

ICKENING HEADACHES ENDED BY "FRUIT-A-TIVES"

Effect was splendid when she tried this Fruit Medicine

East Ship Harbour, N.S.

For years, I was a dreadful sufferer in Constipation and Headaches. I was miserable in every way. I was in the way of medicines and to help me and I was almost outraged. When I tried "Fruit-a-tives" and effect was splendid; and after one box I can safely say I well. I feel like a new person in my way and I am deeply thankful have relief from those sickening headaches".

Mrs. MARTHA DE WOLFE.



"Fruit-a-tives" will always relieve Headaches due to Constipation because it act directly on the liver and causes the bowels to move regularly and easily. This is the system of impurities and keeps the blood pure and healthy. "Fruit-a-tives" are made of fruit juices combined with tonics, are sent to take and mild and gentle in action. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent by FRUIT-A-TIVES LIMITED, OTTAWA, ONT. London, Eng. Ogdensburg, N.Y. Christchurch, N.Z.

School and Home

WATCHING THE UPKEEP DAY BY DAY

It wouldn't be a bad idea for the young housewife to make a rule of asking herself every day, "What has to be repaired or mended today?"

At any rate she will meet with disappointment if she starts in her housewife career with the feeling that things ought not to get out of repair and that if one has good and new equipment there ought not to be any necessary outlay for upkeep for a long time.

Only by taking this for granted, and by keeping watch to see that your upkeep bill after all is not so large as it seems do you manage to spend without worrying a sufficient amount of money to keep your household possessions in order.

It is really a far wiser thing to keep things in order than to let them all get worn out and run down and then put them in order. Have all small repairs made as you go along. If a door-knob loosens have it tightened—don't wait until it rattles to the floor. If a window sticks have it attended to don't wait until the window cord breaks when one day you make a too enthusiastic effort to raise the window.

And so with your supplies. Buy a few towels, a little table and bed linen before your present supplies give any sign of wearing out. Keep your linen supplies up at the time. The new linen won't deteriorate, and this method of keeping up things is assured, the best one.

REMOVING OIL FROM FEATHERS

The old and new methods for curing duck and goose feathers for use in pillows are not alike. In the olden times the feathers were picked from the birds, put into sacks and hung up, and if the feathers were taken from the live birds and fully ripened when the picking was done, as is the case where the birds are kept for the feathers and picked periodically, nothing further was needed. In the cases where the birds were first killed, then scalded, of course, the feathers had to be dried before putting into sacks for storage, or ticks and cases for use. The modern method is to place the feathers after removal from the birds, into a loose sack and boil in soap for five minutes, which removes the oil from the feathers, making them much fluffier, and removing the strong odor of the birds, which otherwise the feathers will have if not boiled, as the oil contains the odor. After boiling for five minutes, drain from the suds and rinse in clear warm water until the water remains clear or free from any suds. Look them dry in the wind, but not the sun, if possible drying quickly, so the feathers will not sour. When once soiled, it is next to impossible to remove the tainted odor from them. If there are many feathers and one has a clean vacant room one can put the feathers directly on the clean floor after rinsing, and dry them quicker than in sacks. The windows should be opened about an inch to admit circulation of air to hasten the drying process.

The rank, oil odor noticeable in many old feather beds and pillows was and is due to the non-removal of the oil from the feathers. The removal of the oil by boiling is what constitutes the renovation of feathers and makes them so fluffy after being treated. Never place feather beds or pillows in the sun to air, as this draws oil from the feathers and causes a bad odor, but place in a draft or a shady place.

LATE FALL COOKERY
Baked Squash—Cut half a small winter squash into 4 pieces, scrape out the seeds and stringy part, put in a pan, shell side up, and bake in a hot oven about 40 minutes. Remove the pulp from the shell; press through a ricer; season with salt, pepper and butter; reheat and serve.

CREAMED SALADY—Cut off the tops of saislty (vegetable) oyster, scrape, cut in bits and keep white by putting in cold water with a tablespoon of vinegar in it until ready to cook. Drain, cook in boiling salted water about 25 minutes; or until tender. Drain, cover with white sauce and serve at once. If you prefer cover with rich milk, odd butter, pepper, salt and cracked crumbs. A little dried codfish—just a shred—added to vegetable oyster when cooking gives it much more of the oyster flavor.

FRIED GREEN TOMATOES—Cut the tomatoes in thick slices season with salt and pepper. Dip first in flour, then in egg, then in crumbs and fry in deep fat until brown. Or season in dip in flour only, and fry in butter.

STUFFED TOMATOES—Take 6 medium-sized, firm, ripe tomatoes. Cut a thin slice from the top of each and remove the pulp. Rub the pulp through a sieve and add to it 1 teaspoon salt, 1 teaspoon Worcestershire sauce or mushroom catsup (if you have them), and 1 tablespoon tomato sauce. Mix well. Fill the tomato shells, cover with crumbs moistened with melted butter and bake in a moderate oven half an hour.

KEEP THE TINWARE CLEAN
The kind of milk vessel one uses is very important in maintaining cleanliness about the dairy. Tinware with few seams for contamination to lodge and makes the work of keeping the vessels clean much lighter. Seams flushed with solder are much more easily cleaned and offer fewer breeding places for bacteria than unflushed ones. If one already has pails and pans with acute corners and open seams they may be easily rounded by heating a stick of solder and running the melted metal in the cracks. The time and labor will be quickly repaid in the ease and quickness with which they may be washed. Tinware kept bright and perfect is longer-lived and more sanitary than rust-covered containers. Rust spots give places for decaying material to lodge and germs work their way more easily into the soft metal.

VARIED DAINTIES FOR THE COOK TO TRY
Genoise Almond Cake
Quarter of a pound of flour. One heaped teaspoonful of baking powder. A good pinch of salt. Two ounces of butter.

CHOCOLATE ICING
Four ounces plain chocolate. Four ounces icing sugar. Half teaspoonful of vanilla. Grate the chocolate; melt it in a basin over hot water. Take the basin off the water, and mix in the sugar, the vanilla, and enough cold water to form a thick liquid that will just pour. Pour it over the cake. Decorate with almonds and leave to set.

WATERMELON
The watermelon is a very popular fruit. It is a good source of water and is refreshing. It is also a good source of vitamins and minerals. It is a good fruit to eat in the summer months.

APPLES
Apples are a very healthy fruit. They are a good source of vitamins and minerals. They are also a good source of fiber. They are a good fruit to eat in the fall and winter months.

ORANGES
Oranges are a very healthy fruit. They are a good source of vitamins and minerals. They are also a good source of fiber. They are a good fruit to eat in the winter months.

LEMONS
Lemons are a very healthy fruit. They are a good source of vitamins and minerals. They are also a good source of fiber. They are a good fruit to eat in the winter months.

GRAPES
Grapes are a very healthy fruit. They are a good source of vitamins and minerals. They are also a good source of fiber. They are a good fruit to eat in the fall and winter months.

PEACHES
Peaches are a very healthy fruit. They are a good source of vitamins and minerals. They are also a good source of fiber. They are a good fruit to eat in the summer months.

PLUMS
Plums are a very healthy fruit. They are a good source of vitamins and minerals. They are also a good source of fiber. They are a good fruit to eat in the summer months.

Do YOU know what LINOLEUM Really is?

EVERY woman should know what linoleum is, what it is made of and why it is unquestionably a most sanitary and health promoting floor for her home. She can then buy with assurance and obtain genuine linoleum.

Ground Cork and What it Means to Linoleum



Cork, the bark of the cork oak, native to Spain, yields the soft, spongy surface peculiar to genuine linoleum. It is also tough and enduring.

You have used corks in the home in various ways. Take up one now and squeeze it. It responds to the pressure exerted by your fingers, but once this pressure is released it immediately resumes its former shape. Throw it into a basin of water and it tosses about lightly riding the surface of the water without absorbing a drop. It is entirely non-absorbent. Take a knife and whittle it—its softness is different from that of anything else, and yet, withal it is tough. Is it any wonder that, when finely ground and employed as a primary ingredient of genuine linoleum it retards moisture, ensures a resilient tread, and wears and wears indefinitely?

Oxidized Linseed Oil is a Wonderful Material



In addition to its toughness and resistance, oxidized linseed oil is health-promoting, it is decidedly germicidal and sanitary. These workers are twisting a section of it.

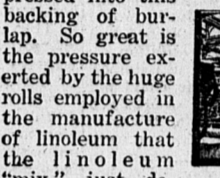
Most people have observed the filmy substance that gathers over a neglected pot of paint when the lid is removed. This is really oxidized linseed oil, or oil mixed with oxygen. It is tough and rubberlike, yet soft and pliable. When produced in a modern oxidizing plant and added to ground cork and other important oils and gums it brings to linoleum added springiness and toughness. It is decidedly germicidal, the very feature that modern housewives should insist upon when buying a floor covering. This pure product of flaxseed, grown in the Canadian West, is specially compressed and scientifically treated for use in making linoleum.

Strong Burlap makes a Tough and Lasting Backing



The jute plant attains a height of ten to twelve feet. The native Indian climate, and when cut down, yields long, tough fibres, giving burlap its strength.

Everyone knows why good rope is strong—because of the hundreds of long, tough fibres that are closely and tightly woven together. Burlap, made of similar long fibre jute, grown in India, is used as a base for genuine linoleum and makes a secure, non-tearing ground-work for the cork, oxidized linseed oil and other important materials that are firmly pressed into this backing of burlap. So great is the pressure exerted by the huge rolls employed in the manufacture of linoleum that the linoleum "mix," just described, and the burlap, become as one. If you look closely when buying, you will readily observe this important feature and can then understand why it is so highly important. And more—the burlap used in making Dominion Linoleum and Oilcloth is of the highest quality.



Dundee, Scotland, is the seat of the burlap weaving industry and affords the world a major part of its burlap supply. This shows the weaving looms at work.

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Other Important Points that make Linoleum Better



Kauri Gum—the fossilized sap of the pine forests of New Zealand—is used in some instances as an adhesive in the linoleum. It is one of the principal ingredients.

Among the important raw materials used is Kauri Gum—the fossilized sap of the New Zealand pine. This is generally dug out of the ground, as shown in the illustration, and when refined and added to the linoleum surfacing mixture it further enhances its worth. After the plain linoleum is rolled it is cured and seasoned in a large curing room, but when patterned linoleum is desired the design must be printed by passing the goods through huge printing machines which print the pattern automatically before curing. The designs originate, of course, in the designing department, where new and pleasing combinations are being continually evolved, for transfer to the huge printing blocks.

Why You should Insist on getting Dominion Linoleum

Great care is taken to maintain a high standard of quality in making all grades of DOMINION LINOLEUM and OILCLOTH. In every instance they are of approved standard, and destined to impart long and satisfactory service. When you buy, first ask for "DOMINION" then look for the strong burlap-back, as shown in sketch and for our trade mark shown at right. Finally, as an additional safeguard, look for the natural cork edges; all genuine Dominion Linoleum has it.



Send us your name and address and we will mail you an attractive rug folder in four colors. Address: Dominion Oilcloth & Linoleum Co. Limited, Montreal.

Dominion Linoleum for all your Floors

Visit your Local Store today and select, from the wide range of patterns and colorings available, Dominion Linoleum and Dominion Linoleum Rugs for any room.

Sunday School Lesson

THE PROPHETS AND MISSIONS

Season IV October 28

Golden Text—Nations shall come to Thy light and king to the brightness of Thy rising.—Isaiah LX: 3.

LESSON Text—Isaiah LX: Jonah IV: 10-11, Micah IV: 1-3, Zephaniah III: 9.

This lesson intended to show that the Old Testament is a missionary book as well as the New. We have seen that the object of Yahweh's call and the privilege of his descendants was that they might be made a benefit to the whole human race, that is to say, a missionary object.

If we read the prophetic books we will see this idea pretty common to them all. They regard Israel as God's chosen instrument for the revelation of Him, Israel's light to the world. Isaiah's teaching must have been a surprise to his contemporaries, because he refers to Jehovah as the light of all nations and not for the Jews alone.

Isaiah depicts Zion as a woman upon the ground in mental and physical prostration. She is rescued of her anguish by the divine presence. Without the gospel of Jesus Christ, all nations are perishing and wretched beyond recovery. For instance outside the sphere of Christian influence there is no security for private property, no advent of Christianity means length, health, purity and joy.

Isaiah LX: 2 speaks of "gross darkness" covering the face of the earth. One of the greatest of the Egyptian plagues was "Darkness that could be felt." Africa has been called the "Dark" continent because the sunlight of Christianity has penetrated it to such a comparatively little distance.

The glory of Jehovah, is the only power to illumine and purify. The philosophies of Brahma, Mahomet and Confucius may educate and teach endurance and patience, but only the Christian religion can bring joy and peace.

The second stage of the lesson deals with John's missionary experience. Jonah was a prophet during the reign of Jeroboam II, whose remarkable extension of his kingdom was encouraged by Jonah.

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BIBLE THOUGHTS FOR TODAY

OCTOBER 28

IT PROFITETH NOTHING—Though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.—1 Corinthians 13:3.

SPEAK NO IDLE WORD—But I say unto you, that every idle word that men shall speak, they shall give account thereof.—Matthew 12:36.

STATE OF THE BLESSED—There shall be no night there; and they need no candle, neither the light of the sun; for the Lord God giveth them light; and they shall reign for ever and ever.—Revelations 22:5.

ABUNDANT PARDON—Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon.—Isaiah 55:7.

THE GOODNESS OF GOD—Thou openest thine hand, and satisfyest the desire of every living thing.—Psalm 145:16.

WHENCE COMES TROUBLE?—When he giveth quietness who then can make trouble?—Job 34:29.

WITH ALL YOUR HEART—And ye shall seek me and find me when ye shall search for me with all your heart.—Jeremiah 29:13.

one of Judah's prophets and lived during the reigns of Jotham, Ahaz and Hezekiah. He was a fearless preacher and condemned vigorously, sin and idolatry. He foretold a nation's punishment for sin, warning the people of wrath to come, but he also saw the silver lining and foretold the restoration of Jehovah's house on the top of the mountain.

He sees many nations journeying to the mountain of Jehovah and to the house of the God of Jacob. In the third verse the religion of Jehovah is defined as national and international, as well as personal law. One of the names of the Messiah is, the Prince of Peace.

The fourth missionary message comes from the Prophet Zephaniah a man of royal lineage and a descendant of the great king Hezekiah. His prophetic utterances were made during the reign of King Josiah of the southern kingdom. He speaks in chapter three, verse seven of turning the people to a pure language, impurity of speech and life is a characteristic of nations that know not God. Zephaniah promises that God can and will turn the impure lips of the people into pure lips. The fountain once bitter should be made to bring forth sweet.

God plans the salvation of the world, and through missionary activity. His wrath is poured out only on that which corrupts that He may create clean hearts and renew a right spirit.

BIBLE QUESTIONS
Test your knowledge of the Bible by these questions. Retain your answers and compare them with the answers published in our next issue.

115. Complete the verse: "Come unto me all ye that labor."
116. Who said: "What I have written I have written?"
117. In what languages was written the sign on the cross?
118. Which Gospel gives the sign in full?
119. Who was Agag?
120. Who said: "Lord, open to us?"

ANSWERS
109. Zech. XIV: 8.
110. Ps. CIII: 13.
111. David, 2 Sam. XVIII: 23.
112. Baruch, Dan. VI: 28.
113. Acts XX: 9.
114. Malachi, Acts XX: 9.

Sore Throat

Officially a gargle of 1 part Absorbine Jr. to parts of water and use three or four times a day. Also bathe the outside of a throat with full strength Absorbine Jr. Absorbine Jr. is simply invaluable for those who are attacked of sore throat and cold.

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Cuticura

Keeps Your Skin Fresh and Clear

The Soap cleanses and purifies the pores, the Dimentol soothes and heals any irritation, redness or roughness.

On retiring smear the affected surface with the Ointment on end of finger. Wash off in five minutes with Cuticura Soap and hot water. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations.

See 2c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Genesee, Montreal, 344 St. Paul St., W. Montreal.

Cuticura Soap above without mark.

Wonderful Tea!

Users of KING COLE Orange Pekoe are frequently heard to remark: "It's really wonderful tea." This is not particularly in reference to its outstanding quality although that is necessarily included, but is due to the wonderful way it "spends." For KING COLE Orange Pekoe is a rich liquoring tea as well as a deliciously flavorful one. Skilful blending combines these two great tea qualities for your enjoyment.

"The Extra in Choice Tea."

RIDDLES

What word by adding two letters will be fewer?
Few.

Why is a horse a very curious cater?
Because he eats best when he has not a bit in his mouth.

What is the difference between a lady and a postage stamp?
One is a female and the other is a small fee.

Why should turtles be more pitied than any other animals?
Because theirs is a very hard case.

What kind of tables are eaten when cooked?
Vegetables.

WATCH YOUR HAND-SHAKE!
A careless gait has nothing to hide; he who possesses it is just what he appears to be. A studied, careful manner of walking, on the other hand, gives signs of a deeper and more secretive nature.

Perhaps you have noticed that one of your friends walks in a straight line, stepping neither to right nor left; while another is more undecided in his motions, moving from side to side during his progress, and varying the length of his pace.

Be led by the former; he has an objective always in view, and will probably succeed. But confide in the latter; he is the more human of the two. The first will be preoccupied with his aims, and inclined to be intolerant of your failings and weaknesses; the other, a wider outlook and kinder disposition, will find time that to lend a helping hand.

How does your friend greet you? If he bows slightly when shaking hands, he adds to friendship a deference to you and to your opinions. If, on the other hand, he retains an upright position while greeting you, he possesses a greater sense of his own importance and dignity and less of yours.

The handshake itself, of course, is one of the finest indications, to character. Just as you can "sense" the amount of friendship that an acquaintance feels for you, by the manner in which he returns your grasp, so it is possible, by the simple pressure of the hand, to read with much accuracy the real nature of those you meet. This, however, is quiet intuitive, and not hard and fast rules can be laid down.