FREQUENT HEADACHES

A Sure Sign That the Blood is Watery and Impure.

People with thin blood are much more subject to headaches than full-blooded persons, and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

You can get Dr. Williams' Pink 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.

SWASTIKA'S ORIGIN.

Good-Luck Symbol of Primitive People Still a Mystery.

There is an almost worldwide occurrence of the Swastika as a decorative and sanctifying device. It occurs in China, Korea, Japan and India, both in modern and ancient times.

It was used by the ancient Mycenaeans, and abundantly in ancient Troy, and by the people of the Bronze Age in Europe, but not by the ancient Egyptians, Babylonians, Assyrians or Persians, nor by the Greeks of the great classical period. It is abundant on Etruscan work, but disappeared from general use in historic times in Italy and the rest of Europe, though used as decoration on the walls of a house in Pompeii and on an Anglo-Saxon vase from Norfolk.

A most remarkable fact is that it is in use among the Indians of Colorado and Mexico, and has been found in America in ancient work dating from 1000 years before Columbus.

The name Swastika, given to this "device," in Indian means "good luck!" The word svasti in ancient Sanskrit means "hail or "be well," like the similar Greek word cuesto. It is also called the "gammadion,' because it is like four individuals of the Greek letter gamma—united. In old English it was called "Flyfot," meaning "many footed," and it is sometimes described as a "tetraskelion," referring to its four branches or limbs. It is often scratched on clay or drawn with a paint brush, and when its limbs are curled spirally it is called an "ogee." It is sometimes supposed (though it seems erroneously) to be derived from a cross incribed in a circle by the breaking of the circle at four points and the subsequent conversion of the curved limbs into rectilinear verticals.

The Swastika is, as we have seen, a very early device or symbol in use among very ancient races in Europe, Asia and America. Though found on an ingot of metal in Ashanti, it was of late foreign introduction there, and is not known in Africa nor in Polynesia and Australia, nor among the Eskimos.

Draw up the earth carefully about the celery plants as they grow, being careful not to let the soil get down into the hearts of the plants.

The last of August is a good time to seed new lawns. The autumn rains and favorable temperature quickly start the grass, and if the ground has been well prepared a good lawn will be obtained by next summer.

The practice of leaving the shoes on the feet of horses for too long a time often gives rise to corns in the fore feet, owing to the "seat of corn" being bruised by the heel of the shoe pinching it, when the proper fit of the shoe has been lost by the horn at the wall becoming overgrown.

THE NEW HALIFAX.

Here are two of the houses which have been built by the Halifax Reconstruction Commission in the area devastated by the great explosion. Most of the houses are half concrete.

NATIVE AFRICAN RITES.

Only Mother or Wife of Deceased Tribesman Expected to Show Grief.

Strange rites and ceremonies still abound in Africa. Most of these have their origin in superstitions instigated by the medicine men or magicians of a tribe for their own betterment, while many are adopted as customs of a tribe.

Foremost of the funeral "celebrations" in Africa is that of a tribe called Bangalas, near the Quango river. Here the deceased is asked to state the cause of his death and is often prosecuted before being buried.

The death of an African in these sections is never announced, and only on inquiry is anyone told of the death of a tribe member. When the death is generally known the relatives come and fall into a state of excitement and wailings, with frequent interruptions of a hilarious nature. Drums and musical instruments are assembled and the revelry is continued until after sunrise. This ceremony occupies two days. The body is brought out during these ceremonies and fastened in a sitting posture in a chair and placed at the door of his hut. The idea of the natives is that the deceased shall share in the festivities.

Only the mother and wife of the deceased show signs of grief. After the "celebrations" the deceased is put under rigid examination as to what or who caused his death. Naturally he is unable to answer and the crowd abuses him, demanding an answer. At last it is agreed that he was killed through the aid of evil spirits. The body is then taken to the cemetery.

The inhabitants do not believe that everyone must die and that evil spirits alone interfere with lives.

Desert as Big as Europe.

The great Sahara desert covers the major part of northern Africa, consisting of 3,500,000 square miles—an arid region as large as the whole of Europe. From 100 feet below sea level it rises in one instance to 8,000 feet above, and some of its elevations are covered with snow for three months of the year. Most of it, however, is a dry, sandy waste, dotted here and there with an oasis where drink may be secured. The winds are all very hot and dry, while rain is almost unknown.

The ostrich, camel, jackal, horned viper and numerous lizards are the principal animals of the region. Several varieties of hardy birds are also found. Arabs, Moors, Jews and negroes jostle each other on the caravan routes and the fierce-looking Arabs who bring their produce to the Egyptian markets are probably the robbers and cutthroats in their desert home.

It is impossible for travelers to get off the road, as the caravan routes are bordered with the bones of countless camels which have fallen by the wayside during the thousands of years these trails have been traveled.

How Pen Travels.

A fast penman will write at the rate of 80 words a minute, which means that in an hour's steady writing he has drawn his pen along a space of 300 yards.

The largest yield of bone from a single whale was taken in 1883, and amounted to 3,110 pounds.

Canada's war toll in men, according to the official figures of the Militia Department, is 54,919 dead, 8119 reported missing, 2,818 prisoners of war. Killed in action or died of wounds number 2,536 officers; other ranks, 48,333.

Autumn.

By the margin of the woodland
Where the fields come sloping down,
Crimson stains like gory blotches,
On the forepiece of a crown,
Glint and glimmer on the foliage
Of the maple and the pine,
Marking where the gum and sumach
Intermingle and entwine.

A wall of leafy verdure
All the summer they have stood
To guard the sylvan pathway,
Brave sentinels of wood,
Their robes of green untarnished
By the sunshine or by rain,
Till Autumn, subtle artist,
Lays on the crimson stain.

Where lately grew the violet,
And eglantine was seen,
Where black-eyed Sue coquetted,
The aster now is queen.
The iron weeds along the marsh
In slumber seem to nod,
The pasture fields grow yellow
With royal golden rod.

A dreamy silence in the grove
Soft whispers in the pine;
The Bob-white's love notes echo
From his covert in the vine.
The yellow sunshine on the grass,
The sky line bending clear,
A thousand tokens, plain as words,
Proclaim that Autumn's here.

The Friend Who Just Stands By.

When trouble comes your soul to try,
You love thefriend who just "stands by!"
Perhaps there's nothing he can do—
The thing is strictly up to you,
For there are troubles all your own,
And paths the soul must tread alone,
Times when love cannot smooth the road,
Nor friendship lift the heavy load.

But just to feel you have a friend
Who will "stand by" until the end,
Whose sympathy through all endures,
Whose warm hand-clasp is always yours—
It helps, some way to pull you through,
Although there's nothing he can do,
And so with fervent heart you cry
God bless the friend who just "stands by!"

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentry, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Thimble Made For Thumb.

The thimble was originally called a thumb bell by the English, because worn on the thumb, then a thumble, and finally its present name: It was a Dutch invention and was first brought to England in 1696. Thimbles were formerly made of iron and brass, but in comparatively late years they have been made of gold, silver, brass, iron, horn, ivory and even glass and pearl. In China beautifully carved pearl thimbles are seen, bound with gold and with the end of gold. The first thimble introduced into Siam was a bridal gift from the king to the queen. It is shaped like a lotus bud made of gold and thickly studded with diamonds arranged to spell the queen's name.

Of course, thimbles are used by the women to aid them in pushing the needle through the material. It saves their fingers from being cut by the needle and there is hardly a household in the whole wide world that doesn't own at least one thimble.

They Didn't Fit.

"So that magazine editor sent your story back to you?" said Brown.

"Yes," replied Smith.

"What did he say?" asked Brown.

"He said that the story was both good and original."

"The why didn't he accept it?"

"Oh," exclaimed Smith, "he said that what was good wasn't original, and what was original wasn't good."

Tea and Coffee are not considered good for young people, but nothing is missed when you have

INSTANT POSTUM

Its rich flavor pleases, and it contains absolutely nothing harmful. "There's a Reason"

Female Help Wanted

Girls and Women coming to Toronto can be placed immediately at work in Factories, Hotels, Restaurants, Institutions and Private Homes. High Wages. Experienced Cooks, Waitresses, Kitchen Help, Housemaids, etc., will find good openings at all times. Write THOMAS & CO., Central Employment Bureau, G. C. Burnham, Proprietor, 64 Church St., Toronto.

Communion.

The voice of days of long ago,
Of days that are, and are to be,
Speaks in my heart, and well I know
Life flows from God to God through me.

I feel the pulse of everything
Beat in my veins; in me is born
The soft, cool energy of spring,
The quiet force of dawn.

Above me bends the tender sky,
The wind's cool fingers toss my hair,
I know how small a thing am I,
Yet all life's mystery I share.

I share the sudden joy that thrills
The mating bird on yonder bough,
And the gray glory of old hills
Lifts up my heart and cools my brow.

I hear a murmur in the grass—
The voice of a forgotten friend,
Who stirs to tell me as I pass
That life is never at an end.

I hear the voice, and well I know
Life flows from God to God through me—
I am a part of long ago,
Of all that is and is to be.

Searchlight Telephone.

One of the latest inventions for talking through the air without the use of wires is the searchlight telephone, developed by Dr. A. O. Rankine of London. By it conversation is transmitted by a beam of light.

The inventor said the apparatus had been tested over a distance of 1½ miles with much success. In an illustration he received clear and distinct messages in a building a considerable distance from the transmitter.

Only by the interception of the beam of light can the conversation be tapped, the new plan differing in this feature from wireless messages, which are scattered broadcast. Either artificial or natural light can be used.

St. Joseph, Levis, July 14, 1903.
Minard's Liniment Co., Limited.

Gentlemen,—I was badly kicked by my horse last May, and after using several preparations on my leg nothing would do. My leg was black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was perfectly cured, so that I could start on the road.

JOS. DUBES.
Commercial Traveller.

Palace of Versailles.

Voltaire estimated that Versailles cost Louis about 20,000,000 pounds; Mirabeau put the cost at more than 40,000,000 pounds, and Volney at nearly 60,000,000. The exact cost never has been known, and there is a popular story that the grand monarch was so scared when he saw the bills that he tore them up, so that no one should know how much he had expended on it.

The work was begun in 1651, when 20,000 workmen and 6,000 horses were set to work to create the great park and build the chateau. Thirty-four years later a courier wrote in his diary: "There are more than 36,000 peasants now at work for the king in and about Versailles. These half-clad and half-starved wretches die by the dozens under the strain of the cruel tasks imposed upon them." The family of each workman who died in the king's service received about twelve shillings as compensation.

Every Man to His Trade.

With intense joy Curson, the great advocate, prepared to indulge in his favorite pastime—the bullying of a nervous witness.

"Now, sir!" he commenced. "A straight answer to a straight question, please."

The witness shuffled uneasily.

"At what time did this robbery take place?"

"Well, I think——"

"I don't want to know what you think!" instantly shouted the great Curzon. "I want you to say what you know."

"Then," retorted the witness quietly, "if you don't want to know what I think, I'll step down. I can't talk without thinking—I'm no lawyer!"

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

Stumping the Premier.

They say that a man is never a hero in his own family, and apparently even Premiers are not exempt from this role. A good story is going the rounds just now concerning the British Premier, Mr. Lloyd George. It is sometimes easier to answer questions put by M.P.'s than those put by very small children, and when Miss Megan Lloyd George was particularly young and curious, she gave her father many very tough nuts indeed. One night she was more than usually persistent, and Mr. Lloyd George had patiently to confess his ignorance on many occasions. Presently Megan looked at her father anxiously, and observed:

"What an awful lot you don't know, dad!"

Minard's Liniment Relieves Neuralgia.

BITS OF HUMOR FROM HERE & THERE

The Real Reason.

"John," asked the teacher, "what is a synonym?"

"A synonym," said John, "is the word you use when you can't spell the other one.

A Safe Guess.

"Tell me, John, how many melons have I in me sack, and, by St. Patrick, I'll give ye all fiv av thim."

"O, I can do that; you have five."

"Take thim, but bad luck to the man that tauld ye."

Labor Trouble.

His Better Half (regarding him from the bedroom window)—"Where you bin this hour of the night?"

"I've bin at me union, considerin' this 'ere strike."

"Well, you can stay down there an' consider this 'ere lockout."

Some Speeding.

Mother called little Susie to her, when she returned from school.

"Just imagine, dear," she said, "Aunt Ethel has a new baby, and now mamma is the baby's aunt, papa is the baby's uncle, and you are her little cousin."

"Well," cried Susie, in amazement, "wasn't that all arranged quick?"

Also in Flight.

A bashful curate found the young ladies in the parish too helpful. At last it became so embarrassing that he left.

Not long afterward he met the curate who had succeeded him.

"Well," he asked, "how do you get on with the ladies?"

"Oh, very well indeed," said the other. "There is safety in numbers, you know."

"Ah!" was the instant reply. "I only found it in Exodus."

Checked Time Error.

A professor was in Egypt supervising the erection of a telescope. He learned that a gun was fired every noon and was anxious to know how the system worked. He accordingly sought an interview with the gunner and asked how he knew just when to give the signal.

"Oh, I look at my watch," replied the gunner.

"And how do you correct your watch?" asked the professor.

"I take it to the watchmaker in Cairo," explained the soldier, "and he tells me the error."

Forthwith the professor interviewed the watchmaker and asked him to explain how he checked the error of the gunner's watch.

"I always get the correct time from the gun," was the reply.

KNOCKS OUT PAIN THE FIRST ROUND

Comforting relief from pain makes Sloan's the World's Liniment

This famous reliever of rheumatic aches, soreness, stiffness, painful sprains, neuralgic pains, and most other external twinges that humanity suffers from, enjoys its great sales because it practically never fails to bring speedy, comforting relief.

Always ready for use, it takes little to *penetrate without rubbing* and produce results. Clean, refreshing. Made in Canada. At all drug stores. A large bottle means economy.

Sloan's Liniment Keep it handy

THERE IS ONLY ONE GENUINE ASPIRIN

ONLY TABLETS MARKED WITH "BAYER CROSS" ARE ASPIRIN.

If You Don't See the "Bayer Cross" on the Tablets, Refuse Them—They Are Not Aspirin At All.

BAYER

Your druggist gladly will give you the genuine "Bayer Tablets of Aspirin" because genuine Aspirin now is made by Canadians and owned by a Canadian Company.

There is not a cent's worth of German interest in Aspirin, all rights being purchased from the U.S. Government.

During the war, acid imitations were sold as Aspirin in pill boxes and various other containers. But now you can get genuine Aspirin, plainly stamped with the safety "Bayer Cross"—Aspirin proved safe by millions for Headache, Toothache, Earache, Rheumatism, Lumbago, Colds, Neuritis, and Pain generally.

Handy tin boxes of 12 tablets, also larger "Bayer" packages.

Aspirin is the trade mark, registered in Canada, of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.

HELP WANTED.

LADIES WANTED TO DO PLAIN light sewing at home; whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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.

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.

FINE GROUP PICTURE IN COLORS, 18x23 inches, containing striking portraits of King George, the Prince of Wales, Premier Lloyd George, Field Marshall Haig, Admiral Beatty, General Currie, Marshall Foch, President Wilson and King Albert, a magnificent, lasting souvenir of the Allies' victory. By mail, ready for framing, 25 cents, coin or stamps. Sergt. George Moore (late 139th Batt.), 51 Yonge Street.

Famous Old Hospital.

Bedlam is a famous old hospital for the treatment of the insane, now situated in the Lambeth road, in London. It has been used ever since the year 1547, when the Monastery of St. Mary of Bethlehem was granted to the citizens of London for the purpose. Bedlam is a popular corruption of "Bethlehem," and the word is used for any madhouse or scene of uproar.

Minard's Liniment Cures Burns, etc.

How Fast Can You Say Them?

Here are a number of amusing "tongue-twisters":

A glowing gleam growing green.

The black breeze blighted the bright blossoms.

Flesh of freshly flying fish.

Six thick thistle sticks.

Two toads tried to trot to Tedbury.

Give Grimes Jim's great gilt gig whip.

Slick, strong Stephen Stringer snared six slickly sickly silky snakes.

She stood at the door of Mrs. Smith's fish sauce shop welcoming him in.

GIRLS! LEMON JUICE IS A SKIN WHITENER

How to make a creamy beauty lotion for a few cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quarter pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier.

Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.

SINCE 1870 SHILOH 30 DROPS STOPS COUGHS

Hurrah! How's This

Cincinnati authority says corns dry up and lift out with fingers.

Hospital records show that every time you cut a corn you invite lockjaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter ounce of a drug called freezone can be obtained at little cost from the drug store but is sufficient to rid one's feet of every hard or soft corn or callus.

You simply apply a few drops of freezone on a tender, aching corn and soreness is instantly relieved. Shortly the entire corn can be lifted out, root and all, without pain.

This drug is sticky but dries at once and is claimed to just shrivel up any corn without inflaming or even irritating the surrounding tissue or skin.

If your wife wears high heels she will be glad to know of this.

Cuticura SOAP OINTMENT & TALCUM

The pore-cleansing, purifying and sterilizing properties of this wonderful skin soap, using plenty of hot water and soap, best applied with the hands, will prove helpful to those who use it for the first time. Touch eruptions, roughness or irritation, if any, with Cuticura Ointment before bathing. Dry and dust lightly with Cuticura Talcum, a fascinating fragrance for powdering and perfuming the skin. Nothing better than these ideal skin purifiers and their cost is but little.

Cuticura Soap 25c., Ointment 25 and 50c., Talcum 25c. plus Canadian duties. Sold everywhere. For sample each free address: "Cuticura, Dept. N, Boston, U.S.A."