and pains in her right side; at times

she was so bad she

could not do any work. For two

years she was attended by the best

physicians here, and both agreed that she would have to

be operated on. I suggested Lydia E.

Pinkham's Vegeta

ble Compound, and at first she refused

HER DAUGHTER

WAS SAVED

Mrs. Wells of Petersburg

Tells How.

Petersburg, Va.—"For two years my daughter suffered from a weakness

to take it, but finally consented. From

the very beginning it helped her, and now she is entirely well, and telling everybody how much good it has done her."—Mrs. W. D. Wells, 226 North Adams Street, Petersburg, Va.

If every girl who suffers as Miss Wells did, or from irregularities, painful periods, backache, sideache, dragging

periods, backache, sideache, dragging down pains, inflammation or decration would only give this famous root and herb remedy a trial they would soon find relief from such suffering.

For special advice women are asked to write the Lydia E. Pinkham Medicine

Co., Lynn, Mass. - The result of forty

Contain No Narcotics

Northrop & Lyman Co., Ltd. Dept. E. W., Toronto

years experience is at your service.

# DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

## Sunlight One of the Best Aids to Normal Well Being

By DR. LEONARD KEENE HIRSHBERG.

Praises are constantly heard about the health official or backstologist Ancient worship of the sun perhaps had more substance and reality in it then many of the claims made for fresh then many of the claims made for fresh them to breed and flourish like green bay ir. True enough, clean, active air full trees. lown from blue hills and green fields, invigorates the tissues and whips up blood to do its best, but the nebuealth magic than does the atmosphere ndeed, it is the sunlight which rereshes and restores the stale, used-up, lirt-laden air to its proper health status. You need more open sunlight in the immer and only a little less in the inter than you need fresh air. any of earth's mortals are in the sun ix or seven hours a day? Very lew

ndeed. Those, however, who work and play in the great sunlit out-of-doors veral hours daily are more nearly ormal in their physical and mental states than are those who bathe in the Many Windows Help. hand-me-down from the days when

there were no such things as glass or ca, is the absence of many huge, wide windows and full glass doors in uses, homes, offices, factories and neglect on the part of building commissioners, architects and construcof free admission for liberal The roofs of unsafe measures. ses are still made of opaque mater als instead of being one gigantic skylight. Doors are made today almost as thick and impenetrable to the eyes as hey were in King John's time. So essential to the well-being of man sunlight that it should be made a enalty to build houses with roofs or

ors that are not transparent In the winter the sunlight seems to be atively stronger than at other seans of the year. The days are darker shorter, and Arctic temperatures dampness drive many persons inors. Artificial lights flare forth earlier he afternoons and remain aglow later all the more precious. Seize them I make them serve your health.

Suberculosis is treated more successopen sunlight than by fresh air As a matter of careful and freobservation animals kept in perectly fresh air, yet in gloomy, dark succumb to tuberculosis, while ose which live in foul air, but in sunrecover fully. Sun baths help heal ravages of tuberculosis, anaemia, tion, gout, mainutrition and other

number of red corpuscles has been increase 10 per cent within a k even in a Pittsburger or an East

pirtues of fresh air. The plenitude and demonstrate to you that sunlight soon resources of open sunlight are only too kills the bacilli of tuberculosis, diph-

There is even nowadays too sheets, hot water bags, laxatives, ice

Answers to Health. Questions while the series and the series of the seri

stimulates the scalp and helps to stop the hair from falling. It may also promote the growth of hair by alding the nourishment.

F. E. W. Q.—What is neuritis?

A.—There are so many different kinds of neuritis that it depends largely on the kind, its location, whether due to lead, alcohol or other causes that I cannot undertake to advise you without more information. Please describe carefully, but briefly, what you mean.

J. M. Q.—Will cocoanut butter rubbed on the fiesh fill it out?

2.—Will exercise out of doors help to increase the weight?

A.—Cocoa butter when massaged into the skin sometimes have to stop the skin sometimes have to stop that grown and the standard provide him with funds. It is possible sense my affair, so I hastened to continue my story.

Elilian is insistent, Beginning at my discovery that Grace Draper had accombanied him to the

# Lillian greeted me quietly enough as I came into her library. But the tell-tale little white lines around her mouth betrayed the anxiety under which she was laboring. "What luck?" she asked, as she gave the tea signal on her wall belt to Betty in the regions below. "The best," I answered promptly, "I saw him this morning and lunched with Lillian. "The pupils of her eyes narrowed ever so slightly, a sure sign of excitement with Lillian. "Good girl!" she said approvingly, "I know that wasn't an easy thing for your voice down. Luckily Betty isn't what you would call a velvet-shoe serption. We shall hear her coming long before she's here. And Katherine is with Mother Morton and Marion." "She drew a chair close to her own, so her with Mother Morton and Marion." "She drew a chair close to her own, and bending down stirred the crackling wood of the fire which her friends always count on finding in her home unsupposed to the ways count on finding in her home unsupposed to the ways count on finding in her home unsupposed to the ways count on finding in her home unsupposed to the ways count on finding in her home unsupposed to the ways count on finding in her home unsupposed to the condition." "It a speared decidedly prosperous." I have condition." "It as a ways a way the tell-tal discomfort instead of a pleas the adiscomfort instead of a pleas the discomfort instead of a pleas there a discomfort instead of pleas there a discomfort instead of pleas there a discomfort instead of a pleas there a discomfort instead of pleas there no use

other little girls who lived near her A man's best things are nearest him, home, and taking care of the babies Lie close about his feet. One day when the children were

eemed to go wrong, Ann ran off to the attic to have a good cry. She hated being poor, she hated the crying babies, and finally she ended by declaring that she hated herself. "Tut! Tut!" cried a squeaky voice.

Ann saw something move over in the corner, and a queer, little, old, wrinkled up woman, no taller than the baby, came "I'm Granny Cheer from Makebelleve Land," she said. "Now, tell me why you're crying," and she sat down be-

side Ann. "Because I'm unhappy," sobbed Ann "The children are mean and I'm mean and cross, too. I don't want to be that way, but I cant' help it."

"Surely you can!" laughed Granny Chean "When a lital laughed Granny "When a little girl can see her faults she's won the hardest part of the

battle-the mending of them is easy. Just stop thinking about yourself and think more about the little ones' happiness. Don't scold or be cross to them, but find something for them to do besides quarreling. "You make your own happiness by



Ann wiped her eyes and went down-stairs. The children were quarreling and fighting out in the yard, and Ann, instead of scolding them, soon had them playing games and laughing merrily.

Then she washed the dishes and

Then she washed the dishes and cleaned up the house. She had never thought of doing it before.

When her mamma returned home, tired and hungry, she found supper on the table and the little ones nice and the table and the little ones nice and clean, playing happily on the floor.

"How splendid to come home and to find things done for me," sighed Ann's mamma. "I certainly don't know what I'd do without you, dear, you've made me so happy."

"Then I didn't dream it!" exclaimed Ann, and she told her mamma about the

Ann, and she told her mamma about the queer little woman who had visited her in the attic and what Granny Cheer had "Granny Cheer is right, whether a

dream or not," laughed her mamma. "To be happy we must first make someone else happy. But, dear, you must be tired after all this hard work." "That's the strangest part of it all." replied Ann. "I'm not tired. I guess one never grows tired of doing things for those they love."

Ann often visited the attle in the hope of seeing Granny Cheer again, but Granny Cheer never returned. Per-haps because Ann never needed her again, for Ann never forgot what Granny Cheer had said, and found that it helped her over many a rough place.



Today's Fashion



Those whose birthday it is will have a year calling for good management of effects and health. A child born on this lay should be trained in patience, kind-

#### The Origin of Famous Sayings

Richard Monckton Milnes (Lord Houghton), 1809-1885. Great thoughts, great feelings came to Like instincts, unawares

-The Men of Old.

They who have steeped their souls in prayer,
Can every anguish calmly bear.
—The Sayings of Robia.

Her manners had not that repose Which stamps the caste of Vere de

### -Lady Clara Vere de Vere HEART BEAT SO FAST COULD NOT SLEEP

HAD TO SIT UP IN BED

Heart trouble has of late years become "You make your own happiness by taking care of the happiness of others.

Try to find something to do that will make your mamma happy, too, and you will be laughing before you know it."

Then—like a puff of smoke—the queer burst. You have weak and dizzy spells, are nervous, irritable and depressed, and are nervous, irritable and depressed, and if you attempt to walk upstairs or any distance you get all out of breath.

There is no other remedy will do you much good, restore your heart to a natural condition, build up your strength, and give you back vigor and vitality, as Milburn's Heart and Nerve Mrs. A. Russell, Niagara Falls, Ont.,

writes: "At nights I could not sleep, and had to sit up in bed, my heart would beat so fast.
"When I went to walk very far I would get all out of breath, and would have to sit down and rest before I could go any farther. I was advised to get Milburn's Heart and Nerve Pills, and before I had used two boxes I could sleep and walk as far as I liked without my trouble." Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

TAKE THREE A DAY-KEEP. THE DOCTOR AWAY.

## TONAL IRON CAPSULES

The Great Blood Maker, Nerve Tonic and System Builder.

TONAL IRON CAPSULES have cured others, and they will cure you, if suffering from any of the following: Anaemia (thin or watery blood), Impure Blood, Nervousness, Nerve and Muscle Twitching, Weakness or Palpitation of the Heart, Shortness of Breath, Excitability, Indigestion, Dyspepsia, Liver Trouble, Pain in the Back, Kidney Troubles, Rheumatism, Vital Weakness in Men, Diseases peculiar to Women, Mental Worry, Cold Extremities, Numbness, Poor Circulation, Lassitude, or any form of Physical Decline. Price \$1.90 a box.

Remember these are capsules and are easily dissolved in the stomach. a few moments after taking. For sale by Anderson & Nelles, Cairneross, E. Guillemont, G. A. McLachlan, Standard Drug, Taylor's, and Bruce Wallace, If your druggist does not keep Tonal Iron Capsules, send us \$1, and we'll mail you a box.

TONAL IRON COMPANY. Box 184, London, Ont.

# Hidden Food Waste.

THERE are two kinds of food waste—the kind you see and the kind you do not. Owing to lack of assimilation, or in simple words "foodwaste-in-the-body," a large proportion of the nation's food is being lost. There is one food substance which will convert this waste into nourishment. That food substance has been proved to possess body-building powers equal to from 10 to 20 times the amount taken. Its name is Bovril.

If you take Bovril you can eat less food and still be sure of being properly nourished. Here is a striking confirmation of the well-known bodybuilding, food-saving powers of Bovril.

"The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food.

"The diet may be then cut down from to to and the body still be adequately nourished."

From the review by the "Medical Times," of the investigation on Food Economy conducted by Dr. J. Campbell, while Food Expert to the Metropolitan Campaign for Food Economy.



Adopt this simple way of saving the nation's

Take a cup of Bovril as soup at meals or use Bovril in the kitchen in your cookery.

# Children Like It

It is not an easy matter to get a medicine that children like, or to force them to take one they don't like. Most anothers know that a cough medicine, while palatable, should contain no drug injurious to the child. The great popularity of Chamberlain's

Cough Remedy

- Graming Chamberlain

#### \*\*\*\*\* Easy to Make This Pine Cough Remedy : Thousands of families swear by its

**\*\*\*\*\*\*\*\*\*\*\*\*\*\***\*\*\*\*\*\*\*\*\* You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine con tains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest.

Pine cough syrups are combinations of pine and syrup. The "syrup" is usually plain oranulated sugar syrup. Nothing better, but why buy it? You can easily make it vourself in five minutes.

To make the best pine cough remedy that money can buy, put 2½ ounces of Pinex (50 cents worth) in a 16-oz. bottle, and fill up with home-made sugar syrup. This gives you 16 ounces—more than you can buy ready-made for \$2.50. It is pure, good and very pleasant—children take it eagerly.

You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phleam. The cause is the same—indamed membranes—and this Pinex and syrup combination will stop it—usually in 24 hours or less. Splendid, tee, for bronchial asthma, hoarseness, or any ordinary throat allment.

Pinex is a highly concentrated compound of Norway pine extract, famous the world over for its prompt results.

Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded.

The Pinex Co., Toronto, Out. and healing the membranes of the

By using Cuti-cura Soap and Cuticura Ointment. Nothing better. Sample of each free with COMPLEXION all ree with a 2 - page book. Address "Cuti-cura," Dept. s, Boston.

#### LIFEBUOY HEALTH SOAP

Use Lifebuoy for the hands, the bath, the clothes, and the home. SUCCESS IN LIFE depends on character, capacity, con-centration and health. Develop the first three by all means—maintain the last by the one best means— BEECHAM'S PILLS

In boxes 25c.

CEETEE UNDERCLOTHING

Quaranteed Not To Shrink

HotelS Charles SPEND a few days, a week or a week-end at this popular Resort Hotel, noted for Service, Cuisine and Appointments. ON THE OCEAN FRONT Hot and Cold Salt Water in all baths. Orchestra. Golf privileges. Special Spring Rates. Booklet. NEWLIN HAINES CO. Atlantic City N



N the evening, when the day's work is done, men like to stroll over to the village store to discuss the war. politics, or whatever may be of local

It is under these circumstances that the health of the family is referred to and experiences are interchanged in regard to medicines that have proven particularly effective.

After Dr. Chase had introduced his medicines to the druggists he found that many who wrote to him for treatment lived many miles from doctor or druggist, and had to depend on the country store for their medicines. Thus it came about that Dr. Chase's medicines were placed in general stores, and you can now obtain them wherever medicines are sold.

Instead of trying to imagine what the man in the picture is saying about Dr. Chase's Kidney-Liver Pills, we shall publish a letter from Mr. James Carr, who attributes his good health and that

of his large family to the use of Dr. Chase's Kidney-Liver Pills.

18 Miles From Drug Store.

(Copyright, 1913, by Newspaper Feature Service, Inc.)

Mr. James Carr, Maynooth, Ont., writes: "About nineteen years ago I received an envelope containing two of Dr. Chase's Kidney-Liver Pills. I was doctoring at the time with two doctors and, as they did me no good, I used the pills, and by the time I had finished one box I was cured of the pain in the back and shoulders.

"We 'ave great confidence in Dr. Chase's medicines. I have a family of ten children and have never had a doctor in the house for any of them. We live eighteen miles from a drug store, and find that these pills cure nearly all the ordinary ills by regulating the liver, kidneys and bowels. That we are all well and sound I attribute to their use, and I have recommended them to hundreds and given away many a box because I believe there is no medicine so

After long experience with Dr. Chase's Medicines we have found that people who try them are soon convinced of their exceptional

We have published thousands of letters to give you an idea of the benefits others have obtained by their use, but if you are still skeptical we shall be glad to send you our

Free Combination Package One 25-cent box Dr. Chase's Kidney-Liver Pills. One sample box Dr. Chase's Ointment. One copy Dr. Chase's Recipes.

You will kindly mention the name of this paper and enclose a 2-cent stamp to pay postage to Edmanson, Bates & Co., Ltd., Dr. Chase Bldg., Toronto.

## CORN The Staple food

Cartier found the Indians at Hochelaga (Montreal) eating corn in 1536.

If the secret of making corn palatable, appetizing and delicious had been known in those days, potatoes would not have become a staple food, because corn is four and a half times more nourishing than

For twelve years the Battle Creek Toasted Corn Flake Co., London, Ont., has been making corn a delectable and nutritious food, more economical in actual food value than cooked oatmeal, beefsteak, eggs, milk, chicken, and many other foods.

It is a staple, three-times-u-day food, and Sold only in the original red, white and green package.



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