THE HALF-SPEED MAN

What it Means When You Feel Run Down and Out of Sorts.

You know what it means to feel "all out of sorts." Most people have felt this way at some time. Nerves out of order, irritable, languid, depressed. An aching head, appetite bad and digestion weak. With some people this condition comes and goes; with others it is chronic—they can't shake it off. It interferes with business, spoils recreation and robs life of all its joys. These men and women are only able to work at half-speed. The trouble is caused by poor, watery blood. You can improve conditions to-day by taking Dr. Williams' Pink Pills. These pills enrich and stimulate the blood, strengthen the nerves and give you fresh vigor. Here is proof. Mr. William F. Bell, Bracebridge, Ont., says:—"I have been recommending Dr. Williams' Pink Pills for a number of years, because of the benefit I got from their use. I was in a terribly run down condition. I was scarcely able to do anything all winter. To make things worse I took the mumps and caught cold, and as a result was confined to bed for six weeks, part of the time in a terrible fever. Of course I was doctoring, but instead of getting better I was growing weaker. At this time my father-in-law urged me to try Dr. Williams' Pink Pills, but I had lost faith in all medicine and refused. However, he had such faith in them that he bought me six boxes, and of course I could not refuse to take them. Now I am glad I did not. I had not taken them long before I began to have faith in the pills myself. There was no doubt I was improving. Day by day my strength came back and I gained in weight from 115 to 146 pounds. Therefore, I feel that I cannot speak too highly of Dr. Williams' Pink Pills and I hope my experience will convince some other sufferer of the value of this medicine."

You can get these pills through any dealer in medicine or by mail post-paid at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Canada leads a list of 13 nations in the per capita consumption of butter, according to a report of the United States Department of Agriculture. Each person in Canada is credited with consuming 27 pounds of butter a year, compared with 15 pounds in the United States. Sweden leads in the consumption of milk, and Switzerland leads in cheese eating, the average for each person being 26 pounds.

Minard's Liniment for Garget in Cows.

Safeguarding the Widow's Estate

By Rev. Peter Bryce.

I am impressed again and again with the evident necessity of safeguarding, in some manner, the estate of the widow. It has been my privilege in the past two years to examine nearly 8,000 family records, and with the tragic frequency the record tells of small estates dissipated by foolish investments.

A few days ago I noted that a widow left with an insurance of $2,000 had invested $1,500 in gold mining stock of no value. Quite frequently the widow is induced to purchase oil stock with the promise of large interest returns. Every worthless form of stock figures in investments made by the widow. Unscrupulous men undoubtedly prey upon the widow and follow up all information given in announcements in the press respecting the probation of wills.

It is amazing to note, also, how the widow's money is loaned out to relatives and friends without security. One instance of many is that of a widow with $3,000 from insurance. A brother-in-law borrowed $600, a brother $500, and a sister-in-law $1,000 to enable her to purchase a house. When the widow needed the money she could not obtain it. A father-in-law, in another case, borrowed $1,000, and could not pay it back when it was needed. A brother, in another case, borrowed $750 to help him in establishing a small business; the venture was unsuccessful and the money could not be recovered. Neighbors and friends have, again and again, united in relieving the widow of her cash assets, usualy promising a good rate of interest but unfortunately, in many instances, the security has been extremely doubtful.

One man secured a loan (?) of $2,000 from a wdow on the pretense of giving a $10,000 insurance policy made out to her as security. Some time afterwards she consulted a lawyer in regard to the transaction, and ascertained that the man had paid only one half-yearly premium on the policy. The policy had lapsed, and the man had left the country.

The annuity plan, as now advocated by insurance companies, or arranging the estate so that an income only is available, would save many widows from financial disaster.

Safety in the Mine.

An invention which should do much to safeguard the lives of miners is a bell which automatically sounds an alarm if there is a dangerous amount of gas or firedamp in the pit.

This warning device is the invention of an English electrical engineer and his son, a chemical engineer. One of its most important features is that it continues to sound as long as the air in the mine is impure. It can be set so that it goes off as soon as a certain percentage of gas or firedamp is in the atmosphere, and it gives ample time for the miners to escape before the air becomes really dangerous.

In appearance it is like an ordinary box. At one end is a sensitive plate in contact with the atmosphere, and how effective it is may be judged by the results of various stringent tests.

The vapor from three drops of whiskey shaken from a tumbler held over the plate was sufficient to set the alarm ringing.

Trailing Aurora.

Incidental to his voyage of discovery in the Arctic, Captain Roald Amundsen plans to make movie pictures of the aurora boreales—that wonderful phenomenon, now known to be electrical in its nature, which manifests itself in the form of light-streamers that ascend into the sky all around the Arctic Circle.

Occasionally in our latitudes we get a glimpse of it, but only a glimpse; and it seems to us as if the streamers sprang from the surface level of the earth. But they do not. They start from forty to fifty miles up.

It is the sun that makes the aurora, which varies in size and intensity with solar activity. Once in a while, when it reaches a maximum, its streamers may be seen stretching clear across our night sky, and there is so much electricity let loose that all our telegraph instruments go on strike.

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day is warm and bright, and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

BROUGHT THE JOY OF LIFE TO MRS. COTE

Mrs. J. Cote, 58 St. Eustache St., Quebec, recently made the following grateful statement regarding Tanlac:

"Tanlac has brought me perfect health and the joy of living and I am glad to tell everybody what a grand medicine it is. For over a year I was in such a weak condition on account of stomach and liver troubles that I could hardly move about the house. I could not eat a good meal without suffering the worst sort of pains afterwards. I woke up mornings with a fearful headache, and had such bad dizzy spells I had to leave my work and lie down. I felt tired and weary all the time and often had terrible sinking sensations.

"The way Tanlac built me up is simply wonderful. After taking four bottles my troubles are all gone and I am as well as I ever was in my life. I eat and sleep like a child and have strength to do my housework with ease."

Tanlac is sold by all good druggists.

"Wasn't It Providential?"

William Ufford burst into the kitchen where his mother was busy getting dinner. "Mr. Simonds ran into an automobile to-day and tipped over!" he exclaimed. "Ned was with him, and neither was hurt! Wasn't it providential, mother?"

When his mother had inquired more particularly about the accident she semed suddenly to think of something else and, laying down the knife and absent-mindedly holding the potato that she had been peeling, asked her son: "Wouldn't it have been providential, William, if Ned had been hurt or even killed?"

William looked at his mother in astonishment. "Why," he replied, "I thought that only good things were providential. Our Sunday-school teacher says that God cares even for the sparrows."

"She is right," his mother replied. "Jesus says, 'Are not two sparrows sold for a farthing? And one of them shall not fall on the ground without your Father.' Jesus does not say that sparrows do not fall, but when they do fall they are still in the care of our heavenly Father. Sparrows often fall; their enemies capture them, and storms kill them; but they are a part of God's universe, and God rules wisely. He knows everything that happens, and He cares."

"I never thought of that," William replied.

"It is a mistake," his mother continued, "to think that God cares for us only when He gives us what we like. There are many things, William, that we cannot explain, but whatever happens we are never beyond God's care; and very often things that we neither desire nor like are of more value to us and to others than things that we desire are. It is the sign of a strong character to trust God's providences always, whether we like them or not, and whether He is giving to us or is taking from us."

MONEY ORDERS.

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

Prolonged absence of sunlight tends to produce pale hair and colorless eyes.

"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.

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. 129 West 24th Street New York, U.S.A.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

Fisherman's Friend
The Original and Only Genuine

MINARD'S "KING OF PAIN" LINIMENT
YARMOUTH, N. S.

ISSUE No. 49—'22.

MOTHER!

Open Child's Bowels with "California Fig Syrup"

Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

Now colds are in the air, this preventative will be welcome to many a mother: Boil half a pint of milk and half a pint of water together. Squeeze into a cup the juice of one lemon, add it to the other liquid and cook gently for three minutes. Now strain it off, add sugar to taste, and give to the patient piping hot.

Minard's Liniment for Distemper.

When buying nutmegs, choose small rather than large ones, as the former have a better flavor.

PETRIE'S MACHINERY TORONTO

Cuticura Insures Healthy Complexions

Daily use of Cuticura Soap, assisted when necessary by Cuticura Ointment, promotes a clear skin, good hair and soft white hands in most cases when all else fails. Always include the exquisitely scented Cuticura Talcum in your toilet preparations.

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.

NURSING.

THE UNITED HOSPITAL SCHOOL of Nursing offers a 2½ year course to High School graduates. Text-books, allowance, uniforms and scholarships provided. Class enters in January. Send for prospectus. Port Chester, New York.

FOXES.

CHOICE SILVER BLACK FOXES, pups, adults. Reid Bros., Bothwell, Ontario.

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.

Pimples Disappear

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggists call it "Mother Seigel's Curative Syrup—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and $1.00 Bottles. At drug stores. 5

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

QUEER FEELINGS AT MIDDLE AGE

Women Should Know How Lydia E. Pinkham's Vegetable Compound Helps at This Trying Period

Sheboygan, Wisconsin.—"I was run down, tired and nervous. I could not even do my own housework, could not sleep at night and all kinds of queer thoughts would come to me. Finally I gave up going to the doctor and a friend told me of Lydia E. Pinkham's Vegetable Compound. After the first bottle I could sleep better and I have kept on improving ever since. I have taken seven bottles now and am so happy that I am all over these bad feelings."—Mrs. B. LANSER, 1639 N. 3rd St., Sheboygan, Wisconsin.

For the woman entering middle age Lydia E. Pinkham's Vegetable Compound can be of much benefit. During this time of life certain changes take place which sometimes develop into serious trouble.

Melancholia, nervousness, irritability, headache and dizziness are some of the symptoms. Lydia E. Pinkham's Vegetable Compound is a natural restorative, especially adapted to assist nature in carrying you safely past this time. Why not give it a fair trial?

$12,000 IN PRIZES $12,000

1st Prize	$6500
2nd Prize	$3500
3rd Prize	$2000

Here's your opportunity to participate in these three big cash prizes. We wish to put THE ATHLETIC GUIDE, our new Sporting Paper on the map and at once. It would take us months and months to reach our circulation objective by ordinary canvassing methods so we have decided to spend our money in a way whereby our own subscribers will gain an opportunity to participate in our expenditure which really makes our proposition a mutual one all the way round.

To participate in this subscription campaign you simply indicate on the coupon below whether in your estimation the HOME TEAM will score MORE, LESS or THE SAME NUMBER of goals than they scored in the corresponding game of last year, by placing an "X" in the column provided in the coupon. Prizes will be awarded to subscribers as follows: The first prize to the subscriber who submits the highest correct estimate. The second prize to the subscriber who submits the second highest correct estimate and the third prize to the subscriber who submits the third highest. Prizes will be equally divided among subscribers whose estimates rank equally correct.

RULES

(1) All entries must be made on coupons provided for that purpose.
(2) Any coupon which has been altered or mutilated will be disqualified.
(3) In event of a tie, or ties, prizes will be divided equally between those tieing, but should the necessity arise, the Auditor reserves the right to rearrange prize money so that the first prize winners will receive more than the second, and the second prize winners receive more than the third.
(4) Matches on coupons incorrectly scheduled, or not commenced, same will be struck off the coupon. In the event of a game being started, and then discontinued for any reason whatsoever, the score as registered at the time the game is terminated, will be accepted as being the same as a full game.
(5) The Auditor reserves the right to disqualify any coupon for what, in his opinion, is a good and sufficient reason, and it is a distinct condition of entry that the Auditor's decision shall be accepted as final and legally binding in all matters concerning this competition. No correspondence will be entered into or interviews granted.
(6) In marking coupon, place cross in column provided; denote whether you think the HOME team will score MORE GOALS, LESS GOALS, or the SAME NUMBER OF GOALS as in the corresponding game of last year.
(7) Should the score shown for last year's games be incorrect it will not affect any estimate as the figures will be taken as printed herewith.
(8) Entrants must enclose 25c with each coupon, which will entitle them to five weeks' subscripton to THE ATHLETIC GUIDE, or $1, which entitles them to one extra entry coupon and twenty-five weeks' subscription.
(9) No two prizes will be paid out in any one week to any one subscriber.
(10) Employees of THE ATHLETIC GUIDE cannot compete.
(11) Prizes are awarded on the results received by cable on or before 9 a.m. Monday following date of matches.
(12) No responsibility will be accepted by THE ATHLETIC GUIDE for the loss or non-delivery of any coupon. Proof of posting will not be accepted as proof of delivery or receipt.
(13) Coupons received without name or address will be disqualified.
(14) In cases of capital prize winners when the address is given as "General Delivery" only, proof of identification will be required before mailing of capital prize.

FOOTBALL COMPETITION No. 2

ATHLETIC GUIDE PUBLISHING CO., 508 Dominion Bank Bldg., Vancouver, B.C.

I enter this Football Competition with the understanding that I agree to abide by the published rules governing same and to accept the Auditor's decision as final and legally binding. Twenty-five cents enclosed for five weeks' subscription entitles me to one estimate; 50c, ten weeks and two estimates; 75c, fifteen weeks and three estimates; $1.00, twenty weeks and five estimates.

NOTE—Mark with an X in column provided whether you think the HOME team will score MORE, LESS or the SAME number of goals as in the corresponding game last season.

NAME.....

ADDRESS.....

Mark with X in column provided. "M" is more; "L" is less; "S" is same.

Games to be Played

Dec. 30

Competition closes Midnight

Dec. 29

HOME TEAM	Last Year's Score		Away Team	Coupon No. 1 M	L	S	Coupon No. 2 M	L	S	Coupon No. 3 M	L	S	Coupon No. 4 M	L	S	Coupon No. 5 M	L	S
Aston Villa	2	0	Preston N. E.															
Sunderland	2	1	Birmingham															
Bolton W.	1	2	Cardiff															
Clapton O.	1	2	Rotherham															
Coventry	2	0	West Ham.															
Charlton A.	1	0	Watford															
Luton	1	0	Millwall															
Northampton	2	0	Brighton & H.															
Queen's Pk. R.	1	1	Portsmouth															
Accrington	1	2	Halifax															
Lincoln	1	0	Barrow															
Rochdale	2	1	Ashington															
Dundee	2	0	Albion Rovers															
Kilmarnock	1	1	Hibernians															
Raith Rovers	1	1	Celtic															

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."