GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More Serious Than the Disease Itself.

No reasonable precaution to avert an attack of influenza should be spared. The disease itself often proves fatal and its after effects among those who are spared, make the life of the victim one of almost constant misery. Ask almost any of those who have been attacked by this trouble what their present condition of health is, and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart and a tired feeling after even slight exertion. This is due to the thin-blooded condition in which the patient is left after the fever and influenza have subsided. This condition will continue until the blood is built up again, and for building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. The value of this medicine in cases of this kind is shown by the statement of Mr. Edward J. McGuire, Pembroke, Ont., who says:—"In the fall of 1918 I was attacked with the influenza—and not in a mild form either. I was confined to my room for three weeks, and although the influenza subsided I did not regain my health. As a matter of fact I seemed to be growing weaker. I had no appetite, was subject to fainting spells and my feet and ankles were badly swollen. The doctor told me that my condition had developed into a serious case of anaemia, and although I was under his care for over two months I was not improving in any way. At this stage one of my friends advised me to try Dr. Williams' Pink Pills. I was loath to do so, as I began to think my case hopeless. However, I was finally persuaded to try them, and by the time I had used two boxes there was no doubt they were helping me. I continued taking the pills until I had used a dozen boxes, when I found that every symptom of the trouble had left me and I was again enjoying the best of health. I returned to my work and have ever since been in good health and feel that I owe it entirely to Dr. Williams' Pink Pills. I think that anyone who is suffering from the after effects of influenza, or any form of anaemia, should give this medicine a fair trial."

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

Morning Star.

This morn I watched a lonely shining star,
And I remembered once, long, long ago,
How you and I, one dawning, early rose
And o'er half waking meadows wandered far,
Until we reached that fir tipped hill—you know
We watched our star's white, radiating glows—
At length its fading beauty paled and died
When dawn came rioting from out the sea.

. . . . . .

Until this morn, I fear I did forget
That wonder hour with you at my side.
Shall I imagine too, you have forgotten me?
So be it . . . but our morning star shines yet!

—Agnes Chaote Wonson.

A sprinkling machine is now used in many mines to lay down dangerous coal dust.

The Part of Luck in Musicians' Career.

Musicians who wait like Mr. Micawber for something to turn up may have a long time to wait. Luck both good and bad unquestionably plays a part in every man's career. Many of the world's greatest musicians were born unlucky and suffered in consequence. Though he never knew it Schubert was, as they say in the West, "plumb unlucky." He thought he was in luck whenever he got a square deal, and was always rejoicing whenever he got enough paper on which to transcribe the musical ideas teeming in his brain. He was distinctly out of luck, the world owed him something more than music paper on which to write immortal songs.

Wagner had to wait about forty years before his luck broke. He never really emerged from obscurity until a lunatic saw what others failed to see, and Ludwig of Bavaria, a crazy king, gave him a chance. This was indeed luck, but Wagner prepared for it by writing masterpieces.

Mendelssohn was lucky before he was born. He selected the right parents and was born rich. He was unlucky, however, in being born at the wrong time. He died too soon, broken hearted over the death of his sister Fanny, from a nervous disorder. Had he lived in modern times the chances are that his life would have been saved.

But the luckiest of all composers was Liszt, who never suffered want and lived to a ripe old age, a fine, noble, generous man and a sterling musician. Verdi was lucky also. He lived over four score years in a grand crescendo of achievement.

However, lucky or not, these masters all worked with remarkable energy regardles of the element of chance.

Minard's Liniment for Rheumatism.

Comes Naturally.

Mother—"Jack, why are you such a bad boy?"

Jack—"'Cause I inherited nothin' good, I suppose."

Sugar Made by Light.

It is announced by Professor Hugh R. Rathbone, of Liverpool University, that considerable quantities of sugar have been made from carbonic acid by the agency of light.

This wonderful feat has been made possible by the reusits of remarkable experiments carried out by Professor E. C. C. Baly, a prominent investigator of the mysteries of light.

Professor Baly, with his colleagues, Professors Heilbron and Barker, discovered that ultra violet light would convert water containing carbonic acid gas into formaldehyde, a substance now used on a large scale in many branches of industry; but they found, too, that the light rays continued in their wonderful process, eventually turning the formaldehyde into sugar.

Water is available in immeasurable quantities and carbonic acid is merely a waste product equally abundant, and the magic of light rays of a certain wave length will cause them to combine and give sugar.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Why They Smiled.

Stumps was shaving himself, when he made a slight cut on the end of his nose. He called to his wife for sticking plaster and was told to look in her sewing basket.

At the office, everyone who entered his sanctum smiled.

Considerably annoyed, he asked his partner if there was anything wrong with his appearance.

"I should say there is!" was the reply. "What's on your nose?"

"Sticking-plaster."

"No," said the other; "it is the label from a spool of cotton, and it says, 'Warranted 300 yards'!"

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Curious Fact.

It is a curious fact that the higher the civilization of a race the lower the action of the senses. Actual experiments have shown that, whereas the ear of the white man responds to a sound in 147-thousandths of a second that of a negro responds in 130-thousandths, and that of a Red Indian in 116-thousandths.

Minard's Liniment for Neuralgia.

Expresses of the Sky.

The purpose for which the racing aeroplane is intended is not generally understood; in fact, there are a great number of people who regard the piloting of it as a rather unpleasant means of committing suicide.

In the first place, it gives the designer some idea of the amount of strain which may comfortably be imposed upon the machine during its flight through the air at speeds often exceeding 200 miles an hour.

While on a practice flight on the Lumiere de Monde monoplane, with which he intended to compete in the Coupe Deutsche race of 1921, Captain Bernard de Romanet, one of France's most brilliant pilots, was killed by the fabric covering the wing of his machine pulling off while flying at about 190 miles an hour.

The modern single-seater fighter is another type of aerial express. The Gloucestershire Aircraft Company's Bamel, which is probably the fastest aeroplane in the world, has been tried at Matelesham Heath, the British Air Ministry's experimental aerodrome, with a view to modifying it for this purpose.

In designing a racing aeroplane it is necessary to do away with any projections likely to resist the machine's progress through the air; in fact, the Bamel is covered with a special dope which gives a very smooth anti-friction surface to the machine.

The wing surface of a racing aeroplane is cut down much lower than that of a machine designed for ordinary purposes.

The man who does what he pleases is seldom pleased with what he does.

We attribute all our successes to ourselves and all our failures to our circumstances.

LONDON COUPLE ARE DELIGHTED

His Wife's Two Years of Trouble Is Now Ended, Says Frank Westlake.

"Tanlac has made all the difference in the world in my wife's health and we are both delighted," declared Frank Westlake, valued employee of the Public Works Department of London, Ont., residing at 40 Langarth St.

"About two years ago my wife underwent an operation that left her badly run-down and she simply couldn't get back her strength. Her appetite left her and she could hardly eat enough to keep going. The least exertion would tire her out completely, and her housework was an awful burden. She would lie awake hours at night, too, and morning found her just as tired as when she went to bed. She suffered terrible splitting headaches, her nerves were on edge and she got very little pleasure out of life.

"But three bottles of Tanlac simply put her on her feet again. She can do her housework easily now, the headaches have gone, she sleeps soundly and her appetite is a joy to behold. I can't find words to express my gratitude."

Tanlac is for sale by all good druggists.

Over 35 million bottles sold.

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago; it removes the cause. 50c. and $1.00 bottles at druggists. 11

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 a few cents.

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.

PETRIE'S MACHINERY TORONTO

Why is a Foxglove?

We use the names of our common flowers and plants so frequently and so heedlessly that few of us ever stop to think of the derivations of these names. Yet there is no other class of words in the English language which we have collected more haphazardly from every other language in the world.

Take the dandelion, that common but wonderful flower which blooms all the year round; its name is pure French. Mallow is Greek. Artichoke is from an Arabic word meaning "earth thorn." Rhubarb is Latin, and bean Anglo-Saxon, while potato is really a Spanish word.

Some flower names have their origin plainly stamped on them. "Coltsfoot," for instance, is also called "Foalfoot." Its hoof-shaped leaf quite evidently gave it its common name. Bachelor's Button, again, shows the origin of its name in the shape of its button-like flower. Similarly "knap weed," which is really "knob" weed.

Some flower names, on the other hand, are very mysterious. Why is a foxglove so called? This bloom of the late summer has flowers shaped like the fingers of a glove, but what has it to do with a fox? Probably nobody knows, yet the name is a very ancient one, and appears as early as Norman times.

The cowslip which the children pluck in spring is equally puzzling. Its old name was "cuslep," but that does not help us out.

Harebell may possibly be "hair bell," having reference to the extreme thinness and delicacy of the stalk.

Sugar can be produced by action of sunlight on aqueous carbon dioxide—commonly called soda water—according to recent researches.

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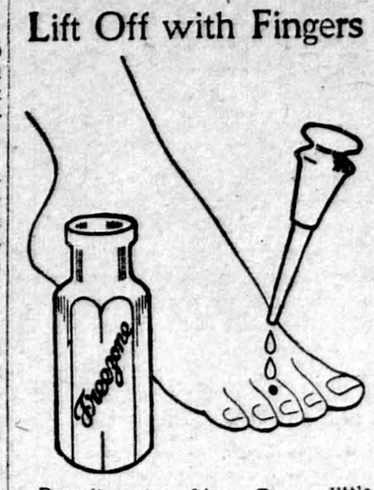
CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the callouses, without soreness or irritation.

Ringbone?

"I bought a horse with ringbone for $30. Used $1 worth of Minard's Liniment on him and sold him for $85. Profit on Liniment, $54. Moise Derosce, Hotel Keeper, St. Phillipe, Que."

Minard's Liniment

The Stable Stand-by.

ACNE ON FACE CUTICURA HEALS

Hard, Large and Red Pimples. Itching Was Terrible.

"Had been troubled all my life with acne on my face. My forehead was a mass of pimples. They were hard, large and red, and the itching was most terrible. My face was disfigured. I sent for a free sample of Cuticura Soap and Ointment and after using them got instant relief. I bought more, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment I was healed." (Signed) Mrs. G. S. Miller, Box 14, Marshall, Wash., Jan. 9, 1922.

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

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Adverticements.

FEMALE HELP WANTED.

EARN $20 WEEKLY, SPARE TIME, at home, addressing, mailing, Music circulars. Send 10c for Music, Information, etc. American Music Co., 1658 Broadway, N. Y.

HUBAM CLOVER.

HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

HELP WANTED.

DETECTIVES EARN BIG MONEY. Great demand. Travel. Experience unnecessary. Write, Dept. W, American Detective System, 1968 Broadway, N.Y.

AGENTS WANTED.

LAST WEEK OUR WINDSOR AGENT made $61 clear profits, selling tube flavors house to house. Write quick. Craig Brothers, Niagara Falls, Canada.

"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 physics on earth for grown-ups and children. 10c a box. Taste like candy.

HELP FOR YOUNG WOMEN

Mrs. Holmberg Tells How Lydia E. Pinkham's Vegetable Compound Helped Her

Viking, Alta.—"From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."—ODELIA HOLMBERG, Box 93, Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female ills in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it. C

Rheumatic twinges-*ended!*

The basic cause of most rheumatic pain is congestion. Apply Sloan's. It stimulates circulation, breaks up congestion *-pain is relieved!*

Sloan's Liniment *-kills pain!*

Made in Canada

For rheumatism, bruises, strains, chest colds

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."

No "kick-back" in this mealtime cup

When you find that tea or coffee makes you nervous, keeps you awake at night, or causes frequent headache, it's time to change to Instant Postum.

This wholesome, healthful table beverage gives you all the comfort and satisfaction of your usual morning cup. It has charm without harm to nerves or digestion—cheer without fear of a dangerous "kick-back."

Made instantly in the cup at the table—no boiling, no waiting, no waste.

At your grocer's in sealed, air-tight tins

Instant Postum FOR HEALTH

"There's a Reason"

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

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