THE CAUSE OF SICKNESS

Almost Always Due to Weak and Impoverished Blood.

Apart from accident or illness due to infection, almost all ill-health arises from one or two reasons. The mistake that people make is in not realizing that both of these have the same cause at the root, namely poor blood. Either bloodlessness or some other trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffering from headaches, or breathlessness, with palpitation of the heart, poor appetite and weak digestion, the cause is almost always poor blood. If you have nervous headaches, neuralgia, sciatica and other nerve pains, the cause is exhausted nerves. But run down nerves are also a result of poor blood, so that the two chief causes of illness are one and the same.

If your health is poor; if you are pale, nervous or dyspeptic, you should give Dr. - Williams' Pink Pills a fair trial. These pills act directly on the blood, and by enriching it give new strength to worn out nerves. Men and women alike greatly benefit through the use of this medicine. If you are weak or ailing, give Dr. Williams' Pink Pills a fair trial and you will be pleased with the beneficial results that will speedily follow.

If your dealer does not keep these pills you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

What Music Is.

The English composer and teacher, Sir Walford Davies, has been giving some very successful lectures on music to children in the schools. Recently the somewhat novel experiment of transferring these lectures, together with musical examples, to the phonograph, has been tried out with remarkable success.

A somewhat lengthy review of these records was published recently in the London Times, and in it was embodied some quotations from Sir Walford's lectures, which are well worth remembering.

"Music," Sir Walford says, "is any two or more musical sounds put together for love, that make sense." And again, "Music is a straight and beautiful way of uttering what we feel." "A musician," Sir Walford tells us, "is any one in the whole world who loves music and can put two or more musical sounds together and make musical sense of them."

Artificial Light for Extra Eggs.

By E. W. Knife.

The use of artificial light is simply to induce the hens to eat a greater quantity of feed. This, of course, with egg production. Therefore it matters on a couple of hours before sunrise. In this case, scatter the grain ration in the litter after dark the previous evening, and when the hens get off the roost in the morning they will immediately get busy scratching for their feed. Then feed your hot mash at noon, and your grain late in the afternoon again. Others prefer continuing daylight, by artificial means, made especially for the blind by the until 8.30 or 9 p.m., feeding grain about | Braillie method, n which the letters 7 a.m., hot mash at noon, grain again are raised or indented by means of a about 3 p.m. and 7 p.m.

farm, believe in supplying an "even- ply of Braillie books is necessarily ing lunch" by turning on the lights limited by the expense of the output for an hour, from 8 to 9 p.m., then and because Braillie letters wear down feeding the extra feed of grain.

It will pay anyone who keeps a flock of 50 or more hens to have light in- chine which makes available to the stalled, as the use of same increases blind all kinds of typewritten matter egg production from 1/3 to 1/2 more and even newspapers. It depends not than when lights are not used. This upon the sense of touch, as do the does not necessarily mean a greater Braillie books, but upon the sense of egg production throughout the year, hearing, a faculty that is usually keenbut it does mean getting the most eggs | ly developed in all blind persons. Only when prices are highest.

convenient form of lighting, as the tem. lights can be switched on and off by an alarm clock. But if you have not tant element in the optophone. A electric light do not despair. A plant selenium bridge is exposed to light with about 2,000 birds a short way pulsations that vary according to the from Toronto uses gasoline lanterns, forms of the typewritten or printed which being the safest lantern made, letters that are passed through the giving a 300 candle power light, has also a great advantage, for when gaso- like those used by radio enthusiasts is line is turned off the light does not go worn by the blind operator, and it reout for a few minutes, thereby giving cords single notes and chords through the birds a chance to get back to the selenium bridge. This sound alroosts. With a lantern it is almost necessary to use lights in either of the common use, but is easily learned, and two evening methods suggested.

Using light is not a new idea, but speed by the more proficient. a long used method, coming back and back to stay this time.

Good Guess.

for lunch turned up at 4.30 she ex- of contact with the world at large. plained what had happened.

"Sure," she said, "the master and misthress waited for ye till 3 and then they hoped ye wouldn't come, so they went out."

Keep Minard's Liniment in the house



"WE ARE CANADIANS"

Rosa, Roland, and Donald Lorimer, of Leeds, England, obtain their first view of Canada through a life-buoy at Quebec. These three smiling faces are en route to Regina to join "Daddy." The latter preceded them and has everything ready for their reception.

Sanctuary.

There's a tingly sort of feeling In the atmosphere to-day: And the wild goose is starting For the southland away.

The night wind is crooning Dirges o'er the lonely nest. For the pilot-bird is trailing The horizon in the west.

"Honk, honk!" it is the tocsin Of the dusky cavalcade, Flying swiftly and unerring For the southern everglade.

The marshland is lonely, And lone the empty nest. But the pilot-bird is veering For the sanctuary blest.

ALWAYS KEPT ON HAND

-Horace Seymour Keller.

Mrs. Ernest E. Adkins, Protton, Sask., writes: -"I have used Baby's Own Tablets with great success for four years and always keep a box on hand." Thousands of other mothers say the same thing-once they have used the Tablets for their little ones they will use nothing else. Experience shows them that the Tablets are the ideal medicine. They are a mild laxative, thorough in action and never proper exercise, results in increased fail to relieve the minor ailments of little ones. The Tablets are sold by little when the lights are turned on. | medicine dealers or by mail at 25 Some people prefer morning, and turn cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Eyes for the Blind.

Marvelous strides toward helping the blind were made during, the war, but a recent English invention promises to exceed almost all of them. Every one is familiar with the books sharp instrument. It is a slow and la-Others, including Professor Graham's borious process at best, and the supinto unintelligibility.

But now comes the optophone, a maa few lessons are needed for the blind Electric light is, of course, the most | user of the optophone to learn the sys-

The chemical selenium is the impormachine. A sensitive head phone phabet is different from our own in the optophone can be operated at high

Dr. E. E. Fournier d'Albe, who makes his home in London, is the man who has brought the optophone to perfection, and so taken from thousands She was an Irish maid from Tipper- of his less fortunate fellows one of the ary, and when the visitors expected greatest terrors of being blind-lack

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Sympathy without help is like mustard without beef .- Mr. Clarke Hall.

The Supplicant.

I go down on my knees and pray each night That I shall never see your face

again . . . Nor hear your voice, . . . that you will never write

That none will name your name to me-and then

I pray to lose the curse of memory . . That full forgetfulness will make me Non-magnetic nickel acquires magfree!

light.

day! It may be he will come . . . or he

may write . . . Or I may see him in the street . . . a mint. he may

Pass by me in the crowd and I may hear His voice—as in the throng he passes

near!" And I invent small tri keries to make

Those who surround me name your name to me-Only to hear it somehow soothes the

Of longing that burns on-unceas-

ingly! Your name falls on my heart like a caress-

Which they who speak it do not know or guess!

But-all the day is one long ache for Again at night I kneel and make my

prayer-That you may be as one I never knew, My ears beseech God not to let me

With supplications they assail His

But my heart prays that He will never hear! -Roselle Mercier Montgomery.

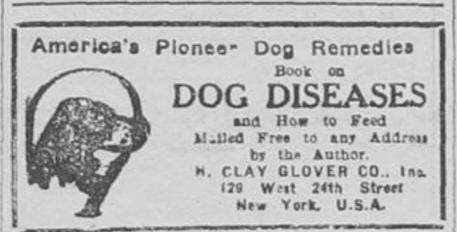
Ask for Minard's and take no other. Diplomat.

"Father," said Charles, "what is a diplomat?"

"A diplomat, my son," answered the father, "is a man who remembers a woman's birthday and forgets her

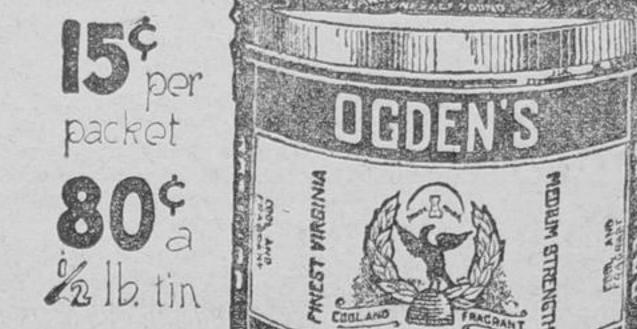
Thin Folks

If you are weak, thin and nervous. let your druggist supply you with Bitro-Phosphate. It is guaranteed to increase weight and strength and restore energy, vigor and nerve force. Price \$1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.



Relieves Dyspepsia

M. D. advises: "Persons who suffer from severe indigestion and constipation should take after each meal and at bedtime, fifteen to thirty drops of the Extract of Roots known to the Drug Trade as "Mother Seigel's Curative Syrup." Get the Genuine. 50c. and \$1.00 bottles.



PLUG "It Satisfies" If you roll your own ask for

(green label)

Fill your pipe with

Air Magnetizes Steel.

When steel is dipped into liquid air its magnetism is curiously affected. netic properties after being immersed for five minutes in liquid air. Man-But I wake-eager for the coming ganese steel s similarly affected. The density of carbon steel is perceptibly And whisper to my heart: "Another | decreased after the immersion.

> Silver was first coined in Rome in 269 B.C., when Fabius Pictor set up



GARGLE

With Minard's in water several times a day for colds in throat. For colds in head inhale.



Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not get ting the genuine Baye: product proved safe by millions and prescribed by physicians over twenty-three years for

Headache Colds Toothache Lumbago Earache Rheumatism Pain, Pain Neuralgia

Accept "Bayer Tablets of Aspirln" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. 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 stamp ed with their general trade mark, the "Bayer Cross."

An uphill journey early in life strengthens your staying-power. A guinea-pig is usually full grown when six weeks old.



Miss Boissineau Tells How Cuticura Healed Pimples

"About three years ago I was bothered with pimples on my face. The pimples were hard and small and festered, and my face was disfigured for a while. They oftentimes caused me to lie awake hours at a time as the irritation was so great.

"I tried different remedies but without any relief. I began using Cuticura Soap and Ointment and after the first application I could see an improvement. I continued using them and was completely healed after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment." (Signed) Miss Rose Boissineau, 12 Bellevue Ave., Saulte Ste. Marie, Ont.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Pree by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Soap shaves without mug.

Mrs. Holmberg Tells How Lydia E.Pinkham's Vegetable Compound Helped Her

Viking, Aita. - "From the time I was 15 years old I would get such sick feelings in the lower part of my abdomen, followed by cramps and vomiting. This kept me from my work (I help my parents on the farm) as I usually had to go to bed for the rest of the day. Or at times I would have to walk the floor. I suffered in this way until a friend induced me to try Lydia E. Pinkham's Vegetable Compound. I have had very satisfactory results so far and am recommending the Vegetable Compound to my friends. I surely am glad I tried it for I feel like a different person now that I don't have these troubles."-ODELIA HOLMBERG, Box 93. Viking, Alta.

Letters like this establish the merits of Lydia E. Pinkham's Vegetable Compound. They tell of the relief from such pains and ailments after taking it.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs. contains no narcotic or harmful drugs, and today holds the record of being the most successful remedy for female illa in this country, and thousands of voluntary testimonials prove this fact.

If you doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for Mrs. Pinkham's private text-book and learn more about it.

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