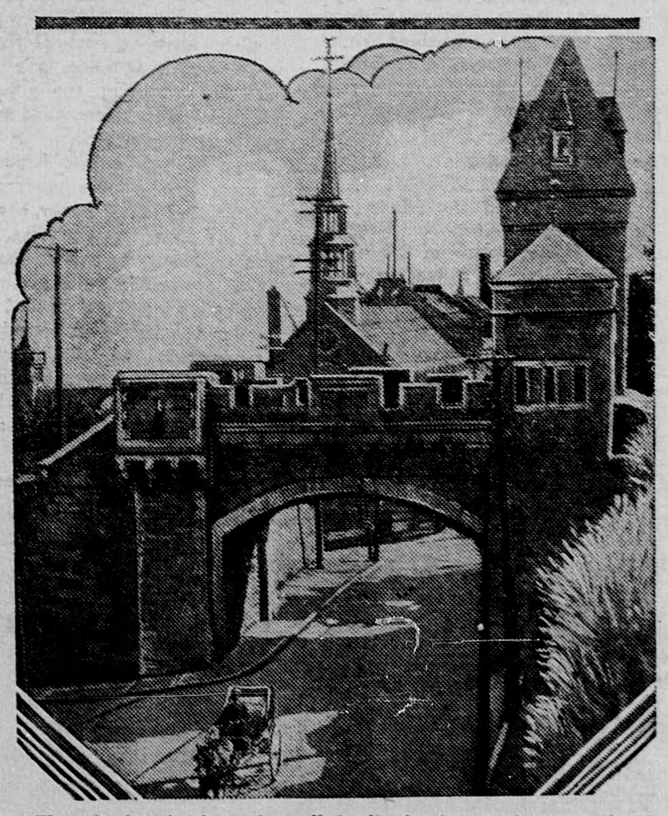
HEADACHE

● Frequent headaches mean too much acid. Neutralize the acids with Phillips' Milk of Magnesia. It ends your headache because it removes the cause. Take a little whenever a coated tongue or sour stomach or sluggish bowels warn you of an acid condition. Take it when you've eaten too heartily, or after any meal that "disagrees." Be sure it is genuine *Phillips'* Milk of Magnesia, in this bottle.

ALSO IN TABLET FORM: Phillips' Milk of Magnesia Tablets are now on sale at drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.

+ *Do You Know?* +



That Quebec is the only walled city in the continent north of Mexico? Above is shown the Kent Gate, one of several entrances through the ramparts. The odd-looking vehicle is common to Quebec City and is known as a caleche.—Photograph, C. N. R.

A Favor

Is thy friend angry with thee? Then provide him an opportunity of showing thee a great favor. Over that his heart must needs melt and he will love thee again.—Richter.

Others

Such are still observing upon others are like those who are always abroad at other men's houses, reforming everything there, while their own runs to ruin.—Alexander Pope.

"The Only Medicine My Children Have Ever Had"

"From the day I purchased the first box for my first baby until the present day, BABY'S OWN TABLETS have been the *only* medicine my four children have ever had," writes Mrs. Harry Pilmer, Cumberland Bay, N.B. "This proves beyond doubt that BABY'S OWN TABLETS, by correcting slight disorders very efficiently at the beginning, prevent more serious ailments developing."

Mrs. Norman Langille, New Germany, N.S., says: "I have used BABY'S OWN TABLETS *exclusively* in rearing my three babies. My little girl, who was troubled for a long time with stubborn costiveness, derived the greatest benefit."

Give YOUR child BABY'S OWN TABLETS for teething troubles, upset stomach, colic pains, simple fevers, colds, constipation, sleeplessness, or whenever he is cross, restless and fretful. Children take these sweet little tablets as readily as candy—and they're absolutely SAFE (See analyst's certificate in each 25-cent package.)

Over 1,250,000 packages sold in 1931.

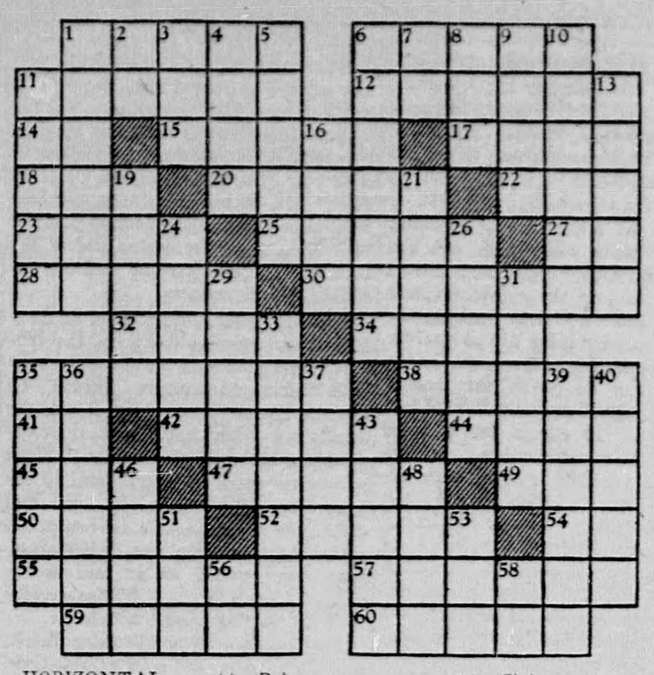
DR. WILLIAMS'

BABY'S OWN TABLETS

Make and Keep Children Well—As Mothers Know

229

OUR CROSS-WORD PUZZLE



HORIZONTAL

1—Pile
6—Rows
11—Selected
12—Spirit
14—Conjunction
15—Requests
17—To fag
18—To put on
20—Stream of oblivion
22—Corded cloth
23—Days before
25—Parts of body
27—Thus
28—Stitched
30—Decorum
32—Organs
34—New star
35—Holds
38—Pertaining to Wales
41—Part of "to be"
42—Slumber
44—Roll
45—Heavenly body
47—Sly looks
49—Bow
50—Egyptian goddess
52—Test
54—Pronoun
55—To withdraw
57—Clerical vestments
59—Spanish title
60—Dealt.

VERTICAL.

1—Day of merrymaking
2—Part of infinitive
3—Serpent
4—Small room
5—To genuflect
6—Mode
7—Within
8—Landed
9—Mohammedan officer
10—Most certain
11—Ciphers
13—Hindu soldier
16—Small particle
19—More modern
21—To equip
24—Scorches
26—To part
29—Humorous
31—Reception
33—More saccharine
35—Foundation
36—Entertains
37—Prophet
39—Packed
40—Infernal region
43—A solid figure
46—Fine
48—To surfeit
51—Japanese coin
53—Fortune
56—To act
58—French for "the"

French Committee Formed To Curb Auto Accidents

Paris.—A committee to investigate the pathological causes of motoring accidents on the public highways of France has been named by Justin Godart, Minister of Public Health.

Such accidents, M. Godart points out, constitute a growing danger to the population, and they often are said to be due to some physical or mental weakness of the man at the wheel.

"The heavy meals and the libations of Sunday outings," the Minister observes, "are to a certain degree responsible. But allowance must also be made for the slight disturbance of mental equilibrium which is common and which is augmented by the sensation of speed, the excitement of passing other cars and other incidents of driving an automobile. Moreover, the fatigue of long hours at the wheel weakens and even annihilates the attention and the reflexes."

Several leading medical men have agreed to serve on the committee. They will have the expert assistance of Baron Petet, president of the Chamber of Automobile Constructors; Viscount de Rohan, president of the Automobile Club of France, and Edmond Chaix, president of the Touring Club of France.

"My Only Medicine"

Mrs. McEachnie Says Dr. Williams' Pink Pills Helped Her at Every Crisis in Life

Greatly Benefitted Her

"Dr. Williams' Pink Pills have been a real friend to me in all stages of life," writes Mrs. Archie McEachnie, Hopeville, Ont. "I commenced taking the Pills when I was just budding into womanhood as a very delicate girl. I was much benefitted. Then at the critical time of life, I again took Dr. Williams' Pink Pills, and they certainly helped me through that period safely. Now at 60, every time I feel a little out of sorts, I take them—they have really been my only medicine."

Growing girls, and women at the dreaded time of life, have special need of Dr. Williams' Pink Pills. The rich new blood cells created by these Pills carry to every part of run-down systems the vigor-building properties required to restore health and strength. Try them. At your druggist's in protective glass containers, 50c.

Artists Form Co-operative

Rio De Janeiro.—With "nothing over $10" for a slogan, Brazilian artists have followed the example of their Greenwich Village brethren and have formed an association through which they hope to sell more paintings. The resolution leading to the formation of the association states that "unemployment, plus the high cost of living," are responsible for the lack of buyers. The artists believe, however, that sales could be made if paintings were offered through a central agency and exhibited under one roof.

"What game of bridge does your wife play?"

"Judging from the cost, I think it must be toll bridge."

Steal Cigarettes From Postoffice

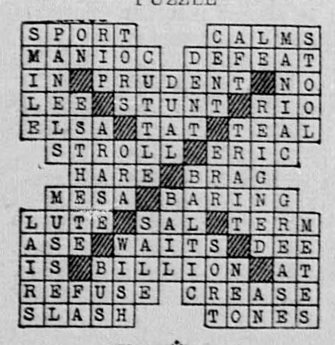
Thieves recently stole 150,000 cigarettes from the Bristol (England) postoffice.

WHOLE FAMILY WITH INDIGESTION

A mother of four writes:—"Myself and family of four all seemed to suffer from acidity, pains in the back, and other forms of indigestion. I suffered whatever I ate. But since we have been taking Kruschen (for the last three months) we can eat anything, and all enjoy our food much better. We never have a trace of acidity or pain now. I think it is wonderful—it has no upsetting results. Whatever we may have to go without, we could not give up Kruschen."—(Mrs.) M. K.

Kruschen Salts swiftly neutralizes acid, takes all the torment out of it, and gently expels it from the system. And by stimulating your organs of elimination to perfect regular action, Kruschen will prevent this harmful acid from ever accumulating again. After that you'll experience no more misery after meals. Kruschen will keep your inside clean and serene. Pure and invigorated blood will be sent coursing to every part of your body. You'll feel wonderfuly energetic and well. As healthy and hearty as it is humanly possible to feel.

ANSWER TO LAST WEEK'S PUZZLE



More Women Use "Gyms"

London.—The 1932 woman is as keen on physical fitness as any modern male, and at one place which caters to the training needs of both sexes women outnumber men by two to one.

In the heart of the city is the St. Bride Institute, near Ludgate Circus, where 180 women workers in city offices go three times a week for physical training classes. The men's class numbers but eighty and is held only twice a week.

Reginald Berwick, institute manager, declared that the predominance of women in clubs of this kind, was due, not to the laziness of men, but to the fact that they had a greater number of interests and had to work longer hours.

When a man's life is at stake no delay is too long.—Juvenal.

Shoelastic

ECONOMY PRODUCTS CO.
20 Hayter St., Toronto

The quality of RED ROSE makes it good value whichever price you pay

Red Rose Tea

Red Label, 25c. ½lb.

Orange Pekoe, 38c. ½lb.

Scott's Vision of Life

According to the London Times' Literary Supplement, if we tried to select a scene from the Waverley novels that should sum up Scott's vision of life we might do worse than choose the episode at the beginning of "Montrose," in which the M'Aulays brothers are in wager with the English visitors, who had been flaunting their silver plate in their own home, to show "mair candlesticks, and better candlesticks . . . than were ever lighted in a hall in Cumberland." When the moment comes the Englishmen are ushered into a dining hall where behind every seat stands a gigantic Highlander a drawn sword in his right and a blazing torch in his left hand.

"Behold, gentleman cavaliers, the chandeliers of my brother's house," cries Allan, "the ancient fashion of our ancient name . . . Would you dare to compare to them in value the richest ore that was ever dug out of the mine? How say you, cavaliers—is your wager won or lost?"

"Would you dare to compare to them," we imagine Sir Walter crying to his detractors to-day, as he points to his throng of robust and brilliant creatures, "the blackest ore that was ever dug out of the psycho-analytical mine?" And we know who has won the wager.

Gems from Life's Scrap-book

"Holiness is an unselfing of ourselves."—F. W. Faber.

"Holiness is the architectural plan upon which God buildeth up His living temple."—C. H. Spurgeon.

"Seek and possess holiness and consolation will follow as assuredly as warmth follows the dispensation of the rays of the sun."—Upham.

"Holiness is religious principle put into motion. It is the love of God sent forth into circulation."—F. D. Huntington.

"The most holy men are always the most humble."—Aughey.

"Being is holiness, harmony, immortality."—Mary Baker Eddy.

"The narrow way, the way of holiness, not only leads to life, but it is life."—Richard Fuller.

Remember—John Wesley lived the holiness he taught.

When a man has once forfeited the reputation of his integrity, he is set fast, and nothing will then serve his turn, neither truth nor falsehood.—Tillotson.

Old Gold, Jewellery, Etc.,

bought for cash. Send it to us by registered mail, and we will advise you how much we can allow you.

ELLIS BROS., JEWELLERS,
98 Yonge Street, Toronto.

Stuffed up inside?

Feen-a-mint is the answer. Cleansing action of smaller doses effective because you chew it. At your druggists—the safe and scientific laxative.

Feen-a-mint

FOR CONSTIPATION

Cuticura Ointment

To soothe and heal burns, cuts, rashes and all skin irritations of childhood.

Price 25c. and 50c.

CORRECT THE CAUSE OF CHILD'S FAILING

Children should not be punished for bed-wetting. It is caused by weakness of kidneys or bladder. Mothers will find our home treatment helpful for their little ones. Send no money, but write today for Free Trial Treatment. Adults with urinary weakness will also find our treatment beneficial.

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ANY FORMULA, $1.00 EACH. WRITE Midland Laboratory, 308 Burns St., Winnipeg, Man.

Coolies Carry 100-Lb. Packs

In the Hupeh Hills of China coolies carry 100-pound packs. Men and wheelbarrow are sued for freight near the place called the future trade center.

"We had a large party to supper last night." "Business acquaintances?" "No; just the wife's mother."

OFF COLOUR? HOW IS YOUR LIVER?

Wake up your Liver Bile —Without Calomel

Your liver's a very small organ, but it certainly can put your digestive and eliminative organs out of kilter, by refusing to pour out its daily two pounds of liquid bile into your bowels. You won't completely correct such a condition by taking salts, oil, mineral water, laxative candy or chewing gum, or roughage. When they've moved your bowels they're through—and you need a liver stimulant.

Carter's Little Liver Pills will soon bring back the sunshine into your life. They're purely vegetable. Safe. Sure. Ask for them by name. Refuse substitutes. 25c at all druggists. 48

DR. PLUMB'S PERFECT PIPE

The name is stamped on the stem—and the word, "PLUMB" is impressed in white on the mouthpiece.

BEWARE OF IMITATIONS

$1.00

A wide variety of models to choose from.

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for CHAPPED SKIN

Dilute Minard's with one-half sweet oil or cream. Apply once a day. For Frost Bite use the Liniment freely and undiluted.

No trouble. Very healing!

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MINARD'S "KING OF PAIN" LINIMENT

WEAK WOMEN

Take Lydia E. Pinkham's Vegetable Compound

Have you ever felt that you were too weak to do anything . . . that you did not have the strength to do your work?

Women who are weak and run-down should take a tonic such as Lydia E. Pinkham's Vegetable Compound. Headaches and backaches that are the result of a tired, run-down condition often yield to this marvelous medicine.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.

Protect Your Boy

From coughs and colds

SCOTT'S EMULSION

of Norwegian Cod Liver Oil

Builds Resistance Easy to Take

21