Was Run Down And Very Weak

Too Little Blood the Trouble

Mrs. Jas. A. Haughn, Bridgewater, N.S., writes:—"I was badly run down and very weak. So much so I could scarcely do my housework. My nerves were affected; my digestion poor; I had continual headaches and could not get a restful night's sleep. Different remedies failed to be of benefit and I was growing discouraged. One day, however, I saw an advertisement of a case similar to mine which had been relieved by Dr. Williams' Pink Pills so I decided to try them. A few weeks' use of the Pills fully restored my health and now my household duties are a pleasure instead of a torture."

Mrs. Haughn't whole trouble was that she had too little blood. Dr. Williams' Pink Pills were of aid to her because they renewed and purified her blood and that good blood promoted good health, for where good blood abounds disease cannot exist.

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

PENSIONS FOR "FATTIES"

War pensions for such disabilities as gout and obesity were to be allowed by a Bill passed by the United States Congress, but which the President has vetoed. Even now one dollar in every four of the American Government's revenue goes to war veterans and their dependents.

American methods sometimes puzzle us, partly because we misunderstand them. For instance, a certain M.P. recently referred to the way in which, in the States, "all the Civil Servants changed with every change of Government."

This isn't true, because America has a permanent Civil Service, which carries on, through the various changes of Government, just as our own does.

But in the matter of pensions, Americans have always had rather curious ideas. One claim for a Civil War pension was made on the ground that the applicant had "hurt his ankle while intending to enlist," and similar claims were legion.—Answers.

TAKEN TOO LITERALLY

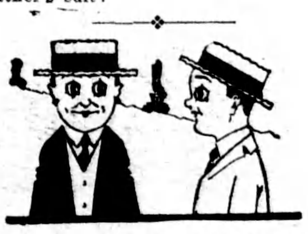
One of the witnesses in a case being heard in the county court was a very small boy who had been called to give evidence on behalf of his father.

When the boy stepped into the witness-box he looked just like a freak from a circus. A big trilby-hat was pulled down over his eyes, his coat reached down to his knees, and the trousers he wore trailed on the ground under his shoes, whilst over one of his arms was a big umbrella, and his hands were covered with thick gloves. The judge, who was usually so very serious, burst into a roar of laughter.

"Why do you come to the court dressed like that, my boy?" he asked kindly.

The youngster pulled a police summons from his pocket.

"Look, sir,' he said with a dignified air, "it says here, "to appear in his father's suit'."



"Do you think Jack ever successfully fooled his wife?"

"I know it. Didn't he marry her?"

ANOTHER GENERATION

She was over forty, but she still thought she was a flapper. The young man she had cornered at the party was thinking hard for an excuse to escape. Presently an idea came to him.

"I say,' he said, "do you remember the youngster who used to tickle you under the chin at school?"

"Oh," she cried gushingly, "so that is who you are?"

"Snooker" Golf

THE PUBLIC CONTINUES TO BE "GOLF-CONSCIOUS"

Snooker golf is name of this latest variation of the miniature golf epidemic which is played with a refreshing golf-pool combination. The balls are vari-colored and count different points.

Brown Rat Outwits Man World's Biggest Menace

Over 30,000 Rats Banded Together Into One Colony Defy Manhattan Island Authorities.

From the human standpoint, the most dangerous of all wild creatures to-day is the brown rat. Since the Great War it has been discovered that the rat has intelligence and organizing capacity transcending even the marvels of Lubbock, discovered in the ant, and Fabre in the bee.

The Great War made it necessary for the City of New York to investigate rat life, and to discover how complex and perfect is the whole system of rat government. During the war vast stores of food accumulated, awaiting transport to Europe. Rats multiplied until it is estimated that there are now 30,000,000 rats on Manhattan Island.

Part of the city is built upon the island, so that ordinary steps to destroy or drive away the rat army proved ineffective. The rats, instead of finding easier living elsewhere, discovered themselves hemmed in by water on all sides. They organized, grew more cunning, and put up such a skillful resistance that new methods of combating them had to be devised.

It has now been discovered that rats exist, not as single units, couples, or families, but in vast organized colonies. Every member of a rat colony is subject to discipline. Here is a typical instance of the way their organization works.

In one area under observation there were seventy-five storehouses, mostly used for holding food supplies. Of these all but one were infested with rats. The solitary exception was used for storing grains and flour. Not a rat ever entered it, but it was overrun with mice. That was puzzling for the rat haunts the mouse.

The mouse-infested building was closely observed. Watchers found that the rats, so far from interfering with the mouse colony, brought extra food to keep the mice fat and healthy. They brought green vegetables, meat, and the cores and peel of fruit. They were correcting the grain diet of the mice with valuable vitamines. No wonder the mice in that store were plump and heathy.

Then, at one period of observation, the watchers saw a number of rats advance upon the mouse town. They fell upon the holes used as exits and entrances, and enlarged them to rat size. That done, the biggest and fiercest of the rats entered. Presently the invaders came out again, each with a dead mouse. These were laid in a little heap, and the rats returned for more. So they worked until fifty or sixty dead mice lay in the heap.

Now representatives from the whole rat colony appeared. Each took his share of the game, carrying the dead mice to the family holes as delicacies for the young. In short, the mouse castle was no more than the game preserve of the rats.

Another puzzle was supplied by an egg store. Here, to save the egg crates from rats, a platform was built on legs of this metal eight feet high. No rat could climb to this platform, and for a time the eggs were undisturbed. But one day it was discovered that a crate on the platform had been emptied. Here was a job for the expert observer.

Watching the platform, on which was an open crate containing 300 eggs, the observer saw about forty rats come out of their holes. By one of their regular run-ways they climbed to a big gas-meter. This was five feet higher than the platform, and more than 9 feet distant. Each rat in turn jumped for the platform from the meter.

Two in every three landed safely at the first attempt; the others fell short and hit the floor with a thud. But, shaking themselves they ran nimbly up to the meter and tried again. Eventually there were forty rats on the platform.

Gripping hind legs with forepaws, the rat army began to form a chain, reaching from the platform to the floor. It was evidently a well-rehearsed acrobatic feat, for in the twinkling of an eye there was a chain of rats reaching from the crate of eggs to the floor.

Soon eggs began to roll down that rat chute. At the bottom was a rat who received each egg carefully. In half an hour the crate was empty. Then the chain unhitched and the spoils were equally divided. There was not a sign of disfigurement. Human thieves quarrel when the plunder is to be divided: the rat army is not subject even to that weakness.

A similar instance occurred in a restaurant famous for serving shellfish. One day a kitchen worker filled a bucket with opened clams, set it on a shelf knee high on the wall, and went on with other work. When he next looked at the busket it was empty.

It was decided to call in a rat observer. The same conditions were repeated. The man worked away, with a full bucket of clams behind him, while the watcher waited for results.

Presently appeared a rat scout, who climbed the bucket and looked in. On returning to the rat-hole, out swarmed the rat army. It was ninety feet from the hole to the bucket, but they stationed themselves in line from hole to bucket. The first rat threw the clams out; the next caught them, and with his forepaws passed them on.

THE RODENT

We feed the birds and squirrels,
  Serve lunch to dogs and cats,
But in this category,
  We draw the line at rats.
At least this was our feeling,
  But to-day on looking out,
This erstwhile class-distinction,
  Was quickly put to rout.
The birds and squirrels were feeding,
  As happy as could be,
When in their midst, paws folded,
  A rat I chanced to see.
I soon was in a panic,
  I'd buy a trap, but still—
I'd rather get some poison
  And give the lad a pill.

Just then he looked up kindly,
  That brown-furred, bead-eyed cuss,
I simply said—"Excuse me—
  Your life is safe with us."

— Willa Hoey.

Minard's Liniment aids tired feet.

HEART'S EASE

(Locheven)

I love to tread a winding path
Through the woods,
And, world weary, pause upon it.
The trees bend and enclose me
In brooding calm;
I feel the presence of Deity.

I hear the cadence of the stillness—
A stillness so alive.
The whisper of the leaves,
The song of the brook over golden stones,
The whir of a bird's wings;
And I know the presence of Deity.

—Jean M. Snyder.

THAT GLAZED RICE

"To purchase highly artificially-glazed rice was ridiculous. It was prepared solely for the benefit of the lady shopper. She went into a shop and saw beautiful pearly-glazed rice; she naturally thought it was very fine, and was prepared to pay a few cents more for it than for ordinary commercial rice," says Mr. Charles C. Douglas, M.I.Mech.E., in "The Journal of the Royal Society of Arts."

"That glaze was simply put on by adding powdered French chalk and glucose to the finished polished white rice before it was put into sacks. Quite obviously it had no food value whatever. If one contented oneself by purchasing the ordinary article, one was purchasing something which had more food value at a lower price."

THE REASON WHY

Thin, Weak Children Need Baby's Own Tablets.

Malnutrition, or inability to derive nourishment from food, is a common trouble with little children and is entirely due to stomach and bowel weakness. Another cause of loss of flesh and sleep is worms.

To correct stomach and bowel troubles and thus banish constipation and indigestion, break up colds and simple fevers; expel worms and allay the pain which accompanies the cutting of teeth is what Baby's Own Tablets were designed for. They never fail to be of aid and can be given with safety to the youngest babe.

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.

SHE WANTED TO KNOW

Teacher was taking the class in a general knowledge test.

"Stand up, William," she said. "Now tell me how matches are made?"

William stood up and thought hard for a moment or two.

"I don't know, miss," he returned, after awhile, "but I don't blame you for asking."

"What ever do you mean, William?" inquired his teacher.

"Well,' replied William, "mother said you've been trying to make one for a year."

HECTOR KNEW DIFFERENT

Breakfast-time in the home of the Remingtons was always a battle of words between father and his daughter.

"Mary," said her father sternly one Sunday morning, "did I see that young man kiss you last night?"

Mary was on guard at once.

"I don't know whether you did or not," she replied.

"You are evading my question," snapped father. "Did he kiss you?"

"Well, daddy," she shot back, "you don't really think Hector came here last night to see our goldfish, do you?"

More than two hundred people live permanently in the British House of Commons. They include clerks, waiters, kitchen staff firemen etc.

"I can think of no more nerve-wracking, no more mentally arduous task than making music."—George Gershwin.

Radio Fans

When it's late at night and you're listening to the radio – you'll enjoy it ever so much more with a cup of Red Rose Tea to sip. Try it!

RED ROSE TEA

"is good tea" 115

TWO QUALITIES -- RED LABEL & ORANGE PEKOE

ROWS OF HIGH-GROWN HOLLYHOCKS

Now thin mists temper the slow-ripening beams
Of the September sun: his golden gleams
On gaudy flowers shine, that prank the rows
Of high-grown hollyhocks, and all tall shows
That Autumn flaunteth in his bushy bowers;
Where tomtits, hanging from the drooping heads
Of giant sunflowers peck the nutty seeds;
And in the feathery aster bees on wing
Seize and set free the honied flowers,
Till thousand stars leap with their visiting:
While ever across the path mazily flit,
Unpiloted in the sun,
The dreamy butterflies
With dazzling colors powdered and soft glooms,
White, black and crimson stripes, and peacock eyes.
Or on chance flowers sit,
With idle effort plundering one by one
The nectaries of deepest-throated blooms. . . .

—Robert Bridges.

IN THE NEGATIVE

She was annoyed and she was venting her wrath on Walter, her future husband.

"And another thing," she continued. "I thought you said your sister was working on the films?"

Walter raised his eyebrows wonderingly.

"What about it?" he murmured.

"What about it?" she echoed. "Why, I was passing the chemist's shop today and I saw her preparing snapshots."

Walter smiled back triumphantly.

"That's working on the films, isn't it?" He returned.

HOW OLD ARE YOU?

Age is a quality of mind.
If you have left you're dreams behind,
  If hope is cold,
If you no longer look ahead,
If your ambition's fires are dead,
  Then you are old.
But if from life you take the best,
And if in life you keep the zest,
  If love you hold,
No matter how the years go by,
No matter how the birthdays fly,
  You are not old.

—Taken from "The Silent Worker."

"There's no coal left in the cellar ma'am." "Why didn't you tell me before, Mary?" "Because there was some, ma'am."—Punch.

Inhale Minard's Linime for Asthma.

Classified Advertising

FOR SALE

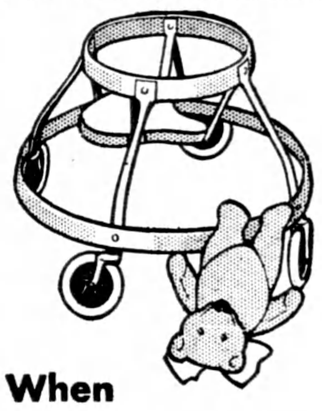
A SEA SLED FOR SALE, MODEL 16, with new 22 H.P. Evinrude motor, all in perfect condition, very fast, absolutely safe, splendid fishing boat, has special sedan top; owner getting larger model. Now lo ed on Georgian Bay. Wilson Publishing Co., 73 Adelaide W., Toronto, Box 27

It costs almost as much to feed a baby as an adult in New York City, one expert stating that an increase of $700 in the family income is necessary to provide for each addition.

Fall Colds

take us unawares. At the first symptoms heat Minard's and inhale it for prompt relief.

MINARD'S "KING OF PAIN" LINIMENT



When BABIES are Upset

BABY ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea. How would you meet this emergency—tonight? Have you a bottle of Castoria ready?

For the protection of your wee one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria.

Fletcher's CASTORIA

GOT IN A TAXI ON HIS KNEES

Was Crippled With Rheumatism—But Now Fit

THANKS TO KRUSCHEN

Once he was the object of his neighbours' sympathy—a rheumatic cripple. To-day he is the object of their astonishment—a stenuously active man. It was Kruschen that accomplished the startling change. Here are the vital facts of his story :—

"Roughly about 16 years ago I was crippled with rheumatism, and for about four years it was impossible for me to get about. When I wanted to get in a taxi, I had to get in on my knees. I tried everything—a potato in my pocket, sulphur in my socks, rheumatic ring, soaked my feet in proof whisky; also rubbed my joints with it; tried all sorts of liniments and pills—it did no good. Then I started on Kruschen Salts, and never missed a morning, taking my dose 20 minutes before breakfast. My age now is 56, and if you were to see me you would take me for not over 40. I can handle anything that comes into our shop; lift over my head settees, sideboards, wardrobes, etc.; in fact, people who know me say it is marvellous. To-day I am in perfect health. This is the honest truth."—T. R.

Here is a plain statement of the facts :—Two of the six salts of which Kruschen is composed dissolve the needle-pointed crystals of uric acid which have settled in your joints, causing them to swell, ache and inflame. Other ingredients of Kruschen assist Nature to flush out these dissolved crystals through the natural channels. Other ingredients still prevent food fermentation or decomposition taking place in the intestinal tract and thereby check the further formation not only of uric acid, but of other body poisons which undermine the health.

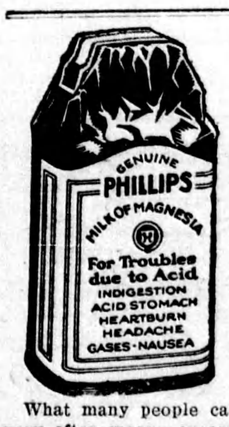
The threefold action of Kruschen is the secret of its effectiveness in those stubborn cases of rheumatism which will yield to no other treatment. Put Kruschen to the test yourself. The benefit will have begun before you have finished the first bottle.

Kruschen Salts is obtainable at all Drug Stores at 45c. and 75c. per bottle.

YOUNG WIFE STRENGTHENED

After Taking Lydia E. Pinkham's Vegetable Compound

Bancroft, Ontario—"When I first took Lydia E. Pinkham's Vegetable Compound I had been married about a year and my strength was leaving me on account of my condition. I was only 19 and it was my first child. My mother told me I needed something to steady my nerves and a girl chum told me to take the Vegetable Compound. I am so thankful I did because it strengthened my whole system and now I feel perfectly well and have a sweet little baby boy."—MRS. J. B. STALKER, Bancroft, Ontario.



When Pain Comes

What many people call indigestion very often means excess acid in the stomach. The stomach nerves have been over-stimulated, and food sours. The corrective is an alkali which neutralizes acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia. It has remained the standard with physicians in the 50 years since its invention.

One spoonful of this harmless, tasteless alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Go get a small bottle to try.

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.