

## HOW TO REGAIN YOUR GOOD HEALTH

It Can be Done Through Keeping the Blood Supply Rich and Pure.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used, and from one end of the country to the other kind words have been said for this medicine.

You have only to ask your neighbors, and they can tell you of some rheumatic or nerve-shattered man, some suffering woman, ailing youth or anaemic girl who has been benefited by Dr. Williams' Pink Pills. For more than a third of a century these pills have been known not only in Canada, but throughout the world as a reliable tonic, blood-enriching medicine.

The success of Dr. Williams' Pink Pills is due to the fact that they go to the root of the disease in the blood, and by making the vital fluid rich, they strengthen the organs and nerves of the body. Mr. A. M. Large, Victoria, P.E.I., adds his testimony to that of thousands of others who have found benefit through the use of this medicine. He says:—"About three years ago I became dreadfully run down. So much so that I had to stop work altogether, and being a carpenter, and busily engaged, the outlook was gloomy. I became so reduced that I would have to rest even after a short walk. My appetite almost completely failed. The doctor whom I consulted told me I would have to take a prolonged rest, and gave me a bottle of medicine, which, however, did not help me. Then a good friend urged me to try Dr. Williams' Pink Pills, and I got a supply and before long felt an improvement. From that on I continued to gain and was able to resume my employment. I continued taking the pills for some time longer and now feel as vigorous as I ever did."

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.

### On His Dignity.

"I get queer questions sometimes," says an old advertiser, "when I ask my customers, as I frequently do, what publication they saw my advertisement in. As a rule they reply courteously, but once in a while a man takes the question as an affront. One pompous old fellow told me it was none of my business. Another advised me to 'hire a checking clerk.' A languid young man referred me to his valet. But I was worst taken back by a roughly dressed customer to whom I put the question.

"What magazine, may I ask, did you see my 'ad' in?"

"In all of them," he replied indignantly. "Did you think, sir, from my appearance that I read only one?"

Heels should never be more than two inches high for health and safety, according to a doctor.

Give us to awake with smiles, give us to labor smiling. . . . As the sun lightens the world, so let our loving kindness make bright this house of our habitation.—R. L. Stevenson.

## MOTHER!

Your Child's Bowels Need "California Fig Syrup"



Hurry, Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

## Autumn Leaves and Mushrooms.

"To gather mushrooms go by the high meadow, Skirt the ploughed field," they said. Such drift of November murk under impalpable skies, How should I know that they led To Aladdin's cavern For—I listen—I stepped over the dank mould Into a woody path of sodden leaves, Hurrying, as one does on November eves, And suddenly all about me flared and blazed A million jewels—scarlet, tawny, dusky red, and gold, Sour yellow and smouldering copper—stilly shining, burning.

Beyond and above and round every turning, More in the gleaming wetness and more and brighter, Till, blind with color and light, I understood: There was no sun shining in the wood— Only rain was thickly falling On the low bushes that dripped and hissed, While the tall trees Reared bravely—caparisoned limbs To a scattering greyness of cloud . . .

Who sees Tiny white buttons in brown turf, if you please, When his eyes are filled with a crowd of clustered jewels, gayer, warmer than wine? Was the fault mine? —Peter Renny.

## Navigating the Life Ship.

In bad weather, when there are heavy fogs and storms at sea, the navigator is obliged to take his bearings frequently to know where he is. If he doesn't do this, he cannot intelligently direct his course, and is liable to wreck his ship by running onto hidden rocks.

Every man is the navigator of a life ship, and if he doesn't early form the habit of taking his bearings, to find out where he is and whither he is going, he may, in middle life, find his ship stranded on the rocks of failure. If you would save yourself from shipwreck take your bearings frequently.

## GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day warm, the next cold and wet and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mother is on her guard, the little ones banishing colds. They act as a general laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### He Tried It and Knew.

Patience was the subject of the teacher's discourse and to illustrate her point she drew on the blackboard a picture of a small boy sitting on the bank of a stream, fishing.

"You see this lad, children," she said, beaming on her pupils. He's fishing. Well, even the pleasure of fishing requires patience. He must be prepared to sit and wait."

For a little while longer she dilated on the beauties of being patient. Then came the time for her to test her work. "Now, then, can any of you boys tell me what we need most when we go fishing?" she invited.

Like one voice came a chorus from the class. "Bait!"

### Obedience.

Willie had almost finished his reading lesson when he came to a word he could not pronounce.

"Barque," prompted the teacher. Willie looked at his classmates and grinned.

"Barque, Willie!" exclaimed the teacher, harshly. Willie, looking up at the teacher, finally cried out, "Bow-wow!"

### Hearing the Other Side.

"You have decided to stay on the farm?"

"Yes," said Mr. Cobbles. "I get discouraged during the 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."

### Value of Elephants.

An African elephant of the largest size measures about nine cubits, or 23½ feet, in height, and is worth about £900. For huge Ceylon elephants £4,000 is sometimes paid.

Minard's Liniment for Distemper.

## McCulloch Says It Helped Him From First

"I am glad to recommend Tanlac, for it has helped me to gain twelve pounds and made me feel better than I have in many years." This clear-cut statement was made recently by David McCulloch, 43 New St., Calgary, Alberta, Canada.

"I had been in very poor health for four years, being generally run down, with no appetite to speak of, and my nerves were always more or less on edge. My strength and energy were at a very low ebb, and a good night's sleep seemed utterly out of the question. I was simply worn out all the time, and was considerably under normal weight.

"Friends of mine who had tried Tanlac urged me to take it. I began to pick up from the very first bottle, and now I have plenty of strength and energy, never seem to tire, and eat and sleep like a healthy man should. I have taken five bottles, and do not hesitate to pronounce Tanlac a fine medicine."

Tanlac is sold by all good druggists. Advt.

## The New Friend of Man.

A new friend of man has been found. This good news was announced by Professor Myers at the Congress of the scientific association recently held at Hull, England.

This animal, not foreseen by Noah, is a dog. But a singular dog, which inhabits Rhodesia, and which, on account of the abundant mane that adorns his neck and shoulders, and also because of his moral qualities, has been named the "dog-lion." The inhabitants of South Africa had already begun to despair, so much had the wild beasts been multiplying there. The birth rate of the lion, in particular, according to reports, was incomparable. But now this dog-lion has appeared.

He was still in the state of possibility in the course of nature when illustrious experimenters and savants resolved to combine an animal which joined to the lion's force and courage the fidelity of the dog.

And now that the dog-lion has been launched the true lions are taking fright. They do not recognize this false brother and doubt if a drop of their royal blood flows in his veins; for they had not thought themselves so cowardly, and they ask themselves if their reputation is not a little overdone. The other pursues them, closes them round, and compels them to run.

### Question and Answer.

The youthful naval cadet candidates were appearing before the board of examiners and were being questioned to test their knowledge.

Admiral—"How did you come here, my boy?"

Candidate—"In a taxi, sir."

Admiral—"And what was the number of the taxi?"

Candidate—"3548, sir."

Admiral—"Good; you'll do."

That evening the admiral told the story to a friend, who said, "What a very observant lad! But how did you know he was telling the truth?"

"Truth be sugared!" said the admiral; "it was devilish smart of the boy to give me any number without the slightest hesitation."

### MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

### A Clerical Comeback.

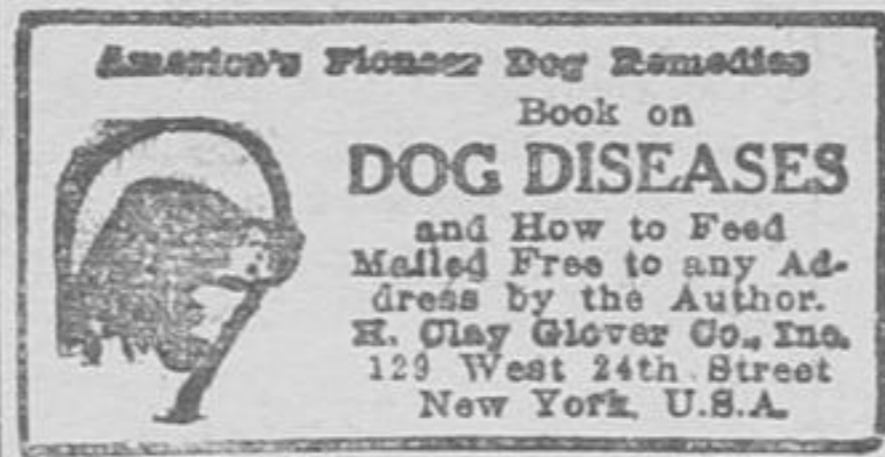
A young minister was expostulating with a landlord who had raised the poor parishioners' rent over a hundred per cent.

"If I want to hear you preach," said the landlord, angrily, "I'll come to church, where you should do your preaching."

"If you were where you should be," retorted the young minister, "you would have that privilege next Sunday. I'm going to preach at the penitentiary."



DR. MINARD, Inventor of the Celebrated MINARD'S LINIMENT



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## Will Tea Disappear?

It may surprise you to learn that tea and coffee contain exactly the same ingredients.

The most important substance found in tea is theine, and in coffee, caffeine. But theine and caffeine are the same thing. Theine—or caffeine—is an alkaloid, and is found in other plants besides tea and coffee. One of these is called the yaupon, or Christmas-berry tree, which grows wild in enormous quantities in the South Atlantic States of America.

The Indians brewed a beverage from this plant long before the first white man set foot on the American continent, and during the Civil War it was used frequently as a substitute for tea. The Christmas-berry tree contains all the qualities which go to make tea valuable; that is to say, it is agreeably stimulating.

Now the United States Plant Bureau is experimenting with it, to discover whether it can be grown and cured in the same manner employed for the tea-plant. If these tests are successful tea may disappear for the Christmas-berry tree will furnish an equally palatable and refreshing drink at much less cost.

Minard's Liniment for Garget in Cows.

### Seasonable Advice.

Most fires could be prevented with care. It is the duty of every citizen to exercise such care.

## "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.



## CUTICURA CARES FOR YOUR HAIR

Nothing like shampoos with Cuticura Soap and hot water, preceded, by touches of Cuticura Ointment to spots of dandruff and itching, to keep the scalp and hair healthy. They are ideal for all toilet uses.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

## Classified Advertisements

### FOR SALE.

WYARN—WONDERFUL VALUES AND colors, samples free—Georgetown Woolen Mills, Ont.

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

## BELTING FOR SALE

BELTING OF ALL KINDS, NEW OR used, pulleys, saws, cable, hose, etc., shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto.

### PUT STOMACH IN

ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct digestion at once. End your stomach trouble for few cents.

## COARSE SALT LAND SALT

Bulk Carlots

TORONTO SALT WORKS  
C. J. CLIFF - TORONTO

## SO WEAK COULD HARDLY DO ANYTHING

### Now Looks After Home, Thanks to Lydia E. Pinkham's Vegetable Compound

Meaford, Ontario.—"I was so weak I could hardly do anything and my back seemed the worst. I read so much about Lydia E. Pinkham's Vegetable Compound for women that I thought I would try it. I feel that it did help me for I am looking after my own home now and seem quite strong again. I have recommended your Vegetable Compound to quite a few friends and you can use my name if you wish to do so."—Mrs. H. PORTER, Box 440, Meaford, Ontario.

In your own neighborhood there are doubtless women who know of the great value of Lydia E. Pinkham's Vegetable Compound. Women everywhere, either by word of mouth or by letter, recommend this splendid medicine. Those who have suffered from female weakness, change of life, and similar troubles know of the wonderful relief brought to them by the Vegetable Compound.

# 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-aceticacid-ester 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."