RICH, RED BLOOD NECESSARY TO HEALTH

Weak, Watery Blood Needs a Tonic to Build it Anew.

Why are we continually told that health-giving blood must be bright red? What has color to do with the quality? Just this—the oxygen in the air is the great supporter of all organic life. One function of the blood is to take the oxygen from the air—which it meets in the lungs and delivers to the tissues of the body. When the blood, filled with life-sustaining oxygen, is sent out by the heart, it is bright red. When it returns, impure and deprived of oxygen it is dark.

You will see, therefore, that there are two prime requisites of health, pure air and bright red blood—the pure air to furnish the oxygen, the rich red blood to carry it where it is needed.

Pale, anaemic people, whose nerves are on edge, who tire out easily, and who suffer from frequent headaches, do so because their blood is thin and watery. All such people can improve their condition through a fair use of Dr. Williams' Pink Pills, which enrich the blood, thus enabling it to carry oxygen to the system. Among those who have benefitted from the use of this medicine is Mr. Charles A. Stayner, Glenholme, N. S. who says: 'Some four years ago I found myself badly run down. I tired very easily, and found it difficult to do my work. My appetite failed and I slept badly at night. I was taking medicine, but it was not helping me, and I was growing weaker and weaker. A friend who called to see me advised me to try Dr. Williams' Pink Pills. I got six boxes and before these were done I felt better. Then I got six more boxes, and after taking them felt as well and strong as ever. Four years have passed since that time, and I have continued in good health and working all the time. I have recommended these pills to others and shall continue to do so."

These pills are sold by all medicine dealers or will be sent by mail, post paid, at 50 cents a box or six boxes for $2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

The Butcher's Boy Reads History.

The subject in English history was the reign of Richard I. One of the pupils, says a Canadian correspondent, writing of his boyhood days in England, had begun to read: "'The king set sail with five thousand knives and one thousand skewers together with several thousand archers and footmen.'"

He had got as far as that when the master interrupted him sharply. "Spell those words, 'knives' and 'skewers'!"

"'K-n-i-g-h-t-s' and 'e-s-q-u-i-r-e-s,'" was the reply.

Then with a swish the cane descended on the boy's shoulders as the master gave him the correct pronunciation. Had the master's bump of humor been more fully grown, the fact that the boy was the son of a village butcher might have saved him from a caning.

The same boy, who appeared to have an unhappy faculty for misreading words, was responsible for a whole page in his copy book that read: "Hop on; hop over," instead of "Hope on; hope ever," which was at the top of the pages. And again the cane descended.

In Russia it costs more than twice as much to subscribe for a magazine for two months as it does for one month. The publishers have to make allowance for the expected depreciation of the ruble.

The Sunday Law—What? Why?

Dr. J. G. Shearer, Secretary Social Service Council of Canada.

The official title of our Sunday law is The Lord's Day Act. It is not an ancient statute. It is very modern, both in time and nature. It came into force March 1st, 1907. It was passed in 1906 by the Parliament of Canada after months of careful and thorough discussion by both Houses, and after dealing with every conceivable objection from the viewpoints of industry, business, pleasure, as well as from non-Christian and seventh-day Sabbatarian religion. The work was well done. Not a single amendment has been made to it since.

Its object was to conserve as a national heritage the weekly day of rest from toil, of industrial liberty and of opportunity for self-culture and worship.

It does not aim to regulate the observance of the day in a religious way—which must be voluntary—but simply to preserve the day as the inalienable right to every person. The law of nature imperatively requires one day's rest in every seven in the interests of health, efficiency, and life to a normal age. It is not therefore imposed on human nature. It is written in our members. It is an inward law which we violate at our personal peril and at the sacrifice of national welfare.

It is a social law. It seeks to protect all toilers in their liberty. It calls for the observance of the Golden Rule, "Do unto others as ye would that they should do unto you." It calls for the exercise of self-denial therefore whereever this is necessary in order not to take away or menace our neighbor's right to his rest day.

It recognizes also that "the liberty of rest for each demands the law of rest for all." Rest for all must be compulsory in order that rest for each may be possible. There is no other way. Excepting only works of "necessity and mercy," all business, all buying and selling is forbidden. The same applies to all labor in one's own calling, or in any other line for gain. If men may work, greed will compel them to work. Even foods may not be sold on that day excepting only for consumption on the premises. Otherwise the baker and the grocer and their employees would be compelled to forego their rest day that others might be saved from having to think ahead and to purchase in advance what they will need on Sunday. So with the sale of news, tobacco, cigars, etc.

But what of pleasure? Why should we not be able to take such pleasure as we think wise on Sunday? The Sunday law of Canada does not forbid pleasure in itself in any form but only such pleasure as becomes a business and involves labor on the part of others, and therefore robbing these others of their rest-day, rights that we ourselves prize so highly. Golf is lawful, but not employing caddies. Ball for the mere fun of it is allowed, but not professional ball where an admission fee is charged and it is made a business. This is the Sunday law of Canada. In some of the Eastern Provinces the old Provincial laws forbid all "noisy games," but not the Lord's Day Act of Canada.

It is lawful to toboggan or sleigh ride down any hillside on Sunday, but not to operate municipal slides that involve the employment of labor for their operation. It is lawful to skate but not to run a commercial skating rink; to bathe but not to run bathing pavilions involving employment or service. Thus the principle of not robbing others of their rest day in order to permit our indulgence in pleasures or mere luxuries or conveniences runs throughout the law. Is it not reasonable? Is it not right? Is it not essential to the largest measure of rest-day liberty to the greatest number of people? Is it not fair and just thus to limit the liberty of some for the sake of the larger liberty of all.

The law also generously interprets "works of necessity and mercy." Conveying travellers and mails is permitted but not public excursions for pleasure, run for gain. The restaurant may operate but not the saloon or theatre or picture show, for these "unnecessarily" involve the labor of others. The druggist may sell medicines and appliances "for the relief of sickness and suffering,' but only for this purpose, and he may not sell cigars, tobacco and other sundries that it is customary for druggists to handle.

When the object and underlying principles of this law are understood, no good citizen, no one who respects his neighbor's rights and society's welfare will either violate its provisions or complain of its restrictions. It is wholesome. It is liberty-conserving. It is worth while. It is essential to the general good.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The man who is always pointing out the faults of others to you will also point out your faults to others.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Great love has made great sacrifices which it required a greater love to accept.

Minard's Liniment for Garget in Cows.

Spool of Thread Paid Rent.

A poor seamstress in Celle, near Hanover, received the bill for her quarterly rent, 250 marks, says a Berlin despatch. She had no money with which to meet the bill, and walked homeward disconsolately. Suddenly she saw a display of thread in a window. The price per spool had just been moved up to meet the new drop of the mark.

She returned home and took from the little stock, bought long ago, a spool of sewing cotton. Timidly she tendered it to the landlord in lieu of her rent. He accepted it gladly and gave her ten marks change.

The King's Perquisites.

King George would soon have a strange collection of rather useless odds and ends if he insisted upon claiming what is his by law.

During the Norman period, it was decreed that every whale or sturgeon caught off the coast of the British Isles should become the property of the Sovereign.

The whale's head was given to his consort so that a sufficient supply of corset-bones was assured.

This strange law is still in force, although, of course, it is now merely an interesting relic of early days.

Electric machinery has been invented for marking, listing and counting clothes in laundries.

Thirty Years Of Trouble Is Now Ended

"For the past thirty years," said Mrs. Malvina O'Dess, of 1089 Ethel St., Verdun, P.Q., "I have hardly seen a well day. I seemed to suffer from almost everything, indigestion, headaches, nervousness, loss of appetite and even the little I managed to eat bloated me all up with gas until I could hardly breathe. I was so restless I could scarcely sleep, and I would get up mornings so tired and dizzy it was all I could do to get around. I was simply in a miserable condition, and nothing I took seemed to do me any good.

"I heard so much good about Tanlac that I made up my mind to try it, and I'm pleased to say that it has only taken five bottles to make me feel like an entirely different person. My appetite is so good now that I can hardly get enough to eat and my troubles have all disappeared, so that I'm feeling just fine all the time. Why, I feel every bit of twenty years younger and can never praise Tanlac enough for the good health it has given me."

Tanlac is sold by all good druggists. Advt.

The Wood Road.

If I were to walk this way
  Hand in hand with Grief,
I should mark that maple-spray
  Coming into leaf.
I should note how the old burrs
  Rot upon the ground.
Yes, though Grief should know me here
  While the world goes round.
It could not in truth be said
  This was lost on me:
A rock-maple showing red,
  Burrs beneath a tree.

IF STOMACH IS TROUBLING YOU

Instantly! End Indigestion or Stomach Misery with "Pape's Diapepsin"

As soon as you eat a tablet or two of "Pape's Diapepsin" your indigestion is gone! Heavy pain, heartburn, flatulence, gases, palpitation, or any misery from a sour, acid stomach ends. Correct your stomach and digestion for a few cents. Each package guaranteed by druggist.

Aunt Jane Was Her Daddy.

It was the first day of school and the teacher was taking the names of the children, those of their fathers and the business of each one. Small Lucy gave her name and that of her father, but hesitated and became silent when it came to his business. Urged by the teacher, she blushingly said:

"He is Aunt Jane that does the woman's page and the beauty column of the Daily News."

Halifax, N. S.

Minard's Liniment Co., Ltd.:

Gentlemen—I have used Minard's Liniment and have found it a good remedy. After the explosion I was pretty well shaken up, having quite a number of bruises and cuts, but thanks to **Minard's Liniment** I am my old self again. It healed the sores and bruises and gave me much relief. It is true to its name as the King of Pain, for it stopped the pain almost at once. I first noticed the ad in the Montreal Standard and decided to invest in a bottle, for which I am not sorry, but can say with truth that I am thankful for it having done all it claimed to do, and in my case much more, and a satisfied customer is the best ad one can possibly find. That is my view of it and I think you will agree with me too.

Yours very truly,
(Signed) ALFRED BLAIN,
184 Agricola St.,
Halfax, N.S.

Influencing Children in Music Appreciation.

What is the effort of the public school music teacher to-day? Is it to teach the children to sing, even though they do not appreciate what they are singing? No. Then what is it? It is to develop music appreciation, for without that there is no interest, and the music they are taught goes no further than the school room.

It is music appreciation that makes a musical nation; and how are we getting this musical appreciation? This is just what the school music supervisors have been devoting their time to. They have found that the child needs to hear good music, so they give lots of good music in the schools by means of the phonograph.

Every child in Canada should be brought into very close touch with the finest kind of music, and this can only be done through the influence of the parents and the school board authorities.

No Cheating.

A pedestrian was travelling in the North of Ireland.

He had been tramping all day, and about one hour previously had been told it was only one mile to the next village. He must have walked at least three miles since then, and still there was no sign of the village.

Of the next son of old Erin of whom he inquired, he was told that the village was only a quarter of a mile down the road.

He explained how an hour ago he was told that he had one mile to traverse, and asked how it was that the Irish miles were so much longer than the English ones.

"Why, you see, your honor," replied the Irishman, "that our roads are not in very good condition just now, so we give people very good measure."

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MOTHER!

Open Child's Bowels with "California Fig Syrup"

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Children and even some adults are being taught how to sneeze correctly in a London health centre.

Minard's Liniment for Distemper.

The world uses 600,000,000 pins a week.

INVENTIONS

Send for list of inventions wanted by Manufacturers. Fortunes have been made from simple ideas. "Patent Protection" booklet on request.

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America's Pioneer Dog Remedies
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Cuticura Talcum Is Soothing For Baby's Skin

After a bath with warm water and Cuticura Soap there is nothing more cooling and refreshing for baby's tender skin than Cuticura Talcum.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

Classified Advertisements

PATENT ATTORNEYS.

RIDOUT & MAYBEE, KENT BLDG., Yonge Street, Toronto, Registered Patent Attorneys. Send for free booklet.

FOR SALE.

YARN—WONDERFUL VALUES AND colors, samples free—Georgetown Woollen Mills, Ont.

SALESMEN WANTED.

LARGEST COMPANY—RESOURCES $10,000,000; selling guaranteed toilet articles, spices, extracts, proprietary medicines, auto supplies, direct to consumer, over 50 years, offers exceptional opportunity to earnest, intelligent men; experience unnecessary; surety required. Write to-day, The J. R. Watkins Company, Dept. R., Hamilton, Ont.

BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and $1.00 Bottles. 3

OF INTEREST TO WOMEN

Nurse Recommended Use of Lydia E. Pinkham's Vegetable Compound

Bothwell, Ontario.—"I was weak and run down, had no appetite and was nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial."—MRS. D. MAXWELL, R. R. No. 2, Bothwell, Ontario.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for women.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass.

The Cup of Health

MANY people, who cannot drink tea and coffee without suffering from the effects of the caffeine these beverages contain, have found health and satisfaction in the daily use of fragrant, delicious Instant Postum.

If you find that you are nervous and restless—that you lie awake at night—your own good sense will tell you that tea and coffee are not good for *you*.

Then quit tea and coffee for awhile and use Instant Postum instead. You'll find it wholesome, healthful and delightful, with a full, rich flavor and a delicate aroma that never fail to please and satisfy.

At your Grocer's in sealed, air-tight tins.

"There's a Reason"

for Instant Postum

A generous sample tin of Instant Postum sent, postpaid, for 4c. in stamps. Write:

Canadian Postum Cereal Co., Ltd., 45 Front St., E., Toronto. Factory: Windsor, Ontario

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

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."