

A GOOD MEDICINE FOR THE SPRINGTIME

Do Not Use Harsh Purgatives—
A Tonic is All You Need.

Not sick—but not feeling quite well. That is the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of these indicate that the blood is out of order—that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble.

Do not dose yourself with purgatives, as so many people do, in the hope that you can put your blood right. Purgatives grip through the system and weaken instead of giving strength. Any doctor will tell you this is true. What you need in the spring is a tonic that will enrich the blood and build up the nerves. Dr. Williams' Pink Pills do this speedily, safely and surely. Every dose of this medicine helps to enrich the blood, which clears the skin, strengthens the appetite, and makes tired, depressed men, women and children bright, active and strong. Miss S. L. McEachron, Nain P.O., N.B., says: "I have been in the habit of taking Dr. Williams' Pink Pills in the spring and they keep me in the best of health. I think it is entirely due to the use of these pills that I always have such good health."

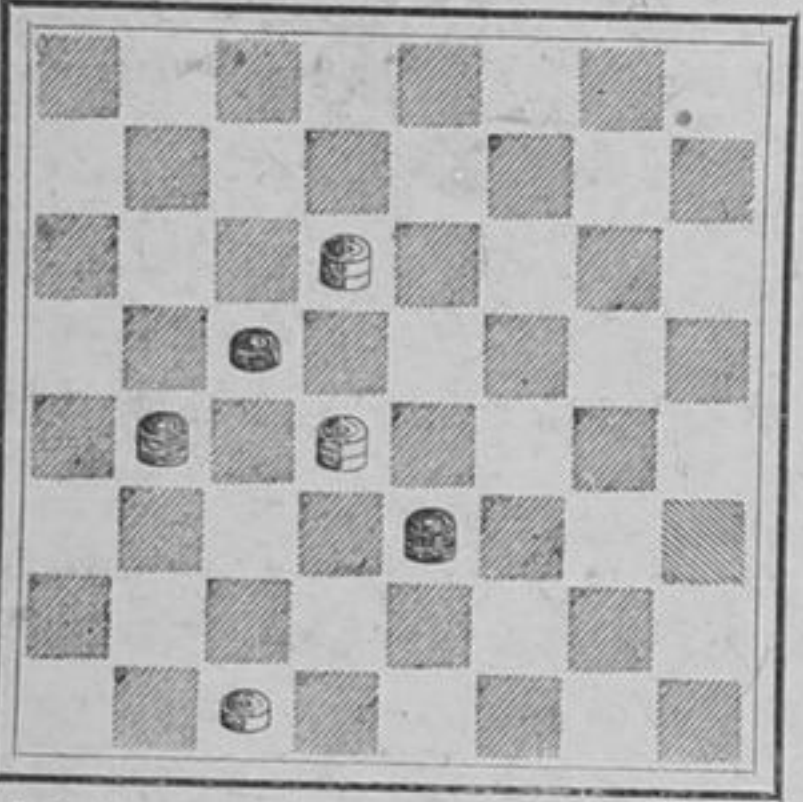
Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

CHECKERS—By Heck

The solution to Problem No. 22, which appeared last week (white to move and draw), is as follows:

| | | | | |
|---------|-------|--|--------|----|
| W. | B. | | W. | B. |
| 1 20-16 | 26-23 | | 3 12-8 | |
| 2 16-11 | 23-14 | | Draw. | |

No. 23.—Black to move and win.



Solution of this position will appear next week.

SPRING WEATHER HARD ON BABY

The Canadian spring weather—one day mild and bright; the next raw and blustery, is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house which is so often overheated and badly ventilated. He catches cold; his little stomach and bowels become disordered and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or banishing colds, simple fevers, colic or any other of the many minor ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Moving a Mountain in Rio de Janeiro.

Moving a mountain is the huge task undertaken by engineers in Rio de Janeiro, where the Morro do Castello—consisting of an estimated 7,000,000 cu. yd. of earth and rock—is being obliterated, the completion of which is expected to make the southern metropolis much more breezy, cool, and healthful, besides adding some 66 blocks to the heart of the city. Various methods have been tried in the transporting of the mass from its present location and depositing it in the bay, among these being pick and shovel, mule cart, steam shovel, and "dinky or dummy train." The presence of an old convent on the summit of the mountain has given rise to the rumor that gold is hidden near it, and causes added zest among the credulous workmen.

Most men would rather work someone than work for someone.

Not our age but what we accomplish is the just measure of our length of life.

About the House

The Community's Children.

It is a common instinct for the fond mother to use every possible effort in shielding her children from contact with the undesirable influences of the average community. There are usually some things about the average community and about some people of that community which the mother does not wish her child to know. This fundamental mother instinct accomplishes wonders in the shaping of life in the home itself but how about influences which touch the child when away from the mother's direct touch? After all, is not the real task of motherhood to fit the child to meet the world with all its influences—good and bad?

The community influence on young minds, in our opinion, is almost as important as the home influence, especially in these modern days when the mind of the average child of ten is almost as mature as the man or woman of twice that age in generations gone by. Too many mothers today fail to realize this fact.

The best way to shield a child from unwholesome influences is not only to have conditions right in the home but right also in the community. This means an interest in your neighbor's children, as well as your own. It means co-operation with other parents in shaping the life of the entire community so that it is a safe community in which to raise children.

Here is another argument for the organization of rural affairs. A community club based purely on the welfare of the children of that community—but it may mean much more—would bring large dividends on the investment. What are you and your neighbors doing, not alone for your own children but for all the children of the community in which you live? It is one of the most important questions you can put to yourself, because as some one has said, "What shall it profit a community if it gain the whole world and lose its boys and girls?"

Selling Gladioli Bulbs.

If I were to be limited to just one bulb, it would be an easy matter for me to decide which I would choose.

The gladiolus furnishes a greater display for the money and care invested than any bulb of which I know. A few years ago I purchased a collection of small bulbets of mixed varieties of gladioli.

When they arrived at planting time, the largest of them were about the size of a pea, ranging on down no larger than a shot. The directions that came with them advised drilling them in a trench, and cultivating the same as any garden crop. I did so and was surprised to have several bloom.

When fall came I dug almost a half bushel of blooming-size bulbs. The following spring I planted them about two inches apart. They made a row almost across the garden and when blooming time came they were the wonder and admiration of all visitors.

There were some lovely yellow ones, that were different from any I have ever seen; also a pink variety, that

was the most beautiful shade of deep pink, slashed and spotted with pale pink. This seemed to be a general favorite with everyone.

One day a friend of mine was admiring them and remarked that she would be glad to purchase bulbs from me if I would allow her to select them when they were in bloom. This gave me an inspiration and I began making plans.

I separated each variety at blooming time, and sold quite a few. The next season I had more orders than I could fill.

I culled them closely, and kept only the ones that were general favorites. I then planted each variety in separate rows, and booked orders when they were in bloom. It is an easy matter to select them at this time and I am always very particular to fill the orders correctly. Some people prefer to pay me extra and have me keep them for them until spring, as they seem to think there is some sort of magic about keeping the bulbs through the winter. They are just as easily kept as potatoes. They increase very rapidly from the tiny bulbets, which form underneath the old bulbs.

I have counted as many as twenty bulbets on one large bulb. These are carefully saved and drilled in shallow trenches. The next season they are blooming size.

I have found it to be a very profitable business.

If I lived near a large city, the blooms would find a ready sale, which would add considerable to the profits. They are not at all particular as to soil or location. With me any good garden soil has proved to be all right. I have planted them early and late, and I find that when blooming time comes, they are always ready to display their beautiful colors. I always planted at intervals of two weeks, so as to have a longer period of bloom. If you are looking for a bulb that will bloom just as beautifully in your yard or garden as it does in the florist's grounds, you will be delighted with the gladiolus.

I know that country women, many of them, are looking for ways of earning extra dollars. The gladiolus is not the only plant that might prove profitable. One's own taste, one's individual experience, locality and other factors are to be considered.

Have Sparkling Hair.

Do you realize that you can't make the most of yourself if your hair isn't in good condition? It must be lively, healthy, and sparkling, or, just when you don't want it to, it will spoil your whole appearance. Slick hair is generally perverse hair, and you never can count on it. So study your own hair, and see what it needs to give it health, life, and lustre. I know it's quite natural to neglect the hair a trifle when it's cold, because drying it is such a nuisance. But you can't keep hair really clean without washing it, and whether it is stringy or oily or brittle and lustreless, it still needs washing. Only, of course, oily hair needs more frequent shampooing than dry hair.

Shampoo your hair once in two weeks if it's oily; once a month is

sufficient if it's dry. Don't brush your hair while it is damp, and don't use too soft a brush at any time. Just a little brilliantine on the brush makes the hair look alive, and will not hurt it in any way.

In shampooing the hair, be particularly careful to rinse it thoroughly, so that every particle of soap is removed. You must be equally careful to dry it thoroughly. Nothing more quickly brings on neuralgia or a cold in the head than damp hair. A good time to use a tonic is directly after the hair has been shampooed. One specially recommended to be used at this time helps in drying the hair. And it does make it so soft and fluffy! In using any tonic, massage it well along the line of the forehead at the temples. It is this hair line that has so much to do with good looks. Watch out how you care for it. Massage it every night and morning. You know there are special ointments made for this very purpose that just coax the fine fuzz to grow into long healthy hair. You want your hair thick around your forehead, for a receding hair line

plays havoc even with the prettiest of faces.

Handy Garden Apron.

Heavy sacking is good for the purpose. Make a large pocket reaching half-way up the apron and from one side to the other. Divide this pocket into three or four smaller pockets, for carrying seeds. An apron such as this will last for years, and be greatly appreciated by any woman who works in the garden.

One who is contented with what he has done will never become famous by what he will do.—Bovee.

The large white patches on the green hillsides that mystify the Canadian traveler as he approaches the coast of Bermuda are water-catching areas. There are no streams or freshwater wells on the islands; the only drinking water is rain water caught from the roofs of dwellings or from cleared areas on the hillsides.

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| | | |
|-----------|-----------|------------|
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