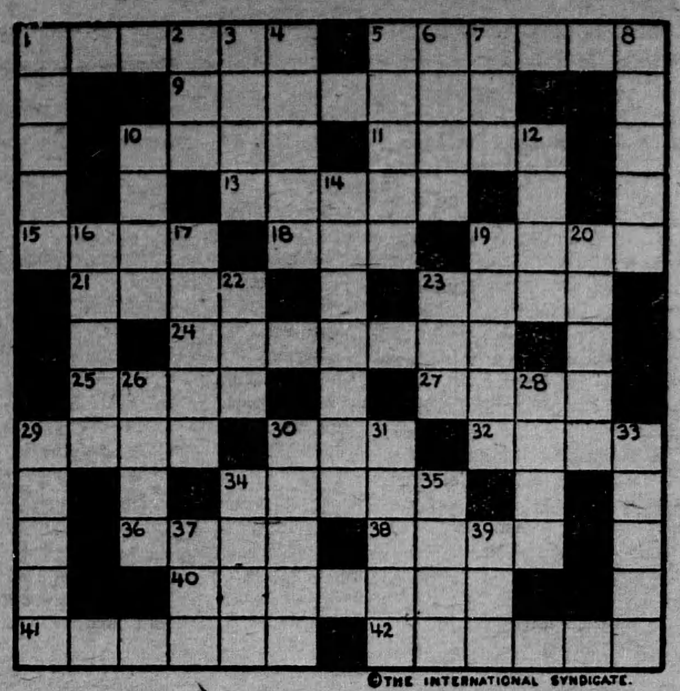
# CROSS-WORD PUZZLE



©THE INTERNATIONAL SYNDICATE.

**HORIZONTAL**

1–Sunny
5–Eludes
9–Incensed
10–A sanctuary
11–Equipment
13–Cut asunder
15–Boil slowly
18–Sorrowful
19–To secure
21–Foray
23–Despise
24–Sober
25–Level
27–Baked clay product
29–Smell
30–Drinking utensil
32–Wood measurement
34–A flower (pl.)

**HORIZONTAL (Cont.)**

36–Pack away
38–Moist
40–Mean
41–Meddle with
42–Missive

**VERTICAL**

1–Remains
2–Meadow
3–Hostels
4–Woody plants
5–Urged
6–Change direction
7–Girl's name
8–Brief
10–Insect
12–Tumult

**VERTICAL (Cont.)**

14–Diverse
16–Endeavored
17–More knowing
19–Fundamental
20–A mechanical device
22–Lair
23–Mean abode
25–Promises
28–Noose
29–Young owl
30–Cringe
31–Lever for the foot
33–Hesitate
34–Wander
35–Wise
37–Touch lightly
39–Encountered

**SUGGESTIONS FOR SOLVING CROSS-WORD PUZZLES**

Start out by filling in the words of which you feel reasonably sure. These will give you a clue to other words crossing them, and they in turn to still others. A letter belongs in each white space, words starting at the numbered squares and running either horizontally or vertically or both.

# TO THE MOTHERS OF ALL PALE GIRLS

## If Your Daughter Shows Signs of Anaemia a Tonic is Needed.

Anaemia is simply a lack of blood. It is one of the most common and at the same time most dangerous troubles from which growing girls suffer. It is common because the blood so often becomes impoverished during development, when girls often overwork and overstudy. It is dangerous because of the stealthiness of its approach and because of its tendency to grow steadily worse. Every growing girl should occasionally take a tonic to ward off this insidious trouble. It is because of their powerful action in rebuilding the blood that Dr. Williams' Pink Pills have made a world-wide reputation. The case of Miss Claire Sullivan, Pincher Creek, Alta., amply proves the value of this medicine. Miss Sullivan says:—"During my school days I suffered a great deal from thin and watery blood. I was continually weak and tired; my appetite was poor, my sleep unrefreshing and I was troubled with backaches. To make matters worse I was attacked with acute appendicitis and the operation left me in a very weakened state. My mother, learning of the value of Dr. Williams' Pink Pills, had me take them and after using them for some time I can say the result was simply wonderful, as they completely restored my health, and now when opportunity occurs I always recommend these pills to weak, pale girls suffering as I did."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### "Sincere" Means "Without Wax."

The word "sincere" has a very curious origin. It comes from two Latin words—"sine,' meaning without, and "cera," meaning wax. The explanation is that in olden days flaws in the marble of a statue or bad workmanship were filled in and hidden with wax. So a statue of good marble and good workmanship was sincere—that is, without any wax in it! It is only fair to say that not all scholars endorse this derivation, but no other is known.

### What She Does.

A wife is said to multiply a man's joys, divide his sorrows, and subtract his income.

Gibraltar has no public debt, no tramway, no railway, and no land capable of cultivation.

Of the population of the British Empire in 1921, only about one-seventh is of European descent.


**ARE YOU BUILDING?**

Detailed information concerning planning, building, financing, decorating, furnishing and gardening is contained in the MacLean Builders' Guide. Profusely illustrated. Fifty-two pages. Send 20c for a copy or $1.00 for two years' subscription (8 issues). Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.


## Canada in 1926.

Canada has entered upon a new year with possibly the best prospects she has ever had. For some reason or other, whether it has been of our own making or that nature has been particularly kind to us, we have just passed through a year of good crops, our mining industry has been busy, our forest resources have been actively developed and our manufacturing plants have gradually increased production. In fact, the possibilities seem to be about all we could desire, and there is only one question to be answered: "Are we prepared to make the most of our opportunities?"

If we sit down and limit the range of our vision to our immediate vicinity we may not see the bright outlook, while if we wish to be pessimists we can certainly find an excuse for being so, but we would have difficulty in finding a bona fide reason for any feeling of depression. Canadas clouds, the result of post-war conditions, are rapidly clearing away, and from the silver lining is shining forth a brightness that bids fair to place Canada upon the crest of the wave of prosperity in the coming year.

## Rare Beauty.

I know the variable day will bring
A plethora of beauty in some form;
An eddy of dry leaves before a storm,
Or in the shadow of a pigeon's wing.
Some count it an inconsequential thing
To see an ash-can heaped with colored glass,
A daisy, in a patch of dusty grass,
Or gulls, past city docks, low pinioning.

But those who love the river's changing lights,
The quietness of ships, the afterglow
Of sunset on some sea-dog's face;
The witchery of over-jewelled nights,
The amber of street lights on falling snow,
These find rare beauty in the commonplace.

—Franklin N. Wood,d in L'Allouette.

### Just to Make Sure.

Irish Traffic Officer (to speeder)—"Have you a permit for driving an auto?"

Speeder—"Sure. I've got it here in my pocketbook."

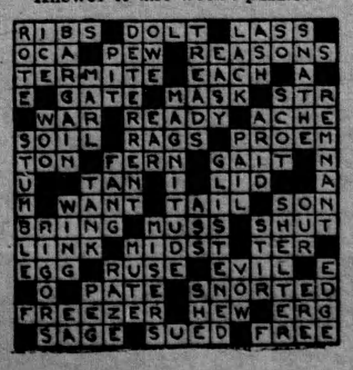
Officer—"Thats all right. If ye've got it I don't need to look at it. If ye didn't have one I'd have to see it."

### Mysteries of the Telephone.

Little Dolly, who was staying with her aunt, heard her mother's voice through the telephone. She listened, and looking carefully at the mouth of the telephone said: "Oh, auntie, how will mother get out of that little hole?"


Minard's Liniment for frost-bites.


Answer to last week's puzzle:



# GUARD THE BABY AGAINST COLDS

## By Keeping Baby's Own Tablets in the House at All Times.

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.

Thousands of mothers have become convinced through the actual use of the Tablets that there is nothing to equal them in banishing constipation and indigestion; breaking up colds and simple fevers; expelling worms and making teething time easy. Among the thousands who praise Baby's Own Tablets is Mrs. Alex. J. Perry, Atlantic, N.S., who says:—"I always keep Baby's Own Tablets in the house, as I know of no other medicine for little ones to equal them."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## In Spring the Willow's Wanton.

In spring the willow's wanton;
The wild young limbs of her
Dance to the ancient April tune
In pale green gossamer.

In June she moves sedately,
Smoothing her flounces down
And whispering discreetly—
A lady of the town.

But grave she is in winter,
Above the frozen sod
Lifting slim supplicating hands
In prayer, a saint of God.

—Virginia Lyne Tunstall.

## The Cause of Cancer.

Much public interest has recently been manifest as to the cause of this deadly scourge, but few people realize that to primitive races leading primitive lives cancer is unknown. If Ontario people would grasp the fact that their present diet of refined foods and reckless meat consumption is depriving them of the priceless organic salts which furnish immunity to savage races, they could save themselves incalculable suffering and expense by exercising the same common sense they devote to their live stock and cars. Improper feed to your stock and domestic pets calls for financial loss and expensive veterinary advice. Wrong fuel for your car means loss of mileage—perhaps no mileage—and the expensive overhauling at your particular garage, to say nothing of your own loss of temper, etc., for your own carelessness. Knowing this to be so, and being usually careful to avoid it, why don't you take better care of your own body?

There never was a case of cancer which was not proceeded by the now almost universal complaint of constipation caused by improper food, but if white bread, white sugar, boiled vegetables and other "foodless foods" are persisted in, constipation must continue to be "the forerunner of cancer," which now is recognized as the most frequent cause of death throughout civilization.

The letter of Professor Barton Scammell, M.S.C.L., published in "Truth," contains facts which profound experience has proved of a vital importance to many cancer sufferers:—"The radioactive alkali, potash, is the great oxygen attracting element in the body. It forms over 70 per cent. of the mineral ash of the red corpuscles in the blood. Owing to certain defects in diet and the preparation of food, the modern civilized human being suffers from "potassium starvation," and the increase of cancer is a corollary of this state of affairs." Thousands of cancer patients have been brought back to normal health and untold numbers have averted attack by the dread malady by restoring to their systems those assimilable potash salts, of which they had for years been deprived by their regular diet. And since that eminent surgeon, Dr. Robert Bell, of London, abandoned the knife for the dietetic and hygienic treatment of cancer, his phenominal success has inspired justified hope and confidence in the hearts of sufferers throughout the world. Once it is generally known that cancer and a normally healthy blood stream are incompatible, common sense dictation of self-preservation should result in adoption of a naturally beneficial diet that will automatically repair much of the damage already unconsciously inflicted, and rapidly diminish the growing annual mortality created by this self-inflicted blood disease. To enable any reader to thus win back normal health and strength, the writer will freely mail simple directions for useful guidance thereto if request is sent to Charles Walter, 51 Brunswick Avenue, Toronto 4, Ontario.

### Colors in Medicine.

Colors are now used for the treatment of various disorders, being applied to the body by means of a 1000-candle-power lamp. Green is very soothing, giving a sensation of warmth and relieving pain; it also lowers the blood pressure. Blue acts as a tonic, raising the blood pressure. As a general stimulant, tonic and vitaliser, there is nothing to touch orange.


Minard's Liniment for Grippe.


# SLAVES OF "THE NEIGHBORS"

## Wagging Tongues That Cause Trouble: By Dorothy Dix.

There is no more difficult question to decide than how far we should be ruled by our neighbors, and where we should draw the line between snapping our fingers in Mrs. Grundy's face and grovelling in the dust before her. Our reputations are in the mouths of our acquaintances, and we stand or fall by what they say about us.

It isn't enough for us to be good; we must look good to those about us, and act in accordance with their conventions.

Our neighbors cannot see into our souls. They can only judge by the outside, and make such deductions as appearances seem to warrant. Therefore, we are foolish if we think we can defy our neighbors, and do as we please, and live our own lives regardless of them.

### What "They" Say.

Every now and then you find some intrepid individual who tries this experiment. But sooner or later the wheels of public opinion roll over all of these people and leave them crushed and maimed. They find themselves ostracized, robbed of their ambitions, dropped out of everything, and left to go their self-elected way alone.

Now this fear of what "they will soy" is the beginning of righteousness. It is what keeps many a weak, tempted brother and sister in the straight and narrow path. And it is a good and wholesome thing for us to entertain a proper respect for our neighobrs' tongues.

But while we are wise to accord proper deference to our neighbors' opinions, we are foolish to be slaves to them, and to be so afraid of what they will say about us that we sacrifice all our independence to them. For we may be sure that no matter what we do, we will be discussed and criticized and that we will not be able to please everybody.

The Joneses will think we stay at home too much; the Robinsons that we go out too often; the Smiths that we are extravagant; the Thompsons that we are mean. If our household is a devoted one, some of the neighbors will hold us up as an example of a happy marriage, and others will suspect it of being a bluff.

Unfortunately, this fear of "what they say" makes such cowards of many people that they will ruin their lives rather than do something they think the neighbors might criticize. It is at the bottom of what makes men starve along at what they call "white-collar jobs" when they might be making fortunes in some trade. It is what crowds the offices with the unfit who would make successes as carpenters, or bricklayers, or plumbers.

This dread of what the neighbors will say is still keeping thousands of women who have a genius for cooking that they would love to express, and who thrill at the sight of a pan and pot, out of the kitchens that they long to be in. They would a million times rather go out to domestic service than work in factories or shops, if they weren't terrorized by the thought of what their neighbors would say.

Worst of all, this fear of what "they say" makes men and women cripple themselves by extravagances. They feel that they have to keep up with the Joneses. They haven't the courage to live according to their means. So they run into debt and come to disaster in the end.

And the queer part of it all is that when we are brave enough to be independent, and choose the sort of work we are fitted for by nature, our neighbors praise us for it, and say kindly things, instead of ridiculing us as they do when we pretend and pose. The moral is that we should live so that we will not be afraid of what "they say" about us, and having done that, not care a hang what they do say.


Things taste so good we can't help eating too much, now and then. Don't suffer for it. Take Seigel's Syrup. Any drug store.


### Midget Fountain Pen.

A midget fountain pen that will hold but a drop of ink and write 300 words has been made.

### Expected Too Much.

Bobby came home from his first day at school with the announcement that he could write, but on being given pencil and paper he made his usual meaningless scribbles.

"But what," said his mother, "does it say?"

"How do I know?" answered Bobby. "I havent learned to read it yet."

Frozen air is the cause of deep blue skies, according to scientists.


# CANCER

The potassium treatment which, first presented by the late Dr. F. W. Forbes Ross in England in 1912, has been scientifically perfected, has won the gratitude of countless Canadian and American sufferers who have experienced its unrivalled success. By combining the two words "Cancer" and "Potassium," this home treatment for all diseases caused by the universal potassium starvation is legally protected by patent under the name of

**THE CANTASSIUM TREATMENT**

Experience of many thousands confirms the great English authority's statement:—"CANCER IS A BLOOD DISEASE CAUSED BY POTASSIUM DEFICIENCY." and, if such deficiency is remedied, even far advanced and apparently hopeless cases will retrograde without surgical operation, radium or X-ray tortures and needless expense. Medical men in all parts are recommending or adopting Cantassium Treatment on behalf of their patients, and hundreds of thankful letters from restored cancer victims speak of AUTHENTICATED RESULTS which bring justified hope to present sufferers.

A most interesting book, which will be mailed YOU free of charge, explains the CAUSE and the most rational methods of avoiding the disease or treating it where it already exists. The co-operation of every reader of this paper is earnestly requested in fighting the Cancer Scourge by studying its Cause and Treatment and spreading the knowledge acquired.

Cancer claimed 150,000 victims on this continent last year.

Cancer strikes rich and poor alike without warning. Protect yourself and dear ones without delay by sending for this FREE BOOK to

**CHARLES WALTER**

51 Brunswick Avenue, - Toronto 4, Canada

Sole representative for The Cantassium Treatment in Canada and U.S.A.



## Self-Poisoning Takes Huge Toll

### Many Fail in Life Through Sheer Neglect of Fundamental Rule of Health

Thousands of men and women are to-day victims of their own neglect. Grouchy, listless, quickly tiring, suffering from headaches and biliousness, they spend enormous sums in medicines without avail. They would give much to regain their old vitality.

Can it be done? Yes! How? Simply by recognizing the importance of one fundamental rule of health—the proper elimination of the bowel contents. Poisons that are allowed to remain in the system quickly lower the stamina, weaken the nerves and thus pave the way to ill-health. Stop this self-poisoning by taking *Nujol*—the scientific lubricant that completes the work of Nature's lubricant when, through modern living conditions, the natural supply fails.

*Nujol* can be taken indefinitely without injury to the system. Try *Nujol* to-day. Ask for it at your nearest drug store, but remember there is only one *Nujol*. Watch for the name "*Nujol*" in red on the label and package.



# Stop Falling Hair

Rub the scalp four times a week with **Minard's**. It removes dandruff and promotes the growth of hair.

MINARD'S "KING OF PAIN" LINIMENT



BAYER

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

**DOES NOT AFFECT THE HEART**

Safe — Accept only "Bayer" package which contains proven directions.

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 (Acetyl Salicylic Acid, "A. S. A."). 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."



## Classified Advertisements

BAKERS' OVENS. WRITE FOR CATALOGUE and list of used ovens. Hubbard Oven Company, 199 King West, Toronto.

FITS—EPILEPSY PERMANENTLY STOPPED by Trench's Remedy. Simple home treatment. 35 years' success, thousands testimonials. Write at once for free book. Trench's Remedies Limited, Dept. Y, 79 Adelaide East, Toronto, Canada. (Cut this out.)

**WANTED**

**CIGAR STORE INDIAN**

Formerly used in front of Tobacconist Store. Must be in good condition. State price and where can be seen.

**H. WATKINS**
**73 W. Adelaide St. Toronto**


### Adam's Suit.

Little Roger, spending a holiday on his grandfather's farm, was permitted to beguile the hours of a wet day by turning over the leaves of the family Bible.

Suddenly he looked up from the faded pages and quaint pictures, and called out:—

"See what I've found, grannie!"

In his hand he held a leaf, old and dry, and after a few moments' reflection he added:—

"Do you think it belonged to Adam and Eve, grannie?"


MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book



TAYLOR-FORBES

Tree Pruners GUARANTEED

For every purpose in the orchard, cutting limbs up to 1½ inches. Handles—4, 6, 8, 10 and 12 feet.

Your Hardware Dealer knows the quality

Our descriptive circular sent to any address on request.

TAYLOR-FORBES COMPANY, LIMITED GUELPH, ONT.


# RESTORED TO GOOD HEALTH

## Mother of Eleven Children Praises Lydia E. Pinkham's Vegetable Compound

### Her Interesting Experience

Buckingham, Quebec.—"I am the mother of eleven living children, and my baby is five months old. I am only 38 years old and I have taken Lydia E. Pinkham's Vegetable Compound for weakness and my nerves. I knew of it from my sister, Dame Edouard Bellefeuille of Ramsayville. For five years I was in misery and was always ready to cry. Now I am so happy to have good health. My daughter, who is 18 years old, has also taken it and will be happy to recommend it to all young girls."—Dame WILLIAM PARENT, Box 414, Buckingham, Quebec.

Why suffer for years with backache, nervousness and other ailments common to women from early life to middle age, when Lydia E. Pinkham's Vegetable Compound will give you relief?

In a recent country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound, over 250,000 replies were received, and 98 out of every 100 reported they were benefited by its use. C

**For Tender Faces**

The creamy lather of the Cuticura Shaving Stick, with its delicate medication and soothing properties, enables men with tender, easily irritated skins to shave in comfort, even twice a day, and leaves the skin smooth and fresh.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Shaving Stick 25c.