KEEP HEALTHY DURING WINTER

Colds and Diseases May be Avoided if the Blood is Kept Pure.

Do not let your blood get thin this winter. For people who have a tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, and the more restricted diet are among the many things that combine to lower the tone of the body and deplete the blood.

As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short course of treatment with Dr. Williams' Pink Pills. Do not wait until the color has entirely left your cheeks, until your lips are white and your eyes dull. It is so much easier to correct thinning of the blood in the earlier stages than later. This is well illustrated in the case of Mrs. E. Williams, Elk Lake, Ont., who says: — "I take great pleasure in letting you know the benefit I have found in the use of Dr. Williams' Pink Pills. I was in an anaemic condition, and was very weak and run down. The least exertion would leave me breathless and it was with difficulty that I did household work. I was advised to try Dr. Williams' Pink Pills, and after the use of four boxes I felt like a new person. In fact, my system seemed filled with new energy and new life. I strongly recommend this medicine to all who feel weak or run down."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip or fevers. The pills are guaranteed to be free from opiates or any harmful drug and cannot injure the most delicate system.

You can procure Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent you by mail at 50 cents a box or six boxes for $2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

To enable bicyclists to carry babies with them when riding, an Englishman has invented a sheet iron drum, open at the back, to be clamped beside the rear wheel of a bicycle.

Canadian factories employ nearly 200,000 women, most of whom are organized.

Keep Minard's Liniment in the house.

Prince Uses Explosives on Farm.

The beauty spot of Devon, Dartmoor, which is part of the Duchy of Cornwall and therefore the property of the Prince of Wales, is being transformed by explosives into productive farm land.

Gelignite is inserted into holes in the hard ground and discharged by electric current. The explosions break up the sub-soil, and at the end of a few months the ground is ready for cultivation.

An expanse of 150 acres on Dartmoor, which, though a delight to the artist, was formerly unproductive of anything but heather and gorse, has grown this year excellent crops of hay, carrots, swedes, turnips, potatoes and peas.

Mr. Henry Vendelmans, an agricultural engineer, and a graduate of the University of Louvain, devised the method of reclaiming hard waste land in this way.

"The crop of this year's grass alone has more than covered the expense of reclamation," said Mr. Vendelmans.

"I have studied the subject of reclammation of waste lands for many years. In England alone I should say there are 2,000,000 acres of waste land which can be reclaimed."

Youthful Achievement.

Is it possible to speed up education, as one can speed up the production of shot and shell, potatoes and cereals? There are many examples to hand of amazing precocity. Can this "forwardness" be made the rule rather than the exception?

Music has always produced infant prodigies. Sir Charles Halle was but a child of four when he played a sonata in public expressly composed for him, Mozart made his debut at six, Chopin and Rubinstein performed on the platform at eight, Samuel Wesley composed a march for one of the Guards' regiments at seven, and Elgar wrote the music of a child's play at twelve.

In literature, Milton wrote epic poems before he had turned eleven, Tennyson wrote charming lyrics at the age of twelve, Byron indited fluent and passionate love verses at ten, Bacon wrote like a philosopher during his tenth year, Macaulay began a compendium of universal history at the ripe age of seven, Douglas Jerrold achieved success on the stage at fourteen, and that immortal boy, Chatterton, wrote masterpieces before he reached his teens.

Archaeologists contend that drawings of human beings and animals in ancient caves in France prove that man was right-handed as long ago as in the stone age.

This Do I Ask.

This do I ask my Guardian Fate,
That like a firm-set tree,
Throughout the ripening years to come
My life shall grow to be.

Now in my burgeoning, bright youth,
The spring dawn of my days,
May April set a-flowering
The green and tender sprays.

Whereon my winged dreams may sing,
Like birds that build their nest,
And bring the sense of spring to hearts
With winter's pall oppressed.

May summer, like a cavalier,
Ride by the garden wall
And, lingering, lose his burning heart
To one white tree and small!

When autumn's shuttle hours shall weave
Their brown and golden weft,
May then my patient branches spread,
Be not of fruit bereft.

I ask my share of rain and wind,
Of sun serene and warm—
That I grow gentler in the light,
And stronger in the storm.

CHILDHOOD CONSTIPATION

Constipation—that disordered state of the digestive tract which is nearly always caused by improper feeding—can be readily regulated by the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative. They are easy to take and are absolutely free from injurious drugs. Concerning them Mrs. Joseph Dion, Ste. Perpetue, Que., writes:—"I have nothing but praise for Baby's Own Tablets. When my baby was three months old he was terribly constipated but the Tablets soon set him right and now at the age of fifteen months he is a big healthy boy and this good health I attribute entirely to the use of the Tablets." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Pearls to Order.

Some years ago considerable interest was taken in the discovery of a method of making real diamonds.

There was no mistake about the genuineness of the gems produced. The drawback lay in the fact that they were exceedingly small.

Fourteen years ago a French scientist confirmed, by careful investigation, the accuracy of the idea that a pearl is the result of a disease which attacks the pearl oyster.

Having established this fact, his next step was to procure a number of pearl oysters, and plant them in his own pearl fishery in French waters, after first inoculating them with the disease which induces them to produce pearls.

At first the pearls he had been able to produce by this means were small, and of little worth: but, as he himself remarked, they were real pearls, not mere globules of mother-of-pearl.

MONEY ORDERS.

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

A Lake of Oil.

Now and then a "gusher" breaks loose, and the result is a lake of oil. One of the most remarkable happenings of this kind occurred not long ago in the Lance Creek district of Wyoming. A veritable geyser poured forth petroleum by the millions of barrelfuls, and, in order to save the precious fluid a dam was built across the valley which impounded a small sea of the fluid.

Ordinarily when such an escape occurs, resort is had to the expedient of throwing up banks of earth to prevent the oil from flowing far and wide. Then tank cars are fetched and the petroleum is pumped aboard.

The publisher of the best Farmer's paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

Snowball Tips.

When you venture out immediately after a fall of snow, you need have little fear of cheeky urchins. It is when the snow begins to thaw that you will have to watch warily for a stinging snowball on your cheek. And this is the reason.

The snow, at first, is powdery. While it is freezing, it makes very unsatisfactory snowballs. Open your window immediately after a snowstorm, and fill your hands from the ledge. The snow will scrunch into next to nothing, and will not hold together in a firm, solid mass.

But when the thaw sets in, it is a different matter. The crystal points of the snow interlace each other, and the snow can be squeezed together into a compact mass. The balls can become almost as hard as ice—and then is the time to keep your weather eye open!

Kangaroo farming is one of Australia's important industries.

One halfpenny is capable of carrying 2,000,000 microbes.

Fashionable Skirts and Blouses

No. 8729—Ladies' Slip-On Blouse. Price, 20 cents. In two lengths; body and sleeve in one, closing on shoulder. Cut in 5 sizes, 34, 36, 38, 40 and 42 inch bust measure. Size 36, shorter length, 1⅝ yards 36 inches wide, or 1¼ yards 54 inches wide; collar, vest, ruffle, 1 yard, 36 inches wide; longer length, 1⅞ yards, 36 inches wide, or 1½ yards, 54 inches wide.

No. 9233—Ladies' Waist. Price, 25 cents. With or without two-piece peplum; back closing; sleeves in two styles. In 8 sizes, 34 to 48 inch bust measure. Size 36 requires, with peplum, 2⅝ yards 40 inches wide, or 2⅜ yards 48 inches wide; without peplum, 1½ yards, 40 inches wide, or 1¼ yards 48 inches wide.

No. 9245— Ladies' Overblouse. Price, 25 cents. In two lengths; to be slipped on over the head; closing on shoulder; underwaist having kimono sleeves. In 7 sizes, 34 to 46 inch bust measure. Size 36 requires, longer length, overblouse, 1⅝ yards 36 inches wide, or ⅞ yard 54 inches wide; shorter length, 1½ yards, 36 inches wide, or ¾ yard 54 inches wide; underwaist, 1⅝ yards 36 inches wide, or 1 yard 54 inches wide.

No. 9239—Ladies' Three-Piece Circular Skirt. Price, 20 cents. High waistline; 38 or 36-inch length. Cut in 7 sizes, 24, 26, 28, 30, 32, 34 and 36 inches waist measure. Size 26 requires, 38-inch length, 3⅛ yards 40 inches wide, or 2 yards 54 inches wide; 36-inch length, 3 yards 40 inches wide, or 2⅛ yards 54 inches Width around bottom, 2¼ yards.

No. 9227—Ladies' Two-Piece Skirt. Price, 25 cents. With gathered side sections; high waistline; 38 to 36-inch length. Cut in 7 sizes, 24, 26, 28, 30, 32, 34 and 36 inch waist measure. Size 26 requires, 38-inch length, 2½ yards 36 inches wide, or 1⅞ yards 48 inches wide; 36-inch length, 2⅜ yards 36 inches wide, or 1¾ yards 48 inches wide. Width around bottom, 1½ yards.

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

Tea or Coffee
often disagrees with some one in the family. An easy way to get away from such annoyance is to drink

INSTANT POSTUM

It agrees with everyone in the family. No sleepless nights, disturbed digestion or irritated nerves follow its use. "There's a Reason"

RHEUMATISM

This is just the season when Rheumatism with its grinding pain and stiffening of joints gets hold of you. Fight it with

Templeton's Rheumatic Capsules

Templeton's Rheumatic Capsules bring certain relief, and permanent results. They are recommended by doctors, and sold by reliable druggists everywhere for $1.04 a box, or write to Templetons, 142 King St. W., Toronto. Mailed anywhere on receipt of price.

ASTHMA

Templeton's FAZ-MAH 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.

Paying on the Nail.

An expression with which everyone is familiar, "paying on the nail," comes from the old method of settling accounts, says an English writer.

In the early days of trade and commerce, merchants on Change paid their debts by counting out their gold on to a copper "nail" or table, in the market place.

Written receipts are now almost universal, and these nails are no longer used; but two splendid specimens still remain among the most interesting treasures of the ancient port of Bristol.

They are are each about four feet high, shaped like a gigantic hourglass. There they stand in the busy street, a lasting monument to the integrity of the old trading and merchant class, who paid on the nail and scorned a receipt.

Don't stint yourself in order to save up money for your relatives to quarrel over after you are gone.

SUFFERING CATS! GIVE THIS MAN THE GOLD MEDAL

Let folks step on your feet hereafter; wear shoes a size smaller if you like, for corns will never again send electric sparks of pain through you, according to this Cincinnati authority.

He says that a few drops of a drug called freezone, applied directly upon a tender, aching corn, instantly relieves soreness, and soon the entire corn, root and all, lifts right out.

This drug is a sticky ether compound, but dries at once and simply shrivels up the corn without inflaming or even irritating the surrounding tissue.

It is claimed that a quarter of an ounce of freezone obtained at any drug store will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. Cut this out, especially if you are a woman reader who wears high heels.

"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."

Coughs and Colds Mean Restless Nights

G3

which sap the vitality. Danger lurks in every hour a cold is allowed to run. Assist nature to bring your children quickly back to health and strength and avoid serious complications by the prompt use of Gray's Syrup — over 60 years in use.

Always buy the Large Size

GRAY'S SYRUP of RED SPRUCE GUM

Montreal D. WATSON & CO. New York

ISSUE No. 6—'20

BITS OF HUMOR FROM HERE & THERE

The Point of View.

She: "Tom's just bought a Ford—what's yours?"

He: "Oh, mine's a Rolls-Royce!"

She: "Ah! That's a good car, too, isn't it?"

Question of Identity.

In Myrtle Avenue lives Mrs. Brown, the proud mother of lusty twins, named, not inappropriately, May and June.

The other day May was out for a walk with her nurse. They had not gone very far when they met an old friend of the family, also out for a constitutional. He nodded to the nurse and shook the little girl's hand.

"Good morning, my dear," he said. "And which of the twins are you?"

The miniature maiden smiled sweetly, as she answered: "I'm the one that's out walking!"

That was a wise old rural philosopher who called worry "interest on trouble," paid in advance.

BULLY!

If Bilious, Constipated or Headachy, take "Cascarets"

Feel grand! Clean up inside! Your system is filled with liver and bowel poison which keeps your skin sallow, your stomach upset, your head foggy 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.

A Kidney Remedy

Kidney troubles are frequently caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. 7

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.

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., $1.10.

Sloan's Liniment Keep it handy

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 62. Wilson Publishing Co., Ltd., Toronto.

MISCELLANEOUS.

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.

To freshen stale bread dip the loaf, wrapped in a clean cloth, into boiling water, let remain there for a half minute. Then take off the cloth and bake in a slow oven for ten minutes and fresh bread results.

Ask for Minard's and take no other.

One housewife has a new dustpan hanging beside her kitchen stove. She uses it as a lifter to remove pies and other hot dishes from the oven.

In Britain, night, in law, begins second hour after sunset, and ends second hour before sunrise.

Let Cuticura Help You Look Like This

Nothing better to care for your skin, hair and hands. The Soap to cleanse and purify, the Ointment to soothe and heal. Use them for daily toilet.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.

LET "DANDERINE" BEAUTIFY HAIR

Girls! Have a mass of long, thick, gleamy hair

Let "Danderine" save your hair and double its beauty. You can have lots of long, thick, strong, lustrous hair. Don't let it stay lifeless, thin, scraggly or fading. Bring back its color, vigor and vitality.

Get a 35-cent bottle of delightful "Danderine" at any drug store or toilet counter to freshen your scalp; check dandruff and falling hair. Your hair needs this stimulating tonic, then its life, color, brightness and abundance will return—Hurry!

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

BAYER

The name "Bayer" is the thumbprint of genuine Aspirin. It positively 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."