FOUND A HEALTH BUILDING TONIC

A Nova Scotia Lady Was in an Anaemic Condition.

Men and women who do not sleep well and are not refreshed and strengthened by a night's rest, are generally suffering from thin, watery blood. The nerves fail to get the nourishment they demand and headaches and a worn-out feeling is the result. Building up the blood is the one sure step to renewed health and strength, and for this purpose nothing else can equal Dr. Williams' Pink Pills. From first dose to last they enrich and purify the blood, and in this way promote better appetite, better rest at night, and renewed strength.

Mrs. Mary E. Uhlman, Williamstown, N.S., writes:—"I have received so much benefit from Dr. Williams' Pink Pills, that I would feel myself ungrateful if I did not let you know.

"I was in a very bad state of health and reached the stage where I had to remain in bed. A doctor was called in and he told me I had no organic trouble, but was simply run down from overwoork. I had been left with a family to support, which I did by dressmaking. The doctor said my blood had almost turned to water, and advised a rest cure. I did not see how it was possible for me to take a very long rest, so I decided to try Dr. Williams' Pink Pills. Soon I found my strength returning and before very long I was able to go about my duties as usual again. This was a few years ago, and my health remained good until about a year ago, when I broke out with humor of the blood. Again I consulted the doctor, who said my blood had become so thin that it had really poisoned itself. I told him I had bought several boxes of Dr. Williams' Pink Pills, and he told me to go on taking them as he thought they were just what I needed. I took eight boxes and again was in good health. I can therefore recommend these pills to all in a weak or run-down condition."

Dr. Williams' Pink Pills are sold by all druggists or will be sent by mail, post paid, on receipt of price, 50 cents a box. Try them to-day.

Freshman (to witty partner)—"Why do so many men at the 'Varsity wear torn and shabby gowns?" Witty Partner—"Well, you must remember the undergrad has always had a weakness for rags."

Solicitor—"Is your husband here?" Woman—"No. Whenever it is a court affair it is your humble."

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further information write the Superintendent.

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UNION NURSERIES, Box G Fonthill, Ontario

Constantinople Ready to Evict 3,000 Russians

Refugees Must Quite Turkish Capital by Feb. 1; League of Nations Has Task of Finding Homes for Them

Geneva. — The League of Nations, which has already sent to Latin-Americsan countries many families of Russian refugees, finds itself confronted with the task of evacuating from Constantinople the last 3,000 refugees resident there.

Under a Turkish edict, all the refugees must leave Constantinople by February 1. Up to 1921 no fewer than 90,000 Russians had taken refuge in the Turkish metropolis from their native land, at the time of military movements inaugurated by Generals Denikine and Wrangel.

Nansen Places Refugees.

Dr. Fridtjof Nansen, high commissioner of the League of Nations for refugee questions, succeeded in dispersing most of the refugees to forty-five different countries, where employment was found for them in collaboration with the International Labor Office. Funds furnished by member states and by American and British relief organizations financed the migration.

As the evacuation progressed, however, the task of finding employment in other countries for the refugees became more difficult.

A climax was reached in 1926. At the same time that Turkey declared all Russian refugees must obtain Turkish nationality o rleave the country before August 1, 1927, France decided that it could accept no foreign workers because of the economic crisis which followed the stabilization of the franc.

All Must Quit Turkey.

Only in exceptional cases could the refugees obtain Turkish nationality. A temporary suspension was granted in the decree that the rest must leave, but now all have to go.

Among the 3,000 Russians left in Constantinople are many jazz artists, dancers, agriculturists, carpenters, sailors, domestics and commercial folk. It costs to transport and settle them in South America about $100 apiece. The labor office estimates that for the final liquidation of Russian refugees in Turkey some $250,000 will be required, including some $75,000 for the removal of 800 invalids.

Some of the 3,000 probably will be sent to the Argentine, Bolivia and Peru.

British Charity Bequests Decline in 10-Year Period

London.—Are British people less charitable than they used to be?

An affirmative answer is suggested by an article in "The Nineteenth Century," by Wyatt Tilby, who computes that whereas in 1918 the amounts bequeathed in wills to charity or other public or religious purposes were more than 8 per cent. of the total bequests, in 1927 they had dropped to 2 per cent.

As individual wealth has increased during the last thirty years it is suggested that the decrease in bequests to charity is due to the fact that the state now does more for the community, while the increase of taxation inclines the family to do more for itself when money is bequeathed.

From Rab and His Friends

He was killed by a cannon splinter,
Quite in the middle of the winter;
Perhaps it was not at that time,
But I can get no other rhyme.
—Marjorie Fleming, Edinburgh, 1810.
(8-year-old poet prodigy).

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Fast Easy-Cutting
SIMONDS SAWS
Guaranteed because made from our own steel
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The Wizard and His Car

THOMAS A. EDISON WITH AN OLD FRIEND

His 1914 model flivver still serves him beautifully, he says. The picture was made at Mr. Edison's Florida home at Fort Myers.

GREAT PRAISE FOR BABY'S OWN TABLETS

The Dr. Williams' Medicine Co. has received the following letter from Mrs. Griffith, of 21 Merchison Ave., East Hamilton, Ont., concerning her experience with Baby's Own Tablets:

Dear Sirs,—I wish to thank you for the handy little booklet you sent me on the Care of Children. My baby boy was six weeks old when I first used Baby's Own Tablets, being new to Canada, but since the first proof of their many uses in bringing up a family, I have never been without them, for they are worth their weight in gold. There is no trouble in getting the little ones to take them and they often prevent an illness if taken in time. My first baby is now, at the age of four and a half years, a picture of health, and my nine-months-old baby is also well and happy. They are both a real good sample of what Baby's Own Tablets can do, for I have never yet needed a doctor for either of them."

The booklet to which Mrs. Griffith refers is entitled "Care of the Baby," and treats with what a mother ought to know for baby's sake. A copy of the booklet will be sent free to anyone requesting same from The Dr. Williams' Medicine Co., Brockville, Ont.

"When cremation becomes more popular probably a dust pan will replace the skeleton in the closet."

Mushroom Recipes

In cooking mushrooms it is essential to retain the flavor which is so delicate Serve them as soon as they are prepared. If necessary let the family wait for the mushrooms, but do not let the mushrooms wait for the family.

For creamed mushrooms remove the steme and peel one pound of mushrooms. Melt five tablespoons of butter, add the mushrooms broken in pieces and cook for three minutes. Sprinkle with salt and pepper, dredge with one and a half tablespoons of flour and pour over them half a cup of thin cream. Cook for five minutes, stirring constantly.

A more unusual mushroom dish is made by sprinkling half a pound of mushrooms, prepared as usual, with salt and pepper, dredging them with flour and cooking three minutes in a hot saucepan with two tablespoons of butter. Add one cup of boiling water in which a bouillon cube has been dissolved and cook slowly five minutes. Sprinkle with three tablespoons of grated cheese. As soon as the cheese is melted arrange the mushrooms on pieces of toast and pour over them the sauce. Garnish withparsley and serve at once.

Soup offers an excellent way to utilize the stems which may not be required in other recipes. Scrape the stems and cut in thin slices. Add them to four tablespoons of melted butter, dredge with two tablespoons of flour and add one slice of onion cut fine. When the mushrooms are tender force them through a fine sieve andadd milk or cream to make a thin cream soup. Season with salt and pepper and serve with crutons.

Minard's Liniment for sick animals.

MAKING HISTORY

President Cosgrave made a statement at the Prime Minister's Dinner at Ottawa after his railway accident earlier in the day that deserves a prominent place in our annals.

"I have witnessed some stirring incidents in my time," he said, "but never a finer example of bravery and coolness than on that train today, when a railwayman, (Frank Lafleur, Montreal brakeman, injured in the derailment of the Presidential Special), lying on his back with a broken arm, asked: 'Are the guests al l right?' The country which produces men like that is bound to succeed."

Compulsory Marriage at Early Age Favored

London—"If I were dictator of this country every girl should be married at eighteen and every man at twenty-one—if necessary, by compulsion," declared "Tay Pay" O'Connor, M.P., recently. Mr. O'Connor also advocated "Votes for Flappers," as he said the average woman of twenty-one had twice the sense of a man of the same age; but he didn't indicate whether it was for this alleged disparity in intellgence that he advocated early marriages.

Breslau'sExpansion to Add 40,000 to City's Population

Breslau—Breslau will gain 40,000 inhabitants and thus increase its population to more than 600,000 with the coming into existence, probably on April 1, of Greater Breslau.

The annexation to the city of various outlying districts will make necessary a material increase of the street-car system, for which plans already are being made. Statisticians estimate that the greater city will have 1,000,000 inhabitants in 1950.

Woodsmen—Keep Minard's handy.

From Rab and His Friends

Paddy Tims—whose soul at aise is—
With the point of his nose
And the tips of his toeos
Turn'd up to roots of the daisies.
—Anonymous Epitaph.

The BABY

Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and keep them uphalf the night?

If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and sweet in the little stomach. And its gentle influence seems felt all through the tiny system. Not even a distasteful dose of castor oil does so much good.

Fletcher's Castoria is purely vegetable, so you may give it freely, at first sign of colic; or constipation; or diarrhea. Or those many times when you just don't know what is the matter. For real sickness, call the doctor, always. At other times, a few drops of Fletcher's Castoria.

The doctor often tells you to do just that; and always says Fletcher's. Other preparations may be just as pure, just as free from dangerous drugs, but why experiment? Besides, the book on care and feeding of babies that comes with Fletcher's Catstoria is worth its weight in gold!

ISSUE No. 6—'28.

RED ROSE TEA "is good tea"

The Orange Pekoe, at a little extra cost, is extra good

In clean, bright Aluminum

16

An old Negro got up one night at a revival meeting, and said: "Brudders an' sisters, you knows an' I knows dat I ain't been what I oughter been. I'se robbed hen-roosts an' stole hawgs, an' told lies, an' got drunk, an' slashed folks with mah razor, an' cussed and swore; but I thank Heaven dere's one thing I ain't nebber don—I ain't neb ber lost mah religion."

Mining Investors

Intrinsic values govern market prices eventually. We shall be glad to analyze your holdings from that angle without obligation.

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ASTHMA STANDARD REMEDY

For 53 years Dr. Guild's Green Mountain Asthma Compound has successfully and quickly relieved the distressing paroxysms of Asthma. Two sizes $1.50 and 35c, also cigarettes (box of 24, 60c), at your druggist or sent direct post paid for cash. FREE TRIAL box of 6 cigarettes with treatise on causes and treatment of Asthma, etc., sent on request.

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Drive away the pain by massage with Minard's.

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Classified Advertisements

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MARRY—JOIN CANADIAN CORRESPONDENCE CLUB. Address Box 1738, Calgary, Alberta.

BE AN AUCTIONEER. EARN FROM $25 to $100 per day. Send for large illustrated catalogue; also how to receive Home Study Course free of charge. Address: Reppert's Auction School and Business College, Box 119, Decatur, Indiana.

A certain grumpy clergyman made his home life almost unbearable. His wife, however, rarely complained and seldom did anything that might bring on one of his tantrums. Emerging from deep thought one day, he said:

He—"Dearest, do you think I shall prove a satisfactory mate?" She—"Oh, you'll do for a mate all right. Now, look me over and tell me what you think of your captain."

TO WOMEN OF MIDDLE AGE

Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life

Hamilton, Ontario.—"I have taken several bottles of Lydia E. Pinkham's Vegetable Compound and I cannot speak too highly of it as I wasat the Change of Life and was all run-down and had no appetite. I was very weak and sick, and the pains in my back were so bad I couldhardlymove. I got very sad at times and thought I had not a friend on earth. I did not care if I lived or died. I was very nervous, too, and did not go out very much. A friend advised me to try a bottle of Lydia E. Pinkham's Vegetable Compound, so I did. I am a farmer's wife, and always worked hard until lately, and was in bed for two months. I began to feel like a new woman after the first bottle and I recommend it with great success, also Lydia E. Pinkham's Liver Pills. I am willing to answer letters from women asking about your medicines, as I cannot speak too highly of them."—Mrs. EMMA WILSON, 471 Wilson Street, Hamilton, Ontario.

Sold by druggists everywhere. G

Demand

ASPIRIN

The whole world knows Aspirin as an effective antidote for pain. *But it's just as important to know that there is only one genuine Aspirin.* The name Bayer is on every tablet, and on the box. If the name Bayer appears, it's genuine; and if it doesn't, it is not! Headaches are dispelled by Aspirin. So are colds, and the pain that goes with them; even neuralgia, neuritis, and rheumatism promptly relieved. Get Aspirin—at any drugstore—with proven directions.

Physicians prescribe Aspirin; it does NOT affect the heart

Aspirin is the trade mark (registered in Canada) indicating Bayer Manufacture. While it is well known that Aspirin means Bayer manufacture, to assure the public against imitations, the Tablets will be stamped with their "Bayer Cross" trademark.

When Food Sours

About two hours after eating many people suffer from sour stomachs. They call it indigestion. It means that the stomach nerves have been over-stimulated. There is excess acid. The way to correct it is with an alkali, which neutralizes many times its volume in acid.

The right way is Phillips' Milk of Magnesia—just a tasteless dose in watetr. It is pleasant, efficient and harmless. It has remained the standard with physicians in the 50 years since its invention.

It is the quick method. Results come almost instantly. It is the approved method. You will never use another when you know.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.