Beware the dangerous days of March

DOCTORS are busy during March. Illness is rampant. Long Winter months lower vitality, blood becomes watery and the body grows susceptible to colds and illness.

March, however, can be made a vigorous, happy month. Dr. Williams' Pink Pills are a genuine aid to health and stamina. Microscopic tests show a remarkable increase in the blood count after treatment.

This world-renowned remedy, discovered by a Canadian doctor, definitely enriches the blood and ensures more oxygen for the tissues.

Increase your resistance to disease,—bring back your strength if run down. Buy a box of Dr. Williams' Pink Pills today. At all druggists and dealers in medicine or by mail, postpaid, at 50 cents, from The Dr. Williams Medicine Co., Brockville, Ontario. 3-19

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 54 COUNTRIES"

"Religion by mail" is offered. How much of it will go to the dead-letter office?

Minard's Liniment prevents Flu.

A Texas man says it's his ambition to have a suit of clothes for each day. Most of us have that now, but it's the same one.

25c In stamps or coins, will bring you Five High-Class Toilet Preparations (trial sizes) by return mail. Dept. W.

Chamberlain Laboratories
TORONTO (3)

Henley in the Middle Eighteen Hundreds

Early morning in Henley! From over the wooded hills in the east there comes a great flood of sunshine that lies warmly on the ruddy side of the old inn, on its evergreens and on the slopes of sweet-scented mignonette, and sweetbrier and various blossoms that adorn the bank of the river. The river itself, lying apparently motionless between level and green meadows, has its blue surface marred here and there by a white ripply of wind; the poplars that stand on its banks are rustling in the breeze; there are swallows dipping and skimming about the old bridge, and ducks paddling along among the rushes and weeds, and cattle browsing in the deep green; and farther on, some high-lying stretches of rye-grass struck into long and silvery waves by the morning wind.

All the stir and motion of the new day have come upon us; and Henley, clean, white, and red, with its town-hall shining brightly down its chief street and all its high clusters of old fashioned houses backed by a fringe of dark-wooded hills, shows as much life and briskness as are usually seen in a quaint, small, old-fashioned English town. But where the silence and the stillness of the morning dwell is away up the reach of the river. Standing on the bridge, you see the dark blue stream, reflecting a thousand bright colors underneath the town, gradually becoming greyer in hue until it gets out amid the meadows and the woods; and then, with a bold white curve that is glimmering like silver in the north, it sweeps under the line of low, soft green hills that have grown pearly and grey in the tender morning mist. Bell is standing on the bridge, too. The Lieutenant has brought out his sketch-book, and has placed it on a stone parapet before her. But somehow, she seems disinclined to begin work thus early on our journey; and, instead, her eyes are looking blankly and wistfully at the rich green meadows, and the red cows, and the long white reach of the river shining palely beneath the faint green heights in the north.

"Is Henley the prettiest town in the world, I wonder?" she said.

"Yes, if you think so, Mademoiselle," replied von Rosen, gently.—From "The Strange Adventures of a Phaeton," by William Black.

Probably when Cupid twanged one in the direction of Lindy he pulled that old one about "the higher they fly the harder they fall."

One-third of the accidents in building construction are due to falling objects, says a statistician. The rule applies 100 per cent, however, in the Stock Exchange.

Broke Record

Frank Dupuis established a world record but lost the race. He established his record when on the first day he covered the initial 41 mile lap of the Eastern International Dog Sled Derby, at Quebec, in 3 hours, 22 minutes, 42 seconds. On the two succeeding days, however, Seppala, veteran Alaskan musher, succeeded in overtaking the lead and carried off the honors, but Dupuis' time for the first day has never been excelled.

OWL LAFFS
BY O.W.L.
(ON WITH LAUGHTER)

J. Climber would like to be rich for just one reason. He would carry a mechanic along with him to keep his cigarlighter in trim.

The dentist was telling about his pluckiest patient.

"He came into the surgery and began to tell me he had no faith in gas, ether or cocaine. 'The tooth's been giving an awful lot of trouble,' he said, 'and all you've got to do is to hunk it out—hunk it out.' I congratulated him on his pluck, and ased him to sit down in the chair. 'Oh, no!' he exclaimed. 'It's not for me—it's for my wife. She's in the waiting room.'"

TOUGH LUCK

Bill Smith, he filled the stove with coal,
And then he closed it tight;
Poor Bill is now without a fire,
His stove blew up that night.

Several of Toronto's flappers are wearing heavy man-size suspenders. The only way we can explain this fad is that the girls realize the desperate need of anchoring in place what little raiment they still wear.

AMBITIOUS

At a family reunion, a benevolent uncle, who had made his money in hardware, asked his young nephew: "Well, Johnnie, what do you want to be when you are a man?"

"Oh, I've made up my mind, uncle," the boy replied, promptly; "I'm going to be a retired merchant."

The Accused: "Judge, it ain't no crime to be poor. Besides, I work mighty hard sometimes findin' jobs for my wife."

The Judge: "You're right. It is no crime to be poor, but it is to run an employment agency without a license. Twenty-five and costs."

Judge: Before I pronounce sentence, have you anything to say?"

Ex-Barber: Yes, your honor, I'd like to shave the prosecuting attorney just once more."

A made friend is better than a born one.

Gert: Did you get your husband a surprise on his birthday?

Sadie: I'll say I did. You never saw a more surprised man in your life.

Gert: What did you get him?

Sadie: Breakfast.

If you don't believe surgical operations pay ask the undertaker.

Progress or no progress, men will always prefer the Womanly Woman to the Manly One.

"Is your wife an excellent cook?"

"The best little can-opener in America."

Ever hear of anyone knocking an inferior?

What to Do in an Emergency: In case of an earthquake, jump into the nearest airplane.

"I have been on the train for seven years," proudly said the conductor of a slow-moving train.

Passenger—"Is that so? Where did you get on?"

Some fellows asked Si if he was running a truck farm. Si replied: "Aw, quit your kidding. I'm not very smart but I know they don't grow trucks on farms. They make them in factories."

The scientists who are unable to account for the dark weather prevailing in Europe seem to overlook the fact that Mr. Einstein is busy explaining his theory.

Minard's Liniment for Grippe and Flu.

A DANGEROUS MONTH FOR THE BABY

Mothers Always Dread the Blustery March Days.

No month of the year is so dangerous to the welfare of little ones as is March—the month of quickly changing weather. One day is fine, the next cold and blustery. One day dry, the next wet and disagreeable. In spite of all precautions the little ones will take colds and these colds often lead to more serious troubles. Mothers, when the first symptoms appear—sneezing, redness of the eyes, running nose—Baby's Own Tablets should be given at once. They will rapidly break up the cold and prevent the more serious complications.

Mothers who keep a box of Baby's Own Tablets in the home always feel safe—just like having a doctor in the house. The Tablets are a gentle but thorough laxative that sweeten the stomach and regulate the bowels, thus driving out constipation and indigestion and relieving the baby of the many childhood ailments which are the direct result of a clogged condition of the bowels or a sour stomach.

Baby's Own Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Scotch City Has Fine Women's Club

Aberdeen, Scotland—The women of Aberdeen seem to have been particularly successful in their achievements in 1928, particularly the Aberdeen Business Women's Club. This club is unique in Great Britain, outside of London, and deserves the admiration it has aroused in other Scottish cities. Its example may well be followed by Aberdeen's neighbors, as the need is great. Miss Bettina Clark, the warden of the club, welcomed all inquiries, and Miss B. Walker, who was its founder, was enthusiastic over its possibilities.

It was felt, Miss Clark said, that Aberdeen had many young business women who needed a social center and residential club, but the difficulty was how to get it financed. Help has flowed in from all sorts of quarters, but the chief support came from the Y.W.C.A., which generously supplied the initial sum of £2000 at a small rate of interest. Two beautiful old houses in one of the best squares in the city were purchased, and on these there is a bond of another £2000. Over 700 business women have joined, which gives the club £350 in subscriptions alone. The letting of their beautiful dance hall also is a source of income, and altogether the finances of the club are in a most satisfactory position. The residents have charming rooms, and pay for room and full board only £1 a week for a north room, and 22s. a week for a south room—which seems unbelievably cheap in these days. Everything, however, seems to work out profitably in such a large family—the restaurant is charming, the food appetizing but all help the venture to pay its way. The girls, Miss Clark said, were keen on having the club free, and are constantly devising new ways and means to clear the debt—a splendid Aberdonian trait, as the visitors remarked.

"What is this?" Miss Clark was asked pointing to what looked like a model of a Norwegian saeter.

"A present from one of our workmen," she replied. "At the time of our sale in the Music Hall we were touched and pleased to receive from every man who had been employed on the reconstruction a contribution made by himself. This beautifully made model, presented by a joiner, was won by a well-wisher who returned it to the club as a gift. This attitude of the workmen was typical of the interest and goodwill our venture aroused."

In 1928 Aberdeen also appointed her first policewoman, and during the year the Soroptomists appeared on all city's horizon. Aberdeen has also one of the best industrial women's clubs in the country—the St. Katherine's Club. In addition, the Cowdray Club caters for its professional women in the city and in the country the Women's Rural Institutes have had a wonderful year of prosperity. Altogether at the present moment the women of Aberdeen seem to be leading in the club movement in Scotland, and everything points to real growth and development in the Granite City.

At Manchester, the guard, finding Isaac without either ticket or money, grabbed him by the arm and put him off the train with a well-placed kick. At the next station he found Isaac again, and repeated the expulsion, accentuating the force of the gesture. At the third station the conductor was completely astounded to find Isaac yet again. Bending low, Isaac attempted to jump off quickly enough to escape at least part of the violence of the attack. "How far do you think you're going to get like this?" asked the guard. "As far as London," replied Isaac, "if my constitution will stand it."

Some mysterious pull makes the sap of a tree rise. And this is especially true in the case of a family tree's sap.

Minard's Liniment for Coughs, Colds.

British dramatic critic says where women dominate an institution they ruin it. Indicating that man is somewhat of an institution.

SMIFLE WINDOW LOCK.

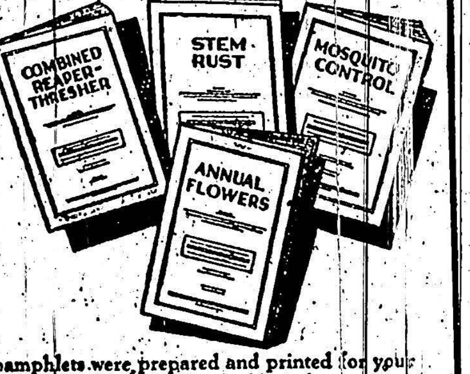
"The Holdfast Adjustable Window Lock will hold and lock any size of window open or closed, no weights required, stops all rattles and draughts. Any lady can install one in five minutes. At leading Hardare and large Dept. Stores, or send 25c (not stamps). Money back if not satisfied. Goldsmith Co., 11 Dundas St. West, Toronto.

VENO'S LIGHTNING COUGH SYRUP

For children's bronchial and chest ailments—no finer relief than Veno's Lightning Cough Syrup—Children love it.

35¢ & 75¢ V-119

Yours for the Asking



THESE bulletins and pamphlets were prepared and printed for your use. They contain a great deal of very valuable information—worked out by the staff of scientists employed by the Dominion Department of Agriculture. If any or all of them would help you in your work, or in improving your home surroundings, you may secure copies without cost—simply by marking with an "X" the ones you would like, filling in the coupon below, and mailing this advertisement to us. No postage is required.

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"Annual Flowers"—lists and descriptions of all the annuals that will grow in Canada—varieties recommended for different sections.

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Reduce the Acid

Sick stomachs, sour stomachs and indigestion usually mean excess acid. The stomach nerves are over-stimulated. Too much acid makes the stomach and intestines sour.

Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because one harmless, tasteless dose neutralizes many times its volume in acid. Since its invention, 50 years ago, it has remained the standard with physicians everywhere.

Take a spoonful in water and your unhappy condition will probably end in five minutes. Then you will always know what to do. Crude and harmful methods will never appeal to you. Go prove this for your own sake. It may save a great many disagreeable hours.

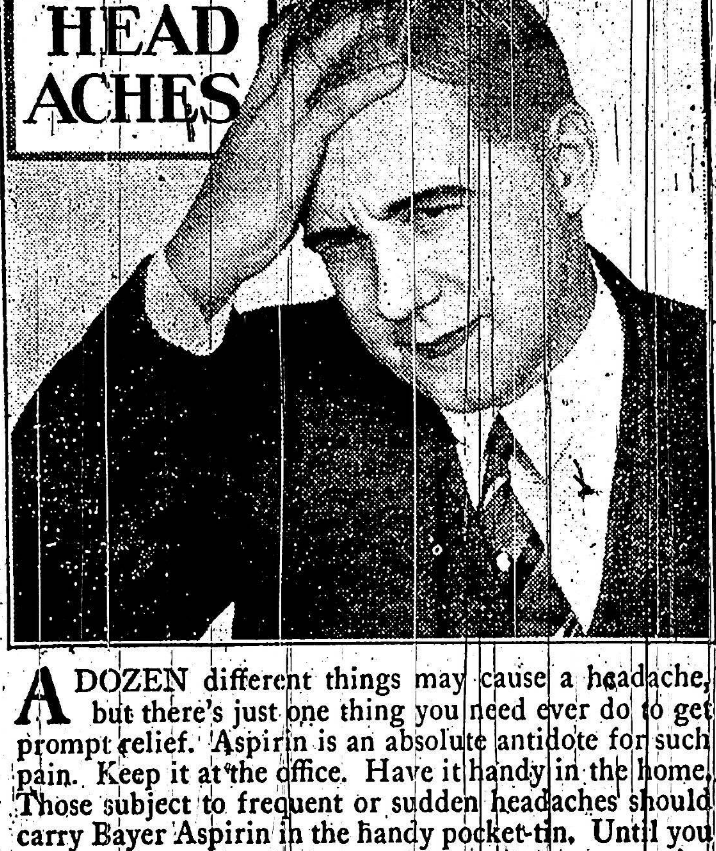
Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

Are You Ready

When your Children Cry for It

Baby has little upsets at times. All your care cannot prevent them. But you can be prepared. Then you can do what any experienced nurse would do—what most physicians would tell you to do—give a few drops of plain Castoria. No sooner done than Baby is soothed; relief is just a matter of moments. Yet you have eased your child without use of a single doubtful drug; Castoria is vegetable. So it's safe to use as often as an infant has any little pain you cannot pat away. And it's always ready for the crueler pangs of colic, or constipation, or diarrhea; effective, too, for older children. Twenty-five million bottles were bought last year.

Fletcher's CASTORIA



A DOZEN different things may cause a headache, but there's just one thing you need ever do to get prompt relief. Aspirin is an absolute antidote for such pain. Keep it at the office. Have it handy in the home. Those subject to frequent or sudden headaches should carry Bayer Aspirin in the handy pocket-tin. Until you have used it for headaches, colds, neuralgia, etc., you've no idea how much Aspirin can help. It means quick, complete relief to millions of men and women who use it every year. And it does not depress the heart.

Aspirin is a Trademark Registered in Canada

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Blending Red Rose Tea is an art. To obtain the fine flavor and full-bodied richness required years of experience. Every package guaranteed.

RED ROSE TEA "is good tea"

RED ROSE ORANGE PEKOE is extra good

A bright little miss, who always has a ready answer, started in to take a bath the other evening. When she discovered that the soap was missing. So she climbed out of the tub and dripping wet and without stopping to throw over her small body even a bathrobe, pranced downstairs to get the soap. When she returned, her older sister took her to task. "That's a pretty thing to do," said she. "What if the minister had happened in?" "If the minister had happened in," ... "Well, I'd have pointed ... at him," replied the young ... "I'd have said: 'Mr. ... look the other way.' This is ..."
—Rochester ...

Use Minard's Liniment for ...

They have exiled Trotsky from Russia, but was it a reward or punishment?

FARMERS

Requiring British help—Single men, women or families, to assist in farm work, should write ... MacGregor, 43 Victoria St., Toronto. These people will be arriving after March 15.

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List of "Wanted" ... and Full Information on Request.
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Tires, Coaster ... Wheels, Inner Tubes, Bells, Cyclometers, Equipment and ... cycles. You can ... plies from us ... prices. Catalogue ...

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Sample Soap, Ointment, Talcum free. Address: "Cuticura," Box 2,616, ... Canada.

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A-1 BABY CHICKS. WE HATCH four varieties, price 9c up. Write for free catalogue. A. H. Switzer, Granton, Ontario.

HEMSTITCHING AND PICOTING attachments, fits any make of machine, price 75c, instructions with attachment. M. Kinrend, 31 Spruce Court, Toronto.

WHAT DO YOU WANT? BEST American Illustrated self-help magazine you ever saw. Send ... for ... months' trial. The Balance, 526 No. ... Claremont Ave., Chicago.

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Don't Wait

Until you get the

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Minard's Liniment

at the first sign of it. Its Healing Qualities are Amazing. THE OLD RELIABLE

Acts Like a Flash In Relieving Colds

That's why so many people use "Buckley's" to end Coughs, Colds, Bronchitis and all Throat, Chest and Lung troubles. It's instant, pleasant, guaranteed. You'll note its amazing powers in the very first dose ... there are 40 doses in a 75-cent bottle ... Ask your druggist for "Buckley's".
W. K. Buckley, Limited
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BUCKLEY'S MIXTURE
Acts like a flash—a single sip proves it
75c and 40c

Feeling Run Down?

Over 400,000 women and girls who were weak, "blue," nervous, run-down, and unable to do their work properly, have improved their health by taking Lydia E. Pinkham's Vegetable Compound. By accurate record, 98 out of every 100 report benefit. You can be almost certain that it will help you too.

Lydia E. Pinkham's Vegetable Compound

"DON'T YOU THINK AN OLD LADY LIKE ME WOULD BE HAPPY TO BE RID OF HER DEAFNESS AND CATARRH?"

Restored Hearing and Catarrhal Relief Brings Happiness to Many!

Trial Treatment Free!

This free-trial offer brings to the afflicted the opportunity to improve their hearing, stop head noises and heal catarrh—all without any initial expense or cost whatever.

If you are a sufferer from one of these troubles, you are urged to ... The Dr. Coffee Home Treatment ... Deafness has benefited the hearing of many others in a comparatively ... whether the trouble was ... or if other methods had failed ... should bring the same results for ...

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Many cases treated for deafness and severe head noises have resulted ... much happiness to the ... other members of the family ... This scientific home method, ... enviable record of relieving ... and head noises, has also freed ... over the U. S. and Canada from catarrhal troubles.

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If you have catarrh, ... embarrass your friends, ... and all of those who are close by, ... Dr. Coffee treatment may ... of this dreadful disease? And why let this loathsome condition grow worse until the infection spreads to the tubes connecting the nose and throat with the ears? That is ...

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Write for Trial Treatment ... send it FREE, all charges ... together with FREE Book ... you ought to know about ... noises, catarrh. If ... for you, the Dr. Coffee ... help you overcome ... catarrh troubles ... today and do this all for yourself at once.

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Please send me your Free Trial Treatment, and your Free Book on "Deafness, Head Noises and Catarrh," both by prepaid parcel post. It is understood that this does not obligate me in any way. (Either print your name and address or write plainly.)

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Town.................. State..........

Do you want treatment for deafness and head noises or simply for nasal catarrh? State which.