PALE, WAN CHEEKS A SIGN OF ANAEMIA

To Have Good Color and Health the Blood Must be Kept Red and Pure.

Many women who had good color and bright eyes in their girlhood grow pale and colorless and lose much of their charm when they become wives and mothers. Why is it? When the fading color in the cheeks and lips is accompanied by a loss of brightness in the eyes and an increasing heaviness in the step and a tendency to tire easily, the cause is to be sought in the state of the blood.

Many causes may contribute to the condition of the blood known as anaemia. Care of the home, overwork, lack of outdoor exercise, insufficient rest and sleep, improper diet, are a few of them. The important thing is to restore the blood, to build it up so that the color will return to the cheeks and lips, brightness to the eyes, and lightness to the step. To do this, nothing can equal Dr. Williams' Pink Pills. They begin at once to increase the red corpuscles in the blood, and this new blood carries strength and health to every part of the body. The appetite improves, digestion becomes perfect, and energy and ambition return. Proof is given in the statement of Mrs. Alex. Archambo, Cornwall, Ont., who says:—"Two years ago my health began to fail. I was suffering from headaches, pains in the back and sides, and a constant tired out feeling. I had used a lot of medicine, but instead of it helping me I seemed to be growing weaker. My friends urged me to try Dr. Williams' Pink Pills, and while I felt disheartened at my experience with other medicines, I decided to do so. To my great joy I soon found the pills were helping me, and their continued use for a time fully restored my health. I feel that I would be ungrateful if I did not give my experience with Dr. Williams' Pink Pills, in the hope that it may point the way to health to some other poor sufferer."

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.

From All Quarters.

Only one man in 203 is six feet in height.

The full equipment of a diver weighs about 175 pounds.

One grain of indigo is sufficient to affect the color of a ton of water.

Coal used for household purposes in England amounts to 30,000,000 tons a year; industries use nearly 100,000,000 tons annually.

The most expensive and the scarcest precious stone nowadays is the emerald. One was sold recently, at Christie's, for £700 a carat.

Italy's perfume manufacturers consume 1,860 tons of orange blossom, 930 tons of roses, 150 tons each of jasmine and violets, and fifteen tons of jonquils annually.

In Siam a declaration of marriage is very simple. It is considered a proposal merely to offer a lady a flower, or to take a light from a cigarette if she is holding it in her mouth.

Beginning life as a bobbin-carrier nearly fifty years ago at Hindley, Lancashire, Mr. Peter Taylor has been appointed manager of the same mill which he entered as a boy.

Not So Hard to Understand.

A teacher who believed in co-operating with the parents of her pupils called at the home of a small boy whom she had caught in a number of falsehoods in order to take counsel with his mother.

"I can't see how you can say that," the boy's mother objected. "John never tells me lies. I'm mighty particular about it myself. He's out in the yard now. "Annie," she said to his small sister, "you go out and tell him to come right in this minute!"

Annie went, but in a few minutes she returned without the small prevaricator. "He won't come," she announced proudly. "He says he won't."

"Did you tell him who was here?" inquired his mother.

Annie shook her head.

"All right," said the truthful parent, "Go back and tell him his grandmother's here and has some candy for him. That'll bring him!"

USEFUL MODELS

No. 8531—Ladies' and Misses' One-Piece Nightgown. Price 20 cents. In 3 sizes; small, 32, 34; medium, 36, 38; large, 40, 42 ins. bust. Medium size with pockets, shorter sleeves, 3½ yds. 32 ins. wide, or 3⅜ yds. 36 ins. wide; without pockets, 3¾ yds. 32 ins. wide, or 3⅜ yds. 36 ins. wide. Width around bottom, 1¾ yds.

No. 9105—Ladies' Negligee or House Gown. Price 20 cents. Cut from one width of material; instep length. Cut in 3 sizes; small, 34, 36; medium, 38, 40; large 42, 44 ins. bust measure. Small size requires 3 yds. 40 or 45 ins. wide. Width around bottom, 1½ yds.

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

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Eucalyptus Fuel.

Eucalyptus trees planted on tropical mountain sides would produce fuel at the rate of twenty tons, dry weight (sixty pounds to the cubic foot), per acre annually. This in perpetuity, the plantations when cut reproducing themselves without further expense.

Such is the declaration of a scientist who says that by this means the sun's heat in hot latitudes can be economically stored, the dry eucalypt timber being heavier than coal and possessing more heating power, bulk for bulk.

An acre of eucalyptus in the tropics, he asserts, would produce the equivalent of at least twenty tons of coal per annum, the only requirements being powerful sunshine and heavy rainfall to insure rapid growth. So, with such a possible resource available, why worry about the threatened exhaustion of the coal mines?

A Bold Bird.

The chickadee will eat out of your hand if you show him that you have something good to eat and he is not already pretty well satisfied, for he is a sociable, fearless and responsive little fellow. Another thing is that if you whistle to the chickadee he will invariably respond, which is more than can be said of most other birds. The chickadee braves the winter cold and remains even when the snow makes it hard for him to find much food. The top and back of his head is jet black and there is a big black spot also on his throat, while the rest of the bird is shaded from white to gray and buffish.

"One single idea may have greater weight than the labor of all men, animals, and engines for a century."
—Emerson.

BITS OF HUMOR FROM HERE & THERE

An Acute Observer.

Natural history was the subject of the lesson, and the teacher asked, "Who can tell me what an oyster is?"

A small hand, gesticulating violently, shot up into the air, and a shrill voice called out, "I know—I can tell, teacher!"

"Well, Bobby," said the teacher, "you may tell us what an oyster is."

"An oyster," triumphantly answered Bobby, "is a fish built like a nut!"

Orders of the Day.

I was being shaved the other day, says a writer, when a grizzled chap in a captain's uniform came in. He saluted smartly and seated himself in the chair next to my own.

"Hair cut," he said in gruff tones.

"How would you like it cut, sir?" the barber asked.

The captain, who was baldish, answered gruffer than ever:

"Line up the hairs and number off to the right. Odd numbers each want half an inch. Dress smartly with bay rum and brilliantine. Then dismiss."

MARCH WEATHER DANGEROUS TO BABY

Our Canadian March weather—one day bright, but sloppy, the next blustery and cold—is extremely hard on children. Conditions make it necessary for the mothers to keep the little ones indoors. They are often confined to overheated, badly ventilated rooms and catch colds which rack their whole system. To guard against these colds and to keep the baby well till the better, brighter days come along, a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. The Tablets are a mild but thorough laxative which never fail to regulate the stomach and bowels and thus they relieve colds and simple fevers and keep the baby fit. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Everything Right in the End.

I want to believe in the happy old way
That all will come right in the end some day,
That life will be better and days will be sweet,
That roses will carpet the world for men's feet,
That love and affection and honor and trust,
Will lift us from sorrow and shadow and dust.

I want to go toiling with this in my heart,
That every day brings us the joy of a start
Fresh with endeavor and duty and truth,
As we swing to our tasks with the vigor of youth,
Singing the music of love and of cheer
Till clouds drift apart and the storms disappear.

Minard's Liniment Co., Limited.
Have used MINARD'S LINIMENT for Croup; found nothing equal to it.
CHAS. E. SHARP.
Hawkshaw, N.B., Sept. 1st, 1905.

Whence the Sleighbell.

Not least curious among objects of antiquity dug up in Central America and Columbia are golden images of reptiles with tiny sleighbells for eyes.

At all events, we should call them sleighbells because, in miniature, they are exactly like sleighbells, the slit serving to represent the opening between the eyelids.

Full-sized sleighbells, mostly gold-plated, with metal pellets inside to tinkle, are found in ancient graves all over Central America. Usually they are of copper, and have a loop at the top to hang by.

What they were used for is a mystery. Presumably for adornment, though they may have had a religious significance. Unmistakably they were cast in molds.

The prehistoric inhabitants of those regions were exceedingly skillful metal workers, copper and gold being their favorite materials. They had a process for plating with a gold wash that is not understood at all to-day.

But it would be most interesting to know how it came about that sleighbells exactly like our own in pattern were made on this continent centuries, and probably thousands of years, before the New World was discovered.

Value of Coal Gas.

English experts are carrying on extensive tests of the value of coal gas for annealing, tempering, hardening and melting metals.

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-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.

Musical Milking.

Farmers will be interested in the statement that cows milked to music give more milk than those milked in silence.

The experiment is said to have been conducted at the Electrical Exposition in New York, where the cows were not only milked to music but milked by electricity; and sceptics will perhaps wonder what would be the result if the cow were milked by hand while the farmer's boy played a fiddle. Mozart and Beethoven were among the composers whose work dignified the hour and increased the flow of milk.

Keep Minard's Liniment in the house.

Shovels Ore Into Cars.

Operated by compressed air directed by one man, a new implement for use about mines literally shovels ore from piles into cars.

"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."

ACUTE ECZEMA ON BABY'S HEAD

Face, Neck, Arms. Terrible Sight. Itched And Burned. Cuticura Heals.

"Baby was two months old when I noticed little pimples on her head. They kept getting worse and spread till her head, face, neck and arms were one mass of eruptions, burning, itching, and bleeding. I was told it was acute eczema. I had to sew up her arms and legs in linen. She was a terrible sight. For one year I had no rest night or day.

"We got Cuticura Soap and Ointment. In less than two weeks she began to mend and in a few months she was healed." (Signed) Mrs. Boorman, 243 McDonnell St., Peterboro, Ont., April 19, 1919.

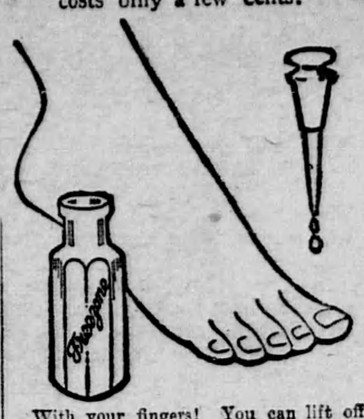
Stop the use of all doubtful soaps. Use Cuticura for all toilet purposes.

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

ISSUE No. 11.—'20.

Lift off Corns!

Doesn't hurt a bit and Freezone costs only a few cents.



With your fingers! You can lift off any hard corn, soft corn, or corn between the toes, and the hard skin calluses from bottom of feet.

A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

Send Prisoners Home.

One hundred and ninety thousand prisoners of war, including 43,110 officers, have been repatriated from the French camps since January 20th, according to an announcement from the French War Office.

Ask for Minard's and take no other.

Pensions granted to disabled soldiers range from Canada's 47s. 11d. a week, at the head of the list, to Germany's 20s. 9d. at the foot. In Great Britain such a man is entitled to 40s. weekly.

CONVENIENT!

If Constipated, Bilious or Headachy, take "Cascarets."

Cascarets never gripe, sicken or inconvenience one like Salts, Oil, Calomel or harsh Pills. Feel bully! Be efficient! Don't stay sick, bilious, headachy, constipated. Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your breath bad and stomach sour. Why not spend a few cents for a box of Cascarets and enjoy the nicest, gentlest laxative-cathartic you ever experienced? They work while you sleep.

WHEN YOU SUFFER FROM RHEUMATISM

Almost any man will tell you that Sloan's Liniment means relief

For practically every man has used it who has suffered from rheumatic aches, soreness of muscles, stiffness of joints, the results of weather exposure.

Women, too, by the hundreds of thousands, use it for relieving neuritis, lame backs, neuralgia, sick headache. Clean, refreshing, soothing, economical, quickly effective. Say "Sloan's Liniment" to your druggist. Made in Canada. Get it today.

35c., 70c., $1.10.

Sloan's Liniment *Keep it handy*

SINCE 1870 **SHILOH** 30 DROPS STOPS COUGH

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.

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.

DISTRIBUTORS WANTED

RESIDENT DISTRIBUTORS WANTED in every city town, and Province in Canada; very small capital required, and you handle your own money. Shipments all duty paid, f.o.b. Montreal. Send for agency proposition. Gastine Co., Bridgeton, New Jersey, U.S.A.

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.

FERTILIZER.

STEVENS' COMPLETE FERTILizer will pay you. Write for prices.

SHIP YOUR EMPTY BAGS—SUGAR, flour, bran sacks to Stevens. Highest prices. Geo. Stevens, 364 Mark St., Peterboro.

WOOD ASHES.

IF YOU HAVE A CAR FOR SALE write me. Geo. Stevens, 364 Mark Street, Peterboro.

SCRAP IRON.

IF YOU HAVE A FIRE AND HAVE a car or more of scrap iron I will come and quote you where it lays. Geo. Stevens, 364 Mark Street, Peterboro.

FARMS BOUGHT.

I HAVE CASH BUYERS FOR SALable farms. Give description, location and cash price. James P. White, Box 99, New Franklin, Mo.

MISCELLANEOUS.

LADIES WANTED TO DO PLAIN light sewing at home whole or spare time, good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Company, Montreal.

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.

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.

DON'T LOOK OLD FROM HERE UP

A little "Danderine" checks ugly dandruff and stops hair falling

Get a small bottle of "Danderine" at any drug store for a few cents, pour a little into your hand and rub well into the scalp with the finger tips. By morning most, if not all, of this awful scurf will have disappeared. Two or three applications often remove every bit of dandruff and stops falling hair. Every hair on scalp shortly shows more life, vigor, brightness, thickness and color.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

For Colds, Pain, Headache, Neuralgia, Toothache, 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."

A Morning Dish Of
Grape-Nuts
certainly does hearten one up for the day. Why shouldn't it?
Grape-Nuts is ready-cooked, ready-sweetened, and contains just those good elements nature requires for the strength to do things.
Make Grape-Nuts your home cereal
"There's a Reason"