WEAK AND NERVOUS

A Condition Due to Watery Blood—Easily Corrected Through the Use of Dr. Williams' Pink Pills.

Thin, pale girls lack the power of resistance to disease that rich, red blood gives. Nervous breakdown is the result of thin blood. So is indigestion, headaches, backaches and many other troubles. Girls suffering from thin, impure blood need just the help Dr. Williams' Pink Pills can give. For many years Dr. Williams' Pink Pills have been a world-famous blood-builder and nerve restorer. They actually make new, rich, red blood which imparts new vigor and life to all the organs of the body. Their first effect is usually shown by an improved appetite; then the spirits revive and restlessness at night gives way to health restoring sleep. For sufferers from anaemia, nervousness, general weakness or physical exhaustion Dr. Williams' Pink Pills are a restorative of the utmost value. This is proved by the experience of Miss Sarah A. McEachern, R.R. 3, Brule, N.S., who says: —"About three years ago I became very weak and nervous. I had pains in my side and back. I also had frequent pains in the back of my head and neck. I was very pale and very weak. I had attacks of nervous irritability, and at times I was so nervous that life seemed hardly worth living. While in this condition a friend strongly advised me to take Dr. Williams' Pink Pills. I began taking these pills and used them for about two months with the result that there was such an improvement in my condition that friends would ask me what I was taking, and I was only too glad to tell them it was Dr. Williams' Pink Pills. I am now enjoying good health and am glad to give this statement for the benefit it may be to some other sufferer."

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.

When Engine Squeaks; Beware.

If the engine of the new car suddenly starts a squeaking noise that grows louder and louder until it shows signs of developing into a genuine screech, by all means stop. Do not force the engine along in the belief that the noise will "wear away." Stop, let the engine cool, put two quarts of oil in the gas tank and proceed slowly. Chances are that a tight piston is starting to score its cylinder.

A Puzzle.

"Daddy, is a man allowed to have only one wife?"

"That's all, my boy"

"Then why does it say in the Prayer Book that he must take four better or four worse?"

Edge-Holding Saws
Fast Easy-Cutting
SIMONDS SAWS
Guaranteed because made from our own steel
SIMONDS CANADA SAW CO. LTD.
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A

OCEAN AND MOUNTAIN BARRIERS

Scientists Think They Caused Division of Men Into Races.

The sketch shows the Nordic and Mediterranean types. These are divisions of the Caucasian race. The sketch also shows types of two other races—the American Indian, native of the North American continent, and the Australoid, a primitive race found in Australia and New Guinea.

Secrets of Science.

By David Dietz.

One of the outstanding facts about man to-day is that he is divided up into races, each possessing distinguishing characteristics.

As we have seen, even several types of true men existed in the Old Stone Age.

Two great opposing forces have been at work throughout the story of mankind. One has been the tendency toward differentiation.

The other has been assimilation, the intermingling of different types tending to bring about similarity.

Different varieties of men migrating about the world and intermingling with the types they met have tended to make for assimilation.

But certain great barriers, such as oceans and high mountain ranges, have tended to preserve differentiations in certain great cases.

These differentiations are thought to be the results of varying climates, foods, living conditions and the like.

Therefore we find certain characteristics prevailing throughout great areas.

Thus in the north and western Europe great numbers of peoples are characterized by white skins, fair hair and blue eyes.

About the Mediterranean we find people with white skins but dark hair and black eyes.

In eastern Asia great numbers of people have yellowish skins, straight black hair and more or less high cheek bones.

Most of the natives of southern Africa have black skins, flat noses, and thick lips.

The scientist who studies races, the ethnologist, divides mankind up into races which he has assigned names.

Thus the race which spread over Europe, the Mediterranean area, and western Asia, is known as Caucasian.

It is divided into three main groups. The first include the northern blonds or Nordics. The Scandinavians, Scots and northern Englishmen are Nordics.

The second division is the Alpine. The third is the Mediterranean or Iberian.

In eastern Asia there is a second race known as the Mongolian.

In Africa we find the Negro race, and in Australia and New Guinea, a black primitive race named the Australoids.

But we must remember that there are many groups of peoples which do not seem to fit well into any one of those groups and others which are undoubtedly the results of mixtures.

Three thousand years ago, as already pointed out, man learned to make implements of iron.

From that point on, we must leave the story of man to the historian.

We started out with a general survey of the universe. Then we narrowed our survey to the earth upon which we live.

Let us now narrow our field to the specific phenomena of life.

Next article—What Is Life?

Garden Tragedy.

One of the best schoolboy howlers that we ever heard is the definition of rhubarb as "a kind of celery gone bloodshot."

An Iron That Wiggles.

An electric iron specially shaped to wiggle its way into the corners and gathers of garments has been invented.

Jealous of His Work.

Many wives are jealous of their husband's work and regard his job as a necessary evil—instead of as the goose that lays the golden eggs of food and warmth.

These wives are jealous of the time he spends at the office or shop, resentful of his enthusiasm for his job, jealous, above all, of the women he encounters in his work—the typists at the office, the girl assistants behind the counter.

All this is very foolish and unjust. A wife who shares in her husband's success is not playing the game if she fails to take an interest in the means by which he has attained it.

She may feel rather at sea when he waxes eloquent over carburetters and sparking plugs, but the least she can do is to take an intelligent interest in the things that mean bread and butter and the very roof over her head.

"George is a perfect slave to the workshop," complains Hilda fretfully to a neighbor. "He doesn't get home until after six, tnd then spends most of the evenings poring over books on engineering, or making experiments in the shed he has fitted up at the back."

It is perhaps natural that Hilda should feel hurt and lonely, but she must remember that she will benefit as much as George will when the better post for which he is qualifying comes along.

If George were always at Hilda's disposal in the evenings, and took no interest in his work once the factory gates were shut, he would never rise out of the rut.

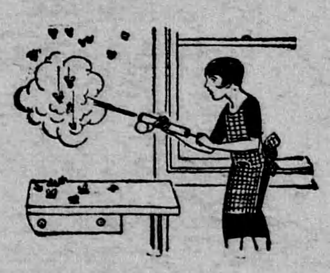
They might jog along happily at first, but as expenses increased without a corresponding increase in wages, Hilda, as the housewife, would be faced with the thankless task of making a dollar do the duty of a dollar and a half.

To find fault with her husband because of an enthusiasm that will probably save her from this unpleasant fate is, of course, to act in a very short-sighted manner.—D. R.

Minard's Liniment for Burns.

Nose Painting for Sheep.

A sheep's nose, like a man's thumb, seems to be its own particular property, so the the Michigan State College has adopted a nose printing system to identify the fleecy animals. After three years of experimenting college specialists say there is yet to be found two sheep with similar nose lines.



Fly-Flit-Flop!

FLIES breed in filth, feed on filth and bring filth into your home.

Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.

Kills All Household Insects

Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills *all* the insects—and does it quickly. Get a Flit can and sprayer today.

STANDARD OIL CO. (NEW JERSEY)

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FLIT

Don't Stir Muddy Water.

Some people have the knack of interfering with things. Their delight seems to be to raise the dust, disturb the mud, arouse sleeping dogs.

If they have a grievance they take a supreme delight in nurturing it. They chew their pills and always seem to have a nasty taste in their mouth.

What earthly good can it do to make an unpleasant noise, when by silence peace would reign supreme? Nothing is more annoying than to be compelled to live with people who take an interest in stroking one the wrong way and probing at a sore place. If they know of a weakness of ours, such people are continually exposing it or reminding us of it.

A lot of otherwise harmless things will, if tampered with, give pain. If you know that nettles sting, why touch them? In a small boat we remain still because there is danger in our movement. Then why irritate and create temper by lingering upon those places of life which we know are saddening and give rise to bad feeling?

It is far better to smooth down the rough places. Never argue with a man about his faults. He knows them much better than you do. Tell him, in kindness, about them, but be careful not to trespass upon his own preserves. Men do not require us to inform them of their unhappy memories. But they do need someone who will point them to a loftier ideal. To the mistakes of another it is kind to be blind and to look for the virtues.

Never be a party to the digging up of old offences. It is cowardly and unkind. If a man has paid the price for his offence it is not our job to remind him of that which is no longer a debt. Those who do most in life to help others along are the ones who can give a cure for a wound; who will heal sore places and show big-heartedness.

We are all too fond of recalling the past. We find a spice in remembering the faults of others.

Keep the mud at the bottom of the pond. Plenty without your aid will do the miserable work of stirring it up and discoloring the purities of life. Let's all resolve to do our best to keep them separate.

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child.

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the newborn babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Armour, R.R. 1, South Monaghan, Ont., says:—"We have three fine, healthy children, to whom, when a medicine is needed, we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children."

Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sardines Build Cities.

Over in Italy, very close to the wonderful city of Trieste, are a dozen somewhat small cities which are still owing their existence to the fact that all around Trieste the Adriatic Sea is filled with small sardines.

From Trieste one can take a little steamer in almost any direction; such steamers sail every few minutes from the gigantic wharves of Trieste, and in an hour land at a city built up for centuries on the sardine industry.

One of the quaintest cities in Northern Italy is the city of Pirano, a matter of about fifteen cents steamer fare from Trieste. It is built at the foot of a small but steep mountain, with old and strange buildings reaching to its very top. Its streets are tiny thoroughfares running in any direction except in straight lines, and many of the houses extend over the streets. It is well worth seeing, as are the other cities all around, for all of them live on sardines.

However, sardines are served there in every form, as they are in Trieste, and it is certainly strange for a Canadian to get for his meal a plate of fresh sardines fried just like any other fish.

Thus it is learned that sardines do not always live in cans.

The flesh tastes very good, equal to the average fish flesh, but what surprises the Canadian is to find no flavor of oil or of smoke, not even of mustard, just plain sardine.

The towns all along the coast are strewn with small meshed nets, and everywhere one sees women carrying huge baaskets on their heads, baskets filled with sardines being brought from the fishing boats to the canning factories.

Stupid Fellow.

Arctic Explorer—"Yes, right in front of that roaring stove it was 49 below zero!"

Mamie—"Well, you didn't have to stay right by the stove, did you?"

Passed the Century.

Aged 102, Mr. John Balster has died at Salisbury, England.

Minard's Liniment for all pains.

Summertime and the Baby.

In very hot weather the baby needs less food, but more cool boiled water to drink.

Baby's clothes should be loose and light. Protect the head and eyes from strong sunlight.

Much of his comfort depends on the condition of his skin, and nothing makes for baby's happiness in the summer as much as a warm bath morning and evening, and on very hot days, sponging before the afternoon sleep also. Keep the skin clean, dry and powdered and baby will be less restless.

Baby needs fresh air quite as much as fresh food. Keep him out of doors as much as possible, but avoid the sun in the middle of the day. In very hot weather take him out early in the morning and in the later afternoon. Take the baby to the beach and the country whenever you can. The change will be good for him, provided you watch his food and don't tire him too much.

Breast milk is the best for the summer. Give cool boiled water frequently between nursings in the summer. It is safer to postpone weaning until after the hot weather.

Summer diarrhoea is easier to prevent than to cure, and it can usually be prevented by: (1) Boiling all milk in summer; (2) Care in preparing baby's food, and diluting it during very hot spells; (3) Stopping all food if acute diarrhoea begins. If the bowel movements are very frequent and the baby has vomiting and fever, stop all food, give only boiled water and call the doctor at once.

The summer is the most wonderful time of the year for the baby and he will reap great benefit from his outings if care is taken in regard to his care, particularly his food.

The Jovial Frederick.

During the Crusades of the thirteenth century, when all Europe had one idea in view, that of taking Jerusalem from the heathen Turks, Emperor Frederick of Germany was what would to-day be called a good fellow, and a jolly one at that.

Frederick's religious views, however, were not suited to the spirit of the day and finally ended in his being excommunicated from the church.

Nevertheless, Frederick gathered about him a few soldiers and started on a private Crusade to take Jerusalem from the Arabs.

Arriving near the historical city, Frederick sent a courier to the Sultan with a message which said:

"Out of the goodness of your heart surrender to me the city of Jerusalem as it is that I may be able to lift my head among the kings of Christendom."

The Turks were ever and always seeking wit and humor and this request struck the Sultan as being very, very humorous. The fact that the city was deemed absolutely safe, only made the request funnier.

Accordingly the Sultan not only turned the city of Jerusalem over to Frederick, but sent him elephants and camels and food as well as a great bevy of dancing women.

Frederick crowned himself king, set about to have a good time and after a merry season personally thanked the Sultan for his goodness and went to Italy, gathered a great body of troops and for thirty years fought Rome, driving Pope Innocent into France.

In the end Frederick died with misfortunes crowding about him.

Definition.

"What do they mean by raining cats and dogs?"

"That's what you call beastly weather."

A Simple Beauty Secret That Every Woman Should Know

According to the old adage "beauty is only skin deep," but it would be a transient thing indeed if it did not have behind it a strong, healthy body with all of the organs functioning properly. Just as warmth is radiated by intense fire so is beauty of face and figure the expression of glowing health. Without good health there can be no lasting beauty. Every woman has an inherent beauty, but so many unconsciously handicap themselves in the effort to look their best! Any physician will tell you that the basis of good health lies in keeping the system free from those poisons that accumulate so quickly if the body does not function naturally every day. Unfortunately, six out of ten women, it is estimated, are risking their good health constantly because of the fact that these toxic poisons do not naturally move out of their systems. And the result is that their health is impaired, not to the extent of putting them into a sick bed, but through little headaches, a constant feeling of fatigue, a heaviness that makes them dull and creates a spiritless attitude toward life and its duties. Their beauty is seriously affected. The color of the skin becomes sallow because of these poisons, circles appear under the eyes, the complexion goes. To overcome such a condition it is imperative to rid the body of this waste material. For over twenty years women have been aided by Sal Lithofos, a gentle cleanser and pleasant laxative which has been highly recommended by leading physicians for this purpose. A spoonful in a glass of water before meals is all that is required. Results are really marvelous. Health is restored, appetite returns, that heavy feeling disappears, the circles under the eyes vanish, complexion becomes natural, and, full of vitality, mind alert, one's beauty is recaptured and enhanced.

Classified Advertisements.

STOCK RANCH, OKANAGAN VALLEY. 1,[illegible] acres. Government range adjoining. Good buildings, hay meadows, water rights. G. R. Mann, Vernon, B.C.

Eternal Vigilance

Sub Officer—"Here we are, dragged four hundred miles across the country to raid a gin house and all there is in it is a cotton gin."

His Chief—"Let's close it, anyway. These synthetic products are worse than the real thing."

Invention of Treadmill.

The treadmill is said to be the invention of the Chinese and used first for the purpose of carrying water.

Mirrors and picture glasses should be cleaned with a pad of tissue paper sprinkled with methylated spirit.

A Big Plan Book

Handsomely illustrated with plans of moderate priced homes by Canadian Architects. MacLean Builders' Guide will help you to decide on the type of home, exterior finish, materials, interior arrangement and decoration. Send 25c for a copy.
MacLean Builders' Guide
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Minard's eases the pain and reduces the swelling caused by stings and insect bites. Keep it handy.
MINARD'S "KING OF PAIN" LINIMENT

DOCTOR ADVISED OPERATION FOR MRS. PENN

She Escaped It by Taking Lydia E. Pinkham's Vegetable Compound

Windsor, Ont.—"After the birth of my first baby I was very much run-down in health and the doctor said I must have an operation as I was suffering from a displacement. A friend wanted me to try your medicine—Lydia E. Pinkham's Vegetable Compound—and I took it steadily for a year. During this time I was carrying my second baby and I felt real well all the time and did not have a hard confinement. I feel sure the Vegetable Compound did me a lot of good, and all my people do, too. One sister in Leamington, Ontario, takes it, and both sisters praise it as a good medicine. I am more than pleased with the result."—Mrs. W. PENN, Windsor, Ontario.

Mrs. Corbin Relieved from Pain

Stewiacke, N. S.—"I had pains across my back and in my side for two years after my first baby was born. My mother had taken Lydia E. Pinkham's Vegetable Compound and I read about it in the papers, so I tried it and the pains all left me. I have a family of three children now, and the medicine helped me during the months before they were born. I recommend it to my friends."—Mrs. CARY W. CORBIN, Main Street, Stewiacke, Nova Scotia. C

Why Suffer With Itching Rashes

When a warm bath with Cuticura Soap and application of Cuticura Ointment will afford immediate relief and point to permanent skin health in most cases 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.