# DEBILITY DUE TO INDIGESTION

### Perfect Digestion Comes Through Rich, Red Blood

There can be no perfect digestion unless you have rich, red blood. This is scientifically true. It is also true that there is no tonic for the stomach that is not a tonic for every other part of the body. The way, then, to tone up the stomach is to tone up the blood.

The many so-called stomach remedies merely try to digest your food for you. How much better it is to tone up the stomach so that it will do its own work as nature intended. There is no pleasure in eating predigested food. Tone up your stomach and your appetite and digestion will soon be normal.

If your digestion is weak and your blood thin you need the help of Dr. Williams' Pink Pills to enrich the blood and restore strength. In addition use care in the selection of your food and your stomach trouble will soon pass away. Mr. Gordon Dundas, Peterboro, Ont., tells as follows what this medicine did for him. He says: "Something over a year ago I was a gasoline salesman when I was taken sick. I felt very miserable and lost twelve pounds in weight. I did not sleep well and could not eat as I could scarcely retain anything in my stomach. I went to a local doctor who told me the fumes of the gas had got into my system. He gave me some medicine and told me I had better go to the country for a change of air. I did so, but I still felt restless and groggy, and had no ambition. On the advice of a friend I decided to try Dr. Williams' Pink Pills. I had not been taking the pills long before I was beginning to rest better, and to eat fairly well. I kept on taking the pills until at the end of the seventh box I knew I did not need any more, as I had gained the weight I had lost, slept well and could eat anything. I have since had splendid health and cannot say too much in praise of Dr. Williams' Pink Pills.

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.

"I will not use tobacco,"
Said little Robert Reed.
"My mother and my sisters now
Monopolize the weed"

"The weather is more settled now."
"Yes; I just came across the street and it was nice all the way."


## SPECTACLES
### On 30 Days' Trial

**Non-Breakable Clear Vision**

**Will give you a younger and yet more distinguished appearance.**

Built for Strength, Comfort, Beauty. Light as a feather, with smooth, hand-polished nose bridge and gracefully curved temple bows that cannot cut the most tender nose or ears. A work of beauty and a delight for the wearer.

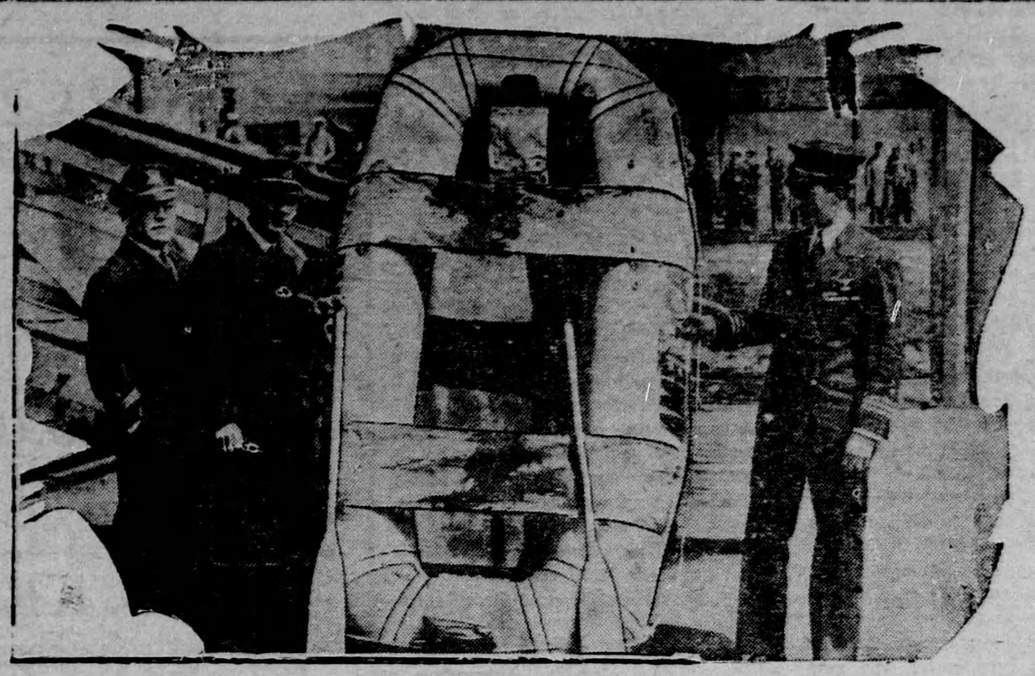
**Send No Money — Perfect Satisfaction Guaranteed**

Let me send you on 30 Days' Trial my famous "Crown" Spectacles. Will enable you to read the smallest print, thread the finest needle, see far or near. If you are not amazed and delighted, if you do not think my spectacles, at only $3.98, equal to those sold elsewhere at $15.00, send them back. You won't lose a cent. You are to be the sole judge. Hundreds of thousands now in use everywhere. Beautiful case included FREE. Just send your name, address and age on the coupon below I will also tell you how to get a pair for yourself without cost. Cut AND MAIL COUPON TODAY.

Crown Spectacle Co., Dept. W164
60 Front St. W., Toronto, Ont.

I want to try your spectacles for 30 days. This places me under no obligation. Also please tell me how to get a pair for myself FREE.

Name _____
Age _____
Street and No. _____
Box No. _____ R.F.D. _____
City _____ Prov _____
Agents Wanted.

**Rubber Boat Useful**

Here is shown the rubber boat which saved the lives of Commander Byrd and his aides.

## Rare Gases Now Work for Man.

### New Uses Are Rapidly Being Discovered for Parts of the Air We Breathe—Helium in Flying and Diving

In advertising signs that have recently appeared on the streets of American cities and in the apparatus that builds up the animated picture in the television process, the orange-red glow of the neon tube arrests attention and aroused curiosity. For the moment neon is the most discussed of the so-called "rare gases," though some of the others are of greater economic importance and all are likely to bring about new sensations in the future

Their discovery was the greatest sensation of all. For generations chemists had supposed there was nothing more to be learned about the composition of the atmosphere. In 1894, when Lord Rayleigh and Sir William Ramsay found argon, they thought at first it was merely a modified form of nitrogen. Even now it is hard to understand how this gas, which forms nearly 1 per cent. of the air we breathe, could have escaped detection so long.

During the succeeding four years Ramsay and other chemists demonstrated that four more previously unrecognized gases occur in the atmosphere—all, however, in extremely small quantities as compared with argon. One of these, helium, was not actually new to science. It had been discovered with the spectroscope as a constituent of the sun back in 1868, but had not previously been located on earth. It forms only 0.0005 per cent. of the air of the earth by volume.

Of the other gases discovered by Ramsay and his associates, neon is present in the air to the trifling extent of 0.0018 per cent., krypton 0.0001 per cent. and xenon, the rarest of all, 0.000009 per cent. Traces of all these substances have been found in volcanic fumes, in spring and mineral waters and in uranium-bearing minerals, but the practical source of all except helium is atmospheric air. Hellum is extracted from natural gas.

#### Rare Gases Utilized.

The discovery of the rare gases was followed after an interval of several years by striking developments in their utilization In 1914 argon began to be produced on a commercial scale for use in filling electric light bulbs. About half of all the electric bulbs manufactured to-day are rare-gas filled. The nitrogen-filled lamp has given place to the lamp filled with a mixture of nitrogen and argon. A gas-filled lamp is more economical of current than a vacuum lamp and has a longer life. Owing to the pressure of the gas the tungsten filament can be operated at a much higher temperature without disintegrating. All the eargon used commercially at the present time is obtained by air liquefaction processes and is a by-product of the more important industry of producing oxygen.

Before the year 1918 helium was so scarce a commodity that it was valued at about $2,000 a cubic foot and probably not more than 100 cubic feet of it had been extracted from all sources throughout the world. Scientific interest in it centred in efforts to liquefy and freeze it; in its remarkably high electric conductivity, and in spectroscopic evidence of its abundance in the sun, stars and nebulae. Next to hydrogen it is the lightest substance known. Like the other rare gases, it has practically no chemical affinity for other substances (though within the last three years it has been made to combine with mercury under special laboratory conditions).

#### Helium in Airships.

As helium will not combine with oxygen, it is non-combustible. The idea of using it as a substitute for the dangerously inflammable gas hydrogen in filling balloons and airships occurred to British wartime chemists. The fact was recalled that as early as 1907 it had been found to be relatively abundant in certain deposits of natural gas in this country. Experimental plants for extracting it were opened in the United States and Canada.

The subsequent operations of the large helium production plant maintained by the U.S. Government at Fort Worth, Texas, and the use of this gas for filling the airships Shenandoah and Los Angeles, are developments with which the public is familiar. Besides non-inflammability, it offers the advantage over hydrogen that it does not diffuse through the gas cell so rapidly. Its lifting force is about 93 per cent. that of hydrogen.

Two years ago another use for helium was found, and this now promises to be as valuable as its use in aeronoutics. Men engaged in deep sea diving and caisson work breathe air compressed to three or four times its normal density. The air is dissolved in the blood, and when the pressure is removed tends to form bubbles which bring on the distressing and often fatal malady known as caisson disease, or "the bends." This can be averted by very gradual decompression, extending sometimes over two hours. Besides entailing a serous loss of time, this process is sometimes impracticable. For example, a storm may come up while a diver is at work, making it necessary for the wrecking boats to run for shelter.

#### Synthetic Atmosphere.

Experiments conducted by the United States Bureau of Mines show that a mixture of oxygen and helium, which is as good for breathing as ordinary air, can be substituted for the latter in these operations, with the result that the period of decompression can safely be reduced by about 75 per cent. The helium replaces nitrogen, which forms about four-fifths of the air and is of no direct value in respiration. This "synthetic atmosphere" is much less readily dissolved by the blood than is air and comes more quickly out of solution. It was successfully used last Autumn by the U.S. navy divers who salvaged the S-51, sunk by the City of Rome in Long Island Sound.

**For Scalp Removal.**

"I'm having trouble with my scalp—I want it removed."

"I know a good Indian doctor I can recommend."


Keep Minard's Liniment near at hand.

## Betty Buzz stars in screen comedy

FLIT spray clears your home of flies and mosquitoes. It also kills bed bugs, roaches, ants, and their eggs. Fatal to insects but harmless to mankind. Will not stain. Get Flit today.

*Distributed in Canada by Fred J. Whitlow & Co., Limited, Toronto*

DESTROYS
Flies Mosquitoes Moths
Ants Bed Bugs Roaches

*"The yellow can with the black band"*


## NO BETTER MEDICINE FOR LITTLE ONES

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

A medicine for the baby or growing child—one that the mother can feel assured is absolutely safe as well as efficent—is found in Baby's Own Tablets. The Tablets are praised by thousands of mothers throughout the country. These mothers have found by actual experience that there is no other medicine for little ones to equal them. Once a mother has used them for her children she will use nothing else. Concerning them Mrs. Charles Hutt, Tancook Island, N.S., writes: "I have ten children, the baby being just six months old I have used Baby's Own Tablets for them for the past 20 years, and can truthfully say that I know of no better medicine for little ones. I always keep a box of the Tablets in the house and would advise all other mothers to do so."

Baby's Own Tablets are sold by all medicine dealers or will be mailed upon receipt of price, 25 cents per box, by The Dr. Williams' Medicine Co., Brockville, Ont.

### Likens Motor Rovers to Medieval Pilgrims

"Not since medieval times, when men rode the highways on horses from town to town, and when wandering bands of pilgrims went ofoot, because, perforce, there was no other way of getting there, have roads been so popular," points out Charles A. Jason in the July issue of "Field and Stream." He writes, "The automobile is accomplishing a definite object. It is getting people out of doors to a far greater extent than was possible in the days when the railroad was the only means of extended travel.

"Each year," says Mr. Jason, "new camps are being formed to meet the demands of the thousands of new motorists who take to the trails. Most of these camps are equipped with every modern convenience, but if you don't wish to camp at all you may simply travel in your car from place to place and be assured that you can find a comfortable tourist inn or hotel at the end of each day's drive. Motor travel is becoming safer each year. The periols of camping exist largely in the minds of the inexperienced."

### The Storage of Home Canned Products

The storage place for home preserved fruits and vegetables should be cool, dark and dry. Heat favors the growth of bacteria, light causes fading, while dampness furthers the growth of moulds and even causes rust on the metal fastenings of the glass jars. These and other pointers for the housekeeper are given in a new bulletin of the Dominion Department of Agriculture on preserving Fruits and Vegetables in the home. When dark storage is not available the jars should be wrapped in paper to exclude the light. When canned vegetable products are removed from the jar after storage it is a wise precaution to boil them a few minutes. When they are to be used cold, as for salads, they may be set aside after boiling and chilled before use.

### The Colonial Empire

London Observer (Ind.)—The Colonial Empire has an area of two million square miles, a population of fifty millions. Though we have, in Lord Milner's measured words, "neglected and starved" them, the trade between the United Kingdom and this great section of the Empire has trebled in the past twenty years. If the whole force of finance and science at our command could be organized to bear upon that connection, the trading figures could be trebled again. The modern colonial system has stood the political test. Britain has to justify it henceforth by the economic test. Her own interests require it; the world, with its growing interest in markets and raw materials, expects it; and the advancement of the peoples under her rule is a mere aspiration without it.


ISSUE No. 30—'27.



# RED ROSE TEA "is good tea"

106

RED ROSE ORANGE PEKOE is the "best tea you can buy"—picked when only three days old—juicy, flavor-filled leaves. Now packed in *Aluminum*.


#### That's Different.

Two unattached golfers struck up an acquaintance at a holiday resort. One was a lean fellow, the other was distinctly weighty. "What is your handicap?" asked the thin player. "Sixteen," replied the other. "Ah," said the first man quickly, "that's excellent. I'm a sixteen man, too." "Ah, yes," said the burly one moodily, "you mean strokes, but I mean 'stones'."


Minard's Liniment for insect bites.


#### Doing It.

The football ground was rapidly emptying after the match, when the policeman on duty espied a small boy disappearing over the boards.

"Hi, young feller," he shouted, pompously, "why don't you go out the same way as you came in?"

"That's what I am doing," answered the urchin, as he vanished.

#### Toot-Toot!

Unlike the horse, the automobile does not eat when it isn't working. A man without a car is like a bird without wings. Get your tutomobile. —Arthur Brisbane in the Indianapolis Star.

#### Why So Peevish?

Canada Has Age Pension, Indignant Persons Over 70 ears of Age to Receive Aid from Treasury Moneys.—Gloversville (N.Y.) paper.

## Gum-Dipping

### *A Firestone Contribution to Economical Travel*

The greatest enemy to tire life is not the chopped-up road, the broken pavement or the harsh grind of rough city streets—but heat, which is created by internal friction. Heat not only weakens the fabric, but also softens the the rubber and causes blowouts and tire failures.

Firestone chemists and engineers knew that if they could find a way to eliminate this destructive heat and internal friction, the mileage-giving qualities of tires would be greatly increased. Such a method was found and called "Gum-Dipping."

The Gum-Dipping process is one of Firestone's contributions to economical travel—in insulates and impregnates every fiber of every cord with rubber, reducing internal friction and at the same time binding the cords together by a stronger union of rubber, thus giving greater strength and flexibility to the tire.

Firestone dealers everywhere—familiar with Gum-Dipping and its advantages—will gladly explain how thousands of extra miles are built into Firestone tires by this exclusive method. Take advantage of the Gum-Dipping process to lower your tire costs this year.

FIRESTONE TIRE & RUBBER CO. OF CANADA LIMITED
Hamilton, Ontario

MOST MILES PER DOLLAR

**Firestone**

Firestone Builds the Only Gum-Dipped Tires


## Classified Advertisements


GUINEA-PIGS WANTED. FOR particulars apply Connaught Laboratories, University of Toronto.

AGENTS, EITHER SEX—$75 WEEKLY EASY selling PALCO CLEANERS. Sells on demonstration. Cleans everything like MAGIC. Removes tar without injury to paint. Free samples. P. A. LEFEBVRE & CO., Alexandria, Ont.


#### Entertaining Rig.

In Los Angeles Mr. and Mrs. Hutchinson bought a Franklin victrola which they drove to Seattle and then shipped to Fairbanks. — Fairbanks (Alaska) paper.

Have Good Hair And Clean Scalp
**Cuticura**
Soap and Ointment Work Wonders
Try Our New Shaving Stick.

**CANCER** FREE BOOK SENT on REQUEST
Tells cause of cancer and what to do for pain, bleeding, odor, etc. Write for it to-day, mentioning this paper. Address Indianapolis Cancer Hospital Indianapolis, Ind.

**Blisters.**
Prevent any chance of infection by using Minard's. Heals also.

MINARD'S "KING OF PAIN" LINIMENT


## RUN-DOWN AFTER BIRTH OF BABY

### Ottawa Woman Made Strong by Taking Lydia E. Pinkham's Vegetable Compound

Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE PAQUIN, 312 Cumberland Street, Ottawa, Ontario.

#### Terrible Backache

Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and felt tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go undone at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound, as she said it would build me up. I was relieved before I had taken the first we bought and have not had any trouble like it since."—Mrs. T. MARKLE, 60 Burton Street, Hamilton, Ontario.


Genuine **ASPIRIN**

BAYER

Proved safe by millions and prescribed by physicians for

| | | | |
|---|---|---|---|
| Colds | Headache | Neuritis | Lumbago |
| Pain | Neuralgia | Toothache | Rheumatism |

DOES NOT AFFECT THE HEART

*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."