RICH, RED BLOOD MEANS HEALTH

Weak, Pale People Require a Blood-making Medicine.

It took centuries for medical science to discover that the blood is the life. Now, it is known that if the blood were always abundant, rich and pure, very few people would ever be ill. It was not until the end of the 19th century than an instrument was invented for measuring the red part of the blood. Then doctors could tell just how anaemic a patient had become, and with medicine to make new blood the patient soon got well.

All the blood in the body is nourished and kept rich and red by the food taken daily, but when, for any reason, a person is run down and cannot make sufficient blood from the food to keep the body in health, then a blood-making medicine is required. The simplest and very best of blood-makers suitable for home use by anyone is Dr. Williams' Pink Pills. When a course of these pills is taken their good effect is soon shown in an improved appetite, stronger nerves, a sound digestion and an ability to master your work and enjoy leisure hours. For women there is a prompt relief of, or prevention of ailments which make life a burden. Mrs. Thos. Kaake, Trenton, Ont., tells how she obtained new health and strength through the use of Dr. Williams' Pink Pills. She says: "The weakness came on me so gradually that at first it was hardly noticeable. But after a time it got so that I could not go up stairs without stopping to rest. Every particle of color left my hands and face. and the least exertion would tire me and leave my heart palpitating violently. I consulted a doctor who told me the trouble was anaemia and prescribed a tonic. I took this medicine for some time, but it did not seem to help me a bit. Then I read of a cure in a similar case through Dr. Williams' Pink Pills and decided to try them. The result was these pills made me feel like a new woman. I have gained all my former health and strength, and feel that I owe my present condition entirely to Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

AMBERGRIS.

A Valuable Substance Used in Perfumes and Medicines.

Ambergris, which forms a basis for nearly all the best quality perfumes and scents, is found in an unattractive looking mass floating on the sea or lodged upon the shore. It is not known how such an unlikely substance suggested itself as a perfume, but it has been in use for centuries. Its origin, however, has only been discovered comparatively recently.

It is a morbid secretion of the liver of a sick sperm whale, and ashen-colored and waxy in appearance.

Although unpleasant to sight and touch, it gives off a fragrant, musky odor when warmed, even in its raw and unprepared state. In this crude form it is subjected to chemical action to extract the active principle, called amberine, from which the perfume is actually derived.

This peculiar substance is also used as a remedy for catarrh and nervous diseases, and is very valuable, the largest piece on record, weighing one hundred and thirty pounds, being sold for $2,080.

Experience.

"Deborah danced, when she was two,
As buttercups and daffodils do:
Spirited, frail, naively bold,
Her hair a ruffled crest of gold,
And whenever she spoke her voice went singing
Like water up from a fountain springing.

"But now her step is quiet and slow;
She walks the way primroses go;
Her hair is yellow instead of gilt,
Her voice is losing its lovely lilt,
And in place of her wild, delightful ways,
A quaint precision rules her days.

"For Deborah now is three, and oh,
She knows so much that she did not know."

Small Boy: "B-but you won't do! Y-you're scalped already!"

The Latest Designs

Of course little sister wants a frock of contrasting materials, for she too wants to be quite in style. McCall Pattern No. 8914, Girl's Dress. In 6 sizes, 4 to 14 years. Price, 20 cents.

When simplicity is in demand, and it usually is in these days, this little frock may well answer for the call, for it is a design whose success relies on its simplicity. McCall Pattern No. 8950, Misses' Dress. In 4 sizes, 14 to 20 years. Price, 25 cents.

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

Learning to Walk.

Our little cherub learned to-day
To stand alone and make her way.
With tears and oft-recurring doubt,
From mother's knee to father's seat.

With many a failure, many a pause,
Now by rebuke, now by applause,
With tears and oft-recurring doubt.
She toiled her little journey out.

And ever as her faith declined,
She strove anew, for there behind
Was mother's sweetly crooned command
And on ahead her father's hand.

And oh, at last when she survived
Her tiny perils and arrived,
What depths of feeling unexpressed
Were stirred within each guardian breast

We older children of the earth
Have journeyed farther from our birth,
But doubt and pain and dark delay
Attend the journey all the way.

And all our balm for heart or mind
Is merely this: that we shall find,
Before we come to utter harm,
The refuge of a father's arm.

Old Gentleman (baldheaded but warmhearted): "Don't cry, Willie! Grandpa will play Indians with you."

Mr. Lloyd Harris states that if Canada would grant $100,000,000 in credit to Roumania (not necessarily Government credit) we could get all their trade for years to come.

There's a Reason
why so many people make
Grape-Nuts
the regular part of at least one meal each day. It's because of the delightful flavor, and wonderful values of Grape-Nuts as a health builder.

MERCHANTS BANK CLOSES BEST YEAR IN HISTORY

Gains In Net Profits, Current Loans and Assets.

Shareholders of the Merchants Bank of Canada who attended the fifty-sixth annual meeting at the head office on Wednesday, the 4th instant, were treated to the most satisfactory report in the history of that well known banking institution. The statement presented showed net profits of $1,383,569, a new high record in the history of the bank and $146,000 more than was earned in the previous year. As a result of the larger earnings the dividend was increased from 10 to 11%. Not only were net earnings the largest in the history of the bank, but every department of the bank's activities showed satisfactory increases; gains being registered in current loans, deposits, liquid assets and in total assets. One of the most outstanding achievements was the large increase in deposits. Interest bearing deposits now stand at $91,904,000, as compared with less than $76,000,000 for the previous year. Non-interest bearing deposits gained from $34,800,000 to $43,552,000. In other words total deposits in Canada now amount to over $135,000,000, as compared with $110,000,000 in the previous year. It is somewhat significant that despite the large increase in deposits the bank's clients subscribed to over $45,000,000 worth of Victory Loans, of which only a little over $4,000,000 were conversions from previous issues. Another satisfactory feature is the growth in commercial loans; these having increased by nearly $20,000,000 and now stand at $95,874,000. This large increase indicates very clearly that the Merchants Bank is doing its full share in catering to the business needs of the community.

Despite the fact that the bank is doing a continually larger share of the country's business a further examination of the report shows that careful, conservative banking methods characterized the policy of the management. The bank has kept an unusually large proportion of its assets in liquid or quickly available form. Of its total assets of over $166,725,000 no less than $62,750,000 are in current coin, Dominion notes, Dominion and Provincial Government Securities. These liquid assets are over $5,000,000 greater than a year ago and bear a very high proportion to the bank's total liabilities to the public. Total assets have increased over $25,000,000 during the year.

In order to provide for future expansion the shareholders authorized the directors to increase the capital of the bank from $10,000,000 to $15,000,000, although it was stated by the President, Sir H. Montagu Allan, that there was no intention of issuing any of this stock in the immediate future.

The president also spoke feelingly of the death of Mr. Andrew A. Allan, one of the bank's directors. His place has been filled by the appointment of Mr. Lorne C. Webster.

An interesting evidence of the bank's progressiveness was shown by the statement that since the signing of the armistice the bank has opened 88 branches and sub-branches which not only provided employment for the bank's officers returning from overseas, but furnishes that much more additional banking facilities to the public. Mr. Macarow, the general manager, stated in the course of his address that out of a staff of 1,300 at the beginning of the war enlistments numbered 823, or nearly 100% of the eligibles. Of the number going overseas, 73 men made the supreme sacrifice, while 87 were wounded.

The general manager in his analysis of present conditions spoke optimistically regarding the bank's position and its ability to share in the coming expansion of the country's business.

The old board was re-elected and at a subsequent meeting of directors Sir H. Montagu Allan was re-elected president and Mr. K. W. Blackwell, Vice-President.

They Both Had Experience.

A large motor car driven by a woman, says the Motor News, had just run down a man on a street crossing.

"You know," said the driver to the injured man, "you must have been walking very carelessly. I am a very careful driver. I have been driving a car for seven years."

"Lady, you've got nothing on me," replied the man. "I've been walking for fifty-four years."

MONEY ORDERS.

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

Cause For Satisfaction.

There had been a terrible earthquake, and afterward one lady was asking another if she was not terribly frightened.

"Oh, no," she said; "I rather enjoyed it, for it was the first thing that has ever happened since I was married my husband did not blame me for."

Minard's Liniment Lumberman's Friend.

A New Game.

Uncle Jack and Uncle James had come to see their sister and her sweet little children, and, like the good-natured fellows they are, they were soon inveigled into the nursery.

For a while there was nothing more than the usual amout of uproarious riot which denoted that the little ones were perfectly happy; but at last the noise increased to such a terrific extent that mamma hurried up to find out the cause of it.

"Why, children, children!" she cried, "whatever is all this noise about?"

But little Freddy only smiled.

"It's all right, mummy," he said, "we are playing a new game; we've locked Uncle Jack and Uncle James up in the cupboard, an' when they get a bit angrier I'm going into the lions' den. Will you stop and see us play?"

The first Roumanian order for several million dollars, placed through the Canadian Trade Commission, has been satisfactorily completed.

THANKFUL MOTHERS.

Thousands of mothers throughout Canada—many of them your neighbors—speak with thankfulness concerning the use of Baby's Own Tablets. Once they have used the Tablets for their little ones they would use nothing else. The Tablets are an absolutely safe medicine for even the youngest baby, being guaranteed by a government analyst to contain neither opiates nor narcotics or other harmful drugs. Concerning them Mrs. David McRobb, Divide, Sask., says:—"I have used Baby's Own Tablets and have found them so satisfactory I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

THROUGH THE CANADIAN ALPS.

Between Banff, the popular summer resort in the Canadian Pacific Rockies and Lake Windermere, the head waters of the great Columbia River, lies an Alpine ridge of spectacular beauty, forming part of the Great Divide. This ridge is penetrated by two comparatively easy passes, the Simpson, and the Vermillion which lead into the Valley of the Kootenay River, a region abounding in game on account of its being well south of the main line of the Canadian Pacific Railway. Between the Kootenay River and the Columbia River is a small range of mountains through which the Sinclair Pass and Canyon provide an easy road. When the first surveys were made for an automobile road between Banff and Windermere it was planned to use the Simpson Pass, named after Sir George Simpson, Governor of the Hudson's Bay Company, who made this crossing in 1841. But the route over the Vermillion was found to be easier and at the same time more beautiful, and construction of the Highway of the Great Divide was commenced from opposite Castle Mountain in this direction. At the same time the road from Windermere through the Sinclair Canyon was also commenced and at the time of the outbreak of war a gap of only thirty miles separated the two roads. War put an end to construction, and a great washout destroyed several miles of the western end, so that the project seemed to have been abandoned. Now, however, the Dominion Government has made an arrangement with the British Columbia Government by which the route of the road comes under the jurisdiction of the Dominion Parks, and a substantial appropriation has been allotted to finish the work. In this way there is every prospect of the early completion of what will be the most wonderful automobile road in Canada, opening up an Alpine region of entrancing beauty. It will be possible to motor from Calgary to Windermere between sunrise and sunset through a hundred miles of the most glorious scenery in North America. A good automobile road runs south to Fort Steele and Cranbrook, and from Cranbrook there are excellent roads to Spokane, or eastwards through the Crow's Nest Pass, and back to Calgary. The Good Roads Association of Alberta is enthusiastic over the prospect as this will mean the advent of many tourists from all over America. The new road will also be of great benefit to the Upper Columbia Valley, which has many attractions for settlers on account of the fertility of the soil and suitability for mixed farming. This valley is served by the Kootenay Central Railway, a recently constructed branch of the Canadian Pacific.

MINARD'S LINIMENT is the only Liniment asked for at my store and the only one we keep for sale.
All the people use it.
HARLIN FULTON.
Pleasant Bay, C. B.

Lucky Adam.

The day Adam was condemned to work for a living was the luckiest day of his life. He had all the world given him to work in, no rent to pay, the whole crop for himself, no landlord or middleman to divide profits with, and every lick of his hoe was a lick for himself. Every drop of sweat he shed upon the land watered his own crop, and he did not have to fence against his neighbor's chickens. He was condemned to sweat, but he found, as his sons have since found, that sweat is the best medicine in the world's drug store.

LEMON JUICE IS FRECKLE REMOVER

Girls! Make this cheap beauty lotion to clear and whiten your skin.

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

BITS OF HUMOR FROM HERE & THERE

Defined.

"What's egotism, pa?"

"A sort of ingrowing self-esteem, my son."

The Easy Life.

"You college men seem to take life pretty easy."

"Yes; even when we graduate we do it by degrees."

He Knew.

Teacher—Don't you know that punctuation means that you must pause?

Willie—Course I do. An auto driver punctuated his tire in front of our house Sunday and he paused for half an hour.

Wanted to Know.

The policeman pulled the man out from under the wreck and helped him to his feet.

"Are you the owner of this car?" he asked.

"No," replied the injured man, "I'm a demonstrator."

"And did you have to demonstrate that the car couldn't climb a tree?"

His Father's Boy.

"You look like a fool," thundered the disgusted man to his son just returned from college. "More and more like a conceited, hare-brained, helpless fool every year." Just then an acquaintance of the old gentleman entered the office and saw the youth. "Hello, Charlie, back, eh?" exclaimed the visitor. "You're looking more and more like your father every year." "Yes," said Charlie, "that's what the governor's just been telling me."

Minard's Liniment used by Physicians.

Their Own Dope.

"The Germans complain that it is a peace of hate."

"They shouldn't object to that. It's just the kind of a war they started out to make."

OTHER TABLETS NOT ASPIRIN AT ALL

ONLY TABLETS MARKED WITH "BAYER CROSS" ARE ASPERIN.

If You Don't See the "Bayer Cross" on the Tablets, You Are Not Getting Asperin—Only Acid Imitation!

BAYER

Genuine "Bayer Tablets of Asperin" are now made in Canada by a Canadian Company—No German interest whatever, all rights being purchased from the United States Government.

During the war, acid imitations were sold as Aspirin in pill boxes and various other containers. The "Bayer Cross" is your only way of knowing that you are getting genuine Asperin, proved safe by millions for Headache, Neuralgia, Colds, Rheumatism, Lumbago, Neuritis and for Pain generally.

Handy tin boxes of 12 tablets—also larger sized "Bayer" packages can be had at drug stores.

Asperin is the trade mark, registered in Canada, of Bayer Manufacture of Monoacetic,acidester of Salicylic-acid.

POULTRY WANTED

WHAT HAVE YOU FOR SALE IN Live Poultry, Fancy Hens, Pigeons, Eggs, etc.? Write I. Weinrauch & Son, 10-18 St. Jean Baptiste Market, Montreal, Que.

HOME BUILDERS!

WRITE FOR OUR FREE BOOK OF House Plans, and information telling how to save from Two to Four Hundred Dollars on your new Home. Address Halliday Company, 23 Jackson W., Hamilton, Ont.

FOR SALE.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T, Wilson Publishing Co., Limited, 73 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried $1,500. Will go for $1,200 on quick sale. Box 62, Wilson Publishing Co., Ltd., Toronto.

GAS SAVER

OUR "NO-KNOCKS" GAS SAVER and Carbon Remover can be put on any make of automobile, tractor, etc., and will save its cost. $12.50 (Ford size $10.00) many times each and every season and save carbon repair bills. This is the best device of its kind, and the only one **made in Canada** under Canadian patent. No chemicals, simply vaporised air applied scientifically. Prominent Toronto merchants report actual saving of 25 to 40% of gasoline, and climbing hills on high gear, which were impossible before without our appliance. Thousands sold under unconditional money back in 30 days guarantee if returned in good order, but none returned. Send for descriptive circular. Responsible agents wanted. The "No-Knocks" Carbon Destroyer Co., 102 Richmond St. W., Toronto

REPRESENTATIVES WANTED.

WANTED—ONE OR TWO FIRST class representatives, preferably men with wide acquaintance who have had experience in insurance, books, stocks or other similar experience. Unusual opportunity for live men who are hard workers. Chance to become manager of your own office if you deliver the goods. Address, with full information, Glenn Craig Tobias, 556 King Edward Hotel, Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC., internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co., Limited, Collingwood, Ont

"If yesterday was the biggest, best day in your life, it is low-vaulted as compared with what God will help you to make of te-day."

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Get the genuine at druggists.

FACE WAS FULL OF PIMPLES

For Three Years. Hard and Awfully Sore. Disfigured. Cuticura Heals.

"I had been suffering with a pimply face for three years. My face was full of pimples and they were hard and awfully sore. They festered and dried up, and were scaly, and disfigured my face. They caused me to lose a lot of sleep, and were awfully itchy, making me scratch and irritate my face.

"I started to use Cuticura Soap and Ointment and I used two cakes of Cuticura Soap and two boxes of Cuticura Ointment when I was healed." (Signed) Clifford Yeomans, East Chezzelcook, N. S.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum.

For free sample each of Cuticura Soap, Ointment and Talcum address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Gone Are the Days

Couriers on horse back were good enough in '61 but they gave place to despatch bearers on motor cycles when Pershing flattened the St. Mihiel salient in forty-eight hours.

Castor oil, salts, mineral waters, pills and such purgatives were good enough in their day. Today they are giving place to Nujol.

Nujol is entirely different from drugs as it does not force or irritate the bowels.

Nujol prevents stagnation by softening the food waste and encouraging the intestinal muscles to act naturally, thus removing the cause of constipation and self-poisoning. It is absolutely harmless and pleasant. Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world. Get a bottle from your druggist today.

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. All druggists. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York

Nujol
For Constipation

"Regular as Clockwork"