

"Eczema All Over Arms Suffered for 12 Years"

Mrs. Murray Hough, Warton, Ont., writes:

"I had eczema for twelve years. Every once in a while it would break out and spread all over my arms. I tried all kinds of treatment to relieve it, but without success. One Spring it broke but and nothing gave me relief, even the salve I got from the doctor did no good. At last I tried Dr. Chase's Ointment and it healed the eczema in a short time. That is over a year ago, and I have had no return of the trouble."

Dr. Chase's Ointment
60 cts. a box, all dealers or Edmanson, Bates & Co., Ltd., Toronto
GERALD S. DOYLE, Distributor.

Children and Chilblains

That children who come from well-warmed nurseries should suffer from chilblains might be thought an impossibility. Yet we all of us know some poor little wretches to whom winter means a time of suffering.

The child who suffers from chilblains is normally one who is found to have abnormally cold feet. Such a child should be put into woollen socks quite early in the winter, before the cold weather sets in.

Dry Carefully.

If he gets his feet wet, or even damp, before putting on dry stockings bathe his feet in warm water and dry very carefully. Rubbing the feet gently with camphorated oil is good.

Skinning, especially in the nursery before breakfast, is a splendid preventive of chilblains for normal, healthy children. And although chilblains are a sign of poor circulation, children who are normally healthy otherwise often suffer from them.

With the greatest care, however, mothers are not always able to prevent their children from getting chilblains, so the next step is the local treatment of chilblains. I have found that the treatment that answers with some children does not answer with others, so I will give various remedies that have been found to allay the painful irritation of unbroken chilblains. It must be understood that none of these applications is to be used when the chilblains are broken or even cracked.

Paint the skin with tincture of iodine or with collodion.

Mix vaseline and turpentine and apply to the chilblains.

Rub the chilblains gently (very gently) with methylated spirit.

If, in spite of all your care, the chilblains break, the very best plan when chilblains on the foot are broken is to keep the child in bed, applying dressings of boracic lint in the same way as for any ulcerated wound.

An Even Temperature.

Two or three days in bed will usually be sufficient to effect a cure. The child is not ill, and so can amuse himself with his toys and other occupations, but it is necessary to keep the foot up and in an even temperature.

If the broken chilblains are on the fingers they must be bound up with a dressing of boracic lint or zinc ointment.

Needless to say the child's diet will require attention. He probably suffers from a deficiency of fat, and nowadays that is remedied by giving him cream.

Field St. Mother Finds Vicks Most Useful in Home

Direct Treatment with Vaporizing Ointment Proves Splendid for all Inflammations. Ordinary Colds Usually go Overnight.

To-day hundreds of local people treat head or chest colds, tonsillitis, bronchitis, catarrh or asthma by the vapor method. They use Vicks Vapor-Rub.

When rubbed over throat and chest Vicks acts like a liniment or poultice. At the same time its ingredients, released as vapors by the body heat, are inhaled directly into the affected air passages. It is a severe cold that can withstand this double action of Vicks. Mrs. Charles Myers of 23 Field St. after trying the sample of Vicks, purchased several jars and says: "I find Vicks one of the most useful household remedies for colds, scalds, burns, etc., and do freely recommend it to every one. I would not be without Vicks in the home."

If applied in time, Vicks will prevent many colds from getting a start. Also intended primarily for inflammations of the air passages, Vicks is equally effective for inflammations of the skin, such as burns, bruises, cuts, stings, etc.

Pearline for Easy Washing.

A tunic blouse of black crepe marocain is plaited to a yoke and worn over a narrow skirt.

A small hat of felt is piped in satin and finished with a band and small bow of gold ribbon.

Keeping a Husband's Love

DOROTHY'S DIX'S ADVICE TO YOUNG COUPLES.

To every young woman about to get married I would say: Don't try to monopolize your husband. Don't try to separate him from his old friends. Above all, don't give him too much of your society.

Of course, no bride will take my advice, for there is no other human being who is so certain that she has been bitten by Solomon's dog and knows all there is to tell about men, as is the young person upon whose marriage certificate the ink is still wet. Nevertheless if she would listen to these words of warning it would save her a lot of trouble.

Honeymoon Strife.

Every bride begins by believing that she can be all-in-all to her husband, and that he cannot possibly tire of holding her hand or desire any other diversion than telling her over and over again how beautiful and wonderful she is. Therefore, when she begins to realize that, having got married, her husband takes marriage for granted and has ceased to be excited over it, and that he has resumed his interest in the grocery trade, and the stock market, and golf, she sheds bitter tears and imagines that he no longer loves her.

The honeymoon is notoriously a time of strife and bickering. The average married couple look back upon their first year of married life with horror and wonder how they managed to live through it. It was the season of torment because the bride was trying to monopolize her husband's every thought and interest, and he was fighting for his personal liberty.

Saved by the Baby.

Fortunately, for most couples, before the battle ends in the divorce court a baby comes along to distract the woman's attention from the man. But before she has cut her wisdom teeth on her wedding ring and discovered that no human being can be all-in-all to any other human being, the hearth is strewn with shattered illusions.

It is this spirit of monopolizing that makes a woman jealous of her husband's mother. She knows well enough that the affection a man has for his mother is entirely different from the love he gives his wife, but she cannot endure to share him.

It is what makes a woman co-soulder her husband's old friends out of the house and supplant them with her own friends, because she is determined to blot out the life in which she has no part. It is what makes her hate even the business or profession in which her husband is absorbed.

SLIPPING THE KNOT.

You meet women who boast that they have been married for years and have never left their husbands for a single day. And you cease to wonder that the women who make the mistake of trying to tie their husbands to their apron strings find that these so often slip the knot. For the thing that is chiefly the matter with matrimony is that there is too much of it.

Husbands and wives get overdone of each other's society, and get so tired of each other that they lose their relish for each other and rush to other people for a change. If people were only married six months a year instead of twelve they would remain lovers until their golden wedding day.

The terrible thing about domestic life is its lack of privacy. There are homes in which no one has an individual room; no one a drawer into which others do not pry; no one can think a thought or have an opinion that others do not discuss. If women would remember that men are far more reticent about discussing their emotions than women, and if they would begin their married lives by giving their husbands privacy of thought and personal freedom, they would save themselves many tears and hold their men to the end.

Canadian Beat Skeiks This Time

NIAGARA FALLS, Ont., Nov. 22.—The hockey season opened here last night. Some 3,000 fans turned out to see Canadians, champions of the world, do battle with "Newsy" Lalonde's Saskatoon Skeiks. The Canadians who finished on the long end of

a 4-1 score were masters of the situation at most stages. Line up:—

Canadiens—Goal, Veinina; defence, Sprague, Cleghorn and Connor; centre, Morens; right wing, Boucher; left wing, A. Joliat; subs, O. Cleghorn, Mantha, Lafleur, R. Joliat, Decosse, Cote.

Saskatoon—Goal, Hahnaworth; defence, Lalonde and Cameron; centre, Stevens; right wing, L. Scott; left wing, W. Cook; subs, Berlinguette, Cook, Matz, Trihey, Reise, Corbet, Denny.

Referee—Percy Leseur.
Summary—First period: Canadiens, 4 mins., 3 secs.; Canadiens, A. Joliat 4 mins., 3 secs.; Canadiens, Boucher, 2 mins.; Canadiens, S. Cleghorn, 4 mins.

Second period—Canadiens, A. Joliat 15 secs.; Saskatoon, W. Cook, 11 mins. Third period—Canadiens, O. Cleghorn, 13 minutes.

Child's Boots: sizes 6, 7, 8, 9 and 10, only \$2.00 per pair, at F. SMALLWOOD'S—nov15:tt

Let this simple food bring back your health



"I KNEW my headaches and unwholesome complexion were caused by constipation. To take frequent cathartics was my regular program and even by doing this I was tired and dopy. 'I like what yeast does for me' said one of my customers and asked if I had ever tried it. I acted on this suggestion and began to drink yeast in milk regularly. Soon people began to comment on how well I was looking—my husband said I grew younger—the mirror told me my complexion and eyes were clear and bright. Cathartics are now a thing of the past."
(A letter from Mrs. Mabelle Conomikes of Marathen, N. Y.)



"I AM office manager for a large mercantile corporation. Two years ago I began to develop 'nerves,' stomach trouble, insomnia, and worst of all to me, an irritable disposition towards those under me. Chattering with a friend I spoke of always feeling so rotten that life was hardly worth living. My friend urged me to try Fleischmann's Yeast, attributing his own excellent health to its daily use. At the end of a week I was eating it with a relish, and feeling a great deal improved. Now a day never passes that I don't eat at least three cakes—using them as a between-meal snack—with the result that I am in the best of health with an eager zest for my work."
(Extract from letter of Mr. G. A. Dempsey of Winnipeg, Canada)

THESE remarkable reports are typical of thousands of similar tributes to Fleischmann's Yeast.

There is nothing mysterious about its action. It is not a "cure-all," not a medicine in any sense. But when the body is choked with the poisons of constipation—or when its vitality is low so that skin, stomach, and the general health are affected—this simple, natural food achieves literally amazing results.

Concentrated in every cake of Fleischmann's Yeast are millions of tiny yeast-plants, alive and active. At once they go to work—invigorating the whole system, clearing the skin, aiding digestion, strengthening the intestinal muscles and making them healthy and active. Health is yours once more.



"I WATCHED her crumble the crisp cake into the milk. We drifted into conversation. She sang of the magic of Fleischmann's Yeast. Many months before, her doctor had recommended it and she confessed she owed the clearness of her complexion to its use. 'I was persuaded to try the yeast in milk, and prepared to swallow an obnoxious dose. I was pleasantly surprised. It proved a delightfully palatable drink. 'Fleischmann's Yeast waged a successful battle against the canker sores, dried up the existing ones and cured the stomach condition which was causing them. I faced my winter's work with enthusiasm, and came through triumphant.'"
(Extract from a letter of Miss Grace S. Baumann of Philadelphia)

Dissolve one cake in a glass of water (just hot enough to drink)

—before breakfast and at bedtime. Fleischmann's Yeast, when taken this way, is especially effective in overcoming or preventing constipation.

Or eat 2 or 3 cakes a day—spread on bread or crackers—dissolved in fruit juices or milk—or eat it plain.

Fleischmann's Yeast comes only in the tinfoil package—it cannot be purchased in tablet form. All grocers have it. Start eating it today! You can order several cakes at a time, for yeast will keep fresh in a cool, dry place for two or three days. Write us for further information or let us send you a free copy of our latest booklet on Yeast for Health.



Address: Health Research Department, The Fleischmann Company, 201 Duckworth Street, St. John's, N.F.



"FIVE years ago I had a serious breakdown due to strenuous work, irregular food, loss of sleep, etc. I was a physical and nervous wreck. When I saw Fleischmann's Yeast advertised for loss of strength and energy and decided to try them. I started with four a day taken regularly with my meals. I liked the taste. In a short time my headaches disappeared. I slept better, my bowels functioned regularly, my flesh took on a healthy appearance. In a few months I felt like a new woman."
(A letter from Mrs. Edith Beazley of Detroit)



"Two years ago I was a sufferer from an affliction of every kind of boil imaginable. At one time I had nine. Imagine playing football with a great boil on the back of your hand, or attending a dance with one right beside your nose. 'I gave up candy and pastry—but the boils continued. Then a friend—you bet he was a friend—suggested Fleischmann's Yeast. I tried it dubiously, but it did the trick! The boils ceased. Since that time I have never gone without my occasional cake of Fleischmann's Yeast.'"
(A letter from Charles F. Weiler of Flemington, N. J.)

Fleischmann's Yeast is prepared for market in Newfoundland.

Your Dollars Will Do Their Duty Here

MONTREAL SAUSAGES—Fresh Shipment ex. S.S. "Canadian Harvester."

"SKIPPER" SARDINES—Packed in Oil or Tomato Sauce. Fresh caught Autumn fish.
1/4 Key Tins 32c.
1/2 Key Tins, in Oil only 50c.

TATE'S CUBE SUGAR—1-lb. Cartons, No. 1 Quality 16c.

"HOUSE PARTY ASSORTMENT"—A high grade assortment of Sattinettes and pure fruit flavoured Boiled Candies, attractively put up in a useful bottle with patent top and cover.

CHIVERS JAMS and JELLIES—1-lb. hermetically sealed jars, viz., Red Currant, Black Currant, Gooseberry, Golden Plum and Greengage Jams and Red Currant and Apple Jelly.

HARTLEY'S JAMS, JELLIES and MARMALADE—Viz., Raspberry, Strawberry, Plum and Apricot Jam and Marmalade, in 1-lb. and 2-lb. Jars.

HOLBROOK'S GINGER WINE.

Fresh Print Butter. Fresh Eggs (Extras) Fresh Bulk Butter. Fresh Partridge. Moirs' Fresh Cake. Chicken—1-lb. Cans, 60c.

C. P. Eagan

TWO STORES
DUCKWORTH STREET & QUEEN'S ROAD.

Care of Goldfish

"I like goldfish—they are so decorative. But I can never get them to live more than a day or two."

How often do we hear this or something very like it. The trouble is that so few people know how to treat those fascinating little creatures properly. They feed them on crumbled bread, and a crumb in a goldfish's throat is just as dangerous as a fishbone in a child's. Or, if they give ants' eggs, they are far too generous, and provide a six months' supply daily.

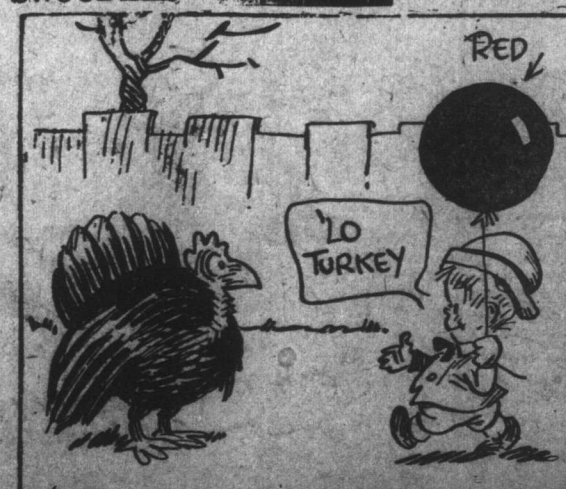
The most important thing is to give fresh water daily, and to avoid touching the fish when you clean out their home. Lift them in a teastrainer or a cracked cup kept specially for this purpose. The black spots you sometimes see in goldfish are really signs of a disease which is caused by handling.

As for food, the proper ration is three ants' eggs a day. Don't go beyond this. Have you bowl as large as possible, and put it where the sun does not reach it. That last instruction should present no difficulty in troubled that way to any great extent in this country, where we are not tent!

For Your Xmas Trade

ALL GRADES OF Raisins, Prunes, Currants, Evap. Apples, Pineapples, Tinned and Dried Apricots, Peaches and Plums. Also, Tinned Vegetables.
Harvey & Co., Ltd.

SNOODLES



The Balloon Was A Blessing In Disguise

By CY HUNGERFORD