

Nervous Headache yields to

# BAUME BENGUÉ

It soothes and stops the pain. BEWARE OF SUBSTITUTES \$1.00 a tube.

THE LEMING BROS., LTD. MONTREAL Agents for Dr. Jules Bengué RELIEVES PAIN

### How Do You Shake Hands?

Dr. Charles F. Boger, of Cleveland, Ohio, declares that there are, broadly only five varieties of hand-clasp, and that the manner in which one man greets another is an infallible index of his true character.

The man who, when hand-shaking, gives a full hand and presses his thumb against the back of your hand, says Dr. Boger, is social, liberal, and a congenial companion.

The man who does not press his thumb against the back of your hand is thrifty and economical to a fault; he is niggardly, almost miserly, and hence a poor associate in revelry and amusements.

The man who offers the tips of his fingers is sly, secretive, and cunning. He may abound in polish and smoothness, but not in truthfulness.

You will invariably find that the man who talks with his hands closed in the form of a fist is insincere and given to exaggeration.

### PNEUMONIA

and other Lung Diseases

Claims many Victims in Canada and should be guarded against

### Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippes, Bronchitis, Sore Throat, Asthma and kindred diseases. It is an Enemy to Germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.

Minard's Liniment Co., Ltd., Yarmouth, N.S.

A man who is at the mercy of his disposition can never be a leader, a power among men.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Ontario Board of Health

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs., Toronto.

I am writing this article to the boys and girls, and more particularly to you boys and girls who are going to school from day to day, and who are being taught reading, writing, arithmetic and other useful subjects that will be of use to you all through life. Now, to learn quickly and to make progress at school you must be in good health, for you cannot go to school every day if you do not feel well, and so you get behind in your class, and feel that you are keeping the other children back, waiting for you to catch up to them in your studies.

There are several things that you should do every day to keep well. They do not take much time and in fact are very necessary if you are going to have good health.

Every boy and girl knows how beneficial it would be to carry out certain health rules from day to day, but sometimes there is nobody to tell just what should be done.

Here are some health chores which I would like to see every boy and girl undertake to do every day. Copy out the list and pin it somewhere where you can see it. Then at night before you go to bed put an X before each chore that you have done and see how many you have missed out. If you do not miss any of the chores you will feel in better health, you will have a better appetite, you will sleep better, and you will study better. Besides you will grow up to be a healthier man

### The Close of Day.

At eve the mountains seem to devour each dying day,  
As they stand between the earth and heaven's way.  
They feast on sunbeams, drink the rain and dew for wine.  
Their Host is God, the infinite, with whom they dine.  
And he who sweeps his eye across the broad expanse of skies  
May see the finger prints of God in wondrous size;  
Yea, too, may see that God Himself is there  
To hold and guide the worlds that swing in air.  
No language need be heard to tell His mighty power,  
"The heavens declare His glory" in this closing hour.

### KEEP LITTLE ONES WELL IN WINTER

Winter is a dangerous season for the little ones. The days are changeable—one bright, the next one cold and stormy, that the mother is afraid to take the children out for the fresh air and exercise they need so much. In consequence they are often cooped up in overheated, badly ventilated rooms and are soon seized with colds or grippes. What is needed to keep the little ones well is Baby's Own Tablets. They will regulate the stomach and bowels and drive out colds and by their use the baby will be able to get over the winter season in perfect safety. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Twins Are Hereditary.

Once in a while one reads in the newspapers about a birth of quadruplets. Very rarely quintuplets are born, and there have even been instances of sextuplets.

When four or more babies come in to the world at a birth, almost never do more than three of them survive.

A tendency to the production of twins is undoubtedly hereditary; it runs in families. A woman whose mother and grandmother have borne twins may fairly be expected, if married, to bring one or more pairs into the world.

That curious armored mammal, the armadillo, common in Texas and Mexi-

co, nearly always produces four young at a birth; and the most remarkable thing about them is that they are "identical" quadruplets—i.e., produced by the splitting of a single fertilized cell.

This phenomenon of splitting is known to occur only in the armadillo and in man. Identical human twins (produced from a single cell) are very exceptional, but not extremely rare. They are in effect duplicates of one individual, and might almost be said to share a common identity. Ordinary "fraternal" twins may be more or less alike, but identical twins resemble each other so closely that it is hard to tell them apart.

### Songs for Sulky Cows.

Music has a big effect on most animals. The horse of the cavalryman pricks up its ears the moment it hears the trumpeter's notes, and does not forget them, for years.

Sulky cows can be restored to good temper by the dairymaid's songs, and oxen at the plough will do better when their driver sings.

The circus horse soon learns the difference in the time of the music to which he has to perform. He will march, trot, or gallop as the musician leads him. Monkeys and elephants can be trained in a similar way.

There is an Eastern saying that the song of the shepherd fattens sheep more than the richest pastures.

### FRAGILE, PALE AND MISERABLE

#### The Melancholy State of Thousands of Bloodless Children and Young Girls.

How often do you hear the remark, "She is very delicate?" How often it means that some young woman is living in misery, suffering from periods of prostration, dizziness, loss of appetite and disordered digestion. Headaches afflict her at intervals; pain in the back and limbs follow any exertion. She is never really well.

This fragile state of health, this lack of vitality, calls for prompt treatment. The blood must be nourished and made strong enough to vitalize the system that is so lacking in energy. In such cases Dr. Williams' Pink Pills have proved remarkably successful in making the new, rich, red blood necessary in restoring tone to the system.

Mrs. L. M. Duncan, South Mountain, Ont., tells of the wonderful benefit Dr. Williams' Pink Pills made in the case of her young daughter. She says: "It is only right that I should let you know of the good derived from the use of Dr. Williams' Pink Pills by our girl of eleven years. She was always very thin and not gaining in weight. Her appetite was poor and she had no desire for wholesome food. Finally we decided to give her Dr. Williams' Pink Pills. After taking one box, she went away on a three weeks' vacation, taking three boxes of pills with her, which she took regularly while she was away. When she returned home we were surprised and delighted to see how well she looked, and to find that she had gained seven pounds in weight. She had a much better color and her appetite had improved so that she was always ready for her meals. She continued using the pills until she had taken seven boxes, and the great improvement they made in her condition was noticed by many around here. I can only add that I believe Dr. Williams' Pink Pills are a splendid medicine."

The best time to begin taking Dr. Williams' Pink Pills is the moment you feel the least bit out of sorts. The sooner you do so the sooner you will regain your old time energy. You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### The Longest Way Round.

Patsy—"Mom, won't yer gimme candy, now?"

Mrs. Casey—"Didn' Oi tell ye Oi wouldn't give ye anny at all if ye didn't kape still?"

"Yes'm, but—"

"Well, the longer ye kape still the sooner ye'll get it."

### Minard's Liniment Relieves Distemper

### The First Lighthouse.

There has been some controversy as to whether the Romans or the Phoenicians built the first lighthouse, but the best records at hand give the honor to the Romans. It was nothing more than a beacon tower upon which fires were kept burning to guide mariners into the port of Alexandria, Egypt. Situated on the Isle of Pharos, it was called the Pharos, a name which has been applied to lighthouses ever since the building of this first beacon, about B.C. 331. Both the Phoenicians and the Romans later erected beacons at various points along the Mediterranean coast, an old Phoenician lighthouse still being in use at Corunna, Spain, having been repaired from time to time during the centuries it has stood in the same location. The remains of a Roman Pharos (lighthouse) may be seen at Dover, England, which was the terminus of the barge line across the Channel during its occupation by the Romans, and connected with the system of military roads that lead down to Rome.

Don't try to get out of anything which will help you, which will make you a stronger and larger man.

### AUTO SPARE PARTS

for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. **Harvey Auto Salvage Part Supply, 222-224 Dufferin St., Toronto, Ont.**

### The Home That Wins.

Right into the hands of every father, the Boy Scout movement puts an insurance policy for his boy's future. Scouting is not something outside the home to turn you boy over to, and forget about. Scouting is the most active force ever let loose in the world for welding father and son together into a winning team for home and country.

Every father does not realize that the average Ontario boy is awake 5,500 hours a year. You put him in school for 900 of these hours and everlasting-ly keep after him to make good. You place him in church and Sunday School for perhaps another 100 hours and let him know you are looking for results. You keep him around home and under your watchful eye for probably 1,500 of his waking hours and then turn him loose for his play—3,000 hours a year—and that's the end of it. Why? Because you are past the play age, or think you are.

Yet right here, in these hours he is away from home and other wholesome influences, is where your boy forms his character and needs you most. Scouting gives you, as a father, a complete playtime programme through which you can win your son for life. Scouting wins, and the home that "puts in" Scouting wins too.

Scouting is the manifest programme ever devised for a boy. As associate members of The Boy Scouts Association fathers unite with their boys in Scouting. They become pals with their sons and "home scoutmasters" backing up the regular scout leaders. The home with Scouting in it wins. If Scouting is not in your home, a letter addressed to the Provincial Headquarters of the Boy Scouts Association, Bloor and Sherbourne Streets, Toronto, will bring back a reply telling how you can help to put it there.

### Druid Oaks of Marseilles.

The old Druid religion was a dreadful one in many respects, and no phase of it was more evil than the ceremonies that were conducted in the sacred grove just outside the walls of Marseilles. The trees were oaks, and no human hand had laid an ax to the forest since the creation of it. As a result the underbrush had grown up and the trees themselves had so interlaced limbs and leaves that the interior of the grove was almost as dark as if it were perpetual night, as no ray of sun could penetrate to its heart. A slime-covered creek twisted about among the trees, its waters an inky blackness, and it is said that no four-footed animal could live in the grove or any bird perch on the trees.

Deep in the heart of the grove, reached only by a secret and twisted path, the Druid stones were set up, ghastly gray piles with flat tops, so that the bodies of the men, women and children to be sacrificed could be laid, nude and helpless, upon it. The priests, with stone knives, would disembowel the screaming victims or would slowly cut their throats, chanting prayers as the death gurgle echoed in the grim forest. There was not a tree in the depths of the forest that was not stained with the blood of human beings. Maidens were preferred to any other form of sacrifice, and the more beauty one had the more she was thought to be acceptable to the unnamed gods.

### A Woman's Logic.

The other day a famous lawyer took one of his women clients out to lunch. What the wife doesn't hear the wife doesn't nag about, so he decided to say nothing about the event to his better half.

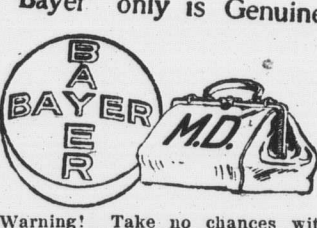
But some busybody, who, as usual, knew everybody's business better than her own, told his wife instead, and that evening he was duly scolded for his misdemeanor.

"But you sometimes go out to lunch with men who are our friends," protested her husband, "and I don't object. Now, what is the difference between the two cases?"

"Why, the difference is in the bill," smiled the lady. "One way you save it, the other way you pay it."

### ASPIRIN

"Bayer" only is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

### BITS OF HUMOR FROM HERE & THERE



A Tragedy—for Her.  
"Why so melancholy, old man?"  
"Miss Brown rejected me last night."  
"Well, brace up; there are others."  
"Yes, of course, but somehow I can't help feeling sorry for the poor girl."

Might Mean Two Things.  
A bride and bridegroom were on their honeymoon. The bride, in telegraphing to her father, announced that they were "having a row every morning before breakfast."  
Her father, evidently reminiscent of his own experiences, wired back, "How do you pronounce r-o-w?"

Liked Her Mother.  
Six-year-old Margaret often played with Nellie, a neighbor's little girl. One rainy day the two were just starting across the clean kitchen floor at Margaret's house when the latter's mother, seeing their muddy shoes, headed them off and sent them out to play on the porch. After a moment Nellie remarked:  
"My mother don't care how much I run over the kitchen floor."  
There was quite a long interval of silence. Then Margaret said:  
"I wish I had a nice dirty mother like you've got, Nellie."

The Toddlers' Language.  
An Englishman who was just beginning to understand Chinese stood listening to a group of English children who chattered away now in English, now in Chinese.  
Most of it he could follow, but the talk of two wee mites whose tongues were wagging as hard as they could go puzzled him completely.  
"Are they talking in English or in Chinese, or a mixture? I can't get a single word of what they are saying," he remarked to an older child.  
"Of course you can't," was the ready reply. "No one can except themselves. It isn't any language, but all the little ones talk it. They get it off of God, and they keep it till they're three."

### MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five Dollars costs three cents.

### Hiding Your Light.


Don't forget to tell your wife occasionally that you love her. Otherwise she might not find it out.

Minard's Liniment for Dandruff.

Weather conditions are reported and forecasts issued by radio telegraphy from a number of places in France as frequently as seven times a day.

### MOTHER!

"California Syrup of Figs"  
Child's Best Laxative



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 physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

### WHEN RHEUMATISM HITS YOU HARD!

Sloan's Liniment should be kept handy for aches and pains

WHY wait for a severe pain, an ache, a rheumatic twinge following exposure, a sore muscle, sciatica, or lumbago to make you quit work, when you should have Sloan's Liniment handy to help curb it and keep you active, and fit, and on the job?

Without rubbing, for it penetrates, apply a bit today to the afflicted part. Note the gratifying, clean, prompt relief that follows. Sloan's Liniment couldn't keep its many thousands of friends the world over if it didn't make good. That's worth remembering. All drug-gists—three sizes—the largest is the most economical. 35c, 70c, \$1.40.

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Pain's enemy

### Classified Advertisements.

FARM WANTED.  
FARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

AGENTS WANTED.  
AGENTS WANTED: BLISS NATIVE Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised, since it was first manufactured in 1888, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonso O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.

### A New Flytrap.

Something entirely new as a contrivance for catching flies is the idea of Juan I. Dominguez, of Buenos Ayres. It has a rotating disc, with a series of radial fins, between which syrup or other bait is placed. When a fly alights on the disc (which is kept revolving slowly by clockwork) it is presently carried beneath a glass cover and takes wing upward toward light which comes from a box attached to the machine.

The box is provided with wire-net windows, to make its interior light, and the flies, once inside of it, are prisoners.

### "Pape's Diapepsin" Corrects Stomach.

"Pape's Diapepsin" is the quickest, surest relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach corrector in world.—Adv.

Toys have to be accurately made in every detail to please the modern child.

The largest chrysanthemum yet grown, which has a circumference of 39 inches, was recently shown in London.

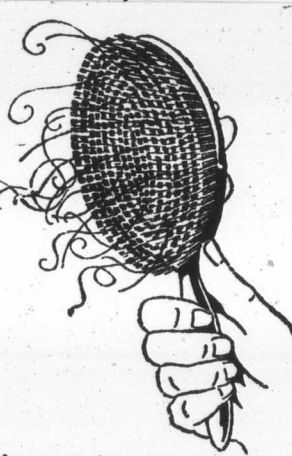
### WANTED

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet and "Proof of Conception" on request. HAROLD C. SHIPMAN & CO. PATENT ATTORNEYS. 20 SHIPMAN CHAMBERS - OTTAWA, CANADA

### WEEKS' BREAK UP A COLD TABLETS

### DANDERINE

Stops Hair Coming Out; Thickens, Beautifies.



A few cents buys "Danderine." After a few applications you cannot find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and abundance.

### Prevent Falling Hair With Cuticura Shampoos

The first thing to do in restoring dry, thin and falling hair is to get rid of dandruff, itching and irritation of the scalp. Rub Cuticura Ointment into the scalp, especially spots of dandruff and itching. Next morning shampoo with Cuticura Soap and hot water.

Sup. 25c. Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: Cross, Limited, 314 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

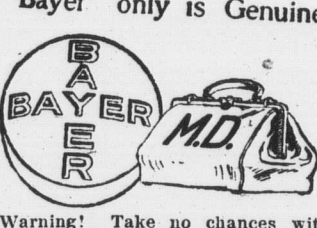
### Grocers Used To Wonder why some of their tea and coffee trade switched to INSTANT POSTUM

Many of them understand now They use Postum in their own families and find a big gain in health, and some economy, with no loss in satisfaction

"There's a Reason" for Postum instead of coffee

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