NEGLECTED ANAEMIA

Often Leads to a Decline—Enrich the Blood by Taking Dr. Williams' Pink Pills.

In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by rapid growth that anaemia develops. The first signs may be noticed by peevishness, langour and headaches. The face grows pale, breathlessness and palpitation follow, with low spirits.

At the first symptom of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills. Here is a bit of proof. Miss Mary Venditti, Catamount, N.B., says:—"Three years ago while attending a convent, I studied very hard to graduate. The result was I became very nervous and got so thin and pale my teachers thought they would have to send me home. I took different kinds of medicine which my parents sent me, but my condition remained unchanged. At last one of my teachers gave me a box of Dr. Williams' Pink Pills, and I had hardly finished it when I could feel an improvement in my condition. I continued the use of the pills for some time longer, and I can hardly tell all the good they did me. I gained in strength and weight, and the color returned to my cheeks, and at the end of the term I graduated. I never fail to recommend Dr. Williams' Pink Pills to my friends and acquaintances when a tonic is needed."

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

South Window—Upper Room.

There the sky was my top story,
With its ever-changing glory.

Winter dawn's red sun rose, past
Edge of prairie bare and vast;
Noon, the zenith radiance fell
Like a deep-toned temple bell;
Sunset' and I counted hues
Multitudinous, rare, profuse.

Golden moons and silver—they
Trekked athwart the Milky Way;
Gibbons moons and crescent, too,
Crossed the illimitable blue.

Moonlit, snowlit, crystal nights,
Stippled with uncounted lights;
Or a fog, and lambent glow,
Pearls across November snow.

Spring green, summer blossoming,
Autumn pageant, winter sting,—
High adventures all of these,—
Edge of nature's mysteries.

And I waked some nights to see
A great star beam down on me!
—Heloise M. B. Hawkins.

932 "Bobbies" Hurt in Year.

Out of the 932 London policemen accidentally injured while on duty during the year, 115 were bitten by dogs.

Free Government Pamphlet Reveals

HOW TO GET MORE MONEY FROM HOGS

How to avoid breeding short, thick pigs, and how to develop those of a suitable bacon type; how to feed a sow to prevent her devouring her litter; methods of breeding to be avoided; how to get two good litters a year; how to pick the best breed sows—these are just a few of the helpful facts contained in the free pamphlet "Breeding and Feeding the Market Hog" issued by the Department of Agriculture, Ottawa. It will pay you to get it. Use the form below.

"The Grading and Marking of Eggs"

Another helpful pamphlet. Tells the law relative to grading, inspecting, shipping of eggs, etc. Every poultry farmer should get this.

There are over five hundred free government pamphlets on all the different branches of farming. Write for the list of these publications. Fill in and mail this slip POST FREE to

PUBLICATIONS BRANCH
Department of Agriculture,
Ottawa, Ontario.

Please send me free pamphlets on

.....

together with list of all free pamphlets.

Name .....

Post Office .....

R.R. No. .....

Province .....

E 20

Northern Lights.

The night had fallen and the stars had pierced the depths of a glorious sky. Then slowly above the northern horizon a flush of golden light diffused itself; the stars paled and were lost altogether in a sky that had grown vague and very far away. The light lingered a few minutes, then as quietly withdrew, but as the stars came out again to peep, it appeared moving slowly in oblique lines toward the west. Again there was a pause until with increased color and brilliancy it threw its shafts of light higher and higher. More often the rays were vertical, but sometimes oblique or in flowing spirals, never very long the same, but changing both their position and color. At one time they were golden spun with blue, then green, then flushed with rose, then like a gleaming crystal. Slowly they moved across the northern sky, paled, then glowed again and with surprising swiftness chased each other toward the zenith of the heavens.

Their wonder and beauty leads ever to the question, What are these Northern Lights, and what is the reason of their being? One may have to seek the answer through many realms of learning, yet there never fails to come that one given to the same question asked in childhood of a Canadian woodsman. He—a man who lived under the stars—surely would know, but his answer was picturesque though even then scarcely convincing. He called them the reflections of the lanterns carried by the Eskimos, walking about in that long night darkness which envelops their polar home, and even after many years, for lack of any other explanation, whenever the aurora appears, some spot is always sought where far beyond the horizon, across the great white wastes, a little lantern swings at the side of a fur-clad form, moving now this way and now that as it searches a way through the darkness.

Color and form alone cannot portray the beauty of the Aurora. It is more than color, it is movement, it is music. Its colors are musical tones borne on high treble notes, no wlight and tripping, then pausing and indefinite, then flowing through rippling airpeggois to fade almost away, then to awake through crescendo strains to the crashing beauty of grand chords, a Beethoven-like Sonata.

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be without a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cadotte, Makamik, Que., writes: "Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Retiring to a Garden.

A garden is certainly a good place to retire to, after the strenuous years. There, if anywhere, one might hope to find peace. And though Cowley did not find the Eden he anticipated, in realizing his desire for a small house and a large garden, history has many a delightful picture of men who after long experience in the affairs of the world did find a refuge among flowers.

The joy of a garden is perhaps never deeper than when it comes as a late discovery, when after a strenuous career a man retires to a garden and finds unexpected delight. Having dropped some interests, how good to find there are new ones awaiting at one's door. New fields to explore, new discoveries to be made, new triumphs to be won. Just as there are compensations to a grown man reading Robinson Crusoe for the first time, having missed it in boyhood, so there are compensations for late gardeners. It is a great thing to discover for the first time the simple oys of tillage, of planting, and sowing, and tending; the joys of seed catalogues, of old clothes and gardening boots; the pleasant comradeship of birds and flowers. How beautiful a discovery to make in life's leisured eventide and how many thousands there are who have made it. They have retired to a garden—away from crowds and controversies and worldly quests—and there have found rich and peaceful years, proving again what some of the wisest men have claimed, that gardening is perhaps the "purest of human pleasures."

Thread.

Fine and white and strong
Back and forth you weave;
It does not take so long
To mend a sleeve.

As gently, heart, repair
The rent of those that grieve;
Remember, none may wear
His heart upon his sleeve.
—Fanny De Grott Hastings.

Physicians Use Minard's Liniment.

SCIENTISTS AGREE ON EVOLUTION

They Differ on Minor Points But Not Over General Theory.

Jean Baptiste Lamarck, early champion of evolution, was born in 1744 and died in 1829.

Secrets of Science.

By David Dietz.

The evolution of life from the beginning of life as a one-celled animal to its many complex forms to-day culminating in man, is regarded as an accepted fact by the whole scientific world.

All scientists unite in agreeing upon the fact of evolution. But there is not so much agreement as to just how evolution does work. The processes of evolution are not yet completely understood, although progress toward more complete understanding is being made every day.

The evolution theory is older than many people suppose. We find a sort of vague idea of evolution among the early Greeks. A definite theory of evolution was not formulated until the middle of the eighteenth century, when one was proposed by the Comte de Buffon.

But the faculty of the Sorbonne at Paris forced Buffon to recant in 1751.

During the latter half of the eighteenth century, there were many advocates of evolution. These included Erasmus Darwin, the grandfather of Charles Darwin.

But as yet there was no satisfactory attempt to explain how evolution worked.

The first attempt to do this was made by Jean Baptiste Lamarck at the beginning of the nineteenth century.

Lamarck believed that an animal was modified by the use or disuse of his limbs and organs. Thus an animal which ran much acquired stronger limbs.

These acquired characteristics, stronger limbs, heavier hair, or whatever they might be, were handed down through inheritance to the animal's offspring.

In time, the effect of such inheritances would be the outcropping of a new species, Lamarck believed.

Lamarck's theory is not widely accepted to-day. For most biologists believe to-day that acquired characteristics cannot be inherited.

However, some do follow his basic principles and are known as a result as Neo-Lamarckians.

The question of whether acquired characteristics can be inherited or not is one which is by no means settled.

Some biologists believe that they can be inherited. In July, 1923, an Austrian scientist, Dr. Paul Kammerer, announced that he believed that he had proved definitely by experiments that acquired characteristics can be inherited.

Experiments such as those of Dr. Kammerer are being watched with the greatest of interest by the whole scientific world and it may be that the question will be definitely settled within the next decade.

Modern evolutionary doctrine dates from the publication of Charles Darwin's "Origin of Species," in 1859.

The Seasons' Pageantry.

This world so fair—
How radiant in spring!
When April kisses May
And leaves a tear behind
In every daffodil—
I say within my heart,
"You are the season I love best
Of all the year,
Linger a while, dear spring!
And let me hear the rapturous thrush
Sing his first song again."
But joyously, unheedingly,
She hands to merry June
Her bounteous beauty—
And is fled.

Then summer brings to earth—
A deeper loveliness,
The hum of bees is here,
And fragrant clover
Scatters her perfume to the sweet soft breeze.
When shadows lengthen on the lawn
I cry enraptured—
"Stay just a little longer, gentle summer!
Let me but pick another white June rose!"
In spite of all my pleadings—
She is gone!

Autumn is here!
The glory of the year,
Gorgeous the woods and marshes,
Clad in their crimson, gold and emerald,
They almost seem to call,
And I cry back—
"Why should this splendor vanish?
Let me but keep it—
That I may find the white and purple asters,
The deeper crimson berries,
Fill every nook and cranny with their praise"—
But in the night
So quiet and so white—
There falls the snow—

Winter creeps in.
A silent wondrous awe,
A stillness all untouched by sight or sound—
It too will pass away—
And I can let it go,
Because a beauty which can never fade
Begins to dawn.
—Susan F. Campbell.

India is now taking more than half the gold production of the world.

Upset stomach, sluggish liver, and acid condition cause bad breath. Seigel's Syrup gets at the cause. Try it and have a wholesome breath. Any drug store.

Responding.

Christianity affirms that only in so far as men respond to the vitalizing energies of the Spirit of God and appropriate the power He gives them can they acquire that insight into truth which, disciplined by faith will carry them through every difficulty of thought or conduct.—The Times (London).

SOUR STOMACH

Dr. Franklin's DIGESTIN

Strengthens the Stomach, relieves and prevents Dyspepsia, Indigestion, Heartburn, Biliousness, Nausea, Flatulence, Headache, and all other troubles caused by disordered Stomach and Bowels. Buy at your drug store or mail fifty cents to our address.

Dr. Franklin Laboratories
Toronto

You can rely on SHILOH FOR COUGHS

Don't Neglect Bronchial Colds

Pneumonia, "Flu" and other dangerous maladies develop from common colds. To prevent trouble take Buckley's Mixture. It quickly relieves the Cough and removes the cause. Different from old-fashioned syrups. It's a scientific combination of proven virtues. Sold by all druggists and guaranteed.

W. K. Buckley, Limited,
142 Mutual St., Toronto 2 326

BUCKLEY'S MIXTURE
Acts like a flash—a single sip proves it

for Colds

ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds	Neuralgia
Pain	Neuritis
Headache	Lumbago
Toothache	Rheumatism

DOES NOT AFFECT THE HEART

WARNING!
Beware of Counterfeits

There is only one genuine "ASPIRIN" tablet. If a tablet is offered as "ASPIRIN" and is not stamped with the "Bayer Cross"—refuse it with contempt—it is not "ASPIRIN" at all! Don't take chances!

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."

RED ROSE TEA
"is good tea"

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

Spotting the Bird.

Wife—"William, you started on one of your tears this afternoon. I know—a little bird told me."

Hubby (very gravely)—"Mary, if you don't—hic!—got rid of that darned Mexican parrot I'll — hic! — leave home."

After Shaving—Minard's Liniment.

Devonshire Dialect.

Devonshire speech is not capricious, but has a syntax of its own. The classic phrase is "her told she." A pious person told me "us didn't love He, 'twas Him loved we." They never say "we are," but "us be" or else "we am," contracted into "we'm." They say "I be" as well as "I'm," but never "me'm" or "me be," though invariably "me and Jarge be," or "me and Urn," or whatever the name is, and never "Ernest and I" or "George and I." They say "to" for "at"—"her liveth to Moreton"—and formerly said "at" for "to"—"I be goin' to Bovey'—but now it is the fashion to say "as far as" Bovey. A complete grammar might be compiled.

Happily, the school has not taught them English that is truly up to date. They have not learned to say, "The weather conditions being favorable, the psychological moment was indulged in." They stil say, "As 'twere fine, us did'n." And their pronunciation is unchanged; beetles are bittles, beans are banes, and Torquay is Tarkay.—Cecil Torr, in "Small Talk at Wreyland."

Records taken over thirty-six years show that the greatest number of fatal influenza cases occur about the ninth or tenth week of the year, and the fewest about the thirty-fifth or thirty-sixth week.

Classified Advertisements.

REMNANTS.

3 LBS., $2. 5 LBS. PATCHES, $1.50. A. McCreery, Chatham, Ontario.

FARM WANTED FROM OWNER. Describe, state price. C. Herbert, 1019 Des Carrieres, Montreal.

The One Friend.

In the least things have faith, yet distrust in the greatest of all?
Do I find love so full in my nature . .
That I doubt His own love can compete with it? . . .

Would I fain in my impotent yearning do all for this man,
And dare doubt He alone shall not help him, who yet alone can?
—Browning. "Saul."

Plans For Homes

Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for current issue.

MacLean Builders' Guide
344 Adelaide St. W., Toronto, Ont.

In the Stable

Minard's is invaluable for strains, bruises, cuts, swellings.

MINARD'S "KING OF PAIN" LINIMENT

THIS WOMAN NOW WELL

Her Suffering Relieved and Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I am certainly very grateful for the benefit I have received from Lydia E. Pinkham's Vegetable Compound, also the Sanative Wash and the Liver Pills. In the early spring I was suffering so much from loss of blood that I thought I would never be any better as doctor's medicine relieved me only for the time being. I saw the Vegetable Compound advertised in the 'Toronto Star,' and I find the Vegetable Compound Tablets the best for me. I have been taking them since Spring, and I intend keeping them by me all the time. After reading your Private Text-Book I saw it was necessary to use Lydia E. Pinkham's Sanative Wash, and I can safely say I feel a different woman. My friends remark how well I look. I am a very busy woman, but I am ready at all times to boost your medicines."—Mrs. CHARLES GIFFIN, 949 Landsdowne Avenue, Toronto, Ontario.

You may be having an experience similar to Mrs. Giffin's and will be interested to know what she did. Every sick woman can feel confident that Lydia E. Pinkham's Vegetable Compound will help her, since we are told that it does help 98 out of every 100 women who take it.

Sold by druggists everywhere. G

Cuticura Talcum Is Unexcelled in Purity

Its delicately medicated, antiseptic properties make it ideal for daily use.

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