GROWING BOYS

Need Rich, Red Blood to Keep Up Health and Strength.

It is a mistake to think that anaemia is only a girl's complaint. Girls probably show the effect of weak, watery blood more plainly than boys. But many boys in their teens grow thin and weedy, showing that they have not enough blood, or that it is thin and watery. Let the boy in this condition eatch cold and he will lose his strength and his health becomes precarious. To overcome this trouble give both your weak boys and girls Dr. Williams' Pink Pills and see how soon good appetite returns and the weak boy or languid girl becomes full of activity and high spirits. Mrs. P. Garvey, R.R. No. 5, Mono Mills, Ont., tells what this medicine did for her young son. She says: - "Three years ago, my little boy, who was then 11 years old, was very pale and weak, he would take fainting spells and complained of a pain about his heart. One day a lady friend who noticed his rundown condition told me her daughter had been in a similar state and found new health through Dr. Williams' Pink Pills. I therefore got a supply for my boy, and by the time the first box was used his appetite seemed better, and by the time he had taken half a dozen boxes everyone was surprised at the change in his condition, he was such a fine, healthy looking boy. He had grown tall and stout, with no signs of his former run-down condition. believe Dr. Williams' Pink Pills are unexcelled for anyone weak and run down."

Dr. Williams' Pink Pills are 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.

Never Give Up in Despair. If you ever feel that your little boat,

Adrift on the Sea of Life, Is really not worth the effort

To win in the world's great strife, Thrust at the oars with hope in the heart.

And think of a land most fair, You are sure to reach if you struggle

And never give up in despair.

If ever your soul is down in the depths With the weight of the old world's scorn.

Which passes you by with unconcern And leaves you all forlorn,

Then trust in "our Father in heaven," Who awaits at the top of life's stair, The mortal who battles old Satan And never gives up in despair.

If ever the world seems against you,

Think not you are quite forgot, For hidden away in some one's heart There is often remembrance sought And though we may wonder that God conceals

Life's beautiful thoughts so fair, It is His mysterious manner, So never give up in despair.

Every time a man has his fortune told he gets rid of a small portion Tripoli has no rivers and rain sel-

Giving Mary a Start.

Whenever a couple, widely known and popular in the community, were married it used to be the custom for the local newspaper to print at length the list of wedding gifts. The London newspapers performed the same service for Princess Mary and her husband, Viscount Lascelles - whose name, by the bye, is pronounced Lassels with the accent strongly on the first syllable. The list is extraordinary and contains enough household furnishings to start a dozen couples at housekeeping.

Among the offerings were no less than sixty-six jugs and bowls, sixteen silver toast racks and twenty-two clocks. The late King Edward after his marriage found himself the possessor of fifteen hundred teapots of all "e." types and descriptions and of more than eight hundred cruets. It is reported that some of them are still stored in London. Only persons who had been presented at court or who could claim personal acquaintance with either Princess Mary or her husband were permitted to send wedding gifts. Charitable and other public orcourse excepted. The ruling perhaps columns. I remember also getting saved Princess Mary the embarrass- down under the desk and tickling the ment of being overwhelmed with tea- bare ankles of the big girls who sat in pots and cruets as her grandfather had the seat in front of me.

at St. James's Palace shows that only and be quiet and only go out in the retwenty-eight tea services were pre- gular recess. The seat I sat on was a sented. Other items are one hundred slab turned flat side up and supported and fifty-eight articles of jewelry, in- on four legs cut from a sapling. My cluding bracelets, necklaces, pendants, feet did not touch the floor, and I suptiaras, brooches, rings, caskets, fans pose I became tired; one ofternoon I and watches; a trayful of flawless, un- fell asleep, and when I awoke I was on set precious stones; eight hundred and a couch in a neighbor's house; the ninety-three gifts made from precious smell of camphor pervaded the room, metals, including twenty-nine trays, I had fallen off the seat backward and twenty-four vases, thirty-one cups, hit my head on the protruding stones twelve goblets, eighteen ink-stands, of the unplastered wall. twenty-five statuettes, fourteen card trays, nine cigarette cases, eight traveling cases and seven workboxes; ers and sweets and bathed my injuries one hundred and ninety-seven books with camphor, and I suppose little and manuscripts, twenty-two candela- Johnny was soon himself again. I have bra, seventeen umbrellas, fourteen often wondered if a small bony prolamps and shades, seventeen rugs, tuberance on the back of my head twenty-two sets of cutlery, eight wall dated from that collision with the old brackets, twenty-two dinner services, stone schoolhouse. forty-seven breakfast-table services, eighteen silver salvers, seventy pairs of gloves, ten wedding cakes and seven hunting crops.

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. The regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine, heing guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm-they always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

dom falls. 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.

Eating too much or eating too little is wrong, and leads to all sorts of more and more apparent is that when trouble. In the matter of health there is probably nothing of such vital im- fat, and when a person loses weight it portance as food. Indeed it has been is because he is not getting enough authoritatively stated that the dura- flesh-forming food. There are other tion of life depends to a large extent causes of overweight and underto the kinds of food we eat.

individual need for the complete nour- what kinds of food are eaten. Added ishment of his body? That is a vital to this of course is temperament, amquestion, for as has already been said, ount of exercise taken and the kind of too much food or too little food is life one leads. All these must be harmful. Of the two, overeating is taken into account in deciding how the most common, and leads to indi- much food is required, but again an gestion in its various forms, liver and index of this can in most cases be kidney diseases, gout, arthritis, some supplied by the physical condition of forms of eczema and a general dis- the person from day to day, and how inclination to mental and physical ex- his weight is maintained.

cold, and mental depression and irri- vitamines. tability. These occur not only in the avidently starving, but in people whose be balanced, that is, must contain the diet is ill-chosen.

that from year to year the body keeps which co-ordinate nutrition. to height.

One feature of dieting becoming a person gets fat it is because he is eating too much food that produces weight but in the main the question is How much food does the average purely one of how much food and

ertion, especially in very fat people. As a general rule, people eat too The evils of undereating include much, and especially too much meats. lack of energy and strength, lack of The diet should include a large amstored-up power for emergencies, loss ount of foods in their natural state, of weight, anemia, imperfect growth, that is, raw, uncooked food such as deficiency diseases, the less direct ef- the leafy vegetables and fresh fruits, fects of sleeplessness, sensitiveness to which contain some of the essential

But above all things the diet must essential amounts of heat-producing, How much then, shall a person eat? fat-producing and muscle-producing Generally speaking, just so much ingredients, stabilized by vitamines

in good condition for its work, and In another article I will deal with maintains a fairly constant weight, some of the foods that contain vitaand one bearing a proper proportion mines and try to show how necessary the vitamines are to health.

Beginning His Education.

I remember the first day I went to school, writes John Burroughs in his charming sketch of his boyhood. I recall vividly the suit mother made for me out of some striped cotton goods with a pair of little flaps, or hound's ears, on my shoulders that flopped about as I ran. I accompanied Olly Ann, my oldest sister.

I remember strugling with the alphabet; the letters were arranged in a column; the vowels were first, and then came the consonants. The teacher would call me to her chair three or four times a day and, opening the spell book, point to the letters and ask me to name them. I remember that one boy, older than I,-Hen Meeker by name, -on one occasion stuck on

"I'll bet little Johnny Burris can tell what that letter is," said the teacher. and to the humiliation of Hen promptly answered, "E."

"I told you so," said the schoolmarm. How long it took me to learn the alphabet in that arbitrary manner I do not know. But I tackling the a-b,

A classification of the gifts exhibited little boys had to sit on the hard seats certainly does the work."

But the neighbor's wife was a motherly body and consoled me with flow-

What Are These Scents?

What are these scents that drift along the breeze. And fill the sordid, dingy city street

For one brief space with fragrances as sweet As golden apples of Hesperides;

What dim Arcadian meadows lent us these

Faint breaths of loveliness from otherwhere.

That let our hearts a fleeting moment fare

Beyond the withered, brown, dust laden trees?

Perchance the buds and blooms of long

When this was open country, still

come back On windy summer evenings to bestow

On prisoned folk the blossomiigs they lack-Vague, wistful ghosts, that mourn 'mid

slums unclean, Old orchards and old meadows' van-

ished green.

-Charlotte Becker.

Couldn't Speak English. "Edward," asked a teacher in a

school on the East Side, "why were you absent from school this morning?" "Oh, some one stole my coat on me." "What's that? Stole your coat on you?"

"Aw, teacher," interjected Edward's brother. - "He's ignorant; he can't talk English. He means some one stole his coat off him."

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

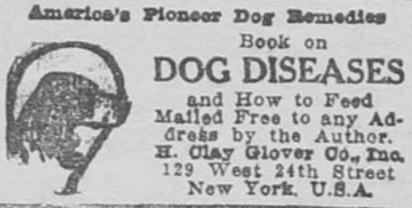
Of Ancient Lineage.

It is truly comforting to feel that the possibility of inheritance lies on the side of good breeding, and not on that of ignorance. It was with some such sentiment that a Washington woman made her claim of ancestry.

"Oh, yes," she said, proudly, "we can trace our ancestors back to-towell, I don't know who, but we have been descending for centuries."

Minard's Liniment Relieves Neuralgis

Forest conservation is a subject to be approached in a business-like manner. Harvesting the matured crop of timber is not properly done if steps are not taken at the same time to plant the seed and cultivate the forest for succeeding crops.-Western Lumberman.



ISSUE No. 30-122.

Toronto Couple, After Putting Tanlac to the Test, Declare subject to approval at lowest prices in Canada. York Belting Co., 115 York it Restored Them Both to Splendid Condition.

test and we both think it is a wonderful medicine," said Edward Munn, of 123 Rose Ave., Toronto, Ont.

run-down condition from stomach trouble and indigestion. The little I ate would cause gas to form so badly I was miserable most of the time. "Come up here, Johnny." Up I went was troubled continually with constipation and frequent dizzy spells made me feel like I would fall if I stooped over. I was always having headaches and towards the last I got so weak I was fagged out all the time.

"I hadn't gotten far on Tanlac beganizations and institutions were of abs, and slowly mastering those short fore I knew I was getting better and now I feel fine in every way. My wife was badly run down, too; and Tanlac was just as effective in her case. We are now enjoying excellent health and The summer days were long, and are glad to recommend Tanlac for it

Tanlac is sold by all good druggists.

London contains eighteen farmhouses-nine in Woolwich, five in Lewisham, two in Greenwich, and one each in Hammersmith and Wimbledon.

O. McPherson, Furniture Dealer, Undertaker, Armstrong, B.C.

Minard's Liniment Co., Ltd. Yarmouth, N.S.:

Dear Sirs,-Since the start of baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy. Yours truly, W. E. McPherson.

Secretary of Armstrong High School Baseball Team.

On Face. Sore and Disfiguring. In Blotches and Burned.

"Small pimple-like eruptions came first on my face. They were sore and disfiguring, and were also large and red. They festered and came to a head, and they were in blotches and burned.

"I had these on my face for about a month before I used Cuticura Soap and Ointment. I could feel the pimples getting better after a few days' treatment, and I used one cake of Cuticura Soap and one box of Cuticura Ointment when I was healed." (Signed) Miss Florence Thayer, Wright, Quebec.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

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

for a weekly newspaper in On-tario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

"My wife and I put Tanlac to the should have said "Isn't."

"For three years I was in a general

Advt.

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TION hose, new and used, shipped

Homicide Justifiable Here.

The Purist-"It's simply maddening

to hear a person say "ain't" when he

Minard's Liniment for sale everywhere

COARSE SALT

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TORONTO SALT WORKS

Our earth's volume is 260,000,000,-

The other-"Ain't it, though?"

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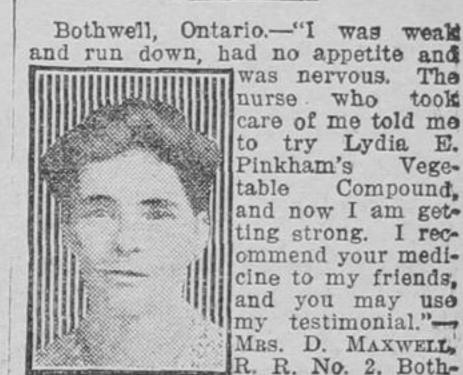
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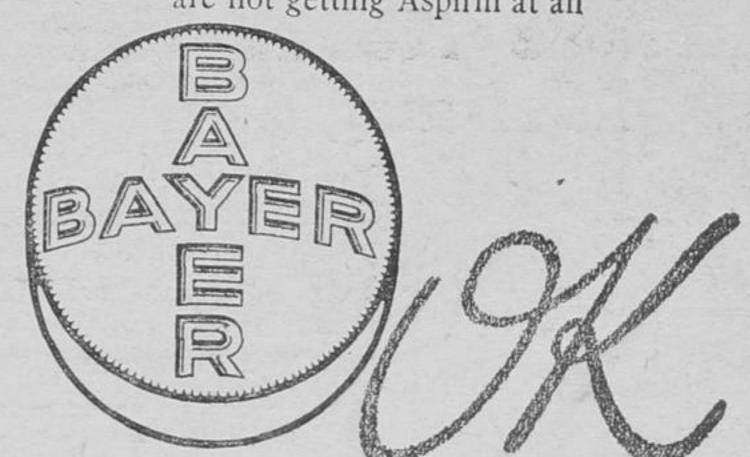
was nervous. The nurse who took care of me told me to try Lydia E. Vege-Pinkham's table Compound, and now I am getting strong. I recommend your medi-cine to my friends, and you may use my testimonial."-MRS. D. MAXWELL, R. R. No. 2, Both-

well, Ontario.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good oldfashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics nor harmful drugs it is a safe medicine for women. Lydia E. Pinkham's Private Text-

Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass.

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 Toothache Earache

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Handy "Bayer" boxes of 12 tablets-Also bottles of 24 and 100-Druggista. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mond, 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."