dainty Lounging Robe.

Pattern 3219 is here portrayed. It is cut in four sizes, small 32-34, medium 36-38, large 40-42, extra large 44-46 inches bust measure. A medium size will require 7 1/2 yards of 36-inch material.

The width of the skirt at its lower edge is 2 yards. Dotted swiss, dimity, lawn, percale, crepe, printed voile, chamois, and albatross, also flannel, silk and satin may be used for this style.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name
Town
Province
Age (if child's or misses' pattern).....
Measurement: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent measure, you need only mark 38, 44, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches" or "yards." Patterns cannot reach you in less than one week from the date of application.

fection, and you have not too long postponed the cleaning up of the infection, the systemic condition should now show steady improvement, under the ordinary palliative treatment your physician may prescribe.

Paraffin Paddings.
Is it safe to have a paraffin padding put in the face to fill out ugly mouth wrinkles? (Anna.)
ANSWER—I do not advise it. Some competent surgeons inject petrolatum to overcome wrinkles.
(Copyright National Newspaper Service.)

WHAT'S IN A NAME?

Facts about your name! Its history, its meaning; whence it was derived; its significance; your lucky day and lucky jewel.

FREDERICA.
Fredrica is the feminine counterpart of the popular masculine name Frederick. It signifies "peace ruler," and comes originally from the old Frey of Teutonic mythology. Frey meant "free," which is loosely translated to "love of peace." The idea was personified into god of very high rank, who was later disintegrated into a brother and sister called Freyr and Freya. Freya named the sixth day of the week and presided over love and marriage, and drove over battlefields in a chariot drawn by panthers to conduct the slain to their appointed places in Valhalla. While Frey was progressing by direct route into Frederick, the feminine form was slower in becoming Fredrica. There are records of such queer deviations as Frithswith, Fridwid and Frithesanta in the eighth century. The saintly daughter of the Lord of Oxford bore the name of Frithswith and lived in a little cell at Thornbury. She had curious adventures which are portrayed in a window of the cathedral at Oxford. She was also patroness of the university and cathedral. The

Aching Limbs
Poison in the system cause pains, aches and stiffness. The poisons are quickly removed by the use of Dr. Chase's Kidney-Liver Pills. One pill a dose. 25c. a box, all dealers.

Dr. Chase's Kidney-Liver Pills

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

THE BRUNSWICK CO. LTD. TORONTO BRANCH, 122 WELLINGTON ST. W.

cumbersome name of Frethesantha was borne by the wife of Geoffrey Luttrell in the fourteenth century.

Fredrica is purely an English invention, though Portugal and Italy have adopted it intact. The French call it Frederique and the German Fridrika.

Onyx is Frederica's talismanic stone. It will guard her from lover's quarrels and assures her a sweet, lovable nature. Thursday is her lucky day and 1 her lucky number.

HENRIETTA.
Henrietta is a charming sixteenth century product. Of Teutonic origin, but extraordinarily prevalent in France and England, it signifies "home rule" and comes from the mythological legend of the porter of Valhalla, called Heim-dall, who sleeps more lightly than a bird and can hear the grass growing in the fields and the wool on the sheep's backs.

The first syllable of this accomplished person's title is the basis for masculine names without number. Through various stages of Helmhicks, Heinrichs and Helms, the French Henri is reached. The things that it named are legion. Across the channel, it became Henry.

The feminine form originated in France. Its first use seems to be in the House of Stuart d'Aubigne in 1588, when a daughter was called Henriette. The court of Catherine de Medici was noted for its Henriettes. The name reached England through the daughter of Henry IV, Henriette Marie, whom the prayer book called Queen Mary. Her godchildren, however, were always addressed as Henrietta.

Coral is Henrietta's talismanic stone. It will guard her from contagion and other evil and is said to have therapeutic value in combating anaemia. Monday is her lucky day and 6 her lucky number.

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the Wheeler Syndicate, Inc.)

(Copyright, 1920, by the