TOO LITTLE BLOOD

The Cause of Nearly All the Everyday Ailments of Life.

Too little blood—that is what makes men and women look pale and sallow and feel languid. That is what makes them drag along, always tired, never real hungry, unable to digest their food, breathless after even slight exertion, and often feeling that life is scarcely worth living. The doctors tell them they are anaemic— the plain English being too little blood.

More weak, anaemic people have been made strong, energetic and cheerful by taking Dr. Williams' Pink Pills than by any other means. The case of Mrs. A. P. Foster, Bowden, Alta., is excellent proof of this statement. Mrs. Foster says:—"Some years ago I was very badly run-down. My doctor attended me for several months and then told me I had better go South to spend the winter as my blood was so poor that he feared I would not stand the cold of our winter. I took his advice and went to my mother's, and as soon as she saw me she said, "Dr. Williams' Pink Pills are what you need." She got the pills for me and I began taking them. I had intended staying three months, but at the end of the second month I came home a well woman. When the doctor saw me he said, "You are all right now, but don't let yourself get run-down again or nothing will save you." Then last winter I had the influenza, which left me as weak and pale and miserable as before. Again I took Dr. Williams' Pink Pills and again they made me well and strong. I can gratefully recommend the pills for I feel that they have saved my life."

Weak, ailing men and women should begin taking Dr. Williams' Pink Pills to-day and note the speedy improvement that follows. You can get these pills from medicine dealers or by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

"Build—Build!"

Away behind the distant Irish mountains the rich glows of the evening sunset are framing them round, as well as throwing them out from backgrounds of orange, purple, red, pale yellow, and delicate green. Below these are the sharper outlines of nearer hills, up which the hazy evening mists are creeping. Nearer still, the plowed fields show up their rich, dark surfaces, ready for early planting; and the trees, in their winter tracery against the sky, take many intricate and quaint patterns, guides for the artist's pencil, or for the art designer's needle.

Nearer still, the lately bare flower-beds speak a lesson of hope, for there the first shafts of the pointed tops of daffodils and crocuses are appearing; snowdrops are nodding their graceful bells, and the ever cheerful primroses of every hue, first children of the spring, are heralding its coming.

On the garden rail a red-breasted robin has perched himself to rest a moment in his arduous task of building. We seem to hear in his merry song the message, "Build on,—build ever." And then he hops down, and collecting a few twigs, flies off to lay the foundation beam of his nest in the thick Portugal laurel, which grows near at hand.

Again he alights, a little nearer, and now his prize is a coil of white lamb's wool, and a shred of scarlet flannel, wherewith to decorate his home.

And "Build, build, keep on building," seems the burden of his blithesome song as he pours it forth on the dewy air of the clear calm evening, just as the first glint of the crescent moon is heaving above the horizon.

"Build, build,—never cease building," his song rings out, as he rises from one of the flower-beds where his search has evidently been prolonged, resulting in another twig and a long trail of soft blue-checked cotton stuff.

"Build, build,—keep on building." So he leaves us pondering.

Sign of Mourning.

Shaving off the beard was a sign of morning among the ancients. The Romans began shaving in 296 B.C. when the idea came form Sicily. It was as late as 1700 when shaving became even a half fashion in France.

A fly had fallen into the inkwell of a certain author who writes a very bad and a very inky hand. The writer's little boy rescued the unhappy insect and dropped him on a piece of paper. After watching him intently for a while, he called to his mother: "Here's a fly, mother, that writes just like dad."

MAIL YOUR WATCH
FOR REPAIRS TO
DURBIN JEWELERY CO., Ltd.
ESTABLISHED 1912.
ESTIMATES FREE.
270 YONGE ST., TORONTO

BIG PLAN BOOK

Handsomely illustrated with plans of moderate priced homes designed by Canadian Architects. MacLean Builders' Guide will help you to decide on the type of home, exterior finish, materials, interior arrangement and decoration. Send 20c for a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

DOMINION OBSERVATORY INVESTIGATING METEOR

An unusual and striking phenomenon was seen in the evening sky of Tuesday, December 29, about 5.25 o'clock, when a bright meteor, leaving an illuminated path which lasted for many minutes, lighted up the landscape over portions of southeastern Ontario, southwestern Quebec, and adjacent parts of the United States.

Meteors are known to be small bodies revolving in orbits, similar to that of the earth, around the sun, and controlled by its gravitative force. From time to time individuals of this innumerable horde, which are all normally dark and invisible, collide with the earth's atmosphere, and are immediately rendered incandescent by the friction arising from their terrific speed, which may in some cases reach to as much as 30 or 40 miles per second. As they are of all sizes, varying from mere specks to masses of many tons, they may be either burnt up in a fraction of a second, or in extreme cases may penetrate the earth's atmosphere and fall on its surface; or sometimes may only graze the atmosphere and escape again into space. Many thousands of such collisions occur every day, and were it not for the protecting blanket furnished by the air we should be continually and unbearably pelted by these celestial visitors, even to the point of rendering the earth quite uninhabitable.

The particular meteor in question, judging from the position in which it appeared, must have overtaken the earth in its orbit around the sun, and as a consequence its apparent speed was relatively slow—probably not more than a very few miles per second. Such slow-moving meteors are also called fireballs. From its unusual brightness it must have been of considerable size, but so far as present reports show it did not fall to earth as a meteorite, and must therefore either have escaped again into space or, perhaps more probably, have been entirely consumed before reaching the earth's surface.

Observers in Ottawa and the eastern part of Ontario and neighboring parts of Quebec saw the phenomenon in the southwest, while those north of lake Ontario and west as far as Hamilton, lake Simcoe and Grey county, saw it in a southerly or southwesterly direction; New York and Massachusetts observers apparently saw it in the northwest. It seems likely that somewhere in the region south of lake Ontario it should have been seen overhead, travelling in a general northerly direction. Unfortunately very meagre details from that section of the country have at the time of writing reached the Dominion Observatory, which is collecting information from all available sources, but more particularly in Ontario and Quebec. A large number of reports have been received at Harvard College Observatory, of Cambridge, Mass., and it seems likely that a fusion of all the data may serve to definitely settle the direction and extent of its path, as well as the elevation.

The study of meteors has a contact with so many branches of astronomy that it is desirable to investigate such phenomena as that of December 29 as thoroughly as the records will permit. The Dominion Observatory, Ottawa, would be glad to receive definite information from observers anywhere, more particularly as to the exact direction and position in which the meteor was seen, as well as the direction of motion and length of the apparent path in degrees; any other available details would also be welcomed.

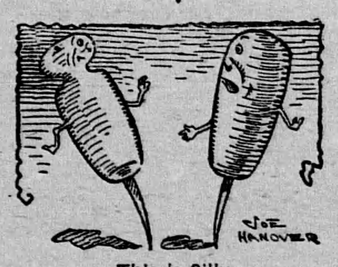
CHILDREN LIKE THEM

Baby's Own Tablets Are Effective and Easy to Give.

You do not have to coax and threaten to get the little ones to take Baby's Own Tablets. The ease with which they are given, as compared with liquid medicines, will appeal to every mother. None is spilled or wasted; you know just how big a dose has reached the little stomach. As a remedy for the ills of childhood arising from derangements of the stomach and bowels they are most satisfactory.

Mrs. Rose Voyer, Willimantic, Conn., says:—"I used Baby's Own Tablets in the Canadian Northwest and found them a wonderful medicine for children's troubles, especially indigestion and constipation. I have also given them to my children for simple fever and the restlessness accompanying teething and they always gave relief. I can recommend Baby's Own Tablets to all mothers."

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.



This is Silly.

"Hello, how do you feel to-day?"
"Awl right!"

Who Invented Radio?

Who was the "inventor" of radio? The Soviet Government claims the honor for a Russian, Professor Alexander Stepanovitch Popoff, and has adopted a characteristic method of telling the world about it.

A new Russian stamp came to the notice of the writer a few days ago. Above an excellent likeness appear the words "Inventisto de Radio-Popov." The language of this inscription is Esperanto, though the other characters on the stamp are Russian.

The facts appear to be that Professor Popoff—admittedly one the great pioneers of wireless—publicly transmitted wireless signals over a distance of 40 metres in 1895, the year before Marconi took out his first patent for Hertzian Wave Telegraphy.

But Branly and Sir Oliver Lodge had been experimenting for some time along the same lines, and the latter gave demonstrations in 1894 in which "coherers" (the earliest form of radio "detectors") were employed. It is not easy, therefore, to award the palm. Hertz, after all, was the first to produce the radio wave.

Eternal.

I have seen an anchor on the naked hills
And ocean-shells among the mountain tops.
But One, One only; for the Eternal Mind
Enfolds all changes, and can never change.

—Alfred Noyes.

Only one modern girl out of twenty knows how to sew properly, according to one expert.

Minard's Liniment used by physicians.

The Goblins' Bonfire.

There's a crackle and a splutter in the hollow next the oak,
And a little flash of firelight, and a little puff of smoke;
And sturdy little goblins are dropping from their backs
Their little stores of fuel packed in little mouseskin sacks.

There are kindly words unspoken, there are kisses left unkissed,
And promisess forgotten, and the chance that were missed;
There are little envious heart-throbs, and little loans unlent,
And letters left unwritten, and the gifts that were not sent.

There's a crackle and a splutter, and the grimy goblins stoke
Till there's nothing left but ashes of the bonfire by the oak,
A heap of smoldering ashes. Then upon his homeward track
Each weary goblin hastens with his empty mouseskin pack.

Now every goblin slumbers in his cozy moss-lined bed,
And the moon looks down in sadness on the ashes faintly red.

—Joe Walker.

Serenity.

With how much care and fret and useless trouble
We build our souls of unsubstantial things,
Until our minds grow ill, our bodies double!
For lacking wisdom, all our striving brings
Serenity no nearer. And the springs
Of joy we might have found are choked with stubble.
About our foolish roofless walls of rubble
Doubts brush, like bats, our faces with their wings.

We have not learned that ancient pagan calm
With which men, firm in courage, met despair;
Nor peace, which is the Christian's secret charm;
Nor Nature's deep serenity; the air
Of starlit evening, and a quiet river,
And Death a wind to cool the hottest fever.

—Theodore Maynard.

The face value of a friendly smile cannot be measured in dollars and cents.—Edward W. Young.

"DIAMOND DYE" ANY GARMENT, DRAPERY

Just Dip to Tint or Boil to Dye

Each 15-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, draperies, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.

The Empty Workshop.

"Let's go out and play." This inviting, childish command is so often heard by teachers and parents, and all too often the place of invitation is a barren yard or fenced piece of God's green earth, utterly devoid of equipment or incentive for active play. The playground is, to the child what the home is to the home-maker—it is his workshop, his social center, and his land of adventure.

But the wide difference between these two institutions, the home and the playground, is that the home-maker has the supply of equipment of the home much within her own control. But the child has little or nothing to say about what equipment shall be placed on his playground. As a result we see little or no equipment on the average school and community playgrounds as we pass through the country.

Every home-maker has experienced the difficulty of preparing a meal without sufficient cooking equipment. She has, also, experienced the thrill of adding one or two much-needed pieces of new equipment to her home. For the child it is, also, difficult to play without anything to play with. The placing of a new slide, swing, or ball game equipment on the playground would be a thrill for the child in double portion.

In the number of letters received this week, little mention was made of the needs of the school and community playground. Almost universally, there is great opportunity for community organizations to sponsor this movement which would bring greater happiness to every child in the neighborhood.

On the Moors.

Is it Spring on the moors today, are the skylarks singing?
Do they sing in pearly blue skies to-day?
Has she come, my Lady of Green, with heather bells ringing?
What do the south winds say?

—Alfred Turner.

Take the pep from your dyspepsia with 15 to 30 drops of Seigel's Syrup in a glass of water as directed on the bottle. Any drug store.

An Extravagant Gesture.

As he passed the pavement artist a Scotsman with a lordly air flung a shilling into his outstretched hand. His wife immediately took him to task for his extravagance.

"Dinna fash yersel'," he said, "'twas a bad shilling."

"An hae ye no' a bad saxpence, ye gowk?" she retorted.

Golden eagles have been credited with carrying off live lambs and even infants. An expert photographer of birds now states that he has failed to find any evidence of this; he himself saw an eagle have the greatest difficulty in lifting a live hare off the ground.

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

RED ROSE TEA
"is good tea"

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

Song.

Go, teach the swan to swim,
The swallow still to skim,
The bat to go by night,
The lark to love the light,
The tortoise to step short, the gnat to move,
And counsel me to love.

Were I, like every creature,
But true to my own nature:
But let my lips impart
What lieth near my heart,
Then would I tell and tell in every place
Her goodness and her grace.

What's beautiful and fit?
A rainbow bravely lit,
The gliding sun at morn,
A hilside rope with corn,
Apple in bloom, a full-rigged ship at sea,
And my love kind to me
Soon it may be

—E. N. daC. Andrade.

Minard's Liniment for colds.

Mountain Calm.

Unutterably far, and still, and high,
The mountains stand against the sunset sky;
O little angry heart, against your will,
You must grow quiet here, and wise, and still.

—Frances Cornford.

The Regulator.

Mistress—"Mary, how is it that the breakfast eggs are sometimes boiled soft and sometimes quite hard?"

Mary—"Well, mum, I'm sure I don't know. I puts 'em in regular as the clock strikes eight and I takes 'em out promptly when I hears the train go by."

Pains in The Back Are Generally Danger Signs

Kidney Disease Will Lead to Fatal Results Unless Checked In Time.

Thousands have kidney trouble and do not know it. Many times a "run-down" feeling, dyspepsia, shattered nerves, dizzy spells, backache and a hundred and one other ills are due to the condition of the kidneys and liver.

Warner's Safe Kidney and Liver Remedy has been tested nearly 50 years and found a positive relief for kidney and liver troubles.

It is a vegetable and contains no harmful drugs; a most valuable and effective tonic. Goes right at its work and does it with positive method; soothing, stimulating and healing the broken down tissues and so builds up the body, gives it strength and restores energy. Get a bottle at once.

Sold by all druggists. Price $1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.

FOR Lumbago

ASPIRIN

Proved safe by millions and prescribed by physicians for

Lumbago	Colds	Neuritis	Neuralgia
Headache	Pain	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, 183 King West, Toronto.

FOR SALE—THREE QUARTER SECTIONS OF land in one of the best wheat producing districts of Saskatchewan; buildings worth $10,000; $35 per acre; reasonable terms of payment. Address, C. J. Hamson, Raymore, Sask.

ROOFING AT WHOLESALE. SPECIAL "Early Bird" sale of roofing, March only. Cash buyers save by ordering spring needs at Reliable grades and heavy weights. Freight paid, these wholesale prices. Samples and catalogue of Builder's Materials FREE. The Halliday Co., Limited, 10 Jackson Street, Hamilton.

RUBBER GOODS.

RUBBER—IF IT'S MADE OF RUBBER, WE have it. Write us and mention your wants. Camera Supply Co., Dept. W., Montreal.

In Selecting Wallpaper Try Samples in Home.

Do not decide on a wallpaper in the shop. Take home a sample and try it in the room where it is to live. See it with your furniture and your curtains, in the light that is to give it value. This is the only way to be certain that you are getting the right thing. You may be sure that your house wil be grateful for its new spring dress if you consult its taste in this fashion.

I went by the field of the sluggard and . . lo, it was grown all over with thorns. . . . So shall poverty come as a robber and thy want as an armed man.—Prov. 24: 29-34.

AFTER SHAVING

Dilute Minard's one-half with cream or sweet oil and apply to the face. Very soothing and refreshing.

MINARD'S "KING OF PAIN" LINIMENT

SICK ABED EIGHT MONTHS

After Taking Lydia E. Pinkham's Vegetable Compound Could Do All Her Work and Gained in Weight

Melfort, Saskatchewan. — "I had inward troubles, headaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told me to try Lydia E. Pinkham's Vegetable Compound, and after taking two bottles I could get up and dress myself. I also took Lydia E. Pinkham's Blood Medicine. When I first took the medicine I only weighed seventy-eight pounds. Now I weigh twice as much. If I get out of sorts or weary and can't sleep I always take another bottle of the Vegetable Compound. I find it wonderfully good for female troubles, and have recommended it to my neighbors. I will be only too glad to answer any letters I receive asking about it." — Mrs. WILLIAM RITCHIE, Box 486, Melfort, Saskatchewan.

TROUBLED WITH ECZEMA IN RASH

All Over Scalp. Itched and Burned. Cuticura Healed.

"I was troubled with eczema. It broke out in a red rash all over my scalp and after a time turned to pimples. It itched and burned all the time and caused my hair to fall out.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample and after using it found great relief. I purchased more, and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Sarah G. Davidson, Summer St., New Glasgow, Nova Scotia.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

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