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 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".

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Dr. Williams' PINK PILLS
"A HOUSEHOLD NAME IN 54 COUNTRIES"

The Soviet and India

Bombay Times of India: India and the Far East have always been regarded by the Soviet authorities as a fruitful ground for Communist seed. They were bitterly disappointed in China. . . . . Their recent actions show that the Soviet are no better pleased with the result of their efforts to convert India to their creed. The executive of the Communist International in Moscow not long ago turned M. N. Roy out of his charge as director of propaganda in India; he has now been expelled as a renegade. Apparently he did not produce sufficiently fruitful results for the money they copiously voted him. A gentleman of the name of P. Schubin is understood to be Roy's successor.

I know of no more encouraging fact than the questionable ability of men to elevate their lives by a conscious endeavor.—Henry David Thoreau.

YOUR HAIR NEEDS LUXO
TO GIVE IT HEALTH AND LUSTRE
ASK YOUR BARBER

"I NO LONGER SUFFER WITH
writes Mr. M. McArthur. Thousands say constipation, liver trouble, indigestion, gas end overnight with "Fruit-a-tives." Nerves quiet. Get "Fruit-a-tives" from druggist today.
TORPID LIVER
INDIGESTION
CONSTIPATION
NERVOUSNESS
HEADACHES"

"GAINED 11 Lbs. in 8 Wks And a Boy Friend."
writes Susan Salino. Thousands say new Ironized Yeast adds 5 to 15 lbs. in 3 weeks. Skin clears like magic. Constipation, nerves, end. Get pleasant Ironized Yeast tablets from druggist today.

French Develop African Desert

France Digging Artesian Wells to Make the Great Sahara Bloom

Algiers.—Most people look upon the Sahara as a land open for world tourists, enjoying an ideal winter. This is partly true since the great African desert has been made possible for motoring. Nevertheless, it is not only a show place of never-to-be-forgotten attractions, but also a land of labor. Indeed, this wilderness, owing to the energetic efforts of the French authorities, is becoming a land of evergreen gardens, where the populations live peacefully in the shade of their palm trees amid wives, children, asses and camels.

The Saharan tribes believe their country to be the most beautiful and themselves the happiest of people and, while busy cultivating their gardens, or lazily lying in the sun along their mud-baked houses, bless Allah for pouring so many and generous gifts upon them.

The Algerian Sahara covers an area of about 2,200,000 kilometers and is inhabited by over 300,000 people of Berber or Arab origin, white and black, nomad or sedentary. It has been divided by writers into three sections: A large pasture field, where several million domestic animals (sheep, oxen, asses and camels) feed; a small cereal field, where inter alia, barley and tobacco grow, and lastly, a beautiful garden.

Artesian Wells

France is carrying out a wide hydraulic policy through which many wells have been and are being dug. These are known by the natives as "Friendship Fountains" and have conquered the Saharan tribes far more easily than could have soldiers and guns and turned the deserted region into fruitful lands the products of which are known to the world at large.

The first French artesian well was dug in 1846, and the most famous one in 1924 in the small oasis of Raier on the way from Biskra, the famous winter resort to Tuggurt and the great desert market lying on the main camel tracks. When opened, it gave an output of 20,000 litres a minute.

The most famous oasis is found at Auargla, a small town inhabited by Arabs and Negroes and lying 850 kilometers south of Algiers. This oasis includes nearly 1,000,000 date trees inclosed in beautiful gardens. Two hundred and eighty kilometers farther south is the small but very beautiful oasis of El. Golea, lying in a romantic setting at the foot of a very old Ksar (castle) perched up high on a rock towering above the endless plain.

Cost and Value of Dates

That date trees are valuable resources to their owners is clearly shown by the fact that each tree costs from 800 to 1200 francs, according to the quality of its fruit and is considered by all the Saharan people as a heavenly manna to be used as a daily food. Even camels are so fed when undertaking a journey of several days over the sand plains to the remote and meagre pasture fields.

At the present time, according to recent estimates, the volume of water obtained by artesian wells, both French and native, is about 200,000 liters a minute, irrigating an area of 300,000 hectares covered with palm gardens yielding a yearly crop of dates worth 100,000,000 francs, making the annual export of this fruit to France and foreign countries worth about 130,000 cubic quintals, or 70,000,000 francs. — Christian Science Monitor.

Some One

So one came knocking
At my wee, small door;
Some one came knocking
I'm sure—sure—sure.
I listened, I opened,
I looked to left and right,
But naught there was a-stirring
In the still, dark night.
Only the busy beetle
Tap-tapping in the wall,
Only from the forest
The screech-owl's call.
Only the cricket whistling
While the dewdrops fall,
So I know not who came knocking,
At all, at all, at all.
—WalterDe La Mare, in "Down-Adown-Derry."

Ontario to Utilize Partly-Burned Wood

Toronto.—Canadian pulpwood manufacturers may utilize the thousands of acres of partly burned timber in New Ontario, according to Ontario Government officials. A successful sale has already been made of a large quantity of such wood in the Hearst area.

In recent years there has been comparatively little use of burnt-over timber in Ontario," stated W. C. Cain, deputy minister of lands and forests. "The department has been asked to sanction the cutting of this wood for export to the United States, but we did not approve of that. But judging by this recent sale Ontario mills may find use for this sort of timber."

When a man aims at nothing he usually demonstrates his marksmanship by hitting his target.

The first step to greatness is to be honest.

Featured in Ice Pageant

They are Miss Louise Bertram and Miss Gwyneth Osborne who with twenty-two other girls from the Toronto Skating Club, all dressed in pretty red and black costumes, took part in the special number, "Danse Moderne," given at the Frontenace Winter Sports Club Ice Pageant at Quebec, February 12-13.

A SIMPLE TREATMENT FOR CHILDREN'S COLDS

Cold in the head is very common at this time of the year, especially in the very young. Neglect of a cold is prone to lead to serious consequences. To relieve all congestion of the system is the first step in treating a cold, whether in infants or adults. For the very young, Baby's Own Tablets are the ideal means of doing this Containing no narcotics or other harmful drugs they soothe the child's fretfulness, relieve its suffering and ensure convalescence.

Baby's Own Tablets are without an equal for relieving indigestion, constipation and colic. They check diarrhoea; break up colds and simple fevers; promote health-giving sleep and make the dreaded teething period easy. The Tablets are the one medicine that a mother can give her little ones with perfect safety as they are guaranteed to be free from injurious drugs. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Live Crickets

London.—In the columns of the London Times there appeared recently the following advertisement:

Live house crickets wanted for country house; must be healthy, strong and loud chirpers; state price. Write Box Q 1348, the Times E. C. 4.

The advertiser, a doctor, was soon traced, and he stated that the advertisement was inserted in an effort to supply a real want, as he had just bought a country mansion of the old Elizabethan type, which was complete except for crickets on the hearth.

"The house," he said, "has fine old, open brick grates that are just aching for crickets. Already I have prepared the homes of my new little friends. The holes are neat and deep. The rugs are before the fire and I will promise that all the delicacies they like shall be showered upon them. Then, and not till then, will my home be like home."

This desire for crickets is no new fad of the doctor's. He had an old house before, and when he first went there no crickets were in occupation.

One day, however, he attended a poor patient who could not pay the fee, but in her house he heard crickets innumerable.

"Send me a few," said the worthy medico, 'and I will send you a receipt."

The crickets arrived the next day and after boring holes for them around the fireplace the doctor fed them daily until quite a firm friendship had sprung up.

"At first they would come out only after dark, but as time wore on they seemed to get to know the smell of my pipe, I think, for whenever I was alone in the room they would creep out and, sitting on the hearth at my feet, sing their little song till they could be heard all over the house."

The news that some one was interested in crickets came as a pleasant surprise to an expert at the Natural History Museum. "It is a change to hear some one asking for crickets" he said. "Usually it is the other way round. We have many complaints and requests for the most effective method of getting rid of them.

"Now, personally I like crickets and I would have one or two of them in my house if I knew where to get them. But you see there is no place in this country where you can procure house crickets, except in refuse dumps and I do not like them as much as all that."

Use Minard's for Neuralgia.

ISSUE No. 7—'30

Owl Laffs

It is an easy matter to write a paragraph, but putting a kick into it is something different.

John (speaking on the 'phone)—"Is that you, sweetheart?"
Phyllis—"Yes, who's talking?"

The true spirit of friendliness is shown in your first words to a customer.

City Visitor (on farm)—"What's that little animal you just killed, a mouse?"
Farmer—"No, that's a mole."
City Visitor—"Great Heavens! And my wife wanted a coat made out of one of those things!"

Keeping Step

I've kept that school girl complexion,
I've walked a mile for a smoke,
I've asked a man who owns one,
And he tells me that it keeps him broke.
I know that a child can play it,
To guard the danger line I try,
I know when it's time to retire,
And I've heard that they satisfy.
But there's one thing that baffles me,
Even for a lifetime I strive,
I'd like to know whether or not,
I'm one of the 4 out of 5.

Even a gingerale at a night club makes you think you are seeing double when you see the bill.

George—"So you were in the hospital three months. Must have been pretty sick."
William—"No. Pretty nurse."

The older we get the less we need to eat and the more we want.

When a girl buys a wedding dress she can hardly wait to "altar" it.

Mrs. G.—'Does your husband talk in his sleep?"
Mrs. P.—"No. But he's awfully exasperating. He only smiles."

Strickland Gilliland perhaps should receive the medal for the shortest poem of merit known. The subject of his poem is "The Antiquity of Microbes." The poem in full is as follows:

"Adam
Had 'em."

Nowadays one doesn't die a natural death unless he has a surgical operation.

Did you hear of the freight agent on the railway that received a shipment amongst which was a donkey described on the freight bill as "1 burro." After checking his goods carefully the agent made this report: "Short, 1 burea , over 1 jackass."

The Better Way

He serves his country best
Who joins the tide that lifts her nobly on;
For speech has myriad tongues for every day,
And song but one; and law within the breast
Is stronger than the 'graven law on stone;
There is a better way.

He serves his country best
Who lives pure life and doeth righteous deed,
And walks straight paths, however others stray,
And leaves his sons, as uttermost bequest,
A stainless record, which all men may read;
This is the better way.

Some people have a lot to think about with nothing to do it with.

He—"How many times have we kissed to-night?"
She—"Twice. Remember when I had to answer the door bell?"

Sports of Britain's Royalty Modernize 'The Sport of Kings'

George V and Three Sons Follow Popular Games of Golf, Riding and Fencing

London.—Members of the royal family are ardent sportsmen, but each has his particular sport.

King George V. for many years has been known as an expert shot. A light gun has been made especially for him and he now passes much of his time while at Sandringham shooting. His majesty's physicians have not allowed him to take part in any strenuous riding since his recent illness.

The Prince of Wales has given his attention to riding, hunting, piloting airplanes and playing golf. Almost every day before his departure for Africa he worked to perfect his game. He shoots in the eighties.

Close observers of the Prince's game say that his woods have improved tremendously in the last six months, but that his putting and approach shots still lack the grace and assurance of a Hagen, Compson or Jones. His drives are straight, low shots which carry well and generally keep him out of trouble. He plays a cool, well-timed game in a serious spirit.

The Duke of York enjoys hunting, yachting and target shooting. Prince George is an ardent rider and an enthusiastic golfer, but hasn't developed the technique of his older brother, the Prince of Wales, as yet. Prince Henry, who is following a life of active service in the army, has selected fencing and riding as his favorite sports.

Minard's—The Great White Liniment

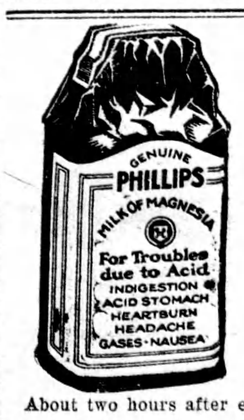
Japan's Place in the Sun

Hong Kong Press: Rightly or wrongly, Japanese emigration has come to be regarded as synonymous with Japanese expansion—things not necessarily interdependent, but very frequently associated.

Success is for sale in the open market. You can buy it—any man can buy it who is willing to pay the price.

DO YOU SUFFER WITH HEADACHE?

So easy to get quick relief and prevent an attack in the future. Avoid bromides and dope. They relieve quickly but affect the heart and are very dangerous. They are depressing and only give temporary relief, the cause of the headache still remains within. The sane and harmless way. First correct the cause, sweeten the sour and acid stomach, relieve the intestines of the decayed and poisonous food matter, gently stimulate the liver, start the bile flowing and the bowels pass off the waste matter which causes your headache. Try Carter's Little Liver Pills. Druggists 25c red pkgs.



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 is pleasant, efficient and harmless. 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.

Classified Advertising

FOR SALE

IF MADE OF RUBBER WE HAVE IT, finest quality. Write for price list, saving 75 per cent. The Cut Rate Bargain Co., Box 713, Toronto.

PILES
PAIN STOPS LIKE A FLASH!
"Piles for months. Nothing helped. Then 'Sootha-Salva' ended itching, pain in 1 minute. Piles soon gone." E. C. Arley. Instant relief. Piles vanish. Avoids knife. All druggists.

Fletcher's **CASTORIA**
FOR QUICK, HARMLESS COMFORT
Children Cry for It
FOR CONSTIPATION, DIARRHEA, FEVERISHNESS

DON'T GO 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

The Rubdown

is not complete unless finished with Minard's! Gives new life and glow to the whole body.

MINARD'S "KING OF PAIN" LINIMENT

Australian Seaside Pleases Americans

Sydney, N.S.W.—When the steamship Malolo was recently in this port, with between 300 and 400 business men from various parts of the United States, on a tour intended to familiarize them with the Pacific and its problems, much interest was taken in the beaches along the ocean front of Sydney.

The opinion was expressed that the beaches are unequaled for their fine white sand and general contour and for the oceanside sport and pastime they provide.

Within a stretch of about 30 miles —from 15 miles south of Sydney to 15 miles north—there are a dozen beaches. From September to April there are crowds on all, the largest attendance being in November, December, January and February, when the weather is warmest. There are usually more than 100,000 persons on this stretch at the week-end. The costuming recalls Deauville. The municipalities which have these beaches within their boundaries spend large sums in bathhouses, promenades and other equipment necessary for the comfort of the visitors.

KIDNEYS

"For three years I have been troubled with kidney trouble, and could scarcely walk for pain. Last Christmas a friend of mine came to stay with us for a few days, and brought with her a bottle of Kruschen Salts, and gave me a good dose. After about a week, taking a little every morning, I found the trouble leaving me, and I could walk well. I have taken Kruschen regularly until a month ago, and then I thought I could manage without them, but last week the old trouble came back again. I immediately got a bottle of Kruschen Salts then and there, and I feel quite a new woman again. I am so grateful that I thought I would write and let you know what I think of your wonderful Salts."
Original letter on file for inspection. —(Mrs.) K. H.

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.

MOTHER OF TWINS HELPED

Restored to Health by Taking Lydia E. Pinkham's Vegetable Compound

Mitchell, Ont.—"I had little twin babies and for quite a while after I was so weak I could not do my work because of pains all the way up my legs at the back. I also had headaches and got very little sleep. I took Lydia E. Pinkham's Vegetable Compound, and soon I was able to get up and do my work. I have taken three bottles and I am fine, do my work without trouble and am gaining in weight and strength. I will gladly recommend the Vegetable Compound to anyone."—MRS. F. STATTON, Box 220, Mitchell, Ont.