

GOOD HEALTH CAN BE YOURS

If Your Blood Supply is Kept Rich and Red.

It is a waste of time and money to fight merely the signs of disease; in the long run you are probably worse off than when you started. What is far more important is that you should intelligently examine the various symptoms and trace the cause. When you remove the cause, health will be yours. For example, anaemic people often endure months of suffering while treating its symptoms, such as indigestion, shortness of breath, palpitation of the heart and exhaustion after any small effort.

The apparent stomach and heart troubles are generally nothing more than the result of an insufficient supply of pure blood. This anaemic state may have followed some previous illness, or an attack of influenza; or it may have arisen from overwork, worry or too little fresh air. To obtain good health the simple and proper course is to build up the blood, but to do this you must select a reliable remedy with a reputation such as Dr. Williams' Pink Pills. These pills enrich the blood which carries nourishment to all the organs of the body and enables them to do the work nature expects of them. Thousands of men and women have proved this for themselves. One of these is Mrs. T. Flynn, R.R. No. 1, Erinsville, Ont., who says: "Last spring I got into a badly run down condition. I had no energy; work left me exhausted, and the least exertion would make my heart palpitate violently. I had often read of Dr. Williams' Pink Pills, and decided to give them a trial and got a half dozen boxes. I had not been taking the pills long when I felt a decided improvement in my condition and by the time I had used the six boxes I could do my housework with ease. I can strongly recommend Dr. Williams' Pink Pills to all weak people."

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

Success Nuggets.

Opportunity brings out the great man, but he alone is great who is ready to embrace it.

If the first rule is to obey your native bias, to accept the work for which you were inwardly formed—the second rule is concentration, which doubles its force.—Emerson.

Smiles attract dollars, as they attract everything that is good and wholesome.

If people would only smile more, if children were trained to smile habitually, what a wonderful world this would be!

We do not know anything about our own resources until we have taught ourselves to sand alone. Not until we can think for ourselves, and act for ourselves, do we become more than infants in the moral universe.—Angela Morgan.

Thoughts never die, they are immortal dreams that outlive their dreamers.

By the Side of the Road.

Let me live in a house by the side of the road, Where the race of men go by, They are good, they are bad, they are weak, they are strong, Wise, foolish; so am I. Then why should I sit in the scornor's seat Or hurl a cynic's ban? Let me live in a house by the side of the road And be a friend to man.

WHAT'S ITS NAME?

"The good a man does lives after him." Nowhere is this truer than on the farm. But man's memory is short and for that reason it is very important that your farm have a suitable name.

Sometimes very original combinations of the owner's name are used; for example, the farm of Dean L. H. Bailey of Cornell, which he called Bailiwick. One man was so overjoyed at the prospect of farming his own land that he called his place Iona Farm. Names such as Barren Run should be avoided, as they may give the stranger an unfavorable impression. It is also well to avoid names like Woodlawn and Shady Grove, which are already in common use in many parts of the country. Facetious names such as Dew Drop Inn do very well for summer bungalows, but do not possess the dignity which your farm name should carry.

Supposing you are a breeder of a famous strain of cattle: Your own renown and personality may be sufficient to bring buyers from all parts of the world. More often, however, the successful breeder has a distinctive title for his farm which he invariably links up with his farm paper and catalogue advertising. When you sell out, your farm name may be worth a great deal. In business it is called good-will. The president of the world's largest mail-order house declared that his firm's good-will was worth more than all the other assets of the hundred-million-dollar business.

But just as important is the satisfaction which you and your family will get out of an appropriate name for your farm. Morale is a favorite word in military circles. An army with morale is usually a victorious army. Having a farm name to work for, and to live up to, will give you morale to win your farm battles. It gives a certain distinctive tone to a place that otherwise is "just a farm." It implies a home, efficient production, better livestock, permanency, prosperity, success, and contentment. Look around your community at the farms that have names and see if this is not true. I think you will find most of the farmers who are achieving the unusual are justly proud of their farms. They show that pride by naming them appropriately.

It is very important that the farm name be distinctive, and that it fit the farm. There are many ways of christening a farm. Perhaps the most common is to select some outstanding feature as "Hillcrest," "Valley View," "Meadow Brook," etc. Others are named for the kind of trees which surround the farmstead, such as "Oak Grove," "Maple Dell," "Pine Ridge," and so on. Another favorite form of name is derived from a combination of the old English words "hurst" and "croft," which mean homestead. This is the way such names as Applecroft and Ellenhurst are formed.

If you and your family can't decide on a name, ask your neighbors or your county representative to help. A successful apple grower held a contest and paid a goodly sum for the best name submitted, which he has since made widely known through his apple advertising. You owe it to yourself, your family, and the man who buys your place to give your farm a suitable name.

Calling in Cairo.

Englishmen who do not know Cairo sometimes take houses in remote and undesirable parts of the city. In Egypt as we knew it, Mrs. E. L. Butcher amusingly describes how hard it is to find a person who has thus gone astray. Her husband, she says, wrote to a doctor for the address of some friends whom she knew he had attended. Here is the doctor's answer: "The M——s live in a house without a number in a street without a name next door to an Armenian butcher who, I think, has no sign, west of Abdin Palace! The staircase has eighty-seven steps."

Black parachutes were used during the Great War for dropping spies behind the enemy's lines at night.



The Underwear You Will Eventually Buy

MADE IN CANADA
BY CANADIAN PEOPLE

**MODERATE IN PRICE
FIRST GRADE IN QUALITY**

Ask Your Local Dealer.



IT'S YOUR
GUARANTEE



ON EVERY
GARMENT

TRADE MARK

Ears of Blind Serve Them as Eyes.

One of the most remarkable inventions given by the twentieth century to mankind is the "optophone," which enables the blind to read ordinary print. It was successfully tested a short time ago at the Imperial College of Science, in London.

The contrivance, which owes its creation to Dr. E. E. Fournier d'Abe, of London, is equipped with a telephone receiver which is adjusted to the ear of the blind person like any head phone. Musical notes in certain arrangements, representing the various letters of the alphabet, are produced as the latter are passed over the instrument in traversing a line of print.

Up to the present time the only known means for enabling the blind to read has been the raised-letter system, to be followed by touch. This demands specially printed, costly and bulky volumes, with consequent limitation of the amount of literature available to sightless persons. Furthermore, the requisite sensitiveness of touch is in many instances acquired with great difficulty, especially by adults.

These disadvantages are overcome by the optophone, which renders all books and newspapers available to the blind. A fair facility in the use of the instrument can be attained after a few lessons.

Sea Scouts Branch Attracts Boys.

A division of the Boy Scouts movement, which is very popular in England, is the Sea Scouts, a branch inaugurated in 1911 for scouts who had completed the training courses in scouting and camping and wanted new fields of study.

The Sea Scouts branch has grown rapidly and the boys now have a ship that is all their own, the S. S. Northampton, a former fisheries patrol vessel, which has been remodelled as a training ship and anchored in the Thames, off the Embankment. It is fitted up with a gymnasium, carpenter shop, machine shop and classrooms, and here the various Sea Scout units come for instruction in knots, hitches, lights, whistles and rules of the road.

During the war the Sea Scouts cooperated with the Coast Guard service in coast watching work, serving as signalers, dispatch carriers, inspectors of wreckage and submarine lookouts. Each scout patrolled a three-mile-long strip of beach, working in all weathers. Thousands of boys participated in this work. There are now over 5,000 Sea Scouts in the various branches.

Unreliable.

A touching little ballad, entitled "I Wonder if He'll Miss Me," was received one day by a music publisher from a young woman. He read it through and then replied: "Dear Madam: If he does he should never be trusted with fire arms again."

Pleasure in Work Is Their Reward

To delight in one's daily occupation and to render it fine and poetic by the manner in which it is carried on is an admirable achievement. In this relation there may be mentioned the case of the colchonero, or mattress beater of Spain, who performs his task, not less than once a month for every self-respecting Spanish housewife, in the open air outside the house, with two sticks and a knife for implements.

In a moment he deftly cuts the stitches of the mattress and lays bare the wool, which he never touches with his hands. The longer stick in his right hand describes great circles in the air and descends with the whistle of a sword upon the wool, of which it picks up a small handful. Then the shorter stick comes into play, picks the wool from the longer, throws it into the air, beats it this way and that, tosses it and catches it until every fibre is clear, when the fluffy mass is deftly cast aside.

All the while, through the beating of the wool, the two sticks beaten against each other play a distinct air, and each mattress beater has his own, handed down from his forefathers, ending with a whole chromatic scale as the shorter stick swoops up the length of the longer one to sweep away the lingering wool. Thus the whole mattress is transferred from a sodden heap to a high and fluffy mountain of wool, all baked by the heat of the sun.

The man has a hundred attitudes, full of grace. He has complete control over his two thin sticks, can pick up with them a single strand of wool or half a mattress. He can throw aside a pin that lurks in a ball of wool or kill a fly that settles on his work without staining the snowy mass. And all the while, from the moment that the mattress is open till the heap is complete, the two sticks never cease playing their thin and woody air, so

that any one within hearing may know that the colchonero is at work.

A farmer in one of the Middle West ern States bought material for a house and then discovered that for lack of means he could not go on with it. The stuff lay on the ground for months, when one day a generous thought came into the mind of a contracting builder. He called his men round him and asked for volunteers to build the farmer's cottage, telling them he would undertake to do it within one day if they would contribute their work. Twenty-six carpenters, masons and painters agreed, on the condition that the farmer would furnish a chicken dinner, and a time was fixed for all to report at the site of the proposed building.

Every man appeared on time and all went at once to work. Each worker was assigned to a particular part and the house began to go up with a rush. When noon came the framework was all up and the chimney was started.

Then came dinner. The wife of the farmer had fried two dozen chickens. There were ten loaves of bread, four dozen ears of corn and nearly a bushel of mashed potatoes. The dessert consisted of cherry cobbler and various kinds of pie. The contractor had to call off his men for fear they would eat so much they would not be able to finish the job.

The hurry began again. Before the roof was on the plasterers were at work, and at exactly 6 o'clock the cottage was finished, all but the second coat of paint and the skim plaster, neither of which could be put on before the first coat dried. Everything else, even to putting on the locks and hinges, was done before the men were called off, and done well.

The contractor complimented his men when the job was complete. He said that, although he had done "hurry" work before he had never known a house to be begun and completed in a day.

Modern Fairy Tale.

A boy dashed into a broker's office with news bulletins. As he turned to leave a member of the firm called out: "Here, you seem to have some pep. Get me a box of cigars in the lobby and keep the change."

The boy hesitated, although a \$5 bank note was thrust into his hands. Finally he stammered: "I would like to get you cigars, but we are short of

boys, and I have a big route to cover. I'll come back when I deliver the bulletins." With that he left the office.

"Are you going to wait until he returns?" asked a customer.

"You bet I am," replied the broker.

"In these days it is a pleasure to meet a boy who works for his boss first. Furthermore, I am going to put him on the payroll."

And he did.

Your grocer will tell you frankly that he makes less profit on Red Rose Tea than on other teas. The only object he has in recommending it is to see that you get the best quality possible.

Purity-Quality-Economy

The combination of purity-quality and economy has made Magic Baking Powder the standard baking powder of Canada. Positively contains no alum or other injurious substitutes. Its use insures perfect satisfaction.

"Costs no more than the ordinary kinds"

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