ARE YOU WEAK AND RUN DOWN?

In This Condition Only a Tonic Medicine Can Renew Your Health.

The condition of being "run down" is one that doctors do not recognize as a disease. The physician of to-day who gets his training in a hospital where only severe disorders are encountered knows little about it. But those who are run down in health know that it is not a fancied affliction.

The expression "run down" applied to health, means a condition in which all the bodily functions are enfeebled. Appetite fails, the digestion is impaired, the nerves are impoverished, the complexion becomes pale or waxy, there is no animation, but rather worry and mental depression. Fatigue is a constant symptom. No particular organ being affected, you must look for relief to the blood. As it circulates through every part of the body, any improvement in the condition of the blood is quickly felt throughout the entire system. As a restorer of the blood and builder of weak nerves Dr. Williams' Pink Pills stand at the head of all tonic medicines. Every dose of these pills helps to enrich the blood and strengthen the nerves, and thus the various organs regain their tone and the body recovers its full vigor. Ample proof of this is given in the statement of Mr. William Devine, Gerrard Street East, Toronto, who says: "Two years ago while employed as a conductor on the Toronto Street Railway, I became much run down. I consulted a doctor who gave me medicine, but it proved fruitless, as I was constantly growing weaker. My appetite completely failed and I fell away in weight until I only weighed 125 pounds. I was sometimes taken with fainting spells, and finally felt compelled to resign my position. I tried what I thought was lighter work, but with no better results. I was growing weaker and weaker. One day a chum urged me to try Dr. Williams' Pink Pills, but by this time I was heartily tired of medicine, as nothing I had taken did me any good. Finally he bought me a box of the pills, and I could no longer refuse to try them. After a time I felt they were helping me and then I gladly continued their use, with the result that I was finally enabled to go back to my old position fully restored to health. I owe this splendid condition to Dr. Williams' Pink Pills, and can strongly recommend them to anyone suffering as I did."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or may be had by mail, post paid, at 50 cents a box or six boxes for $2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

Damascus.

This is the gray old city that passes
not away,
Wherein the long unchanging years
are but as yesterday;
City of silk and roses, rich with her
ancient bloom,
Becalmed through whelming life-tides,
untouched in waves of doom.

Great Babylon has vanished, with all
her pomp and grace;
And Zion's temple, like the wind, has
passed and left no trace;
The stately gods of Egypt have mused
their hour away;
The morning harp of Memnon has
sung its final day;

Her childhood's mighty sisters lie
buried still and deep,
The drifted dust of ages is blown
about their sleep;
But nested in her desert, where barren hills look down,
Damascus of the roses yet wears her
faded crown.

But now the desert's children with
flying robes have come,
And with them march the strong
ranks, with cry of fife and drum:
The boys of France and Britain, armed
with the new world's power,
Waking the gray old city to greet the
changing hour.

Their wings have hummed in triumph
above her dusky ways,
Their songs of victory have pierced
the long dream of her days;
And, till the falling of earth's star
shall break the life of men,
The great deep-hearted rose of her
has risen to bloom again.

Fairy Baskets.

Fairy baskets are made of large hazel nuts, filberts or peach pits. Filberts must be soaked in hot water for several hours; hazel nuts and peach pits may be used green. With a sharp, fine pointed penknife bore through the filbert or hazel nut on each side in the light colored upper third, cut away the shell carefully around the hole so as to leave a handle between the incisions, dig out the meat that is inside, then cut very tiny notches in the lower edge. If you use peach pits trim off the sharp point, then bore and cut out the shell and trim the stalk end smooth.

These baskets are a never failing pleasure to both children and grown-ups. One use to which you can put the fairy baskets is loop a dozen or more upon a strand of silk floss, fill each one with earth and supply it with a single fine grass seed, then hang them in a sunny window and keep them moist.

Feed plenty of charcoal. It is needed to keep the hens healthy.

In Russia an unmarried woman remains under the absolute sway of her parents until her death, regardless of her age.

NEWEST WINTER FASHIONS

9155 9249

No. 9155—Ladies' Waist. Price 25 cents. Kimono sleeve; panel front and back; with or without vest. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 ins. bust measure. Size 36 requires, with long or short sleeves, 2⅝ yards, 36 inches wide, or 2⅛ yards, 45 ins. wide; vest, ⅜ yard, 27 or 36 inches wide.

No. 9283—Ladies' Dress. Price 25 cents—Tucked or plain; two styles of sleeve; separate foundation skirt; three-piece lining, lengthened by straight section; 38 or 36-inch length. Cut in 8 sizes, 34 to 48 ins. bust. Size 36, tucked tunic, 4⅝ yards, 36 inches wide, or 2¾ yards, 54 inches wide; plain tunic, 3¾ yards, 36 inches wide, or 2½ yards 54 inches wide. Width around bottom, 1½ yards.

No. 9249—Ladies' Dress. Price, 25 cents. Two styles of sleeve; double or single two-piece circular flounces; two-piece skirt attached to waist at hipline; instep or shorter length. Cut in 7 sizes, 34 to 46 inches bust. Size 36, with double flounce, 5⅛ yards, 40 inches wide, or 3½ yards, 54 ins. wide; with single flounce, 4¼ yards, 40 inches wide, or 2⅞ yards, 54 inches wide. Width, 1½ yards.

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

Made Quickly In The Cup

INSTANT POSTUM

—the healthful table beverage now used so much by former tea and coffee drinkers.

"There's a Reason"

SCIATICA

Would you be rid of that sickening pain—that sharp knife-like thrust along the sciatic nerve-course at every movement? Thousands have found lasting relief in

Templeton's Rheumatic Capsules

Many doctors prescribe them.

Write Templetons, 142 King St. W., Toronto, for free sample.

Sold by reliable druggists everywhere for $1.04.

ASTHMA

Templeton's RAZ-MA H Capsules are guaranteed to relieve ASTHMA. Don't suffer another day.

Write Templetons, 142 King St. W., Toronto, for free sample.

Reliable druggists sell them at $1.04 a box.

The Wreck.

Out on the edge of the reef she rides,
Where the billows play and the seagulls cry,
And the seaweed clings to her moldring sides,
And fray'd from her mast her halyards fly.

Oh, the day is fair, and the breeze offshore!
'Tis a summer sky and a summer sea,
And idly a rag still flaps at her fore,
And the tide rolls over her lazily.

But what of a day when the Storm King woke
And a Spectre stood dark 'gainst the drifting fog?
And what of his fury that o'er her broke
And a Death's hand that wrote out the log?

When the storm was o'er, on the lone beach wide,
What was it lay there—that silent thing?
That the seagulls saw washed up by the tide,
And flew away wondering?

Ah, well for the day that the skies are clear
And yonder the sails go idly by!
But somewhere?—there's a woman's sigh and tear,
And a child looks up and wonders why.

Those Suburban Walls.

After weary months of waiting, the newly-married couple had at last got a house, and with joyful hearts were setting things straight.

At length John came across a little picture of which he was very fond, but which was too small to hang from the picture-rail. So he got a nail, and hammered it firmly into the wall.

A few moments later there was a loud knock at the front door.

"Oh, John dear," whispered the bride anxiously, as she peeped through the window, "it's the man from next door. I'm afraid your hammering has disturbed him."

John hastened to greet the visitor, and began to apologize.

"That's all right," said the neighbor heartily. "I don't mind the noise a bit. I've only come to ask if you'd mind me hanging a picture on the other end of the nail!"

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to relieve cold in the head in 24 hours. It is also the Best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

A Bit of News for the Old Folks.

A Kensington boy of seven, who was sent to a boarding school, according to a London paper, was instructed by his parents to write long letters to them, with all the news about himself, the school and his companions. His letters, however, proved to be noteworthy for brevity and for a finely impersonal touch. Among others he sent the following:

"My Dear Father and Mother. Do you know that salt is made of two deadly poisons?

"Your loving son, John."

Walking Snakes.

It is supposed that the early ancestors of modern snakes walked on four legs. Some big serpents, such as the boas, even now have rudimentary hind legs.

But the "feet" on which all snakes do their walking to-day are the cartilaginous extremities of their ribs. To preserve these is the greatest difficulty in the preparation of an ophidian skeleton.

Minded the Steam Roller.

Teacher: "How is it you were not at school yesterday, Johnny?"

Johnny: "Please, sir, when I was coming to school I saw a steam-roller."

Teacher: "Well, what about it?"

Johnny: "A man touched me on the shoulder and said: 'Mind that steam-roller, boy,' and I stood minding it all the afternoon."

My Mother.

My mother had two lovely eyes,
As lustrous as the evening skies,
And looking in I always saw
My image, perfect, with no flaw,
Safely stored within my heart
Lies her image, my sweetheart.

My mother had such lovely hair,
Combed around with such an air
Of tender care, soft and brown,
Coiled around her like a crown,
Twisted around with dainty touch,
Not too little nor too much.

My mother had a perfect mouth,
Warm as breezes from the south,
Like the joyous birds of spring
The songs she loved to sing,
Dropped against her loving breast
My head found a perfect rest.

My mother had a charming face,
Circled round the neck with lace,
The softest cheeks, the daintiest ears
Listening to my hopes and fears,
Pearly teeth as white as milk,
Lips with kisses soft as silk.

My mother had the sweetest chin,
With little dimples dotted in,
Her eyes so soft and mild
Gazing tenderly at her child,
She was my dear, my friend,
We chummed until the very end.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes:—"I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results." The Tablets are a mild but thorough laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Airplane Mails.

The British Government is transporting mails daily by airplane between London and Bristol, Birmingham, Newcastle, Manchester and Glasgow.

Minard's Liniment Cures Distemper.

It is advisable to boil a new clothesline before using it, as this not only prevents it from stretching, but makes it last much longer. If new pegs are soaked in cold water for a few hours, they will not split.

Sure! High Heels Cause Corns But Who Cares Now

Because style decrees that women crowd and buckle up their tender toes in high heel footwear they suffer from corns, then they cut and trim at these painful pests which merely makes the corn grow hard. This suicidal habit may cause lockjaw and women are warned to stop it.

A few drops of a drug called freezone applied directly upon a sore corn gives quick relief and soon the entire corn, root and all, lifts out without pain. Ask the drug store man for a quarter of an ounce of freezone, which costs very little but is sufficient to remove every hard or soft corn or callus from one's feet.

This drug is an ether compound and dries in a moment and simply shrivels up the corn without inflaming or even irritating the surrounding tissue or skin. Clip this out and pin on your wife's dresser.

Danger—Colds and more serious complaints are contracted in mean weather. Be protected. Take

GRAY'S SYRUP of RED SPRUCE GUM

from the first sniffle or sneeze. Stop it in time and do not gamble with your health. Used over 60 years in treating coughs, colds and allied complaints.

Everybody buys the Large Size G1

Montreal D. WATSON & CO., *New York*

WHEN NEURALGIA ATTACKS NERVES

Sloan's Liniment scatters the congestion and relieves pain

A little, applied *without rubbing*, will *penetrate* immediately and rest and soothe the nerves.

Sloan's Liniment is very effective in allaying external pains, strains, bruises, aches, stiff joints, sore muscles, lumbago, neuritis, sciatica, rheumatic twinges.

Keep a big bottle always on hand for family use. Made in Canada. Druggists everywhere.

35c., 70c., $1.10.

Sloan's Liniment *Keep it handy*

ISSUE No. 4—'20.

ARMISTICE!

Constipation, Headache, Colds, Biliousness, Surrender to "Cascarets"

Bring back peace! Enjoy life! 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, gases and acids. 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.

Freak Ear of Corn.

Miss Florence Nimmo, of North New Portland, Me., is exhibiting a freak ear of corn. The ear of corn is fully developed, and is filled for fully two-thirds of its length. At that point the kernels begin to break down and make way for well-defined rows of oats.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Polynesian Race.

The Hawaiian Islanders belong to the Polynesian race, which is regarded by some ethnologists as a branch of the Malay or brown race. Polynesians live on the islands in the Pacific, east of Australia, Papua and the Philippines.

Minard's Liniment Cures Garget in Cows.

The Angora industry in South Africa is at present worth $5,000,000 per year for its mohair alone.

Mica in stoves, when smoked, is readily cleaned by taking it out and thoroughly washing with vinegar a little diluted. If the black does not come off at once, let it soak a little.

DOUBLE BEAUTY OF YOUR HAIR

"Danderine" creates mass of thick, gleamy waves

In a few moments you can transform your plain, dull, flat hair. You can have it abundant, soft, glossy and full of life. Just get at any drug or toilet counter a small bottle of "Danderine" for a few cents. Then moisten a soft cloth with the "Danderine" and draw this through your hair, taking one small strand at a time. Instantly, yes, immediately, you have doubled the beauty of your hair. It will be a mass, so soft, lustrous and so easy to do up. All dust, dirt and excessive oil is removed.

Let Danderine put more life, color, vigor, and brightness in your hair. This stimulating tonic will freshen your scalp, check dandruff and falling hair and help your hair to grow long, thick, strong and beautiful.

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.

Classified Advertisements.

AGENTS WANTED.

PORTRAIT AGENTS WANTING good prints and finishes—lowest prices on frames—ask for catalogue. United Art Co., 4 Brunswick Ave., Toronto.

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 61. Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS.

HENS WANTED alive 18 cents a pound, any size, f.o.b. your station if within 200 miles of Toronto. Ship C.O.D. in crates or boxes. Albert Lewis, 666 Dundas West, Toronto.

CHOICE SILVER BLACK BREEDING Foxes. Also, we are buyers of Raw Furs. What have you—what price? Reid Bros., Bothwell, Ont.

COFFIN STOCK WANTED. IF YOU are able to supply, advise us, as we will pay the highest prices, dry or green from the saw. Keenan Bros., Limited, Owen Sound, Ont.

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.

A—EARN MONEY AT HOME—WE will pay from $15 to $25 cash each week for your spare time writing Show Cards for us or secure for you a permanent position; simplest method known; no canvassing. Write to-day or call at our studios. Brennan Show Card System, 33 Currie Bldg., 269 College St., Toronto; open evenings. Dept. J.

"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."

Cuticura Ointment Is So Good For The Skin

For eczemas, rashes, pimples, irritations, itchings, chafings and dandruff on scalp, as well as for cuts, wounds, bruises and bites and stings of insects, Cuticura Ointment is truly wonderful. It is so soothing and healing, especially when assisted by Cuticura Soap. First bathe the affected parts with Cuticura Soap and hot water. Dry gently and anoint with Cuticura Ointment. This treatment is best on rising and retiring.

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

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

Rx *Genuine Aspirin Prescribed by Physicians for Eighteen years* —

BAYER

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."