

INFLUENZA LEAVES THE BLOOD THIN

To Restore Full Health Tonic Treatment is Recommended.

Probably the most treacherous trouble that afflicts the people of Canada during the winter months is influenza or la grippe, as it is often called. The disease is treacherous, because often after the characteristic symptoms of the trouble have disappeared it leaves behind it a weakened and debilitated constitution which makes the victim an easy prey to other troubles. All this is due to the fact that the attack of influenza has left the blood abnormally weak and thin. Weak blood means impaired digestion, a feeling of tiredness after slight exertion, and often a nervous breakdown. This condition will continue until the blood is restored to a rich, red, disease resisting condition. For the purpose of enriching and stimulating the blood no other medicine equals Dr. Williams' Pink Pills. These pills act directly upon the blood, and through the blood upon the nerves and in this way act as a restorative to the whole system. Thousands throughout Canada have proved the value of Dr. Williams' Pink Pills in cases of this kind, among them is Miss Ida M. Fraser, R.R. No. 2, Thessalon, Ont., who says: "I passed through a severe attack of influenza which left me pale, thin and weak. Indeed, I was so weak I could scarcely stand upon my feet. The medicine I was taking in the hope of bringing back my health did not help me, and I was greatly discouraged. Finally I decided to try Dr. Williams' Pink Pills, and from the time I had taken the first box my health began to improve. I used six boxes altogether, and found as a result that I was again strong and healthy, and I think that in cases of this kind they are worth their weight in gold."

If you have passed through an attack of influenza, your speediest way to regain full strength is through the fair use of Dr. Williams' Pink Pills. You can get these pills through any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sunlight and Colors.

Everyone knows the danger of mistakes in attempting to select colored articles in artificial light. Only the white light of the sun, containing all the elements of color known to us, can be trusted in such cases to reveal the actual hues possessed by the objects under examination.

Starting with the fact that in a photographic dark room filled with ruby colored light, bright scarlet cloth appears white, it was shown that when no white light whatever is admitted to a dark room the power of the eye to distinguish colors is temporarily lost and all objects appear of various shades of white and black.

By mingling blue or green with red light the colors of objects can be made to undergo remarkable changes. The quantity of light alone also affects the appearance of a color, particularly certain tints of blue and violet, for which reason, even in the absence of artificial lights, a person purchasing colored goods in a dark store must carry them to the door or window, where a strong illumination can be obtained, in order to make certain of the precise shade.

MONEY ORDERS.

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

Literal Interpretation.

Teacher—"In this verse, what is meant by the line, 'The shades of night were falling fast?'"

Bobby—"It means that someone was pulling down the window blinds."

An ordinary thimble will hold 100,000 of the smallest screws used in watches.

Westinghouse RADIO RECEIVING SETS

Farmers! Protect your crops by getting last minute weather reports with a Westinghouse Radio Receiving Set. Also latest Market Reports, Concerts, Church Services, Etc.

CANADIAN WESTINGHOUSE CO. Limited HAMILTON, ONT.

District Offices: Toronto, Montreal, Halifax, Ottawa, Fort William, Winnipeg, Calgary, Edmonton, Vancouver.

"Eastlake" Galvanized Copper-bearing "Metallic" Shingles

Fire, Lightning, Rust and Storm Proof—Makes Water by Condensing Dew and Frost.

Send Postal Card for Folder "E" The Metallic Roofing Co. Limited 403 1194 King St. W., Toronto

A Shrine.

No sanctuary can compare With an orchard that I know, When April slips into its aisles And swinging censers blow—

When, 'neath its wondrous traceries, The choristers that sing Are robins, at their matins or Their vespers, in the Spring.

A deep sky stains its windows blue, And the nunlike breezes pass, Embroidering bright petals on Its altar-cloth—the grass.

No guide is needed but the heart, For every passer there May pause and see its loveliness And offer up a prayer.

Each one can say his vespers well In that old orchard close, When the Sun sends dying blessings down Its deep aisles, as he goes—

And through those aisles an acolyte Comes stealing from afar— It is the Dusk, and in the East He lights the Evening Star!

—Virginia Jeffrey Morgan.

Attitudes

The days are mirrors that reflect ourselves, And who shall say if life be this or that?

Regardless of the proof for which man delves,

The world, in truth, is neither round nor flat,

But many sided, myriad and strange, As limitless in scope as all desire, All duty, all resolve, all dreams that change

The boundaries of earth to something higher.

Unto the bee the world is all perfume, Blown skyward from the rose. Unto the mole

Darkness, the friendly feel of earth, and room

To stretch the flesh. And each has proved the whole,

For life is not a pattern cut to fit— We make it by the way we look at it.

—Helen Frazer-Bower.

Hooked.

"What is the difference between a fish and a fool?"

"I don't know. I'll bite. What is the difference?"

"Well, if you'll bite there isn't any."

Minard's Liniment used by Physicians.

Lord Lascelles is an enthusiastic collector of old glass.

Look to Your Eyes

Beautiful eyes, like fine teeth, are the result of constant care. The daily use of Murine makes eyes clear and radiant. Enjoyable. Harmless. Sold and recommended by all druggists.

MURINE FOR YOUR EYES



Irrigated Farms in Southern Alberta

In the Famous Vauxhall District Bow River Irrigation Project An especially good location for mixed farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices. THIS IS NOT PIONEERING, the first 10,000 acres are fully settled and another 10,000 acres now ready for settlement, maximum distance from railroad seven miles. Good roads, telephones and schools. Easy payments, extending over 18 years. This is the Best Land Buy in Alberta Write for further information to: CANADA LAND AND IRRIGATION COMPANY, LIMITED Medicine Hat, Alberta

Brantford Concrete Mixer

Saves \$3 to \$10 a Day on Labor alone Mixing concrete by hand with a hoe is a back-breaking job—and think of the labor cost. The "Brantford" is THE BEST VALUE FARM-SIZE MIXER. It is the right size on small jobs—foundations, horse troughs, silos, etc. Many farmers use it for mixing feed, fertilizer, etc. Made for hand or power, on skids or mounted on trucks, with or without engine. Write for booklet. Good's Stanley & Muir Co., Limited, Brantford Ontario.

Be Safe!

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.

For all external hurts and pains—for all muscular troubles.

Kendall's Spavin Treatment makes good.

KENASTON, Sask., December 8th, 1921. "Please send me one copy of your TREATISE ON THE HORSE. I have used your Kendall's Spavin Cure for over eleven years and found it one of the best treatments I have ever used for all kinds of sores." (Signed) M. ZEMAN."

Get a bottle at your druggist's today. Regular for Horse Treatment—Refined for Human use. DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

KENDALL'S SPAVIN TREATMENT

LOST HOPE, SAYS MRS. WATERMAN

Declares Tanlac Restored Her Fully When Almost a Nervous Wreck—Gains 14 Pounds.

"Tanlac restored my health so completely three years ago that I haven't had to take a single dose of medicine since," says Mrs. Cora Waterman, 145 Monroe St., Toronto, Ont.

"I don't believe there was a worse case than mine in Ontario. I had been suffering for about three years and was practically a nervous and physical wreck. I could eat scarcely a thing, sleep was almost impossible, and rheumatism in my hands, wrists and arms almost drove me distracted. I spent every cent I could lay my hands on for medicine, and had about lost hope of ever being well again.

"But Tanlac ended my suffering and saved me a great many dollars. I regained fourteen pounds, too, which I still retain, and I feel as strong and healthy now as when a school girl. I have been praising the Tanlac treatment three years now, and want to send out this message to help others." Tanlac is for sale by all good druggists. Over 35 million bottles sold.

Cornmeal in Soap.

Cornmeal is a leading ingredient of a recently patented soap that removes stains from textiles as well as being valuable for personal use.

Chimney of Glass.

A French gunpowder plant blows the fumes from its gun cotton factory through a chimney lined with glass, which resists the chemical action perfectly.

Jockeys

Poultry and Dog fanciers, animal trainers and breeders find daily use for Minard's Liniment as a preventive and remedy. Write for signed evidence of experienced men.

Minard's Liniment

The Animal's Friend

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.



For Lasting Fragrance Use Cuticura Talcum

There is nothing better than Cuticura Talcum for powdering and perfuming the skin. It appeals to the most fastidious because of its fine, smooth texture and delicate fragrance.

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

ISSUE No. 11—'22.

"Cascarets" 10c

For Sluggish Liver or Constipated Bowels

Clean your bowels! Feel fine! When you feel sick, dizzy, upset, when your head is dull or aching, or your stomach is sour or gassy, just take one or two Cascarets to relieve constipation. No gripping—nicest laxative-cathartic on earth for grown-ups and children. 10c a box. Taste like candy.

Approximately one-ninth of the ultimate forest land of Saskatchewan is now in forest reserves.

America's Pioneer Dog Remedies Book on **DOG DISEASES** 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.

Constipation Banished

A druggist says: "For nearly thirty years I have recommended the Extract of Roots, known as Mother Seigel's Curative Syrup, for arresting and permanently relieving constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops thrice daily. Get the Genuine. 50c. and \$1.00 bottles.



Chest Cold? — try this method

That chest cold can be broken up—no matter how stubborn and deep-seated it may seem!

Apply Sloan's Liniment to chest and neck tonight.

Its tingling, glowing warmth goes to the root of trouble. It breaks up the congested, inflamed condition.

Relief quickly follows.

Get a bottle of Sloan's today. All druggists carry it.

Its effectiveness will surprise you. Made in Canada

Sloan's Liniment—kills pain! For rheumatism, bruises, strains, chest colds

Classified Advertisements.

ONE HUNDRED DIFFERENT stamps for the names of two collectors and 2c postage. Lists Free. Toledo Stamp Company, Toledo, Ohio.

PURE WOOL LATS, BEAUTIFULLY carded and fluffy. Entirely free from oil or grease. Large sample, enough for comforter, one dollar. Woollen Mills, Georgetown, Ontario.

HUBAM CLOVER.

HUBAM CLOVER, THE GREAT annual. Write for interesting information. D. Fraser, R.R. 2, Ilderton, Ontario.

FEMALE HELP WANTED.

LADIES, DO YOUR OWN HEMMING, stitching and piecing. Attachments fit any machine. Sent collect \$2.50. Agents wanted. Colorado Attachment Co., Box 2210, Denver, Colo.

Holds Cake of Soap.

Set into the face of a new bath brush are movable jaws which will hold a cake of soap of any size.

Minard's Liniment for sale everywhere

STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" Corrects Sour, Upset Stomachs at Once

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gases, flatulence, heartburn, sourness, fermentation or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages.

MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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

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|-----------|-----------|------------|
| 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."