

LITTLE WORRIES IN THE HOME

These Bring the Wrinkles and
Pallid Faces That Make Women
Look Prematurely Old.

Almost every woman at the head of a home meets daily many little worries in her household affairs. The care of her little ones, the work about the house all contribute to these worries. Most of them may be too small to notice an hour afterwards, but they constitute a constant strain that affects the blood and the nerves and make women look prematurely old. The effect of these little worries may be noticed in sick or nervous headaches, fickle appetite, tiredness after slight exertion, and the coming of wrinkles which every woman dreads. To those thus afflicted Dr. Williams' Pink Pills offer a speedy cure; a restoration of color to the cheeks, brightness to the eye, a hearty appetite and a sense of freedom from weariness. Among the many thousands of Canadian women who have found new health and strength through these pills is Mrs. G. Strasser, Acton West, Ont., who says:—"I am the mother of three children and after each birth I became terribly run down. I had weak, thin blood, always felt tired, and unable to do my household work. After the birth of my third child I seemed to be worse, and was very badly run down. I found the greatest benefit from the Pills and soon gained my old time strength. Indeed after taking them I felt as well as in my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can procure them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

"ALL GONE."

Children Killed in Explosion—Soldier Husband Killed on Duty.

In one hospital I visited, where beds were made up on the floors and in corridors, I witnessed one of the most pathetic incidents in connection with the terrible munition factory explosion in January, says a writer in the London News. A woman of the working class, her face drawn with agony, her eyes tearless, came to inquire for her two little girls, aged 5 and 7 respectively. They had gone on an errand for her and had not returned. The police had advised her to come to the hospital. In detail the mother described the children's clothing.

Yes, they had been admitted. She identified the tattered little frocks. Gently the matron placed her arms around the woman's waist, whispered something to her, and led her to a seat. Then the tears blinded her eyes.

"My God!" she gasped. "All gone!" The woman's husband had died on the western battlefield, and the news of his death was only received on the morning of the tragedy.

ANOTHER RECORD SET.

Sun Life of Canada Makes Splendid Showing.

To hold first place amongst Canadian life insurance companies in amount of insurance in force, assets, surplus and income is the distinction of the Sun Life of Canada. New business to the amount of over \$42,700,000 was written during the last year, bringing the assurance in force up to a total of over \$281,000,000, which amount is three times as large as that in force twelve years ago.

It is to be noted that assets now total practically \$83,000,000, an increase of over \$8,500,000 for the year. The net surplus over all liabilities and capital also show an increase for the year of close on \$1,000,000. \$7,578,000 were paid to policy holders during the twelve months period just closed. Further details of this company's business for the past year will be found elsewhere in this issue.

16 ⁹⁵ **ON TRIAL**
Upward **American**

FULLY GUARANTEED
CREAM

SEPARATOR



ASOLID PROPOSITION to send you, well made, easy running, perfect skimming separator for only \$16.55. Closely skims warm or cold milk. Makes heavy or light cream. How is quality tested, easily cleaned. Different from picture, which illustrates larger capacity machines. See our easy Monthly Payment Plan. Shipments made promptly from Winnipeg, Man., Toronto, Ont., and St. John, N. B. Whether dairy is large or small, write for handsome free catalog and easy payment plan.

AMERICAN SEPARATOR CO.
Box 108 Bainbridge, N. Y.

DAYLIGHT SAVING IS OLD.

And People Accomplished in a Beautifully Simple Way.

What a lot of agitation there is over the "daylight saving" reform! Imported from across the seas, it has been hailed by superficial thinkers as a new discovery. There are some who rest not night or day in their zeal to spread its adoption. They flatter themselves that they are pioneers of a great advance. They presume too much. They have nothing new. They are seeking to effect by dint of ponderous legislation, which presupposes a great wave of reform to set it in motion, what their fathers brought about in a very swift and simple way, and that many years ago. Of course, they were not slow to observe what a lot of good time there is before breakfast in the summer. They also knew the tendency of people, especially young people and hired men, to linger in bed and waste this good time. So they fixed it. They set forward the clock 20 minutes, half an hour, an hour. No agitation, no legislation. Just turn the pointers. It did the trick. By virtue of this sort of daylight saving they were able to say to the laggard son or the slow hired man who turned up for work as late as 6 o'clock, "Where've you been all the forenoon?"

Fooing "Sunny."

Human traits are constantly appearing in our domestic pets, much to our own amusement. If we would only profit by them as we observe them! A real, full-blooded English bulldog has been in our family for seven years, writes a Youth's Companion contributor, and as time goes on we find him more and more human. One of his traits has amused us for years. Sunny, as the dog has been appropriately named, is very particular about his food. Real, old-fashioned dog biscuit is beneath his dignity. When a bowl of biscuit is put down for his supper, he sniffs with disgust and turns away. But resting conveniently close at hand is a little papier-mache model of a bulldog that rejoices in the name of Fido. All that we have to do in order to bring Sunny back to his bowl is to call "Here, Fido, Fido!" and to put Fido in front of the dinner. So long as he feels that some other dog may possibly get the food, Sunny will eat every crumb, and with a grunt of satisfaction nose Fido out of the way. Is not that precisely the nature of some humans?

BABY'S OWN TABLETS OF GREAT HELP

Mrs. Wm. Artlett, Ancaster, Ont., writes:—"I have used Baby's Own Tablets for three years for my little girl and baby boy. I have found them of the greatest help during the teething period and always keep them in the house." The Tablets aid teething babies because they regulate the stomach and bowels, thus preventing constipation, diarrhoea and convulsions. They promote healthful sleep and keep baby well and happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Using Waste Places.

The Parks Committee of the London County Council reports that it has not been necessary to exercise the compulsory powers in regard to land for cultivation, the owners cheerfully giving up their land. Lord Derby's deer park at Knowsley has been ploughed up and more than one hundred acres are to be converted into wheat land. Motor tractors which cut from three to six furrows at a time were employed. Forty acres of the racecourse at Northampton, which has been used as a recreation ground since the abolition of racing, will be ploughed up.

STOMACH MEDICINES ARE DANGEROUS

DOCTORS NOW ADVISE MAGNESIA

Just how dangerous it is to indiscriminately dose the stomach with drugs and medicines is often not realized until too late. It seems so simple to swallow a dose of some special mixture or take tablets of soda, pepsin, bismuth, etc., after meals, and the folly of this druging is not apparent until, perhaps years afterwards, when it is found that gastric ulcers have almost eaten their way through the stomach walls. Regrets are then unavailing; it is in the early stages when indigestion, dyspepsia, heartburn, flatulence, etc., indicates excessive acidity of the stomach and fermentation of food contents that precaution should be taken. Drugs and medicines are unsuitable and often dangerous—they have little or no influence upon the harmful acid, and that is why doctors are discarding them and advising sufferers from indigestion and stomach trouble to get rid of the dangerous acid and keep the food contents bland and sweet by taking a little pure bisurated magnesia instead. Bisurated Magnesia is an absolutely pure anti-acid which can be readily obtained from any drug store. It is absolutely harmless, is practically tasteless and a teaspoonful taken in a little warm or cold water after meals, will usually be found quite sufficient to instantly neutralize excessive acidity of the stomach and prevent all possibility of the food fermenting.



MURAD

CIGARETTES

*Everywhere
Why?*

*The blending
is exceptional*



Shaggyros

Sun Life of Canada Sets New Records

RESULTS secured during the year 1916 re-affirm the position of the Sun Life Assurance Company of Canada as the leading life assurance organization in the Dominion. Once more it leads the field among Canadian Companies in each of the following respects:

**Largest New Business. Largest Business in Force. Largest Assets.
Largest Surplus Earnings. Largest Net Surplus. Largest Income.
Largest Distribution of Life Assurance Benefits.**

THE YEAR'S RESULTS

The following large and uniform increases registered during the year 1916 clearly demonstrate the strength of the Company's position and the confidence and prestige it enjoys in the public mind:

	1916	1915	INCREASE
Assets as at December 31st	\$82,948,996	\$74,826,423	\$8,622,573 (11.6%)
Cash Income	18,499,131	15,972,672	2,526,459 (15.8%)
Surplus paid or allotted to Policyholders	1,110,900	885,487	225,413 (25.7%)
Net Surplus as at December 31st	8,509,865	7,545,501	964,274 (12.8%)
Total Payments to Policyholders	7,578,018	7,129,479	448,537 (6.3%)
Assurances issued and Paid for in Cash	42,772,298	34,873,851	7,898,448 (22.6%)
Assurances in Force	281,434,700	257,404,180	24,030,520 (9.3%)

Coincident with the above increases, the Company succeeded during the year in effecting a substantial and important reduction in the ratio of expense, a feature which favourably affects earnings on policyholders' account.

THE COMPANY'S GROWTH

YEAR	INCOME	ASSETS	LIFE ASSURANCES IN FORCE
1872	\$ 48,210.73	96,461.05	1,084,350.00
1886	373,500.81	1,573,027.10	9,418,358.07
1896	1,886,258.00	6,388,144.68	38,196,890.92
1908	6,212,815.02	24,292,692.65	102,566,896.10
1916	18,499,131.62	82,948,996.06	281,434,699.94

SUN LIFE ASSURANCE COMPANY OF CANADA

1871

HEAD OFFICE MONTREAL
T. B. MACAULAY, President.

1917

FARMERS TEST YOUR SEED.

In the Seed Laboratory grain is tested to determine the percentage of vital seeds by placing one hundred kernels between blotters, keeping them at a suitable temperature and supplied with the proper amount of moisture in special germinating chambers. The results of such a test show what proportion of the seeds are vital, but a more accurate idea of the value of the grain for seed could be gained from a soil test. Such tests are not practicable in a laboratory where thousands of samples are under test at one time.

Any one can test seed for himself by putting one hundred seeds taken "just as they come" from the grain he wishes to test, in soil in a flower pot, box or other convenient receptacle, and keeping it moistened, but not wet, in some place where it will be not too warm in the day time, and where it will not freeze, at night; the alternation of temperature favors germination. By noticing the number of plants produced, whether they come up quickly and are strong or weak, one can determine the suitability of the grain for seeding purposes more accurately than from the results of a test which he does not see. If seed that is known to be of strong vitality can be planted under exactly the same conditions as the seed whose vitality is being determined, the test will be more valuable.

Cleaning grain over a good fanning mill to remove from one-third to one-half of the bulk including all the light, shrunken and immature seeds, will greatly improve its quality as seed.—Seed Branch Ottawa.

San Blas Indians extend equal suffrage to women.

To enable automobile drivers to signal to following vehicles an electric lamp to be worn on the back of the hand has been invented.

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have
Filled and Use at Home.

London—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense

of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Note: Another prominent Physician to whom the above article was submitted, said: "Bon-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." The Valmar Drug Co., Store 4, Toronto, will fill your orders if your druggist cannot.

PARKER SERVICE

Known Everywhere Available Everywhere

Just because there is not a "Parker" Agency near you is no reason why you should do without "Parker Service."

The excellence of our work is so well known that it need only be mentioned here.

But the convenience of our service by mail to distant customers is not. Articles of any sort can be sent us either by parcels post or express, and returned in the same manner. We pay the carriage charges one way. Every precaution is taken to ensure their safety in transit.

So many things can be "rescued" by cleaning or dyeing that the value of this service will be apparent to everyone.

When you think of cleaning or dyeing, think of PARKER'S. Send for a FREE copy of our useful and interesting book on cleaning and dyeing.

Be sure to address your parcel clearly to receiving dept.



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