

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 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.

A Mother's Love.

I have stood upon the mountain top
And seen the world below.
I have gazed down yawning caverns
And seen the torrents flow,
Raging, foam-flecked and mighty,
Hurled upon rock with a roar.
To inspire one with grandeur,
Man could ask nothing more.

Yet to be inspired by grandeur
Comes not from the mountain's
height,
Nor from the raging torrent
In its fury and its might.

For that which touches deepest
And brings from oneself the best
Is to catch the inspiration
Of a Mother's Love expressed.

I have seen the earth unfold itself
To springtime's gentle rain.
I have felt the unleashed fury
Of a winter's hurricane.
Bellowing, resentful and sullen,
Tearing through glen and dale.
To impress one with nature's forces,
Surely this cannot fail.

Yet nature's deepest impressions
Come not from the grandeur of
spring;
Nor does it come from the winter
With its storms and the coldness it
brings.

For those which are lasting and
worthy
Sole stamped in life's greatest tests,
Are impressions gathered and treasured
In a Mother's Love expressed.

Yea, expressed in a million tokens
Of infinite love divine;
Expressed in life's greatest sorrows,
Comforted as in yours and mine;
Lifted to heights of the universe
In building the character of man,
Is a Mother's Love expressed to us
Made holy by God's own hand.

The Grammar of Health.

Teacher—"Compare 'cold.'"
Student—"Could, cough, coffin."

CANCER

The REAL CAUSE of this terrible disease; how to treat it and how to avoid it, is fully explained by the book on

The Cantassium Treatment

which does away with the danger and suffering caused by surgical operation, radium and X-ray.

In this book are a number of case reports, at home and abroad, which prove the great value of Cantassium Treatment to internal and to external cases of irregular cell-growth and Cancer.

Why wait to be stricken by this rapidly increasing devastating scourge when you can learn how to avoid it by sending for this FREE BOOK, which will be promptly mailed to YOU, without cost, by CHARLES WALTER, 61 Brunswick Avenue, Toronto, Ontario, Canada.

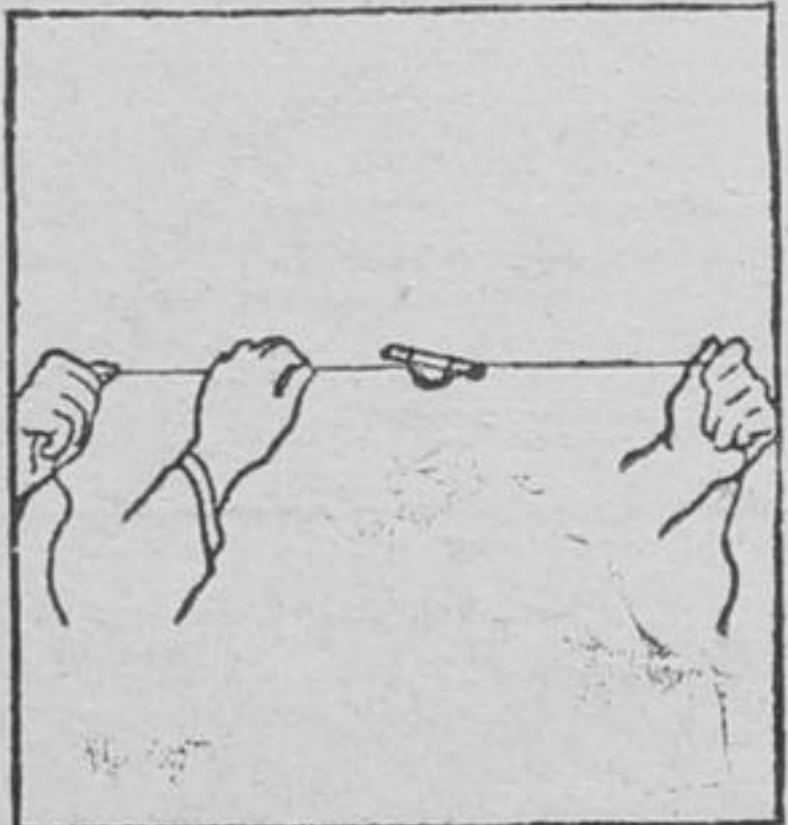
Note

To meet the requirements of a limited number of Cancer sufferers who desire complete rest while taking the Cantassium Treatment, arrangements have now been completed for their comfortable accommodation in suitable premises in Toronto, where, if they wish, they can be attended by experienced physicians.

EASY TRICKS

No. 58

A Rubber Band Mystery



You'll show a rubber band and a piece of string two feet long. You'll run the string through the band and ask a spectator to hold the string, one end in each hand. Your task now is to get the band off the string without the spectator letting go.

That is, of course, impossible—but magic is the doing of apparent impossibilities.

You will have hidden in your hand a duplicate of the rubber band. Borrow a match. Grasp the band (which is on the string) in the hand in which the duplicate is hidden. Bend the hidden band around the string and hold it there by thrusting the match through it. The hand now hides the original band. Draw this hand toward the end of the string, calmly pushing the spectator's hands off the string. Of course, while you are doing this, you are slipping the band off the string and hiding it in your hand. As the spectators think they can see the original band on the string, no attention will be paid to this movement, especially if you do it boldly. The other hand, in the same manner takes the other end of the string.

The spectator is now asked to take the match away, quickly. The rubber band, of course, falls to the floor. You haven't done exactly what you promised to do—but you have done a mighty good trick.

(Clip this out and paste it, with other of the series, in a scrapbook.)

CHILDHOOD CONSTIPATION

Constipated children can find prompt relief through the use of Baby's Own Tablets. The Tablets are a mild but thorough laxative which never fail to regulate the bowels and stomach, thus driving out constipation and indigestion; colds and simple fevers. Concerning them Mrs. Gaspard Daigle, Demain, Que., writes: "Baby's Own Tablets have been of great benefit to my little boy, who was suffering from constipation and indigestion. They quickly relieved him and now he is in the best of health." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Developing Our Power Resources.

As a basis for the administration of the water-powers of the Winnipeg River, the Department of the Interior completed in 1915 a comprehensive investigation covering the whole stretch of the river from the Ontario boundary to Lake Winnipeg. Before this investigation was begun, the Winnipeg Electric Railway Company had already constructed a hydro-electric plant on the Pinawa channel, a side channel of the river, and the city of Winnipeg had nearly completed a development at Pointe du Bois Falls on the main river. As a result of the department's investigation it was found that the entire natural fall of the river from Pointe du Bois to Lake Winnipeg could be concentrated at seven sites, having a total capacity with regulated flow of 313,000 h.p. or 420,000 h.p. for the whole river, including the existing developments.

Recently the Manitoba Power Company was permitted to proceed with the concentration decided upon for Great Falls, which was composed of the natural fall of the various drops forming these falls, together with an additional ten feet to be secured by cutting through the rock barrier at Whitemud Falls, thereby reducing the tail water level at Great Falls by this amount. The company readily accepted the general scheme of concentration laid down by the department, and under the advice of its consulting engineers proceeded with the work which included the channel excavation at Whitemud Falls. On October 15 last, the excavation being complete, the channel was placed in operation by the blowing out of the cofferdams which had hitherto kept the water out of the workings.

When the river had adjusted itself to the new conditions it was proved that the work of the company's engineers had been exceedingly well done for the results obtained were exactly those that had been looked for, and the department's purpose of effecting a piece of definite practical conservation had been fully achieved.

If the cells of the lungs were spread out flat they would form a surface of 480 square feet.

Town Lot Poultry Keeping.

By S. W. Knife.

Only a small space is required to keep a few hens in which would supply table eggs all the year.

But someone says, "I have no one to look after them and I am not able myself." This obstacle has been overcome in many families where there are no boys or girls. I was much interested in the poultry displays at the school fairs this Fall, and I had the pleasure of visiting quite a number. One small town in particular (of one thousand inhabitants) had an exhibit of close on two hundred fowl, all colors and stages of growth. The prizes were well deserved where they were awarded and were in the form of a setting of eggs in Spring, from purebred stock, thus encouraging the youthful fancier. We are all aware of the vim a youth put into anything interested in; and boys and girls in many cases have made a decided success in the poultry, taken in as partners with their parents.

The following interesting items, by courtesy of The Reliable Poultry Journal, will show what two juniors did, both under 14 years of age. At the time of writing, these children had finished their 3rd year in the business.

Paul and Aileen Warner started poultry-keeping on a three-quarter-acre town lot, with 20 White Leghorns, 120 Barred Rocks and 20 Rhode Island Reds. All were good standard breeding, as shown by the fact that they took 31 first and 13 second prizes at various shows. A great many adults would be proud of such a record, both in prizes won and net profits made by these young poultry keepers.

Their first year they sold, from 38 hens:

Eggs at local market	\$129.12
Eggs for hatching	102.90
Chickens sold for breeding	31.50
Chickens sold for eating	38.51

Feed and supplies cost	302.03
Profit	\$109.90

Second year with 75 hens:

Eggs sold on market	\$280.07
Eggs sold for hatching	125.80
Chickens sold for breeding	44.00
Chickens sold for eating	80.37
Premiums from shows	65.50

Feed and supplies cost	593.74
Profit	297.22

Profit	296.52
Increase in flock	78.00
Third year flock contains 110 hens.	
Eggs sold on market	\$431.38
Eggs sold for hatching	152.00
Chickens sold for breeding	52.00
Chickens sold for eating	140.25
Premiums from 58 prizes	72.50

Feed and supplies cost	848.13
Profit	366.23

Profit	\$481.90
Increase in flock	70.00
Total Profits—\$883.32.	

Also an inventory value of \$148 increased flock.

Another instance I came across was a boy of 13 years, who had the caring for 25 pullets of real good stock. They got finest care and attention possible, with the result that their average production for the year was 216 eggs each in a pen 10 ft. by 14 ft.

Get your boy or girl interested in poultry and thereby instill into their young minds a fundamental knowledge of business, also their ability to assume responsibility. It will benefit them mentally as well as financially.

For a Long Visit.

Little Madge was in high excitement; a baby brother had arrived on the scene. She spread the good news, and among others told the gardener, a bit of a wag. "The question is," said the old man, "is the new baby going to stay?" "Oh, yes, he means to stay," said Madge, "he's got his things off."

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Eggs covered with boiling water and allowed to stand for five minutes are more nourishing and more easily digested than eggs placed in boiling water and allowed to boil for three and a half minutes.

Ask for Minard's and take no other.

England's oldest remaining toll-gate is claimed to be on the road between Whitney and Oxford; by the gate stands a notice-board dating from the time of Charles II.

MURINE You Cannot Buy New Eyes
But you can Promote a Clean, Healthy Condition
Use Murine Eye Remedy "Night and Morning."
Keep your Eyes Clean, Clear and Healthy.
Write for Free Eye Care Book.
Murine Eye Remedy Co., 9 East Ohio Street, Chicago.

SEVERAL CARS DRY MILL slab wood, stove length. Reid Bros., Bothwell, Ontario.

SMOKE OLD CHUM

The Tobacco of Quality

1/2 LB. TINS
and in packages

Manufactured by Imperial Tobacco Company of Canada Limited



And That's Heavy Enough.
Dealer—"I assure you, sir, this is strong coal."
Customer—"Must be—always seems able to hold up its price."

Keep Minard's Liniment in the house.

Why Doctors Go Mad.
Insurance Doctor—"Were you ever in the hospital?"
"Yes, once."
"What for?"
"To see my aunt."
Whatever a man sews he rips.

ASPIRIN

Say "Bayer" and Insist!

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

Colds	Headache
Toothache	Lumbago
Earache	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" 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 stamped with their general trade mark, the "Bayer Cross."

THE CHILDREN'S
COUGH
REMEDY
MINTINE

Its efficiency proven
by over 30 years use.

Mocking the Doctor.

A doctor and his Irish coachman were driving past a duck pond, when the coachman said: "O! hate thim birds, sorr."
"Why should you hate the poor creatures, Pat?" asked the doctor. "I'm sure they never do you any harm."
"Sure, sorr, don't you hear thim mocking you? You niver pass thim but they call 'quack, quack, quack!'"

Training schoolboys to "lend a hand" with the housework is a novel educational suggestion which has much to recommend it.

Mother! Give Sick Baby 'California Fig Syrup'

Harmless Laxative to Clean Liver and Bowels of Baby or Child.

Even constipated, bilious, feverish, or sick, colic Babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely. It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.



HOARSE

Gargle several times a day with Minard's in water. It cuts the fungus and gives relief.

MINARD'S
"KING OF PAIN"
LINIMENT



Clear Your Skin Restore Your Hair With Cuticura

Daily use of the Soap keeps the skin fresh and clear, while touches of the Ointment now and then as needed soothe and heal the first pimples, redness, roughness or scalp irritation. Cuticura Talcum is excellent for the skin.

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.