

A TONIC FOR THE NERVES

The Only Real Nerve Tonic is a Good Supply of Rich, Red Blood.

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent specialist, "we doctors would not see our consulting rooms crowded with nervous wrecks. More people suffer from worry than anything else."

The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of to-day. Sufferers find themselves tired, low-spirited and unable to keep their minds on anything. Any sudden noise hurts like a blow. They are full of groundless fears, and do not sleep well at night. Headaches and other nerve pains are part of the misery, and it all comes from starved nerves.

Doctoring the nerves with poisonous sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich, red blood. Therefore to relieve nervousness and run-down health Dr. Williams' Pink Pills should be taken. These pills make new, rich blood, which strengthens the nerves, improves the appetite, gives new strength and spirits, and makes hitherto despondent people bright and cheerful. If you are at all "out of sorts" you should begin taking Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Finishing Touches.

Little four-year-old Edwin, while out walking with his nurse, happened to pass a blacksmith shop just as the smith was shoeing a horse. On reaching home he astonished his mother by saying: "Oh, mamma, I found the place where they make horses. I saw a man nailin' on the feet."

It is better to pay a debt than to get a present.

Enthusiasm is the greatest business asset in the world. Enthusiasm tramples over prejudices and opposition, spurs inaction, storms the citadel of its object, and like an avalanche overwhelms and engulfs all obstacles.

Minard's Liniment For Dandruff.

To-day the Seed of To-morrow.

Some of the most miserable wretches I have ever known were always dreaming about a happy to-morrow. They had focused for so many years on the future that they had neglected to cultivate the present which is the seed of to-morrow. Somehow we seem to think that we are going to reap a wonderful to-morrow without sowing our to-days; but to-day is the cause of to-morrow and the effect can not be greater than its cause.

London Church is Haven for Homeless.

The Rev. H. R. L. Sheppard, rector of the historic church St. Martin-in-the-Fields, opens the church doors each evening to any of the homeless who come. Each night the church is filled, says a London despatch.

A constable of the "woman police service" stands watch in the aisle all night, and to her the visitants tell their stories. She directs them to places in the cushioned pews and they sleep there, the men on the right of the aisle, the women on the left.

The homeless, the evicted, the unemployed all find shelter there.

Commuters who have missed the last train home, well-to-do country folk who have come to London and are unable to get accommodations in the crowded hotels, rest beside beggars and the man who has "a promise of a job next week."

It has been suggested that other churches open their doors in this way.

"Pape's Diapiesin" Corrects Stomach.

"Pape's Diapiesin" is the quickest, surest relief for Indigestion, Gases, Flatulence, Heartburn, Spurness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case costs only 60 cents at drug-store. Absolutely harmless and pleasant. Millions helped annually. Largest selling stomach correcter in world.—Adv.

WHEN BABY IS SICK

When the baby is sick—when he is cross and peevish; cries a great deal and is a constant worry to the mother—he needs Baby's Own Tablets. The Tablets are an ideal medicine for little ones. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation and indigestion, break up colds and simple fevers and make teething easy. Concerning them Mrs. Philippe Payen, St. Flavien, Que., writes: "Baby's Own Tablets have been a wonderful help to me in the case of my baby and I can strongly recommend them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

The Boy Scouts Association.

The citizens of one hundred and twenty-seven cities, towns and rural communities in the Province of Ontario know the value of the Boy Scouts because they see them every day walking the streets, playing their games and doing their work. And as a group there are not better, brighter and more promising boys than those same Boy Scouts.

Any boy in Ontario, twelve years of age or over, may become a Boy Scout if he promises to keep the Scout Promise and Scout Law and prepares himself for simple tests on the composition and history of the Union Jack, and can make several cordage knots.

The plan is to group a number of boys (preferably not more than 32 in any one "troop," as they are designated) under the leadership of a "Scoutmaster"—a carefully selected, clean, intelligent, boy-loving, volunteer leader—always a man of sterling character and mature judgment. Each Troop and Scoutmaster are under the supervision of a "Troop Committee" of responsible citizens, usually officials of the church, school, community association, club or other organization with which the Troop is connected.

Through such leadership the boys of the troops are kept interested in a programme of play activities that are health-giving and educational. They take long tramps, studying nature in all its forms. They learn woodcraft, and how to take care of themselves in the open. They have troop meetings each week for study, handicraft, experiments, demonstrations, etc., and go into camp every summer under trained directors.

In a hundred ways the boy's time is occupied. The programme is so varied and so fascinating to the boy that he simply hasn't time or opportunity to trail with an idle gang or to turn into the evils that beset the path of the idle boy.

Full information regarding the formation, registration and conduct of Boy Scout Troops may be had upon application to the Provincial Headquarters, The Boy Scouts Association, Bloor and Sherbourne Streets, Toronto. Commencing with this issue news notes and items of general interest regarding the movement will be published almost every week in these columns.

One of the best known guides in Nova Scotia gives this testimonial of MINARD'S LINIMENT—

Have used MINARD'S LINIMENT in my home, hunting and lumber camps for years and consider it the best white liniment on the market. I find that it gives quick relief to minor accidents, such as Sprains, Bruises and all kinds of wounds. Also it is a great remedy for coughs, colds, etc., which one is liable to catch when log driving and cruising during the winter and spring months. I would not be without MINARD'S LINIMENT and cannot recommend it too highly.

(signed) Ellison Gray

Canada conducts a large and growing whale industry off the Pacific coast of Vancouver Island, with three whaling stations; 432 whales were caught in 1919, running from 20 to 90 feet in length, averaging a ton in weight for each foot of length. The catch produced 2,107,924 gallons of whale oil, 540,280 gallons of sperm oil, 3,450 tons of fertilizer, and 1,400 tons of whalebone, nothing being wasted. Whale meat is now a marketable commodity, being put up in cans like salmon. A 60-foot whale will yield \$900 worth of oil, etc.

ATHLETES—
Muscular fatigue quickly yields to the use of

BAUME BENGUÉ

Try a tube today.

BEWARE OF SUBSTITUTES
\$1.00 a tube.

THE LEEEMING MILES CO., LTD.
MONTREAL
Agents for Dr. Jules Bengué

RELIEVES PAIN

ISSUE No. 1—'21.

BITS OF HUMOR FROM HERE & THERE



Her Translation.

"Say looky here!" demanded a chin-whiskered customer in the rapid-fire restaurant. "I want a good, substantial meal; but suthin' that'll fill me up."

"Bale o' hay for the gent from Jimson Junction!" calmly yelled Heloise, the waitress, back to the kitchen.

Trying Out Chaucer.

A story that illustrates the literary ignorance of many a modern book salesman is told by Sir Thomas Lipton.

There is a company in England that runs about a thousand bookstalls, and Sir Thomas applied at one of these, a minor one, for Chaucer's Canterbury Tales.

"Haven't got it, sir—that is, not at this stall," replied the youth who was in charge. "You see, we're trying it out at a few of our larger stalls to see how it goes. If it makes a hit, why, then we'll have it here."

Easy Money.

A motorist touring in the western counties, where, though the scenery is beautiful, the roads are bad, managed to get his car stuck in a tenacious mudhole.

After he had made vain attempts to escape a boy appeared with a team.

"Haul you out, mister?"

"How much do you want?"

"Two dollars."

After a long and fruitless argument the motorist agreed to pay the money asked and the car was pulled to dry land.

After handing the money to the lad the motorist asked:

"Do you haul many cars out in a day?"

"I've pulled out twelve to-day."

"Do you work at night, too?"

"Yes, at night I haul water for the mudhole."

Question of Direction.

Arithmetic, according to the average small boy, was simply invented in order to give teachers a good excuse for punishing their unhappy pupils. And, certainly, little Tommy Smith found it the unpleasant feature of his young life.

"Now, Tommy Smith," said the school teacher one morning, during the usual hours of torture, "what is the half of eight?"

"Which way, teacher?" asked the youngster, cautiously.

"Which way!" replied the astonished lady. "What do you mean?"

"Well, on top or sideways, teacher?" said Tommy.

"What difference does that make?"

"Why," Tommy explained, with a pitying air, "half off the top of eight is naught, but half of it sideways is three."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Woman!

Little Boy—"Mother, are there any men angels in heaven?"

Mother—"Why, certainly, dear."

Little Boy—"But, mother, I never saw any pictures of angels with whiskers."

Mother—"No, dear, men got in with a close shave."

Sea cows of the tropics live equally well in salt or fresh water.

Minard's Liniment Relieves Distemper

Classified Advertisements.

FARM WANTED.

FARM WANTED. SEND DESCRIPTION and price. John J. Black, Chippewa Falls, Wis.

The first Atlantic cable message to Canada was on Aug. 12, 1858, from Queen Victoria.

Are you one of those boys who save their parents money only by not being twins?

There are always a few tried and tested recipes that one would like to have conveniently at hand. Get a few stout cards and punch eyelet-holes in one corner. On these cards write the recipes and then fasten the lot on a key-ring. The card recipe book thus made can be hung on a nail in the kitchen, and an old card can be slipped off the key-ring or a new one inserted, as desired.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

WEEKS'
BREAK-UP-A-COLD
TABLETS TRY THEM
PRICE 25¢

TROUBLED WITH ITCHY ECZEMA

In Rash On Face And Limbs. Cuticura Heals.

"I had been troubled with eczema on my face which took the form of a rash. Later it broke out on my limbs and they itched very much, causing me to scratch them until they were bleeding. The rash would often keep me awake at night."

"I tried some remedies, which failed, and then thought I would try Cuticura Soap and Ointment. It was not long till the rash began to disappear, and I used three cakes of Soap and four boxes of Ointment, which healed me." (Signed) W. M. Hymers, Paris, Ont., Sept. 12, 1919.

Cuticura Soap to cleanse, Cuticura Ointment to soothe and heal.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.



Warming relief for rheumatic aches.

HE'S just used Sloan's Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lame back, overworked muscles. Penetrates without rubbing. All druggists have it.

35¢
70¢
\$1.40

Sloan's Liniment (Pain's enemy)

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada. Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally.

Tin boxes of 12 tablets cost but a few cents. Larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer" Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."