

NERVOUS EXHAUSTION

The Only Sure Relief is to Enrich and Build Up the Blood.

Nervous exhaustion is the cause of headaches and dizziness, and it is due, almost always, to conditions of impoverished blood. Tablets and powders for headaches should never be taken; they cannot possibly reach the root of the trouble, and are often most harmful. All that is needed to bring relief is a tonic that will enrich and purify the blood, and the very best tonic for this purpose is Dr. Williams' Pink Pills. These pills have a direct action on the blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear. Mr. Mark F. Taylor, Granby, Que., tells what this medicine did for him. He says:—"I had severe headaches which would be accompanied by vomiting spells. These would last for two or three days at a time. I would take one of these spells every three or four weeks, and it is almost impossible to describe the misery they caused me. I tried a number of medicines without getting relief, until one day my mother brought me six boxes of Dr. Williams' Pink Pills. When they were used I was feeling much better, and I got a further supply, and under the continued treatment every symptom of the trouble disappeared. I cannot speak too highly of this medicine for it certainly has done wonders for me."

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 Pleasure of Music.

Beauty in all its glory can be brought to the hearts of children through music.

The joy received from hearing beautiful melodies preserves that idealism, which is one of the most precious possessions of childhood. When such music is heard it reaches their consciousness through rhythm, melody and harmony, through form and style, through the warmth of stringed instruments or the rich tones of a French horn, but it all affords a pleasure which finds echo within and is an influence for good.

The world can not live without music. It is uplifting and makes one think of the better things of life. When we realize how vital a factor music is in the life of each individual we will also realize how important it is to hear good music.

Minard's Liniment for Neuralgia.

PETRIE'S MACHINERY TORONTO

To people
who live
in the
country

FILL out this coupon now. Let us send you Investment Items each month and advise you from time to time what it would be safe and profitable to buy.

Royal Securities Corporation, Limited
58 King Street West,
Toronto

Please send me "Investment Items" and other literature.

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This is the coupon that you should send to us first.
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Progressing

Mother—"Mary, don't you think you are getting too old to play with the boys?"

Mary—"No, mother; the older I get the better I like them."

Seekers.

The little path climbs to look for the sky,

And the brook goes down in quest of the sea,

And men have sought for Infinity

Apart from the common ways that lie

Where humble toil has birth

And gold is won in the sweat of brow.

But a wise tree stands with its feet

in the earth,

And gathers the stars in a topmost bough.

—Mary Brent Whiteside.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Death and Life.

I do not know what may befall to-morrow,

What stores of blessing, or what weight of sorrow;

But this I know, whatever may befall,
Whatever Life may be, Death ends it all.

But stay! Does Death end all we know of living?

Though it may end the tears and woe
and the forgiving,
Is it not rather, O my Soul, the door
To Life Eternal, life for evermore?

No sneering doubts shall quell my heart's believing,

Though hell and furies ply their arts
deceiving;

The icy stream may o'er my body roll,
But Death can never rob me of my Soul.

CAN SWING PICK LIKE HE USED TO

Miner Thanks Tanlac For Putting Him Back On Job After Illness Forced Him to Quit.

"When Tanlac helped my little grand-daughter so wonderfully I thought maybe the medicine would help me too, and since I've taken it I am feeling fine," said John Jones, 19 Sterling St., London Ontario.

"I came here a year or so ago from Calgary, where I was a miner, but had to quit on account of asthma," he continued. "I was badly run down, and then I got a touch of pneumonia that knocked me out completely. I couldn't get my strength back, had no appetite, was unable to work and didn't know what it was to get a good night's sleep."

"By the time I took three bottles of Tanlac I was eating just anything, sleeping like a log and I have been on the job ever since. My asthma doesn't bother me so much now, and it's a race between me and my little grand-daughter at meal time, for we both have splendid appetites."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Quite Untrue.

The village postman, being an inveterate gossip, could never resist reading the postcards entrusted to him to deliver, and then communicating the news thus gained to others.

The doctor was much bothered by this, and one day, in writing to a friend who lived quite close, he added: "I would tell you more, only I know the postman will read it."

He then posted the card in the letter-box, whence it was collected, and taken to the post-office, and sent out for delivery.

The postman stamped up to the house with the card and knocked at the door.

To the surprise of the good lady who opened the door, the postman handed her a postcard, and exclaimed angrily: "He's a liar! I don't read 'em!"

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Faster Than the Fastest.

Orchestra Drummer—"I'm the fastest man in the world."

Violinist—"How's that?"

O. D.—"Time flies, doesn't it?"

V.—"So they say."

O. D.—"Well, I beat time."

China has magazines for women, but they are all edited by men.

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.

America's Pioneer Dog Remedies

Book on
DOG DISEASES

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

Pain?

For immediate relief rub the affected part with Minard's Liniment. It penetrates faster and further than any other, soothing and stopping pain. Two generations have crowned it King of Pain.

Minard's
Liniment

The Family Medicine Chest.

A Quick Relief for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

"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 physics on earth for grown-ups and children. 10c a box. Taste like candy.

If there were no clouds, we should not enjoy the sun.

COARSE SALT LAND SALT

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

MRS. MISENER'S ACHES AND PAINS

Vanished After Using Lydia
E. Pinkham's Vegetable
Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.



Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women." C



Rheumatism?—banish pain!

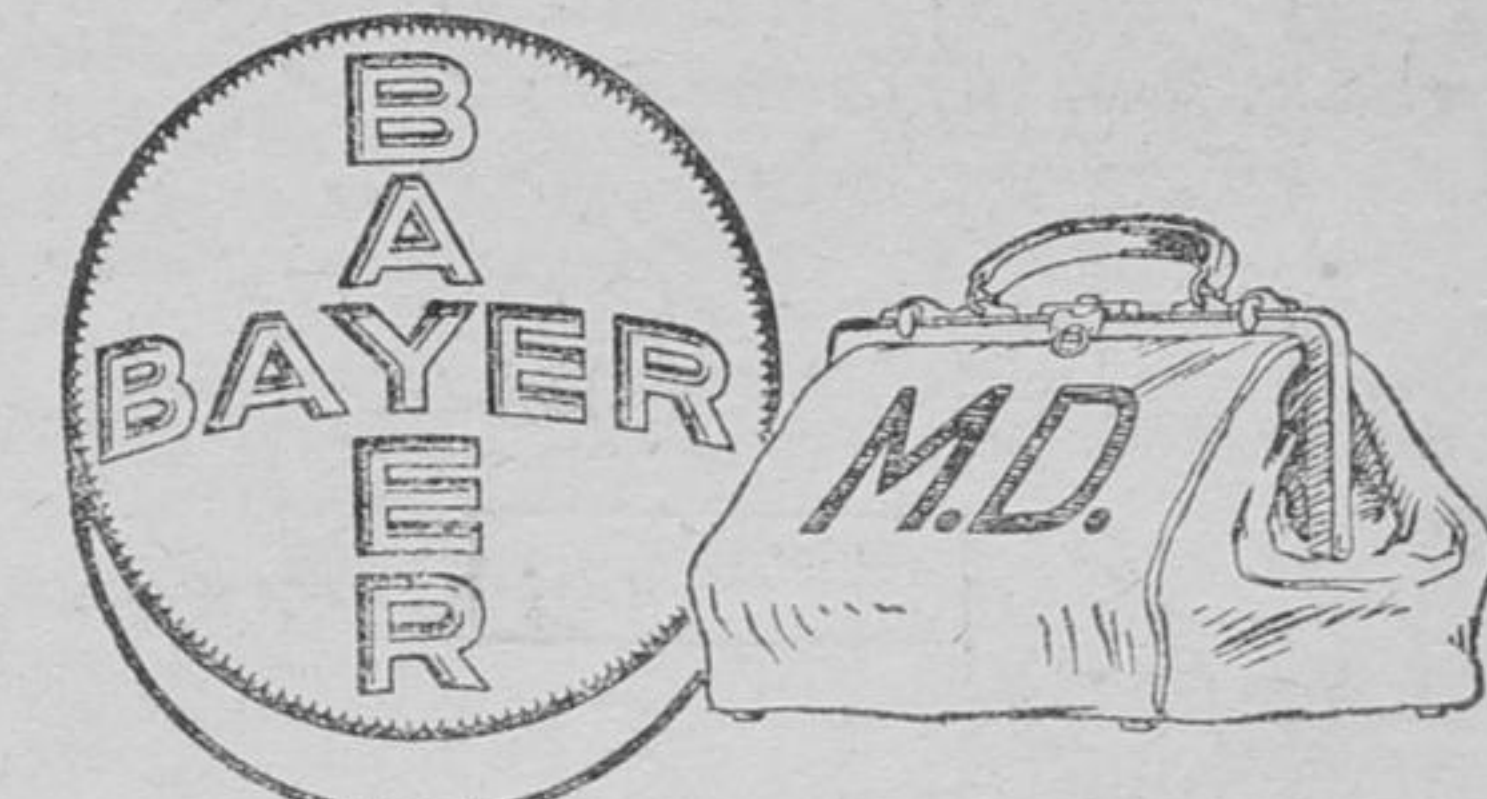
Apply Sloan's. Restore healthy circulation of blood through congested tissues. Since congestion causes the pain—almost instant relief!

Sloan's Liniment
Made in Canada —kills pain!

For rheumatism, bruises, strains, chest colds

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-acetic acid ester of Salicylic acid. 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."

Classified Advertisements.

AGENTS WANTED.

WANTED—RELIABLE AGENTS—On commission, for nursery firm with 25 years' experience; free equipment; weekly pay. Welland Nursery Co., Welland, Ont.

THE SCARE BURGLARS ALARM—New invention. A sure scare. No office, store, cellar, or any place of value should be without them. Can be attached to any window or door, \$2.00. Agents wanted. Ben Johnson, Box 1373, Welland, Ont.

HELP WANTED—FEMALE.

HELP WANTED. WE REQUIRE parties to knit men's wool socks for us at home, either with machine or by hand. Send stamp and addressed envelope for information. The Canadian Wholesale Distributing Co., Dept. 8, Orillia, Ont.

WANTED—EXPERIENCED KNIT-TERS wanted to operate Cotton's patent machines making shirts, drawers and combinations. Apply, stating experience, to C. Turnbull Co., Ltd., Galt, Ont.

NURSES.

NIAGARA FALLS MEMORIAL Hospital Training School for Nurses (Registered) offers a three (3) year course to students; affiliating with the Children's Hospital, Buffalo, N.Y., eight-hour duty; requirements: one year of High School or its equivalent. Further information upon request to Memorial Hospital, Niagara Falls, New York, Superintendent of Nurses.

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.

One of the first lessons in life is to learn how to obtain victory out of defeat.

Minard's Liniment for Rheumatism.

SEVERE ITCHING BURNING PIMPLES

Over Face and Neck. Face Disfigured. Cuticura Heals.

"My trouble began with a rash which later turned to pimples. The pimples were quite large and of a reddish color, and were scattered all over my face, neck and forehead. The itching and burning were so severe that I could not help scratching. My face was disfigured for about a year.

"The trouble lasted about a year before I began using Cuticura Soap and Ointment. They afforded relief within two weeks, and at the end of six weeks I was healed." (Signed) Clarence J. Burnell, 474 Tyler St., Pittsfield, Mass., Jan. 4, 1921.

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