Do You Value Your Health?

If your health is poor; if you are pale, nervous and easily tired; if you suffer from headaches and backaches; if your digestion is bad you may depend upon it that these symptoms come from an impoverished state of the blood. That unless this condition is remedied a complete breakdown may follow. Dr. Williams' Pink Pills are a perfect medicine for any one in this condition. They enrich and purify the blood and thus promote health and strength.

Mrs. G. M. Andrews, Halifax, N.S., writes:—"I always keep Dr. Williams' Pink Pills in the house. When I was a young, anaemic girl, they completely restored by health. After marriage my health broke down and once more these pills brought me back to health. My friends all tell me how well I look and for this Dr. Williams' Pink Pills deserve all credit."

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

THRIFT WITH COLD VEGETABLES

Too many vegetables are sometimes cooked in the best regulated houses. Far too often, also, these are thrown away as uneatable when, with a very little trouble, they could be made very palatable.

Cold greens, for instance, should be placed in a saucepan of boiling water and covered for two minutes. The water should then be strained from them, and when the vegetables are served they will be found to be as good as when first cooked.

It is quite useful to keep carrots ready dressed for use in an emergency. They should be cut in round pieces about an inch thick, and warmed in butter sauce or thick gravy. Cold carrots may also be cut into any shape to serve with ragouts or hashes, or they may be cut into narrow strips and used in soups. To give parsnips a second life they should be mashed with butter, milk, and salt, and heated in the oven in a small buttered basin.

Onions, of course, do not look well when they are re-warmed, as they are likely to turn black. They will do nicely for flavoring soups or curry, however, provided that they are placed in when the soup or curry is boiling.

Potatoes can be served for a second time in a variety of ways. Mashed and mixed with a little milk and water they can be formed into buttered shapes, floured and browned in the oven, or before the fire. When they are whole they can also be dipped in bacon fat or dripping, sprinkled with salt and floured, and baked in the oven in a tin. Another way to deal with potatoes when cold is to fry them in batter. To do this they should be cut into rather thick slices and dipped into a mixture made by beating an egg with a tablespoonful of flour and a tablespoonful of cold water, and then fried in plenty of fat.

BRAMBLE JELLY

Gather rather under-ripe fruit and wash if necessary. Put into a preserving pan with enough cold water to half cover it. Cook berries slowly for an hour or longer, bruising them down with a wooden spoon to extract all juice. Strain through a jelly cloth and leave to drip all night. Measure the juice next morning, return it to a clean preserving pan and let it boil for fifteen minutes. Add three-quarters of a pound of sugar (warmed in the oven) to each pint of liquid. Stir until dissolved, then boil all together until jelly will set.

Practice Needed

Wilson was suffering badly at the hands of the barber. After the third cut he decided to make a protest.

"I say, my man," he said, "I notice you have a sign outside your shop, 'We Aim to Please'."

"That's right," returned the barber merrily, "that's our motto."

"Then don't you think you'd better take a day or two off for target practice?" came the customer's retort.

Lawyer: "Have you ever been in jail?" Witness: "Yes, sir, once." "Ah! For how long?" "Long enough to whitewash a cell which was to be occupied by a lawyer who had robbed dozens of his clients."

Louisiana Honors Evangeline

Kirtles and Normandy caps, the traditional dress of the Evangeline period, were the official costume of this group of pretty girls, who formed an important and attractive section of Louisiana's delegation of Acadians to Grand Pre, N.S., on August 20, for the celebration of the 175th anniversary of the expulsion of the Acadians, held under the auspices of the Dominion Atlantic Railway. The group posed for the camera beside the memorial church in Grand Pre Park, centre of the festivities, which were attended by Acadians from all parts of the United States and Canada. Official Dominion and provincial, French and American representatives were in attendance.

Bobbed Hair Does Not Need Brushing?

It may be imagination, but with the coming and staying of short hair, the brush and comb seem to have fallen into neglect. A regrettable thing, for if these fall into neglect the hair falls into neglect, too, and is swift to show signs of it, just as it is swift to respond to care and attention.

Long hair always seems to receive more brushing than short hair, but short hair has the advantage that it is easier to brush it upwards as well as downwards. It is very good for the hair to brush it from the nape of the neck upwards—the wrong way of the hair, as it were.

The stiff bristled brush is always best for the hair unless the hair is exceptionally fine and comes out a good deal. Hair is apt to come out in the spring and autumn when new hair is growing and the dead hair automatically gives place to it, but this is nothing to worry about. When hair comes out habitually it is wise to abandon anything in the way of vigorous brushing for the time being; it is also wise to try to find some remedy, of course.

Brushes should be washed as often as the hair is washed, or, more often if the hair is not washed every fortnight or so. Clean brushes help to keep the hair clean. Always rinse the brushes in cold water, standing the bristles downward in the water. This helps to keep the bristles stiff. When silver brushes are being washed care should be taken to keep their frames out of the water.

Best Out of Sight

Combs must be cleaned even more frequently, for with short hair they seem to be in almost perpetual use, and once they get clogged with dust you can never be quite sure that the dust does not go back into the hair again. Keep a special comb for your handbag, and a bigger and more important one to keep your brush company. Never on any account leave hair combings in your comb. It is an unhealthy, dust-collecting habit, besides being an extraordinarily unsightly one. Keep a hair tidy of some description handy or, if you use a waste paper-basket in your bedroom, deposit your hair combings there.

Last but not least, have a brush and comb bag. A square of checked gingham left over from one of your summer frocks will make an admirable one if you have not one already. Keep your brush and comb in this, and so keep them free from dust. The habit of leaving a brush and comb out on the dressing table or chest of drawers is another unhealthy and dust-gathering one. Brushes and combs, like most other toilet accessories, are best kept out of sight, and safe from harm's way in your dressing table drawer.

"If the workers put as much interest into their politics as they do into their football matches we could alter the face of England in the next 10 years."—Ellen Wilkinson, M.P.

John—"May I have the last dance with you?" Jean—"You've just had it."

Minard's Liniment a household friend.

Give Confidence To Young Mothers

A simple and safe remedy for the common ills of babyhood and childhood should be kept in every home where there is either a baby or a young child. Often it is necessary to give the little ones something to break up a cold, allay fever, correct sour stomach, and banish the irritability that accompanies the cutting of teeth.

Experienced mothers always keep Baby's Own Tablets in the home as a safeguard against the troubles that seize their little ones so suddenly and the young mother can feel reasonably safe with a box of these Tablets at hand and ready for emergencies.

Baby's Own Tablets are a mild but thorough laxative that act without gripping and they are absolutely guaranteed free from opiates or other harmful drugs. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

HEREDITARY KEY SOUGHT FOR FINGERPRINT PATTERN

Iowa City, Iowa.—It won't be long until science will be able to remark that Junior has his daddy's eyes, his grandmother's nose and his mother's fingerprints, Dr. John A. Larson, University of Iowa psychiatrist and criminologist, believes.

And when that time comes, Dr. Larson says, danger of babies being mixed up will be almost wiped out.

Dr. Larson is the inventor of a new "single point" system of classifying fingerprints, and he is also credited with having perfected the first working model of the "lie detector" now used for examination of suspected criminals.

Though science has not yet discovered accurately just what features of a fingerprint pattern constitute its "dominant" and recessive" hereditary factors, Dr. Larson is convinced that there are such inherited characteristics, just as facial or bodily configuration among relatives betray family kinship.

"Your wife must be awfully in love with you. She has written to you every day since she has been away."

"These are only little notes to tell me to send her something she forgot to put in her trunks."

12-MILLION-YEAR-OLD LOG FOUND BURIED IN BASALT

A log of a seven-foot tree, found 150 feet below the bed of the Yakima River, in the State of Washington, and estimated to be 12,000,000 years old, was reported last week by the Department of Agriculture at Washington. The log was found when a tunnel was being bored under the river by the United States Reclamation Service.

Arthur Koehler, expert on wood identification, designated the tree as a species of sequoia. It lay in solid basalt, believed to have been poured out of one of the Columbia plateau volcanoes.

PLAYING WITH TOTO

The old lady was sitting on a bench near the eighth green of the golf course.

Presently an unseen golfer hit a ball onto the green, and Toto, the old lady's dog, ran out and promptly seized it.

The next moment the golfer came over the crest of a hill and began waving his arms and shouting indignantly.

"Put the ball down, Toto," cried the old lady. "Here comes the kind gentleman to knock it for you again."

Minard's Liniment aids tired feet.

Owl Laffs

Farming is man's most delightful occupation—If he can sit in the shade and get somebody else to do it.

Carl—"May I hold your hand?"
Helen—"Are you frightened?"

A lot of week-end wrecks are caused by week-end drivers.

Vitamines and Calories

Methuselah ate what he found on his plate,
And never, as people do now,
Did he note the amount of the calorie count,
He ate it because it was chow.
He wasn't disturbed, as at dinner he sat,
Destroying a roast or a pie,
To think it was lacking in granular fat
Or a couple of vitamines shy.
He cheerfully chewed every species of food,
Untroubled by worries or fears,
Lest his health might be hurt by some fancy dessert,
And he lived over nine hundred years.

The folks who find fault with the modern dances are either old or fat, or both. Yeah, you bet.

"Darling," he cried, falling on his knees and covering her little white hands with kisses, "can't you see that I love you?"

She drew herself up to her full height. "Well," she said, "I should hate to think this was just your way of behaving in company."

We can hardly claim to be civilized until we abolish the present day funeral expenses.

The Seven Mistakes

There are seven mistakes of life that many of us make, said a famous writer, and then he gave the following list:

1. The delusion that individual advancement is made by crushing others down.
2. The tendency to worry about things that cannot be changed or corrected.
3. Insisting that a thing is impossible because we ourselves cannot accomplish it.
4. Refusing to set aside trivial preferences in order that important things may be accomplished.
5. Neglecting development and refinement of the mind and not acquiring the habit of reading and study.
6. Attempting to compel other persons to believe and live as we do.
7. The failure to establish the habit of saving money.

Aunt Martha (shopping for a parrot)—"Now can you assure me it isn't given to the use of shocking language? Where did you get it?

Proprietor—"From a sailor, ma'am. But——"

Aunt Martha—"Oh that's all right. Just so you didn't get it from one of those flappers."

An ice cream vendor's pushcart in Richmond, Ind., bears this sign: Give Your Tongue a Sleigh ride. Ice Cream Cones, 5 Cents.

The modern girl never worried about her complexion going flat. She always carries a spare.

Analogy

Louise is beautiful, but too slow;
She shakes her head when I entreat;
She's like a Florida bungalow—
Modern, but no heat.

A woman says it is impossible to go through life without telling a fib. She says she just has to say something nice about her husband once in a while.

Credit Customer—"I'm not the worst liar in town."

Mercant—"On the contrary, you are the best."

An ounce of silence is worth a ton of explanations.

He who laughs last sometimes gets the horse laugh for being so dumb he couldn't see the joke at first.

Among what is known as the "car-purchasing" class in Great Britain, ten motor-cars are bought for every baby born.

DO YOU SUFFER FROM CONSTIPATION?

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit forming and must be continued. Others contain calomel and dangerous mineral drugs, which remain in the system, settle in the joints and cause aches and pains. Some are harsh purgatives which cramp and gripe and leave a depressed after effect.

Avoid lubricating oils which only grease the intestines and encourage nature's machinery to become lazy.

A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow, the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red pkgs.

Who said "Blue Monday"?

WASHDAY—hardest in the week for many women. Especially if there are children.

But it needn't be "blue". When you begin to feel tired, make yourself a cup of tea. It will rest you!

RED ROSE TEA

"is good tea" 116

TWO QUALITIES -- RED LABEL & ORANGE PEKOE

I CANNOT TELL

I cannot tell how all the stars
Retain their rhythmic way,
Or how the sunset's golden bars
Shut out the light of day—
But I can tell when loving eyes
The secrets of my heart surprise.

I cannot tell how migrants wing
Their course o'er land and sea,
Or how returning summers bring
Their bounteous gifts to me—
But I can tell how love for love
O'er all earth's treasures ranks above.

I cannot tell how this round earth
Revolves about the sun,
Or how the autumn's priceless worth
From clod and clay is won—
But I can tell how kindness may
Fill life with sunshine every day.

—A. B. Cooper in "Tit-Bits."

"Will you marry me?" said Archie. "I don't know," replied Muriel; "I've always said the man I marry must be both brave and intelligent." "Well, didn't I save you from drowning?" said Archie. "Yes," agreed the girl; "I admit that was brave, but it didn't prove you to be intelligent." "Oh, but it did," said Archie. "I upset the boat on purpose."

"All my life I have been a sojourner on this planet rather than a native of it."—George Bernard Shaw.

The Perfumed Touch that Makes Your Toilet Complete

Cuticura Talcum Powder

Delicately Medicated and Antiseptic

Hay Fever

and catarrh are offensive ailments. Heat and inhale Minard's a few times daily, as for colds. It stimulates and relieves the membrane.

MINARD'S "KING OF PAIN" LINIMENT

Restless CHILDREN

CHILDREN will fret, often for no apparent reason. But there's always Castoria! Harmless as the recipe on the wrapper; mild and bland as it tastes. But its gentle action soothes a youngster more surely than a more powerful medicine.

That's the beauty of this special children's remedy! It may be given the tiniest infant—as often as there is need. In cases of colic, diarrhea or similar disturbance, it is invaluable. A coated tongue calls for just a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed.

Fletcher's CASTORIA

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

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

PATENTS — List of "Wanted Inventions" and Full Information Sent Free on Request. THE RAMSAY CO., Dept. W, 273 Bank St., Ottawa, Ont.

DIZZINESS

Caused by Blood pressure

Doctor ordered Kruschen

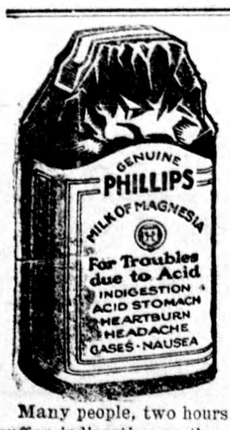
"Five years ago this month I had a serious attack of blood pressure, and my medical man ordered me to take Kruschen Salts daily. Evidently I am a stubborn subject, because I use every morning a small teaspoonful and a half in a glass of hot water, and this acts splendidly and keeps my head right. If I don't have the action mentioned, I feel cold, stupid and liable to fail from dizziness. Therefore I can't do without my Kruschen on any account. Some time ago I tried some other salts which were cheaper, but they pained me so much that I had to stop them. There is no pain with Kruschen. I have told hundreds of my little wonder-working bottle."—(E. C. Fergusson.)

Dizziness is a symptom of a deeper-seated disorder. It is one of Nature's danger signals—her urgent warning of an impure blood-stream which, if not attended to in time, may wreck the entire health with some dangerous, indeed lifelong, disease. The six salts in Kruschen keep the blood-stream pure and vigorous by ensuring the complete elimination of poisonous waste matter from the system every day.

Picture of Health Now

"In May and June I was badly rundown and had faint spells until it was a drag to do my work. In July and August I didn't seem to pick up so I decided to try Lydia E. Pinkham's Vegetable Compound because I saw it advertised. I took two bottles and now I am the picture of health. I feel fine, do all my work and milk two cows. If any woman writes, I will certainly answer her letter."—Mrs. George R. Gillespie, Punnichy, Saskatchewan.

Lydia E. Pinkham's Vegetable Compound



Too Much ACID

Many people, two hours after eating, suffer indigestion as they call it. It is usually excess acid. Correct it with an alkali. The best way, the quick, harmless and efficient way, is Phillips' Milk of Magnesia. It has remained for 50 years the standard with physicians. One spoonful in water neutralizes many times its volume in stomach acids, and at once. The symptoms disappear in five minutes.

You will never use crude methods when you know this better method. And you will never suffer from excess acid when you prove out this easy relief. Please do that—for your own sake—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.