

WORRIED WOMEN NEED RICH BLOOD

If the Blood is Not Kept Pure
Health Will Break Down.

It is useless to tell a hard working woman to take life easily and not to worry. To do so is to ask the almost impossible. But, at the same time, it is the duty of every woman to save her strength to meet any unusual demands. It is a duty she owes herself and family, for her future health may depend upon it.

To guard against a complete breakdown in health the blood must be kept rich, red and pure. No other medicine does this so well as Dr. Williams' Pink Pills. This medicine strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength by the occasional use of Dr. Williams' Pink Pills. Among those who have found benefit from this medicine is Mrs. Cora Conrad, Broad Cove, N.S., who says: "My system was very much run down, and my blood poor and watery. I suffered a great deal from headaches and dizziness; my appetite was poor, and I tired easily. I decided to try Dr. Williams' Pink Pills and have every reason to be glad that I did so. Soon I felt better, and under the continued use of the pills the headaches and dizziness were gone, and my blood seemed in a better condition than before. For this reason I recommend Dr. Williams' Pink Pills."

You can get Dr. Williams' Pink 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.

Random Remarks.

Dodgery and duplicity never succeed in the long run.—Mr. Asquith.
There's a good time coming, but it's a good time coming.—Mr. Thomas Jay.
Women are more practical and less fooled by words than men.—Lady Asquith.

It is a man's job to hew the path, woman's to make it pleasant.—Lady Kitty Vincent.

I much prefer animals to human beings; they never let one down.—Sir E. Marshall Hall, K.C.

My husband does not worry. He does his best and leaves the rest to Providence.—Mrs. Lloyd George.

The human heart is like water; it freezes at a certain temperature and melts under the influence of warmth.—Dean Inge.

I never committed matrimony—that is why I am alive to-day.—Sir Harry Poland, K.C. (on entering his ninety-fourth year).

It is human to err; and the only final and deadly error among all our errors is denying that we have ever erred.—Mr. G. K. Chesterton.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

His Only Desire.

Father—"What would you like—a brother or sister?"

Tommy to Father—"If it makes no difference to you, dad, I'll have a box of bricks!"

Minard's Liniment Relieves Neuralgia

Wireless for Beginners

BY ANTHONY PYKE

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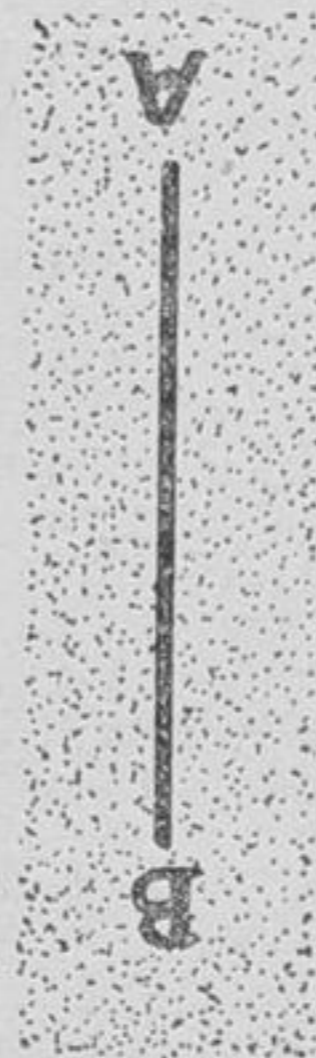
ARTICLE II.

Making Waves in the Ether.

Drop a stone in a pond. What do you observe? A band of ripples expands from the centre of disturbance and sets distant small floating objects bobbing up and down. Punch the water with a stick for alternate long and short periods, pausing between them, and we note that the floating objects bob up and down for corresponding periods, as the band of ripples due to each period of agitation passes them. Make the long and short periods of agitation correspond with the symbols of the Morse code, and we have a crude method of communication which has, perhaps, a better right than the radio system to be called "wireless." The stick which disturbed the water represents a transmitting station, while the floating objects are receiving stations, registering the passage of the ripples by their vibrations up and down. Notice that the ripples die away as they advance. Small objects at some distance from the centre of disturbance are scarcely affected at all. We shall find it the same in radio. The farther removed our receiver is from the transmitter, the more difficult it becomes to detect the wireless waves.

Let us now, before we leave the pond, drop a big rock in where we previously had the stick, and watch the effect upon the floating things. Many of those which were nearest the rock as it struck the water are quite swamped this time. The ripples are much larger and those obstinate pieces of flotsam and jetsam which refused to be strongly affected before will presently be bobbing up and down quite merrily. Here we have something analogous to the high power wireless station, whose signals can be detected at great distances. It is like the political gentleman of the powerful voice, whose utterances can be heard all over the field. We don't need ear trumpets to catch what our ste.orian friend says, nor do we require amplifying apparatus to hear signals from the larger wireless stations. Signals from such a big station as Arlington, for example, can be detected over a thousand miles or so with the simplest type of receiving equipment. Quite weak transmitters can, of course, be heard with elementary outfits, but only locally. It is impossible to state, even approximately, what range will be attained by a transmitting station of a given power or over what radius a certain receiving set will receive. Quite recently a one-and-a-half kilowatt wireless telephone transmitter at High River, Alberta, was heard very clearly at a point near Honolulu. The distance covered in this case was about two thousand eight hundred miles, although the transmitter was only expected to work over about five hundred miles! A receiving set suitable for the reception of local broadcasting programmes may be purchased for twenty or thirty dollars. Besides local radiophone broadcasts, it will receive telegraphic signals from powerful stations, over distances of, perhaps, a thousand miles. Occasionally, it may receive radiophone broadcasts through one or two hundred miles of space, but this cannot be relied upon, nor will the reputable manufacturer guarantee it. Radiophone broadcasts being

sent out four or five hundred miles away can usually only be heard with more elaborate and expensive equipment. Just what are the differences between this and the cheaper outfit, will be explained later. We must return to the subject of waves, and see how they may be created in the ether by electrical means.



Without enquiring too deeply into the nature of electricity, let us assume that a current is suddenly made to flow along a wire from A to B, to stop and instantly return to A, and to repeat this return journey several thousand times per second.

Surrounding and, indeed, permeating the conductor A. B. is the ether. We might imagine this ether to be punched, first in one direction by the rapid flight of current from A to B, and then in the opposite direction by the return of the current to A. As a body of water is set rippling when punched with a stick, so we may suppose the ether to be set rippling when punched with electric currents.

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are young children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Plants Animate Things.

Plants are really animate things. They lack the power of locomotion such as most animals have, but they are capable of movement. Some of them are a great deal higher in the scale of life than some of the low-order organisms classified as animals.

Unreasonable.

Mother—"Tommy, what's your little brother crying so much about?"
Tommy—"Cause I'm eating my cake an' won't give him any."
"Is his own cake finished?"
"Yes, an' he cried while I was eatin' that, too."

What One of the Best Known Travelers in Canada Says.

"Now I am going to give you an unsolicited testimonial as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution, and have never been ill a day in my life. One day last fall after a hard day's tramp in the slush of Montreal, I developed a severe pain in my legs and of course like a man who has never had anything wrong with him physically, I complained rather hysterically. The good little wife says: 'I will rub them with some liniment I have.' 'Go ahead,' I said, just to humor her. 'Well, in she comes with a bottle of Minard's Liniment and gets busy. Believe me the pain disappeared a few minutes after, and you can tell the world I said so.' (Signed) FRANK E. JOHNS, Montreal.

COARSE SALT LAND SALT

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TORONTO SALT WORKS
C. J. CLIFF - TORONTO

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address
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New York, U.S.A.

ISSUE No. 36-22

Two in Family Are Restored By Tanlac

One of the outstanding features of Tanlac is that very often several members of the same family are restored to health by it. Thousands of such cases are on record and it is now the family medicine in countless homes throughout the U. S., Canada, Mexico and Cuba. Mrs. Bert Hewer, 193 East Ave., North Hamilton, Ont., says:

"My health was so broken down that I was unable to do my housework, but Tanlac built me up wonderfully and I now feel fine. My son and daughter also took Tanlac with good results. We call it our family medicine."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. By enabling the stomach and other vital organs to perform their functions properly, the whole system is nourished, purified and strengthened. Get a bottle to-day at any good druggist.

Hearing the Other Side.

"You have decided to stay on the farm?"

"Yes," said Mr. Cobbles. "I get discouraged durin' th' week, but I cheer up considerably on Sundays."

"How is that?"

"I listen to people who come out here from town in their automobiles. After I hear them tell their troubles I forget that I have any of my own."

Minard's Liniment for sale everywhere

Nature observers have noted that among birds the lark, the thrush, the blackbird and the robin are some of the early risers.

PETRIE'S MACHINERY TORONTO

CUTICURA HEALS SCALP TROUBLE

On Child, Broke Out in Pimples,
Head Scaly, Used To Itch.

"When my little girl was two years old she had a severe case of scalp trouble which broke out on her head in pimples. When the pimples came off her head was scaly and used to itch so that she was always scratching."

"I tried all kinds of remedies but in vain. I sent for a free sample of Cuticura Soap and Ointment which helped her. I bought more and after two weeks she was completely healed." (Signed) Mrs. Lillian Fortier, 104 Unit St., Providence, R. I., Feb. 11, 1921.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W. Montreal." Sold everywhere. Soap 25c. Ointment 25c and 60c. Talcum 25c. **Cuticura Soap shaves without mug.**

Classified Advertisements

WANTED—YOUNG LADIES WITH Good Education to Train as Nurses, Welland Hospital, St. Catharines, Ont.

LADIES—DO YOUR OWN HEMSTITCHING and picotting; attachment fits any machine, \$2.50; buttonhole, \$8; duty free; agents wanted. E. STEPHENSON, 22 Quincy Street, Chicago.

AGENTS WANTED.

WHOLE OR PART TIME TO SELL our complete line of electric fixtures and appliances from our catalogue. Liberal commission. W. P. Earle Electric Supply Co., 1284 St. Clair Ave., Toronto.

SEASON OF 1922 OFFERS AN EXCEPTIONAL opportunity to earn from ten to fifty dollars weekly with our line of personal greeting cards; there will be a big demand this year; whole or spare time may be devoted to the work; samples free; write for full details. Carlton Publishing Co., Dept. W.P., 326 Spadina Ave., Toronto.

FOR SALE.

YARN—WONDERFUL VALUES AND Colors, samples free—Georgetown Woolen Mills, Ont.

HENS WANTED ALIVE 23 CENTS a pound, Albert Lewis, 666 Dundas West, Toronto, Ont.

ONE HUNDRED ACRE FARM ON Huron Road (Provincial Highway) near Clinton; two spring wells, splendid buildings, good orchard and fences. For terms and further particulars apply to: G. A. P. Brickenden & Co., Barristers, &c., London Loan Bldg., London, Ont.

WEEKLY NEWSPAPER WANTED.

WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

BELTING FOR SALE

THRESHER BELTS AND SUC-TION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.

Everything we get in life comes through the gateway of our thought. If that is pinched, stingy, mean, what flows to us will correspond.

WONDERFUL THE WAY IT HELPED HER

So Writes Mrs. Lemery of
Brockville, Ontario, Regarding
Lydia E. Pinkham's
Vegetable Compound

Brockville, Ontario.—"I took Lydia E. Pinkham's Vegetable Compound for weakness and female disorders. I was so weak at times that I could not stand up. I had been this way for nearly three years and the different medicines I had taken had not done me any good. I found one of your little books in my door one day and thought I would give it a trial. I am now on my fifth bottle and it is wonderful the way it has helped me. I am feeling much better, have no weak spells and can do all my work now. I am recommending your Vegetable Compound to all I know and you can use my testimonial to help other women."—Mrs. CASEY LEMERY, 176 Abbott St., Brockville, Ontario.

Lydia E. Pinkham's Vegetable Compound is a medicine for women's ailments and has a record of nearly fifty years behind it.



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.

We used to laugh at the Chinese on account of their strange customs, and now we find the Chinese are laughing at us. John Chinaman is a funny fellow when he is at home in his native land. He builds the roof of his house first and the walls afterwards. He pays the doctor when in good health and stops paying him when sickness comes. We used to hear about this and think it strange, and we just laughed at the Chinese and said "What an idea!" and gave the matter no further thought.

But times have changed. We in this country are beginning to find out that the Chinese were a highly civilized people in the days when Anglo-Saxons were cave-men. Many of the Chinese customs, moreover have stood the test of time, and this practice of paying the doctor when one is well, is now regarded in western countries as a very practical and sensible thing to do.

Why overhaul your motorboat, and neglect overhauling your old body? Why have your motor car examined periodically, and not your stomach, your heart, your liver, your lungs? Did you ever see a railway employee strike the wheels of a train as it stops

in the station? Do you know why he does that? It is to see if there are any cracks or flaws in the wheels that might cause a breakdown on the journey. The sound of the wheel when struck indicates whether or not the wheel is all right and in good repair. Is it not far better to do this than to wait till the crash comes, and then say it was an unnoticed crack in the wheel that caused the accident. Why should the same reasoning not apply to our health, our physical condition? Would it not be much better if so called well-people could be periodically examined instead of sick, who have already broken down like the train wheel! True, the human wheel, like the railway wheel has to be repaired—the doctor is needed to effect a cure, but if the necessary repairs had been done before and not after sickness came, or had physical defects been corrected in childhood, much suffering and ill-health could be avoided.

The day will come when the well person will take his annual or semi-annual health examination as naturally as he balances his bank book. That is something to look forward to, and the sooner it comes into vogue the better.