HOW DELICATE GIRLS ARE MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

It should be borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular out-of-doors exercise. But a lack of appetite and tired, aching limbs tend to hinder progress. To have the weak, thin-blooded sufferer, she must have new, rich blood, and nothing meets a case of this kind so well as Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus bringing new health and strength and transforming anaemic girls and women into cheerful, happy people.

The value of Dr. Williams' Pink Pills in the case of anaemic girls is proved by the case of Miss Lucy Stoddart, Margaretville, N.S., who says: "From the age of 12 to 15, I was in an anaemic condition. I was very thin and nervous, had no appetite and had no desire to take part in the doings of those of my age. My mother got tonic after tonic for me, but they did me very little good. Then Dr. Williams' Pink Pills were recommended and almost from the first they seemed to be just what was needed to restore my strength. After taking the pills for a time I felt an altogether different girl. I got up in the morning feeling bright and active, and ready for work or play. Since then I have always taken a couple of boxes of Dr. Williams' Pink Pills in the spring as a tonic and have thus kept in the best of condition."

Every weak girl should promptly follow the example of Miss Stoddart, feeling sure that the pills will renew her health. 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.

Prince Meets Boys

Tells London Club He Likes Detective Stories

London.—The Prince of Wales likes nothing better to read than a good adventure story. He so informed a boy ingrossed in such literature in the library of a Roman Catholic club in East London recently.

The Prince made one of his incognito excursions into the East Side Laborite districts, visiting two Catholic clubs for boys. His advent was not known except to Father Rawlinson, who conducted the Prince on his journey.

The presence of the Prince only leaked out gradually to the youngsters, many of whom were skeptical at first. When he talked with several of the boys and they compared him mentally with his pictures the conviction grew that it really was the Prince.

The Prince toured the library, asking many of the youngsters what they were reading and exchanging views on books with them. He watched football played on the roof of one of the clubs by electric light. He also saw several boxing bouts and heartily applauded the young pugilists.

The Prince departed to the enthusiastic cheers of the boys, most of whom are the sons of dock laborers.

Toilers of the Deep

Quebec Evenement (Cons.): (The Government are taking steps to improve the lot of the fishermen.) We have many fishing colonies on the coasts of the Gulf of St. Lawrence and on the banks of some of its tributaries. The Federal Government are interesting themselves in their grievous lot, and the Government of the Province of Quebec are doing something to make their strenuous calling more profitable. But nothing is so precarious or uncertain as the income of a fisherman. There are years when fish are scarce, and other years when they fetch too small a price. Every winter one hears that, in this or that part of the Gaspe Peninsula, the fishermen are in dire distress.

Conceit is a public proclamation of the poverty of one's personal relations.

OWL-LAFFS

And this is what we'd like to be:
Good and kind and neighborly.
Big of heart and broad of mind,
Glad with every joy we find,
Friendly as we go our way,
Generous handed day by day,
Keeping though we rise or fall
The love and good esteem of all.

He—"Are you cold?"
She—"'Bout to freeze."
He—"Want my coat?"
She—"If you please."
He—"Want it full?"
She—"Just the sleeves."

"Itt's been a hard grind," sighed the mechanic as he replaced the valves.

"Daddy, mother is a wicked woman. She burned the Bible this morning."
"Never mind. We can get another Bible, but there was only one record in existence that said your mother was born in 1888."

Kissing, according to scientists, is unknown among the savage tribes. And some day we are going to figure out whether this constitutes an argument against kissing or in favor of it.

Higher Mathematics.
Auto — Autonomy — Autopsy.

The girl in the movie ticket office said that the usher in the theatre is the leading man.

Freedom of the Sea.
Girls, when they went out to swim,
Once dressed like Mother Hubbard;
Now they have a bolder whim:
They dress more like her cupboard.

The best way to outlaw war would be to hang the outlaws who cause it.

The modern idea in fashion, so far as we have been able to observe, seems to show everything but the brains.

The dominating personality doesn't help much, if the other fellow is driving a truck.

To-day's unfinished task is a mortgage on to-morrow.

Funniest situation is when you are asked for advice, then argued with about it.

It takes a bride an hour to sew a button on a coat and a year later it takes her six months.

Politicians live off the fathead of the land—and everybody else too!

The choir isn't to blame for all the discord in the church.

THE REVERSE OF THE MEDAL

Chicoutimi Progress du Saguenay (Ind.): (It is denied that the big industrial development of the Lake St. John region has actually brought wealth to the inhabitants.) Doubtless vast and admirable works have been carried out; doubtless immense sums have been spent in the locality; doubtless it would be foolish to pretend that ten thousand is not more than a hundred. But if there is a hundred to share up and only ten people, every one gets ten; but if, on the other hand, there is ten thousand to divide and there are ten thousand people, there is only one apiece.

A taxi-driver provides fresh flowers, cigarettes, a box of matches and an ash-tray in his cab. The latest form of cab-array.

Husky Twice Saves Master's Life

"Mountie," leader of the Chateau Frontenac dog-team, has many friends, but none who watch his career with more interest than Sergeant William Grennon of the Royal Canadian Mounted Police. The Sergeant, who is sixfoot-three and the crack marksman of the force, tells, with tears of pride in his eyes, how "Mountie," whom he raised from a pup, saved his life on two occasions.

An early freeze in the North Country. The team with "Mountie" in the lead crossing Sturgeon Lake. Then the realization that the ice was cracking and bending and the knowledge that it was too thin to allow the sleigh and driver to stand still long enough to turn. There was no retracing, they must go on. "Mountie" waited for no word of command. He lead the team on, on at a breakneck speed across an expanse of seven miles, with death facing them at every step, and reaching the opposite shore in safety.

Once again, the following year, the Sergeant claims that "Mountie" saved his life, when he cleared with one bound a cut in the ice, six feet wide caused by the swift current, the others following.

Over thousands of miles through the snow bound north, on missions of life and death, Mountie has accompanied Sergeant Grennon. When Mountie left five years ago for Quebec the Sergeant was heard to say that he had lost his most faithful and his most beloved friend.

MANY MOTHERS RECOMMEND THEM

Baby's Own Tablets Are Fine for Nervous, Sleepless Children.

From Canada the fame of Baby's Own Tablets is spreading over the world. Mothers recommend them to other mothers and wherever they are tried nothing but words of praise are heard for these pleasant tasting little tablets that promptly relieve the minor ailments of young children.

"Baby's Own Tablets are one of the best remedies for children's ailments I have ever used," says Mrs. Arthur T. Allen, of Auburn, Me. "My little girl was nervous and could not sleep. I tried the Tablets and she was relieved at once. She was also troubled with constipation and nothing seemed to help her. I had used the Tablets but a short time before her bowels were regular. All mothers should keep Baby's Own Tablets in the house for they are a valuable remedy."

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

Why Prince of Wales Was Named David

London.—Most of us know the Prince of Wales is called "David" by his relatives and never "Eddie," there will be some interest in the Dowager Lady Radnor's claim in her newly published book of reminiscenses that it was she who suggested this name.

Lady Radnor believes the Britons are descended from the ten lost tribes and the royal family from King David, the chap who slew Goliath. She sent a message to the Queen, then Duchess of York, asking that if a son was born to her he should be called David. The Duchess liked the name, but "wondered what reason she could give" for calling her son by it.

Lady Radnor suggested that it could be included among the other names of the four patron saints of these islands and that, she writes, "is how the Prince of Wales came by the name of David."

When They Were 26

The great Alexander had overthrown the Persian Empire. Washington led the advance guard of the British army toward Fort Duquesne. Napoleon was second in command to Barras. Franklin started "Poor Richard's Almanac." Fox had been First Lord in both the Admiralty and the Treasury. Gladstone was a junior Lord of the Treasury. Byron was writing "Childe Harold." Macaulay had published his essay on Milton. Delane was editor of the London Times. Emmet was in a grave without an epitaph.

Minard's Liniment for sick animals.

Making Winter Popular

A few years ago Canadians were inclined to be apologetic concerning their Winter climate and to resent public mention of its seasonal peculiarities—as Kipling learned when he wrote about "Our Lady of the Snows." Now it is all different. We have learned to capitalize our Winters and the publicity agencies tell the world in words and pictures about the beauties of the ski trails and the invigorating and beneficent influences of zero temperatures.

This is more than merely making the best of an inevitable situation. Canadians themselves have been sold on their own Winters and out of the fulness of personal experience they recommend them to those of softer climates. Ottawa, for instance, takes to its skis with the first snowfall, and on afternoons and week-ends the wooded hills and open spaces in the vicinity are dotted with thousands of the young and middle aged venturing their skill on the precarious runners against the forces of gravity and the perils of hidden stumps. Summer to them is but an inconvenient interval between skiing seasons.

Canada and the Empire

Toronto Globe (Lib.): The "new status" question is entitled to a rest. Canada has done well in the last sixty years, as waa made plain during Diamond Jubilee year. Her progress has been remarkable, whatever has been her status, and to continue this progress along broad lines and on a solid foundation should be the chief objective of Parliament. If it is the desire to help the Empire by making this country a strong component part, with the Imperial ties becoming firmer each year—as they should—attention ought to be directed to that end instead of o the texture of he bonds. Canada is of he Empire in fact and in sympathies.

The Falls of Niagara are reported to be wearing out. There will of course be somebody to charge that they were not built right in the first place.

De Valera wants to start a newspaper. The Irish always were gluttons for punishment. — New York Evening Post.

ASTHMA Successfully Relieved

Use Dr. Guild's Green Mountain Asthma Compound. Originated by Dr. J. H. Guild, specialist in respiratory affections. Quickly relieves the distressing torments that cause suffering and loss of sleep. Two sizes, $1.50 and 35c. Also cigarettes (box of 24, 60c), at your druggist or sent direct postpaid for cash. FREE TRIAL box (6 cigarettes) with authoritative treatise on causes and treatment sent on request.

J. H. GUILD CO.,
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344 St. Paul St. W., Montreal

ISSUE No. 8—'28

RED ROSE TEA "is good tea"

Red Rose Orange Pekoe is supreme

In clean, bright Aluminum.

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Ministers and Markets

Regina Leader (Lib.): The proposed appointment of a Canadian Minister to Tokio should, as the Premier points out, not only serve to stimulate trade between Canada and Japan but should also tend to create a better feeling between the two countries. It is a short-sighted and colonial view which takes exception to any of the Ministerial posts which the Government already has created or has in mind.

Woodsmen—Keep Minard's handy.

Keeping the London Zoo going costs about £13,000 a year for food alone. An elephant can be fed for about £120 a year.

The 16-inch guns mounted on H.M.S. Nelson, our latest battleship, are 67 ft. long and fire shells weighing 2,461 lbs. each.

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!

Classified Advertisements

POULTRY

A1 QUALITY ROCK, LEGHORN, Wyandotte, Red Baby Chicks, $15.00 per 100 and up. Hatching eggs, $8.00 per 100 and up. Pedigreed Cockerels, $6.00 each, and up. 36 Page Illustrated Catalogue Free. L. R. Guild & Sons, Box T, Rockwood, Ont.

BABY CHICKS—WE HATCH FOUR varieties of Baby Chicks. Write for free catalogue. Price 10c and up. A. H. Switzer, Granton, Ont.

A Welshman was crossing a bridge at night when he heard a voice from the river crying "Help! help! I can't swim!" "Neither can I, Evan Thomas," replied the way-farer, "but I don't make a fuss about it, look you, whateffer."

Frostbites

Minard's Liniment counteracts inflammation, eases the pain, soothes and heals.

MINARD'S "KING OF PAIN" LINIMENT

EXPECTANT MOTHERS

Read Mrs. Menard's Letter. Her Experience May Help

Chatham, Ontario.—"I want to tell you how much good your medicine has done me. Before my baby came I felt so weak and run-down that I could hardly do my work. My head ached continually and I was so discouraged that I could cry from morning till night. I had another baby just one year and a half old and it gave me a lot to do. So I thought I would try Lydia E. Pinkham's Vegetable Compound, as I had read so much about it in the little books. I found a difference right away as my head was relieved and my tired feelings gone. My sister had been doing my washing and she continued doing it, as she said it might set me back if I started to do it again. It sure did help me and I had taken just two bottles when my baby came. He is a fine big boy, now nearly five months old. I am taking your medicine again and I am able to do my work all by myself now. I always recommend the Vegetable Compound to women, and especially to expectant mothers, as I believe they need help at these times."—Mrs. OLIVER MENARD, 24 Harvey St., Chatham, Ontario.

Acid Stomach

Excess acid is the common cause of indigestion. It results in pain and sourness about two hours after eating. The quick corrective is an alkali which neutralizes acid. The best corrective is Phillips' Milk of Magnesia. It has remained standard with physicians in the 50 years since its invention.

One spoonful of Phillips' Milk of Magnesia neutralizes instantly many times its volume in acid. It is harmless and tasteless and its action is quick. You will never rely on crude methods, never continue to suffer, when you learn how quickly, how pleasantly this premier method acts. Please let it show you—now.

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.

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.