

**Home-made, but Ends Coughs in a Hurry**  
A family supply of dependable cough medicine. Easily made and saves about \$2.

If you have a severe cough or chest cold accompanied with soreness, throat tickle, hoarseness, or difficulty breathing, or if your child wakes up during the night with cough and you want quick help try this reliable old home-made cough remedy. Any drug store can supply you with 1/2 ounce of Pinex. Pour this into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. Or you can use clarified molasses, honey or corn syrup instead of sugar syrup, if desired. This recipe makes 16 ounces of really remarkable cough remedy. It tastes good, and in spite of its name it can be depended upon to give quick and lasting relief.

You can feel this take hold of a cough in a way that means business. It loosens and raises the phlegm, eases throat tickle and soothes and heals the irritated membranes that line the throat and bronchial tubes with such promptness, ease and certainty that it is really astonishing.

Pinex is a special and highly concentrated compound of genuine Norway spruce extract, and is probably the best known means of overcoming severe coughs, throat and chest colds. There are many worthless imitations of this mixture. To avoid disappointment, ask for 1/2 ounce of Pinex with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

**SMILES**  
Twenty-seven thousand gallons of water are contained in one inch of rain over one acre of land.

**SMILES**  
Joyce  
"They say Jennie's engaged to an electrician?"  
"That's the current report."

**SMILES**  
Joyce  
"I don't like fat women—I'd rather have a girl lean."  
She (innocent and thin): "Which way?"

**SMILES**  
Joyce  
"You act like I was made of money."  
Wife: "Not at all! I act like you weren't made of money."

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**FOR THE WOMAN READER**  
BY FLORENCE RIDDICK BOYS  
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**THE BIG IDEA.**  
What is the big motive in life, the one which really makes our sojourn here worth while, the one which provides a "kick" day in and day out, which will not "fade out"?

It is to help somebody or something. To espouse "a cause." The round of society but makes the "rounder" blaze. Travel, education, wealth, business success, like the paths of glory, lead but to the grave; spiritually if not actually physically. Who are our suicides? They are they who, having tried these things, agree with him who said: "vanity, vanity, all is vanity."

The people who love life, who are happy, are they who are all involved in helping somebody, something, or some cause.

**LABOR SAVING.**  
Machines have been invented for every conceivable use in industry. They help in the production of wealth through saving time and labor. They are used in the factories and mills of the world.

But does it not seem strange that the oldest industry in the world—home making—is still done largely "by hand"? It is being small consideration, and labor being not paid for "in coin of the realm," we have been content to cling to primitive methods.

How much more effort on character training, on intellect building, on soul sweating, on family affection cultivation, on community betterment might be expended by the women of the world if only we could learn to do much of our house work by pressing a button!

The home-keeper of the next generation will probably be more business-woman, scientist and machinist. As a result of her higher efficiency, she will raise herself and her household to higher standards of living, with less time spent on "drudgery" and more on "the finer things of life"—whatever they may be.

**CHILDREN, WELL AND HAPPY**  
In a certain community there was a live home demonstration agent and a "Parent-Teacher" Club. They cooperated to investigate the condition of the school children and see if it were possible to benefit them.

A physical examination of the school children found fifty-nine per cent of them underweight. (It was an average school and did not appear to be in particular need.) The leaders of the community cooperated in a campaign for better nutrition. Talks on nutrition were given in the school and in other public places. The children were weighed each month. Vegetable gardens were encouraged. Cabbage, carrots, string beans, tomatoes and greens were raised to the position of high honor; they were in the scheme of community welfare. Milk and other dairy products were used more plentifully.

At the end of twenty weeks, each child had made definite gain in weight, two had gone above the average, seven known physical defects had been removed. It was evident to all concerned that these five things had happened to the school children:

Gain in weight.  
Better resistance to disease.  
Improved appearance.  
More mental alertness.  
A greater feeling of comfort and well-being; happiness.

ponder upon those five things! Are they not worth an effort in every community?

In every part of civilization, people are arousing to the need for nutritional activity. In some places it is taking the form of hot school lunches. Certain organizations assume the responsibility and appoint committees to oversee it. Vegetable soup stock is canned by the mothers and sent in turn to the school. Or vegetables and fruits are solicited and the soup made by the home

**Baby's Own Tablets**  
An Excellent Remedy  
For Any of the Many Minor Ailments of Infants and Young Children.

No mother can expect that her child will escape all the ills to which babyhood and childhood are subject, but she can do much to lessen their severity, and to make baby's battles for health easily won.

Nine-tenths of the minor ailments which afflict babyhood and childhood are caused by some derangement of the stomach and bowels. Regulate the stomach and bowels and these troubles will disappear. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative which through their action on the stomach and bowels never fail to banish constipation and indigestion; colds and simple fevers; teething troubles and the dreaded tummy time easy.

Concerning Baby's Own Tablets Mrs. A. Koshan, Hamilton, Ont., writes: "Kindly send me your booklet, 'Care of Baby in Health and Sickness.' I have two little children four and a half and three years old and have used nothing else for them but Baby's Own Tablets. I think the Tablets are a wonderful medicine for little ones."

Baby's Own Tablets are sold by all medicine dealers or will be sent by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

**HADN'T MISSED IT**  
Mrs. Nurich: I believe you missed the delightful little gathering at my house last night, Mrs. Pryde.  
Mrs. Pryde (passing on): No, I can't say I did, Mrs. Nurich.

**THE TEA WAGON.**  
To add to your table room, a tea wagon is a great convenience. A large tray or the bread board will protect the top from being marred by use. The wagon can be wheeled close to the sink and loaded with the dishes as they are wiped, and then wheeled to the cupboard. Or the dishes may be left in the dish drainer on the wagon and wheeled into the pantry out of the dust while the kitchen is being swept or the dinner prepared.

**THE WORLD'S WOMEN'S CHRISTIAN TEMPERANCE UNION.**  
The 12th Convention of the World's W. C. T. U. was held in Edinburgh in June. Over one thousand delegates, representing 60 countries, were present, under the Presidency of Dr. Anna Adams Gordon, who came over from the United States with a large body of American delegates. Among other delegates spoke from India, South Africa, and China, and Lady Astor, M. P. was one of the speakers at the big evening meetings.

**ARGENTINE.** Suffrage for native or naturalized Argentine women over 22 years of age is advocated in a Bill recently presented by the (Radical Deputy, Leopoldo Bard.

**AUSTRALIA.** Three well-known women citizens of Tasmania stood for Parliament. Mrs. Lyons is the wife of the Premier, and Mrs. Brunel is his mother-in-law, while Mrs. Waterworth, who stood as the Women's Non-Party Political League candidate for Denison, is very well known, represented Tasmania at the World Conference of the International League at Washington last year, and also attended many meetings and conferences in London and elsewhere during the summer. The election seems to have resulted in the success of Mrs. Lyons.

Miss E. A. Allen is to read a paper on "Some Results of an Experimental Research into Character and Temperament," at the forthcoming meeting of the British Association for the Advancement of Science to be held at Southampton.

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**FRANCE.** The Grand Prix de Rome for painting was conferred by the Academie des Beaux-Arts recently on Mlle. Odette Pauvert, aged 21, for her picture, "La Legende de Saint Roman." Mlle. Pauvert is the first French woman painter to gain the distinction.

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**PALESTINE.** A split in the question of woman suffrage took place in Jerusalem on June 16 at the session of the National Assembly of Palestine Jews. The progressive wing stood for the extension of the right of women to membership in the Assembly. The orthodox opposed, and finally succeeded. Later these recalcitrants issued a call for a separate organization opposed to the admission of women.

**RHODESIA.** The Legislative Assembly of Southern Rhodesia has the only woman member of Parliament in the whole of the Continent. Mrs. Tawse Jolliffe has sat in the Assembly since 1920, and has done much for the responsible Government Party, which recently secured representative Government for the Colony, without fusion with the Union of South Africa.

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The sea-going vessel Ruth Martin, of American registry, is the only one so far to be commanded by a woman captain. She is Mrs. Jennie Crocker, of Cliffondale, Mass., a graduate of Pugsley's Nautical School. Her husband is first mate on the same vessel.

Early this spring there were evidences that only two women would sit in the next Congress—Mrs. Mary Norton, of New Jersey, and Mrs. Florence Prag Kahn, of California, but a special election in Lowell, Mass., gives assurance that a third, Mrs. Edith Nourse Rogers, will be there. Mrs. Rogers was elected from a normal Republican district, and will be the first woman from New England to sit in Congress.

**HEALTH.**  
Professor Irving Fisher, of Yale, has drafted the following rules for healthful living:

**AIR.**  
1. Have fresh air where you live and work.  
2. Wear light, loose, porous clothes.  
3. Spend part of your time in the open air.  
4. Have lots of fresh air where you sleep.  
5. Breathe deeply.

**FOOD.**  
6. Avoid eating too much.  
7. Do not eat much meat and eggs.  
8. Eat various kinds of foods.  
9. Eat slowly.

**HABITS.**  
10. Have regular daily health habits.  
11. Stand, sit, and walk erect.  
12. Avoid poisonous drugs.  
13. Keep clean and avoid catching diseases.

**ACTIVITY.**  
14. Work hard, but play and rest, too.  
15. Be cheerful and learn not to worry.

**King Cole ORANGE PEKOE**  
THE EXTRA CHOICE TEA

**INTERNATIONAL WOMAN SUFFRAGE ALLIANCE NEWS.**

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**Women's Institutes of P. E. Island**

**Armadale.** The October meeting of the institute was held at the home of Miss Reta O'Henley with seven members present. After the usual routine business was transacted, the members quitted for some little time. No new business was undertaken and before the close of the meeting, luncheon was served by the hostess. Those present enjoyed meeting and working together very much and are looking forward to meeting next month at the home of Mrs. Katherine McInnis.

**Hazel Grove.** Nine members and two visitors met at the home of Mrs. L. Weeks where the October meeting of this Branch was held. Roll call was answered with "How to make the Institute more interesting." Sick and School committees were appointed. A Halloween Party is to be held at the home of Mrs. Frank Bagnall on Friday, October 30th. Instrumental music by Mrs. Harold and Miss Alma Weeks was greatly enjoyed. The next meeting will be at the home of Mrs. Annie McEachern.

**Lower Montague.** The October meeting of this Branch was held at the home of Mrs. Benj. Wright with seven members and one visitor present. Roll call was responded to with a favorite verse of Scripture. Some discussion took place on District Conventions and all the members expressed themselves in favor of such an organization. Mrs. George Anear gave a very interesting report of the meeting in London and elsewhere during the summer. The election seems to have resulted in the success of Mrs. Lyons.

**Conway.** Nine members and two visitors met at the home of Mrs. A. Walfield where the October meeting of this Institute was held. A very encouraging report of the recent Ice Cream social was given and showed it to be a financial success. \$5.90 was voted to help a sick woman in the community. It was moved and seconded that one and one dozen books be purchased for the school. A sick committee and Convenors for the different Standing committees were appointed. Lunch was served and a social hour enjoyed by all. A vote of thanks was tendered the hostess before the meeting adjourned with the National Anthem. The next meeting will be at the home of Mrs. Wansley Lewis when roll call will be answered with "Household Hints."

**Little Harbour.** Nine members and one visitor met at the school-house on October 14th when the regular monthly meeting of the Institute was held. After the usual opening, some discussion took place on repairs to the school building, principally the windows, and the members decided to have storm windows put on and the inside of the windows repaired. The programme included an enjoyable recitation by Miss Elsie Fraser. The next meeting will be at the home of Mrs. Andrew Campbell.

**Victoria.** Institute held their October meeting at the Hall with thirteen members and four visitors present. After the usual routine business the different Branch convenors were appointed, and a motion was carried that Mr. Bell to lecture. Preparations are being made for a Bazaar at the Hospital. Some discussion was held over supplying the school with a flag but the matter was left for further consideration. Various minor suggestions were adopted and the members decided to ask Mr. Bell to lecture. Preparations are being made for a Bazaar at the Hospital. Some discussion was held over supplying the school with a flag but the matter was left for further consideration. Various minor suggestions were adopted and the members decided to ask Mr. Bell to lecture. Preparations are being made for a Bazaar at the Hospital.

**South Lake.** The September meeting of this Institute was held at the home of Mrs. D. L. MacDonald with six members and three visitors present. After reading the Creed, roll call was answered with "My Favorite Proverb." Branch convenors were appointed and a map of the World of Spring Roller has been purchased for the school. The members decided to ask Mr. Bell to lecture. Preparations are being made for a Bazaar at the Hospital. Some discussion was held over supplying the school with a flag but the matter was left for further consideration. Various minor suggestions were adopted and the members decided to ask Mr. Bell to lecture. Preparations are being made for a Bazaar at the Hospital.

**Wheatley River.** Fifteen members and seven visitors met at the home of Mrs. Richard Stead where the October meeting of this Institute was held. The meeting opened with the Creed and roll call was answered with a collection. It was decided to have a Bean Supper in the Hall on November 3rd. The Convenors were appointed to prepare the Standing committees. The members decided to make a Patchwork quilt for the next meeting which will be held at the home of Mrs. John Buntain.

**Greenvale.** Eleven members and two visitors met at the home of Mrs. Thomas Wall where the October meeting of this Institute was held. After the usual routine business, the members decided to hold a Chicken supper at the home of Mrs. John Spence on October 30th and committees were appointed to collect throughout the neighborhood. A special meeting will be called for the 20th to make final arrangements. It was reported that a letter of sympathy had been sent to Mrs. Gordon Brown. One new member was welcomed. The next meeting will be held at the home of Mrs. Silas Bernard.

**Freeland Lot 11.** The October meeting of this Branch was held at the home of Mrs. Joshua Henderson with fourteen members and twenty visitors attending. Roll call was answered with "jokes." Arrangements were made to have the bulbs from the school grounds stored at Mrs. Hardy's by Mrs. W. McKay. A Flag Pole was ordered

ed for the school from Schurman & Co. A sign board with "Free-Land" was ordered from the Tourist Association. One new member was welcomed. As Mrs. Palmer, the Secretary was moving from the district, Miss Mabel Miller was appointed in her place. The Branch convenors were also appointed. The programme included instrumental music by Miss Ruby Ramsey. The meeting closed with the National Anthem and the members will meet next month with Mrs. David Smith, Jr.

**Pleasant Valley.** Institute held their October meeting at the home of Mrs. Andrew Stevenson with fifteen members present. Reports of various committees heard and new ones appointed. Bills to the amount of \$7.57 were presented and ordered paid. A map of the World, small books and a Dictionary were ordered for the school. The next meeting will be held at the home of the President, Mrs. McSwain and roll call will be answered with Leaders in the Great War and a Patriotic Programme will be carried out.

**Port Hill.** Ten members and four visitors met at the home of Mrs. Charlie Maynard where the October meeting of this Institute was held. Roll call was answered with "jokes" and a farewell party arranged for a member who is leaving the community. The President read a short paper and the members decided to have the school windows repaired. Lunch was served and the members adjourned to meet with Mrs. Henry Newcombe next month.

**Chepstow.** The first regular meeting of this Institute was held at the home of Mrs. Hector McPhee with ten members and five visitors present. The meeting opened with the Creed and roll call was answered with "jokes." A motion was carried to have a Pie Social before the next meeting and the proceeds to be used to buy maps for the school. Two new members were welcomed. The programme for the evening included solos by Mrs. Patrick Sweeney and Mrs. Phillip Rooney and Step dancing by Mrs. Hector McPhee. A friend donated \$10.00 to the meeting closed with the National Anthem and the members will meet next month with Mrs. Patrick McSweeney.

**Eglinton & Howe Bay.** Ten members and one visitor attended the October meeting of this Institute held at the home of Mrs. J. L. MacDonald. After the usual routine opening, the members decided to order a Sign Board for the schools at once. Some discussion took place on sewing articles for a bazaar and each member was asked to donate cotton for sewing. The matter of desks for Howe Bay school was left in the hands of the Trustees. It was suggested that the institute send a present to one of the members who had been ill. Branch convenors were appointed. The next meeting will be at the home of Mrs. Charles Mill. Howe Bay and roll call will be answered with names of Allied Leaders. A Patriotic programme carried out and the local honor roll read.

**Mt. Carmel.** The September meeting of this Branch was attended by twelve members and one visitor. The meeting opened in the usual manner and arrangements for a lottery were made, also a list of names to make money for the Institute. A letter from the Supervisor to the President was read. Three articles for lottery are being made. One new member was welcomed.

**Mt. Pleasant.** Ten members and two visitors attended the October meeting of this Branch held at the home of Mrs. J. Lardner. The usual routine business was carried out and the members decided to hold a Pie Social and Halloween party in Enmore Hall on October 30th and four girls were appointed to get supplies. One new member was welcomed.

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by the host and a pleasant evening enjoyed by all.

**"Glenmere."** Eight members and five visitors attended the September meeting of this Institute held at the home of Mrs. John MacLennan. The meeting opened in the usual manner. Various committees were heard from and new ones appointed. Interesting papers were read by Miss Mary MacDonald and Miss Helen MacAuley, namely "Making Meetings Interesting" and "Immigration." Lunch was served and the meeting adjourned to meet next month at the home of Ms. John A. MacDonald.

**Glen Valley.** The October meeting of this Branch, held at the home of Mrs. Alfred Carew was attended by nine members and four visitors. Roll call was answered with jokes and the usual business routine carried out. The members decided to have a Box Social, the date of which will be set at a later date. Lunch was served by the hostess and the meeting closed with the National Anthem. The next meeting will be at the home of Mrs. Hugh Nicholson.

**St. Peter's South.** Women's Institute held their October meeting at the school with nine members and four visitors attending. The meeting opened in the usual manner, roll call being answered with jokes. A Halloween party will be held at the home of Miss Anna Lewis on October 30th. The next meeting will be held in the school.

**Stanchel.** Nine members and five visitors met at the home of Mrs. Herbert Clow where the October meeting of this Institute was held. The meeting opened in the usual manner and the committee on unfinished business was given a fourth time to have some work finished. A motion was carried that a Creamer be purchased in place of a Drinking Fountain. Branch convenors were appointed. The meeting adjourned to meet next month at the home of Mrs. Alex. Aitken.

**Malpeque.** Ten members met in the Hall where the September meeting of this Institute was held. The regular business meeting was carried out and Branch convenors were appointed, also a school committee consisting of Miss Hogwood and Mrs. Woodside. Three new members were welcomed.

**New Dominion.** All the members and one visitor attended the October meeting of this Institute held at the home of Mrs. E. D. Doull. Roll call was answered with "Different Ways of Using Potatoes." Plans were made for cleaning the

school during the Fall vacation. An enjoyable program consisting of vocal and instrumental music was carried out. The next meeting will be at the home of Mrs. George Wilson.

**CORNWALL YORK POINT.** Ten members and two visitors met at the home of Mrs. George MacDonald Cornwall, where the September meeting of this Institute was held. The meeting opened in the usual manner and the usual business carried out. Arrangements were made for the annual Memorial service at the Soldiers Monument next meeting will be at the home of Mrs. Fred White.

**DISTRESSING KIDNEY TROUBLE**

Terrible affliction quickly relieved by "Fruit-a-tives".



"Eight years ago I was laid up with inflammatory rheumatism, scarcely able to move hand or foot. There was Kidney Trouble, miserable Indigestion and Liver difficulties. As soon as I began to use 'Fruit-a-tives', I could see an improvement. I was relieved of my Constipation and Liver trouble, and have been a 100% better of Rheumatism and Kidney Disease."—Mrs. Albert Young, 39 N. Aspland St., Worcester, Mass.

"Fruit-a-tives" combine the concentrated essence of luscious fruits with valuable tonics. They restore the kidneys and liver to normal action, increase the flow of gastric juices, and make the digestion complete and natural again. 25c and 50c at all dealers.

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"Proper Food and Exercise," by ARTHUR A. MCGOVERN  
Former physical director, Cornell Medical College

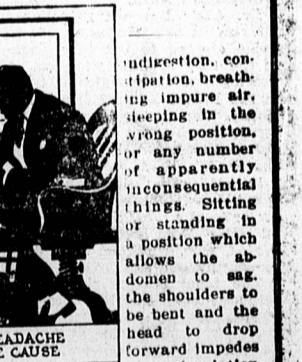
**Causes for headaches lie below the head**

THE most frequent inquiries received in connection with these articles are from people who want to know if headaches can be cured by correct diet and exercise. Women frequently suffer from headaches when their general health seems to be perfectly good.

In attempting the cure of headaches, it is well to remember that a headache is a symptom rather than an affliction. It is nearly always the sign of an organized irregularity, and its organized so various that it is impossible to suggest one method of treatment that could be used with equal success in every case. In many instances the cause of headaches is a serious organic condition that should be treated by a physician.

High or low blood pressure may be responsible for pains in the head and this condition may be allied with the heart, arteries, or kidneys. Sinus trouble or any defects of the eyes, ears, nose or throat also call for the immediate attention of the family physician. In cases where a headache is a sign of some serious condition, it generally appears with several other symptoms, but most of us occasionally have headaches that are caused directly by some minor disregard of the rules of health.

Many head pains are caused by congestion. This means that some habit, slight error in living has interfered with the normal circulation of the blood. The cause may be incorrect posture, indigestion, constipation, breathing impure air, sleeping in the wrong position, or any number of apparently inconsequential things. Sitting or standing in a position which allows the abdomen to sag, the shoulders to be bent and the head to drop forward impedes the circulation and results in unequal distribution of the blood.



Headaches caused by nervousness and worry are difficult to cure, generally because one is in a state of mind that makes a serious disease out of what is really only a very mild complaint. Normal, healthy persons do not worry very much even if circumstances have placed them in a serious predicament. People in good health think things over and come to a decision, after which they act on the decision. A person not physically fit is apt to see five or six courses of action present themselves in a crisis. Unable to choose between them, to forget what is unpleasant to do, and to do what must be done, he worries until a nervous headache is the result. In such cases, instead of trying to deal directly with the nervous state it is best to first tone up the body. People who have headaches caused by worry generally have dizzy sensations and slight vertigo caused by blood becoming so thick in the head that it affects the equilibrium. Exercise immediately improves this condition by improving the circulation and when the health begins to improve as a result of regular exercise, the habit of worrying diminishes.

**Diet for Average Person**  
**BREAKFAST:** Fruit; bran or graham muffins; cocoa or a coffee substitute. Two glasses of water between breakfast and lunch.  
**LUNCHEON:** Some soup; vegetable salad; dark bread; glass of milk; alternating with boiled or poached eggs. Two glasses of water between lunch and dinner.  
**DINNER:** Lean meat, fish or chicken; a green vegetable; a baked potato; be sure to eat the skin; and for dessert fresh fruit in season; nuts or crackers and cheese. Weak tea, cocoa or chocolate.

Mrs. McGovern will answer your questions. © A. A. McGovern.