THE TREASURE OF GOOD HEALTH

Easily Maintained Through the Use of Dr. Williams' Pink Pills.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams Pink Pills have not been used, and from one end of the country to the other they have brought back to bread-winners, their wives and families, the splendid treasure of new health and strength.

You have only to ask your neighbors, and they can tell you of some rheumatic or nerve-shattered man, some suffering woman, ailing youth or anaemic girl who owes present health and strength to Dr. Williams' Pink Pills. For more than a quarter of a century these pills have been known not only in Canada, but throughout all the world, as a reliable tonic, blood-making medicine.

The wonderful success of Dr. Williams' Pink Pills is due to the fact that they go right to the root of the disease in the blood, and by making the vital fluid rich and red strengthen every organ and every nerve, thus driving out disease and pain, and making weak, despondent people bright, active and strong. Mr. W. T. Johnson, one of the best known and most highly esteemed men in Lunenburg county, N.S., says:—"I am a Provincial Land Surveyor, and am exposed for the greater part of the year to very hard work travelling through the forests by day and camping out by night, and I find the only thing that will keep me up to the mark is Dr. Williams' Pink Pills. When I leave home for a trip in the woods I am as interested in having my supply of pills as provisions, and on such occasions, I take them regularly. The result is I am always fit. I never take cold, and can digest all kinds of food such as we have to put up with hastily cooked in the woods. Having proved the value of Dr. Williams' Pink Pills, as a tonic and health builder, I am never without them, and I lose no opportunity in recommending them to weak people whom I meet."

Dr. Williams' Pink Pills should be kept in every home, and their occasional use will keep the blood pure and ward off illness. You can get these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Lumbermen Advocate Survey of Forests.

The Canadian Lumberman's Association represents one of Canada's greatest primary industries—an industry directly dependent upon the exploitation of a natural resource. As a business organization it clearly recognizes that its permanent prosperity is bound up with an administrative policy that will ensure continuous production of raw material on our forest areas. One of the first essential steps is to ascertain as definitely as possible the extent and character of our existing timber stand. At its last annual meeting, therefore, the Association passed the following resolution extending its strongest approval and support of the forest survey now being conducted by the Conservation Commission:

"Whereas an accurate survey of all standing timber in Canada, showing the various kinds of lumber, the quality, location and accessibility, together with available means of transporting same to the nearest market, also a report of all cut-over lands which are suitable only for forest growth, with the extent and location of same, would be most valuable information, not only to lumber operators, but to the various Dominion and Provincial governments, thus enabling said governments to develop to the fullest extent a permanent forest policy which would have the effect of conserving the great natural resources contained in Canada's forests.

"Be it therefore resolved: That the Canadian Lumbermen's Association assembled in St. John, N. B., at its eleventh Annual Convention urge upon the proper governmental authorities to provide adequate financial assistance, and clothe the Commission of Conservation with the necessary authority, for the purpose of accomplishing the end in view."

The greatest factor in the adoption of practical conservation methods is to have the unqualified support of public opinion. It is extremely encouraging to know that the business interests engaged in the exploitation of Canadian forests are not desirous that either governmental or commercial policies should be of a hand-to-mouth character. Our forest areas must be kept productive in perpetuity.

Pulp From Pine Chips.

It has been found that pulp for coarse paper and cardboard can be made from yellow pine chips from which turpentine, resin and oil have been distilled.

Many partially deaf persons can hear best when riding in a train.

Production is Urged.

It was Josh Billings, we believe, who warned a waiting world of the dangers that lurked in the processes of monkeying with the buzz saw, says the Thrift Magazine. Like many a word spoken in jest, there was the wisdom of the ages in this homely quip.

We are doing too much monkeying with the buzz saw to-day. We have been monkeying with the laws of supply and demand. We have endeavored to amend or repeal economic laws that can no more be changed than the forces of nature can be altered. Amateur economists, visionary politicians and rampant reformers cannot, through the formation of board and committees, the adoption of resolutions or the assembling of conventions, change the fundamentals of life one iota.

We do not need any more panaceas. All we need do is to get on the job and work, save, speed up production, eliminate waste, quit looking for Utopia and sighing for the millenium.

The world will grow better only through the development of education and the adoption of wholesome habits of life by the people.

What we need above all things else is a better development of thrift and a closer application of its principles.

Let us quit monkeying with the buzz saw.

CHILDHOOD CONSTIPATION

Constipation is one of the most common ailments of babyhood and childhood and unless it is promptly cured will undoubtedly lead to disastrous results. To cure this trouble nothing can equal Baby's Own Tablets. They are a mild laxative which instantly regulate the bowels and sweeten the stomach, thus banishing constipation, colic, colds, etc. Concerning them Mrs. Eugene Vaillancourt, St. Mathieu, Que., writes: "When my baby was constipated I gave her Baby's Own Tablets and am well satisfied with the result. I would strongly recommend them to all mothers for this trouble." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Snake From Horse Hair.

John Burroughs in one of his Notes on Nature stated in substance that a hair from a horse's tail placed in water would not turn to a snake, and that if a snake appeared in the water it had not developed from the horse's hair.

Evidently Mr. Burroughs, when he was young, missed one of the common and interesting experiments of country boys. It's worth trying.

A white china washbowl is desirable to make the test with, as the black hair will show plainly against the white background.

Have the one who takes care of a black-tailed horse pull or cut a hair from the tail. Fill the bowl with water. Rainwater, it seems, we were told to use, but water from the city pipes may produce the same result.

Place the bowl in an unoccupied room. Put the horse hair in the water. In a few days the hair will wiggle around like a snake, but will not increase in size.

What causes the hair to move was a puzzle that was not solved. As the hair seemed life-like, the experiment was considered a success and was not prolonged, which was well, as the final result probably would have been disappointing.

Charming Waist Models

8453 9123 8794 8875

No. 8875—Ladies' Waist. Price, 20 cents. Two styles of vest. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 36 requires, one material, 1⅞ yds. 36 ins. wide, or 1⅝ yds. 45 ins. wide; insertion, 1 yd.; waist, 1⅜ yds. 36 ins. wide, or 1¼ yds. 45 ins. wide; vest, ¾ yd. 27 ins. wide.

8794—Ladies' and Misses' Chinese Blouse. Price, 20 cents. To be slipped on over the head; closing on shoulder; two styles of sleeve. Cut in 3 sizes; small, 32; medium, 34, 36; large, 38, 40 ins. bust measure. Medium size requires, with bell sleeves, 2¼ yds. 36 ins. wide, or 1½ yds. 54 ins. wide; with gathered sleeves, 2¼ yds. 36 ins. wide, or 1⅝ yds. 54 ins. wide.

No. 9123—Ladies' Sports Blouse. Price, 20 cents. Front tucked or plain. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 ins. bust measure. Size 36, tucked blouse, 2¾ yds. 36 ins. wide, or 2⅜ yds. 40 ins. wide; plain blouse, 2⅛ yds. 36 ins. wide, or 2 yds. 40 ins. wide.

No. 8453—Ladies' Cossack Waist. Price, 20 cents. Two styles of front; to be slipped on over the head, or opening on shoulder. Cut in 6 sizes, 34 to 44 ins. bust. Size 36, one material, 2½ yds. 36 ins. wide; overblouse, 1 yd. 36 ins. wide, or ⅞ yd. 54 ins. wide; bands, sleeves, facing, belt, 1⅜ yds. 36 ins. wide.

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

I was cured of painful Goitre by MINARD'S LINIMENT.
BAYARD McMULLIN.
Chatham, Ont.

I was cured of Inflammation by MINARD'S LINIMENT.
MRS. W. A. JOHNSON.
Walsh, Ont.

I was cured of Facial Neuralgia by MINARD'S LINIMENT.
Parkdale, Ont. J. H. BAILEY.

Britain Invokes An Old Law.

The Justinian Code of Laws of the year 528 still carries weight in English law, says a London despatch. At any rate, it has been used to decide a knotty point of law for which the records failed to find a solution.

The point for which the Emperor Justinian's code has been made to serve was "Does the owner of bees which leave their hive and swarm some distance away retain property rights in them?"

Judge Gwynne James, who found himself obliged to settle the point at the Rath County Court, quoted the law as laid down by Emperor Justinian to the effect that a smarm belonged to a man as long as they were in his sight and could be easily pursued; otherwise they became the property of the first person who saw them.

His ruling was that the swarm in question had not been in the owner's sight when it flew from the hive. Therefore he gave judgment against the original owner.

To Australia in Seven Days.

A British syndicate which is planning an aerial passenger service between England and Australia expects to cover the distance in seven days.

Attractive and sanitary buildings are a business asset to any farm; they suggest healthy livestock, protected seed that should grow and machinery that is always ready for use.

There's something really fascinating about the nut-like flavor of

Grape-Nuts

The strength and nutrition gleaned from this wheat and malted barley food make it a most sensible breakfast cereal, while its low cost adds true economy.

With the Fingers! Says Corns Lift Out Without Any Pain

Sore corns, hard corns, soft corns or any kind of a corn can shortly be lifted right out with the fingers if you will apply directly upon the corn a few drops of freezone, says a Cincinnati authority.

It is claimed that at small cost one can get a quarter of an ounce of freezone at any drug store, which is sufficient to rid one's feet of every corn or callus without pain or soreness or the danger of infection.

This new drug is an ether compound, and while sticky, dries the moment it is applied and does not inflame or even irritate the surrounding tissue.

This announcement will interest many women here, for it is said that the present high-heel footwear is putting corns on practically every woman's feet.

Russia Has Lost 35,000,000.

The Polish Professor, A. A. Ossendoffsky, chief of the intelligence department of the all-Russian Government, estimates that the world war, bolshevism, civil war, starvation and disease has cost Russia a total of 35,000,000 lives. He places the cost of bolshevism at 12,280,000 lives.

Professor Ossendoffsky says that formerly the Russian population increased at the rate of four persons a minute. To-day it is decreasing at the rate of twelve to thirteen a minute.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

A New Idea.

Mrs. Clymer was giving a little dinner and her housemaid left without notice during the morning.

In despair the good lady tackled her new cook.

"Jane," she asked, tearfully, "what shall I do? Can't you wait at table?"

"Not in the dining room," was cookey's firm response. "But I've had some canteen experience, so if you'd line up your guests and send them out here with their plates, I'll see that they get all that's comin' to them!"

Minard's Liniment Cures Distemper.

Flat Thumb Tacks.

The heads of new thumb tacks for draftsmen are so flat that a T square can be slid over them and the tacks are removed with a special tool.

In Canada there is one mile of railway for every 224 persons; in the United States, one mile for every 390.

"There is nothing we may not hope to repair; it is never to late to amend."
—Dickens.

SINCE 1870
SHILOH
30 DROPS STOPS COUGHS

"SYRUP OF FIGS"

CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."

ACHES AND PAINS QUICKLY RELIEVED

You'll find Sloan's Liniment softens the severe rheumatic ache

Put it on freely. Don't *rub* it in. Just let it *penetrate* naturally. What a sense of soothing relief soon follows! External aches, stiffness, soreness, cramped muscles, strained sinews, back "cricks"—those ailments can't fight off the relieving qualities of Sloan's Liniment. Clean, convenient, economical. Made in Canada.

35c, 70c, $1.40.

Sloan's Liniment *Keep it handy*

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Light Reading.

She—"Do you believe in phrenology?"

He—"No. As an experiment I once went to have my head read, and I found there was nothing in it."

The Bright View.

Aunt (despondently) — "Well, I sha'n't be a nuisance to you very much longer."

Nephew (reassuringly)—"Oh, don't talk like that, Auntie. I'm sure you will!"

Diplomatic.

"Papa," said 4-year-old Dorothy, "I want to ask you a very important question."

"What is it, dear?" queried her father.

"Well," continued the small schemer, "to-morrow's my birthday, and I'd like to know what you think I'd like to have for a present."

A Good Extractor.

Willie had swallowed a penny, and his mother was in a state of alarm.

"Helen," she called to her sister, in the next room, "send for a doctor; Willie has swallowed a penny!"

The terrified and frightened boy looked up imploringly.

"No, mamma," he interposed, "send for the minister."

"The minister?" asked his mother, incredulously. "Why the minister?"

"Because papa says he can get money out of anybody."

America's Pioneer Dog Remedies
Book on **DOG DISEASES** and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

TONIGHT!

Take "Cascarets" if sick, Bilious, Constipated.

Enjoy life! Straighten up! Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head dull and aching. Your meals are turning into poison and you can not feel right. Don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They act without griping or inconvenience. They never sicken you like Calomel, Salts, Oil or nasty, harsh pills. They cost so little too—Cascarets work while you sleep.

Cuticura Is What You Need For Your Hair and Scalp

Dandruff kills the hair. Cuticura kills dandruff. Try this treatment. Before retiring rub Cuticura Ointment into partings all over the scalp. Next morning shampoo with Cuticura Soap and hot water. Rinse with tepid water. Dandruff usually disappears, hair stops falling and becomes thick, live and healthy.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.

Classified Advertisements.

FARM FOR SALE OR EXCHANGE.

GOOD, EQUIPPED, SASKATCHEWAN farm, and coal mine. Easily worked. Very profitable. Bargain. Part cash or Ontario property. Owner, 21 Prescott, Toronto.

AGENTS WANTED.

PORTRAIT AGENTS DESIRING Prints, Finished Portraits and Frames, write for Catalogue and Price List. United Art Co., 4 Brunswick Ave., Toronto.

MISCELLANEOUS.

HENS WANTED, ALIVE, 17 CENTS a pound, any size. I pay express within 200 miles of Toronto. Samuel Lewis, 666 Dundas West, Toronto.

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.

Hard on Factory Women.

Investigations made by a woman doctor among 2,500 English women employed on men's work in factories during the war showed that 43 per cent. of the women were suffering from overfatigue and ill-health.

Minard's Liniment Cures Garget in Cows.

A baked custard is a good item in a school lunch; so are table raisins and fresh nuts.

Loch Lomond, the "Queen of the Scottish Lakes," is twenty-one miles long, and varies in breadth from one to five miles.

HAIR SOON TOO SHORT TO DO UP

A little "Danderine" stops your hair coming out and doubles its beauty

To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of delightful "Danderine" at any drug or toilet counter for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair usually stops coming out and you can't find any dandruff. Help your hair to grow strong, thick and long and become soft, glossy and twice as beautiful and abundant.

A Constipation Cure

A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Seigel's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine, at druggists. 2

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" identifies the only genuine Aspirin,—the Aspirin prescribed by physicians for over nineteen years and now made in Canada.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally.

Tin boxes of 12 tablets cost but a few cents. Larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer"

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."