INFLUENZA'S VICTIMS

Left Weak, Miserable and a Prey to Disease in Many Forms.

One of the most treacherous diseases afflicting the people of Canada during the winter months is influenza. It almost invariably ends with a complication of troubles. Its victims suffer with alternate fevers and chills, headaches and backaches. It leaves them an easy prey to bronchitis and pneumonia. Indeed, the deadly after effects of influenza may leave the victim a chronic invalid. You can avoid influenza entirely by keeping the blood rich and red by the use of Dr. Williams' Pink Pills. If you have not done this and the disease attacks you, you can banish its deadly after effects through the use of this great blood-building nerve-restoring tonic.

Here is proof of the power of Dr. Williams' Pink Pills over this trouble. Mr. F. H. McMullen, Belleville, Ont., says:—"Some years ago, following a severe attack of influenza, I was left in such a weak condition that my friends thought I would not get better. I developed nervous indigestion, and my blood got thin and watery. In this weakened condition I began the use of Dr. Williams' Pink Pills, and these did what other medicine had failed to do—brought me back to health and strength. I can honestly say I think them the best blood builder and nerve tonic known, and I shall always praise them."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

RUSSIA TEACHES CITIZENS USE OF GAS MASKS

A Russian Soviet army afficial teaching men and women of one of the larger towns how to put on gas masks in the event of another war.

Less Noise Please

Making the Airplane Easier on the Ears Will Help a Lot

Could it be bandits of the skies, staging the first air hold-up, who were peppering the mail plane with buckshot as it roared through the night? No, Douglas Clephane tells us in NEA Magazine and Science Service, it was an irate former who was trying to discourage aviators from flying over his land. The deafening noise of the planes, he protested, bothered his hens and made them stop laying. This man, continues the writer, who takes up the problem of making the airplane noiseless, or at least less noisy, was the first to express dissatisfaction in such sensational form, "but millions of people are becoming intolerant of the noise created by airplanes. Both the airplane-riding public and the millions who must hear this noise from the ground are demanding that planes be silenced." What is being done to solve this baffling problem is outlined thus by Mr. Clephane:

In theory it is as easy to make a noiseless aviation motor as it is to make a quiet motor-car. Every pound added for mufflers and other silencing devices now on the market reduces the amount of paying mail, freight, and passengers that can be carried. For this reason and because of the added fire hazard and loss of power that most of the devices cause, manufacturers have been slow to adopt them.

Recently there has been a development that offers first possibilities of a practical solution of the noise problem. A device which will cut down the exhaust noises without adding appreciably to the weight or fire hazard, or causing a loss of power, has been developed on an entirely new principle.

The exhaust gases are gathered together in two pipes and passed into the inside of the blades of a hollow steel propeller that has just been invented. By leaving an opening on the trailing edges of the blades from which the gases escape, the centrifugal effect causes a partial vacuum to be built up inside the propeller.

Not only will the motor be silecned by this device, but it will do away with the long hot exhaust pipe which is the main cause of fire in planes, turning slight accidents in landing and in the air into horrible tragedies.

Even with the motors as quiet as in automobiles—a development which can reasonably be expected within the near future—no means has yet been found to even reduce the roar of the propeller, and the best engineers in this country and abroad can see no solution of the problem. These sounds have two sources: first, the vibration of the propeller itself, and second, the disturbance created by the blade tips cutting the air at six to eleven miles per minute.

The first country to develop a noiseless propeller or other system of propelling the plane, will have a tremendous military advantage over the world. The value of airplanes in war depends to a large extent on the element of surprise. At present the noise, which can be heard by sound-detecting devices for miles, gives a warning to the opposing forces, allowing them to range anti-aircraft guns, send up opposing planes, and prepare other protective devices that are being developed.

PRACTICED IT ON HER

1st Stenog: Ada practices the touch system.

2nd Stenog: Yes, practices it on me about twice a week.

War is what results when one country takes steps to defend itself from another country that is taking steps to defend itself.

Cigar-lighters now have "built-in" watches ,so you can tell just how long it takes to get a light from one of them.

When U.S. Prohibitionists tell us the country has become prosperous under the Eighteenth Amendment, we suppose they mean that in a dry country it is easier to save for a rainy day.

Minister (meeting man about to enter public-house): "Do you know, my man, that that door will surely take you to hell." "That don't matter, mister," replied the man. "They turn us all out again at ten o'clock."

OWL LAFFS

BY O.W.L. (ON WITH LAUGHTER)

Peter was playing at Johnny's house. When it was time to go home it started to rain. Mrs. White, however, gave Peter Johnny's raincoat and galoshes.

"Don't take so much trouble, Mrs. White," said Peter, politely.

"I'm sure your mother would do as much for Johnny," she replied.

"My mother would do more," said Peter. "She'd ask Johnny to stay for supper."

May: "So you had a letter from the college boy?"

Tess: "Yes, he wrote an' ast me did I get home all right from the dance he took me to."

A friend is one who pretends not to have heard your old and tiresome story before.

A hick town is place where a nude seems naked.

You can easily tell the modern mother and her daughter apart. The mother is the one who looks so young.

Thirsty days hath September,
April, June and November,
All the rest are thirsty, too
Unless you make your own home-brew.

WHEN HE'S FLUSH

He: "When is your birthday?"

She: "When will it be most convenient for you?"

Everything was created for a purpose. Rabbits do their best to get rid of carrots, but it seems there are always enough left over to get into the soup.

A soft answer turneth away wrath but it takes the hard cash to turn away the installment collector.

A short story, entitled "The Generations," Grandfather had a farm. Father had a garden. Son has a canopener.

First Hobo: "When I lie down for a quiet think I realize how Tempus fugit is creepin' on."

Second Hobo: "I can't tell yuh de foreign name, but dey're creepin' on me, too!"

"I'm a somnambulist."

"That's all right; I'll go to my church after we're married and you can go to yours."

If it hurts you to spend money you can't go very far in business.

The best way to make a commodity sell is to make prospective buyers believe it's scarce.

WHAT PRICE BEAUTY?

Women, so they tell us,
Must always look their best,
In spite of death and taxes,
Installments and the rest.

So I contrive to make a trip
To the beauty shop each week
To put the wave into my hair
And the pink into my cheek.

I gaze into the mirror
And like myself again;
And I know I'll win a twinkly smile
From my own dear Prince of men.

But I am scarcely in the house
When the youngsters come pell mell,
And in one grand and glorious romp
Wreck my fine marcel!

FOUNDER OF THE TOWER

Tradition points to Julius Caesar as the founder of the Tower of London, and remains of Roman fortifications have been found beneath the present site.

California this winter

SUNNY land of fruit and flowers, where living is a joy the whole year 'round.

Variety and beauty! Mile-high mountains—smooth beaches—orange groves, pepper trees and palms. World cities—quiet retreats. Every sport—every day.

"California Mid-Winter Escorted Tours—21 days—all expense. On the way—Indian-detour, Grand Canyon, Phoenix, California and Yosemite. Return through Feather River Canyon, Royal Gorge, Colorado Springs and Denver. Leave Chicago Saturdays, January 5-19, February 2-16, March 2-16, 1929. Ask for details."

F. T. Hendry, Gen. Agent, Santa Fe Ry.
504 Transportation Bldg., Detroit, Mich.
Phone: Randolph 8748

Scottish Nationalism

Dot Allan in the Review of Reviews (London): Whether or not the Scottish Nationalists will increase and thrive remains to be seen. Certain it is that the party numbers among its disciples vast numbers of the younger intelligentzia. It is, indeed, so much a party of youth that older people not unnaturally regard it with suspicion, believing its adherents in most cases to be self-seekers, using it as a short cut to political power. Sir Robert Horne doubtless had this in mind when he spoke of the triumph of Nationalism as bringing "an increase of pride to the breasts of the parochial-minded." Herein, I think, lies the crux of the whole question. Is national pride—a fine thing and in no way related to parochialism—at the bottom of the Scottish Nationalist movement, or has that movement its roots in a baser soil? Will the dissension caused by the propagation of the Nationalist aims be justified ultimately by an era of increased peace and prosperity? These are the questions perplexing the minds of thinking men and women of Scottish blood all over the world today.

A PROBLEM FOR YOUNG MOTHERS

Stomach troubles cause most of the distress of babyhood and childhood, and are the greatest problem that a young mother has to solve. The treatment for these digestive disturbances that make baby cry continually and disturb his sleep must be quick and effective, and, above all, perfectly safe.

The absolutely safe treatment for disturbances of the stomach and bowels is found in Baby's Own Tablets. Thousands of mothers have had their problem solved through them. They are guaranteed to be free from all injurious drugs and cannot possibly do harm to even the youngest babe—they always do good.

Baby's Own Tablets regulate the stomach and bowels; banish constipation and simple fevers and promote that health-giving sleep which is so necessary to the welfare of the baby or growing child. The Tablets are sold by all medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Capital of the Empire

A. G. R. Hickes in the National Review (London): A thousand years ago political and economic causes operated to transfer the capital from Winchester to London, and one must not assume that similar causes in the future may not carry the Crown beyond the seas. For . . . to adopt theology, Ubi caput, ibi regalia. Winchester was the capital of the then principal province in the realms where the Anglo-Saxon kings were overlord. London succeeded as the national centre of united England. London is the capital of the present chief Dominion acknowledging the Anglo-Saxon kings' successors. It does not follow it must always be the national centre of a united Empire. History is a conservative science and lives by repeating itself. True that with the development of transport and communication London may so continue, but it is prudent to consider that the same causes which operated in the past and now translated into modern terms of the enormous potentialities of the Overseas Empire will result in the political (always regarded from the sentimental) decline of the Motherland as compared with her children, and perhaps of Europe generally as against the new worlds abroad. Convenience may then demand the removal of the regalia to Wellington, or Ottawa, or Canberra, or Capetown, or Delhi, or elsewhither.

LAXATIVE FOR BABY THAT "STAYS DOWN"

Baby's tiny system rebels against castor oil and strong purgatives; but here's a medicine that just suits him. And it does the work quickly and so gently that Baby doesn't feel it. Fletcher's Castoria is soothing cross, fretful babies and children to sleep and making the feverish, constipated, upset ones well and happy, in millions of homes today. Castoria is purely-vegetable, harmless and endorsed by the medical profession. Avoid imitations. The Chas. H. Fletcher signature marks genuine Castoria.

Modern Values

Edith Sitwell in the Spectator (London): Money has no relation to life at present; it has no relation to anything real; it has no true relation to the things which it buys. It has got outside human control altogether; it is a Frankenstein monster dominating the unhappy world which created it. Where Charity once spread a cloak which was permitted to cover venial faults, this Frankenstein monster now offers the one garment which is allowed not only to cover, but to glorify, any kind of mortal sin. Nothing matters if you can spend more money than your neighbor; and if you can spend it in such a way that noone who really needs it benefits by it, then so much the better.

Minard's Liniment prevents Flu.

About the only thing a man gets free in this world is criticism.

ISSUE No. 3—'29

More cups to the pound, more flavor in the cup, more tang to the taste. That's what makes Red Rose Tea so popular. Every package guaranteed. 62

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Pressure Reverses Known Properties Many Substances

Cambridge, Mass. — Tremendous pressures have reversed almost completely the familiar properties of some well known substances in experiments at Harvard University.

Paraffin, under pressure ranging between 200,000 to 600,000 pounds a square inch, became so hard that Professor Percy W. Bridgman pronounced it harder than machine steel. Rubber became so hard that it was pronounced usable as a die to form steel.

Dr. Bridgman found that steel tended to flow, if not like water, at least sufficiently to spread. He noted four different kinds of ice, each formed at a different pressure. Oil became useless as a lubricant because it turned solid. Mercury, after a pressure of 60,000 pounds, began to escape, the theory being that its atoms were forced between those composing the steel chamber in which ti was imprisoned.

The apparatus made by Dr. Bridgman attains a pressure of 600,000 pounds per square inch ,which is said to be the highest by far ever reached in laboratories. The tendency of steel to flow under pressure makes possible the success of his apparatus, which is a plunger forced into a hole in a solid block of steel. The reaction of the steel is used to plug up escape along the sides of the plunger by the substance it is pressing.

A wire inserted in the steel chamber as an aid in measuring the pressure has been shot out with such force as to dent a half-inch armor plate set up to catch it. Dr. Bridgman said that once the almost solid steel chamber broke, in such an explosive manner that its fragments penetrated six inches of pine planking. He estimates the maximum pressure as equivalent to that at the bottom of an ocean 250 miles deep.

Australia's Navy

The Week (Brisbane): (H.M.A.S. Australia, stands for the principles of independence, interdependence, and loyal attachment to the great Commonwealth of Nations of which Australia is a unit). For the existence of an Australian Navy is evidence of a determination not to shelter behind the forces of the British Government, and to recognize that the Empire can only stand by the united strength of all parts of it. So much for independence. As to loyalty to the Mother Country, the readiness with which the Commonwealth Government placed its naval resources completely at the command of the Imperial Naval authorities at the outbreak of the Great War is testimony enough of the intention to place Empire before everything.

Minard's Liniment for Cougns, Colds.

Human Nature

Dame Madge Kendall in John O'London's Keekly: Has the race thrown overboard the capacity for quiet enjoyment that made the Victoria period the basically sound era that it was? For it was sound, and it produced many great thinkers, many of whom are still with us. No; beneath the veneer of modern conditions, with its hectic race after happiness, there is in reality no change. It is a phase just as duelling was a phase, and it will become asunfashionable as duelling. Human nature does not change, and Youth of to-day is no wiser, no nearer perfection, than Youth of 5, 500 or 50,000 years ago.

"The Mucker Pose"

James Truslow Adams in Harper's (New York): (The article answers the question "Why is it that a gentleman in America nowadays seems afraid to appear as such?" An impoverished aristocrat may sell his title in marriage for one generation to rehabilitate his house, but Americans who sell their culture and their breeding to truckle to the unbred in business, who shed these things of the spirit for motor cars and all the rest of the things of the body, are taking refuge in a yet more ignominious surrender. They may thus pick up some of the golden drippings from the muckers' tables, but they do not gain the respect of the muckers whom they imitate and may yet awake to the fact that they have properly forfeited even their own.

Free Book About Cancer

The Indianapolis Cancer Hospital, Indianapolis, Indiana, has published a booklet which gives interesting facts about the cause of Cancer, also tells what to do for pain, bleeding, odor, etc. A valuable guide in the management of any case. Write for it to-day, mentioning this paper.

Ward off Flu and Pneumonia

Neglected bronchial colds are dangerous. Stop them *instantly* with Buckley's Mixture. Its action in relieving the cough and clearing the tubes is amazingly swift—and sure. All druggists sell "Buckley's" under a positive guarantee. Buy a bottle today, and be safe.

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

BUCKLEY'S MIXTURE

522 *Acts like a flash—* a single sip proves it

75c and 40c

Keep Your Health

TO-NIGHT TRY

Minard's Liniment

for that cold and tired feeling.

Get Well—Keep Well.

KILL FLU

by using the OLD RELIABLE!

Minard's Liniment Co., Ltd., Yarmouth, N.S.

Flashing Eyes Laughing Eyes Downcast Eyes

Eyes tell Your Character

Brown eyes for strength—Blue for generosity—Gray eyes for jealousy—Sparkling eyes indicate beauty, yes, and good health, too! Do your eyes sparkle? Are the whites clear or are they tinged with yellow—indicating an out-of-sorts condition — due to constipation? If so, you need

Beecham's Pills

Try a regular daily course for a short period. Your eyes will tell the story. *A Vegetable Product* 823

Read about Character from the Eyes in future Beecham Advertisements.

Sales Agents: Harold F. Ritchie & Co., Limited, Toronto

Too Much ACID

Many people, two hours after eating, suffer indigestion as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips' Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy relief. Please do that—for your own sake—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.