

22 Jul 20

P. 5.

HOW TO OVERCOME NERVOUS TROUBLES

A Returned Soldier Tells How He Regained Health and Strength.

Nervous troubles of all kinds, particularly nervous debility, work a remarkable transformation in the patient. The change is both physical and mental. The sufferer loses weight and strength, and frequently becomes irritable and fault finding. Troubles that were once thrown off without any difficulty assume exaggerated proportions. Other symptoms of this nervous condition are poor appetite, headaches, exhaustion after little effort, and frequently distress after meals.

The cause of this debility is generally starved nerves. The blood, which gives the nervous system its food and power to work efficiently, has become thin and weak, and until the blood regains its tone and strength there can be no improvement in the condition of the nerves. In cases of this kind Dr. Williams' Pink Pills will be found the very best medicine. They make rich, red blood which feeds and strengthens the starved nerves, and in this way restores the sufferer to full health and strength. Proof of this is found in the case of Mr. Fred Sander, London, Ont., who says: "While on service with the Imperial forces in Africa I completely lost my health through continual hardship and shock. I was sent back to the base hospital suffering, so the doctor said, from nervous debility. After spending some time in the hospital I was invalided back to England as unfit for further service. After spending a long time in Netley Hospital, I was given my discharge, but was still a weak and nervous wreck, absolutely unfit for work. I had neither the strength nor ambition to do anything. In London I doctored for three or four months with a civilian doctor, who finally advised a change of climate. I was terribly nervous, suffered from sleeplessness, smothering and sinking spells, and pains in the heart; my hands and feet were always cold and clammy. At this time I decided to come to Canada, and shortly after reaching this country was advised to try Dr. Williams' Pink Pills. After I had taken the pills for some weeks I found myself improving. I continued taking the pills for several months, with the result that they fully restored my health. My nerves are now as steady as a rock; my appetite the best, and my eyes and skin, which had turned yellowish, are clear and healthy looking. I feel like a new man in every way, and fit for anything. I have since recommended the pills to several friends, and know of several cases where they were beneficial in the influenza epidemic. I am of the opinion that should any of my returned soldier comrades use Dr. Williams' Pink Pills for shell shock, they would be a great help to them."

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

Mosquitoes and Colors

The anopheles mosquito, it appears, is attracted by certain colors and repelled by others. Experiments have been conducted in a gauze tent, one end of which was formed by large windows. Into these the sunlight poured on bright days. Large stone basins were placed on the floor for the mosquitoes to breed in.

It was immediately noticed that when a person entered the tent clad in dark grey clothes, the mosquitoes settled on the cloth. When the person entering was dressed in white flannel, they did not approach him.

A number of boxes lined with cloth of various colors were placed in rows upon the floor, and it was noticed that great numbers of mosquitoes entered the box lined with dark blue. Fewer of the insects sought the boxes lined with other colors, the number diminishing in this order: Dark red, brown, scarlet, black, slate grey, olive green, violet, leaf green, blue, pearl gray, pale green, light blue, ochre, white and orange. No mosquitoes whatever were found in the box lined with yellow.

The number of insects congregating in houses might therefore be easily lessened by the choice of suitable colors applied to the walls. A trap lined with something dark would attract so many insects that they could be slain in large numbers.

"Who Are You?"

- I love the country—it's God's land.
- I love the trees, the birds, the flowers.
- I love the starry skies and the sunlit fields.
- I love the rain and the glistening snow.
- I love the pure air and the sparkling brook.
- I love the spring, summer, autumn and winter.
- I till the soil and plant the seed.
- I cultivate the crop and gather the harvest.
- I supply the food that none may starve.
- I work from sunrise to sunset.
- I work for the joy of work and for my loved ones.
- I have no time to strike.
- I believe all who eat should work.
- I believe in co-operation.
- I believe in the brotherhood of man.
- I believe my children should have the best in education.
- I believe my wife should have every home convenience.
- I believe in work, sleep and play.
- I believe my rights and privileges are those of every man.
- I believe in my God, in my Country and in you.
- I am a farmer.

The way to choose between actions is to choose between aims.

A farmer's labor devoted to producing wheat in 1930 resulted in an average of hardly more than three bushels a work day of ten hours. As the result of improved agricultural methods and machinery, his labor for one day now averages a product of sixty bushels. We are progressing.

STYLES FOR CHILDREN



9553—Child's Apron Dress (kimono sleeves; to be slipped on over the head). Price, 20 cents. In 6 sizes, 2 to 10 years. Size 4 requires 1 1/4 yds. 36 ins. wide; contrasting, 3/4 yd. 36 ins. wide.

9556—Child's One-Piece Dress (to be slipped on over the head; slashed on shoulders; kimono sleeves). Price, 20 cents. In 6 sizes, 1 to 6 years. Size 4 requires 1 1/2 yds. 36 ins. wide. These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Velocity of Light

Physicists never tire of efforts to increase the accuracy of their knowledge of the fundamental facts of science. A redetermination of the velocity of light by the Fizeau toothed wheel method was made at Nice. These experiments were remarkable on account of the great distance over which the beam of light employed was transmitted. Previously such a beam had been caused to travel about fifteen miles, but on this occasion the reflecting mirror was so placed that the total distance traversed by the beam, going and returning, was fifty-seven miles. The mean of 1,109 observations gave the velocity of light 186,225 1/2 miles a second.

SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Planning Keats Memorial.

A committee has recently started in London to raise \$50,000 to purchase the house called Wentworth Place, formerly known as Lawn Bank, which was the last home in England of the poet Keats. This house is situated close to Hampstead Heath. Attention was called to it when the place was offered for sale as an eligible building site. Next year is the centenary of the death of Keats.

I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made.

ARCHIE E. LAUNDRY.
Edmonton.

In the Orchard.

Prune back the heads and long canes of blackberries and raspberries after picking is over.

Propagate black raspberries by tip-layering.

If bearing trees have not had their crops thinned before this, do it early in July. Thinning pays well in improving the quality of the fruit.

The last cultivation of the orchard trees may be made late in July. Plant a cover crop at this time consisting of rye, winter vetch, and perhaps some crimson clover if the climate is not too severe for it.

Keep the runners well pruned from the strawberry plants unless you are practicing the matted-row system.

Fight insects and disease by spraying; send to your experiment station, or call on your county representative for free literature.

If you have a good farm record, you can, with the expenditure of a few minutes each week, have a check upon your business, and can at any time see where you are making money and where you are losing it.

SUMMER ASTHMA— HAY FEVER

—sleepless nights, constant sneezing, streaming eyes, wheezy breathing—

RAZ-MAH

brings relief. Put up in capsules, easily swallowed. Sold by reliable druggists for a dollar. Ask our agents or send card for free sample to Templeton's, 142 King St. W., Toronto. Agents, all Toronto and Hamilton druggists.

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."

Time is saved by having a glass measuring cup in both the flour bin and sugar bin.

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

Why a horse rises from the ground on its forelegs and a cow on its hind legs has never yet been explained.

Minard's Liniment for sale everywhere

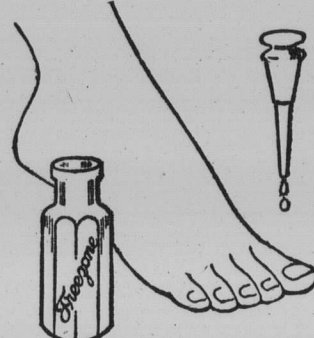
If you understand the things that your friend leaves unsaid, you know your friend.

SAY "DIAMOND DYES"

Don't streak or ruin your material in a poor dye. Insist on "Diamond Dyes." Easy directions in package.

"FREEZONE"

Lift Off Corns! No Pain!



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

BITS OF HUMOR FROM HERE & THERE

An Early Example.

Midas had just seen another ham sandwich turn to gold as his fingers touched it.

"This profiteering," he remarked slyly, "is something that can be carried entirely too far."

Era of Economy.

"Family discipline isn't what it used to be."

"No. When I was a child my parents used to take a slipper to me. No parent of the present would even put that much extra wear and tear on precious shoe leather."

The Modern Boy.

Teacher—"Now, Tom, hold your head up and your shoulders back—you'd like to have a fine carriage when you're a man, wouldn't you?"

Tom (doubtfully)—"Well, I'd rather have an aeroplane."

We often fail to recognize it, but the fact remains that to-day is trying to live up to the highest standard of yesterday's thought and determination.

MONTH OLD BABY HAD SKIN TROUBLE

On Face and Hands. Itched and Burned. Cuticura Heals.

"My baby was only a month old when her face and hands started to get red and scaly. The eczema started in the form of water blisters and itched and burned. She was so cross and fretful she could not sleep."

"This lasted nine months when I tried Cuticura Soap and Ointment, and I used three boxes of Soap with two boxes of Ointment when she was healed." (Signed) Mrs. Oscar Pillon, Amherstburg, Ontario, May 7, 1918.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, soothe with Ointment, dust with Talcum.

Soap 25¢, Ointment 25¢ and 50¢. Sold throughout the Dominion. Canadian Dept: Lyman, Limited, St. Paul St., Montreal.

See Cuticura Soap shaves without razor.

DOG DISEASES

How to Feed Mailed Free to Any Address by the Author.

Dr. Gray-Glover Co., Inc., 118 West 31st Street, New York, U.S.A.

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,000. Will go for \$1,500 on quick sale. Box 44 Wilson Publishing Co., Ltd., Toronto.

WANTED—SHORT STORIES.

FROM ONE TO FIVE THOUSAND words. Get real money if your stories are snappy. Write Short Story Market, 6 Columbine Ave., Toronto.

Deep Question.

"Daddy," asked a mite of eight summers. "God makes us do the good things, doesn't he?"

"Yes," replied the father.

"And Satan makes us do the naughty things?"

Again, yes.

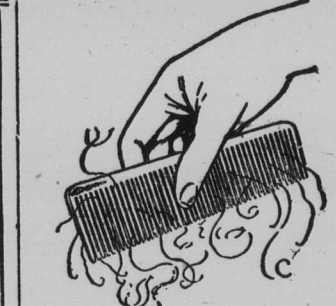
"Well, who makes us do all the funny ones?"

Ask for Minard's and take no other.

His wife goes by at forty miles in his new car—but mine just smiles! Our house has pipes and everything—His wife totes water from the spring.

LET "DANDERINE" SAVE YOUR HAIR

Hurry! A few cents stops hair falling and doubles its beauty



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

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

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

SINCE 1876 SHILOH 30 DROPS STOPS COUGHS

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 nine teen 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 Monocaceticacidester 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."

Food For A July Morning

—and every morning when the thought of health enters into the meal time preparation—

Grape-Nuts

This easily digested food needs no sugar, yet it has a most pleasing sweet flavor, and is full of the sound goodness of wheat and malted barley.

"There's a Reason"



ANCHOR PLUG TOBACCO

15¢ a Plug
2 for 25¢

ANCHOR PLUG is the chewing tobacco of superlative excellence.

Try a plug today.

It Holds its Flavor

