In Bed for Weeks

Miss Kerton Was Nervous and Anaemic Until Dr. Williams' Pink Pills Restored Her Health

Experienced Wonderful Relief

"I believe it is my duty to tell other sufferers of the wonderful relief I experienced from taking Dr. Williams' Pink Pills for anaemia," writes Miss Mamie Kerton, Badjeros, Ont. "For three years I suffered from weakness, shivering and fainting spells, feeble pulse, poor appetite. I was nervous, restless and always pale. I was in bed for weeks at a time, until I put Dr. Williams' Pink Pills to the test. After taking three boxes I was restored to my normal health."

Thousands of other young women have been benefitted as Miss Kerton was. Dr. Williams' Pink Pills rebuild health by actually creating an abundance of new blood and increasing the blood cells thereby restoring wasted tissues and revitalizing the exhausted nervous system. Growing girls are greatly helped by Dr. Williams' Pink Pills. Try them. 50c a package at your druggist's.

Ocean Voyage

Pulse of engines underneath,
Ceaseless, faithful as a heart;
Order, shining whiteness, peace;
Current of a world apart—
World where days are marked by bells,
Nights are watches, and the while
Fleet-of-foot men serve the ship,
Mile slips by on rolling mile.

Overhead the bright blue dome
Curving to the water's rim;
Rainbow-tinted in the dusk,
Mystical, poetic, dim;
Opalescent in the dawn,
Palely brilliant at high noon;
Star-strewn in the velvet night,
Cloud-wracks flying past the moon.

All around the restless sea,
Blown to fury . . . smooth as glass;
Foam-lace spreading in the wake;
Flecks of distant ships that pass;
Seaweed gardens; purple depths
Where the magic kingdoms are;
Fish that leap in silver arcs;
Moon paths leading to a star.

—Adele de Leeuw.

"The world suffers a great deal from people who are uninteresting, because they themselves are not interested in anything."—Sir Adale Roche.

For COLDS

"I always use BABY'S OWN TABLETS to break up my baby's colds," writes Mrs. Wilbert Colquhoun, Sturgeon Falls, Ont.

"When I see a cold coming on, it is to BABY'S OWN TABLETS that I turn," writes Mrs. Robert Greenhorn, Philipsville, Ont.

Mothers everywhere report in like vein of the safe, sure results that follow the use of BABY'S OWN TABLETS in treating children's colds, teething troubles, simple fevers, disordered stomach, colic, constipation. 25 cents.

Dr. Williams' 246

BABY'S OWN TABLETS

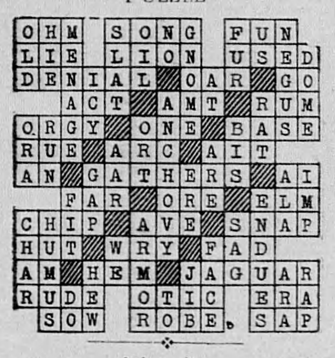
Lisbon Traffic

Wheeled traffic offers more variety in Lisbon than in many other capitals of Europe. Modern traffic is very much in evidence; motorcars of all makes hoot their way through crowds of leisurely pedestrians, electric trams, turning sharp corners with grinding sound of wheels, urge stately coaches to give them free passage, by means of a nemphatic bell. The coaches oblige, and with more expedition than do the pirate tram-cars, already described. These coaches are a link with the past. They rumble rather heavily over the stone pavement, drawn by horses decked out in a brave lisplay of plated harness. The coachman is generally a typical Portuguese servant, with long side-whiskers, and he urges his steeds to high stepping rather than to speed. The horses are of the breed that figures in paintings of the seventeenth and eighteenth centuries, having small heads and round rumps, wavy flowing tails, arched crests and waving manes, and so much action that pace has to suffer; but dignity is maintained. . . .

Yet more primitive vehicles roll through the streets of Lisbon, plain box-like carts on solid wooden wheels, of a design unchanged since Roman times. These carts have a talent, far more pronounced than that of the pirate tram, for getting in the way and impeding traffic; the drivers are as impervious to objurgation as the oxen that draw these obstructive conveyances.

These varied forms of vehicles make up the daily pageant of the streets.—Captain B. Granville Baker, in "A Winter Holiday in Portugal."

ANSWER TO LAST WEEK'S PUZZLE



Adversity

Sweet are the uses of adversity, which,
like the toad,
Ugly and venomous, yet wears a jewel
in its head. —Shakespeare

A Unique Club

There has been no sign given that the Ugly Men's Association of Perth, West Australia, is going to change the name of the institution. The qualifications for membership which have always been simply the possession of ugliness have not, as far as can be learned, been altered.

No doubt the members go about full of a sort of perverse, boyish pride in the possession of their unprepossessing exteriors. Of such institutional detail one can speak but in whimsical suppositions and fancies, for exact information is lacking. On one point, however, there remains no question. The record of this strange club bears out the old quotation, "Handsome is that handsome does."

This organization, which in 1919 raised £6000 to teach men carpentry, blacksmithing, and other pursuits, has lately purchased a farm for the training of boys in agriculture. During the next 18 months, says a press dispatch, "the Uglies" hope to train 1000 boys.

If this is the way ugly men comfort themselves when they organize let us hope that they get together in increasing numbers. What the world needs, in other words, is more ugly men, and them organized. Like that famous ugly man of literaturre, Cyrano de Bergerac, the members of the Ugly Men's Association undoubtedly carry their adornments in less material molds.—The Christian Science Monitor.

THREW AWAY HIS STICK

When Sciatica Yielded to Kruschen

There can be no doubt that this man has finished walking with a stick, for it is now four years since he discarded it.

He writes:—"For 18 months I suffered with chronic sciatica and rheumatism, and was unable to walk without the aid of a stick. But after taking Kruschen Salts for a short time, I was able to throw away the stick. It is now four years since this happened, and I have had no return of the complaint, and have not lost a day from work. I shall never be without Kruschen Salts, as they are worth their weight in gold. You can use this letter as you please, as I can honestly recommend Kruschen Salts to any sufferer."—C. F.

If the eliminating organs become sluggish, they permit harmful uric acid to accumulate and deposit itself in the tissues, muscles and joints in the form of needle-pointed crystals, which, piercing the nerve sheaths, cause excruciating pains of sciatica. The six salts in Kruschen stimulate the eliminating organs to healthy, regular action. Mischievous uric acid is then given no chance to collect.

Taken Literally

A census taker, on asking a woman how old she was, received the following answer:

"Do you know how old the Hill girls next door are?"

"Sure."

"Well, I am as old as they."

The census taker wrote down, "As old as the hills."—Congregationalist.

Owl Laffs

First Floorwalker—"Poor old Perkins has completely lost his hearing. I'm afraid he'll lose his job."

Second Floorwalker — "Nonsense! He's to be transferred to the complaint department.

Hot Blasts

Some minds are so open that they appear unable to hold anything. Nobody loves a flat man. A man is sometimes known by the ignorance he is willing to admit. And remember that good luck is a lazy man's estimate of a worker's success. Make the best of the trouble you have and don't go around hunting for more. A wave of emotion has swept more than one man into the sea of matrimony. When a woman cleans her husband's pipe—well, she surely loves him.

Fetch a Basket

"Have you noticed how Ashton drops his aspirates?"

'It's nothing to the way he drops his vowels. I've got more than a dozen of his I. O. U's."

And after all, isn't the modern girl fith her paint, lipstick and rouge just about as real as grandmother was with the false hair and bustles?

He—"Oh, you mustn't blame me for my ancestors."

She—"I don't. I blame them for you."

All Set For a Massacre

"I told my wife I would shoot any man who had flirted with her at the seaside."

"What did she say?"

"She told me to bring a machine-gun."

Willie—"I'm ready to eat now, mother."

Mother—"Have you washed your face?"

Willie—"No."

Mother—"No what?"

Willie—"No soap."

Incriminated

Guest—"Your little daughter looks so good and quiet."

Hostess—"I hadn't noticed. Mary, come here—what naughtiness have you been up to now?"

Caller—"And what are the twins to be named, Johnny?"

Johnny—"Helen and Maria."

Caller—"Why, no, Johnny, it can't be that."

Johnny—"Well, that's what Daddy said when the nurse brought them in."

The advertisement read thus: "Before you put the baby on the floor, clean it thoroughly with our Vacuum Cleaner."

Knows His Oats

Beginner—"Now, my man, I want to hire a horse. How long can I have it out?"

Groom—"Well, sir, we usually leave that to the horse."

It takes more than one swallow to make a summer—and more than one flirtation to make a vacation.

Grace—"I didn't accept Bob the first time he proposed."

Graceless—"No, you weren't there."

Says a famous novelist: "A man of experience can generally tell a woman's age." But he lacks experience if he does.

"Who invented high heels?" asked a magazine writer. One theory is that it was the idea of a short pretty girl who was continually being kissed on the forehead.

Trials of the Gold Standard

According to the medicos blonde sun-bathers blister very easily. So it appears that blisters as well as misters prefer blondes.

Amusement

Let amusement fill up the chinks of your existence, but not the great spaces thereof.—Theodore Parker.

Classified Advertising

AN OFFER TO EVERY INVENTOR. List of wanted inventions and full information sent free. The Ramsay Company, World Patent Attorneys, 273 Bank Street, Ottawa, Canada.

REMEDIES FOR ALL SICKNESSES. Write Mrs. Anna Penner, 308 Burns St., Winnipeg, Man.

FORMULA.

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

All Children Benefit

From the body building and health promoting

SCOTT'S EMULSION

of Norwegian Cod Liver Oil

Rich in Vitamins A and D

CERTAINTY—COMFORT

for HEALTH'S SAKE BE REGULAR

DONT TAKE NOXIOUS DRUGS

A GUARANTEED REGULATOR ABSOLUTELY HARMLESS

MENSTRU-AID

NOT A MEDICINE

NO NAUSEOUS MEDICINES EASILY USED

Price $3.00 MONEY BACK GUARANTEE

SUFFICIENT FOR SEVERAL TREATMENTS IN THE MOST STUBBORN CASES WITH FULL DIRECTIONS

for DYSMENORRHOEA for AMENORRHOEA

WALTANNE REMEDIES DEPT. W. 2 College St. - Toronto Ont.

Feen-a-mint The Chewing Gum LAXATIVE For Adults and Children

INSIST ON THE GENUINE

No Taste But the Mint

For Constipation Non habit forming Safe Scientific

for CHILBLAINS

Be generous with the Minard's after you've bathed the hot, itchy parts with warm water. Rub the Liniment in well—often.

What a relief!

MINARD'S "KING OF PAIN" LINIMENT

HELP FOR TIRED WIVES

Take Lydia E. Pinkham's Vegetable Compound

Wives get tired during these hard times. They are the ones who must bear the burdens of the family. When the husband comes home with less money in his pay envelope . . . it is the wife who must struggle along and make the best of things.

If you are tired . . . worn out . . . nervous, try Lydia E. Pinkham's Vegetable Compound. What you need is a tonic that will give you the strength to carry on.

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.

The Friend of Every Mother

Cuticura Soap

Who Values Her Children's Skin Health

Price 25c.

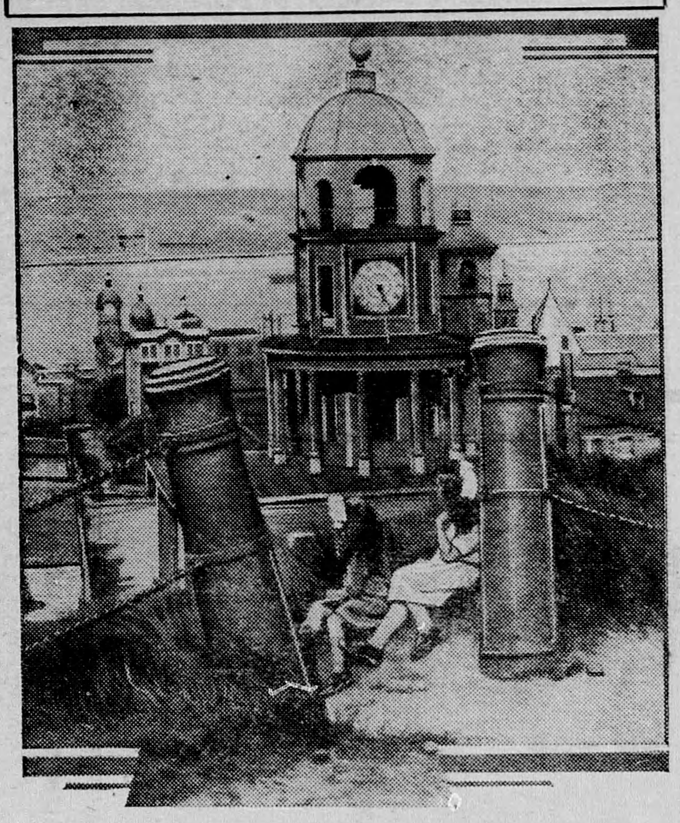
CORRECT THE CAUSE OF CHILD'S FAILING

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.

VANDERHOOF & CO., Box 25 Windsor, Ont.

For Sale by Leading Druggists

+ Do You Know? +



That one of the oldest town clocks in North America is situated in Halifax, Nova Scotia? It was erected in 1802 and except for a few intervals for repairs it has been giving the time continuously since that date.

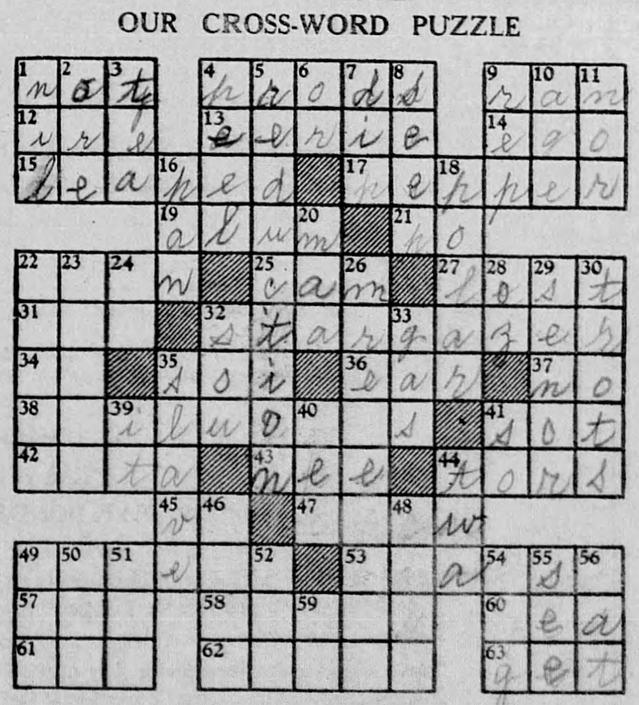
MORNING AFTER

"Made in Canada"

● Eat, drink, and be merry! No need to feel "sunk" next day. Take a laxative dose of Phillips' Milk of Magnesia when you go to bed, or with your breakfast orange. It rids stomach and bowels of all lingering poisons. No headaches. No nausea. Not even a coated tongue. Get the genuine *Phillips'* Milk of Magnesia; substitutes are *not* the same.

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.

OUR CROSS-WORD PUZZLE



Horizontal

1—Negative
4—Urges
9—Operated
12—Anger
13—Uncanny
14—Personality
15—Jumped
17—Slang: energy
19—Astringent salt
21—Italian River
22—To unite with
25—Wheel tooth
27—Mislaid
31—Frequently
32—Astronomer
34—Whether
35—Hawaiian wreath
36—Grain spike
37—Negative
38—Southern Indians
41—Drunkard
42—Gallows
43—Sister
44—Jutting rocks
45—To leave
47—To expand
49—To attach
53—War instrument
57—Meadow
58—To sing
60—Affirmative
61—Boy
62—Foe
63—To obtain

Vertical

1—Nothing
2—Mineral
3—Beverage
4—To pare
5—Lessening
6—Conjunction
7—To plunge
8—To percolate
9—Corded cloth
10—Years old
11—Conjunction
16—Dish
18—Arctic
20—Large bird
22—Cross timber
23—Bid
24—Pronoun
26—Back stage apartment
28—Weight (abbr.)
29—Title
30—Jogs
32—Japanese coin
33—Fuel
35—Vassal
39—Pronoun
40—To drag
41—To such extent
44—Two (Scotch)
46—Formerly
48—Sole
49—The whole
50—Edible seed
51—Cushion
52—Tribe of Israel
54—To silence
55—To scrutinize
56—To soak
59—Note of scale

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.

Model No. 168FT

Trade enquiries to: RUBINOVICH & HASKELL LIMITED 440 McGill St. Montreal, Que.

IT'S LIVER THAT MAKES YOU FEEL SO WRETCHED

Wake up your Liver Bile —No Calomel necessary

For you to feel healthy and happy, your liver must pour two pounds of liquid bile into your bowels, every day. Without that bile, trouble starts. Poor digestion. Slow elimination. Poisons in the body. General wretchedness.

How can you expect to clear up a situation like this completely with mere bowel-moving salts, oil, mineral water, laxative candy or chewing gum, or roughage? They don't wake up your liver.

You need Carter's Little Liver Pills. Purely vegetable. Safe. Quick and sure results. Ask for them by name. Refuse substitutes. 25c. at all druggists. 54

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