THE TONIC THAT GIVES STRENGTH

After Acute Diseases the Blood Must be Built Up Before Recovery is Complete.

Fevers and other acute diseases like pneumonia and influenza, leave the patient weak, with thin blood and unstrung nerves. The period of convalescence is often long and trying, and years of poor health have frequently followed so brief an illness as an attack of influenza or pneumonia.

Much of this sort of misery could be avoided by taking steps to build up the blood so that it can carry to the nerves and other tissues of the body the elements they need to restore their normal functional activities. To build up the blood and restore it to its rich, health-giving vigor, no other medicine can equal Dr. Williams' Pink Pills. From first to last it is their mission to improve the blood and thus restore good health and vigor.

The value of these pills in conditions described above is shown by the statement of Mrs. Rebecca O'Brien, Pembroke, Ont., who says:—"In Nov., 1923, I was stricken with pneumonia, and at the time but little hope was held out for my recovery. However, with the best of care I was able to walk about after some months. But I did not recover my strength. The doctor told me I was anaemic. My appetite was poor, I grew nervous and restless, I was deathly pale and practically gave up hope of ever being strong again. However, remembering that in my girlhood I had taken Dr. Williams' Pink Pills with decided success, I decided to try them again. By the time I had used two boxes there was no doubt the pills were helping me. Continuing their use I was soon able to attend to my household duties. I continued taking the pills, however, until I had used twelve boxes, by which time I was enjoying better health than at any time in the previous ten years. In gratitude for what the pills have done for me, I give this statement in the hope that it may point the way to health to some other weak, despondent woman."

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

Love in Vain.

To love in vain is one of life's tragedies. So often it brings a train of disastrous effects. Ambition is killed; sufferers become soured and embittered; life slumps into a joyless existence,

The poet Cowley wrote:
"A mighty pain to love it is,
And 'tis a pain that love to miss;
But of all pain, the greatest pain
It is to love, but love in vain."

Quite true; but why "love in vain?" To that the reply may be given that if a man loves a maid, and she cannot return his love, that's "love in vain," with none to blame. But wait a moment!

What would you say to anyone who bought a grand piano and then could not get it into the house? Or to someone who bought a hat without trying it on. Or to a skater who got a ducking because he failed first to test the ice?

You see the moral? Those who suffer from loving in vain do so because they took a risk—and hurt themselves. Love is nearly always preceded by "liking," and it can—and ought to be—held in that stage until it is discovered that the person liked is free to be loved, and free to love in return. Then love has a chance. Not in every case, of course, does the chance come off, but that the love-quest held hope, or the reverse, would soon be apparent, and a retreat could thus be made before the heart was hopelessly involved. A passing disappointment is very different from a life tragedy. Most of those who "love in vain" have been too rash—too premature. It's inspiring to fight for the attainable; a tragedy to pursue the unattainable. So look before you leap—into love!

Clarinet.

He held an ebony clarinet
In white and tapering hands;
His fingers delicately met
The silver of the keys;
His eyes beheld uncharted lands
By undiscovered seas.

Above a brown and pointed beard
His face was thin and sad;
He had the look of one who feared
Some vaguely dreadful thing;
And all the while his notes were glad
As swallows on the wing.

—Thomas Kennedy.

Jumpers as worn by naval sailors will in future have their V-shaped openings altered in depth according to the total length of the garment; at present every jumper has an eleven-inch opening.

FOR SALE

Pair Polson Iron Works 22"x50" right and left hand Brown Valve Engines, coupled together, 16ft. x 48" Fly Wheel, total 700 H.P., 84 R.P.M. Also Canadian Weetinghouse 55 K.W. Direct Current Generator, 125 V. 440 Amp. 850 R.P.M. Running now. Open for inspection.

FIRSTBROOK BROS., Limited
283 King St. East Toronto 2, Ont.

Contentment.

Money and fame and health alone
Are not enough for a man to own,
For healthy men are heard to sigh
And men of wealth go frowning by,
And one with fame will play his part
With a troubled mind and a heavy heart.
If these three treasures no joy possess,
How shall a man find happiness?

Health comes first in the famous three,
But cripples can smile, as we all must see.
Fame is sweet, as we all must own,
But the happiest hearts are not widely known.
Money is good, when it's truly earned,
But peace with fortune is not concerned.
For the bravest and loveliest souls we know
Have little of silver and gold to show.

Yet there must be a way to the goal we seek,
A path to peace for the strong and weak,
And it must be open for all to fare,
In spite of life's sorrows and days of care,
For those who have suffered the most the while
Look out on the world with the tenderest smile,
And those who have little of wealth to boast
Are often the ones that we love the most.

So I fancy the joy which men strive to win
Is born of something which lies within,
A strain of courage no care can break,
A love for beauty no thief can take.
For they are the happiest souls on earth
Who gather the treasures of gentle worth,
The pride of neighbors, the faith of friends,
And a mind at peace when the sun descends.

—Edgar A. Guest.

Bermuda-Blue.

If turquoise-stone were fluid
And if exquisite silence
Turned into the color
Of Bermuda's islands
There would not be a druid
And no Prospero's eyes
But that this were magic
Would quickly recognize.

It is not the Bermothees
But the ocean that is vexed;
It is not only Shakespeare
Has Ariel for text.
Raleigh many times would please
Sweet Will with stories
Of these same Bermudas
And their color-glories.

Lovely, the Bermudas;
Beyond turkis,
Sapphire and lazuli,
They can tell what blue is.

—Isabel Fiske Conant.

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 derangement of the stomach and bowels they are most satisfactory.

Mrs. Rose Veyer, 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.

"Actually!"

Recently one who had retired to the country, after a busy and crowded city life, wrote of his first experience of gardening. He had been particularly impressed by the friendliness of the birds. They had watched him with curiosity, perhaps, he said, thinking he was a novice at the business and wondering at his frequent spells of rest. "During one of these rests a robin actually came and perched himself on my knee." That was apparently the greatest surprise of all. Actually! The man for whose fellowship thousands of people would have been grateful, found unmeasured joy in a robin's friendly trust.

And trust is a lovely thing. It is not the least gift of a garden. It is a comradeship that can be cultivated. The birds will come and be our friends, if we invite them, and turn the crumbs from our table into songs.

A single pair of elephant tusks will make sufficient keys for between thirty and forty pianos.

The mouth of a full-grown whale, when wide open, measures 12 feet by 18 feet.

Some inside stories don't deserve to get out.

WOLF TOTEM POLE AT PRINCE RUPERT

This totem pole, which now stands at Prince Rupert, B.C., formerly belonged to a Nishga Chief, named Dauk, and stood in the front of his lodge, at Gitlakdamix, on the Upper Naas River, in Northern British Columbia.

The carved figures seen on the top of the pole represent the principal actors in legends describing the origin of the family crests. The owner of the totem pole belonged to the "Wolf Clan."

The principal legend which explains how the wolf was adopted for the family crest is as follows:

One day, long years ago, a great lava eruption took place, at Gitwunsilkqu, on the Upper Naas River. The molten mass pushed the waters of the river back across the valley to the mountain-side and formed a great lava plain, which extended from the head waters of the Kshluich to the canyon, at Gwinaha. The fiery flow overwhelmed villages and fishing hamlets in its path, and the people fled to the surrounding hills. Among these fugitives was an Indian chief named Gum-lu-gidis, the ancestor of the owner of the pole. Gum-lu-gidis fled, with his family, to the highlands of the Shkamal River where they camped. Night after night they had no rest, but were disturbed by weird sounds and voices accompanied by the beating of tomtoms. At length the Chief and some of his braves determined to set out and discover where the sounds came from. The legend describes how they found themselves in the abode of "Luluks". Spirits of the Dead, where they beheld many strange things. Escaping from these haunted regions, Gum-lu-gidis, overcome by fear, again took up his flight, this time across the Grease Trail to the Skeena River, leaving the Naas, with its terrors, far behind. When the winter snows had melted and the ice had left the river, Gum-lu-gidis and his companions travelled down the Skeena River, in dugouts made from cottonwood trees, until they reached the island of Khern, now known as Kaien Island, on which Prince Rupert is situated. Not very long after they had settled at Khern, Gum-lu-gidis' rest was once more disturbed, this time by the nightly howls of wolves which seemed to be calling Gum-lu-gidis by his name. The old fear overcame him once more, for he thought the spirits of the lava had again found him out. After the howling had continued for two nights, the old Chief determined to meet his fate. Dressed in his ceremonial dancing robes, with face painted and his long hair tied in a knot, after the manner of the warriors of his tribe, he set out alone from the camp armed with his Chief's tomahawk, set with abalone shell. Following the direction from which the sounds proceeded, Gum-lu-gidis came face to face with a large white wolf. Raising his tomahawk prepared to defend himself he noticed the animal was in great pain and unaware of his approach, as it was trying in vain to dislodge a sharp piece of deer's bone which had pierced its jaw. Gun-lu-gidis said to the wolf "Brother, do me no harm and I will remove the bone which otherwise will cause your death." After Gum-lu-gidis had removed the bone, the wolf became very friendly, and each time the Chief went out hunting, the white wolf killed a deer for him; thus supplying him and his family with food.

So, the legend states, Gum-lu-gidis adopted the white wolf for his "Ayouks" (crest) and in his ceremonial dances always wore a white wolf skin robe.

After some years of peace, Gum-lu-gidis became homesick, and he returned to the Naas, for he longed to fish once more in the waters of the Kshliich, where the "hanginwezuch" (white salmon) spawn.

Snow Helps Harvests.

If you live in a town, it can be assumed that you don't like snow. It so soon becomes slush. But in the country a winter without several good falls of snow would be a calamity to food growers.

Snow is a manure. It holds a large proportion of valuable carbonic acid and fertilizes the soil. A farmer, farming on scientific lines, makes allowance for that when he dresses his land with artificial manures. It saves him money.

Further, germinated seeds which would be killed by severe frosts are quite safe when covered with snow. The latter acts in exactly the same way as a woollen blanket. Wool is warm because its millions of interstices hold warm air; snow is warm for the same reason.

Its slow percolation as it melts keeps the soil "open." And it kills—partly by suffocation and partly by poisoning—millions of insects harboring in the ground. It is curious, too, that although snow does not hurt wheat, it kills many varieties of weeds.

Minard's Liniment for Distemper.

Mother.

M is the million things she gave me;
O means that she's only growing old;
T is for the tears she's shed to save me;
H is for her heart of purest gold;
E is for those eyes with lovelight shining;
R means right, for right she'll always be.
Put them all together they spell Mother,
A word that means the world to me.

The average man can jump only about once the length of his body, but a lion can jump two or three times its length.

You can rely on SHILOH FOR COUGHS

In the West.

Rancher—"We don't need a telephone. Our neighbors have one."

Caller—"Where do they live?"

Rancher—"About 40 miles due east."

Silk furnishes the longest continuous fibre known. One cocoon has been known to yield nearly three-fourths of a mile.

The Best Trick of the Week—The Coin Divination.

Place a number of coins in a hat, and ask that one coin be removed, marked, and passed around for identification. When this has been done request one person to hold it in his hand, and press his hand against his forehead, for a few seconds. Then the coin is put back in the hat with the others.

With your eyes blindfolded, and your head turned away, you may then reach in the hat, and bring out the chosen coin, mysteriously finding it from among the others!

The secret: When the coin is passed around and held by one person, it becomes quite warm. All the other coins in the hat will be cold, so you can easily discover the chosen one.

Badly digested food, acidity of the stomach, and sluggish liver cause headaches. Seigel's Syrup will remove these causes. Any drug store.

Metaphor.

Solidity, indeed, becomes the pen
Of him that writeth things divine to men:
But must I needs want solidness, because
By metaphors I speak? Were not God's laws,
His Gospel-laws, in olden time held forth
By types, shadows and metaphors? Yet loath
Will any sober man be to find fault
With them, lest he be found for to assault
The highest wisdom!

—Bunyan.

Keep Minard's Liniment in the house.

If You Can See—

—The good in another man's religion there is some good in yours.

—Your own faults as easily as you see your neighbor's you are an exception.

—The way to improve matters you have a perfect right to express criticisms.

—A boy going to the devil without a shudder there's something wrong.

—A good book without wanting to read a while you're not educated.

—Some good in every person you are sure to enjoy life.

—Yourself as others see you it isn't going to increase your happiness.

Forest Values.

At the gates of the forest, the surprised man of the world is forced to leave his city estimates of great and small, wise and foolish. The knapsack of custom falls off his back with the first step he makes into these precincts. . . . Here we find nature to be the circumstance which dwarfs every other circumstance, and judges like a god all men that come to her. We have crept out of our close and crowded houses into the night and morning, and we see what majestic beauties daily wrap us in their bosom.
—Emerson.

Vigilance Saves Lives.

When passing trucks or commercial vehicles watch out for possible children catching a ride.

Acts Like a Flash In Relieving Colds

That's why so many people buy "Buckley's" to end Coughs, Bronchitis and all Throat, Chest and Lung troubles. It's instant, pleasant, guaranteed. You'll note its unique powers in the very first dose—and there are 40 doses in a 75-cent bottle! Ask your druggist for "Buckley's".

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

BUCKLEY'S MIXTURE
Acts like a flash—a single sip proves it
B21

Gargle

ASPIRIN

Dissolve two "BAYER TABLETS OF ASPIRIN" in four tablespoonfuls of water and gargle thoroughly.

Swallow some of the solution. Don't rinse the mouth. Repeat gargle every two hours if necessary.

This is an effective gargle proved safe by millions and prescribed by physicians.

For TONSILITIS and SORE THROAT

Safe — Accept only "Bayer" package. Look for the "Bayer Cross."

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."). Whilst 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.

REMNANTS.

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

SILVER FOXES.

SILVER FOXES, $100—$500. Larges, Summerside, P.E.I.

SALESMEN—We offer steady employment and pay weekly to sell our complete and exclusive lines of guaranteed quality, whole root, fresh dug-to-order trees and plants. Attractive illustrated samples and full co-operation, a money-making opportunity.
Luke Brothers Nurseries. Montreal

Converse.

To sit on the rocks, to muse o'er flood and fell,
To slowly trace the forest's shady scene,
Where things that own not man's dominion dwell,
And mortal foot hath ne'er or rarely been;
To climb the trackless mountain all unseen,
With the wild flock that never needs a fold;
Alone o'er steeps and foaming falls to lean;
This is not solitude; 'tis but to hold
Converse with nature's charms, and view her stores unroll'd.

—Byron.

Goethe studied the Persian language at the age of sixty-five.

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.

Rheumatism.

Massage with Minard's. It relieves the stiffness, eases the pain.

MINARD'S "KING OF PAIN" LINIMENT

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. C

Cuticura Baths Best For Children

Teach your children to use Cuticura Soap because it is best for their tender skins. Assisted by occasional applications of Cuticura Ointment to first signs of irritation or dandruff it keeps the skin and scalp clean and healthy. Cuticura Talcum is cooling and soothing.

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