

Quick relief from RHEUMATIC pain

BAUME BENGUE

has immediate effect.

Beware of Substitutes \$1.00 a tube

THE LEEMING MILLS CO., LTD. MONTREAL

Agents for Dr. Jules Benguet RELIEVES PAIN

FOR THE WINTER WARDROBE



9665-9675 9725

No. 9665—Ladies' Overdress. Price, 35 cents. To be slipped on over the head; closing at side front; two-piece tunic, pleated or plain, attached to waist. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 ins. bust measure. Size 36 requires, with pleated tunic, 5 yds. 36 ins. wide, or 2 1/2 yds. 54 ins. wide; with plain tunic, 2 1/4 yds. 36 ins. wide, or 2 1/4 yds. 54 ins. wide.

No. 9725—Ladies' Dress. Price, 35 cents. Two styles of sleeve; with or without loose side panels; 37 or 35-inch length from waistline. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 ins. bust measure. Size 36 requires, with side panels, long sleeves, 3 1/2 yds. 40 ins. wide, or 2 1/4 yds. 54 ins. wide; upper front, 1 1/2 yd. 18 ins. wide; without panels, without cape collar, 2 3/4 yds. 54 ins. wide. Width around bottom, 1 3/4 yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

Minard's Liniment Relieves Distemper

Novel Way to Fumigate Fowls.

Henry Windahl, of Indiana, has invented what he calls a "sanitary chicken roost," which is guaranteed to dispose of the insect parasites that afflict poultry, while incidentally killing bacterial germs.

His idea is to attach beneath the roost-perch an ordinary preserving jar, with a screw top, the receptacle being filled with a strong disinfectant, and from it to conduct a thick wick all along the top of the perch and along the bottom of the latter. The fluid disinfectant follows the wick, keeping it saturated.

Along the top of the perch the wick runs in a deep groove, so as to keep it out of the way of the chickens' feet, but along the bottom it is stretched without a groove.

Evaporation of the fluid, while the fowls are roosting, gives a sense of extreme discomfort to the insects hidden among their feathers, causing them to drop out and seek safety on the under side of the perch. There, always seeking a hiding place, they crawl between the wick and the perch, and the disinfectant kills them.

The lid of the jar (which has a hole for the emergence of the wick) is permanently fastened beneath the perch. When the jar needs refilling, it can be unscrewed at a moment's notice. The inventor prefers a series of short roost-perches, with a jar beneath the middle of each.

Parasitic insects not only make chickens uncomfortable, but impair their vitality and reduce egg production. Hence the economic importance of Mr. Windahl's idea.

The antennae masts of two new Japanese radio stations consist of reinforced concrete poles 600 feet high.

The Land of Fire and Ice.

Geological map of Iceland by Dr. Thoroddsen, who has spent many years on the work, gives much information about one of the world's most wonderful islands which few visitors ever see.

An example of the strangeness of Iceland is furnished by the volcano Katla. This is buried under immense snow fields, but from time to time its fires burst through the glittering blanket, and then such floods are poured from the melting ice that a great stretch of country between the volcano and the sea is inundated and huge masses of ice are carried out into the ocean.

It is unsafe to cross the territory lying between Katla and the sea, so suddenly come the floods.

CHILDHOOD AILMENTS.

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them, Mrs. Aleide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Grateful Tribute.

Great Britain has done a fine thing in deciding to inter the body of an unidentified soldier in Westminster Abbey alongside of those of her kings, statesmen, poets and distinguished warriors who have there found their last earthly resting place, says the Editor of the Philadelphia Ledger. In no more effective and impressive manner could the debt of the nation be acknowledged, for the grave will stand forever as a memorial that the empire realized and appreciated the sacrifice of those who died not only in the defence of its liberties but those of the world as well.

Westminster Abbey is the resting place of those who have contributed in the greatest measure to the well-being of their country. Nevertheless, it contains few memorials which mark the existence of those who died to better purpose than the grave of this unknown soldier, who rests unknown but not unhonored amid the ashes of the elect of the earth.

Use for Clinkers.

When the householder's furnace gets out of whack, there is usually reason to suspect an accumulation of clinkers in the firepot. It is rather a job to clear them out. Now, however, a practical use has been found for these exasperating things, representing incombustible material in the coal. They are turned to account for building blocks.

For this purpose they are crushed and mixed with sand, lime and cement, the material thus prepared being molded into blocks.

Such clinker blocks are used for walls, cellar floors, warehouses, garages and pavements. They are cheaper than brick, and being made in larger sizes, facilitate quick construction. They take plaster on the interior and stucco on the exterior of buildings.

In a humid climate clinker blocks are especially desirable because they withstand moisture and do not drip, as brick does sometimes, on the inside of buildings.

Gasolene is Dangerous.

Gasolene fumes can be in contact with a lighted lantern. Ten buildings destroyed, loss, \$250,000.

Gasolene is dangerous. It is one of the most rapidly volatilizing fluids. One pint of gasolene will impregnate 200 feet of air and make it explosive.

Many serious fires have been started from the careless use of gasolene.

Gasolene should only be used in the open air, and clothes, after being cleaned with it, should be hung outside to allow it to evaporate. It should always be kept in tightly closed metal cans, never in glass bottles or jars. The latter are liable to breakage and the consequent freeing of the dangerous fumes when open flame may ignite them and cause a serious fire.

Living Them Over.

What good comes of living them over, All the wearying, wearing, things? Those phantom shapes from the past that hover

So oft about us on night-black wings, With their horny thrusts and their cruel stings?

Who is stronger for bearing a burden Twice as heavy, or twice as far As necking you from Hope's beaming star?

But, oh! the joy of living them over— The friendly word and the kindly smile

That, like blooming roses or wind-blown clover, Cheer with their fragrance the weary mile,

And warm and strengthen our hearts the while.

For hearts grow stronger when vanished, pleasure Lend to the present their afterglow Of softened light and we catch the measure

Of the old-time melodies, sweet and low.

Then live them over—the joy and gladness Of all that has made the past life bright.

Let their memories banish the care and sadness That signal and sigh from a by-gone night.

And soar the soul with their canker-blight, And soar the changes of time shall reach us—

Its joy and blessing; its pain and fret—

Be pleased, O Lord, in thy love to teach us

How to remember and how to forget.

RICH, RED BLOOD NECESSARY TO HEALTH

When the Blood Becomes Weak and Watery a Tonic is Needed to Build it Anew.

Why are we being continually told that good, health-giving blood must be bright red? What has color to do with the quality? Just this—the oxygen in the air is the great supporter of all organic life. One function of the blood is to take the oxygen from the air—which it meets in the lungs and deliver it to the tissues of the body. When the blood, filled with life-sustaining oxygen, is sent out by the heart, it is bright red. When it returns, impure and deprived of oxygen, it is dark.

You will see, therefore, that there are two prime requisites of health, pure air and bright red blood—the pure air to furnish the oxygen, the rich red blood to carry it where it is needed. Dr. Williams' Pink Pills make your blood rich and red because they increase its power to carry oxygen, actually making it so much more able to carry increased life and strength to every organ in the body.

Pale, anemic people whose nerves are on edge, whose cheeks are pale, and who tire out easily, should try Dr. Williams' Pink Pills, and note the steady improvement that follows their use. A case in point is that of Mrs. J. P. Rolston, South River, Ont., who says:—"About two years ago my system was in a badly run down condition; and I kept growing worse all the time until I could hardly do my housework. I had severe headaches, and pains across my back and under my left shoulder. I did not sleep well and would feel just as tired when I got up in the morning as when I went to bed. Life seemed a burden. I had taken doctor's medicine for a long time, but it did not meet my case, at least it did me no good. Then as a result of reading about Dr. Williams' Pink Pills I decided to try them. When I had taken a couple of boxes I felt much better, and when I had taken five boxes more I felt that I was again a well woman. I have not since felt any return of the trouble and I advise all women who are broken in health to give Dr. Williams' Pink Pills a trial."

These pills are sold by all medicine dealers or will be sent by mail, post paid, at 50 cents a box or six boxes for \$2.50, by The Dr. Williams' Medicine Co., Brockville, Ont.

Power of Jaws.

The U.S. Bureau of Standards has ascertained that, when you eat, the pressure exerted by your jaws is more than eleven tons to the square inch.

No wonder, then, that your teeth are made of a material almost indestructible except by decay. A sound tooth comes pretty near to being the hardest thing in nature, and the most enduring.

It follows that artificial teeth must be made of an extremely tough quality of porcelain. The material dentists use for fillings nowadays is usually either a cement of great hardness or a metal composition that is mostly silver, and which may contain zinc, copper and tin.

The fillings are liable to break down under the tremendous chewing pressure. Various materials used for the purpose have recently been tested by the U. S. Bureau of Standards, and the conclusion it draws is that a standardization of dental cements and amalgams is needed in order that their relative resistance to wear may be definitely known. It says that too much copper in fillings discolors the teeth.

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. Sales factory or refund in full our motto. Shaw's Auto Salvage Part Supply, 323-321 Dundas St., Toronto, Ont.

Western Farmers Building Silos.

It is to be anticipated that before many years have elapsed almost every farm in the Canadian prairie provinces will have its silo. The growth of the dairy industry would naturally bring this condition about in course of time, but the movement is being expedited by the success farmers are having in growing sunflowers. Small fields of from three to thirty acres have been planted in various parts of the three prairie provinces of Canada. The yields are proving more satisfactory than the farmers generally dared to hope, and each acre yields on an average from fifteen to thirty tons of ensilage.

Many farmers have erected silos on their farms during the summer to take care of this crop, but most of them have underestimated their requirements and will have more crop than they can put in their silos.

Sunflower silage is due for a more extensive trial this winter than it has had before. The results in previous years have been very satisfactory but only comparatively few farmers have grown the crop for silage previous to this year. In its more extensive use the crop proves to be as satisfactory as it has already proved in a few cases where it has been tried, it is safe to say that in a few years the farm without a silo will be an exception in Western Canada.

Since last year's results have become known, considerable interest has been shown in silos and ensilage in Western Canada and several hundred silos have been erected during the past summer. Typical of this movement is the Cardston district in Southern Alberta, where eight silos have been erected this year and where about fifty acres of sunflowers were planted. The crop has proved so successful that it is predicted that one hundred silos will be built in the district next year and more than a thousand acres of sunflowers planted.

Similar plans are being made in other parts of Western Canada, and the already rapidly growing dairy industry promises to grow much faster with the general acceptance of the sunflower as a silage crop. Another evidence of the value of sunflowers as a forage crop will be the big gain in finished steers. Many of the larger livestock raisers are growing sunflowers and erecting silos for this purpose. Thus will be considerably increased the finishing areas of Canada, which, hitherto, have been somewhat restricted, compared with the large feeding areas throughout the country, and the livestock industry in the West will be placed on a sound basis.

Mr. Herbert Osborn Tells How Cuticura Healed His Wife

"My wife began to be troubled with itching and burning of the palms of her hands and the soles of her feet. Later the skin cracked and became inflamed, making walking or even standing very painful and preventing sleep at night. Later it became necessary to bandage both hands and feet."

"She was treated but obtained no relief. She saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. She bought more and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment she was healed." (Signed) Herbert Osborn, 135 Sherbrooke Ave., Ottawa, Ont., Sept. 2, 1919.

Cuticura is ideal for every-day toilet uses. Soap to cleanse and purify, Ointment to soothe and heal.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: The Cuticura Co., Ltd., 111 West 31st Street, Montreal.

Taking No Chances.

An American paterfamilias patiently followed for several weeks a wife and daughter who were more keen than he was about visiting Roman ruins. At last he rebelled and laid down this rule:

"I'll go with you to see any buildings that still have roofs on 'em, but as to the rest, I say, let bygones be bygones."

MONEY ORDERS.

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

Bermuda celebrated recently the 300th anniversary of the founding of its House of Assembly. It has the distinction of being the oldest self-governing British possession.

SINCE 1870

SHILOH

30 DROPS STOPS COUGHS

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author, H. Clay Glover Co., Inc., 111 West 31st Street, New York, U.S.A.

STORM WINDOWS & DOORS

SIZES 6x6 to your opening. Fitted with glass. Safe delivery guaranteed.

Write for Price List (1) Cut down fuel bills, insure winter comfort.

The HALLIDAY COMPANY, Limited

HAMILTON FACTORY DISTRIBUTORS CANADA

ISSUE No. 46-20.

BITS OF HUMOR FROM HERE & THERE

Missing. Wife (after their two weeks' outing)—"That was a delightful trip we had up on the steamer. Can't you still feel the roll?" I can.

Hub—"No, the landlord has mine?"

Very Candid.

Mrs. Jones was entertaining some of her sons little friends to a birthday party.

"Willie," she said, addressing a six-year-old who was apparently enjoying a plate of cold beef, "are you sure that you can cut your own meat?"

The child, who was making desperate efforts with his knife and fork, replied: "Yes, thanks, I've often had it as tough as this at home."

Father Was Once a Boy.

Johanny liked ice cream, but he drew the line at turning the freezer. One day when his mother returned home she was agreeably surprised to find him working away at the crank as though his life depended on it.

"I don't see how you got him to turn the freezer," she said to her husband. "I offered him a dime to do it."

"You didn't go at it the right way, my dear," replied her husband. "I bet him a nickel he couldn't turn it for half an hour."

Minard's Liniment For Dandruff.

The actual process of making basenets has altered very little since the earliest time, only very simple tools being used.

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."

Mr. Herbert Osborn Tells How Cuticura Healed His Wife

"My wife began to be troubled with itching and burning of the palms of her hands and the soles of her feet. Later the skin cracked and became inflamed, making walking or even standing very painful and preventing sleep at night. Later it became necessary to bandage both hands and feet."

"She was treated but obtained no relief. She saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. She bought more and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment she was healed." (Signed) Herbert Osborn, 135 Sherbrooke Ave., Ottawa, Ont., Sept. 2, 1919.

Cuticura is ideal for every-day toilet uses. Soap to cleanse and purify, Ointment to soothe and heal.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: The Cuticura Co., Ltd., 111 West 31st Street, Montreal.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada. Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally. Tin boxes of 12 tablets cost but a few cents. 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 Monochloroacetic acid of Elberfeld. 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"

Classified Advertisements.

FOR SALE

GET YOUR SILVER FOXES FROM me. My stock all "Standard bred" and guaranteed. Prices right. E. M. MacDougall, West Gore, N.S.

FEMALE HELP WANTED.

LADIES WANTED—TO DO PLAIN and Light Sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars, National Manufacturing Co., Montreal.

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 Alonzo O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.

MISCELLANEOUS.

LOVELY PEOPLE, SEND 25c FOR our big Friendship Magazine; you'll be glad you did. Thousands waiting to correspond with you. Lassier Agency, Bathurst N.B.

CASCARETS

"They Work while you Sleep"



You don't know whether you are "coming or going." You are bilious, constipated! You feel headachy, full of cold, dizzy, unstrung. Your meals don't fit—breath is bad, skin sallow. Take Cascarets to-night for your liver and bowels and wake up clear, energetic and cheerful. No gripping—no inconvenience. Children love Cascarets too. 10, 25, 50 cents.

OLD STANDBY, FOR ACHES AND PAINS

Any man or woman who keeps Sloan's handy will tell you that same thing

ESPECIALLY those frequently attacked by rheumatic twinges. A counter-irritant, Sloan's Liniment scatters the congestion and penetrates without rubbing to the afflicted part, soon relieving the ache and pain. Kept handy and used everywhere for reducing and finally eliminating the pains and aches of lumbago, neuralgia, muscle strain, joint stiffness, sprains, bruises, and the results of exposure.

You just know from its stimulating healthy odor that it will do you good! Sloan's Liniment is sold by all drug-gists—35c, 70c, \$1.40.

Sloan's Liniment (Pain's enemy)

"DANDERINE"

Stops Hair Coming Out; Doubles Its Beauty.



A few cents buys "Danderine." After an application of "Danderine" you can not find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and thickness.

Made From Our Native Grains

Grape-Nuts

Rich and Nourishing

A blend of wheat and malted barley that costs but little, yet provides a food of most attractive flavor, ready to serve direct from the package.

Grape-Nuts Needs No Sugar