When Languid And Anaemic

When a girl is languid, dull and irritable; when her color fades you may be sure her blood is impoverished. When a girl's blood is poor her nerves are starved and there is serious danger of a decline. Rebuild the blood, strengthen the nerves and good health will follow.

Dr. Williams' Pink Pills are of untold value as a blood-builder. Concerning them Mrs. John Finin, Howlan Station, P.E.I., says:—"My daughter was badly run down; pale, nervous and under weight. We decided to give her Dr. Williams' Pink Pills. After a few boxes she gained in weight, her appetite improved and color came to her cheeks—in fact she fully regained her former good health."

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.

Payments by Postcard

One of the latest banking ideas is the postcard cheque. It comes from Germany, and is designed to cut down overhead expenses. A perforated strip at one end gives details of the account. This is torn off when the postcard is received, and the cheque is then presented at the bank in the usual way.

What are called postal cheques are also in use in a number of countries, and it is sometimes suggested that world-wide adoption would be advantageous.

Anyone can open a postal cheque account, but the principal advantage claimed for the system is that people who have no account can yet make payments, through the Post Office, to any postal cheque account in any part of the country. This is said to facilitate mail-order business.

Similarly, anyone can receive a payment from any postal cheque account, irrespective of whether he himself has an account or not.

Oil Production in Alberta

Alberta's output of oil during the month of May of this year was slightly higher than that for the corresponding period last year, according to figures compiled in the Department of the Interior from the reports of operators. The 85,463 barrels of naphtha produced came from the lime formation in the Turner valley, thirty-nine wells contributing the total. The light crude came from higher horizons in Turner valley and from the Red Coulee field. The total production of light crude was from ten wells, three of which also produced naptho. Four thousand seven hundred and ninety-seven barrels of light crude were produced in Turner valley in May, 1930. The heavy crude total consists of the output of five wells in the Wainwright field, one in the Ribstone field, and one in the Skiff area.

Dynamite Tears a Hole In Bed of the Atlantic

New York.—A great column of water, at least 400 feet wide, rose into the air to a height of about 500 feet recently off Sandy Hook, glistened in the bright sunlight for a moment or two, and then, with a mighty roar, splashed back into the ocean.

The water was blown into the air by 25 tons of dynamite, set off within ten miles of Manhattan's skyscraper district.

The blast tore a deep hole into the ocean bed, into which the sunken Furness Bermuda liner Fort Victoria, which went down a year ago, rolled.

FREE

Ladies' or Gentlemen's wrist watch given FREE for sale of 20 bottles of HIGH CLASS PERFUME at specially reduced prices.

Write today for our easy sales plan. Special prices for premiums. You cannot fail as all our agents sell out in a few hours.

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1252 Laurier St. East, Montreal, Canada.

The Pipe of Peace

Chief Thunderbird, full-blooded Sioux Indian, as he appears in role of Chief Yellow Snake in recent picturization of a Buffalo Bill Indian story of wild west.

Child Who Tilts His Head Sideways May Have Bad Eyes

If a school child holds his head sideways while looking at the blackboard or supports his head on a hand as though he were tired, there is good chance that his eyes have the lens defect called astigatism. If the child also finds it difficult to write in straight lines but produces written exercise, the lines of which stray up-hill or down-hill across the paper, as the writing of many children does when they first begin to learn, the diagnosis of astigmatism is almost certain and the child's eyes should be examined at once by an oculist who can prescribe proper lasses. So Professor H. Pistor of the optical department of the University of Jena, in Germany, told the recent Optical Conference held at Cambridge University, England. A large proportion of school children need glasses, Professor Pistor said, without either teachers or parents discovering this fact until the child has been discouraged by being blamed for poor school work or has acquired actual bodily deformities, like a more or less permanent side-wise tilt of the head in children with astigmatism or a similar forward curvature of the spine in those who are seriously near-sighted. Eyes with astigmatism focus sharply only things in a few directions across the eye. The horizontal lines of printed letters, for example, may be in focus while vertical lines are out of focus or vice versa. Sometimes the only lines precisely in focus are those slanted at one definite angle to left or right. It is the unconscious attempt of owners of such eyes to get things into sharper focus that makes them tilt their heads sidewise.

Indian Village Found in Ashes

Settlements of Hundreds of Years Ago Unearthed Near Brantford

Brantford.—The unearthing of the site of an Indian village, on the banks of the Grand River, about a mile below Chiefswood, the home of the late E. Pauline Johnson, and not far from Middleport, has been reported to the Brant Historical Society.

For some time W. J. Wintemberg of the Archaeological Department, Ottawa, has been conducting researches on the Six Nations Reserve, and this find has been one of the results of his efforts.

Indications are that the remains are those of one of the Attimandaron (or neutral) Indian settlements of some hundreds of years ago, as these people were located throughout this district when Father la Roche Dailton, a Recollet missionary, visited what is now the Grand River Valley in 1626 ,and in a diary left by him of his travels of over three centuries ago he records such villages in this neighborhood.

Ash Beds Found.

No fewer than four distinct ash beds have been uncovered, while articles unearthed included a large amount of pottery, stone awls, flints, the bones of deer, coons, wild dogs, bears, wild turkeys, wild pigeons and wild ducks; also crane and fish vertebrae and turtle and clam shells, with numerous pieces of burned limestone used in fireplaces. One of the ash beds measures some 40 feet or more in width by about 75 feet in length. These beds, on the river side, were frequently palisaded with stakes or saplings driven into the ground, two or more feet apart, and interwoven with willows, thus forming a wicker-work and constituting a species of retaining wall. The site shows plainly where numerous upright posts stood in a straight line.

Different Encampments

Mr. Wintemberg explains that, as four ash beds have been discovered, one above the other, this indicates no fewer than four different encampments. with possibly a period of some 80 or 90 years between each.

Three men are now helping in excavation, and Mr. Winterberg thinks that markers should be placed to indicate the Attiwandaron villages which it is known existed throughout this area, and whose identity would probably be quite capable of establishment.

England Buying Habits Becoming Canadianized

Halifax, N.S.—England is becoming Canadianized in its buying habits to an amazing extent, declared Douglas S. Sole, Canadian trade commissioner to the west of Englnd, Wales and the Midlands, following his arrivals here for the purpose of interesting exporters in trade possibilities with the British Isles.

The modern Englishman could rise in the morning from a Canadian made bed onto a Canadian carpet, lather himself with a Canadian shaving brush and Canadian shaving cream, shave with a Canadian razor, breakfast on Canadian cereals. Canadian bacon, Canadian flour, all cooked on a Canadian gas or electric range and kept wholesome in a Canadian refrigerator, while he read a newspaper printed on Canadian paper. He could drive in a Canadian car to an office equipped with Canadian steel furniture, dictate letters on Canadian paper and signed with a Canadian fountain pen, to a stenographer who uses Canadian cosmetics. He buys his wife Canadian furs and informs her he is being kept late at the office, using a telephone invented by a Canadian. He reduces his weight by a Canadian massge roller, plays racquets in Canadian rubber shoes, tries to look graceful on Canadian skates, and drives his doctor to starvation with Canadian apples. Finally, he can be put in a coffin made from Canadian lumber and decorated with Canadian handles, start for the cemetery in a hearse with a Canadian chassis, wearing—if he has led that kind of life—a Canadian asbestos suit.

Minard's Liniment gives quick relief.

At Fifty

I have stood still—a watcher by the waysido
For a procession that has never come.
The day has been fine enough, the road quite pleasant,
And once I caught the far thrill of a drum.
Waiting in hope, I have not been unhappy,
For there were birds, flowers, trees and the open sky;
And, when I heard it—the incredible music
Of life at last, life to the full and sweet!—
It seems for a minute to be coming toward me:
But it went down, after all, some one else's street.

No doubt I ought to have tackled life —gone to meet it,
Seized on a banner, become importunate;
But I just wasn't made so, didn't know how to treat it,
And so am lost, like all who hesitate.
There was to have come a place in the procession
That I should have recognized as being my own;
I was to have caught up in color and movement
By one sure hand—to have been no more alone.
But nothing has happened, and the day grows chilly;
A cold bed waits for the going down of the sun:
It seems a curious way to have spent a lifetime—
Strange to be nearing the end of what has never begun.

—Seymour Poole.

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the newborn babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Armour, R.R. 1, South Monoghan, Ont., says:—"We have three fine, healthy children, to whom when a medicine is needed, we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children."

Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels; banish constipation and indigestion; break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Passing Thirty

By Monroe Heath

I used to think it mattered if I made
Some sort of tower for the world to see
Remaining briefly towards eternity
Beyond the hour when my bones are laid
Beneath the turf, and recollections said.
To-night, with earth and ocean circling me,
Immense and silvered spaces set me free:
The difference dies, and young ambitions fade.

It will suffice if, ceasing not too soon
And not forgetful, I may linger for
A little while, return, still understand
The mute antiphony of earth and moon;
Hearing waves rustle, creeping up the shore;
Watching the white birds skim across the sand.

Athletes recommend Minard's Liniment

POPULAR COLORS

Among the galaxy of colors in the new styles, tones of green, brown, navy and wine are outstanding for popularity.

SPANGLED CLOTHES

Paris again creates scintillating evening costumes, using sequins, spangles, bugles and other brilliants for their decorative ornamentation.

BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and rub the face briskly. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads. Satisfaction guaranteed or money refunded. F. W. SCARF & CO.

To Wake up FIT Tomorrow Take one TONIGHT

Quick Relief for CONSTIPATION BILIOUSNESS BLOATING, ETC.

Cascarets "THEY WORK WHILE YOU SLEEP" 10c

Nurses know

there's nothing like a hot cup of good tea to soothe people when irritable and restless.

They know its value to themselves, especially when tired and nervous.

And most nurses know that

RED ROSE TEA "is good tea" 107

TWO QUALITIES -- RED LABEL & ORANGE PEKOE

Fossil Deposits Found in Wyoming

Expedition Discovers Oligocene Fauna Said to be Millions Years Old

Cambridge, Mass.—Discovery near Torrington, Wyo., of one of the most important oligocene fossil deposits known to date in this country—one believed to have been guarded by nature for millions of years—was announced by Harvard University here recently.

The deposit was discovered and developed by an expedition from the Harvard Museum of Comparative Zoology under the leadership of Erich M. Schlaikjer.

The find lies four miles south and west of Torrington, and presents an outcrop of bones over a half-mile in length. The layers of bones vary from ten inches to three feet in thickness.

The bones are mainly of the little three-toed horse mesohippus and the rhinoceros caenopus, but almost every member of the oligocene fauna is represented, it was said.

It was pointed out that one of the most important features of the deposit was in the fact that fossil bird material occurred in abundance. The only other known deposit in the world where fossil bird bones occur in such abundance as those found in Wyoming is in pleisocene beds at Rancho le Brae in California.

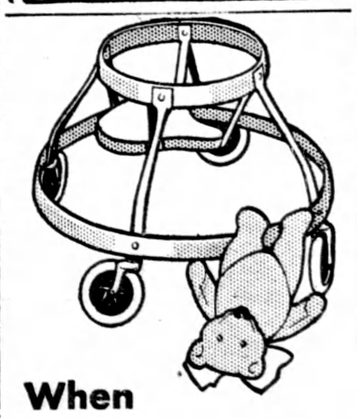
Schlaikjer, in an account of the expedition, said that nature had guarded the thousands of mesohippus skeletons for millions of years.

The expedition leader also reported that a dinosaur deposit, hitherto unknown was discovered during a side trip to Colorado and New Mexico.

Conquers Pain!

The ideal rubbing liniment for muscles or joint pains; for swellings, sprains and rheumatism.

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

Classified Advertising

LADIES WANTED—TO DO PLAIN sewing at home, whole or spare time, good pay, work sent any distance, charges paid; send stamp for particulars. National Manufacturing Co., Montreal.

TEN ACRE FARM, FRUIT, GRAPES, vegetables, new fox pen, good buildings; will pay you to ranch foxes; would accept closed car or foxes as part payment. R. P. Simpson, R.R. 3, St. Catharines, Ont.

MARRY. RELIABLE MATRIMONIAL paper mailed free. Address Friendship Magazine, Medina, New York.

"That's jake", said the man who learned his worst enemy had become paralyzed.

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

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.

INDIGESTION

Banished by Kruschen

"I suffered for some years from a bad stomach. I used to feel very miserable after meals. The doctor advised me to take Epsom Salts, but it did me no good. I decided to try Kruschen and am now taking it and have done for the past 12 months, and I am very glad to tell you that my stomach is now in perfect order. I feel as young in spirit as I was 20 years ago, thanks to Kruschen." (W.B.)

You know how badly an engine runs when it gets clogged up. It's the same with your body when your gastric—or digestive—juices fail to flow. What you need is a tonic—Nature's own tonic—Nature's six mineral salts.

You get all these six salts in Kruschen. The first effect of these salts is to promote the flow of the saliva and so awaken the appetite. The next action occurs in the stomach, where the digestive juices are encouraged to pour out and act upon the food. Again, in the intestinal tract, certain of these salts promote a further flow of these vital juices which deal with partly digested food and prepare it finally for absorption into the system.

USES PINKHAM MEDICINES

Praises Vegetable Compound, Blood Medicine and Liver Pills

Birchtown, Quebec—"I live 13 miles from town on a farm, with all my home duties and churning to attend to. At the Change of Life, I became nervous and run-down. The Vegetable Compound helped my whole system. My nerves are better my appetite is good and I am able to do my work. I have also taken the Blood Medicine and the Liver Pills and they helped me. I will answer letters from women asking about your medicines."—MRS. RICHARD CHARLTON, Birchtown, Quebec.

GENUINE PHILLIPS MILK OF MAGNESIA 50c For Troubles due to Acid INDIGESTION SOUR STOMACH HEARTBURN CONSTIPATION GAS, NAUSEA

WHEN FOOD SOURS . . .

Sweeten the Stomach instantly

About two hours after eating many people suffer from sour stomachs. They call it indigestion. It means that the stomach nerves have been over-stimulated. 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 liquid; pleasant, efficient and harmless. But it kills excess acids. It has remained the standard with physicians for more than 50 years.

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 genuine Phillips' Milk of Magnesia prescribed by physicians for over fifty years in correcting excess acids. 50c bottles —any drugstore. The genuine is always a liquid—never made in tablet form. Look for the name Phillips' on wrapper and bottle.