A SPRING TONIC AN AID TO HEALTH

You Can Lay the Foundation of Good Health Now by Building Up Your Blood and Strengthening Your Nerves Through the Use of Dr. Williams' Pink Pills.

The good old fashion of taking a tonic in the Springtime, like most of the customs of our grandparents, is based upon sound common sense and good medical practice. Winter is always a trying time for those who are not in rugged health. Many men, women and children go through the winter on reserve strength they have stored up during the sunny summer months, and grow increasingly pale and languid as the spring days approach. A tonic for the blood and nerves at this time will do much for such people, by putting color in the cheeks and banishing that tired feeling that worries thousands of people at this season of the year.

It is impossible to be energetic if your blood is thin and weak, or if your nerves are frayed or shattered. You cannot compete with others if you do not get refreshing sleep at night, or if your appetite is poor or you are losing weight. You need a tonic at this time to add to your efficiency now, as well as to save you from suffering later on. And in all the realm of medicine, there is no safer or better tonic than Dr. Williams' Pink Pills. These pills tone and enrich the blood which circulates through every portion of the body, strengthening jade nerves and run-down organs, and bringing a feeling of new strength and energy to weak, easily tired, despondent men, women and children.

Mrs. L. Hupman, Summerville Centre, N.S., writes:—Dr. Williams' Pink Pills have been of the greatest benefit to me. A few years ago I was in a badly run down condition. I became so weak and nervous that I could scarcely go about, and doing my house work left me completely used up. Everything seemed to worry me, and I was in a very discouraged condition when I began taking Dr. Williams' Pink Pills. I soon found the pills helping me, and continuing their use I fully regained my health. Since then I always take a few boxes in the Spring to build me up for the hot weather, and always I find the best results. I therefore cheerfully recommend these pills as the best of health builders.

You can get these pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Truth About Porridge

A few years ago Scots who had crossed the Border and won success used to ascribe their triumphs to the "parritch" on which they had been fed as children.

Recently they haven't been saying quite so much on the subject—probably because porridge is now more easily obtained in England, and those who praised it might be expected to eat it as well. And now a doctor comes along who says that it is lacking in food value, and that, if you are going to eat it, you must take cod liver oil along with it.

Porridge and cod liver oil doesn't sound particularly appetizing, but it is certainly true that the old faith in porridge as a food is on the wane. And the porridge fanatics' cry: "Look what fine men and women Scotland raised on oatmeal in the old days!" isn't really an argument. Doubtless they were—because only the very strongest and healthiest specimens could survive the diet.

The condition of salvation is that kind of belief in Jesus Christ which authenticates itself in repentance for the past and in an amendment of life for the future.—Noble.

PILE PAIN
Ends in 1 Minute
"Ended burn, itch and pain of piles in 1 minute with 'Sootha-Salva'," writes L. T. Sears. "Bleeding stopped. Piles soon vanished. Avoided operation." Get instant results today. All druggists.

Owl Laffs

We like people who can work without making too much noise.

He—"I'd be willing to die a thousand deaths for you."

Gladys—"Just one would suit me perfectly."

The new-rich family really needs a big house. It's so much easier to hide old Dad when swell company comes.

Poet—"Have you an opening for a poet of real genius?"

Editor—"Certainly. We have several doors and any number of windows."

Chicago Mother—"And now, my dear, go in and shoot father good night."

Eat, drink and be merry, for to-morrow the hospital and undertaker will get you.

Happiness

Not what we have, but what we use,
Not what we see, but what we choose,
These are the things that mar or bless
And swell the sum of human happiness.
The things nearby, not things afar,
Not what we seem, but what we are,
These are the things that make or break,
And gives each heart its joy or ache.
Not what seems fair, but what is true,
Not what we dream, but the good we do,
These are the things that shine like gems,
Like jewels in Royal Diadems.
Not as we take, but as we give,
Not as we pray, but as we live,
These are the things that make for Peace,
Both now, and after Time shall cease.

The sad part about the prohibition debate is that it never gets to the play in the finals.

"Oh, no," cried Jimmie bitterly, "there ain't any favorites in this family—not much! If I bite my finger nails I get a rap over the knuckles, but if baby eats his whole foot they think it's too sweet for words."

Nothing could be worse than sitting on top of the world all by yourself.

A husband gets mad if his wife assumes that he has time for trifling household errands, and his wife gets mad if he pretends that he hasn't.

Waste of words: "Children, keep quiet!"

Tenderfoot—"How do you know there has been a picnic here?"

Second Tenderfoot—"I see by the papers."

One trouble with industry is that no sooner than it is adjusted it has to stop for "readjustment."

A patient in a hospital awoke after an operation and found the blinds of his room drawn.

Patient—"Why are those blinds down, doctor?"

Physician — "Well, there's a fire burning across the alley and I didn't want you to wake up and think the operation was a failure."

An old railroader says: "Trying to see through a pair of dirty specs is just about as difficult as trying to see signals in a dense fog."

Nothing grows so burdensome from long carrying as a grudge.

"Now, listen, boy, you had better watch your step, because I work in the supply department of my father's business and he's an undertaker."

What has become of the old-fashioned child welfare program that used to be done in the woodshed?

How you use to-day determines how to-morrow will use you.

It's the little things that bother us nowadays—you can sit on a mountain, but not on a tack. Then there is the case of the ambitious man who started on a shoe string and got slapped.

Minard's—50 Year Record of Success.

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

One spoonful of Phillips' 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 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

WARNING TO MOTHERS

Watch the Health of Your Little Ones at All Times

No mother can expect that her child will escape all the ills to which babyhood and childhood are subject, but she can do much to lessen the severity of these troubles. The mother should be constantly on her guard to prevent childhood ailments, or if they come on suddenly, as they usually do, to have the means at hand to relieve them. Thousands of mothers have found Baby's Own Tablets the ideal remedy for little ones—thousands of mothers always keep the Tablets in the house as a safeguard against the sudden illness of their little ones.

Baby's Own Tablets are a mild but thorough laxative. They regulate the bowels, sweeten the stomach and thus banish constipation and indigestion; break up colds and simple fever and make the cutting of teeth easy. The Tablets are absolutely guaranteed free from injurious drugs and may be given to the youngest child with perfect safety. They are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Premier Hertzog Of South Africa

Picture of Man Whose Party Had Beaten that of Smuts in Two Elections

"Hertzog is not really anti-British," says Mr. L. E. Neame. "He has a fine appreciation of English literature. He and his children speak English better than many English people. His sons and his nephews have been sent to universities in England.

English is generally the language used in his home. He is only anti-British to the extent that Britain has over-ruled, or might over-rule, or weaken, South Africanism. He is, and always has been anti-Imperial. He was, and still is, anti-outside control, or interference or influence.

His hostility would be equally directed against any other country which he imagined might wish to interfere with South Africa's destiny.

South Africa First

"His quarrel with some of the British in South Africa is not that they are British, but that they do not in everything place South Africa first and Britain second. He is so intensely pro-South African that there are times when he seems to be anti-every other country. . . .

"If the gospel of Hertzogism makes South Africa a nation in its own image, it will make it a small one. Rhodesia, which Smuts tried to persuade to enter the Union a few years ago, has been frightened away, perhaps, for ever, by Hertzog's fierce Afrikanderism, and the dread of racial politics, bilingualism and the Union's poor whites.

The native territories of Bechuanaland and Swaziland, which belong naturally to the Union, are less inclined than ever to leave the protecting wing of Great Britain.

The cry that the Afrikander must be "baas" may ring pleasantly enough in Dutch South African ears; but it is apt to be a discordant note to native tribes and smaller states in Southern Africa. . . .

"Widely read and cultivated, gentle in manner and fond of simplicity, he makes friends everywhere. He is transparently honest, and his bitterest foes would trust his word. Neither ambitious nor avaricious, he prefers the quiet pleasures of life, and he is always happiest with his books or on his farm. He, like ex-President Hardings of America, is 'Just folks.' Leading a simple life, he goes little into society, and is rarely seen at amusements.

A Shy Youth

"In his youth he was too shy to learn to dance, and it would indeed be difficult to picture him in a ballroom. He has never read a novel—or war book. He does not play bridge. He is content with his own family circle ,or the company of a few old friends.

Fond of botany, he delights in long walks across the veld, and whenever an opportunity occurs he steals away to his farm in the Eastern Transvaal, on the edge of the Low Veld. At the end of his day's work in the Union Buildings at Pretoria he walks to his home in a near-by suburb.

For him the pomp of power has no attractions. The simplicity of Republicanism appeals to him. He shakes hands with his native servants. He is as courteous to the down-and-out poor white as he is to a multi-millionaire or a duke.

Rolled Steak With Potatoes

About two pounds of lean, thick steak. Cut in thin slices, and roll each piece up with the fat in the middle. Place in a large dish, and add pepper and salt. Fill up with cold water and put in the oven for two hours. If the gravy boils away, fill up with boiling water. Place whole, pared potatoes on the top one hour before the dinner is wanted. Bake the potatoes brown, and serve in the dish.

Out of 930 girls who sat for a recent entry examination to the British Civil Service as typists ,708 failed. In shorthand over 160 failed to get one mark, while 130 "scored a duck" in typewriting.

ISSUE No. 16—'30

Observation

Little by little we subtract
Faith and Fallacy from Fact,
The Illusory from the True,
And starve upon the Residue.

What is the sense in tears or laughter?
The Root of things is what we're after:
But fallen trees will spill their fruit
And worms and darkness keep the root.

Fallen days will spill their sun,
But paper heavens must be won,
And so, while we geometrize,
A bird out-twits us, twice as wise.

Mere matter is not all of marrow.
The harvest leaps not from the harrow,
And a push-button will not light
Joy by day or stars by night.

—Samuel Hoffenstein, in Harper's Magazine.

Modes in the G.P.O.

How should a postman's trousers be creased?

While the business community is clamoring for a return to the penny post in the interests of British trade, the "big-wigs" of the Post Office are worrying about the dress of their staffs.

There is a demand, on the part of the postmen, that "trousers should be creased front centre instead of at the side." At the same time, they want a new style of hat.

To make matters worse, the claim that women Post Office employees should be able to wear sleeveless dresses is causing much heart-burning.

It's all very important, no doubt, but most of us would be quite prepared to accept any changes in Post Office fashions without a demur—if only we got back our penny post!

Use Minard's in the Stable.

That farmers all over the world realize the advantages of horses for agricultural work ,is shown by the following figures just published by the National Horse Association. In 1788 the only horses in Australia were one stallion ,three mares an a cold. In 1800 they had increased to 203; in 1850 to 159,951, and now there are 2,250,361. In Great Britain there are 1,204,198 horses engaged in agriculture. Despite the enormous depletion of horses in France during the war, there are now 3,000,000 in that country. Although millions of pounds have been spent in the United States trying to displace them, there are 20,000,000 horses and mules in the country. Germany has 3,805,000 horses, excluding those attached to the Army.

George Stephenson received $2,500 from the Liverpool and Manchester Railway Company just one hundred years ago, when his engine, the Rocket, ran at 20 m.p.h. after he had been asked for 10 m.p.h.

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

Deaf Hear Again Through New Aid

Earpiece No Bigger Than Dime Wins Enthusiastic Following—Ten-Day Free Trial Offer

After twenty-five years devoted exclusively to the manufacture of scientific hearing-aids, the Canadian Acousticon Limited, Dept. 250C, 45 Richmond St. West, Toronto Ont., has just perfected a new model Acousticon that represents the greatest advance yet made in the recreation of hearing for the deaf. This latest Acousticon is featured by a tiny ear piece no bigger than a dime. Through his device, sounds are clearly and distinctly transmitted to subnormal ears with wonderful benefit to hearing and health alike. The makers offer an absolutely free trial for 10 days to any one person who may be interested, and a letter will bring one of these remarkable aids to your home for a thorough and convincing test. Send them your name and address today!

Ancient Egyptian Mummy is Found

Discovery Made by University of Pennsylvania Expedition

Philadelphia. — Two very colorful personalities of ancient Egypt have been brought to light by the University of Pennsylvania expendition at Meydum, according to a report just received from Alan Rowe, field director in charge of excavations.

One is a woman called Sat-Her-Em-Hat, who went in for costly jewelry. Her mummy, bearing its amulets and jewels, has been brought out of its tomb where it lay undisturbed for 4,000 years.

The other is a magician named Zedi, who lived in the time of Cheops, about 2,850 B.C. Zedi's mummy has not been found, but evidence of his remarkable life has been unearthed in the form of historical inscriptions.

Herededef, son of Cheops, wrote as follows concerning Zedi:

"There is a townsman, Zedi by name, who is 110 years of age. And he eateth five hundred loaves of bread, a haunch of beef, and drinketh one hundred jugs of beer unto this day. He knoweth how to make a lion follow after him with his leash trailing on the ground."

The mummy of Sat-Her-Em-Hat lay upon a pad of folden linen 70 feet long by four and a half feet wide, according to Rowe's report.

The railways own the largest group of hotels in Britain are the largest owners of docks, use 16,000,000 tons of coal a year, and have the biggest interest in the canal system.

Willie came in crying and holding his head. "What fell on your head," asked his mother. "I did," he sobbed.

TAPEWORM REMEDY

Prof. R. L. Mulveney's World Famous Tapeworm Remedy has expelled these horrid monsters in two to three hours. No starving necessary, no sickness, no trouble whatever.

Write for full information.

Dept. A, 211 Ossington Ave., Toronto

Dandruff

You needn't be bald. Minard's kills Dandruff, checks falling hair, stimulates new growth and adds a healthy gloss. Rub into scalp with finger tips, four times a week.

MINARD'S "KING OF PAIN" LINIMENT

Minister, Run-down in Health, Gains 7 lbs. in 3 Weeks

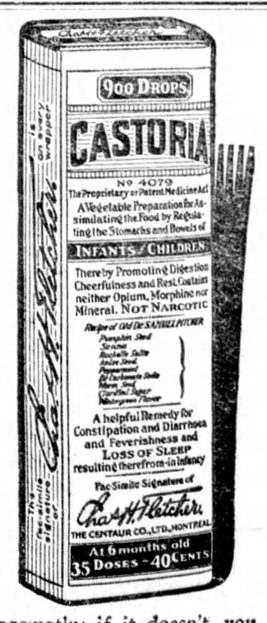
Rev. W. H. Taylor writes, "After a 7 weeks' revival campaign I was entirely run-down and losing flesh rapidly. I decided to give Ironized Yeast a 3 weeks' trial. After 2 weeks I found my strength returning and the tired feeling gone. In 3 weeks I had gained 7 lbs. and was myself again."

Imagine just 3 weeks to change from a "skinny", tired person to a strong, well-filled-out man or woman. Ugly hollows vanish. Broomstick limbs become round and chubby. Tired feeling disappears. Blemished skin clears.

Only when Yeast is Ironized is it more effective—for Iron is needed to bring out the weight-building and strengthening values of Yeast. Pleasant-tasting tablets. Safe for everybody. Never cause gas or bloating, no harmful drugs.

Go to any druggist to-day and get a full size treatment of Ironized Yeast. If after this generous trial you are not delighted, your money back instantly from manufacturer.

For any **BABY**



We can never be sure just what makes an infant restless, but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as Baby has a fretful spell, is feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly; if it doesn't, you should call a physician.

All through babyhood, Castoria should be a mother's standby; and a wise mother does not change to stronger medicines as the child grows older. Castoria is readily obtained at any drugstore, and the genuine easily identified by the Chas. H. Fletcher signature that appears on every wrapper.

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.

BABY CHICKS

SINGLE COMB WHITE LEGHORN and Barred Plymouth Rock Baby Chicks, wonderful winter layers. We have been hatching for 27 years. Delamere Poultry Farm, Stratford, Ont.

FOR SALE

FIVE D.C. MOTORS

¼, 1, 1½, 4 and 8 Horsepower, all in good condition. Cheap for immediate sale. H. Watkins, 73 Adelaide Street West, Toronto.

Does your face burn and itch after shaving?
Try Cuticura Shaving Stick
It soothes and heals and is wonderfully efficient

"NERVES ALL SHOT NOW FEEL FINE" "Fruit-a-tives" did it, says Mr. Alfred Gingras. Thousands write nervousness, heart flutter, dizziness, constipation, indigestion end overnight. Sound sleep at once. Get "Fruit-a-tives" from druggist today.

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.

LOST POUNDS OF FAT —in 2 short weeks

Kruschen Salts will give many a fat person a joyous surprise. You can knock pounds off your weight and years off your age this safe and easy way. Every morning take "the little daily dose" of Kruschen in a glass of hot water before breakfast. This will mean that every particle of poisonous waste matter and harmful acids and gases is being expelled from the system. They are the cause of all the trouble because they remain in the system and accumulate in the form of excess, unhealthy fat. "I have lost several pounds in less than 2 weeks. It is so safe and easy. No dieting, no drugs. I have tried several other ways, but with no good results. Kruschen is all you claim it to be."

Mrs. E. H.

After three or four weeks of the little daily dose, get on to the scales and see how many pounds of fat you have lost. Your mirror also will tell you what you have gained in health and vigour. Your eyes will sparkle, your skin will be clearer, you will feel unbelievably youthful and energetic—you will feel many pounds lighter and many years younger."

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. 1756). Importers: McGillivray Bros. Ltd., Toronto.

Weak After Operation

"I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—*Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.*

Lydia E. Pinkham's Vegetable Compound

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