

PALE FACES AND WORN OUT NERVES

Due Solely to Weak, Watery Blood—A Tonic is Needed.

Anaemia—literally impoverished blood—comes on so stealthily that it is often well advanced before its presence is recognized. Feelings of fatigue and discomfort are the earliest manifestations of the trouble and these are seldom taken seriously. Gradually small tasks become an effort and exertion causes the heart to palpitate violently. The complexion becomes sallow or pale and there is loss of weight. The nerves grow weak and the victim displays irritability under slight provocation and is extremely sensitive to noise. The appetite is fickle and indigestion often follows.

A condition of anaemia calls for a tonic, one that will enrich the blood and strengthen the nerves, and for this purpose there is nothing can equal Dr. Williams' Pink Pills. These pills give the blood all those missing elements necessary to give strength to the nerves, color to the cheeks, and nourishment to starved organs and tissues. Miss Margaret J. Fraser, R.R. 2, Thessalon, Ont., has proved the value of this treatment. She says: "I was very pale and weak. My blood was poor and I was very nervous. I lost my appetite, my feet and ankles were swollen and I was in a very miserable condition. A friend advised me to try Dr. Williams' Pink Pills and I got two boxes, and found before they were finished that they were helping me. I continued the pills until I had taken a half dozen boxes, with the result that I am now enjoying the best of health, all symptoms having disappeared. I feel confident that what Dr. Williams' Pink Pills did for me they will do for others, if given a fair trial."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



No Repentance Now.

Mother—"Let me warn you, my dear, against an ill-considered marriage. 'Marry in haste—'"

Daughter—"Yes, mother; but now it's repeat at leisure," you know.

MONEY ORDERS.

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

He Hadn't Earned the Right.

The friend of a certain captain of industry once applied to the great man for a job for his son, just out of college.

"He's a bright, honest, modest young man," said the proud father, if I do say so myself."

"Modest?" snorted the industrial captain. "What has he ever done to be modest about?"

Experience may be a good tutor, but the terms are always excessively high.

Irrigated Farms in Southern Alberta

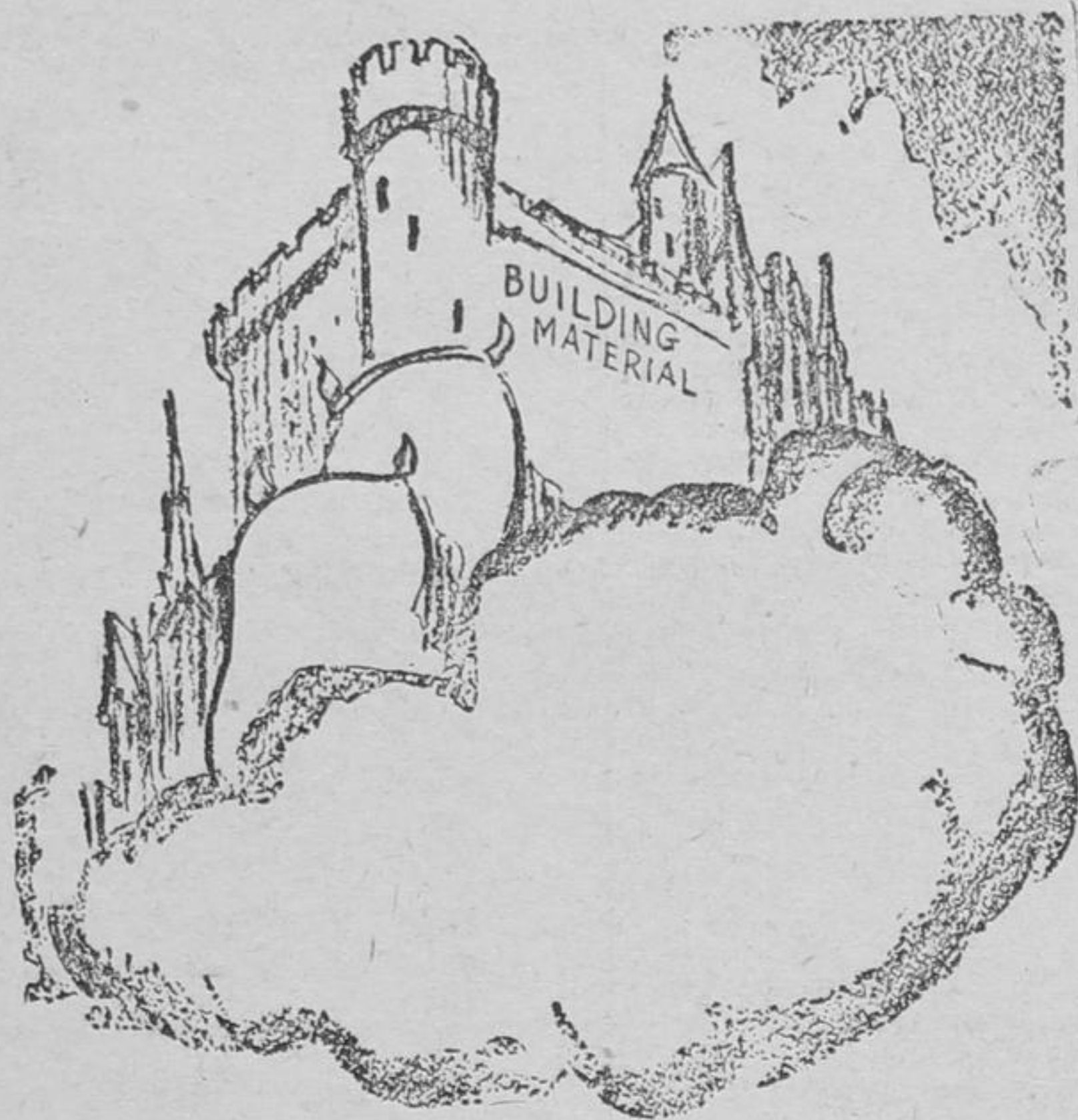
In the Famous Vauxhall District Bow River Irrigation Project An especially good location for mixed farming and dairying. Splendid opportunity for young men now living in districts where good land cannot be bought at reasonable prices. THIS IS NOT PIONEERING, the first 10,000 acres are fully settled and another 10,000 acres now ready for settlement; maximum distance from railroad, seven miles. Good roads, telephones and schools. Easy payments, extending over 15 years. This is the Best Land Buy in Alberta. Write for further information to CANADA LAND AND IRRIGATION COMPANY, LIMITED Medicine Hat, Alberta

KENDALL'S SPAVIN TREATMENT

Keep Kendall's always in the barn. A strained muscle, a sprung tendon, a jolt or a knock demands immediate attention. A few hours' delay will result in a long lameness—perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or write for it to

DR. B. J. KENDALL COMPANY, ENOSBURG FALLS, Vt., U.S.A.



CASTLES IN THE AIR
—From the St. Louis Post-Despatch.

Putting on Dogwood.

Putting on dogwood is little Miss Spring.
All around the wood border, the lovable thing.

Putting on daffodils, redbud and glow
Of plum in the orchard where warm zephyrs blow.

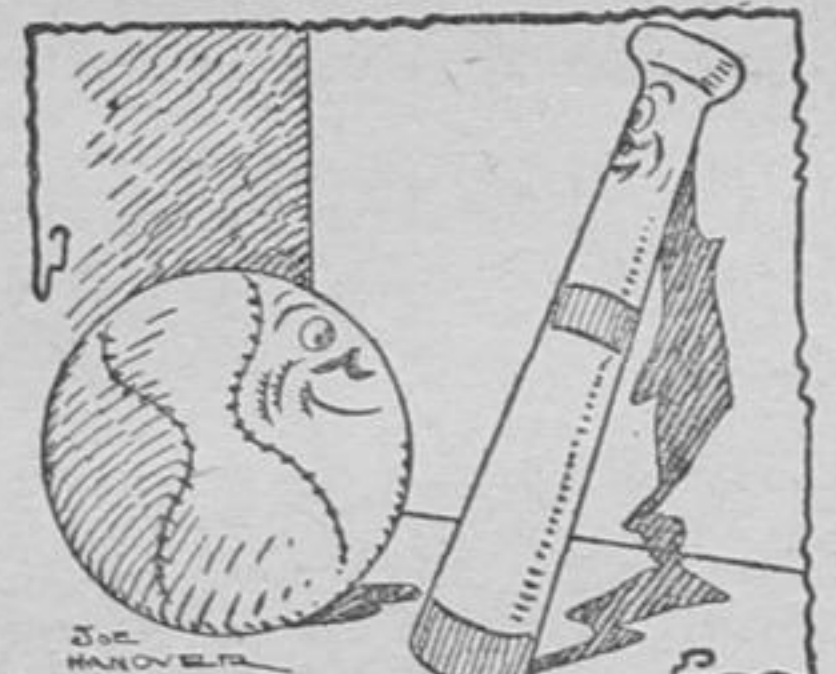
Hourly expectant, I wait for the spell
Of lovely arbutus adown the wild dell.

And what shall be more to my liking
than all—
The laughter of lilac along the old wall.

Japonica nodding—and here she is now
With loved valley lilies upon her sweet brow.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little ones she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion, colds and simple fevers and making teething easier. Concerning them, Mrs. Saluste Pelletier, St. Dumas, Que., writes:—"I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Baseball—"How do you like that long rest we are having?"
Bat—"Not much. I could knock the hide off you right now."

Discovers Way to Intensify Perfume of Flowers.

Intensifying the perfume of flowers is the latest horticultural experiment in France, says a Paris despatch. Results achieved by Prof. Daniel, of the University of Rennes, were presented here yesterday before the Academy of Sciences and declared to open up a new field allowing hitherto undreamed of possibilities for perfume makers.

By grafting a shoot of wormwood on a chrysanthemum it was found the odor of the chrysanthemum was greatly intensified. From the seeds of the graft splendid plants were obtained the following year, which produced flowers. Some of the blossoms had powerful perfume, but others were entirely odorless.

Although the experimentation admittedly is in its infancy, it is generally agreed this new horticultural wrinkle is capable of tremendous results from a commercial standpoint, and for that reason it is to be tried on a great scale at Grasse, the centre of the perfume industry of France. All perfume-making flowers will be grafted with shots of various plants in an effort to determine what species play the role of intensifier.

The positive, constructive man, the progressive man, does not talk and think negatives. He does not say "I can't"; it is always "I can"; he does not say "I will try to do it," but "I will do it."

"Can't's" have ruined more people than almost anything else. It is a dangerous thing to get into the negative habit, the doubting habit, the "I can't" habit.

It tends to keep people down. They are fastening bonds of servitude around themselves, and in later life will not be able to counteract their influence unless they reverse their thinking, talking and acting.

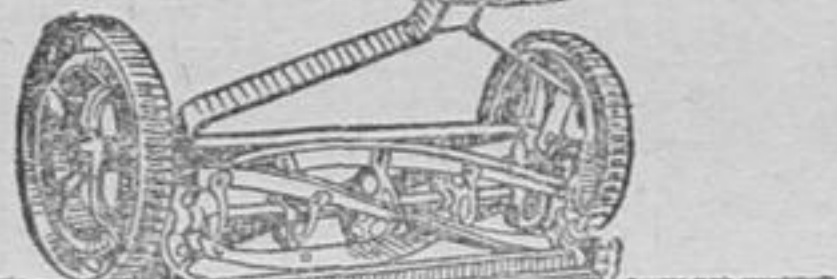
Pulverize Ground.

Two sets of plows that revolve in opposite directions feature a motor-driven machine being tested in Porto Rico for pulverizing the ground for sugar cane planting to a depth of twenty inches.

Minard's Liniment used by Physicians.

When two men quarrel there is one fool present.

SMART'S MOWERS



Easy running Mowers that cut with razor-like keenness.

A Smart's Mower will keep your lawn trim and neat. Thoroughly reliable, absolutely guaranteed. At your hardware dealers.

JAMES SMART PLANT BROCKVILLE ONT.



Don't Lose Your Hair Try Cuticura

If your scalp is irritated, itching and burning and your hair dry and falling out in combfuls try the following treatment. Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap.

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. 17—20.

LOST HOPE, SAYS MRS. WATERMAN

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

"Tanalac 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. For about three years I 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 Tanlac three years now, and want to send out this message to help others."

Tanalac is sold by all good druggists. Over 35 million bottles sold.

He who never relapses into sportiveness is a wearisome companion, but beware of the man who jests at everything.

Minard's Liniment for sale everywhere

It is not what you get out of life, but what you give, that makes you happy.—Rev. P. T. B. Clayton.

MURINE Night and Morning. Have Clean, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago



Reduces swelling of bruises and strains

It may be a sprained wrist or elbow—a bruised muscle—a strained tendon—

You cannot foresee it. But you can keep Sloan's always handy to relieve the pain.

Sloan's brings immediate comfort. It breaks up the congested and inflamed condition and restores normal circulation. Use Sloan's to guard from pain as you would an antiseptic to prevent infection. Your druggist has it.

Made in Canada

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

Classified Advertisements.

FREE.

CATALOG OF PROFESSIONAL AND Amateur Plays, Sketches, Monologues, Minstrel Jokes, Recitations, Make-Up, Goods, etc. Fitzgerald Publishing Corp., Dept. W, 18 Vesey Street, New York.

SALESMEN WANTED.

SALESMEN AND AGENTS. NEW INVENTION by Canadian lady appeals to every housewife. Low price; quick sales; big profits. Sterling Specialties Corp., 110 Church Street, Toronto.

FOR SALE.

LUXURIOUS STUDEBAKER 7-PASSENGER limousine, suitable funeral work or taxi. First class condition, newly painted. Car this kind would cost 5 times price of \$1,000.00 asked. Filmcraft Industries, 39 Queen Et. W., Toronto.

CAMERAS.

CLEARING SALE. MANY TIMES LARGER stock in Canada. Many less than half price. Send for bargain list. State wants. Montreal Photo-graphic Supply, Montreal.

KANTBURN KOOKERS ROAST AND BAKE perfectly on Single Burner; In-lights parts for Toasting, Frying, Steaming, Baking, etc. Kantburn Kooker Co., 10 Dundas West, Toronto.

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.,
138 West 24th Street
New York, U.S.A.

COLDS
In Head, Throat or Chest, yield quickly to the influence of Minard's.
The Old Reliable Remedy



WANTS TO HELP OTHER WOMEN

Grateful for Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache and for weak and dreary feelings caused by my condition. Sometimes I felt so bad that I couldn't do my housework. My neighbor told me of your medicine and I read about it in the 'Toronto Telegram' and thought I would take it. I got very good results. It built me up and I have told several friends what it has done for me. You may use this testimonial as it may be of help to some one who has suffered as I have."—Mrs. J. LEE, 25 Harvie Ave., Toronto, Ont.

Mrs. Lee is willing to write to any girl or woman suffering from such troubles, and answer any questions they may like to ask.

Women suffering from female troubles causing backache, irregularities, pains, bearing-down feelings and weakness should take Lydia E. Pinkham's Vegetable Compound. Not only is the worth of this splendid medicine shown by such cases as this, but for nearly fifty years letters like this have been received from thousands of women.

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

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."