

## KEEP HEALTHY DURING WINTER

Colds and Diseases May be Avoided if the Blood is Kept Pure.

Do not let your blood get thin this winter. For people who have a tendency towards anaemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, and the more restricted diet are among the many things that combine to lower the tone of the body and deplete the blood.

As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short course of treatment with Dr. Williams' Pink Pills. Do not wait until the color has entirely left your cheeks, until your lips are white and your eyes dull. It is so much easier to correct thinning of the blood in the earlier stages than later. This is well illustrated in the case of Mrs. E. Williams, Elk Lake, Ont., who says:—"I take great pleasure in letting you know the benefit I have found in the use of Dr. Williams' Pink Pills. I was in an anaemic condition, and was very weak and run down. The least exertion would leave me breathless and it was with difficulty that I did household work. I was advised to try Dr. Williams' Pink Pills, and after the use of four boxes I felt like a new person. In fact, my system seemed filled with new energy and new life. I strongly recommend this medicine to all who feel weak or run down."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip or fevers. The pills are guaranteed to be free from opiates or any harmful drug and cannot injure the most delicate system.

You can procure Dr. Williams' Pink Pills through any dealer in medicine, or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

### A Little Wreck.

Sam, Mr. Clark's man of all work, was delighted when his employer taught him to drive the new Ford, and one Saturday evening he asked to have the car Sunday "to go to preachin' a mile down de road." Mr. Clark consented, telling him to bring the car back Sunday afternoon, and Sam drove off proudly. Sunday afternoon came, but no Sam. Sunday night came, and Sam and the car were still missing. On Monday morning Sam appeared with a very solemn face.

"Hello!" said Mr. Clark, "What do you mean by this? Where is the car?"

"Well, boss," said Sam, "you see, seh, I thought I'd go over to Macklenburg yesterday, and I got in a little wrack."

"A little—Oh, you got in a wreck, did you? Anything hurt?"

"Yessseh. You knows dat big pane of glass you looks th'oo, up in front?"

"Yes, the wind shield."

"Well, dat's broke all to pieces."

Mr. Clark groaned. "Anything else?"

"Yessseh. You knows dat thing you po's de water in?"

"The radiator? Yes."

"Well, dat's a-lyin' down beside de engine." Sam made a sweeping gesture toward the ground.

"Sam!"

"Yessseh. En you knows dem rubber things round de wheels?"

"Yes, the tires. Any of them hurt?"

"Dey's all busted!"

"Sam!"

"Yessseh. En you knows dem things dat sticks out over de wheels like dis?" Sam extended his arms and curved his hands palms down in front of him.

"Yes, the guards. Well?"

"Yey's a-sittin' right up like dis."

Sam bent his elbows and pointed the backs of his finger tips toward his shoulders.

"Sam," Mr. Clark cried, "is anything left of that car?"

"Yessseh, yessseh; de cushions ain't hurt a mite!"

In producing print paper from native grasses an Australian experimenter discovered some new vegetable dyes.

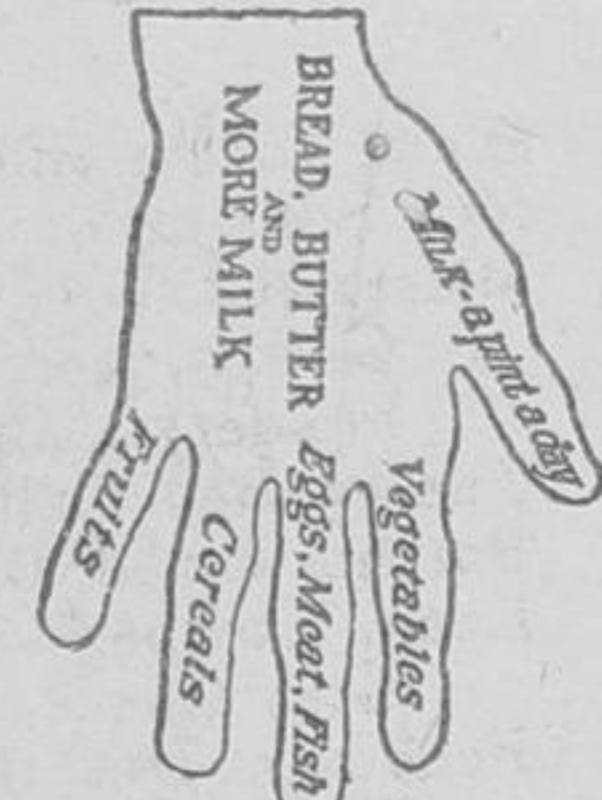
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A Child Needs Five Foods.



The hand pictured above shows the foods which a child needs for proper growth. The hand calls for "bread, butter and more milk," and the thumb, "milk—at least a pint a day." The other fingers call for vegetables, such as potatoes, spinach, peas, string beans, celery, beets, carrots, cabbage and turnips; such fruit as oranges, apples, raisins and prunes; cereals including oatmeal, rice, wheat and cornmeal; eggs, fish and meat. Menus founded upon this "food hand" will not go far wrong when it comes to fulfilling the requirements of a child for proper growth and maintenance.

"An egg a day" should be the slogan for all young people. The egg-yolk contains about thirty-five per cent fat, which in turn contains growth-producing substances, called "vitamines." Foods containing these vitamins are absolutely essential for growing children.

Eggs, milk and leafy vegetables are sometimes known as protective foods, because they correct and make up for the inadequate composition of seeds and tubers. Young animals fed on wheat, oats, barley, or other seeds exclusively fail to grow, because these foods do not contain growth-producing elements.

The price of eggs should not prevent their frequent use in many forms. If the child does not care for poached or boiled eggs and refuses to eat them, they may be served in omelets, custards, souffles, puddings and drinks. The taste of the egg will be disguised without losing its nourishing and beneficial properties.

### Care of the Sick Room.

It is only in exceptionally large and modern homes that it is possible to set aside a room for the use of the sick.

The first thing to do in the preparation of the ailing one's room is to eliminate. Make less work for yourself and less annoyance for the patient by removing all rugs, curtains and draperies. The less you have of these the cleaner you can keep the room. Take away all unneeded furniture. Then clean the room. Scrub the floor, use lots of soap and water. Don't believe that old gossip's tale that washing the floor may give a patient a "cold." The patient is not lying on the floor. And as every one knows, a good scrubber always dries her floor as she goes.

Do not overlook the gift of good fresh air. Let in all the sunlight and fresh air you can through the door and the windows. If possible, lower your windows from the top.

The room should be ventilated night and day. In cold weather, to avoid draughts, lower the window from the top, or move the bed, carefully, so the patient will not be exposed to a wave of freezing air. It is a very necessary thing to renew the air in the room at least once a day, by airing it thoroughly.

To do this, first cover the patient warmly, leaving only the face exposed. Open wide all doors and windows in and near the sick room. Tell the patient to fill his lungs full of fresh air by breathing long and deeply.

Sunlight is healing. Let it pour into the room. If necessary, protect the patient's eyes with shades or a screen.

Do not sweep. Wipe the floors over every day with a brush or broom, covered with damp, clean cloth or a dustless mop. Unless your floor is polished or covered with oilcloth, scrub it often with hot, soapy water and a brush.

The main things in the line of furniture in a sick-room should be the bed, a screen, a table and a chair.

The rocking chair must not creak. Doors must not squeak nor windows rattle. Use soap on doors that stick. Peg loose window frames. If there is a loose board in the floor, do not walk on it or rock on it. Do not whisper. Speak in natural tones.

Do not keep articles of food in the room. If there are medicines to give, keep the bottle and glasses on a tray, beyond the patient's reach, and preferably where he cannot see these evi-

dences of his illness, and possibly be worried by them. Do not rattle newspapers. Do not forget that when a person is ill he unconsciously exaggerates small grievances that in normal health would not at all annoy. Do not entertain a sick person by relating all the troubles of the neighborhood. Be cheerful and optimistic. Radiate good health.

### Keeping Mother Young.

"Well, then just look at Carrie Marvin—" Pen Morgan thrust her fingers into her ears.

"Don't say Carrie Marvin to me!" she cried. "I simply can't abide Carrie Marvins. Don't misunderstand me; it isn't Carrie herself that I object to. If I could conceive of her dirty or mussy or ripped for once in her immaculate and agonizingly neat life, I'd have no objection to her at all. It's Carrie-Marvinism that I protest against. She fairly reeks of gasoline. I'm perfectly sure that she couldn't go to sleep at night if she hadn't cleaned her gloves and skirt and shoes. If she were wrecked on a desert island, she'd be cast up on the shore with her hair properly tucked up under a bathing cap, and needles, thread and mending tissue in a bag on her arm! Talk of preparedness and thrift! Carrie Marvin is thrift itself. If you could take her to pieces, you'd find she was made up of remnants bought at a bargain for their wearing qualities, beautifully pieced together and cleaned and pressed every night."

The girls enjoyed it as they always enjoyed Pen. But it puzzled Mayda Kline, who was a new comer.

"But you look exactly as neat as Carrie," she declared.

"Oh, I!" Pen tossed it off lightly. "It's none of my fault. I could have a beautiful time even if I had a rip in each glove and a hole in my heel. With me it's environment, not congenital traits."

"Well, there's one thing you'll have to admit," Del Conner remarked. "Carrie has kept her mother young. She looks as young as Carrie herself."

"She is probably a hundred or two years younger," Pen retorted, picking up her racket. "Bye, girls! See you to-morrow."

It was a warm afternoon. Pen had not thought of it on the tennis court, but the kitchen where she found her mother was really hot. Mother was pressing Pen's blue skirt. She looked warm and tired and even a little old, but she smiled bravely at Pen. Somehow the sight fretted Pen.

"O mother! I wish you wouldn't fuss over my things on a day like this!" she cried impatiently.

"But there was a grease spot—you couldn't go like that. What is it, dear?"

For Pen was staring at her with startled eyes.

"Nothing," Pen answered.

But in her heart certain words were echoing over and over: "There's one thing you'll have to admit: Carrie has kept her mother young—she has kept her mother young!"

Only one out of every thousand people attains the age of 100 years.

## "SYRUP OF FIGS" CHILD'S LAXATIVE

Look at tongue! Remove poisons from little stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California"



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### Trap Nest the Laying Hens.

A trap nest is a laying nest so arranged that after a hen enters it she is confined until released by the attendant.

When possible it is advisable to trap nest the layers for the following reasons:

1. To tame the birds, thereby tending toward increased egg production.
2. To furnish definite knowledge concerning traits and habits of individuals.
3. To furnish the only satisfactory basis for utility or other breeding.
4. To eliminate the nonproductive hen.
5. To add mechanical precision to judgment and experience in developing and maintaining the utility of a flock.

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4. Fertilizers cause great increase in yields.

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### New Restaurant Plate.

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