MUCH SUFFERING FOLLOWS INFLUENZA

Health Can Only be Restored Through the Use of a Blood-Making Tonic.

An epidemic of influenza, such as is now prevalent in many parts of Canada, always leaves widespread suffering in its wake. The disease itself is dangerous, but the danger is seldom over when the characteristic symptoms of the trouble have passed. There is left behind depression of spirits, weakened vital powers, thin blood, impaired digestion and over-sensitive nerves. Men and women who were robust before stricken with influenza find their bodies racked with pain previously unknown to them. This is due to an abnormal thinning of the blood and leaves the system an easy prey to other serious troubles. This is the time when the convalescent from influenza should build up the blood with a reliable blood-making tonic such as Dr. Williams' Pink Pills. When the blood regains its rich red quality the nerves recover their strength and the organs of the body function naturally and the dangerous, depressing after-effects of influenza disappear. Proof of the undoubted value of Dr. Williams' Pink Pills as a blood-builder and nerve tonic is shown by the case of Mrs. R. O. Stromberg, Cobalt, Ont., who says:—"I had a very severe attack of grippe, or influenza, which confined me to my bed for a week. On getting up again I did not recover my usual strength. I was very weak, had a severe pain in my head, and a constant backache. I had to get a woman to do my work for me as I had neither the strength nor the energy to do anything. At this stage, remembering the great benefit I had through Dr. Williams' Pink Pills in girlhood, I began taking this medicine, and soon my strength began to return. I am now able to do all my own work again, and take care of my baby boy. I am very grateful for what the pills have done for me, and hope my experience will be of benefit to some other sufferer."

If you need a blood-building tonic begin taking Dr. Williams' Pink Pills to-day. Sold by all medicine dealers or sent by mail at 50c. a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Alien.

Far through the shadows the thin rain is falling,
Faint on the sand is the sound of the sea.
High in the twilight a wild bird is calling,
Lonely and lost on the desolate lea.

Under my lashes the slow tears are burning,
Empty the hand that was lifted in prayer,
While my heart, like the bird, for its lost land is yearning,
Calling through darkness, defeat and despair!

—Josephine Johnson.

Silly Display.

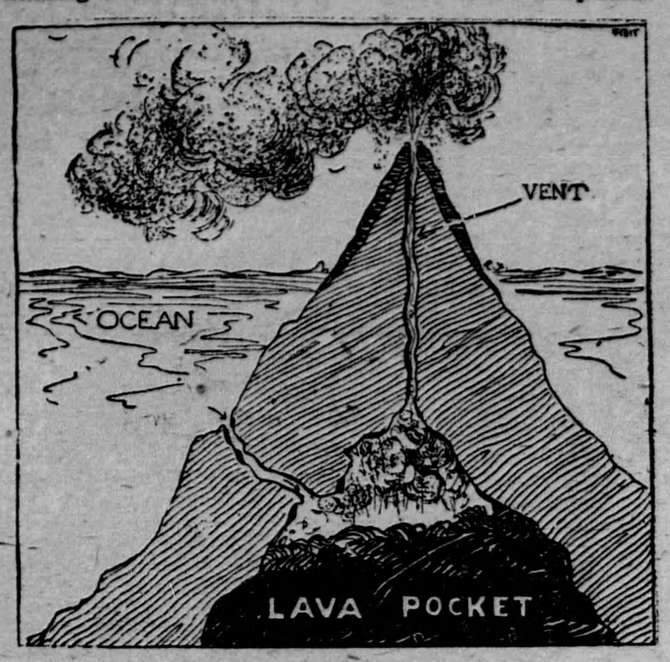
The mania for ostentation, foolish when it is not absolutely wicked, which attacks so many of the newly and suddenly rich, has been observed and satirized ever since the days of Egypt and Babylon. The latest example of it is reported from Java, where the daughter of a man who has made a quick fortune in rubber was actually married in a dress made entirely of Dutch banknotes, sewed together and cut wherever necessary, regardless of their value. You cannot help pitying those who have so little idea of beauty, good taste or the proper use of wealth.

X-Rays on Mummies.

Mummies of pre-Incan inhabitants of Peru are being X-rayed at the Field Museum in Chicago to permit stury of their anatomy without unwrapping.

HOW OCEAN AFFECTS VOLCANOES

Sinking of Sea Floor is Cause of Destructive Eruptions.



This diagram shows how sea water creeping through a rock fissure into the lava pocket of a volcano causes a violent eruption.

Secrets of Science

By David Dietz

Contraction and adjustment of the earth's crust results in another destructive phenomenon besides the earthquake. That is the volcano.

The cause of volcanic action is more complex than the earthquake. Here we must also take into consideration the fact that the material in the interior of the earth is at so high a temperature that it is kept rigid only by the intense pressure of the earth's crust upon it.

Geologists believe, however, that in the buckling up of the earth's crust the rocks sometimes assume a formation which releases the pressure upon large areas in the earth's interior. As a result the material in these pockets becomes molten.

Such pockets would be most apt to form where the movement of the earth's crust was greatest. Therefore the theory is supported by the fact that volcanoes are found as a rule either on islands or close to the seacoast.

As we have seen, the ocean beds are sinking as a result of the earth's contraction.

The downward pressure upon the interior of the earth would tend to produce a corresponding upward pressure under these pockets.

Hence, if there were a crack or fissure in the earth's surface, the molten material would be forced out, and that is just what a volcano is—a hole or sort of natural pipe connecting with one of these pockets of molten material.

The molten material usually pours slowly out of the crater of the volcano.

But occasionally another factor enters the situation. A great quantity of gas collects with the molten material. This is likely due to water from the sea creeping through fissures into the pocket of molten material, where the intense heat turns it to steam.

Finally the pressure due to the steam and other gases becomes so great that the pocket can no longer hold it. Then it is suddenly blown out of the volcano in a great eruption, frequently burying farms and whole villages beneath a stream of molten lava.

Besides molten lava gases, water in the form of steam and fragmental matter are hurled forth by volcanoes.

The lava streams cool and solidify into a variety of rocks which are classed among the igneous or fire-hardened rocks.

The fragmental materials range in size from dust-like particles to particles the size of walnuts. The dust is known as volcanic ash.

The steam ejected from a volcano condenses and falls as rain. This carries down with it much of the volcanic dust, forming what is known as volcanic mud. This mud solidifies into a porous rock known as tufa.

In the historic eruption of Mount Vesuvius in 79 A.D. Pompeii was buried under volcanic ash, while Herculaneum was buried under volcanic mud.

There are three great lines of volcanoes. The first runs down the western side of America from Alaska to Patagonia.

The second, including Mount Vesuvius and Mount Etna, which erupted in June, 1923, begins in Iceland and runs across Italy to eastern Africa and Madagascar.

The third great line starts in Burma and includes Japan and the Philippines.

Next article — The Metamorphic Rocks.

A Lesson in Grammar.

One of the questions put to a class of rural adults was: "In the sentence 'The bird flew over the house' is 'flew' a regular or an irregular verb?" This proved a sticker for the class, but finally one man ventured an answer, said he, "If the bird that flew over the house was a wild goose, it went in a straight, regular line, so the verb is regular; but if it was a woodpecker then it went in a crooked zigzag line, and so the verb is irregular."

All but the grammar-bound examiner were satisfied with this rational explanation.

Road on Lofty Mount.

A federal road to the top of Mount Haleakala, Hawaii, is to enable tourists to drive cars up to 10,000 feet above sea level to view the famous crater.

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.

Unwritten Law of the Sea.

The British sailors' unwritten law of the seas, "women and children first," when taking to the lifeboats, was amended to include "married men next," by imperiled bachelors in the crew of the Antinoe, when on Jan. 26 last they were dramatically rescued in midocean by Captain Fried, and the officers and men of the American liner President Roosevelt.

The fact was brought out at a Board of Trade inquiry into the loss of the British freighter which left New York on Jan. 14 with 25 men. Nine days later in a tumultuous sea a big wave struck the ship and bent the steering rod. The story of the crippled vessel's heroic rescue is now history.

The unpublished version of the bachelors' regard for the families of imperiled companions was told at a court inquiry by L. F. C. Darby. Ten of the surviving 23 men had been saved, leaving 13 still in jeopardy aboard.

Darby testified: "The discipline on the Antinoe seems to have been good, because when a lifeboat was seen to be approaching, the remaining men on the Antinoe were arranged in the order in which they were to go and the married men were sent away to the President Roosevelt first."

Love's Ambassador.

The handsome young man at the house party suddenly woke up to the fact that the hostess' youngest daughter of about eight summers was trying to make friends with him and, being a kindly young man, he encouraged her.

"I say, how old are you?" asked the fair-haired mite suddenly.

He smiled and answered the question, only to meet with another:

"Are you married?"

The young man smilingly assured the little girl that he was not.

At that moment the hostess herself appeared, and the little girl turned to her and said:

"He's O.K. so far, mother. Is there anything else you want to know?"

Among British voters there are eleven men to every eight women.

Minard's Liniment for dandruff.

Rx Peps You Up!

Do you feel all in? Have you that stupid, sleepy, dragged-out feeling that bothers so many people? Then use

Sal. Lithofos

daily -- an effervescent, saline laxative that gently clears away the poisonous waste matter which so often clogs the system and leads to many serious diseases. You'll marvel at the difference in your feeling. You will be full of pep, eyes bright, color clear, mind alert, step lively. Try it for a week and see for yourself.

Three sizes—at all druggists.

The Wingate Chemical Co. Limited
Montreal

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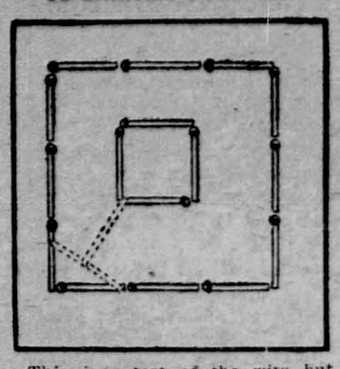
EASY TRICKS

A Difficult Problem



This is a test of the wits but you will find that most of those to whom you show the stunt will have some difficulty in arriving at the correct solution.

Arrange nine matches in the form of the outer square and say that they represent four walls of buildings surrounding a smaller building, represented by four other matches. Declare that it is eight feet from each of the larger buildings to the smaller and that you have two planks, each represented by a match, and each eight feet long, on which it is desired to make a bridge from any of the larger buildings to the smaller.

The immediate response is that only one plank is necessary—one eight foot plank to bridge a gap of eight feet. Point out, however, that this is not practical because the distance would not allow the ends of the plank to be supported.

The dotted lines in the diagram show the manner in which the two planks should be arranged.

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

THE ONLY MEDICINE BABY HAS HAD

Is What Thousands of Mothers Say of Baby's Own Tablets.

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Experience teaches her that they are without an equal for relieving baby of any of the many minor ailments which afflict him at one time or another. The Tablets never fail to be of benefit—they cannot possibly do harm as they are guaranteed to be free from all injurious drugs.

Concerning Baby's Own Tablets Mrs. Russell Hill, Norwood, Ont., says:—"I shall always have a good word to say for Baby's Own Tablets. I have given them to our baby girl. In fact they are the only medicine she has ever had and I am proud to say that she took second prize at our baby show. She is eleven months old and weighs 22 pounds. No mother whose child is peevish or ailing will make a mistake in giving it Baby's Own Tablets."

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

Built That Way.

Miss Eel—"I wish you wouldn't jump around so much when you dance!"

Frog—"I can't help it, and besides this is a "hop" anyway!"

Stunning the Waitress.

Fried fish and potato chips occupy in London the same plane of economic sustenance that is occupied in this country by "hot dogs." The Argonaut tells the story of a gentleman with "the Oxford manner," who often gets short of funds toward the end of the month and takes himself to one of the numerous establishments where this refreshing dish is purveyed.

After a careful scrutiny of the carte de jour, he gave his order to the attendant. Thus:

"I'll—ah— have —ah — some fried plaice, if you please, and—ah—yes, perhaps—ah—just a few fried potatoes."

The waitress stared at him, popeyed, and gasped. Then, as she seemed on the point of fainting away, she recovered herself.

"Ow!" she exclaimed. "Fish an' chips yer mean. Righto!"

CAN YOU SOLVE THIS?

DIERFLAG

The above letters when properly arranged spell the name of a late President. Everyone sending in the correct solution will be awarded a beautiful lot 20x100 feet Free and Clear of All Encumbrances, in a section now open to colonization in New Jersey. Answer puzzle and mail to-day.

This Offer Expires July 15.

Beware of Imitators! We are the originators of this advertising plan.

Maxim Development Corporation
110 West 40th Street - New York
Dept. 1200

RED ROSE TEA
"is good tea"

Perhaps you use good tea. We think Red Rose extra good.

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Child Health.

It is difficult to measure in actual terms of disease the harm that will ultimately result, but one cannot fail to be impressed by the large number of children in Ontario who are handicapped as the result of bad food habits.

Fifteen per cent. of the physically "below normal" children throughout the province who present themselves to a physician for examination tell the same story, namely: a pronounced dislike for milk, fresh vegetables (carrots, cabbage, white turnips, beets, lettuce, spinach and celery), fresh or cooked fruits, cooked cereals and milk puddings. These children eat chiefly package cereals, toast, jams and jellies, sweet biscuits, thin soups, meat, potatoes, pickles, cakes, pastry, sweets and highly seasoned foods, with tea as a beverage. The lack of the first mentioned valuable foods in the diet is evident on examination: the child is materially below weight, is pale, has flabby muscles, tires easily, is irritable, has decayed teeth, suffers from digestive disturbances and constipation.

Much, if not all, of the responsibility for this condition of affairs is due to apparent ignorance on the part of the parents and those associated with the child in infancy. No serious thought is given to the question of making it easy for the child of one or two years to acquire a liking for these wholesome, inexpensive and essential articles of its diet; in fact the opposite is the case. For some vague reason when twelve or fifteen months old the infant is required to take its allotted place at the family dinner table. Here, his unsweetened (but essentially nourishing) diet is supplemented by the misguided but well-meaning members of the family who give him "tastes" of all the strongly-flavored, highly-seasoned and attractively-colored articles of food on the table.

He not only acquires (at once) a pronounced dislike for the food which is best suited for his present needs, but acquires a liking for those which may be distinctly harmful. Much of the trouble could be avoided if children up until at least three years of age were served their meals away from the family table. While this may mean some little readjustment in the home, it will unquestionably result in a marked improvement in the health of the children and help prevent their being classed "below normal" a few years later.

Minard's Liniment for sore throat.

Laying Asbestos Shingles.

Asbestos shingles may be laid by the roofer in any one of several different ways. Each of these ways, however, is so simple that, without any instruction, a competent roofer can apply the shingles so that they will protect the house as long as it lasts.

No Wonder.

Jerry—"That woman you were with last night looked old enough to be your mother."

Harry—"Yes; isn't it queer. She's my grandmother."

CHAMBERLAIN'S PAIN-BALM

Your favorite old LINIMENT is now being offered in TUBE FORM

Better than before! Easy to apply!

Its well-known soothing, healing and penetrating qualities have been intensified in the new, compact form.

For over fifty years it has been a standard household remedy for sprains, bruises, rheumatic pains or muscular lameness from any cause.

Generous tube for 25 cents.

Sold Everywhere, or by mail from Chamberlain Medicine Co., Toronto

Keep This Safe Home Medicine Ready to Use

To every home come periods of illness, the treatment of which is so well known that the use of a household medicine like Warner's Safe Kidney and Liver Remedy is required.

The relief that this remedy can accomplish is almost immeasurable, and it should always be kept ready for use in all cases of derangement of stomach and bowels, and especially if symptoms indicate disorders of the kidneys, liver and urinary organs, thus preventing the development of more serious symptoms and often serious illness.

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

Classified Advertisements.

FOR SALE

WHITE OAK BRIDGE PLANK, AND timbers. Reid Bros., Bothwell, Ontario.

ELECTRIC MOTORS BOUGHT AND SOLD. Milton, Frederick St., Toronto.

WANT TO HEAR FROM OWNER OF GOOD farm or ranch for sale. W. Mernitz, Box 291, Ft. Worth, Texas.

Nothing but the infinite Pity is sufficient for the infinite pathos of human life.—Shorthouse.

BEAUTIFUL HOMES

The MacLean Builders' Guide gives valuable data and aids in solving problems relating to planning, building, financing, decorating, gardening and furnishing. Profusely illustrated. Homes of all types shown in various sections of the country. Send Twenty Cents for a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

Andrews' Plugs STOP TOOTHACHE INSTANTLY

Temporary Fillings - - - which Last a Long Time.

SOLD EVERYWHERE 15c. Package

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

EARACHE

Heat an iron spoon. Put four drops of liniment and four drops of sweet oil in it, mix and put one or two drops in the ear.

MINARD'S "KING OF PAIN" LINIMENT

CUTICURA

Mother's Favorite For Baby's Skin

The pure, cleansing properties of the Soap make it ideal for baby's daily bath. Assisted by Cuticura Ointment it does much to prevent little skin and scalp troubles becoming serious and to keep baby's tender skin healthy and clear. Cuticura Talcum is soothing and cooling, ideal for baby after a bath.

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

Cuticura Shaving Stick 25c.

DRAGGING-DOWN PAINS RELIEVED

Woman Suffered Nearly a Year. Lydia E. Pinkham's Vegetable Compound Brought Her Health

Moose Jaw, Sask.—"I am going to try to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered very badly with dragging-down pains and inflammation, also pains in my right side over my hip and down my whole side into my leg. I had it nearly a year when I went to a doctor and he said I would have to have an operation. But my mother said to take Lydia E. Pinkham's Vegetable Compound as it saved her life years before. I took two bottles and I found I was better, so I kept on taking it and also used Lydia E. Pinkham's Sanative Wash. I have had two more children since then and am perfectly well. I used to have to lie down two or three times a day, and now I do all my housework without trouble. I always keep the Vegetable Compound in the house as I find a dose now and then helps me. I am willing for you to use this letter any way you see fit and I will answer letters. If I can help any other woman I'd be only too glad to try."—Mrs. ESTHER HOUGHTON, 712 Athabasca W., Moose Jaw, Saskatchewan.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women.

For sale by druggists everywhere. G

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