A SPRING TONIC AN AID TO HEALTH

You Can Lay the Foundation of Good Health Now by Building Up Your Blood and Strengthening Your Nerves Through the Use of Dr. Williams' Pink Pills.

The good old fashion of taking a tonic in the Springtime, like most of the customs of our grandparents, is based upon sound common sense and good medical practice. Winter is always a trying time for those who are not in rugged health. Many men, women and children go through the winter on reserve strength they have stored up during the sunny summer months, and grow increasingly pale and languid as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, but putting color in the cheeks and banishing that tired feeling that worries thousands of people at this season of the year.

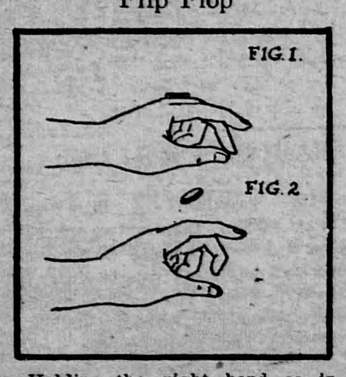
It is impossible to be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if your appetite is poor or you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on. And in all the realm of medicine, there is no safer or better tonic than Dr. Williams' Pink Pills. These pills tone and enrich the blood which circulates through every portion of the body, strengthening jaded nerves and rundown organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

Miss K. Sirois, Kamouraska, Que., says:—"I would feel that I was neglecting an opportunity to help some other poor sufferer if I failed to tell you how much benefit I had through the use of Dr. Williams' Pink Pills. Before taking the pills I was in a badly run-down condition. I was very weak, pale and breathless at the least exertion. I often had headaches and my appetite was poor. I began taking the pills and they restored me to better health than I had enjoyed for a long time; in fact, my health is now the best, and I am sure that what this medicine has done for me it will do for all weak, ailing people."

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

EASY TRICKS

Flip Flop



Holding the right hand as in Figure 1, place a dime on the last joint of the middle finger. Tell your friends that you have so developed the muscles of the finger that you can cause the coin to hop up and turn a complete somersault in the air.

As this is a trick, the statement will be taken with a grain of salt, but if you do the trick well you will find your friends practicing it and failing to do it.

When you know the trick, however, it is very easy. The thumb is the silent partner. When you want the coin to hop up and turn over, rest the thumb against the tip of the finger, press hard and let the thumb slip off, just as if you were snapping your fingers. That will do the trick. A little practice is needed in order to catch the coin on the back of the hand.

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

By the way, did you ever try to "Unsay It With Flowers"?

Mentges Folder For Sale

Suitable for a newspaper or job office. It will fold pamphlets, newspapers, just as fast as an expert can put them in. It will take paper of any weight, book or wrapping, sizes up to 36x48, Newspapers, 6 of 7 col., 4 or 8 pages. Will trim, fold and paste (by gear-driven paster) and deliver either at third or fourth fold, faster than can be folded by three, six or more persons by hand. The rollers are of steel, all turned true on lathe, milled and accurate, and will not shrink or misbehave under any service. A one-quarter h.p. motor is ample to run it.

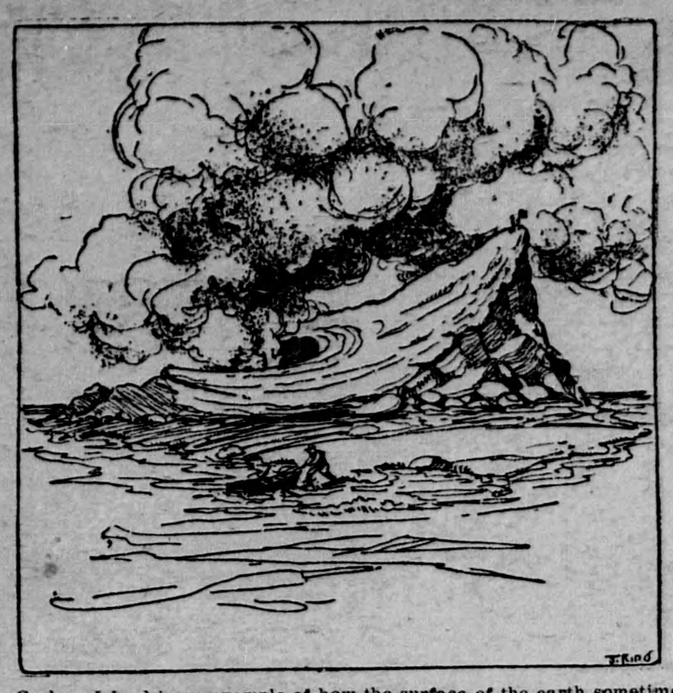
The Guide **Port Hope**

FOR HOME BUILDERS

Detailed information concerning planning, building, financing, decorating, furnishing and gardening is contained in the MacLean Builders' Guide. Each issue shows several practical designs in picture and plan. Send Twenty Cents for a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

MAKING NEW ROCKS FROM OLD

Nature's Great Chemist, the Sea, Turns the Trick.



Graham Island is an example of how the surface of the earth sometimes changes with rapidity. On July 10, 1831, a column of water 60 feet high rose in the Mediterranean at a point between the southwest coast of Sicily and the coast of Africa. Then followed clouds of steam. A submarine volcano had broken into action. Soon the cone of the volcano rose above the sea, forming an island. By August 4, the island was 200 feet high and three miles in circumference. Then it began to grow smaller. By the year 1832 it had again receded below the surface of the sea. The sketch shows how it appeared in 1831.

Secrets of Science.

By David Dietz

The atmosphere, as we have seen, causes the rocks to crack and decay. Much of the resulting debris is washed by the rain into the rivers.

The rivers themselves are continually wearing away the rocks. The material which they wear loose and the material which the rain washes into them, is carried along by the rivers as sediment.

Most of this sediment is carried the length of the river and deposited in the oceans.

The oceans themselves, in addition, are wearing away the land, eating continuously into the continents and islands.

As a result of these processes great beds of sediment are being continuously deposited in the ocean.

When rocks are broken into rather coarse pieces, the resulting debris is known as gravel. When the debris consists of fine grains it is known as sand. Still finer particles are known as dust when dry and mud when wet.

The coarser sediment is dropped near shore, while the finer particles are carried further out into the ocean. This can be seen along many coasts where the shore-line is gravel, gradually changing to sand and then mud as the distance from the shore increases.

In addition to separating the sediment according to its size, the water also causes chemical changes in certain types of sediment. Thus a sediment of feldspar is broken down into simpler products, turning in time into clay.

But in time the water also has another very important effect upon these layers of sediment.

It makes new rocks out of them.

Just as men mix sand and lime to make mortar, the water in time cements the loose sediment into solid rock.

It will be remembered that the water contains many minerals in solution. Some of these minerals are precipitated or deposited out of the water, sinking into the layers of sediment and cementing them together into solid rock.

These rocks are called sedimentary rocks.

When gravel is cemented into solid rock, the resulting rock is known as conglomerate or breccia. Sand becomes sandstone by this process and mud becomes shale.

There is also a class of sedimentary rocks which consists entirely of mineral matter precipitated out of the water.

A third class of rock results from the fact that the ocean is full of billions of minute organisms—animals and plants—which have hard shells. These shells are composed of calcium carbonate. When they die, their shells sink to the bottom, forming in time a layer of limestone. One form of limestone is known as chalk.

Next article—Uplifting the Land.

Her Only Fault.

"How are you getting along with your skating, Mabel?"

"Fine, but I don't get much chance to practice."

"How come?"

"Well I'm sitting down more than I'm standing up."

Don't let indigestion after meals, biliousness, heartburn, or dyspepsia take the pep out of you. Take Seigel's Syrup. Any drug store.

The Food of Sponges.

Many surprising facts are encountered by the person who becomes interested in the study of animal life. One of the hardest things to believe is that the sponge you use daily was once an animal, and not a vegetable growth of the ocean. Sponges live their own lives, and eat their food as other animals do.

The separate existence of a sponge begins with the breaking away from the parent of a tiny particle. The latter, after being whirled about for a time by the tides and currents, eventually attaches itself to a piece of rock, and from that home it seeks its own livelihood.

The food of infant sponges consists of yelk cells, which contain a form of nourishment. Later, as the sponge grows, it requires something more solid, and this is brought by the currents, which sweep into a bag, half mouth, half stomach, minute particles of the new food.

The lungs of a healthy man contain 200 cubic inches of air.

Minard's Liniment for sore throat.

Gold Rushes.

Prospectors and mushers are making their way as fast as they can to Northern Ontario, whence comes the latest tale of those who "struck it rich" in a gold field. All over the north there are sour-doughs who will cheerfully quit any place or occupation when some one whispers "gold" and trek off into the barrens with a hatchet, a frying pan, a bag of flour and a rasher of bacon. Some of them come back and some do not. Some make their pile and some lose all they had savd. But there are features that differentiate the modern gold rush from an old-time stampede. In the present instance, those who are mistaken will find it out soon. Airplanes have been pressed into service, outstripping the primitive dog-sled. The six-day dog trail from the railroad terminus to the lake where the gold is supposed to be can be measured through the air in a few hours. If men must leave their work because of the age-old lure of the treasure-hunt, at least they are not committing themselves to months of wilderness wanderings, only to be bitterly disillusioned after all.

BEAUTIFY IT WITH "DIAMOND DYES"

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.

Divine Commands.

We are no pilots: let us trust our bark,
Miraculous, alert, not made with hands,
That feels a magic impulse through the dark,
And leaps upon the course it understands
From shores unknown to unimagined strands;
Resists the helm we give it, but divines—
Being itself divine—divine commands;
And answers to no compass save the signs
Encircling deepest heaven where the Zodiac shines.

—John Jay Chapman, in Atlantic Monthly.

HEALTHY CHILDREN ALWAYS SLEEP WELL

If Baby Does Not Enjoy Refreshing Sleep He is Far From Well.

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again.

Baby's Own Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety.

You can obtain Baby's Own Tablets through any medicine dealer at 25 cents a box, or by mail, post paid, from The Dr. Williams' Medicine Co., Brockville, Ont.

Don't expect your children to do things the way we used to 30 years ago; you can't teach a new dog old tricks.

With ages ranging from eighty-two to sixty-two, one London family of five brothers and four sisters have a total of 630 years between them.

An authority states that every square mile of the sea contains 120,000,000 fish.

Banish The Blues

By Observing Nature's Basic Rule

Those who suffer from despondency, listlessness and headaches can usually trace the cause of these conditions to constipation.

They are frequently brought about by overwork, nervous strain, lack of outdoor exercise or sleep, or improper food, but more frequently by the non-observance of nature's basic rule—regular thorough bowel elimination.

Poisons from waste matter left behind are picked up by the blood and absorbed by the system, weakening the nerves and lowering the vitality.

Nujol, the scientific internal lubricant, corrects constipation in nature's own way by augmenting the supply of nature's lubricant.

Nujol by softening the waste matter thus permits thorough and regular elimination without overtaxing the intestinal muscles. It is gentle, safe and natural in its action, and can be taken for any length of time without any ill effect.

Ask your druggist for *Nujol* today and remember—look for the name "*Nujol*" in red on both bottle, label and package.

RED ROSE TEA

"is good tea"

People who want the very best use Red Rose Orange Pekoe Tea

72

1,000-Years-Old Tree.

At the time when Athelstan was on the English throne a little shoot appeared above the ground in a South African forest. Athelstan died, and was followed in turn by a long line of English kings, but the little South African shoot persisted, growing in size and strength until to-day, having been transplanted from its native soil, it flourishes in the Royal Botanic Gardens, Regent's Park.

It is a specimen of the Kaffir bread plant, and gets its name from the fact that the pith of its young shoots contains starch, which is eaten by the natives in the form of bread or sago.

The usual height of such trees is 20ft. This one, however, is only 10ft., and measures 15in. round its cylindrical trunk. Long leaves with curling ends sprout from the top of the fairly smooth trunk.

Each year fresh fronds are produced, the old ones falling and leaving scars. Thus, by noting the yearly crop of leaves and counting the scars on the trunk's surface, the age of the tree has been estimated at a thousand years.

Minard's Liniment for dandruff.

If you have a large kitchen, put your work-table on casters. In this way you can roll it to the stove, sink or cupboard, thus saving many steps.

The total area of the potato and other root and fodder crops of Canada in 1925 is estimated, according to the Dominion Bureau of Statistics, to be 12,181,713 acres, as compared with 11,862,921 acres in 1924.

For More than twenty years

Sal Lithofos has been prescribed by leading physicians as an invaluable specific for the treatment of

Indigestion
Constipation
Disorders of the Stomach and Kidneys
Rheumatic and Gouty Conditions

A palatable, effervescent, saline preparation of Lithia and Sodium Phosphate highly beneficial and remedial in the case of disorders mentioned.

At all Druggists—three sizes

Sal Lithofos

1

Classified Advertisements.

FOR SALE.

GOOD THRESHING OUTFIT. FOR PRICE AND information write Wilfred Forsyth, York Mills, Ontario.

BAKERS' OVENS. WRITE FOR CATALOGUE and list of used ovens. Hubbard Oven Company, 782 King West, Toronto.

Violet Rays for Dogs.

The ultra-violet ray treatment is now being used in connection with the cure of distemper in dogs.

The dog is placed in a special basket and is provided with blue-tinted goggles whilst the treatment is in progress.

It is necessary to expose dogs to the rays for about fifteen minutes at a time, and it is understood that the treatment is very effective.

Diogenes was once asked what beasts had the most dangerous bite. He replied: "If you mean wild beasts, the slanderers; if tame ones, the flatterers."

Andrews' Plugs STOP TOOTHACHE INSTANTLY

Temporary Fillings - - - which Last a Long Time. 15c. Package

SOLD EVERYWHERE

Norman S. Wright & Co., Limited, Distributors, Toronto

VETERINARY DOCTORS

use and recommend Minard's Liniment. Splendid for sprains, bruises, cuts, chafes, swellings.

MINARD'S "KING OF PAIN" LINIMENT

RUN-DOWN AFTER BIRTH OF BABY

Ottawa Woman Made Strong by Taking Lydia E. Pinkham's Vegetable Compound

Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE PAQUIN, 320 Cumberland Street, Ottawa, Ontario.

Terrible Backache

Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and felt tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go undone at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound, as she said it would build me up. I was relieved before I had taken the first we bought and have not had any trouble like it since."—Mrs. T. MARKLE, 115 Ferguson Avenue South, Hamilton, Ontario. c

FOR NEURITIS

ASPIRIN

Proved safe by millions and prescribed by physicians for

Neuritis Colds Headache Lumbago
Neuralgia 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."

CUTICURA HEALS ITCHY ECZEMA

Caused Much Suffering. Nose Swollen and Sore. Face Disfigured.

"Eczema broke out in red spots and pimples on my cheeks and nose. The eruptions grew larger and my nose was swollen and sore. It itched and burned so much that it kept me awake, and scratching caused eruptions. My face was disfigured and caused much suffering.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more and after three months' treatment my face was healed." (Signed) Mrs. Corinne Desjardins, Albertville, Sask.

Daily use of Cuticura Soap, with touches of Cuticura Ointment now and then, keeps the skin fresh, smooth and clear.

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