

LINGERING WEAKNESS FOLLOWING DISEASE

**Due to the Fact That the Blood
Has Become Thin and Watery.**

In almost every case the victims of la grippe, influenza, fevers and contagious troubles, are left weak, ailing and despondent after the disease itself has disappeared. They do not pick up strength as they ought, and remain tired, listless and discouraged. The only reason for this is that the blood has been impoverished by the ravage of the disease through which the victim has passed. Strength and full activity will not return until the blood has been restored to its normal condition. The blood can be enriched and purified quickly and surely by Dr. Williams' Pink Pills. To enrich the blood and strengthen the nerves is the whole mission of these pills, and thousands have found them beneficial after disease has left them weak and run down. Among those who have proved the value of these pills in cases of this kind is Mr. Charles A. Turner, light-keeper, Thrum Cap light station, N.S., who says:—"In Jan., 1917, I took a severe cold which I neglected until it developed into pneumonia, which confined me to bed for some weeks. When I was able to get up and sit around the house, I found that I was not regaining my usual strength; in fact I seemed to be growing weaker and was reduced almost to a skeleton. I took an emulsion, but it did not help me. Then one day a friend who came to see me said, 'Here's some Dr. Williams' Pink Pills; just the thing to put you on your feet again.' I took them and then got six boxes more and soon could feel they were helping me. By the time the last box was empty I was doing my work again and feeling fine, and I had gained in weight. My health has since continued good, and I give the credit to Dr. Williams' Pink Pills."

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

The Limit.

"There isn't much I don't know about the English language," boasted the long-haired man in the club.

"I'll test you," a friend picked him up quickly. "I'll dictate a paragraph to you."

With an assured air the boaster seized his pencil, but his jaw dropped as he heard:

"As Hugh Hughes was hewing a yule log from a yew tree, a man dressed in clothes of a dark blue hue came up to Hugh and said: 'Have you seen my ewes?'"

"If you will wait until I hew this yew tree I will go with you anywhere in Europe to look for your ewes," said Hugh."

The modern radiophone broadcasting station sends out waves which have energy equal to about two-thirds of one horsepower.

Minard's Liniment Relieves Neuralgia

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario.

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

"Bad teeth is an index of bad health" said Dr. W. A. Evans, of the Chicago Tribune, in an interesting address before the Canadian Dental Association in Convocation Hall, Toronto, recently. There are not enough dentists, and there will not be enough dentists for the next hundred years, in order to put right the mouths of the people who are able to pay for that service, if we have a high standard of mouth cleanliness and mouth conditions."

It was not an alarming statement but a straight-from-the-shoulder assurance that by reason of public health activities, dentists would not be deprived of their practices.

Dr. Evans said that a very great change had come about in the point of view of the public and in the public conscience towards matters of physical welfare. This was seen in a change in the habits of living. Dr. Evans was glad to know that Toronto had given recognition to the importance of dental hygiene, and he noted further that in Toronto there was a complete record of children whose teeth needed attention. It was still more important to know that over 55,000 children in Toronto public schools had received dental attention during the past year, and this was 80 per cent. of the total public school population.

What is being done in Toronto can be done elsewhere throughout the province, once the organization is completed for having a complete physical

Lines for the Dedication of a Home.

These stones are not a hearth until they know

The red and kindly miracle of flame

Nor this house home until love makes it so,

Houses, for good report, or dubious fame,

Take on the aspect of their tenants' minds,

The thoughts that seemed deep hidden in the brain,

Shall shine forth from the very eaves and blinds;

Joy, melancholy, sacrifice and pain!

No portals may bar sorrow out nor dread,

And these expectant empty rooms await

The soul new born, the body newly dead,

Rapture and grief, and all the gifts of fate.

But when a hundred human years have gone,

Here on this south and sunward-looking slope,

God grant this homely fortress fronts the dawn

With still unconquered kindness and hope.

A Little Wisdom.

Creditors have better memories than debtors.

Begin in good time, and you'll end in good time.

Those who know how to save, first learned how to spend.

Bad writing may be a sign of genius, but not of wisdom.

"Duty done" is the foundation of pleasure as well as the right to take it.

Always put off till to-morrow the unkind act you would like to do to-day.

Those who act with discretion are sure of a good part in the drama of life.

"Least said, soonest mended" must not be taken as an excuse for a half-hearted apology.

A GOOD MEDICINE FOR THE BABY

Nothing can equal Baby's Own Tablets as a medicine for little ones. They are a laxative, mild but thorough in action, and never fail to relieve constipation, colic, colds and simple fevers. Once a mother has used them she will use nothing else. Concerning them Mrs. Saluste Pelletier, St. Damas des Aulaines, Que., writes:—"I always keep a box of Baby's Own Tablets in the house. They are the best medicine I know of for little ones and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The "turkey in the straw" is not such a grain robber after all. A count made last fall of the contents of a typical range turkey's crop showed 20 grasshoppers, 50 black crickets and 9 kernels of grain.

Mystery Tower Trap for U-Boats.

One of the remaining puzzles of the war is the much discussed "mystery tower" which is still closely guarded in Shoreham Harbor, although the tower itself has been thrown open to the public, says a London despatch. There is one room which remains bolted and barred and not even the sentry is allowed to enter it despite the fact that the tower is to be scrapped.

Major E. F. Sexton obtained the privilege of making the tower a public attraction for the raising of money for charity, but the visitors who climb its 173 feet can get little idea of what it is all about and can only speculate on the mystery as to what part it was expected to play in fighting the Germans. Two of its interesting features are the engine and control rooms. One of the departments is fitted with a large switchboard from which electric cables extend. The plant generates sufficient current to supply the whole tower with light. On the top are mounted two huge searchlights and two five inch guns.

The tower is one of several, construction of which was started by the British Admiralty. It is a huge concrete mass which required eighteen months to build and cost more than £500,000. One supposition is that it was an anti-submarine device to be towed to the Straits of Dover and sunk in order to trap undersea boats, probably by highly magnetized cables. But the war ended before this tower was completed. As yet nobody has been found who will buy the structure for the material in it.

Making India's Rivers Work.

The industrial development of Southern India is seriously retarded by lack of coal; for the "wealth of India" does not include any great deposits of that fossil fuel. On the other hand, the country has enormous available resources of energy in the shape of water-power.

Recent surveys made by the government have shown that, leaving minor streams out of account, seven great rivers east from the Indus are capable of yielding 3,000,000 horse-power for every 1,000 feet of fall from their sources in the Himalayas. But the flow of rivers in Southern India is far from regular, and in the hot season the smallest ones dry up. Hence, to turn them to account for hydro-electric purposes, they must be dammed, thereby holding the heavy monsoon rains in storage.

The most important project of the kind in contemplation is the damming of the Sharavarti River above the Gersoppa Falls, one of the greatest cataracts in the world. There the river makes a sheer drop of 900 feet, presenting an impressive and wonderful spectacle. Its glory, however, is not to be destroyed or even diminished, the location chosen for the dam site being some distance higher up.

Once this dam of the Sharavarti River is completed, the first step in this gigantic project which will ultimately give India a wealth of water power will have been taken. Other developments will follow.

A Yorkshire Quarrel.

The Yorkshireman is a canny fellow. To show just how shrewd and cautious a Yorkshireman can be a country doctor who lives in that county tells the following story in the Cornhill Magazine:—

Two brothers, William and John Bickerdike, had quarreled. Although they lived almost opposite each other in the same village, they had completely ignored each other's existence for forty years. Both were men of substance and position; both had excellent characters, and both had many friends, some of whom had made repeated efforts to reconcile them. But they remained implacably hostile, as hard as a moorland boulder.

One day John fell ill and took to his bed; he seemed likely to die. The friends of the brothers were much distressed and, putting their heads together, decided that they should make one last effort to reconcile them to each other. They went first to William, who after considerable hesitation said that he was "willin'." John also hesitated before he said that he was "willin'." The brothers met and broke the long silence of forty years. They did not mention the quarrel, but talked pleasantly of happy days spent together before it took place. Finally William said he hoped that John would go straight to heaven, and John replied that he would meet William there when his turn came. They shook hands warmly and bade each other farewell. But before William had left the house the sick man hastily summoned him back to the bedside.

John was sitting bolt upright in bed. "Now William," he said very solemnly and impressively, "now, William, mind ye, if I get better, all this is for nowt."

MONEY ORDERS

When ordering goods by mail send a Dominion Express Money Order.

ISSUE No. 24-22.

ELECTRICIAN SAYS HE ALMOST FELL

**BECAME SO WEAK AND
DIZZY HE COULD
HARDLY WORK.**

**Now Well and Strong, He
Says Tanlac Will Help
Anybody.**

"Tanlac rid me of about as bad a case of stomach trouble as a man ever had," said J. A. Deslauriers, 119 Beaudry St., Montreal. "My appetite was so poor I had to force down the little I did manage to eat but I had terrible cramping pains, gas formed and pressed against my heart until it pitted terribly. I felt weak and worn out all the time and became so dizzy that many times I could hardly stay on my feet. It seemed like I was going down to nothing in spite of everything I could do.

"My first bottle of Tanlac convinced me it was the very thing I needed and six bottles have me feeling like a new man. I have a big appetite, eat whatever I want, and am entirely free from indigestion. I believe Tanlac will help everybody who tries it."

Tanlac is sold by all good druggists. Advt.

Far Away Foundry.

The island of South Georgia, where Sir Ernest Shackleton has been buried, is 2,000 miles from civilization, but it is shortly to possess a complete though small, iron foundry. A British firm has despatched to this distant isle one of its special comprehensive plants for making castings required in repairs—ships can also be carried out by this equipment.

NOTHING TO EQUAL



For Sprains and Bruises.

The first thing to do when you have an injury is to apply Minard's famous Liniment. It is antiseptic, soothing, healing, and gives quick relief.

PIMPLES ON FACE AND SHOULDERS

**For Several Months. Festered
and Itched. Cuticura Healed.**

"I was affected with pimples on my face and shoulders for several months. They festered and itched and my forehead was disfigured. I tried different remedies which did no good. I sent for a free sample of Cuticura Soap and Ointment which seemed to help me. I bought more and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) C. V. Randall, Granada, Colorado, Feb. 11, 1921.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed to soften, soothe and heal. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming the skin.

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements

AGENTS WANTED.

**MEN—WE WANT REPRESENTA-
TIVES** in every city and town in Canada to sell automobile stop signals; positively prevents accidents; every car owner a prospect; easy to sell; big profits. Write for particulars and agents proposition, Canadian Auto Shops, P. O. Box 154, Niagara Falls, Ontario.

**A AMAZING INVENTION; MAKES
A** kerosene lamps give 3 times more light with sensational carburetor; generates intense gas light; quick sales. Vapolite Co., Ayr, Ontario.

NURSES WANTED.

NURSES WANTED FOR TRAINING School in charge of graduate of Johns Hopkins Hospital. Apply Superintendent, Homewood Sanitarium, Guelph.

**WANTED—YOUNG LADIES OF
good education to train as nurses.** Apply Welland Hospital, St. Catharines, Ont.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

Labor worketh a harshness on sorrow.—Montaigne.

Minard's Liniment for sale everywhere

The combats of life are always struggles against yourself.

COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS
G. J. CLIFF - TORONTO

America's Pioneer Dog Remedies

Book on
DOG DISEASES
and How to Feed
Mailed Free to any Ad-
dress by the Author,
H. Olay Glover Co., Inc.,
129 West 24th Street
New York, U.S.A.

WOMAN TOO WEAK TO WALK

**Now Works Nine Hours a Day.—
Lydia E. Pinkham's Vegetable
Compound Restored Her Strength**

Union Village, Vt.—"I was weak and nervous and all run-down. I could not walk across the floor without resting and I had been that way for weeks. I saw your advertisement in the paper and after taking one bottle of Lydia E. Pinkham's Vegetable Compound I felt the good it was doing me and I took seven more in all. Before I finished I was able to work

nine hours a day in a steam laundry. I cannot say too much in favor of your medicine. I trust all sick and suffering women will take it. It has been two years since I took it and I am strong and well."

—Mrs. L. A. GUMMANN, Union Village, Vermont.

This is only one of such letters we are continually publishing showing what Lydia E. Pinkham has done for women, and whether you work or not Mrs. Gummann's letter should interest you.

Many women get into a weak, nervous run down condition because of ailments they often have. Such women should take Lydia E. Pinkham's Vegetable Compound at the first sign of trouble. Good health is necessary and this splendid medicine will help you to keep it.



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-aceticacidester 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."