Is your daughter enjoying life?

IT is just in her "teen age" that a girl should be getting the most fun out of life!—Yet so often it happens that girls of sixteen-to-twenty have outgrown their strength—are quickly tired, pale, nervous, generally run-down and unhappy!

These are sure signs of anaemia, a condition that results from thin, worn-out, under-nourished blood. Dr. Williams' Pink Pills have corrected this in thousands of girls. Here is the actual experience of Mrs. Ben Nicholas of Erieau, Ont.

"My daughter was in a run-down state. She was easily tired and did not wish to associate with others. As this was unnatural, I began giving her Dr. Williams' Pink Pills, and they soon made a strong healthy girl of her. Now she is as happy a girl as one would wish to see."

Start your daughter on this proven treatment now by buying Dr. Williams' Pink Pills at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont. S-35

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

Secret Passage In Fleet Street

London.—Antiquarians are trying to solve the mystery of a curious cellar and secret passage which has just been unearthed by the demolition of an old building at the corner of Hanging Sword Alley and Whitefriars Street, off Fleet Street.

Five small arches in a brick wall lead to the cellar, which has a low vaulted brick roof with a span of about 10 feet, and is reached by walking down some 20 feet of low passage.

Until recently the premises above the cellar were occupied by a firm of builders.

"We knew of the existence of the cellar, but there was no access to it," a member of the firm told a reporter.

"It is supposed to have been occupied at one time by a clerk who augmented his income at night by body snatching and used the cellar as a temporary mortuary. There was a burial ground near by, so that the cellar would have been a convenient headquarters.

"Until quite recently parties of Americans used to be conducted round the premises, and in addition to being told this story, they were shown a stain on the stairs said to have been made by the blood of a murdered man!"

Such stories are quite possible in the light of the history of "Alsatio," as the district around Whitefrairs was called in the seventeenth and eighteenth centuries, when it was the privileged sanctuary of a notorious gang of cut-throats.

Another suggestion is that the cellar was part of the Whitefriars monastery, which existed near the spot.

Gabbie Gertie

"A minor prospecting for oil often discovers rich carbon deposits.

Kill that corn with Minard's Liniment

Owl Laffs

About the only thing we know of to do with our modern young people is to let them grow up.

Is any feeling finer than that which comes from doing a hard job particularly well?

You may be sure your secret sins will one day become public gossip.

Even flattery can be irritating when an instalment collector and a bond salesman call at the same time.

"What was Noah's surname?"
"Sark, of course. Haven't you ever heard of Noah Sark?"

"It is my guess that some of these women who have bought dresses on the instalment plan ought to go bak and get a few more instalments before wearin' 'em in public."

"How old are you, my little man?"
"I dont know. Mother was twenty-six when I was born, but now she's only twenty-four."

She used to rise at half past eight,
To get the milk, but then,
Her daughter brings it in with her now,
As she is gettin' in.

Farmer Jenkins made his way into the village post office, which also was the general store.

"Anything for me?" he inquired of the postmaster.

The other raked over a few parcels and letters, but found nothing.

"Don't see nothing," he said. "Did you expect something?"

"Yes,' answered the farmer. "I was expecting a card from Aunt Jenny, tellin me when she's comin'."

'Hannah," called the postmaster to his wife, "seen a card from Mr. Jenkins Aunt Jenny?"

"Yes," came the prompt reply. "She's coming down Tuesday."

Rube stood looking at the "A.D." on the corner stone of an old building. Finally he muttered to himself that he guessed it must mean "All Done."

Short dresses make men more polite. You seldom see a man get on a street car ahead of one.

Meet the Wife!

She's a nice little wife, she's the spice of my life,
A sweet little treat and a wonder to woo,
Capriciously pretty, deliciously It-ly,
And skittishly willing to bill and to coo!

My pert little petter, no flirt or go-getter
Can dirtily hoax her or coax her away,
Deceive me? no, never! She'll cleave to me ever,
Just pleasingly squeezing, and teasing to stay!

So singing and sunny, no stinging for money,
The bliss of my mischievous kiss is her fee,
She never acts funny, my sweet sunny honey,
Her measure of pleasures is treasuring me.

She never gets snooty when I pet a beauty,
It's odd, but she's broad as the deuce in her view,
She follows suggestions without any questions,
I feel that she's really too good to be true!

Forever careessive, and never distressive,
I mean she's serene as a queen on a throne,
She's a Bear and a Wow, such a fair little Frau—
By gad, it's too bad that she isn't my own!

A man was told by his doctor that if he laughed fifteen minutes every day before meals his condition would improve.

One day, in a restaurant, while having his laugh, a man at the opposite table walked over and said angrily: "What are you laughing at?"

"Why, I'm laughing for my liver," he replied.

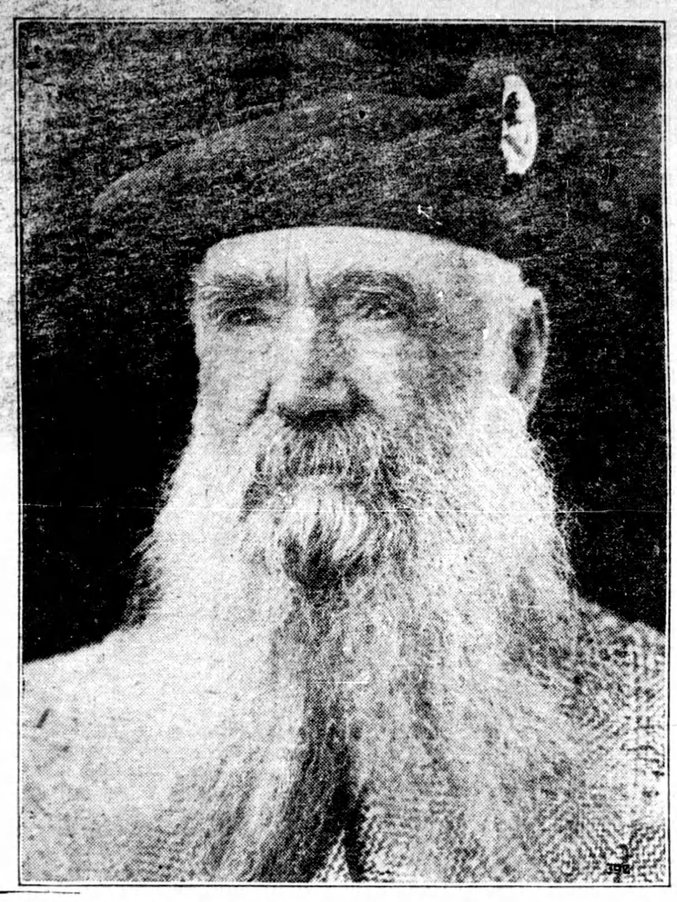
"Well, then," said the other, "I guess I had better start laughing also. I ordered mine half an hour ago."

Valuable Education

Windsor Border Cities Star (Ind.): Scholarships for grocers' apprentices in England will be granted by the Canadian Department of Trade and Commerce. It is rather a unique idea, but there are distinct possibilities in the plan, possibilities that will redound to the benefit of both Canada and the Motherland. Those boys will be brought to this country, where they will spend two weeks on a tour designed to better fit them for their life work. Still greater than this, they will learn at first hand how the people over here live, and they will go back and tell the people of their native land. This will be a valuable contribution to the better understanding and sympathy that are so much needed.

Browne: "Do you happen to know anybody who has got a car for sale?" Smith: "Yes; I should think Jenkins has." "What makes you think Jenkins has one for sale?" "I sold him mine yesterday."

A Fine Old Scot



Donald Fraser, ninety-year old Canadian Scot of Victoria, would not pass up the opportunity of seeing brither Scots in action and was a picturesque figure at the Banff Highland Gathering recently held at the famous resort in the Rockies. Mr. Fraser's father came out to Canada 120 years ago, but he himself has never been to Scotland. He is typically Scottish in accent and appearance and plans to visit the homeland some day.

WHEN BABY IS WELL MOTHER IS HAPPY

The happy mother is the one whose baby is well—it the laughing, gurgling baby who always brings joy to the home. When baby is ih everyone i nthe home suffers—not only through wory over the little one but through loss of sleep—no one can rest with a sick baby in the home. Thousands of mothers are happy mothers because they have found the way to keep their little ones well—or if sickness does come on suddenly, as it usually does with littel ones, they have found the way to speedily bring the baby back to health again. Mrs. George Kech, Lindberg, Alta., is one of these mothers and she write as follows:—"I am the happy mother of a seventeen-month-old baby girl. Baby is healthy and strong and sleeps well at night. I give her no other medicine ut Baby's Own Tablets and she just loves them. I am never without the Tablets in the house."

Baby's Own Tablets are a mild but thcrough laxative which regulate the bowels; sweeten the stomach and thus drive out constipation and indigestion and make the cutting of teeth easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Gabby Gertie

"To er-r-r is human, especially if you've forgotten your alibi."

A Personal Matter:—In one of the Lancashire towns the candidate for Parliamentary honors was addressing a rather large meeting. An unruly member of the audience, after asking a number of ridiculous questions and causing considerable annoyance, asked, "Do you really think all women should have a vote?" "Certainly," replied the candidate. "You think idiots are able to vote, then?" "Don't answer him," roared the crowd. "Yes" replied the candidate. "I think I will answer him, because he appears to be personally interested."

Stop Colds with Minard's Liniment.

Mrs. Cooker replied: "I was, and am. But I was the only coal-range owner in the neighborhood. And every day one of the neighbors brought in a kettle of something that must boil a long time and asked me to cook it for her as I had so much room on top of my stove. Besides, it kept her electric bill down. I didn't mind letting them use the space, but every day one of those nine women cooked cabbage."

This is the Merger Age

Toronto Telegram (Ind. Cons.): That the Beauharnois power project should become part of a Quebec light, heat and power merger is only natural. For this is the merger age. Big business is reaching out and killing competition by aosorphion. So much so that one authority fears that we are in danger of becoming a nation of salary drawers rather than a people who live by individual enterprise. If Canada is to become a nation of salary drawers, their savings will go into the banks and be used for creating yet more mergers. Of course, any merger of power and utility companies must be largely confined to territories east of the Ottawa River so long as public ownership survives in Ontario and the West. But how long will public ownership survive if the savings of the West creep into banks to add more power to the mergermakers who dwell in the East?

Letting the Cat Out of the Bag

The expression "letting the cat out of the bag" is on nautial origin. When punishment by the use of the cat-o'-nine-tails was abolished, the "cat" was placed in a canvas bag and its use became an infraction of the law. Hence the meaning that when the 'cat" was taken from the bag trouble would ensue.

The Chinese are remarkable for the witty aphorisms with which they adorn their conversation very aptly. Here are a few collected by Dean Inge:—"A maker of idols is never an idolater." "No needle is sharp at both ends." "He who rides on a tiger can never dismount." "When a neighbor is in your fruit orchard, inattention is the truest form of politeness." "Do not remove a fly from your friend's forehead with a hatchet." "Free sitters grumble most at a play." "Everyone pushes a falling fence." "One dog barks at nothing and the rest bark at him." "You can't clap your hands with one palm."

"I am quite convinced that my arguments are correct," said an earnest man. "Well," replied his friend, "it's a good start. You've got one man converted, anyhow!"

Yesterday, Mrs. Cooker traded in her coal range on an electric stove. Astonished friends gasped. "We thought you were a rooter for the old-fashioned coal range."

Peanuts are used in the manufacture of several varieties of wood stains.

Constant daily testing and blending of the world's choicest teas give Red Rose Tea its inimitable flavor and never-varying goodness. Every package guaranteed. 64

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

Grandmother Remembers

I see it now as in those early days, the house commodious and comfortable, set in the midst of a lawn of shrubbery, rioting in al the grandeur of its native freedom. And through a grape arbor is the view of my mother's garden—old-fashioned, useful, and beautiful—wit ha walk running through the center dividing the well-kept beds of healthy vegetables from the vivid colors of the fragrant flowers on the other side. No weeds were allowed to thrive there, and when we as children walked along those garden paths unconsciously the harmony there displayed entered our hearts.

The home was built at the edge of a grove which sheltered it on two sides and was a veritable forest of enchantment to us as children, giving us a wonderful playground where our childish imagination could revel unchecked. We made companions of the birds and squirrels, grew to know as no city child ever can the time of leafage and blossoming of the trees. Wild fruits and nuts were there in abundance and in the springtime the fragrance of the grove rivaled my mothers' garden. Our playhouse was built under the wide-spreading branches of the big hawthorn tree. Could any playhouse have a more alluring setting with the grove for a background an dos our outlook the meadow with its bloom of wild flowers and a road which curves and winds on its way to the house. The road was bordered by a luxuriant growth of wild roses and hazel, and crossed by a clear little brook beautiful in the sunshine ever luring our little bare feet to wade in its shallow depths. What wonders that home held for us, so near to nature's heart, so far from temptation.

As children we learned willing obedience and respect for our elders and I cannot conceive of anyone growing up in that environment being other than law abiding.—From Manuscript Notes of Elizabeth Stanfield.

A Huge Casting

With regard to the enterprise of the Canadian Pacific Railway for emigration, the latest and most efficient equipment is evidently to be a feature, the Morning Post Montreal correspondent writes:—

"The largest and most powerful type of locomotive ever built in the Empire is being put into service by the Canadian Pacific Railway.

"The new engines will be used to haul fast freight and passenger trains through the Rocky Mountains ,and each of them will be able to do the work of two or more lighter locomotives.

"Each engine and tender measures over all 298 feet and weighs 750,000 lbs., 78 times heavier than Stephenson's Rocket locomotive. The cylinders are 26½ inches in diameter and the stroke is 32 inches. Their cylinders and underframes are cast in one solid piece, weighing 67,000 lbs. This great casting which is usually made up of a number of massive sections bolted together, takes in the cylinders, main frames, and all crossties, and achieves far greater rigidity than is otherwise attained."

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Ask Your Barber—He Knows

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Yes, It Is

French Guide—"What do you think of that immense tower over there?"
American—"It's quite an Eiffel!"

The more completely preventive work is carried on the more difficult it becomes to see the need of it.

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Bathe with Minard's in warm water, rubbing into aching parts. Soothing and relieving.

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From Youth to Age

There are three trying periods in a woman's life: when the girl matures to womanhood, when a woman gives birth to her first child, when a woman reaches middle age. At these times Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor.

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LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS., U.S.A. AND COBOURG, ONTARIO, CANADA

"A Miracle!"

Cripple now walks well thanks to Kruschen

"For over eight months I was laid up with rheumatism, unable to move, when I was advised to try Kruschen Salts. It is almost a miracle, but without a word of a lie I was able to be taken to the front door in less than a week! in a few days I was out with the help of crutches; and in a short time I was walking well. This is not a one-week testimonial, but four years.

"I have taken it ever since, and I never feel a pinch of rheumatism now. I tell everybody about it, and advise them to take it. I will close my letter hoping you will publish it for others to see."
—Mrs. Williams.
Original letter on file for inspection.

Kruschen Salts is obtainable at drug and department stores in Canada at 75c. a bottle. A bottle contains enough to last for 4 or 5 months—good health for half-a-cent a day.

Indigestion

What most people call indigestion is usually excess acid in the stomach. The food has soured. The instant remedy is an alkali which neutralizes acids. But don't use crude helps. Use what your doctor would advise.

The best help is Phillips' Milk of Magnesia. For the 50 years since its invention it has remained standard with physicians. You will find nothing else so uick in its effect, so harmless, so efficient.

One tasteless spoonful in water neutralizes many times its volume in acid. The results are immediate, with no bad after effects. Once you learn this fact, you will never deal with excess acid in the crude ways. Go learn—now—why this method is supreme.

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.