FREQUENT HEADACHES

A Sure Sign the Blood is Watery and Impure.

People with thin blood are more subject to headaches than full-blooded persons and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbances of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this, and the rich, red blood made by these pills banishes the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition the trouble will disappear. There are many people who owe their present state of good health to Dr. Williams' Pink Pills, and most of them do not hesitate to say so.

If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or by mail, at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Hill of the Winds.

We went to the Hill of the Winds
On an amber afternoon ;
From its crest we looked between cedar files
Where a river ran for winding miles
By shelving banks and sedgy isles
Like a placid long lagoon.

There was never a cloud in the vault—
The vast blue vault of the sky,
For a winnowing wind swept ceaselessly
Out of the west where the free winds be,
And it sang sweet songs to us, and we
Were glad as the wind went by.

We were glad of the wind and sun,
Of the heights and the depths below—
Of the ox-eyed daisies with beck and nod,
Of the glint and the toss of the goldenrod,
Of the sheen of the moss and the scent of the sod,
With the joy that lovers know.

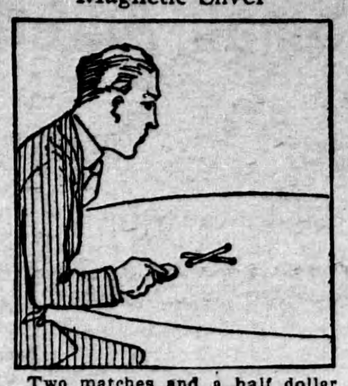
Now is the age of the year
When the heavens are blurred with rain,
When the airs are chill and the mists are gray,
Sweet, let us take the upward way,
Let us go back to that perfect day
And the Hill of the Winds again!

—Clinton Scollard.

EASY TRICKS

No. 57

Magnetic Silver



Two matches and a half dollar are used in this trick which can best be performed while you are seated at the table.

One match is placed across the other so that it is balanced, with neither end touching the table. The performer explains that a half dollar acts toward a match as a magnet acts toward a steel needle and proceeds to prove, by demonstrating, that there is sense in that nonsense.

The half dollar is held near the end of the upper match. The performer slowly draws it toward himself—and the match swings 'round toward him. The spectators suspect threads but they can examine the matches and the coin all they like.

The coin has nothing to do with the trick—except to provide an excuse for the foolishness about magnetism. A real magnet or another match would do just as well. While the performer is holding the coin near one end of the upper match, he is breathing gently toward the other end. That, of course, makes the match swing around on its axis—and that's the trick.

(Clip this out and paste it, with other of the series, in a scrapbook.)

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Deciding Factor

"An expert says gas will be the deciding factor in the wars to come."

"Doubtless he has noted how effective it is in the political battles of the present."

Ask for Minard's and take no other.

CANADA'S NEW UNIFORMED CORPS

Boys of the Messenger Service Department of the Canadian National Telegraphs have been placed in uniform. The uniforms are of grey wool serge, black leather leggings and grey uniform caps. The crest of the Company adorns the left sleeve between the elbow and shoulder and is attached to the front of the cap together with the boy's number. In wet weather the boys will wear oilskin capes and hats of olive color over their uniforms. No other Canadian owned telegraph service has uniformed messengers. The photograph shows one of the boys in his new uniform delivering a telegram.

Select Your Hens for Breeding Now.

By Sam W. Knife.

Too many poultry breeders leave the selection of their breeding hens till January or February, instead of selecting them in the Fall, when they go into their winter quarters. Of course it is not suggested that they should be mated up then, but by picking out the most desirable birds for next year's breeders they can be separated, allowed free range, if it's available, until real severe weather sets in. Eggs from these birds during the winter months should be a secondary consideration only. The main point is to have them healthy and in good vitality when eggs are required for hatching. Therefore mash and other egg producing feeds should be limited, supplemented by a body and muscle building ration. Care must be taken not to over feed, or by spring the hens will be too fat to lay.

If you have any hens which have layed right up to October or November, hang right onto them; also if you have trap-nested keep your 150-egg birds and over. If you have a surplus of hatching eggs from such stock they are readily disposed of, and even if they only lay a couple of settings of eggs you know you may have chicks well worth while from their eggs.

While your breeders should have good care and attention, abundant exercise is absolutely necessary, without which you cannot expect the muscles and functional organs to have the energy needed for subsequent utilization or the power to resist adverse influences.

Do not contemplate using pullets and hens which you have "forced" for eggs, under artificial lights, as the results in fertility are usually disappointing. Keep an eye on your cockrels, pick out the quick maturing, large framed and good typed birds to head your pens. If two or more males are to be used in one pen, get them accustomed to each other before breeding season; this will insure peace and contentment in your breeding quarters.

Breed only from good males, for remember, the male bird is 50% of your breeding pen.

Wood-Fold.

Those who have lived near forests ever keep
Something within them kin to every tree,
Something of wind and rain and sunshine free;
Their vagrant thoughts roam far afield to deep
And woodsy places where Pan's goat-hoofs leap
And dryads peer through boughs of ash and oak;
Strange rustic memories their dreams invoke
And stray leaves rustle always through their sleep.

They never lose their love of wandering,
Though Fate should stay for years their town-bound feet;

They never fail to hear birds caroling,
Although no wings sweep through the street;
And, hid within their inmost souls apart,
They hold the magic of the forest's heart.

—Charlotte Becker.

It is estimated that the United States holds 45 per cent. of the world's total of gold money. Of the remainder the British Empire holds about 12½ per cent; France, 11 per cent.; Japan, 6 per cent.; Spain, 5 per cent.; and Germany and Holland about 2½ per cent. each.

Keep Minard's Liniment in the house.

Left it Unnamed, Perhaps

"Yes, we've been married for ten years and have never had what I'd call a quarrel."

"What do you call it then?"

Violin-Value.

How do you value your musical instrument; by its market value or by the effect you get out of it? At a concert, three young ladies were awaiting in breathless expectation the appearance of a well-known violinist, and filling in the time with excited conversation as to their own experiences. They were evidently violinists themselves and had learnt to play the principal pieces in the programme, besides playing in professional or amateur orchestras. But some of their ideas were not quite what they should be. "Do you know," said one of them, "I played on a £4,000 Strad the other day. Some friends of mine had this and an Amati as well. The Amati only cost £700; but wasn't it comic, the people themselves preferred to play on the £700 one!" She had not realized that market value is fixed by many things besides intrinsic value and artistic effect.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

High blood pressure is a condition we hear much about these days. It may be due in part to the strenuous life one leads in these hectic times, but over-indulgence of one kind or another makes the condition worse. High blood pressure means several things: (1) That the heart is beating too strongly; (2) that the blood vessel walls are thickened and inelastic; (3) that the person is obese or overweight. It may be caused by any or all of these conditions.

Nature provides blood vessels that are large enough and smooth enough for blood to flow through without much friction. Every time the heart beats, the vessels being elastic, stretch like a rubber tube. As age advances, the elasticity diminishes, the walls thicken and the inside width of the tube gets less. In consequence, the blood flow in the tubes is under too much pressure. There is an instrument for measuring blood pressure. Symptoms which suggest the need of this examination are dizziness, cold extremities, albumin in the urine, irritable heart. The treatment is to prevent constipation, and live temperately in eating, drinking and in all other ways, avoid over-excitement or stimulation and take plenty of rest and sleep.

There is no medicine that can hope to effect a cure of this disease. It depends on the patient's habits and the way he lives from day to day.

Come to the Lectures, Demonstrations and Practices at the

Ontario Agricultural College

1924 — SHORT COURSES — 1924

Stock and Seed Judging — Two weeks)—January 8th - 19th.
Poultry Raising — (Four Weeks — January 8th - February 2nd.
Horticulture Courses:
Fruit and Vegetable Growing—January 21st - February 2nd.
Floriculture and Landscape Gardening—Feb. 4th - Feb. 16th.
Dairy Courses:
Course for Factory Cheese and Buttermakers — January 2nd — March 14th.
Cow-Testing—Jan. 7th - Jan. 19th.
Farm Dairy—Jan. 21st - Feb. 2nd.
Factory Milk and Cream Testing, including Factory Management and accounts—Feb. 4 - Feb. 16.
Market Milk, including Mechanical Refrigeration—Feb. 18 - March 1.
Condensed and Powdered Milk—March 3rd - March 15th.
Ice-Cream, including Mechanical Refrigeration—March 17 - Mar. 28
Creamery and Cheesemaking Course, including Mechanical Refrigeration—Mar. 24 - Mar. 28.
Bee Keeping (Two Weeks)—January 8th - January 19th.
Drainage and Drainage Surveying (Two Weeks)—Jan. 8 - Jan. 19.
Farm Power, including Tractors, Gasoline Engines, etc. (Two Weeks)—Jan. 22 - Feb. 2.

These courses are planned to meet the requirements of farmers, farmers' sons, dairymen, poultrymen, bee-keepers and horticulturists who may be able to leave home for but a short period during the winter months.

All courses are free, with the exception of the dairy courses, for which a small registration fee is charged.

A change from the home surroundings, meeting other people interested in the things in which you are interested, exchange of experience and the acquirement of knowledge, will do you good.

Plan to attend some course that appeals to you. Reduced rate on railways. Write for booklet describing the courses and ask for railway certificate.

J. B. REYNOLDS, M.A, President — L. STEVENSON, Director of Extension — A. M. PORTER, B.S.A., Registrar

Got a COLD?

Take a small pan of boiling water and put half a teaspoon of MENTHOLATUM in the hot water, then breathe the steam. It's the best and also the quickest way to get relief.

For sale at all Drug Stores. Write for Free Sample.

THE MENTHOLATUM CO. Bridgeburg, Ont. - - Box 63

ASPIRIN

Say "Bayer" and Insist!

BAYER

Genuine

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for

Colds	Headache
Toothache	Lumbago
Earache	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. 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."

Fill your pipe with—

Ogden's CUT PLUG

"It Satisfies"

15¢ per packet

80¢ a ½ lb. tin

If you roll your own ask for OGDEN'S FINE CUT (Green label)

A Study in Fitness.

Light, I love thee
When Day is here;
And, Twilight, thou
When Love is near.
Come softly Twilight,
I hear Love's coming;
Get thee gone, Day,
With your whirring wings and your humming.

—R. K. Dekky.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

The ideal world would be a world in which every man continued to go to school till the day of his death.—Mr. Robert Lynd, the well-known author.

Try MURINE FOR YOUR EYES

Wholesome Cleansing Refreshing

America's Pioneer Dog Remedies

Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. M. CLAY GLOVER CO., Inc. 129 West 24th Street New York, U.S.A.

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

Thin People

Thin, nervous, underweight people take on healthy flesh and grow sturdy and ambitious when Bitro-Phosphate as guaranteed by druggists is taken a few weeks. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

CHILBLAINS

Rub the feet well with Minard's. A few applications and the soreness is gone.

MINARD'S "KING OF PAIN" LINIMENT

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.

About 500 species of plants are carnivorous. Through modified leaves they imprison their prey, which is subsequently digested and absorbed. Sundew, flytraps, pitcher-plants, bladderworts, and butterworts are among the chief animal-eating plants.

KNITTING MACHINE.

KNITTING MACHINE TOOL. Self starter. Saves transferring stitches. Price $8. Agents wanted. They are easy to sell after demonstration. Circular on request. Booklet (40 cents) telling how to speed up knitting and toe-closing, how long it takes to knit a pair, how much can be earned, hints on selling sox, etc. Jarman, Woodland Park, Hespeler, Ont.

APPLES FOR SALE—GREENings, Kings, Baldwins. Special prices to farmers' clubs in car lots. Beaver Valley Fruit Growers, Camperdown, Ontario.

SEVERAL CARS DRY MILL slab wood, stove length. Reid Bros., Bothwell, Ontario.

Bad Breath Overcome

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowels." If your teeth are good, look to your digestive organs at once. Get Seigel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and $1.00 Bottles. Do not buy substitutes. Get the genuine.

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic — not sticky or greasy! Any drugstore.

CUTICURA HEALS RASH ON BACK

Spread To Neck and Arms. Itched and Burned. Lasted 3 Months.

"My trouble began with a rash breaking out on my back. My clothing aggravated it, and it kept spreading to my neck and arms. It itched and burned so that I spent many a sleepless night. The trouble lasted about three months. I tried different remedies without success. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample which helped me. I bought more and in three weeks was healed." (Signed) H. M. Kramer, 566 Hertel Ave., Buffalo, N. Y., Jan. 24, 1922.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

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.