# MUCH SUFFERING DUE TO THIN BLOOD

### Rich, Red Blood Necessary to Health and Strength.

If more people knew how many ills and pains are caused by thin, watery blood a great deal of suffering would be avoided. Men and women often suffer for long periods from stomach trouble, headache, palpitation of the heart, and nervous complaints such as neuralgia, without suspecting that anaemia or bloodlessness is the cause.

The blood goes to practically every part of the body, carrying oxygen and nourishment. The efficient action of every organ is directly dependent upon the quality of the nourishment it gets from the blood. If the blood is thin it becomes weak in nourishment and health fails. The best way to keep the blood rich and red and thus enjoy good health is through the use of Dr. Williams' Pink Pills. At the first sign of weakness these pills should be taken and good robust health will soon follow. The statement of Mrs. J. J. Murray, Corbetton, Ont., shows the value of Dr. Williams' Pink Pills in cases of this kind. She says:—"A few years ago my daughter, Lillie, was in a very badly run down condition. She was pale, thin, and scarcely able to go about. The least exertion made her heart palpitate so violently that we were actually afraid one of these spells might carry her off. She slept so badly that often she would lie awake until morning. Treatment did not seem to help her and we were almost in despair when a friend advised the use of Dr. Williams' Pink Pills. A few weeks' use of this medicine showed a decided improvement, and a further use of the pills fully restored her to health, and she has since been a strong, healthy girl. Some time later I was taken ill myself, being badly run-down from household care. A doctor was called in but his medicine did not seem to bring back my strength, and remembering what Dr. Williams' Pink Pills had done for my daughter, I decided to drop the doctor's medicine and try them. The results that followed were like those in my daughter's case, and through the use of the pills I was soon a well woman. I am glad to give my experience in the hope that some other sufferer may find the way to health."

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.

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Boiling hay in water in iron kettles will remove rust from them.

## Canada's Exports of Pulp and Paper.

With the present high rate of exchange between Canada and the United States, so unfavorable to this country, authorities are emphasizing the great importance not only of decreasing our purchases abroad but of increasing Canadian production and export trade.

The important role being played in this connection by the pulp and paper industry of Canada is inadequately realized. This great industry now ranks third in volume and value with respect to its products exported abroad, and second in the amount of capital invested. During the fiscal year ending March 31, 1919, the total value of pulpwood, pulp and paper exported abroad was nearly $100,000,000, of which upwards of 80 per cent. went to the United States. In total value, this represents an increase of 31 per cent. over the preceding year, and 87 per cent. over exports for the year ending March 31, 1917.

During the past year, over 1.5 million cords of raw pulpwood was exported to the United States, valued at upwards of $1,500,000. Wood pulp exports for the year are valued at around $35,000,000, of which most went to the United States.

With exhaustion of United States supplies of pulpwood in the eastern states already in sight, and with the industry growing by leaps and bounds in Canada, the question of future supplies becomes of the most pressing urgency, that invested capital may be protected and communities founded upon this business may not, after a time, be compelled to migrate, as has so frequently been the case in the United States.

The first essential is much more adequate protection of our forests from destruction by fire. While great progress has been made in recent years in this direction, much still remains to be accomplished, as evidenced by the destructive fires of the past season.

The next great requisite is such modification of existing methods of logging as will leave the cut-over lands in better condition to produce a crop of the more valuable species. This involves a careful study, in advance of logging, by practical foresters, in order that the methods best adapted to the particular locality may be adopted.

For the mixed pulpwood forests of hardwoods and conifers, some plan of transporting and utilizing the hardwood species must be devised, otherwise these forests will continue the present process of rapid conversion into hardwood species alone, rendering them less and less valuable for the production of pulpwood. This is one of the greatest problems now before an important portion of the pulp and paper industry.

## Prison Poets.

The recent publication of a volume of verse by a member of the East Yorks Regiment, of England, written during three years' weary captivity in a Turkish prison camp, is a reminder of the beautiful poems which many famous Englishmen have written in prison.

It will be remembered that Oscar Wilde wrote "The Ballad of Reading Gaol" while incarcerated in that prison, as well as his wonderful prose piece, "De Profundis."

One of the most famous of prison poets was John Bunyan, who during the twelve years he was an inmate of Bedford Jail wrote "The Pilgrim's Progress" and other works.

"The King's Quair" was written by James I. of Scotland while he was imprisoned within the Tower; while Christopher Smart's celebrated "Song of David" was written behind prison bars. And at least part of Thomas Malory's "Morte d'Arthur" was indited in captivity.


# HEALTHY CHILDREN ARE HAPPY CHILDREN

The well child is always a happy child—it is a baby's nature to be happy and contented. Mothers, if your little ones are cross and peevish and cry a great deal they are not well—they are in need of medicine—something that will set their bowels and stomach in order, for nine-tenths of all childhood ailments arise from a disordered state of the bowels and stomach. Such a medicine is Baby's Own Tablets. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach, and thus drive out constipation, colic, indigestion; break up colds and simple fevers and make the baby healthy and happy. Concerning them, Mrs. Albert Hamel, Pierreville, Que., writes:—"Baby's Own Tablets are the best medicine I know of for little ones. They relieved my little girl from constipation when nothing else would and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


## What the Sun Gives Us.

The cost of light per ounce has recently been worked out by Dr. Charles Davidson, of Greenwich Observatory. It takes an appalling amount of light to weigh an ounce, he says, and the cost, as supplied by gas and electric light companies, works out at something like $50,000,000.

The sun showers down on us 180 tons of this valuable stuff every day, says the doctor, yet we often neglect the free gift and prefer to pay $50,000,000 an ounce for a very much inferior quality.

If the sun charged us for his magnificent light at the same rate as the gas and electric light companies, we should have to pay $286,720,000,000,000 a day, or about 105,000 million million dollars a year; but the sun does not charge—he gives it to us all without money and without price.


Ask for Minard's and take no other.


# Charming Styles for Children

8876 9014 8922 9190 9158

**No. 8876—Boy's Suit. Price, 20 cents.** Knee trousers. Cut in 3 sizes, 2, 4 and 6 years. Size 4 requires, one material, without vest, 2 yards 36 inches wide, or 1½ yards 50 inches wide; with contrasting vest, 1¾ yards 36 inches wide, or 1¼ yards 50 inches wide; vest, ⅜ yard 27 or 36 inches wide.

**No. 9014—Girl's Dress. Price, 20 cents.** Smocked or shirred. Cut in 6 sizes, 2 to 12 years. Size 8, with short sleeves, 1⅞ yards 42 inches wide; contrasting, ⅜ yard 36 inches wide; one material, long sleeves, 2⅛ yards 42 inches wide. McCall Transfer Design No. 690. Price, 15 cents.

**No. 8922—Little Boy's Suit. Price, 15 cents.** Cut in 4 sizes, 1, 2, 3 and 4 years. Size 4 requires, waist, 1 yard 27 inches wide, or ⅞ yard 32 inches wide; trousers, collar, cuff facing, 1⅜ yards 27 inches wide, or 1 yard 36 inches wide; one material, 2¼ yards, 27 inches wide, or 1½ yards 36 inches wide.

**No. 9190—Child's Dress. Price, 20 cents.** Cut in 5 sizes, 6 months, 1, 2, 4 and 6 years. Size 4 requires, with long or short sleeves, 1¾ yards, 32 inches wide, or 1½ yards, 42 inches wide.

**No. 9158—Girl's Dress. Price, 20 cents.** To be slipped on over the head; with shield; straight pleated skirt. Cut in 5 sizes, 6 to 14 years. Size 8, with long sleeves, 2⅝ yards 36 inches wide; with short sleeves, 2⅜ yards 36 inches wide.

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


For your table drink
the safest, satisfying beverage is

**Instant Postum**

When tea or coffee disagrees—when fussed-up nerves tell you that either is harmful—order a tin of this rich, wholesome, satisfying drink.

You'll find it both economical and pleasing.

*"There's a Reason"*



Fairville, Sept. 30, 1902.

Minard's Liniment Co., Limited.

Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it.

Yours truly,
CHAS. F. TILTON.


## Black Opals in Australia.

A find of black opal at Tintenbar, near Ballina, New South Wales, has caused much excitement at Melbourne, says a despatch. There has been a rush of applicants for miner's rights and permission to enter private lands. The Melbourne Age states that nearly a hundred claims have already been pegged.


MONEY ORDERS.

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

Keep Minard's Liniment in the house.


## Cured by Suggestion.

Can a dumb man be made to speak merely by being told that he must speak?

Impossible though it may seem, cures have been effected by this means.

Lieut.-Colonel Sir Frederick Mott, one of the foremost specialists in nervous diseases, claims to have cured several dumb soldiers by suggestion.

Five men who were mutes were sent to him after they had been treated previously, and it had been suggested to them that they were not going to get well. He took the first man into a room and told him that he never left a patient until he had cured him, "even if it took him a couple of hours."

The doctor had recourse to a little galvanism on the man't throat, and asked him to count ten. At first he indicated that he could not, but after coughing his lips began to move. Then he was asked to name the days of the week and to sing "God save the King." Eventually he spoke; and the other four were also cured by this method.


**NEURITIS**

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day. If you are a victim, try

**Templeton's Rheumatic Capsules**

Nothing else brings relief so quickly and so surely.

Send for free sample to Templetons, 142 King St. W., Toronto.

For sale at reliable druggists for $1.04 a box.



**ASTHMA**

Templeton's RAZ-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.


### Aid to the Blind.

An inventor has mounted a wheel on the end of an cane intended to be used by blind persons to guide themselves about streets without tapping on pavements.


Minard's Liniment Lumberman's Friend.


When poor fruit is produced there is a reason. Aim to find out by a careful study of the trees and conditions what the reason is and try and remove the cause.

The giving of cider or beer as part payment of wages to agricultural workers is now illegal in Britain.


**Laugh When People Step On Your Feet**

Try this yourself then pass it along to others. It works!

Ouch ! ! ! ! ! This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn stops soreness at once, and soon the corn dries up and lifts right out without pain.

He says freezone is an ether compound which dries immediately and never inflames or even irritates the surrounding tissue or skin. A quarter of an ounce of freezone will cost very little at any drug store, but is sufficient to remove every hard or soft corn or callus from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels.



**UP A SINGIN'!**

Tomorrow will be clear and bright, if you take "Cascarets" tonight

Feeling half-sick, bilious, constipated? Ambition way below zero? Here is help! Take Cascarets to-night for your liver and bowels. You'll wake up clear, rosy, and full of life. Cascarets 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.

**Mother's Coughs and Colds Go Quickly**

She cannot afford to be sick and neglect her household duties. At the first symptoms she prepares the way for quick recovery by the immediate use of Gray's Syrup—a household preparation of sixty years standing.

Mother always buys the Large Size

**GRAY'S SYRUP of RED SPRUCE GUM**

Montreal D. WATSON & CO. New York



**SATISFYING RELIEF FROM LUMBAGO**

**Sloan's Liniment has the punch that relieves rheumatic twinges**

This warmth-giving, congestion-scattering circulation-stimulating remedy *penetrates without rubbing* right to the aching spot and brings quick relief, surely, cleanly. A wonderful help for external pains, sprains, strains, stiffness, headache, lumbago, bruises.

Get your bottle today—costs little, means much. Ask your druggist for it *by name*. Keep it handy for the whole family. Made in Canada. The big bottle is economy.

35c., 70c., $1.10.

**Sloan's Liniment** *Keep it handy*



ISSUE No. 8—'20



**BITS OF HUMOR FROM HERE & THERE**

### Death-Bed Worries of a Scot.

The Solicitor—"I understand, Mr. McGraw, that ye wish tae see me aboot the will ye made yesterday."

Mr. McGraw—"Aye, man; it's kep' me wakin' a nicht. Noo I come tae think o' 't, I hav'na left masel' a chair to sit on!"

### Well on the Way.

It was their first trip alone in their new and expensive car, and they'd lost their way.

"There's a signpost, dear," said the lady in the fur coat to her husband, who got out of the car and turned his flashlight on the board.

"Are we on the right road?" she asked presently, as he didn't speak.

"'To the workhouse,'" he read aloud. Then he added sadly: "Yes; we're on the right road and we didn't know it."


**"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."



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.

**Use Cuticura to Keep Your Hair From Falling**

How many times have barbers given this advice to men who are losing their hair because of dandruff and scalp irritation. At night rub Cuticura Ointment into the scalp. Next morning shampoo with Cuticura Soap and hot water. A clean, healthy scalp means good hair.

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.

**AGENTS WANTED.**

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

AGENTS WANTED FOR WONDERderful inventions, viz.:—
1. **SPEEDERATORS** for Fords. Stops stalling, bucking, engine racing. Sells $6.85.
2. **FORD HEADLIGHT REGULATOR** positively gives bright light at all engine speeds. Sells $2.75.
3. **SPARK PLUG TRANSFORMERS** for all cars. Fires any plug with two points left, irrespective of cracked porcelain, carbon, etc. Sells 85 cents.
4. **FORD STEERING CONTROL.** No more quivering and jerking steering wheel. Saves gasoline and tires. Sells $3.75.

All sold on money back guarantee.
**ROTHWELL'S AUTO SPECIALTIES,** 33½ Richmond St. W., Toronto.

**FARMS FOR SALE.**

SMALL FARMS, FIFTEEN MINutes' ride from Toronto on Metropolitan Radial, from 5 to twenty acres, $350 an acre, with small payment down. Preston, 765 Broadview, Toronto.

**LAND SELLERS.**

WRITE FOR INFORMATION about the new, modern way of selling real estate. Sell your property yourself with our help. Our method only costs you $12.00. Why pay a large commission? Write for full particulars. Real Estate Buyers Monthly, 78½ Dundas St., London, 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.

**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.


Habits are like porus plasters, easy to acquire and hard to get rid of.


**GIRLS! A MASS OF WAVY, GLEAMY BEAUTIFUL HAIR**

Let "Danderine" save and glorify your hair

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, fluffy 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.



**ONLY TABLETS MARKED "BAYER" ARE ASPIRIN**

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" on Aspirin is like Sterling on silver. 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."