THE DUTY OF A WOMAN

Is to Tell Her Ailing Sisters How New Health Can be Obtained.

"The duty of one woman to another is to tell her. But the wrong advice is worse than no advice at all."

"That," says Mrs. Florence Glebe, 311 Royal Apts., Merrick Street, Hamilton, Ont., is why I feel it my duty to give women a little information concerning Dr. Williams' Pink Pills for Pale People. In the first place I may say that I am a graduate nurse of one of our Hamilton schools of nurses, having had a number of years' experience in nursing nervous and other cases of women.

"I may state that for the last three years I have not been feeling as I should. I have been under the care of our physician. He informed me that I would not improve until I took a change of climate. My symptoms were that I was tired out easily, pallid, short of breath. On going upstairs I had a rapid heart action and a weak feeling. If I entered a warm room I became hot and clammy. Black spots would float before my eyes, and I had sharp pains in my head. I did not sleep well at night and would toss around in bed. My appetite was fickle and poor. I tried a number of medicines that were advertised, with no good results. I began to feel despondent, as when I met friends they would say, 'My, you look terrible.' I lost in weight and in spirits. My husband came home one evening asking, as he usually did, how I was feeling, and at my answer said, 'Well, try these,' and he handed me a box of Dr. Williams' Pink Pills. He said, 'try them anyhow. They may help you.' I did try them and they surely gave me quick results. By the time I had taken four boxes I can honestly say I felt like a different person. I could hardly realize it myself. People I met would say, 'Why, you look splendid. What have you been taking?' My reply would be that I had been taking Dr. Williams' Pink Pills, and their answer usually was, 'Well, they certainly have helped you.' I now sleep well and eat well. The terrible sharp pain has left my head. I do my work and feel toned up. My color has returned, and the pills have given me new vitality. I am deeply thankful that my husband brought me the first box of Dr. Williams' Pink Pills. I will gladly tell anyone what these pills did for me, and you have full permission to publish this statement in the hope that my experience may help someone else."

If you will send your name and address to The Dr. Williams' Medicine Co., Brockville, Ont., a little book, "Building Up the Blood," will be mailed you postpaid. This little book contains many useful health hints.

You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Drank Her Husband's Bones.

The word mausoleum had a peculiar origin. In the year 353 B. C. King Mausoleus was the ruler of Caria. His wife was not only very beautiful, but she was devoted to her husband and when he died her grief was so great that after his body had been burned to ashes she collected the ashes, mixed them with wine and drank the whole thing. She then erected such a wonderful monument to his memory that it became the seventh wonder of the world and, on account of the name, became known as the Mausoleum.

Carcasses of mutton to the number of 3,500,000 can be stored in London nowadays. Forty years ago there was accommodation for only about 500.

FLORIDA

At this time of the year we can assure you of a wonderful outing on our Special Club Rate round trip ten-day tour, which leaves Toronto Union Station the first Monday in each month up until May. Each tour is personally conducted by our Mr. Montgomery through the select districts of the state centering on Clermont, "The Gem of the Hills," the Huntsman's and Fisherman's Paradise. Our sixth tour leaves Toronto Union Station Monday, 3.20 p.m., Feb. 1st. The total cost, including everything for the round trip, is $135.00. Tickets good to return on any date up to and including June 15th next. Special Pullman reserved for doctors and their wives. For further information phone or wire at our expense, or call personally at

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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.

HOLDING DEATH AT BAY

Modern Methods of Saving Life.

Towards the end of the last century a Japanese and a German chemist made mankind their debtors by proving that if poisons of diphtheria were injected into rabbits in small quantities, the rabbits would become immune from the disease.

A year later a scientist named Behring went a step farther and treated a man with the blood of a sheep which had been made immune.

Later Dr. Roux used the blood of horses in the same way, David Masters tells us in "The Conquest of Disease."

At a Paris hospital Dr. Roux injected the immune blood or "serum" into the littel patients suffering from diphtheria. When he visited the hospital on the following day the patients were better. Further injections were given, and in two days they were cured.

In this hospital one sufferer out of two had previously died from diphtheria. Less than four months after Dr. Roux introduced his system only one case in four proved fatal.

* * * *

Then a German scientist named Schick invented a test by which it was possible to tell whether a child was susceptible to diphtheria or not.

Behring determined to make those who were naturally susceptible to the disease, immune. He mixed a little of the poison with a little of the immune blood and inoculated 10,000 children with it. Twelve weeks afterwards, Schick's test showed that 8,000 of these children had become immune.

In a year another thousand had become immune, and after further injections the others followed suit. There were absolutely no ill effects from the injections.

In America the campaign has been pursued with vigor. In New York half a million children have been tested. Those who were susceptible to the disease have been made immune. In the last five years alone the death rate from diphtheria has been halved.

In England the death rate from diphtheria is stil very high, but the children of Holborn, Brighton and Birmingham can be tested free of charge. Other places will no doubt shortly follow suit.

* * * *

At the beginning of 1925 there took place one of the most thrilling races against death ever known.

From the wireless of Nome, a town in the wilds of North America, there flashed a terrible message. The town was stricken with diphtheria. The nurses had succumbed. "Send us antitoxin!" came the cry.

But the antitoxin—that is, the fluid which is injected—was 600 miles away, and the country was in the grip of winter.

A dog-team took the precious fluid to the first stage, where it was hoped an aeroplane would be waiting.

But an eighty-mile-an-hour blizzard was blowing, and flying was impossible.

Although there were 92 degrees of frost, a relief team of dogs set out.

The driver missed the team that should have relieved him and he bravely decided to go on alone. In the blizzard he became almost blind. But the dogs pulled him to Nome, and the town was saved.

The ordinary time taken in good weather for the journey is nine days. In the howling storm the man and his dogs covered the distance in five!—T.S.D.

Does the Working Man in Ontario Suffer Greatly from Sickness?

If you ever think about the working man and the time he is away from his job what do you imagine is the chief cause? Accidents? Well, accidents do occur, but in Ontario, they cause only slightly more than one day's absence for each working man each year. Sickness? Yes, sickness causes more absence—six times more—than accidents among the workers of Ontario. Six days per man per year is the toll which sickness takes from the industrial population of this Province, the money cost of which is paid out of the worker's family pocket book. Actual experience has shown that one-half of Ontario's loss under this heading is needless and absolutely preventable.

The factory and the home can share in the work of reducing this sickness bill. "Common colds" and "indigestion" are responsible for much of this absence from duty and consequent loss of pay. Certain plants in the Province have cut lost time due to sickness by one-half through health supervision. The wife can hold up her end of the good work by providing in the home meals a diet that will give plenty of nourishment and be proof against indigestion. For the meals, which must be taken at the plant, she may use a lunch box and thermos bottle to advantage in sending appetizing, healthful food, including one hot dish: soup, stew, creamed vegetable, cocoa, etc.

The worker is his own best helper in protecting himself against colds—not a difficult matter if he

(1) Keeps in good health.

(2) Eats "wisely but not too well" and avoids constipation.

(3) Keeps away from people who have colds.

(4) Gets sufficient rest and takes daily exercise outdoors.

Swiss Colonization in Canada.

The Swiss Settlement Society, which was formed for the purpose of establishing Swiss immigrant farm help in Canada as settlers on their own account in settlements congenial to them, is sending out at present an interesting pamphlet and questionnaire to the Swiss working on the land.

The questions asked aim comprehensively at those points of the problem which interest the prospective settler most and which will enable the Society to give him intelligent assistance in his quest.

Pamphlet and Questionnaire can be obtained from Fritz Beck, Secretary of the Society, 11 Bishop St., Montreal.

Three Nibbles.

When turned heavenward my feet
Will long for earthly walks, for sweet
Are pines and stones and smells of roots
And rotting stumps and curling shoots.
Heavenwards I hope there'll be
These three things to comfort me:
Winterberry leaves to nibble,
Puckered sorrel and pine needle
Tasting of the sea.

—Dorothy Aldis.

Four Years' Start.

William has a brother four years older than himself. One night his mother said:

"William Dearre, you must go to bed now."

He said, "Mother, I don't want to go to bed yet."

Mother said, "Come now right away, you never have got as much sleep as your brother."

William Dearre—"Of course not, mother, he was born four years before me."

Minard's Liniment for frost-bites.

Quaint Calendars.

Telling the seasons in the olden days was not such an unromantic procedure as it is to-day. We tick off the days and months with a blue pencil, but the ancients used to calculate by the moon.

It is said that Noah used the early Egyptian calendar of a five-month year, thirty days to the month, and each month three weeks of ten days.

Sticks, tied in bundles, was the invariable way of telling the day and season with the greater part of the ancient world, and even to-day some American Indians keep five bunkles of thirty sticks, pulling out one stick for each day. The last bundle is repeated in each half year to level things up, and the middle bundle is split in two to judge the approach of mid-summer or mid-winter, as the case may be.

In the South Sea Islands the "moon stick" is used to determine the seasons. A notch is cut in the stick after each passing moon.

Far-off Borneo uses a picturesque calendar consisting of various lengths of tattooed poles. The Dyaks have a custom whereby they tell the season by the length of the sun's shadow. Calendar makers tour the country in the season of sowing and plant these colored poles on the various farms. By a system of queer calculation they adjust these poles to a certain length shadow, and tell the native farmer that he has to cut his crop when the shadow reaches another length, marked on the ground. Invariably this shadow marking proves remarkably accurate and successful, and at the due time the calendar maker makes another tour of the farms to receive his payment of part of the crop.

Some Egyptologists claim that the famous Sphinx is nothing more than an astronomical device for telling the seasons. The shadows cast by sunrise and sunset were taken as the determining factor in telling the three seasons of spring, summer and winter.

Jewels.

The silvery dewdrops that in autumn light—
Upon the moors, must surely jewels be;
For there they hang all over hill and lea
Strung on the threads the spiders weave so tight.

—Translated from the Japanese of Asayasu by Basil Hall Chamberlain.

Colds Are Not Necessary Evils

Observance of One Fundamental Rule of Health Protects Against Them

Whether one catches cold easily is largely a question of physical condition. If the general vitality is low, resistance to disease is weak and at such a time a cold is easy to contract and difficult to check.

Constipation is frequently the cause of such a state of health, with its attendant listlessness, biliousness, headaches and a general lack of vitality. Poisons from the waste matter that remains behind after improper, irregular bowel elimination are picked up by the blood and carried to every part of the body. They weaken your resistance to disease.

Thousands of people who have suffered from self-poisoning in this way have found that *Nujol*, the internal lubricant makes bowel elimination sure and easy.

Nujol softens the waste matter and permits thorough and regular elimination without overtaxing the intestinal muscles. *Nujol* can be taken for any length of time with no ill effects.

If you take cold easily, ask your druggist for *Nujol* to-day—and remember, look for the name "*Nujol*" in red on both bottle and package.

Beautiful Fez.

Fez, the ancient city of the sultans, is one of the most beautiful cities of Morocco and of all North Africa. There is a great deal of wealth in Fez, and the palaces of viziers, the mosques and public buildings with their lacelike carving and colored tiles sparkle with the brilliancy of precious gems.

The market-places in the centre of the city are where silks and rugs and jewels are bought and sold, and the streets are narrow and crowded, the houses high on each side, making a tunnel of cool shadows. Away from the busier quarters the roads are wider and are shaded with trellises bare in winter but covered in the summer and fall by the fruit and foliage of grape vines.

THOUSANDS OF MOTHERS USE NO OTHER MEDICINE

Baby's Own Tablets Are the Ideal Remedy for Babies and Young Children.

Canadian mothers are noted for the care they give their little ones—the health of the baby is most jealously guarded and the mother is always on the lookout for a remedy which is efficient and at the same time absolutely safe. Thousands of mothers have found such a remedy in Baby's Own Tablets and many of them use nothing else for the ailments of their little ones. Among them is Mrs. Howard King of Truro, N.S., who says:—"I can strongly recommend Baby's Own Tablets to mothers of young children as I know of nothing to equal them for little ones."

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.

Power From Mountain Lake.

A huge artificial lake is to be formed in the Ozark mountains to generate power for Kansas City.

15 to 30 drops of Seigel's Syrup relieves all forms of indigestion and dyspepsia. You'll swear by it once you have tried it. Any drug store.

Moderate Breeze.

When the singing started, eyes
Opened to slipping skies.
Fierce down crooked air
Flashed the lean Wind, bare
Wet flanks glittering;
Plunged through a paper ring,
Lank white-collared clown,
Clapped on a paper crown,
Grinned and began to sing.
Sea-creatures fathoms down
Groping, meandering,
Heard not a thing.

On the seas rough shagreen
Scrawled letters shine and say
This is the Wind's day!
Whatever that may mean.

Waves climb their own backs,
Waves eat their own words.
Ships are playthings
Wobbling like birds.
The Wind runs twenty miles,
Turns in his tracks,
Smiles as a clown smiles,
Strikes an attitude, sings—
Sings till all cracks!

—Grace Hazard Conkling, in Ship's Log and Other Poems."

Blind ex-soldiers who have been through St. Dunstan's are now working as sales manager, correspondence manager, chartered accountant, coal merchant, barrister, and hotel proprietor.

Minard's Liniment for Grippe.

RED ROSE TEA "is good tea"

And because you like good things you'll like Red Rose.

Puzzles for the Party.

Q.—What historical character made beef-tea in large quantities?

A.—Henry VIII., when he dissolved the Pope's Bull.

Q.—What is the difference between a cat and a comma?

A.—A cat has its claws at the end of its paws, a comma its pausee at the end of its clause.

Q.—What made the oaktree limp?

A.—A corn.

Q.—When can you correctly call a man wooden?

A.—When he is a great deal bored.

Q.—Why is a nervous woman like a policeman?

A.—Because her mind is filled with apprehensions.

Q.—What lady is always playing tricks?

A.—Mischief.

Q.—When have we all four hands?

A.—When we double our fists.

Q.—Why are horses unnecessary in the Isle of Wight?

A.—Because the visitors prefer Cowes to Ryde.

Q.—What is the difference between a hungry man and a glutton?

A.—One longs to eat, and the other eats too long.

Q.—When is a lawyer like a horse?

A.—When he draws a conveyance.

Q.—Which are the two hottest letters in the alphabet?

A.—K N.

Q.—When is one man two men?

A.—When he is a man beside himself.

Q.—What English river runs between two seas?

A.—The Thames, between Chelsea and Battersea.

Q—When is a bill like a rifle?

A.—When it is presented and discharged.

IF COUGHS AND COLDS INTERFERE WITH BUSINESS

Stop them with GRAY'S SYRUP of RED SPRUCE GUM

A Vegetable Preparation that gives quick results without drugging the system

Montreal D. WATSON & CO. New York

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The MacLean Builders' Guide contains 52 pages brimful of helpful information on planning, building, financing, decorating, gardening and furnishing. Hundreds of vital questions answered. Profusely illustrated. 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.

For Headache

BAYER ASPIRIN

Proved safe by millions and prescribed by physicians for

Headache, Pain, Colds, Toothache, Neuralgia, Neuritis, Lumbago, 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 Co., Ltd., 782 King West, Toronto.

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

Queer Snake-Bite Cure.

Fine dust found at the bottom of ants' nests and taken internally was a popular cure for snake bite among the early American Indians.

Quarrels would not last long if the wrong were only on one side.

MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

WRITE FOR EYE CARE BOOK · MURINE CO. CHICAGO ILL.

FROST BITES

Prevent complications by rubbing the affected parts with Minard's It draws out inflammation, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT

FOR GIRLS WHO WORK

Lydia E. Pinkham's Vegetable Compound Is a Great Friend—It Stops Pain and Restores Health

Toronto, Ontario. — "I work in a factory and I would have to get away from my work every time I was sick. The dragging-down pains and cramps were very bad, but my back was terrible. It hurt so that I couldn't lie down with it. I heard some of the girls talking about Lydia E. Pinkham's Vegetable Compound, and they told me to try it. I have taken about a dozen bottles of it and it has done me a lot of good. I never have any pains or sore back now, and have not been off from work a day since I have taken it. I recommend the Vegetable Compound when I have the opportunity."—Miss ROLLO, 21 Howie Avenue, Toronto, Ontario.

"The Advice of a Friend"

Hanover, Ontario.—"I was terribly pained and a few odd times I almost fainted. I used to do housework until a few months ago and sometimes I had to leave my work and go to bed. I am now a mender in the knitting-mill. I suffered five or six years from painful periods before I took Lydia E. Pinkham's Vegetable Compound by the advice of a friend. I got relief almost immediately, and I tell my friends what a good medicine it is. You may use this testimonial if you like, if it will help others."—Miss J. PEARSON, Victoria Street, Hanover, Ontario. C

RED PIMPLES ALL OVER FACE

Also on Shoulders. Lost a Lot of Sleep. Cuticura Healed.

"Pimples started breaking out all over my face and shoulders. They were hard and red and I lost a lot of sleep on account of the irritation. The pimples on my face scaled over and my face was all disfigured.

"I used a lot of different remedies without success. I began using Cuticura Soap and Ointment and they afforded relief in about one month. I continued the treatment and in about three months I was completely healed." (Signed) Miss Marie Rose Peters, Box 32, Tourville, L'Islet Co., Que.

Keep your skin clear and your pores active by daily use of Cuticura Soap. Heal irritations and rashes with Cuticura Ointment.

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