IS YOUR APPETITE POOR?

PERHAPS by dieting or other means, you have been treating the symptoms, rather than the cause. Loss of appetite, heartburn, sour stomach, are symptoms that the blood is impure. This explains the successful use of Dr. Williams' Pink Pills in all such cases. Here is a typical example:—

"I began to feel easily tired," writes Miss Margaret White, of Parry Sound, "and when I sat down to a meal I felt I did not want to eat. A doctor told me I was anaemic but I made little progress with his medicine. When I started taking Dr. Williams' Pink Pills I soon noticed that my appetite was improving, that the headaches came less frequently and that I was not so easily tired. Now my weight has increased, my cheeks are rosy and every ache and pain has vanished."

Start today to improve your appetite. Buy Dr. Williams' Pink Pills from your druggist's or by mail, postpaid, at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ontario. Send for free book—"What to Eat and How to Eat".

S-14

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

SUNSPOTS VARY IN NUMBER

Sunspots vary in numbers in a period of average length of eleven and a half years. The weather is found to vary along with these changes in the sun, in some localities quite definitely. As a result living conditions vary with consequent effects on birds ,animals, trees, grain growth, and economic conditions.

"Did you notice," asked one woman of another, "that Mrs. 'Awkins 'ad a black eye?" "Did I not?" was the answer. "And 'er 'usband not out of prison for an other week. I don't call it respectable."

Heaven knows best, but it would be nice if some of these imported insect pests liked dandelions.—San Francisco Chronicle.

LUXO

FOR THE HAIR

Ask Your Barber—He Knows

Owl Laffs

Politicians console themselves with the belief that they are statesmen not yet arrived.

Billy's daddy took him to the railroad to see the circus unload. After seeing the elephants, camels and other animals unloaded from the cars, his daddy said: "Well, Billy, I guess we have seen it all. Now shall we go home?" To which Billy replied: "No, daddy, let's stay a while longer and see them unload the clowns."

Every dollar you save there are ten sharks lying in wait to beat you out of it.

Nothing works out perfectly. Twin beds became fashionable after twins went out.

There is nothing that broadens one like travel, unless it is too many hot fudge sundaes.

The demand of the people who can do things the way they should be done is still as great as ever.

Talking pictures may have to be abandoned because the patrons insist on doing all the talking.

"Henry, it says here that Mr. Jackson pelted the pill for three sacks. What does that mean?"

"Good heavens, Mary, can't you understand plain English? It means that he slugged the sphere safe and landed on the third pillow."

Right again! A thing of beauty keeps you broke forever.

If she calls he sweetie "papa" the only kind she can hook is one old enough to be her papa.

Don't question your wife's judgment—look who she married.

Even a small town has its exclusive social leader who borrows sugar from a neighbor she wouldn't invite to a party.

"Baby's getting on wonderfully — I'm sure she'll be able to walk soon."

"Do you think it's worth the trouble teaching her—hardly anybody walks much nowadays."

The surgical operation used to be employed only as a last resort; now it's employed as the first, last and all in between.

Employee—"I won't work for the salary you pay me."

Employer—"You don't now."

She—"I'll be a sister to you."

He—"All right, sis, lend me a quarter."

It is much easier to love a poor girl than a rich one. There is not nearly so much competition.

Johnny was proudly displaying his ney puppy. "What kind of a dog is it?" querried his uncle.

Johnny paused for a moment and then said, "Well, his father was an Airdale but his mother was a female, so I don't know just what he is."

The old fashioned woman who would have been turned out of the church for dancing now has a daughter who dances until midnight Saturday night and sings in the choir in Sunday.

They were playing strip poker, and the Good Little Girl has lost steadily; she was down to her last garment. This was terrible; she racked her brain for a way out. Ah!

"I'll have to stop," she told them. "I've no more clothes to stake."

"Your chemise," they chorused.

"But slips don't count, you know," she said.

You may have noticed that Maggie of the funny papers hasn't a monopoly on that kind of disposition.

GOOD IN EVERY WAY

Baby's Own Tablets Banish Babyhood and Childhood Ailments.

A medicine that all mothers praise—one good in every way—one that will quickly banish the minor ills of babyhood and childhood is the medicine to keep in the medicine chest; to always have on hand in case of emergency. Such a medicine is Baby's Own Tablets—they are helpful at all times. They are a mild but thorough laxative which by regulating the bowels and stomach banish colds and simple fevers; correct constipation and indigestion; relieve colic and diarrhoea and make the cutting of teeth easy.

Thousands of mothers use no other medicine for their little ones. Among them is Mrs. J. H. Bromley, Westmeath, Ont., who writes:—"I have four children and whenever any of them are ill I always use Baby's Own Tablets and have found them good in every way. I would not be without the Tablets and would also like your little booklet 'Care of the Baby in Health and Sickness'."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Canada's Oldest Sailor

"I think I've earned a spell in drydock" says Boatswain H. McEwen, aged 73, who sailed from Vancouver for the Orient on his last voyage before retirement, on board the Empress of Russia, recently. He has been at sea 62 years and is the oldest sailor in the employ of Canadian Pacific Steamships Ltd. As a lad of 11 he shipped out of London in a sailing vessel, served in the United States Navy and entered the service of the Canadian Pacific in 1893 where he remained until his retirement. "I don't regret my days at sea', he said, "It was a hard business to learn in the old days but conditions to-day are as good as most trades ashore."

Mr. Hoover and Animal Pets

Herbert Hoover does not have many pets of his own, but he fully understands how much they mean to others.

While the Mississippi flood was at its height, and his whole attention was riveted on the task of assisting thousands of refugees, a soldier came into his temporary office.

"What are we gonna do with these dogs, Mr. Secretary?' he asked.

"What dogs do you mean?" asked Hoover.

"Why, a lot of these refugees have brought dogs with them, and some have cats, too," replied the soldier.

"We'll take care of them, and good care," Hoover announced. "Those people haven't saved much. If any of them have pets — dogs cats or elephants—let them keep them and take care of them. Have some of the refugees build corrals with runways for the dogs."

A few of them have canaries"—the soldier began.

"All right," said Uncle Sam's emergency man, and turning to his secretary, "Order some bird seed and if it is not on the regulation list, charge it to me."—Northfield, Vt., News.

Night Peace

Even as the lily
All night awake,
Upon the still waters
Of the dark lake,
Moves not nor stirs,
Even so she,
So white, so weary,
Sleeps—as the lily
On the dark lake.
Even as the lily
All night asleep
In the still waters
Looking down deep,
Moves not nor stirs
On the dark lake
Even so she
Who lay long awake
Who lay down to weep
Dreams—with the lily
On the dark lake.

—Phyllis Howell, in the English Country Life.

The U.S. national affection for the hot dog has proceeded far beyond the puppy-love stage.—Arkansas Gazette.

Minard's Liniment for Warts.

Infantile Paralysis

The control and prevention of authorities. The policy of the Department of Health of Ontario has been for some years now to offer a variety of services to assist local health authorities in their fight against communicable diseases in their respective communities, and the public are well informed in regard to the products which the Department distributes free of charge for the prevention of certain communicable diseases. The people of Ontario are also very appreciative of the fact that the Department extends this humanitarian service to include treatments for persons suffering from specific diseases—insulin for diabetes, serum for infantile paralysis, antitoxin for scarlet fever and diphtheria, etc.

The most striking item, however, is the provision, without cost, of convalescent serum for the treatment of infantile paralysis, which is the most recent addition to the list of free products distributed by the Department. This was undertaken during the present year when an invasion of infantile paralysis within the boundaries of Ontario seemed at least a possibility if not a probability.

It is scientific knowledge that the blood serum of a recovered case of Infantile Paralysis has a curative effect if injected into an acute case in the early stage. Fully 200 cases cases have been treated with blood serum obtained and prepared by this Department during the current year. Without this treatment either paralyzed or would have suffered death. The complete cures in the treated cases this year show a successful result of over ninety-five per cent., which means that nearly 200 citizens of this Province will be alive and well instead of being either dead or paralyzed, and the cost in connection with this work has been in the neighborhood of fifteen hundred dollars.

WAGING WAR ON INSECTS

The Entomological Branch of the Department of Agriculture is protective in every sense of the word, and the Destructive Insect and Pest Act, which the branch administers, is one of Canada's most important legislative measures ,based as it is on the fact that the best way to control dangerous insect pests and plant diseases is to prevent their introduction.

ASTHMA

QUICK RELIEF obtained by thousands through use of Dr. J. H. Guild's Green Mountain Asthma Compound. Its pleasant smoke vapor soothes and relieves. Originated in 1869 by Dr. Guild, specialist in respiratory diseases. Also relieves catarrh. Standard remedy at druggists: 35 cents, 60 cents and $1.50, powder or cigarette form. Send for **FREE TRIAL** package of 6 cigarettes. **Canadian Distributors, Lymans, Ltd., Dept. CC1, 286 St Paul St. West, Montreal, Can.**

Dr. Guild's GREEN MOUNTAIN ASTHMA COMPOUND

Red Rose Orange Pekoe Tea is truly economical. A half pound makes almost as many cups as a full pound of cheap tea costing 50c to 60c. 66

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

A municipal plant in a small Colorado town broke down. The man in charge, who was also own constable, superintendent of the water works and (when not otherwise engaged) street cleaning department, was at a los to know what to do.

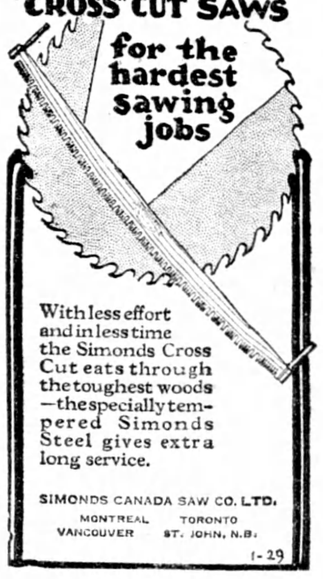
Not only is the Royal Winter Fair a show for horses, cattle, sheep, swine, dogs, silver and other foxes, poultry, rairying, fruit and flower growing, see, grains, and pet stock, but is is somewhat of a specialized show for each.

Stop Colds with Minard's Liniment.

Future archeologists can trace our development of styles by the migration of the vaccination mark.—Brooklyn Times.

The Royal Winter Fair, held in Toronto in November, is a robust promoter of national unity in Canadian agriculture.

SIMONDS "CROSS" CUT SAWS



With less effort and in less time the Simonds Cross Cut eats through the toughest woods—the specially tempered Simonds Steel gives extra long service.

SIMONDS CANADA SAW CO. LTD.
MONTREAL TORONTO
VANCOUVER ST. JOHN, N.B.

1-29

Classified Advertisements

SITUATIONS VACANT

MORE MEN WANTED QUICK. BIG pay, easy work. Earn while learning barber trade under famous Moler American plan, world's most reliable barber school system. Write or call immediately for free catalogue. Moler Barber College, 121 Queen West, Toronto

FOR SALE.

REGISTERED PEDIGREED SILVER foxes, $400.00 a pair delivered. Wm. Bates, Ridgetown, Ont.

In a certain reach of the Thames, bathing is popular in a quiet backwater, and not always, it appears, are the bathers provided with the conventional attire.

DON'T DO THIS

Deafness HEAD NOISES

RUB IN BACK OF EARS—INSERT IN NOSTRILS....

Leonard EAR OIL

$1.25 All Druggists Descriptive folder on request

A. O. LEONARD, Inc.
70 Fifth Ave., New York City

Good for Cattle

Keep Minard's in your barn for distemper and colic. An excellent first aid for your stock.

MINARD'S "KING OF PAIN" LINIMENT

The man who would never walk again.

Who could imagine a more poignant story than this? A champion athlete—bedridden. Told that he could never walk again . . . . ! And then he took Kruschen.

"My doctor told my landlady that I could never walk again. I had rheumatism set in about Christmas-time, and was confined to bed for two months.

"I am nearly sixty years of age. After taking six bottles I am starting to work next week.

"Up till two years ago I had been a Champion Racing Cyclist. I have won a prize every time I have ridden. Being an athlete, but a poor scholar, it would take me a week to write the facts about Kruschen Salts." —*W. H. B.*

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.

Felt Tired and Miserable

"I took Lydia E. Pinkham's Vegetable Compound for miserable and tired feelings and it gave me strength to do my work. My nerves are better and I feel well and strong and have a good appetite. I sleep well and am in pretty good spirits and able to work every day now. I recommend the Vegetable Compound and you may use this letter as a testimonial."—*Miss Delvena Wallace, Union Street, North Devon, New Brunswick.*

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lynn, Mass. U. S. A. and Cobourg, Ontario, Canada

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 overstimulated. 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 water. 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.

Real Dyes are *easier* to use

DIAMOND DYES are used by practically the same method as any other dye. They go on easier, though—more smoothly and evenly; without spotting or streaking. That's because they are made from real anilines, without a trace of fillers to injure fabrics or give things that redyed look.

Diamond Dyes *contain the highest quality anilines that money can buy.* That's why they give such clear, bright, new-looking colors, which keep their depth and brilliance so remarkably through wear and washings.

Next time you have dyeing to do, try Diamond Dyes—at our risk. See that they *are* easier to use. *Then compare results.* You will surely agree Diamond Dyes are better dyes. The *white package* of Diamond Dyes is the highest quality dye, prepared for general use. It will dye *or tint* silk, wool, cotton, linen, rayon or any mixture of materials. The *blue package* is a special dye, for silk and wool only. With it you can dye your valuable articles of silk or wool with results equal to the finest professional work. When you buy—remember this. The *blue package* dyes silk or wool only. The *white package* will dye every kind of goods, including silk and wool. Your dealer has both packages.

Diamond Dyes

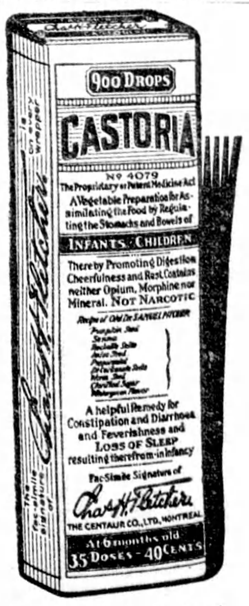
Sun Proof

EASY TO USE-BETTER RESULTS

Diamond Dyes contain the highest quality anilines money can buy. And it is the anilines that count. They are the life of dyes; the source of their rich colors; brilliance and permanence.

ALL DEALERS 15¢

When Babies CRY



Babies will cry, often for no apparent reason. You may not know what's wrong, but you can always give Castoria. This soon has your little one comforted; if not, you should call a doctor. Don't experiment with medicines intended for the stronger systems of adults! Most of those little upsets are soon soothed away by a little of this pleasant-tasting, gentle-acting children's remedy that children like.

It may be the stomach, or may be the little bowels. Or in the case of older children, a sluggish, constipated condition. Castoria is still the thing to give. It is almost certain to clear up any minor ailment, and could by no possibility do the youngest child the slightest harm. So it's the first thing to think of when a child has a coated tongue; won't play, can't sleep, is fretful or out of sorts. Get the genuine; it always has Chas. H. Fletcher's signature on the package.