ARE YOU RUN-DOWN?

All That is Needed is a Tonic to Build Up the Blood.

There are many people who have been semi-invalids so long that they accept their condition as a life burden. They have endured nervousness, broken sleep and a generally run-down feeling so long that they have given up hope of again enjoying good health. In most of these cases a well chosen diet, fresh air and a tonic to build up the blood would do wonders. And as a blood-building tonic no other medicine can compare with Dr. Williams' Pink Pills. There is scarcely a spot in Canada where you will not find some formerly ailing person who has found new health through the use of this medicine. The experience of Mrs. Thomas Ahearn, St. Malo, Que., bears out these statements. She says:—"I have the greatest reason to be thankful for what Dr. Williams' Pink Pills have done for me. I was in a very weak and run-down condition. Frequently I would faint and my legs would swell badly. It was almost impossible to do any housework. It seemed as if my blood had turned to water. In this weak and despondent condition I began taking Dr. Williams' Pink Pills. A few boxes proved that they were helping me, but I continued taking the pills until I had used a dozen boxes, by which time I found myself a completely restored woman, able to do my work without fatigue, a better appetite an da sense of cheerfulness, where before I had been despondent. For all this, thanks to the health-giving qualities of Dr. Williams' Pink Pills."

If you are feeling run-down, give Dr. Williams' Pink Pills a fair trial and new health wil be yours. You can get the pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The head master put up a notice that on the following day he would lecture on "Our Eyes, and How We See Through Them." Shortly afterwards he was astonished to find an alternative title written underneath: "Our Pupils and How They See Through Us."

A well-known woman is a famous Mrs. Malaprop as regards her speech. "And what in France," asked a friend, "did you enjoy the most, Mrs. ——?" "Well, I think," said the lady, "it was the French pheasants singing the Mayonnaise."

Corrugated Iron
ASK FOR
Wheeler & Bain
"Council Standard"
A thick, even, heavy spread of galvanize over every inch of surface. Deep corrugations.
Write us, stating size of barn you want to cover.
WE PAY FREIGHT
WHEELER & BAIN, LIMITED
Dept. W, 108 George St., Toronto 2

Does the work of a larger, more costly machine. Well constructed, serviceable, will last a lifetime.
Brantford Wonder Concrete Mixer
The New Brantford Wonder Mixer sells at a price so low that no farmer can afford to mix concrete, mortar, seed grain, fertilizer, feed, etc. by hand. Write for descriptive folder No. 15
GOOLD, SHAPLEY & MUIR CO. Ltd.
Brantford - Ont. S

Save LABOR
during the spring rush when time is at a premium. Because D W Fertilizer is double strength, you save in bags, freight, teaming, and spreading
DW FERTILIZER
Double Worth
Because one Ton D W 8-16-8 = two Tons 4-8-4.
D. W. GUNN, LTD.
200 Vine Ave., Toronto, Ont.

OWL-LAFFS

Most self-denial now is in order that we may have more self-indulgence later on.

One of our focal preachers called at the house of a family whose address had been given him by one of his parishioners.

A small boy came to the door and said nobody was home.

'What is your father's religion, my little man?" asked the minister.

"I'm not sure,' answered the boy, "but from what mother says every little while he is a Seventh Day Absentist."

It has been discovered that cabbage is a valuable ingredient of a new fuel and this doesn't hold out much of a promise that the world will grow more fragrant.

"Now," remarked the business man to his steno as they circled round the city in his plane during the lunch hour, "Let's get down to business."

Inspector—"That new man will never make a detective.."
Chief—"How is that?"
Inspectotr—"There was a 59-pound box of soap stolen from a railroad car, and he arrested a tramp."

The teacher was doing her very best to instill the rudiments of natural history into her young charges. She held up before them a picture of a deer, but no one could tell her what it was. "Now, Tommy," she said, pointing to one small boy, "surely you know what this animal is called. Come now, think. What does your mother sometimes call your father?"

The child's eyes beamed with intelligence. "Well, mum," he said haltingly, "it don't look much like a jackass to me."

Ever Notice It?

Sailors are contrary folks,
And hard to understand;
How is it they're at home at sea
And "all at sea" on land?

Charlie—"Why do you only have papers here with reports of crimes and murders?"

Barber—"Well, it makes the customer's hair stand on end and then it is much easier to cut."

Mining Stocks Now
They are now at low levels, and there are several which show splendid profit possibilities soon.
Write, wire, or phone us for information.
LYLE, BELL & CO.
Mining Brokers
104 Mail Bldg. Toronto. ELgin 2136-7

BRITAIN TO CANADA £2
YOU can arrange for your relatives and friends this low ocean fare—greatly reduced rail rates, children under 17 carried FREE.
Ask at once for details of the British Nomination Scheme from any office or agent of the
CANADIAN SERVICE
Cunard and Anchor-Donaldson LINES

Moose Plentiful in Ontario

It is not an easy thing to shoot a moose but there are plenty of them in the Big Pogamasi district of Ontario which can be reached comfortably over the lines of the Canadian Pacific Railway. Bob Becker, the sporting editor of the Chicago Tribune, visited this district during the present winter and he was successful in accounting for a magnificent specimen of a bull moose.

"How these big boys are travelling," said the guide to Bob Becker the morning after he had arrived in the district. "Papa moose and all the family are looking for winter quarters as the heavy snow and low temperatures are warning signals that fall has gone and winter is here." At that time Bob Becker and his guide were in a snug log cabin on the shore of Big Pog Lake, Metagama. Suddenly there was a rustle near by and a big bull moose hove in sight. Bob Becker's .30 rifle spoke and down went Mr. Moose for one of those long counts which usually follow a knock out by a 100 grain bullet, so there was moose meat in the frying pan and all was set for a celebration banquet in camp that night.

GIVE CONFIDENCE TO YOUNG MOTHERS

By Always Keeping Baby's Own Tablets in the Home.

A simple and safe remedy for the common ills of babyhood and childhood should be kept in every home where there is either a baby or a young child. Often it is necessary to give the little ones something to break up a cold, allay fever, correct sour stomach and banish the irritability that accompanies the cutting of teeth.

Experienced mothers always keep Baby's Own Tablets in the home as a safeguard against the troubles that seize little ones so suddenly and the young mother can feel reasonably safe with a box of these Tablets at hand and ready for emergencies.

Baby's Own Tablets are a mild but thorough laxative that act without gripping and they are absolutely guaranteed free from opiates or other harmful drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Muskrat In Winter

A muskrat house is more than a shelter for it often represents a store of food for possible "lean days." The busy little creatures will use hay in building their houses as winter comes on, then by degrees eat down the house and rebuild it with other grasses.

If you live near a lake and desire to help the muskrats during a particularly bad winter, cut a hole through the ice and place an inverted box over it. The muskrats will do the rest, daubing the sides of the hole with mud and hay so it will not freeze over, and lining the box with bedding.

The muskrat really prefers to search for his food in the water. It will be a service to him if you break the ice along the shores of the lakes and streams. He can drill through the ice, but sometimes every moment counts, if the little animal is desperately hungry.

A food famine in winter, the exhaustion of the supplies in the house, brings out the intelligence of muskrats. Working together, with a common purpose, they swim under the ice and search the stream-bottom for food.

When food is located the muskrats build a store-house on the ice near it. No matter how thick the ice, they will drill through it, and each "rat" must do his share. The animal that refuses to take his turn at drilling is ostracized, driven away by the others to shift for himself.

The muskrat is well equipped to live under the ice. In addition to his warm coat, he has a pouch of reserve air—to draw upon when he works under the ice. Breathing against the under surface of the ice causes little bubbles to form, and these are allowed to oxygenate. The air is breathed again, and this repetition can be continued indefinitely, though the muskrat breathes less frequently when under the ice.

The apparent ferocity of the muskrat in winter has given him an undeservedly bad reputation with some observers. Hunger will make any animal savage. It must be significant that muskrats are never quarrelsome when the food supply is ample. There is less "bossing" in a colony of muskrats than among any other animals that I know of; they work as a unit rather than as individuals. But they will fight hard for their lives, their young or their house.

Minard's Liniment for sick animals.

Period Piece

(From The London Spectator)

Long ago, when
Good Queen Anne
Sheltered Europe
'Neath her Fan,
A modish Fury
Swept St. James
For India stuffs with
Prodigious Names.

There were Cherriderrys and
Allejars,
Ginghams, Muimuls,
Aubrowahs,
Mahmudhiatties,
Beguzzees,
Tainsooks lined with
Seerbettees:
Peniascoes and
Calloway poose
Swept the tiny
Red-heeled Shoes:
Chelloes, Taffaties,
Succatums,
Graced all Truly
Stylish Drums:
Vastly fine it
Must have been,
Long ago, when
Anne was Queen!

Margery Sharp.

Sea—"I say, what makes your yacht jump so?" Sick—"Oh, the poor thing is on a tack."

The BABY

No mother in this enlightened age would give her baby something she did not know was perfectly harmless, especially when a few drops of plain Castoria will right a baby's stomach and end almost any little ill. Fretfulness and fever, too; it seems no time until everything is serene.

That's the beauty of Castoria; its gentle influence seems just what is needed. It does all that castor oil might accomplish, without shock to the system. Without the evil taste. It's delicious! Being purely vegetable, you can give it as often as there's a sign of colic; constipation; diarrhea; or need to aid sound, natural sleep.

Just one warning: it is genuine Fletcher's Castoria that physicians recommend. Other preparations may be just as free from all doubtful drugs, but no child of this writer's is going to test them! Besides, the book on care and feeding of babies that comes with Fletcher's Castoria is worth its weight in gold.

Children Cry for
Fletcher's CASTORIA

ISSUE No. 7—'28

RED ROSE TEA "is good tea"

If you want the very best, ask for Red Rose Orange Pekoe
In clean, bright Aluminum

17

Lady—"Sir, I wish that you could introduce a little change in your style of dancing." Her Partner—"How do you mean, madam?" Lady—"You might occasionally step on my left foot instead of the right one!"

Woodsmen—Keep Minard's handy.

"You tell me," said the magistrate, "that this is the man who knocked you down with his motorcar. Can you swear to him?" "I did," returned the complaintant eagerly, "but he only swore back at me and drove on."

Compulsory Vaccination
If you are opposed, we want your support to enact legislation at the next session of the Provincial House. Write for information at once.
Anti-Vaccination & Medical Liberty League of Canada (Inc.)
2316 Danforth Ave., Toronto.

PATENTS
List of "Wanted Inventions" and Full Information Sent Free on Request.
THE RAMSAY CO., Dept. W, 273 Bank St., Ottawa, Ont.

Teach Children To Use Cuticura
Soothes and Heals Rashes and Irritations
Cuticura Soap Keeps the Skin Clear

LEONARD EAR OIL
for DEAFNESS and HEAD NOISES
Price $1.25
At All Druggists
Don't Do This
FOLDER ABOUT "DEAFNESS" ON REQUEST.
A. O. LEONARD, INC. 70-5TH AVE., NEW YORK

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 S26
BUCKLEY'S MIXTURE
Acts like a flash—a single sip proves it

Classified Advertisements

POULTRY

FREE—A NEW BOOK OF POULTRY Lessons. L. R. Guild & Sons, Box T., Rockwood, Ont.

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

"Is Modern Woman Gaining on Man?" asks a contemporary. She's outstripped him already.

Why Suffer
From Rheumatism when Minard's Liniment will bring soothing relief.
MINARD'S "KING OF PAIN" LINIMENT

OPERATION LEFT HER VERY WEAK

Letter Tells of Wonderful Relief After Taking Lydia E. Pinkham's Vegetable Compound

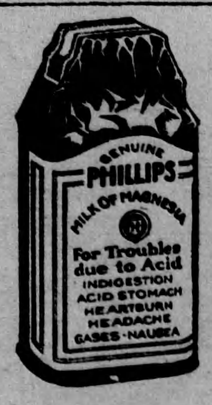
Coniston, Ontario.—"After a severe operation and a three weeks' stay in a hospital I returned home so weak that I was unable to move a chair. For four months I was almost frantic with pains and suffering until I thought sure there could not be any help for me. I had very severe pains in my left side and suffered agony every month. One day when I was not able to get up my mother begged me to try your medicine. My husband got me a bottle of Vegetable Compound at once and I took it. I started a second bottle, and to my surprise and joy the pains in my side left me completely and I am able to do all my work without help. I am a farmer's wife, so you see I can't be idle long. In all, I have taken six bottles of Lydia E. Pinkham's Vegetable Compound, five boxes of the Compound Tablets, two bottles of Lydia E. Pinkham's Blood Medicine, and have also used the Sanative Wash."—Mrs. L. LAJEUNESSE, Box 103, Coniston, Ontario. d

ASPIRIN

Perhaps you didn't realize that Aspirin tablets are made to relieve the deep-down rheumatic aches as well as dispel the occasional headache. They do! In cases of neuralgia, neuritis, lumbago; for those pains that penetrate one's very bones, Aspirin tablets offer real relief. Just be sure you are getting the real Aspirin, with Bayer on each tablet and on the box—with proven directions inside. All druggists.

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.



Sour Stomach

Just a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard antacid for 50 years among physicians everywhere. One spoonful will neutralize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain departs. You are happy again in five minutes.

Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.

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.