THE BEST TONIC FOR NERVOUS PEOPLE

Increase Your Nervous Energy by Building Up the Blood With Dr. Williams' Pink Pills.

Nervous people who have not yet developed a disease that can be recognized and treated by the medical profession have the greatest trouble in finding relief. Irritation, headache, sleeplessness, nervous indigestion, all these discomforts make life miserable but are endured rather than run a doctor's bill without hope of recovery.

Every such sufferer should know the danger of such a condition to the nervous system. Nervous debility and even paralysis may result if the tone of the nerves is not restored by building up the blood. As a tonic for the blood and nerves Dr. Williams' Pink Pills have been used with the greatest success. They have a direct action on the blood and therefore enable it to carry to the nerves the elements they need to fully restore their normal function—and at the same time improve the general health. The benefits that follow the use of this medicine, is shown by the statement of Mrs. Jenny Marr, R.R. No. 3, Port Rowan, a well known school teacher, who says:—"Some years ago I became greatly run down, and was in this condition for nearly a year. A doctor whom I called in said I was suffering from complete nervous prostration. It would hardly be possible to tell all the symptoms of my case, but anyone who has passed through a nervous breakdown will know what I suffered. As I did not seem to improve under the doctor's treatment, I decided to try Dr. Williams' Pink Pills, and the decision was a fortunate one for me, as I soon found some relief through the use of the pills, and after taking eight boxes I was fully restored to health. To-day I am strong and hearty, without an ache or pain, and for my present physical condition I feel I am indebted to Dr. Williams' Pink Pills, and can heartily recommend them to anyone suffering from nervous troubles."

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, Ontario.

What is the Most Important Natural Resource?

Water-power development is but one of the important uses to which many of our inland waters may be applied. Too frequently, in reports on water-power resources, it has been the tendency to deal with power development exclusively, without adequately considering such related subjects as domestic and municipal supply, agriculture and irrigation, navigation, fisheries, and riparian rights.

There has been a tendency on the part of many persons interested in the conservation of natural resources to emphasize that this or that particular resource is the most important. Some have contended that the forests are the most important asset, others coal, others maintain that the soil, with its fertility, is the most important, and, of late years, great stress has been laid upon the statement that water is the chief asset—the prediction being made that the nation which has the most and cheapest water-power available is desined to take precedence in the world of commerce. As a matter of fact, however, all these various interests are interdependent. If any one feature of our natural resources is to be placed before others, probably it could be most reasonably urged that a fertile condition of the soil is the most important natural asset to be safeguarded; because, for his sustenance on the earth, man requires food, raiment, and shelter, and these essentials are supplied him, in one form or another, either directly or indirectly, from the soil. It must be manifest, therefore, that the factors which make for the permanence of the soil's productivity are of paramount importance; and hence the subject of the conservation and use of waters as a natural asset must, among other things, be considered in its prime relationship to the subject of the productivity of the soil.

A safety lamp for mines using benzine for fuel without danger has been perfected in Europe.

FASHIONS FOR THE WEEK.

9314 9328 9066

No. 9314— Ladies' Dress with Chemisette. Price, 25 cents. Kimono sleeves with underarm section; instep or shorter length. Cut in 6 sizes, 34, 36, 38, 40, 42 and 44 inches bust measure. Size 36, with collar, instep length, 3¾ yards 40 inches wide, or 3⅜ yards 54 inches wide; without collar, 3⅜ yards 40 inches wide, or 3¼ yards 54 inches wide. Width around bottom, 1⅝ yards.

No, 9328—Ladies' Dress. Price, 25 cents. Two styles of sleeve; with or without yoke and two-piece tunic; two-piece skirt, instep or shorter length. Cut in 7 sizes, 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 36, with tunic, instep length, 4⅜ yards 40 inches wide, or 3⅜ yards 54 inches wide; contrasting, 1 yard 40 inches wide; without tunic, 3 yards 40 inches wide, or 2 1-8 yards 54 inches wide. Width around bottom, 1½ yards.

No. 9066—Girl's Dress. Price, 20 cents. Smocked or shirred. Cut in 5 sizes, 4 to 12 years. Size 4, with long sleeves, 1⅞ yards 36 inches wide; with short sleeves, 1¾ 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.

N.B. Statistics of Forest Fire Causes.

According to the New Brunswick Forest Service there were 409 forest fires in that province during 1919, which caused a loss amounting to $139,754. Thirty-nine neglected settlers' clearing fires caused a damage of $54,363, or 39 per cent. of the total damage for the entire province. The neglected camp fires of fishermen, hunters, campers and picnic parties caused a damage of $46,391, or one-third of the total.

Another $14,250 of damage was caused by the careless use of fire by industrial operators, such as portable mills, open burners, rossing plants, etc.

Incendiary forest fires totalled 7, with damage aggregating $12,770; and 17 fires of unknown origin, with estimated damage $7,640.

There were 306 railway fires, but most of them were of no material importance. The total damage caused by these fires was but $4,340, or only three per cent. of the total of the province. Of this amount, $4,230 of the damage was caused by fires along the Canadian Government railways, which are not under the jurisdiction of the Board of Railway Commissioners. Lines in the province under the jurisdiction of the Railway Commission caused only $110 of damage by forest fires during the year.

In the Firelight.

I love the firelight's ruddy glow,
A comfy chair that's soft and low,
And 'cross the hearth, within my view
The lovelight in your eyes so blue.

I love the crackling of the logs,
To watch son playing with his dogs—
The things of home so warm and dear,
And hear our children's laughter near.

Malnutrition is as mischievous for the teacher as for the taught.

To clean velvet garments, first brush them well and then hang them over a bath tub full of steaming hot water. Place a sheet over the garment to keep the steam in. A string or an umbrella will act as a frame to hold the sheet up. Steaming raises the pile of the velvet.

The Sweet Cereal Flavor of

Grape-Nuts

is not produced by adding sugar to this blend of wheat and malted barley.

The sweetness is due to actual grain sugar, self-developed by the processing and long baking of this great food.

"There's a Reason" for Grape-Nuts

The Old Chair.

Empty it bides beside the waning fire,
And, as the embers slowly curl to smoke,
It dreams of all the sad and happy folk
Its days have known: a maid in gay attire
Waiting impatient for some gallant squire;
A mother, grieving that her boy is grown
Too much a man to be quite all her own;
A lad who hums a song of love's desire.

It dreams that once again the children climb
Into its cosy depths and gravely read
Quant fairy tales of "once upon a time"—
And as it wakes to mourn o'er vanished need,
Two glad young lovers steal across the floor,
And, nestling close, its ancient joy restore.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sugar on B.C. Fir Trees.

Discovery of the growth of sugar on fir trees in British Columbia is announced in the current number of The American Forestry Magazine. The discovery, which is said to be of great value to chemistry, came as the result of the investigations of Professor John Davidson, Chief of the Botanical Department of the University of British Columbia at Vancouver.

Specimens of the products, upon analysis, are said to have indicated the presence of a large percentage of an extremely rare variety of sugar. While fir sugar is not expected to become a factor in the food supply, like the product of the cane and the beet, in the article the discoverer advances the belief that it will prove valuable for experimental purposes. Indians have made use of the sugar in British Columbia for many years, the article states.

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Canada's Place in the Empire.

Canada is the foremost of the family of the British Empire, and, being nearest, the great responsibility rests upon her, not alone to aid and succor in battle, but to lead the van in all forms of industrial life; to seize every opportunity to forward the grandeur and stability both of herself and of the Empire.—The Agricultural Gazette for January, 1920.

Mansonville, June 27, '13.
Minard's Liniment Co., Limited.
Yarmouth, N.S.

Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefitted by the use of your Liniment, I am,

Sincerely yours,
GEO. H. HOLMES.

When Mother Reads a Story.

When mother reads a story just before we go to bed.
There's not a one of all of us that is a sleepy-head;
We gather round and crowd up close about her rocking chair,
And as she reads I watch the light a-glowing in her hair.
Oh, Jimmy's eyes get big as plates, and Mary sometimes squeals,
And Betty sits with tear-stained face because she sorter feels
Real sorry for the dragon when the hero kills him dead;
When mother reads a story just before we go to bed.

When mother reads a story just before we go to bed,
I lean up close and hold the book so she can pat my head,
For when the giant's yelling fierce, it's awful nice to know
That mother's arm is holding you and will not let you go!
Oh, Buddy's mouth falls open most, he gets so filled with fear,
And Helen's eyes glow bright like stars; and when the end is near
We hear the words, "They happy live forever—it was said,"
When mother reads a story just before we go to bed.

Spain has fewer daily papers than any other European country.

NEURALGIA

If you know the nerve-racking agonies of Neuralgia you will bless the day that

Templeton's Rheumatic Capsules

were discovered. This famous remedy is absolutely guaranteed to give relief to sufferers from Neuralgia.

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

Doctors recommend them, and reliable druggists everywhere sell them 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.

God Is at the Anvil.

God is at the anvil beating out the sun;
Where the molten metal spills,
At his forge among the hills
He is hammering out the glory of a day that's done.

God is at the anvil welding golden bars
In the scarlet-streaming flame
He is fashioning a frame
For the shimmering silver beauty of the evening stars.

Ask for Minard's and take no other.

When tillage begins other arts follow. The farmers, therefore, are the founders of human civilization—Daniel Webster.

LET "DANDERINE" SAVE YOUR HAIR

Hurry! A few cents stops hair falling and doubles its beauty

A little "Danderine" cools, cleanses and makes the feverish, itchy scalp soft and pliable; then this stimulating tonic penetrates to the famished hair roots, revitalizing and invigorating every hair in the head, thus stopping the hair falling out, getting thin, scraggly or fading.

After a few applications of "Danderine" you seldom find a fallen hair or a particle of dandruff, besides every hair shows more life, vigor, brightness, color and thickness.

A few cents buys a bottle of delightful "Danderine" at any drug or toilet counter.

Yes, Cold All Gone—Not A Bit of Cough Left

Feel great this morning. As soon as I felt it coming on yesterday I used Gray's Syrup and nipped it in the bud. Just couldn't miss an hour at the office, we are so busy and short-handed. Gray's Syrup is a habit in our family, the folks have used it for sixty years.

Always buy the Large Size G6

GRAY'S SYRUP of RED SPRUCE GUM

Montreal D. WATSON & CO., New York

COAX 'EM

Stop Whipping Bowels into Activity, but take "Cascarets"

Put aside the Salts, Pills, Castor Oil, or Purgative Waters that irritate and lash the bowels into action but which do not thoroughly cleanse, freshen and purify these drainage organs, and have no effect whatever upon the liver and stomach.

Keep your "insides" pure and fresh with Cascarets, which thoroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels which are keeping you half sick, headachy, and miserable.

Cascarets to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause inconvenience. Cascarets cost so little too.

ISSUE No. 9—'20

BITS OF HUMOR FROM HERE & THERE

British Wit.

"What is an American?" asks one comedian of another in the London music halls. "An American," is the answer, "An American is one who chews gum and wins wars."

Quite True.

She (indignantly): "This article says women are naturally dishonest."

He (tenderly: "Well, aren't they always stealing men's peace of mind and robbing them of their hearts?"

Had the Proof.

Indulgent Mother—"You must be awfully careful, dear; the doctor says your system is all upset."

Little Vivian—"I guess it is mamma, cause my foot's asleep, and people must be terribly upset when they go to sleep at the wrong end."

Keep Minard's Liniment in the house.

A good many honest dollars may be picked up by buying sheep, lambs or colts that have not had a fair chance, and building them up by good care and feeding.

It Works! Try It

Tells how to loosen a sore, tender corn so it lifts out without pain.

Good news spreads rapidly and druggists here are kept busy dispensing freezone, the ether discovery of a Cincinnati man, which is said to loosen any corn so it lifts out with the fingers.

Ask at any pharmacy for a quarter ounce of freezone, which will cost very little, but is said to be sufficient to rid one's feet of every hard or soft corn or callus.

You apply just a few drops on the tender, aching corn and instantly the soreness is relieved, and soon the corn is so shriveled that it lifts out without pain. It is a sticky substance which dries when applied and never inflames or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

DON'T NEGLECT A RHEUMATIC PAIN

Go after it with Sloan's Liniment before it gets dangerous

Apply a *little*, don't *rub*, let it *penetrate*, and—good-by twinge! Same for external aches, pains, strains, stiffness of joints or muscles, lameness, bruises.

Instant relief without mussiness or soiled clothing. Reliable—the biggest selling liniment year after year. Economical by reason of enormous sales. Keep a big bottle ready at all times. Made in Canada. Ask your druggist for Sloan's Liniment.

35c., 70c., $1.10.

Sloan's Liniment *Keep it handy*

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.

SINCE 1870 **SHILOH** 30 DROPS STOPS COUGHS

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. $50 to $100 A week easily made selling Auto Specialties. Write for information. Rothwell's Auto Specialties, 33½ Richmond Street, Toronto, Ont.

WANTED — RELIABLE, ENERgetic men, farmers' sons, farmers or others who can devote some of their spare time to represent us as Salesmen for Nursery Stock. We supply up-to-date canvassing outfits free of charge and offer liberal remuneration. Apply immediately to Maple Grove Nurseries, Winona, Ont.

SMART, ENERGETIC YOUNG MAN wanted to handle mining stocks, bonds and debentures, to represent Toronto House. Liberal commission. Apply Box 6, Wilson Publishing Co., 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.

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.

"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."

FACE WAS FULL OF PIMPLES

For Three Years. Hard and Awfully Sore. Disfigured. Cuticura Heals.

"I had been suffering with a pimply face for three years. My face was full of pimples and they were hard and awfully sore. They festered and dried up, and were scaly, and disfigured my face. They caused me to lose a lot of sleep, and were awfully itchy, making me scratch and irritate my face.

"I started to use Cuticura Soap and Ointment and I used two cakes of Cuticura Soap and two boxes of Cuticura Ointment when I was healed." (Signed) Clifford Yeomans, East Chezzelcook, N. S.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum.

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"

For Colds, Pain, Neuralgia, Toothache, Headache, Earache, and for Rheumatism, Lumbago, Sciatica, Neuritis, take Aspirin marked with the name "Bayer" or you are not taking Aspirin at all.

Accept only "Bayer Tablets of Aspirin" in an unbroken "Bayer" package which contains complete directions. Then you are getting real Aspirin—the genuine Aspirin prescribed by physicians for over nineteen years. Now made in Canada.

Handy tin boxes containing 12 tablets cost but a few cents. Druggists also sell 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".