FATEFUL YEARS FOR ALL WOMEN

Much Suffering Can be Avoided Through the Use of Dr. Williams' Pink Pills.

The most fateful years in a woman's life are those between forty-five and fifty. Many women enter this term under depressing conditions; through overwork, worry, or a watery condition of the blood, and they suffer heavily.

Among the commonest symptoms are headaches, palpitations, dizziness, backaches, depression and other well recognized disturbances of the health which show that the blood requires attention. Women stand in need of rich red blood all their lives, but never more so than at middle age, when the nerves are also weak and overwrought. In this condition there is no other medicine can do so much for women as Dr. Williams' Pink Pills, for these pills make rich, red blood, which gives tone to the whole body, thus restoring robust health. Thousands of Canadian women have proved the value of Dr. Williams' Pink Pills in cases of this kind. Among them is Mrs. J. H. Johnston, Lion's Head, Ont., who says: —"I am writing to let you know the wonderful good your pills have done me. I was a complete wreck, and would faint if I crossed the room. I was going through the change of life, and was so weak I could not do my work. I went to Toronto, when my folks said nothing but an operation would help me. But I said: 'No, Dr. Williams' Pink Pills helped me in girlhood, and I am going to give them a trial.' I took the pills steadily for a month, when I returned home a well woman, able to do all my work with ease. Friends here say it's a wonder I am alive after what I went through, and I am thankful to say I believe Dr. Williams' Pink Pills saved my life."

Try Dr. Williams' Pink Pills for anaemia, rheumatism, neuralgia, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Speech.

For speech
I delve in a treasury wide as air.
All found in it got everywhere.

Every delver puts more in,
And takes, but leaves all. I begin
To see the speech-hoard of all time
And measure its demesne sublime
When I recall, "Let there be light,"
Thereafter, on, as opals in my sight,
I may survey all speech to know,
And speculate which glint shone for
Which sage; which flame a seer would blow.

For speech
I delve in a treasury free as air.
All of it usable everywhere.
—Martha Webster Merriehew.

The First Dose Relieves the Cough

And there are 40 doses in a 75-cent bottle! Pleasant to take and instant in action in every kind of Cold. Relieves Bronchitis, Croup and Whooping Cough. Prevents "Flu" and Pneumonia. Eases irritated throats. Buy "Buckley's". Sold by all druggists and guaranteed.

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

BUCKLEY'S MIXTURE
Acts like a flash—a single sip proves it S17

The Bird Man.

Man's first dreams of flying assumed wings of some kind attached to his shoulders like those of a bird. The unfortunate Icarus devised wings like that, and Leonardo da Vinci, learned engineer as he was, still thought of wings fastened to a man's body as the only means of keeping him buoyed up in the air. The airplane is a different kind of invention. It has wings indeed, but the wings are part of an engine-driven machine in which the flyer sits. Nevertheless, inventors are still trying to find a way to make man himself the flying creature and not a mere passenger. An Australian engineer, Anton Lutsch by name, has contrived a machine to be fastened to a man's shoulders, fitted with bat-like wings to sustain his weight and driven by a gasoline engine which rests against the man's back. Two helicopter screws peep up over the flyer's shoulders, and they are intended to enable him to rise quietly and almost vertically into the air. The apparatus weighs only eighty-eight pounds, and Herr Lutsch hopes to reduce that weight by twenty pounds by substituting aluminum for iron wherever possible. He says the machine can be built for about $100.

Old Roads.

Here where the rotting corduroy
Wanders along the swampy places,
Wanders as well a lonely boy
Looking his last on phantom faces.

Berries are bright along the swale;
Bright on the hills the Autumn burns.
Silence is heavy on the trail
That leads to nowhere and returns.

The trail returns; and the lad, returning,
Softly smiles as over the hill
Nightfall carries the ancient, yearning,
Rapid cry of the whippoorwill.

He comes to the lighted homes of men
With quiet in his heart at last,
Never, never to walk again
The ruined roadways of the past.
—A. K. Laing.

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.

An Old Superstition.

When the month of January begins on Saturday, says an old superstition, the winter will be very open, with some frost; the summer will be hot and pleasant; the harvest moderate. Garden herbs will be damaged; hemp, flax and honey will be plentiful.

Our National Anthem has been in use for nearly two centuries.

How to Tell a Classic.

In literature the word classic was originally limited to Greek and Latin prose and poetry. It has now come to mean any piece of literature whose quality is such that it has survived for fifty or a hundred years and is by common consent regarded as so good as to be permanent. A literary classic should possess one or all of the following qualities:

1. It should reflect the mode of thought and the customs and manners of its time.

The travels of Herodotus, the dialogues of Socrates, and the novels of Jano Austen are examples.

2. It should be written in a beautiful and striking style.

Lincoln's Gettysburg Speech is an example.

3. It should spring from and appeal to a cultivated imagination.

The poems of Keats are an example.

4. It should be a contribution to the thought of the world and should stimulate the thought of the world.

The essays of Ralph Waldo Emerson are an example.

5. It should possess a universal human interest and express all phases of human experience.

The Old Testament and Shakespeare's plays are examples.

No one generation can determine what classics it is producing. The final judgment must and will be pronounced by succeeding generations. Walt Whitman and Lincoln were looked on with contempt by many of their most highly educated contemporaries. And yet Whitman's "O Captain! My Captain!" and Lincoln's Gettysburg Speech will live as long as the English language lives.

Nor does a classic have to be "high-brow stuff." If it is a genuine intelligent and witty picture of a certain aspect of society, even a best-seller may become a classic; although I am bound to say that most of our modern best-sellers have very little chance of achieving this immortality. Artificial and pretentious writing never makes a classic. Sincerity, simplicity, and spontaneity are qualities that every true classic—whether in music, painting, prose or poetry— possesses; all others pretending to the titles are counterfeits. Net nobody hoodwink you into supposing that the classics are pompous, stilted, and boresome. If they were, nobody would read them—not even your teachers and professors.
—Lawrence F. Abbott in The Outlook.

A Practical Hint for Children's Socks and Stockings.

Always try to mend the children's socks and stockings before they are washed. This applies also to all stockings, but it is specially necessary where there is a large weekly basket of mending.

Where there is a family of boys the inevitable football stockings will require much attention. It is a good plan to ravel the leg of an old stocking in order to mend the others with that yarn. Sometimes a patch cut from the foot will effectually transform a hopelessly large hole in the heel to a neat and successful mend.

Lay the piece under the hole to be mended, darn it down all round on the right side and cut away superfluous material. Do not cut too closely, however, and if possible press with a cool iron after washing.

Great care should be observed in washing children's little white woolen socks, for they should not be allowed to get smaller and smaller as will certainly happen with careless washing. Nash them quickly, one at a time, in warm (not hot) water with soap lather. Only when necessary to remove some stain from a brown shoe or from mud splashes should the soap be rubbed on them. Rinse them in water about the same temperature, softened with a shake of soap. Then squeeze out the water, never wring it out with a twisting motion of both hands, and finally squeeze it in a towel.

When all are ready to dry, hang them up by the toes, each one separately, in a draft or in a warm place, but never before a hot fire. See that the sock hangs in the shape of the sock as worn, not as folded when new. Endeavor to stretch each one, while drying, from heel to toe; if possible, do it several times. Pull hard. This will keep its original shape and one will be surprised at the increased length of usefulness obtained thereby.

Song.

There are no warblers on the boughs,
No robins in the grass;
But there are songs within our hearts
That will not pass.

There are no leaves on bush or tree,
The roses prostrate lie;
But there are hopes within our breasts
That will not die.

So let the tempest wreak its will
On forest, field and bower:
My house of dreams will hold me safe,
With love's bright flower.
—Thomas Curtis Clark.

Warm for Early Risers.

With the cold weather, students in the dormitories at the Massachusetts Institute of Technology have designed several automatic devices for closing windows and turning on the steam heat about a half hour before rising time. One of the most ingenious plans is a switch, operated by clockwork, closing the house current circuit through two stoves, one of which has a pan of cereal upon it, the other a coffee pot.

Minard's Liniment for animal ailments

Women of Canada Pay Striking Tribute to Aluminum —the Modern Metal

FROM Windsor, Ontario, to Hudson's Bay, from Halifax to the Rockies, RED ROSE TEA *within the last few weeks has scored an extraordinary increase in sales.*

It is because we have stopped using paper packages, and are again packing this finest of teas in the old, familiar Aluminum package of years go.

The reception it has been given demonstrates beyond all doubt that housewives of Canada recognize Aluminum as the perfect container.

For more than thirty years we have been experimenting with packages — trying lead, paper and Aluminum—seeking always a material that would protect and be worthy of Red Rose quality.

But it was only after Red Rose has been offered to the public in all these packages—first lead, then Aluminum, then paper—that the great advantages of Aluminum were proven.

Aluminum keeps out moisture, preserves the flavor and protects the quality. Paper packages, on the contrary, absorb moisture which occasionally impairs the quality.

So now and in the future RED ROSE TEA will be packed in the Aluminum package, as it was in years gone by.

T. H. Estabrooks Co., Limited

Saint John Toronto Winnipeg Calgary Edmonton

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Angus Knew.

The London newspapers like to tell funny stories about the countrymen from the north of Scotland, who come down to enjoy the sights of the great city; and the Scots are too fond of a joke themselves to mind it. Here is one from Sunbeams:

Two Highlanders were on a visit to London when a watering cart passed them in the street. Donald was very much excited and shouted at the top of his voice, "Hey, mon! Yer losin' all yer water."

Angus turned to Donald and said, "Hoots, mon! Dinna show yer ignorance. That's just tae keep the bairns frae hingin' on behind."

When you get that tired, lay-me-down-and-die feeling take 15 to 30 drops of Seigel's Syrup in a glass of water. Does the trick and safely. You'll feel like new.

A Tip for the Sleepless.

When Lord Grey of Fallodon was threatened with total blindness, he learned to read Braille, and even now, with his eyesight much improved, he still finds Braille books useful. "One can turn out the light,' he says, "draw up the sheets, and literally read oneself to sleep."

Doctors vouch for Minard's Liniment.

Covering 17,300 square miles, Canada's new national game preserve has been named Wood Buffalo Park. Already it contains nearly 6,000 buffaloes. This park is half the size of Scotland.

PUT STOMACH IN ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

Soldier Settlers Prosper in West.

Further evidence of the prosperity of Western Canada is to be found in the collection statement of the Soldier's Settlement Board, recently issued.

From October to Jan. 7 last collections amounted to $2,394,653.07. Collections in the corresponding period of 1925-26 totalled $2,206,851.90. This shows an improvement of $188,000, which is considered remarkably good by the department officials. About $4,000,000 falls due annually.

It is pointed out that these payments have been made on the existing capitalization. The legislation of 1926 never received Royal assent.

In answer to the question: "Can you give a sentence with the word 'notwithstanding'?" a small boy replied; "Daddy's britches are all glazy at the back, notwithstanding."

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.

You can rely on SHILOH FOR COUGHS

EARACHE.
Don't let the children suffer. Minard's with sweet oil will quickly relieve the pain.

MINARD'S "KING OF PAIN" LINIMENT

Classified Advertisements.

GRAMOPHONE.

VICTROLA STYLE, FULL CABINET, plays all records, 48 selections, automatic. Value $95.00 for $35.00 guaranteed. Poisson, 340 Mount Royal East, Montreal.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time. Good pay. Work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

GRATIS—"LITTLE FRIEND" TO either sex; mailed in plain envelope. Paris Specialty Co., Montreal.

FARM ENGINES—USED, GOOD condition, cheap, 1½ to 15 h.p. Boat engines, 3 to 35 h.p. Get lists. Engine repairing done. Guarantee Motor Co., Hamilton, Canada.

I am sure we can never be wise but by our own wisdom.—Montaign, 1533-1592.

BAD COLD? TAKE "CASCARETS" FOR BOWELS TONIGHT

No headache, constipation, bad cold or sour stomach by morning

Get a 10-cent box.

Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

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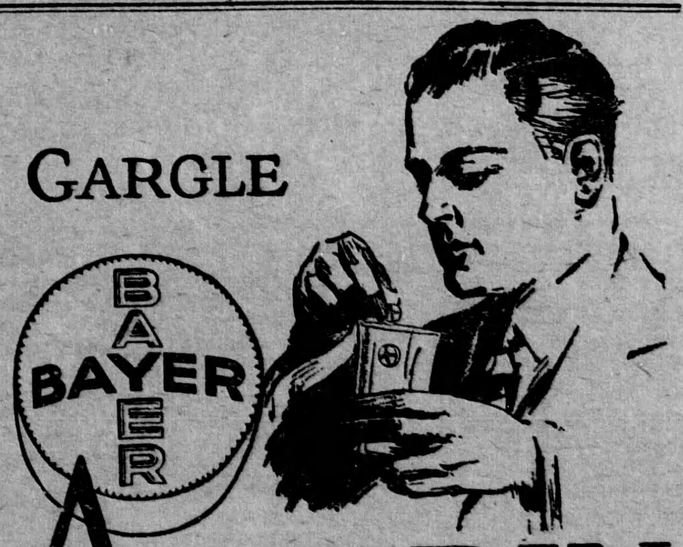
GARGLE



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."). 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."