

You don't have to suffer

# BAUME BENGUÉ

relieves pain of headache, neuralgia, sciatica, lumbago, rheumatism.

**BEWARE OF SUBSTITUTES**  
\$1.50 a tube.  
THE LEEMING MILLS CO., LTD.  
MONTREAL  
Agents for Dr. Jules Bengué  
**RELIEVES PAIN**

## CASCARETS

"They Work while you Sleep"



You're sluggish—slow as molasses! 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.

**Full Up.**  
The village Sunday-school treat was in full swing, and after the games the youngsters all sat down to a rattling good feed.

Little Johnnie, although unaccustomed to such rich fare, had eaten unsparingly as far as both himself and the food were concerned. To be more explicit, he had eaten until he could eat no more.

And now, at the end, he was feeling rather uncomfortable.

"Can I lift you down?" asked a kind old lady.

"Yes, ma'am, you can lift *Oh down*," replied Johnnie; "but"—and he looked pleadingly up into her eyes—"please don't bend *Oh*."

**MONEY ORDERS.**

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

### Superstitious Sense.

Ask the average man if he is superstitious, and he will give a snort of negative contempt, but—well, he protests too much. He has his little superstitions all right.

We all have, and the more we have the wiser we are! Superstitions hold sense. The superstitious will not walk under a ladder. That's excellent wisdom, really, for thereby they escape the brick that might have dropped on their head, or the spots of paint that would have ruined their clothes, or the bit of lime that would have fallen into their eye and caused them half a day's agony, or worse.

The superstitious will not sit down with thirteen at table. Excellent wisdom again. Thirteen is an odd number. When conversation develops on pair lines, as it generally does, then someone has to be left out—or brought in as a third. Further, if thirteen at table means that one is to die before the year is out, isn't it wiser to live? The cost of dying is as much up as the cost of living.

Then there's the salt-spilling superstition. It's unlucky to spill salt, but the ill luck is cancelled if you throw a handful over your left shoulder. Sound wisdom again. The carpet will have to be swept, for one thing. It probably needs it. Servants are not what they were.

And as all "Home Hints" books put on record, there is nothing like salt to prevent moths getting into a carpet.

Then there's the horse-shoe superstition. Sound sense again! If you pick up a horse-shoe a child cannot fall over it. Nor a cyclist be thrown by it. Nor a tire be punctured with it. And cast horse-shoes, in a good state, are worth money these days.

All superstitions rest on sense. The above are just instances. Test the bulk, and you will find them up to sample.

### Too Much for Him.

"I attended a case tried in a western city," says a member of the bar, "where the defendant was charged with burglary. While the judge was delivering his charge to the jury one of the jurymen fainting, just as the judge had impressively said:

"Gentlemen of the jury, in arriving at a decision you must take into consideration the testimony of the witness for the defense and give it full weight."

"At the words 'full weight' the jurymen swooned away. He was a coal merchant!"

### Minard's Liniment For Dandruff.

## RICH, RED BLOOD THE GREATEST NEED

Nearly All Ills Are Due to Poor, Watery Blood—How to Improve Its Condition.

To be in a healthy condition the human body requires a constant supply of new, rich blood. Nearly all the ill from which people suffer arise from one cause—poverty of the blood. If the blood is rich and red it absorbs nourishment from the food which passes into the stomach and distributes that nourishment to the brain, nerves, muscles and all the organs of the body. When the blood is weak and poor in quality it cannot do its natural work of feeding the brain and body, and the result is weakness and disease.

Headaches and backaches, loss of appetite, poor digestion, nervousness, pimples and unsightly blotches on the skin, all indicate that the blood has become impure—that it is not doing its appointed work. If this condition is not remedied it will grow worse and worse, and a complete breakdown will eventually occur. To bring about a healthy condition of the blood no medicine can equal Dr. Williams' Pink Pills. Their one mission is to make new, rich blood, which reaches every part of the body, bringing with it new health and increasing vitality.

Thousands have found in the use of Dr. Williams' Pink Pills when run down in health. Among these is Mrs. Bertha Kendall, Darling Avenue, Toronto, who says:—"In the summer of 1918 I was in poor health. My appetite was variable, and I suffered a great deal from nervous headache and palpitation of the heart. A lady friend recommended Dr. Williams' Pink Pills, which I used with splendid results, as by the time I had taken six boxes I felt like a new woman. I think Dr. Williams' Pink Pills are worth their weight in gold to every nervous, sick woman, as they cure quickly and save doctor bills."

Dr. Williams' Pink Pills may be had from any dealer in medicine, or by mail at 50 cents a box or 6 boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### Old Friends.

Give me my old coat again That I have worn through many days of rain, Whose hue is varied, ripened by the sun

To subtle patterns; give me one Of my old books to read by firelight half asleep.

Whose effaced memories leave gaps of deep Conjecture over thoughts that lie in rest

Beneath their placed linen. Let the blest White hands of silence touch me, and the white

Cool hands of rivers soothing through the night; Give me my old town again

That I have watched through ghostly scarves of rain, Through fringes of pale lights, and let me see

Her streets that would into my brain so stealthily That I hear yet the chant of them that roars

Along their blinded spectral corridors. Give my old joy and wonder back again.

The adolescent loveliness of pain; But let me touch them now, and know and bless

With this new love and dawning tenderness.

### Antiquity of Lotus.

Few flowers have been more identified with the world's history than the mysterious lotus of Egypt. The phrase "lotus eaters" is a common one in literature, and is used to describe those who live in a dream world. The food made from the dried seeds of the Egyptian variety seems to have had an effect similar to various opium products, and once in the clutch of the drug the lotus eaters forgot both past and family, and went about, oblivious of demands made by society; kin or even their own physical wants.

The lotus is closely identified with the ancient Egyptian religion, and was dedicated to Osiris, no Egyptian thinking of approaching a temple without three of the blossoms in his hand. The name was given it, according to mythology, when a beautiful nymph of the same name, heartbroken over the coldness of Hercules, went to Hebe for sympathy, and by her was transformed into a flower.

The Greek hero taking ship shortly afterward with Hylas, a youth he loved as his own son, came to an island where the latter landed and searched for a spring. He found one in the centre of a pool, the pool being covered with beautiful blossoms. As Hylas stared at them Lotus, in her nymph form, emerged from the blossom and drew him to her arms, and then to the depths of the pool, where he drowned.

**Japan's New Steel Plant.**  
A new steel plant, considered the largest in the Orient and one of the six largest in the world, has just been completed at Yawata, Kyushu, Japan, at a cost of 4,000,000 yen. This plant, which has a production capacity of 100,000 tons of steel plate per month, has facilities to manufacture plates 60 feet long and 11 feet wide, the largest ever manufactured in Japan.

## BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and have never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Perpetual Youth.

Wonderful Sarah Bernhardt! Will she ever grow old? At the age of seventy-five she has written her first novel—not a short one, but a hundred thousand words. Thus she leaves in the shade Sir Walter Scott, who wrote "Waverley" when he was forty-three, and William de Morgan, who scored his success with "Joseph Vance," at the age of sixty-five. Advancing years obviously do not always dim the intellect.

The "Divine Sarah" is perhaps distinctly related to that family of veterans who once filled a visitor with amazement. Four stalwart "boys" of about one hundred years each, sat down with him to a robust meal, shaming the guest with their vitality. He noticed one empty chair, and asked humorously whether it were their father's.

"No, feyther's havin' his violin lesson," he was told, "but gran'fer'll be down as soon as he finishes his work."

A merchant can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that ever: Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S LINIMENT and you will get it.

### Poor Turkish Girl.

From the age of thirteen, when she takes the tcharchaf, the Turkish girl is forbidden all places of amusement or of public resort; must be indoors by sundown; can only converse with three men, her husband, father and brother, and spend most of her time in gossip with others of her sex or in intensive secluded beautification, later in household duties and in the care of the children.

## 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."



Warming relief for rheumatic aches.

HE'S just used Sloan's Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lame back, overworked muscles. Penetrates without rubbing. All druggists have it.

**Sloan's Liniment** (Pain's enemy)

ISSUE No. 45-20.

## BITS OF HUMOR FROM HERE & THERE

### Only Just.

A Scotchman on his first visit to London, had been warned by his friends to be careful when buying anything, and always to count his change. After making his first purchase he stood counting his change so many times that the shopkeeper, thinking he might have made a mistake, said to him:

"Well, Jock, and is your change all right?"

"Aye," replied Jock, slowly, once again counting it, "but only just."

### No Disobedience At All.

"Willie why were you disobedient to your Aunt Jane?"

"I wasn't disobedient, mother."

"Yes, you were. Haven't you been swimming this afternoon?"

"Yes."

"Didn't I hear your Aunt Jane tell you not to go swimming?"

"No; she didn't say that at all. She only came to the door and shouted, 'Willie, I wouldn't go swimming.' And I shouldn't think she would. What would folks think if they saw a woman like Aunt Jane swimming in the creek?"

### Ocean Depths.

The greatest known depth so far recorded is 30,930 feet, near the Kermadec Islands in the south-west Pacific.

## "DANDERINE"

Girls! Save Your Hair! Make It Abundant!



Immediately after a "Danderine" massage, your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair.

A 35-cent bottle of delightful "Danderine" freshens your scalp checks dandruff and falling hair. This stimulating "beauty- tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness—All druggists!

**STORM WINDOWS & DOORS**

SIZES to suit your openings. 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

**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  
30 SHIPMAN CHAMBERS - OTTAWA, CANADA

**INVENTIONS**

## ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



For Colds, Pain, Neuralgia, Toothache, Headache, 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 nineteen 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 Monocrocin. 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 Mrs. My stock all "Standard bred" and guaranteed. Prices right. E. E. MacDougall, West Gore, N.S.

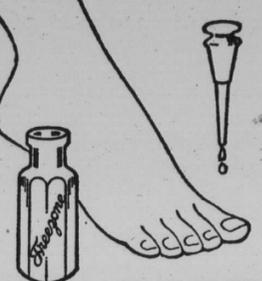
Shells in 16th Century. Explosive shells, of crude construction, were first used in warfare during the middle of the sixteenth century. Hollow balls of stone or cast iron filled with gunpowder were employed.

### Minard's Liniment Relieves Distemper

This is a delicate way of putting it, isn't it? "My dear," he said to his wife at table, "I begin to think there are a few misprints in your cookery book."

## "FREEZONE"

Lift Off Corns! No Pain!



Does it hurt a bit? Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you can 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.



## Give Cuticura the Care Of Your Skin

And watch that troublesome eruption disappear. Bathe with Cuticura Soap, dry and apply Cuticura Ointment. For eczemas, rashes, itchings, etc., they are wonderful. Nothing so insures a clear skin and good hair as making Cuticura your every-day toilet preparations.

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

**A Cure for Bad Breath**

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowel." If your teeth are good, look to your digestive organs at once. Get Selgel's Carative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c and \$1.00 Bottles. Do not buy substitutes. Get the genuine.

America's Pioneer Dog Remedies Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author. E. Clay Glover Co., Inc. 118 West 21st Street New York, U.S.A.

Ten Days Tell If you feel off color and suspect coffee is the cause, a change to

# INSTANT POSTUM

will prove things out

HEALTH IS WORTH THE EFFORT

"There's a Reason"