Dreaded anaemia can be banished!

IN middle life, when vitality is not as great as it once was, and the blood stream is naturally thinned and devitalized, anaemia easily lays hold on the system. At first, just a tired feeling, it quickly results in bodily weakness that ordinary tonics cannot avail.

Dr. Williams' Pink Pills then become a wonderful aid. They supply the necessary oxygen to the blood, increase the blood count and renew waning vigor.

"I was seized with anaemia," writes Mrs. Charles Lambert of Port Hope, Ont., "and was in a very bad state. As a girl I had taken Dr. Williams' Pink Pills for a run-down condition and decided to take them once more. Again the result was marvellous. In a little while I was fully well again."

You cannot begin too early to check anaemia. Dr. Williams' Pink Pills are sold at your druggist's or by mail, postpaid, 50 cents, from The Dr. Williams Medicine Co., Brockville, Ont.

S45

50¢ PER BOX

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

A Business Deal

Vancover Province (Ind. Cons.): There is no sense at all in trying to make out that the Pool is extremely virtuous because it is holding its wheat for better prices. There is no sense in talking as if the British grain dealer and miller were blackguards and enemies of Canada because they are buying their wheat in the cheapest market. If the Pool is guessing wrong, the Pool will pay. If the British dealers are guessing wrong, they will pay. The unsentimental view of this business is the only sound view.

"Long skirts and formal clothes sound the final knell of short hair." —Captain Molyneux.

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PILE PAIN

Ends in 1 Minute

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Serving With Soldier Elephants

Capt. Graham Archibald Hope.

In India, at one time, elephants were used to draw batteries of artillery. I served with such a battery and learned that Hathi, as we call her in India, is in some ways a fine, and in some ways a terrible, soldier. I say "her," because we used only cow elephants. Bulls are far too uncertain of temper to be used for draft.

By far the queerest fact about elephants is that the great majority never have seen a man, except to run away from him, till they are full grown. Yet, in spite of being one of the shyest of animals in the wild, Hathi needs no more than a year's gentling and training to become a peaceful hard-working friend of man.

But temperamental. While a cow elephant is ordinarily more gentle than a horse, she may become annoyed and then the results are startling. I knew one gigantic cow, Sylvia by name, who made up her mind that railroad traveling was not for her. Special trucks are provided on Indian railways for elephants, and into one of these Sylvia was led. She was perfectly quiet till the truck was fastened up. Then she lifted up her attendant and placed him outside, after which, without effort or hurry, she smashed the truck to matchwood and stepped out of the ruins!

We realized at once that she had handed her man out so that he might not get hurt. The railway made two more trucks, especially for her. But Sylvia preferred traveling on her own feet, and in the game of railway company versus Sylvia, Sylvia won.

Elephants are useless under fire because they are subject to panic. Of nothing are they so afraid as of the singing of bullets, unless it is a small dog, or worse still, a mouse. I know of a case in which the flank elephant of a battery was frightened by a stray bullet from a range. When one elephant bolts, the rest will follow. The result was a stampede. The white gunners on the limbers tumbled off at once, but the mahouts stuck to their places. When they regained control, six or eight miles further on, there was nothing left for the elephants to pull—everything in the six gun carriages had been scattered over the landscape.

But normally, cow elephants behave very well and enjoy using their strength. To see them at their best you must watch them getting the guns up steed, rocky slopes. Literally, they get down to their job, crawling up particularly bad slopes on their bellies. And they always get the guns up. I never knew an elephant that was a quitter.

One hears a lot about elephants' memories, and not without reason. I remember a new elephant that joined the battery. After the very first parade, as soon as the elephants had been stripped, she and an old battery elephant who had well over 20 years of service, made a dash at each other, twined their trunks, thumped each other, gurgled and squeaked as elephants do when they are specially pleased with life. Finally, they lumbered off to the water trough, holding trunks and chattering. If, as the mahouts said, they were old friends, their friendship must have dated from jungle days. After 20 years, they had recognized each other. After all, 20 years is not a great slice out of an elephant's life, which runs to well over 100. There was an elephant in our battery known to have been in captivity for 70 years, who showed no sign of failing strength!

Elephants show good sense when they are under medical treatment. Haithi usually knows that the doctor is working to relieve pain. One elephane in a London zoo had an abscess on the jaw, which had to be lanced. The first cut, which made him scream with pain and bolt away, was not enough. The surgeon was nervous about making a second incision. The keeper, however, knew better, and after petting his charge awhile, told him to come back. Jumbo came, though he was trembling with fear, and of his own accord put down his head and allowed the cut to be made.

When hot weather comes, you give elephants a cooling medicine, a pill camouflaged with sugar. Usually Hathi bites into the nasty medicine and spits the pill out. Then two men must force her mouth open while a third rams in the pill. Hathi owns herself beaten, and, judged by the movements of her throat, swallows the pill. But watch her. When she thinks no one is looking she turns to blow some dust on her flank, and then turns back again, as innocent as you please. But mahouts know even more than elephants, and one of them goes round to pick up the pill that Hathi has stowed in her cheek till she saw a chance to spit it out again. This is too much for her. She bolts, a mahout after her. Presently he leads her back by the ear, yelling blue murder like a naughty child. Then she gives in, swallows the pill, opens her mouth to show that it is gone, and then pitches into her big flour cakes.

The funny thing is that she never makes any real use of her strength. If she did, only a locomotive could oppose her. Yet a little brown man lugs her along much as he would a protesting youngster.

Hathi is sometimes playful, but her humor is on a dangerously large scale. We had one elephant in our battery who loved a joke. She played one on me, one day. She with other elephants had been bathing, and as I was riding in the evening, I met them going home. They were all feeling good, especially the joke merchant, who had no man on her neck. When I was near the herd she suddenly cocked her ears, rolled up her trunk tight, trumpeted like a wild bull elephant, and charged. We didn't wait for her, my horse and I. Of course she couldn't catch us, and I don't suppose she wanted to. What she wanted to do—and did—was to scare us stiff and make us run. When I pulled up and looked round, I saw her capering about after the manner of her five-ton kind, waving her trunk and laughing. Yes, laughing! An elephant laughs all right, with a sort of shrill, cackling squeak. Her pals were laughing too. They laughed all the way home, and when I went to see the elephants fed, the joke merchant was still chuckling.

Elephants can think for themselves, and seem to have a rough code of conduct. The biggest elephant in the battery, Anarkully, was a bad bully. She had thrashed all her companions, except one, called Sooksoondry. She made a special victim of Zirra, a very small elephant. Managing to get loose one night, she went over to Zirra and began to hammer her without mercy.

Sooksoondry was the one I mentioned as having 70 years of service. She was, perhaps, the strongest cow elephant I ever saw. If a tethered elephant really wants to get loose, she can generally manage it, and hearing Zirra's laments, she got loose and went across to take a hand. She began by butting the bully in the ribs, knocking her endways. Then she cut loose and thrashed the other elephant into submission, finally driving her back to her place. After that Anarkully let the other elephants alons. I might add that she was Sooksoondry's leader, and as she would always shirk pulling if she could, it is quite likely that they had had words before, which came to a head in his matter.

Good companions, and good workers—elephants—and though they proved useless under fire, I couldn't help feeling a pang of regret when they got their discharge from the service.—From The American Boy—Youth's Companion.

Perfect Balance in Pairs

SKILL IS REQUIRED FOR THIS SPORT

Ted Hogan and F. Vincent, both of Montreal, do a tandem ski jump to thrill crowds who turned out to witness Quebec meet.

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 Philips' Milk of Magnesia. It has remained standard with physicians in the 50 years since its invention.

One spoonful of Philips' 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 5 years in correcting excess acids. Each bottle contains full directions—any drugstore.

STORMY WEATHER HARD ON BABY

The stormy, blustery weather which Canadians experience during February and March is extremely hard on babies and young children. Conditions make it necessary for the mother to keep them confined to the house, whose rooms may be overheated or badly ventilated. The little ones catch cold and their whole system becomes racked. To guard against this a box of Baby's Own Tablets should be kept in the home and an occasional dose given the baby to keep him fit, or if a cold suddenly grips him to restore him to health again and keep him in good condition till the brighter, warmer days come along again.

Baby's Own Tablets are just what the mother needs for her little ones. They are a mild but thorough laxative which regulate the bowels, sweeten the stomach; break up colds and simple fevers; banish constipation and indigestion and make the cutting of teeth easy. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Being Alone

Loneliness is not so dreadful as we sometimes suppose. So much depends upon our attitude to it. If we regard it as something that cannot be sustained and as the worst possible condition of life, then, indeed, loneliness is a desperate thing.

But why should we so regard it? If loneliness is a trouble to us, it rather suggests there is some fear of ourselves.

The greater height of happiness is reached when we are capable of being content and we have to rely entirely upon ourselves for that content. Those who can do this do not mind being alone. Of course, there is a difference between the persons who seem to be morbidly happy when they are alone and who keep clear of their fellow-men, and those who, forced by some reason or another, spend many hours of their life alone. Being alone can be the most pleasant of mental conditions. In fact, we ought to train ourselves in the art of it, because there are innumerable times when all of us are alone, and unless we know how to be alone we shall suffer greatly.

And being alone is good for us. There is time to think, and sometimes out of the contemplation there flashes a gem of thought that transfigures our life. In others, it gives birth to a great idea which some day enriches the world. Being alone, rightly used, need never dismay us.

The Menace in India

Wickham Steed in the Review of Reviews (London): (Foreign propagandists, misunderstanding the British habit of self-depreciation, have asumed that Britain is "down and out.") Under the leadership of Mr. Gandhi, the Indian National Congress has proclaimed independence, has run up an Indian national flag, has palliated or condoned crime, and has announced an era of "civil disobedience." What part has been played in these proceedings by a belief that anything is permissible under a Labor Government in an England on the verge of economic collapse, it would now be futile to enquire. The fact is that something more than a threat, not merely to Great Britain but to the whole work which the British Raj has done for the good of India, has been uttered, and that Mr. Gandhi and his associates have undertaken to make it good. For the sake of India, no less than for that of the British Commonwealth as a whole, the threat must be faced and withstood. In resisting it, with the firmest moderation, the Government of India will have the support of all the law-abiding elements, and may regain the respect of many waverers.

January

Where is the New Year better than the Old?—
The same poor players; the same discontents;
The same old will-o'-the-wisps, the fairy gold
That fades; the same harsh huddle of events:

Yet there's a solace, there's a boon bestowed,
That shames to silence all our murmuring;
For we have turned the corner of the road,
And see afar the chestnut spires of spring.

"People will do anything nowadays to save a few minutes, though what they mean to do with those few minutes is quite another question."—Cyril Norwood.

Minard's Kills Dandruff.

Use Minard's in the Stable.

"When love comes," says a Munich doctor, "the eye is blurred, the face becomes pale, the heart palpitates, sleep is irregular, and the sufferer loses weight." Sounds like the flu.

Unseen Guard Has Possibilities

Crisp New Banknote Can be Had for the Taking if One Can Remove it Without Ringing Bell — Invisible Ray Stands Watch and Never Sleeps at Post

New York—A $50 bill guarded by an invisible day was offered recently to any person who can pick up the money without making the ray sound an alarm.

The ray was set up at a meeting of the New York Illuminating Engineering Society in the Westinghouse Lighting Institute by James L. McCoy, research engineer of the Westinghouse Lamp Company. It was announced that the money would remain indefinitely behind the ray awaiting all comers, or until someone solves the riddle.

The bill was put in a five-foot safe with the door closed, but unlocked. Somewhere athwart the safe, probably across the door, an ultra-violet ray was placed. It is harmless. It cannot be felt by human touch. It is invisible either in darkness or light. It "shines," so to speak, upon a photo-electric eye some distance away. Anyone attempting to pick up the bill interrupts the ray, thereby costing an unseen "shadow" upon the mechanical eye. Thereupon the eye loudly goes "bing", ringing a burglar alarm.

Having introduced the merits of his invisible detective, Mr. McCoy proceeded to suggest falabilities by demonstrating how other kinds of rays may be fooled.

First he used a plain, honest light ray. While one hand, picking up the bill, interrupted this ray, McCoy with the other hand turned a flashlight upon "bing," the photo-electric eye. The dumb eye mistook the flash for the same light as the detective ray and kept quiet. Next Mr. McCoy employed on invisible, infra-red ray. This time he kept "bing" quiet by holding an ordinary lamp in front of the eye while extracting the money. Infra-red is near-heat and an ordinary lamp produces enough of it to fool an electric eye.

"But," said McCoy, "you cannot fool an ultra-violet ray so readily because of inability to produce the ultra-violet radiation.

"With these rays it will be possible for jewellers, bankers and other custodians to add greatly to the security of their valuables. It can be made impossible for an intruder to move about without detection, as the rays can be placed at various angles in a room. They may operate a tear-gas barrage, or set off a silent alarm. They can be projected far enough to protect the entire mouth of a harbor in war time with a warning signal belt."

"To have an appreciation of and understanding for art is to have one of the most genuine and demunerative forms of wealth."—Otto H. Khan.

"Men are always thinking of production and leaving distribution to take care of itself."—George Bernard Shaw.

Speaking of the Talking Films, is there any chance of getting the League of Nations to take up the question of Nasal Reduction?

Sir Harry Lauder says the best novel a man can read is his own bank zook. But we never cared for sad endings.

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

"Was Skinny and Tired. Now Peppy. Gained 11 lbs."

—Mack Lattoria writes about Ironized Yeast. Thousands say adds 5 to 15 lbs. in 3 weeks. Complexion clears like magic. Nerves, constipation vanish overnight. Get Ironized Yeast tablets from druggist today.

Children Cry for Fletcher's CASTORIA

A BABY REMEDY APPROVED BY DOCTORS FOR COLIC CONSTIPATION, DIARRHEA

WHY SUFFER FROM YOUR LIVER?

Why be handicapped with unsightly blotches on the face, eyes with yellow tinge and that tired and languid feeling? This indicates a torpid liver

Headache, Dizziness and Biliousness surely follow. You must stimulate your lazy liver, start the bile flowing with Carter's Little Liver Pills.

They also act as a mild laxative, purely vegetable, free from calomel and poisonous drugs, small, easy to swallow, and not habit forming. They are not a purgative that cramps or pains, unpleasant after effect following, on the contrary a good tonic. All Druggists 25c and 75c red pkgs.

Classified Advertising

FOR SALE

A1 BABY CHICKS—WE HATCHED 215,000 last year in four varieties. Write for free catalogue. A. H. Switzer, Granton, Ont.

FARM HELP

BRITISH BOYS AND SINGLE MEN

Weekly Parties During Early Spring.

APPLY NOW—The Secretary, The Salvation Army Immigration:
808 Dundas Street, Woodstock, Ont.
180 Jarvis Street, Toronto, Ont.
114 Beckwith St., Smiths Falls, Ont.
1225 University St., Montreal, Que.

For Instant Ease From COUGHING take BUCKLEY'S MIXTURE

A SINGLE SIP PROVES IT 15¢

"CONSTIPATION COMPLETELY GONE" writes Mrs. W. Walker. Thousands say constipation, indigestion, gas end overnight with "Fruit-a-tives". Complexion clears like magic. Nerves, heart quiet. Get "Fruit-a-tives" from druggist today.

Aching Feet

Stop aching when bathed in a solution of Minard's and warm water.

Leaves smooth and rested feeling.

MINARD'S "KING OF PAIN" LINIMENT

WEIGHED 163 LBS. —NOW 140 LBS.

How one woman lost fat and gained health

Many people who are fully aware of the health-giving properties of Kruschen Salts have not yet heard of the wonderful effects these Salts have in reducing unhealthy, excess fat. By their gentle action on the liver, kidneys and bowels they urge these organs to throw off the poisonous waste matters, which, if allowed to accumulate, form fatty deposits in the body. Read how this woman lost fat and gained health:—"I have taken Kruschen Salts every day for nearly a year, and I have not felt so well for many years. My weight has dropped from 163 lbs. to 140 lbs. All my acquaintances say how much younger and better I look. I feel bright and well, whereas before I was always nervous and tired." Mrs. B.

Try taking Kruschen Salts every morning in a glass of hot water before breakfast. Little by little the unhealthy accumulations of fat will slowly but surely disappear. A new feeling of health and vitality will follow—the years will fall away as your form takes on the slender lines of youth.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claim for yourself. Ask your druggist for the new "GIANT" 75c. package.

This consists of our regular 75c. bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorised to return your 75c. immediately and without question. You have tried Kruschen free, at our expense. What could be fairer? Manufactured by E. Griffiths Hughes, Ltd., Manchester, Eng. (Estab. 1750). Importers: McGillivray Bros., Ltd., Toronto.

A Friend to Women

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. Lynn, Mass., U.S.A. and Cobourg, Ont., Canada.