

Bad Breath and Sour Stomach

**Stopped At Once With Pure Willow
Charcoal, the Greatest Gas
Absorber Known.**

There is no necessity to suffer the humiliation, chagrin and discomfort of bad breath, biliousness, sour stomach, gastritis, sluggish liver, etc., when a little lozenge of charcoal will cleanse the stomach and make it pure and sweet.

Do not drug yourself when a simple little natural charcoal made from fragrant willow branches, sweetened with honey, will add tone to your stomach, liver and intestines, rapidly absorb gases and stop foul odors of all kinds.

Charcoal will absorb one hundred times its own volume in gas. A box full of charcoal placed in a bed room will keep the air of such a room pure and sweet.

A little charcoal lozenge dissolved on the tongue after meals will also keep the stomach fresh and clean. Charcoal is justly called the scrubbing brush for the stomach. The old monks of medieval times cured bad cases of stomach trouble, cast out devils from the system of man by feeding such a man charcoal.

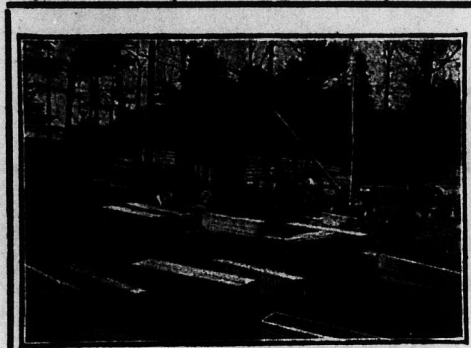
Scientific men of to-day believe in the great strength of charcoal for the cure of human ills. Too much of it cannot harm one. The system craves it just like an animal needs and craves salt. It is so often. Charcoal goes into the stomach gently and is welcome, it settles down through the action of the stomach, and filters through all the food, absorbing gas, aiding digestion and giving tone to the juices, so that when the food goes into the intestines, and there meets other digestive fluids, the charcoal holds the impurities and thus keeps them from the blood.

Stuart's Charcoal Lozenges are made from pure willow. They are prepared fragrant by the use of honey and sweetened so they please the taste and are easily dissolved.

They have an enormous sale, thus stamping them with the approval of the public. Every druggist sells them, 25 cents per box. Go to your druggist to-day and buy a box; then after your next meal take two or three of them and judge for yourself of their merit.

Several taken at bed time will prove to you in the morning that they have been at work all night, for your bad breath will not be so bad after all.

Send us your name and address and we will send you a trial package by mail free. Address F. A. Stuart Co., 200 Stuart Bldg., Marshall, Mich.



Packing trees at Pelham's Nursery for Western Trade.

Reliable Agents Wanted

Now to sell Fruit Trees, Forest Seedlings, Berry-Bushes, Flowering Shrubs. Good pay weekly. Outfit free. Exclusive territory.

600 ACRES UNDER CULTIVATION

We grow exclusively for our Western trade varieties we guarantee hardy and recommended by Indian Head and Brandon experimental farms.

We supply large and well-developed trees and plants which will withstand severe cold.

Write for terms. State whether you can work whole or part time. Address Manager

PELHAM NURSERY CO.,
Goederham Building, Toronto, Ont.



EARN this beautiful Silver Watch. We want to introduce our late popular music in homes everywhere. This music is beautifully lithographed in colors with artistic title pages and will sell at sight, and includes some of the best songs ever written. We will send you free 25 copies assorted to retail at 10c. each. When sold return the \$2.50 to us, and we will positively send you this beautiful watch—a watch you will be proud of.

COLLEGE MUSIC CO.
Dept. B TORONTO, CANADA

If Doctors Have Failed You
try Vitae-Ole and see what it will do. It has cured many after the doctors had used all the oldfashioned medicines. Test it without risk according to the offer on page 13 of this paper.

The Home Doctor.

If the nails are brittle, soak them daily in a little warm sweet oil.

Warm olive oil rubbed into the baby's abdomen and a covering of warm flannels will nearly always relieve a very sharp attack of colic.

Gum chewing, if properly indulged in, is recommended by the best dentists, but the temptation to keep the jaws wagging often does more harm than good.

Bathe inflamed eyelids in a solution composed of two tablespoonfuls of brandy and one cup of tea. Use this remedy often and the best of results will follow.

A powder much used in the German army to keep the feet dry and prevent blisters or any foot weariness is compounded according to these directions: Three parts of salicylic acid, ten of starch and eighty-seven of pulverized soapstone.

Dry nipple sucking is not approved by physicians, trained nurses nor wise mothers. It stimulates an unnecessary flow of saliva, just as chewing gum does with older children and then the air that is taken in is liable to cause wind colic.

Nowadays doctors forbid gouty patients to eat any kind of sweet food, but recommend them to eat at least a dozen walnuts a day. There is no doubt that walnuts are most useful to gouty subjects, or in cases of chronic rheumatism. Swelling goes down and pain decreases.

Immediately upon leaving the sleeping room in the morning, the windows should be raised to their full length, and the doors thrown open to enable the fresh, outside air to reach every corner of the apartment in free circulation. There is marvellous power in the air to sweeten and purify.

Another unfortunate man has died of hiccough whose life could have been saved by the prompt use of tincture of amygd. Why do not the medical practitioners make a public announcement of first treatment for the afflicted. Neglect of what is generally thought to be a trifling ailment, often causes the nervous distemper to pass the curable stage.

A doctor who was called in to treat a little child that had drank a large quantity of camphor, inquired of the mother what she had done, and she replied: "I gave her as much cream as she could take," upon which he told her that it was the cream that saved the child's life; if she had done nothing before his arrival, he would have been too late to save her.

The medicinal properties of the onion have been put to still further test. A young man who had been bitten by a mad dog and fast developing symptoms of hydrophobia was locked in a chamber where some onions were drying. In his delirium he devoured some of the garlic and when he woke from a sound sleep which followed, the frenzy had ceased.

When the baby's head is hot white teething and the little thing is tossing about in a restless manner, convulsions can be prevented by taking a large piece of cotton or linen wet in cold water, folded three-corner wise and laid across the forehead, bringing the corners to meet at the back of the head. Put a dry cloth over it and change until the little head is cool and the restlessness gone.

Hair Falling Off.—The following well-tried recipe is highly recommended: Glycerine and tincture of capsicum each two ounces, oil of bergamot one drachm; mix and perfume to suit. This is to be the only dressing for the hair. Wash the head occasionally with soft water and fine soap. A few drops of any good toilet water in the last rinsing water gives a faint suggestion of perfume to the hair that is very refreshing.

Delicate skins are very sensitive to the approach of cold weather, and unless proper care is taken to prevent it, it will chafe the hands almost before one realizes the fact. If persons who are troubled with chapped hands would be careful to wash, first with warm water, to cleanse, then immerse in cold water, to harden the flesh, dampen with three drops of glycerine, dissolved in one teaspoonful of water and wipe perfectly dry, they would be surprised to see what soft, smooth hands they had.

The Complexion.—Take blanched bitter almonds, two ounces; blanched sweet almonds, one ounce; beat to a paste; add distilled water, one quart; mix well, strain, put into a bottle, add corrosive sublimate in powder, twenty grains, dissolved in two tablespoonfuls of spirits of wine, and shake well. This lotion is used to impart a delightful softness to the skin, and also as a wash for eruptive diseases. Wet the skin with it, either by means of the corner of a napkin or the fingers dipped into it, and then gently wipe off with a dry cloth.

Nothing so weakens the powers of digestion as the habit of picking up a snack here and there, as chance may offer. Even if it be a bit of bread thus taken, it is not safe. The smallest morsel of food is apt to arouse the full activity of the stomach and all the digestive apparatus only for waste of effort.

Never visit a sick person (especially if the complaint be of a contagious nature) with an empty stomach, as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapor in that direction, and you would run much danger from breathing in it.

Sore Throat.—If you are a sufferer from this very common malady you may be quickly benefited by a perfectly delicious and soothing preparation, which is, in fact, lemonade made without the addition of water. Grate the rind from one lemon, and squeeze the juice from two over about two heaped teaspoonfuls of sugar. Be very careful to grate only the yellow as the white gives a bitter flavor. Add the juice and the grated rind of an orange. Let this stand ten or fifteen minutes, and then strain through a cloth. The result is a syrup with a refreshing and delicious taste, which quickly assuages the irritation of the throat.

Not long ago a Scotch teacher gave this advice to her pupils: "If you have cholera or scarlet fever in the house put some onions under the bed and they will sweep away all disease." The onion proved its virtue in a remarkable way forty years ago when cholera raged throughout London. It was noticed with surprise that one of the most unsanitary districts was almost exempt from the visitation. The majority of the inhabitants, being Italians, were great onion eaters, and strings of this vegetable were found suspended from the ceiling of nearly every room. The medical officer of health concluded that the onion among its many virtues, contains a powerful antidote against cholera morbus, and, possibly, other diseases.

When the eyes are tired and inflamed use this lotion. It is splendid: 15 drops of camphor water, one-half teaspoonful of powdered boric acid, one cup of boiling water. Cool, strain through muslin and apply several times a day with an eye dropper.

When the hair becomes very oily immediately after shampooing, a little diluted alcohol rubbed into the scalp will help the trouble. Very often the rinsing of the hair is not thorough after a shampoo where soap has been used, and this will often cause the hair to become stringy and oily.

Too much borax will cause the skin and hair to become dry. Soften your bathing water with a teaspoonful of this lotion: Four ounces of alcohol, one ounce of ammonia, one dram of oil of lavender. It is very refreshing.

A moist toothbrush will not cleanse the teeth properly. It is too soft. Have several toothbrushes, hanging them from little pegs so they will drain and dry, always brush away from the gums. If particles of food adhere to the crevices between the teeth use dental floss. To use a toothpick in public is to exhibit gross lack of breeding. Don't do it.

A very dry scalp is always bad for the hair. Rub into the scalp a little olive oil. This will put your hair in better condition. Too much shampooing with drying soaps is very bad. An excess of borax in the shampoo will soon ruin the hair, causing it to break and split.

You can make an excellent eyebrow tonic by combining equal parts of alcohol and olive oil. Shake well before applying with a tiny brush. Glycerine is not good for the complexion. It will discolor the skin and cause a growth of superfluous hair.

GANANOQUE MAN OUT OF TROUBLE

**Had Rheumatism, but Dodd's
Kidney Pills cured it.**

**Hugh Abernethy on His Feet Again—
Cure is Easy, Simple, Natural and
Permanent.**

GANANOQUE, Ont., Nov. 10 (Special).—That Rheumatism can be cured surely, simply and permanently is the good news that Hugh Abernethy, a well-known resident of King Street, is spreading among his neighbors.

"I had suffered from Rheumatism and stiffness of the joints," Mr. Abernethy states. "My muscles would cramp. I could not sleep, and I had terrible headaches. I took many different medicines but nothing did me any good till I tried Dodd's Kidney Pills. Six boxes put me on my feet again."

Others who have taken Mr. Abernethy's advice and used Dodd's Kidney Pills are also loud in their praises of the old reliable Canadian Kidney remedy. For Dodd's Kidney Pills cure Rheumatism and other blood diseases by curing the Kidneys. Sound Kidneys keep the blood free from impurities. And with no impurities, such as uric acid in the blood, you cannot have such painful and dangerous diseases as Pain in the Back, Rheumatism, Lumbago, Neuralgia, and Heart Disease.

Keep your Kidneys strong and well with Dodd's Kidney Pills and you can face the cold, wet days of fall without a fear of Rheumatism.

When Buying Your Winter Underwear, Consider the Advantages of JAEGER Natural Wool

1. **Prevents Chills**—because it envelopes the body in its natural warmth and keeps the colder air of winter out. With Jaeger Underwear you can wear a much lighter garment and still have the same protection.
2. **Durability**—undyed wool will wear longer than wool that has been dyed, bleached or chemically treated. Jaeger Natural Underwear is made from selected portions of white and black wool—guaranteed for quality and purity, and against shrinkage.
3. **Perfect Fit**—the perfect shape and natural elasticity of Jaeger Stockinet Web fits snugly all over the body.

Jaeger Underwear is sold by leading dealers at fixed moderate prices. Write for our *New Catalogue*.

Dr. Jaeger's Co., Ltd.

316 St. Catherine St. W., Montreal
10 Adelaide St. W., Toronto
Steel Block, Portage Ave., Winnipeg