

## MANY TROUBLES COME THROUGH THE BLOOD

If Kept Rich and Red Good Health Will be Yours.

Nearly all the common diseases are caused by bad blood, weak, watery blood poisoned by impurities. Bad blood is the cause of headaches and backaches, lumbago, and rheumatism, debility and indigestion, neuralgia, sciatica and other nerve troubles. It is bad blood that causes disfiguring skin diseases like eczema, and salt rheum, pimples and eruptions. The severity of the trouble indicates how impure the blood is, and it goes always from bad to worse unless steps are promptly taken to enrich and purify the blood. There is no use trying a different medicine for each trouble, for they all come through the one cause—bad blood. In conditions of this kind Dr. Williams' Pink Pills have been found very beneficial, as they have a direct action on the blood, enriching and purifying it. That is why this medicine is so often successful, after other remedies have failed—they reach the root of the trouble in the blood. Mr. Albert S. Giffin, Mount Pleasant, P.E.I., tells what these pills did for him. He says:—"Some months ago I was in a badly run-down condition. My blood was poor, I had no appetite and my work left me completely tired out. I fell off in weight, was altogether in a miserable condition. I was taking medicine, but it was not doing me any good. At this stage a friend who had used Dr. Williams' Pink Pills with beneficial results, advised me to take them, and acting on his advice I did so. The result can be summed up in a few words: I took the pills for a little more than a month, when I can honestly say I never felt better in my life. I can now eat a hearty meal, do my work with comparative ease, and have gained in weight. I advise weak, run-down people to give these pills a fair trial."

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.

### A 3-in-1 City.

Peking is in reality three cities in one. There is an inner or Manchu city and an outer or Chinese city.

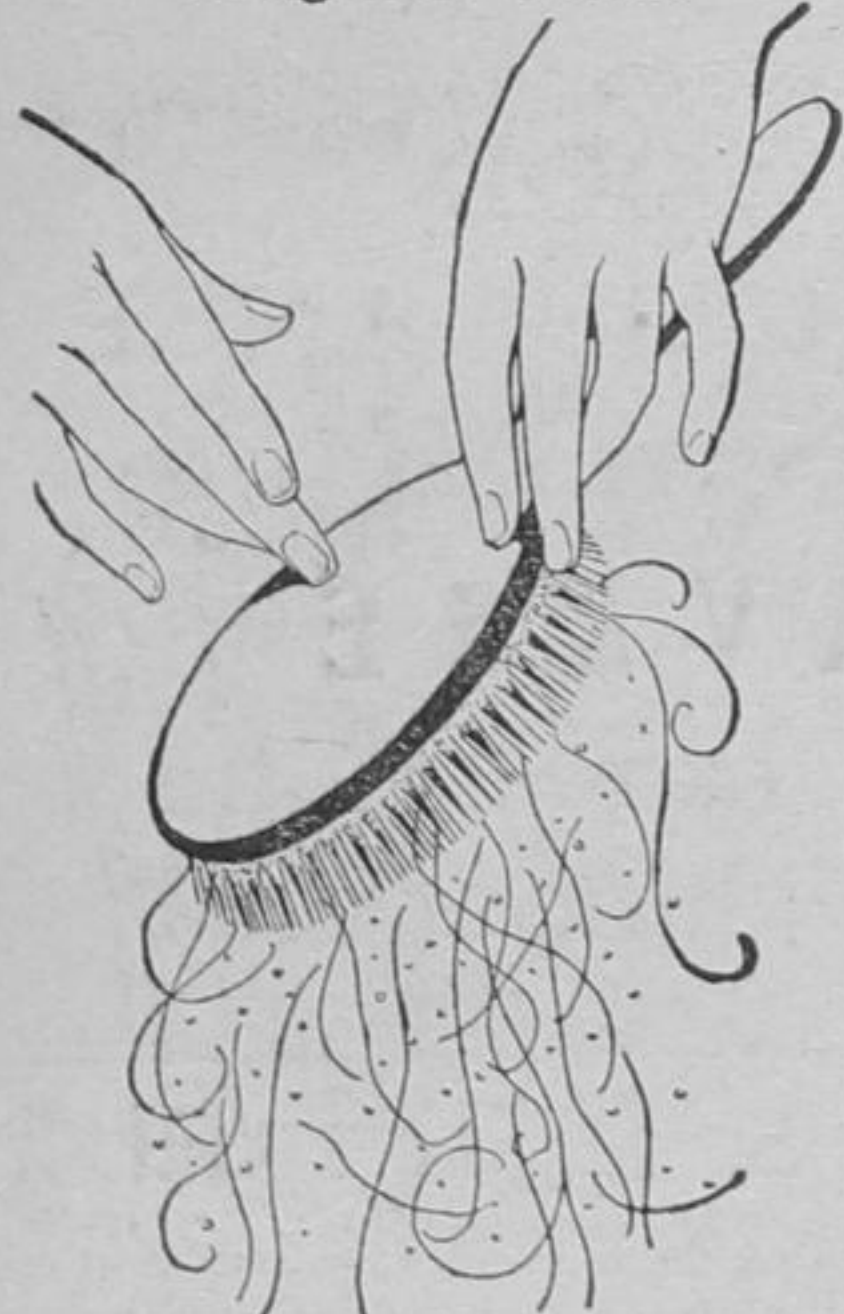
The inner comprises the imperial city, which, in turn, contains the "Forbidden City" or the "Purple Forbidden City," inside the walls of which, again, is the imperial palace.

Peking itself is one of the oldest cities in the world, being known to exist in the twelfth century before Christ, but although it is of immense size, being twenty-five miles in circumference, much of the space within the walls is unoccupied.

Smile a smile; while you smile another smiles, and soon there's miles and miles of smiles. And life's worth while if you but smile.—Jane Thompson.

## A PITY TO LOSE ANOTHER HAIR

35c "Danderine" Saves Your Hair—Ends Dandruff! Delightful Tonic



Only fools let hair fall out and dandruff stay. Neglect means a bald spot shortly. A little "Danderine" now will save your hair. This delightful tonic cleans the scalp of every particle of dandruff, tightens the hair-root pores, so the hair stops coming out and so the vitalizing oils, which are the very life and strength of the hair, can not ooze away.

Danderine is not sticky or greasy. It has made weak, sick, neglected hair strong and healthy for millions of men and women. Your comb or brush is warning you. Hurry to any drugstore and get a bottle now. Don't wait!

## 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.

Man's very existence on this earth is threatened by another kind of warfare unknown to a large section of humanity. This was strikingly made plain by Dr. L. O. Howard in his presidential address at Toronto recently before the American Association for the Advancement of Science. "The insignificant insect" is man's greatest enemy, Dr. Howard maintains. "They threaten his life daily; they shorten his food supplies, both in his crops while they are growing, and in such supplies after they are harvested and stored, in his clothing, in his habitations, and in countless other ways. In many respects they are better fitted for existence on this earth than he is."

Warnings like this are becoming universal that man must cease warfare on his fellow-men in order to preserve his existence in the struggle with nature.

Ill-health and poor physique help the insect in this struggle, so it is the manifest duty of all classes of citizens to improve the physical and mental conditions of the present and particularly of the rising generation, so that by observing hygienic principles in their daily life and by maintaining physical fitness and freedom from de-

fects of all kinds the human race may continue to remain supreme among the living things of earth.

Are we doing it? Just listen to this:—

There were 7,804 babies died last year in this province before they reached one year of age! Isn't there something wrong here? This slaughter of the innocents must stop!

Of those who survive the first critical year of life large numbers have physical defects of one kind or another, which could easily be corrected if taken in time. These defects include decaying teeth, diseased tonsils, adenoids, defective eyesight, defective hearing, malnutrition, etc. All or any of these defects tend to bring about a lowered state of health and prepare the way for the development of diseases which can be traced in many cases to the untreated focal infection which with a little forethought could have been removed before irreparable damage is done.

It is no longer a question of whether a country can afford public health work. What it cannot afford is the waste that must inevitably result from the want of it.

In this connection the old saying again rings true: "A stitch in time saves nine."

### Pat's Precaution.

Pat Maloney was nailing a box which he intended sending by rail. It was essential that the box should not be inverted during the passage, and a friend ventured to suggest that Pat should write on the case, "This side up, with care."

A few days later, seeing Pat, he asked, "heard any more about your goods? Did they get there safely?"

"Every one of them broke!" said Pat.

"The whole lot? Did you label it, 'This side up,' as I told you?"

"Yes, I did. And for fear they shouldn't see it on the top I put it on the bottom as well!"

Ask for Minard's and take no other.

"Every great soul of man has had its vision and pondered it, until the passion to make the dream come true has dominated his life."

## "Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach and all such distress gone by morning. Nicest physic on earth for grown-up and children. 10c a box. Taste like candy.

## 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. GUIMANN, 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. Guimann'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.

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## You Can Get Back Your Grip On Health

Hope for the millions of unfortunate men and women who are victims of stomach trouble is sounded by Mrs. B. B. Jones, 187 Oak St., Hamilton, Ont. Mrs. Jones was a victim of stomach trouble in its worst form but was completely restored to health by Tanlac. She says:

"For thirty long years, I had nervous indigestion and stomach trouble and I can hardly describe all the agony I suffered during that time. It may sound unreasonable, but Tanlac completely restored my health and I have gained thirty-five pounds in weight. Tanlac is simply wonderful."

Undigested food ferments in the stomach and soon the entire system is filled with poisons. Tanlac was designed to restore the stomach to a healthy condition and build up the whole body. Millions everywhere have acclaimed its wonderful power. Get a bottle to-day.

Tanlac is sold by all good druggists. Advt.

### What Might Have Been.

Pat was making a wooden pigsty, when he missed the nail he was hammering and hit his own thumb.

After having it wrapped up he met one of his friends, who, naturally, asked him what he had been doing.

"Sure," said Pat, "I hit me thumb with a hammer. It's bad now, but I'd had no thumb left at all if I'd been striking with both hands!"

### MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

### Should Speak Scotch.

A visitor from the United States was introduced to an old Scotsman.

"From what land do ye come?" asked the Scotsman.

"The greatest in the world," replied the American.

"Putr bairn, ye've lost your accent."

## Fisherman's Friend

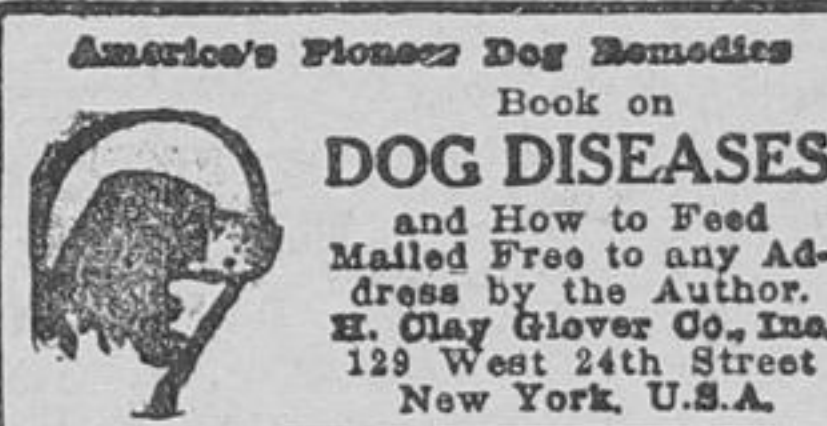
The Original and Only Genuine



YARMOUTH, N.S.

## COARSE SALT LAND SALT

Bulk Carlots TORONTO SALT WORKS C. J. CLIFF - TORONTO



and How to Feed Mailed Free to any Address by the Author.

H. Clay Glover Co., Inc., 129 West 24th Street New York, U.S.A.

## Classified Advertisements

AGENTS WANTED.

DISTRICT AGENT FOR "BODIN" Spark Plugs wanted. Guaranteed, car, truck, or tractor; replaced if defective; sell one dollar. Write for particulars, Bodin Co., 90 Maitland St., Toronto.

HIGH-CLASS SALESMEN EARN big money by selling "Butterfly Tints," non-boiling home dyes, to retail stores on straight commission basis. Butterfly Tinting Co., Minneapolis, Minn.

\$5—PRIVATE CHRISTMAS GREETING cards; sample book free; men and women already making \$5 up daily in spare time. Bradley Limited, Brantford, Ont.

PUPIL NURSES WANTED—2-YEAR course; accredited school; monthly allowance; first-class training in surgical, medical and obstetrical work; full course of lectures. Apply Superintendent, West End Hospital, 35 S. Hoynes Ave., Chicago, Ill., U.S.A.

RIDOUT & MAYBEE, KENT BLDG., Yonge Street, Toronto. Registered Patent Attorneys. Send for free booklet.

## 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.

Stitch in Time.

If a picture nail gets loose in the wall, wrap it round with wadding saturated with glue, and press it into the hole. With a damp rag wipe off all glue that exudes and leave to dry.

## INDIGESTION, GAS, UPSET STOMACH

Instantly! "Pape's Diapepsin" Corrects Stomach so Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

## FACE DISFIGURED NINE MONTHS

Itched and Hard Pimples Broke Out. Cuticura Heals.

"My face and neck all broke out in a mass of nasty pimples. My face used to itch and then hard pimples would break out and fester over. They itched and burned dreadfully at times, and my face was badly disfigured for about nine months."

"I tried different remedies without any effect. I saw an advertisement for Cuticura Soap and Ointment and sent for a free sample. It helped me so much that I bought more, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was healed." (Signed) Miss Hattie E. Cruickshank, Lower Caledonia, Nova Scotia.

Give Cuticura Soap, Ointment and Talcum the care of your skin. Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W. Montreal." Sold everywhere. Soap 25c, Ointment 25c and 50c, Talcum 25c.

Cuticura Soap shaves without mug.

# 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 Monoaceticacidester 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."

Minard's Liniment for Distemper.