

RED ROSE

TEA "is good tea"

and the choicest of Red Rose Teas is the
ORANGE PEKOE QUALITY

Try This on Your Doc.

A printer received an inquiry from a surgeon who wanted bids on several thousand letter-heads, different sizes, grades and colors, and he wanted the form held standing.

The printer wrote back: "Am in the market for one operation for appendicitis, one, two, or five-inch incision, with or without ether; also with or without nurse. Quotations must include putting appendix back and cancelling the order if found sound. Successful bidder is expected to hold incision open for sixty days, as I expect to be in the market for an operation for gallstones, and I want to save the extra cost of cutting."

ASPIRIN

Beware of Imitations!



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

Colds	Headache
Toothache	Lumbago
Neuritis	Rheumatism
Neuralgia	Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven 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."

Does Your Blood Need Iron?

How to Make the Test That Tells.

A PALE face, a nervous, irritable disposition, a lack of strength and endurance—these are the warning signals that Nature gives when your blood is getting thin, pale, watery and starving for iron. Iron is constantly leaving the body, especially toward the period of middle age and you must make up for this iron deficiency if you want to escape disease and be strong and well.

When the iron in your blood runs low signs of old age creep into your system. In such cases ordinary iron-containing foods seldom supply a sufficient quantity of this important element to make up for the waste. Therefore, many physicians now prescribe a concentrated form of organic iron—Nuxated Iron—which contains iron like the iron in your blood.

If you are not sure of your condition, go to your doctor and have him take your blood-count, or else make the following test yourself: See how long you can work or how far you can walk without becoming tired; next take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. All good druggists sell Nuxated Iron, on the distinct understanding that if you are not satisfied your money will be refunded.

WET FEET

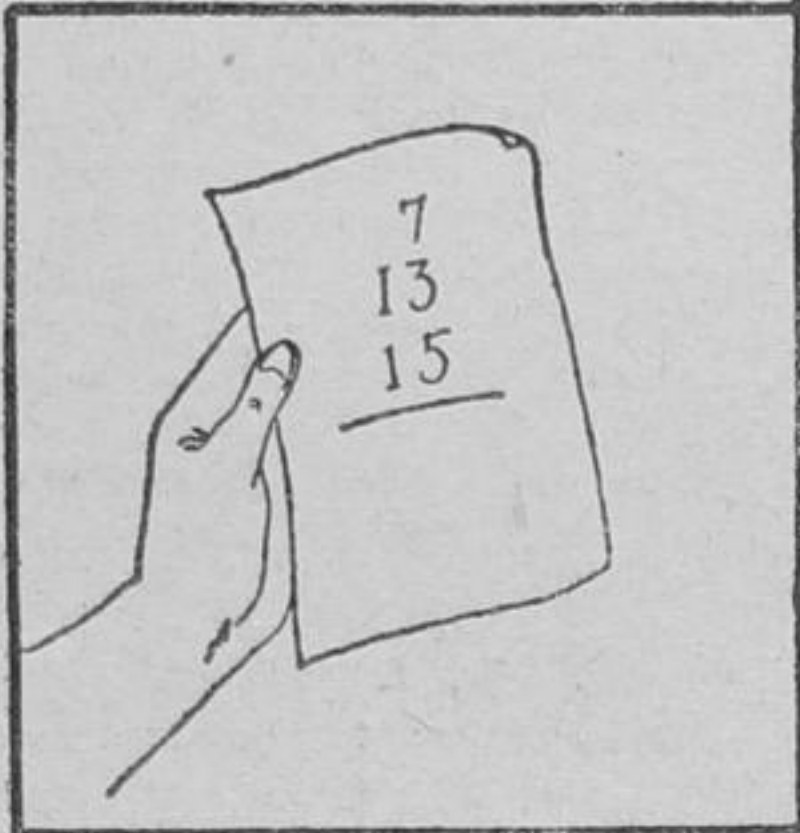
lead to colds. Avoid chills by rubbing with Minard's Liniment. The great preventative.



EASY TRICKS

No. 328

Perplexity



This is hardly a trick, but it will be an interesting stunt to try some time. It will not always, it should be said, be successful, but you will be surprised to find how often it works just as it should.

Write on a slip of paper the numbers 7, 13 and 15.

Ask a spectator to hold this slip of paper, but not to look at what you wrote until you give him the word to do so.

Ask another spectator to mention any number between 5 and 10, another to mention any number between 10 and 15 and another to mention any number between 10 and 20.

More often than not, the numbers 7, 13 and 15 will be given. Almost invariably, at least two of the answers will be in accord with your prediction.

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

Mysteries of the Ear.

The mechanism of the human ear has been known during long ages, but the manner in which it conveys definite information to the brain is quite another announcement, however learnedly we may speak of sound-waves striking upon the drum of the ear, setting up a vibration which is communicated to the brain by a row of white threads attached to a series of wonderfully-articulated bones.

That these threads, like the aerials which catch the flutterings of the ether bearing sounds across the Atlantic, and give them rebirth exactly as they were born three thousand miles away, to the last squeak of the clarinet or chirp of the piccolo, translate to our brains the meaning conveyed by the air vibrations which lap against the ear-drum or tympanum does not greatly help us.

We call the threads nerves, but how the tympanum adapts itself by contraction and relaxation, without our will intervening, to the different pitch of sounds, we have no idea. We only know that it does.

What the Package Does.

Tea growers have found from experience that it is necessary immediately to pack tea in air-tight metal-lined chests, to preserve the flavor and goodness of the leaf. Equally so is an air-tight package necessary for the small lots of tea for individual consumption. Bulk tea is always inferior tea because it is exposed to air. The "SALADA" air-tight aluminum package is the most efficient way of preserving tea known.

Quick Growing Trees for the Prairie.

Many of the species which can be used on the prairies are very rapid growers, for example, cottonwood, willow, Russian poplar, and Manitoba maple. It is safe to say that wood large enough for fuel can be grown from any of these trees within six years.—Forestry Branch Bulletin No. 1.

The safe way to send money by mail is by Dominion Express Money Order.



A Volstead Chance.

"Out West is a movement of the hand toward the hip-pocket still considered a hostile sign?"

"Gracious, no! Volstead changed that."

Ask for Minard's and take no other.



The appointment of Mr. R. C. Vaughan, Director of Purchases and Stores, Canadian National Railways, has been announced by Sir Henry Thornton, Chairman and President of the System.

NERVOUS INDIGESTION

Some of Its Causes and How Relief May be Obtained.

Many people suffer from nervous indigestion. The commonest causes are worry, over-work, lack of exercise, or a general run down condition of the system. It is a disease of the nerves rather than of the digestive organs, and is corrected by giving needed nourishment to the nervous system and building up the blood.

The treatment consists largely in rest, recreation and the use of a true tonic such as Dr. Williams' Pink Pills. In addition, the patient should follow a careful diet, and avoid coffee and stimulants, these being unsuitable for nervous people. As one's nerves rely for nourishment upon the blood, the latter must be built up and made rich and pure, which is just what Dr. Williams' Pink Pills do. If there is loss of weight and pallor, Dr. Williams' Pink Pills are especially helpful. Mrs. Adolphus Villeneuve, R.R. No. 2, Apple Hill, tells as follows how she obtained relief:—"I was so bad with nervous indigestion that I could not digest anything I took, and as a consequence was a great sufferer. I doctored for four months, but seemed to be getting worse instead of better. I lost strength to such an extent that I could hardly go about. Then my mother came to see me, and urged me to try Dr. Williams' Pink Pills, and I followed her advice and got a supply at once. After taking a few boxes I felt my strength returning, and I continued their use, until at the end of a few months I could eat anything I desired, had regained my old time health and strength, and was in every way a well woman. I am so thankful for what Dr. Williams' Pink Pills did for me that I always advise their use when any of my friends are run down or ailing."

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

How to protect goods from the attacks of worms has always been a hard problem for packers of dried fruits and cereals. A new process exhausts the air in a steel drum in which the food is placed and then fumigates the contents with carbon disulphide. Exhausting the air disintegrates any living tissue that there may be in the fruit or cereal, whether worm or egg. That opens the pores and separates the cells so that when the gas is turned on it fills the spaces and poisons the insect or kills the egg.

Misunderstandings may separate friends far more widely than either time or space.

Eye service that depends for fidelity upon the employer's presence is merely stealing.

GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalps with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.



Graduate Nurse Finds "The Perfect Remedy"

Graduate of National Temperance Hospital tells of remarkable Cases Where Tanlac Has Proved Effective.

"From my long experience as a professional nurse, I do not hesitate to say I consider TANLAC the most efficient and natural stomach medicine and tonic to be had. It is undoubtedly Nature's most perfect remedy," is the far reaching statement given out for publication recently by Mrs. I. A. Borden, Seattle, Wash., a graduate of the National Temperance Hospital of Chicago.

"I have used TANLAC often in treatment of my patients and my experience has been that for keeping the stomach, liver, kidneys and bowels functioning properly, and for toning

up the system in general, it has no equal.

Tells of Case.

"About a year ago I had a lady patient who could not keep a thing on her stomach fifteen minutes, not even water. I prevailed on her to try TANLAC and after the sixth bottle she could eat absolutely anything she wanted without the slightest bad after effects.

"I had another patient who simply could not eat. I got him started on TANLAC and by the time he finished three bottles he was eating ravenously and had regained sufficient strength to return to work.

"These two instances are typical of my experience with TANLAC. My confidence in TANLAC is unlimited."

TANLAC is for sale by all good druggists. Over 40 million bottles sold. Accept no substitute.

Take Tanlac Vegetable Pills.

Make Paris a Seaport to Avoid Floods.

In order to prevent dangerous Seine floods Paris will be made into a seaport.

This will be accomplished by deepening the bed of the Seine from Paris to Rouen to insure a minimum of sixteen or seventeen feet of water. This will be sufficient to care for the winter freshets and also make the river navigable for vessels of from 2000 to 2500 tons, 260 feet in length and drawing fifteen feet. The plan is put forward by M. Le Trocquer, Minister of Public Works.

France's finances do not permit the plan to be rushed to completion. The work, which is estimated to cost in the vicinity of 1,000,000,000 francs, will be extended over a period of fifteen years and paid for out of the annual credits. One of the valuable "by-products" of the scheme will be the increased electric power created by the number of waterfalls resulting from replacing the existing sluices with much larger ones. Several applications for concessions of the falls were filed immediately when the plan was announced.

Keep Minard's Liniment in the house.

A friend's gains make you richer than your own possessions; his accomplishments please you more than your own achievements; and the more friends you have, the richer you are, and the more you can do.—Amos R. Wells.

Wolf hunting in Russia before the War was often done with wolves which were kept in captivity and released only to be chased down by mounted huntsmen and swift hounds.

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 gripping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig



WARNER'S SAFE KIDNEY & LIVER REMEDY

should be taken at once for speedy relief of backache, headache, swelling, dizziness, lack of ambition, and numerous other complaints due to improper kidney and liver action. An honest remedy sold for 50 years. At your dealer, or direct from

WARNER'S SAFE REMEDIES CO. Toronto, Ont.

For Invalids

Delicious, strengthening beef-tea and dozens of other tasty and nourishing dishes may be easily and quickly prepared with



In tins of 4, 10, 50 and 100.

Classified Advertisements

FOR SALE

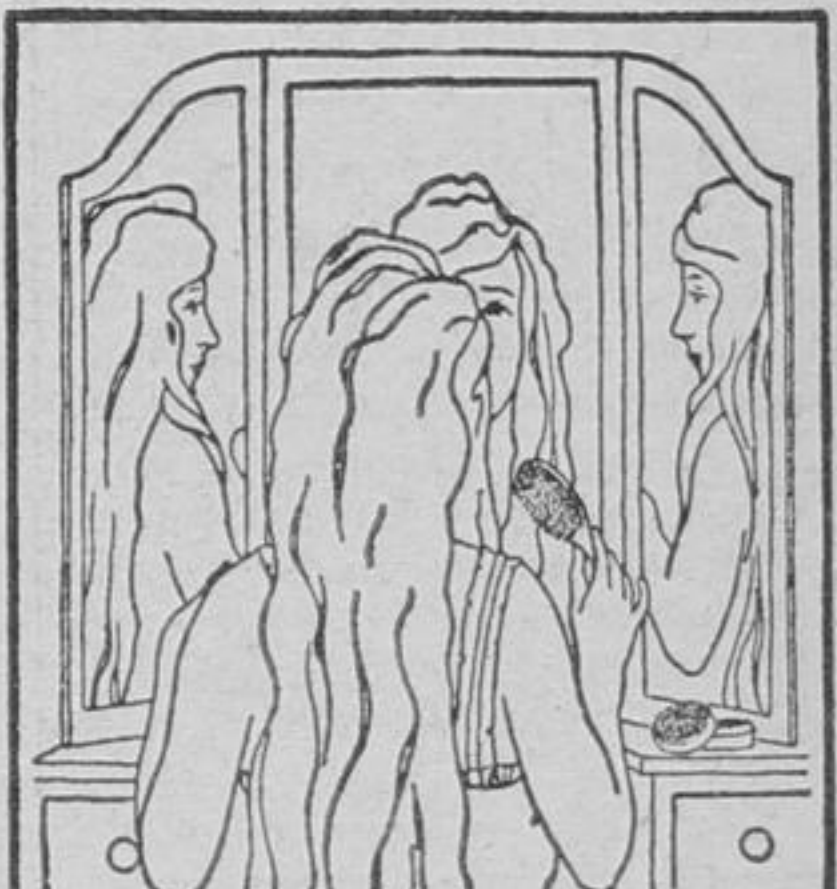
WOOLGROWERS, YOUR OWN wool manufactured or exchanged for yarn or blankets. Woollen Mills, Georgetown, Ontario.

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay, work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

"Whoever does a useful thing, and does it well and cheerfully, is contributing to the world's happiness and betterment."

MURINE FOR YOUR EYES Refreshes Tired Eyes

Write Murine Co., Chicago, for Eye Care Book



Thick Lustrous Hair Kept So By Cuticura

At night touch spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with a suds of Cuticura Soap and hot water. Rinse with tepid water. Keep your scalp clean and healthy and your hair will be luxuriant.

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

WOMAN SUFFERED FOR MONTHS

Weak and Nervous. Made Well by Lydia E. Pinkham's Vegetable Compound

Webbwood, Ont.—"I was in a very weak and run-down nervous condition, always tired from the time I got up until I went to bed. Sleep did not rest me at all. My sister recommended Lydia E. Pinkham's Vegetable Compound to me and others told me about it, but it was from my sister's advice that I took it. It did not take long until I felt stronger, headaches left me and my appetite came back to me. I am a farmer's wife and have many things to do outside the house, such as milking, looking after the poultry, and other chores. I heartily recommend the Vegetable Compound to all who have the same trouble I had, for it is a fine medicine for women."—Mrs. LOUIS F. ELBASSER, Hillcrest Farm, Webbwood, Ont.

Another Nervous Woman Finds Relief

Port Huron, Michigan.—"I suffered for two years with pains in my side, and if I worked very much I was nervous and just as tired in the morning as when I went to bed. I was sleepy all the day and didn't feel like doing anything, and was so nervous I would bite my finger nails. One of my friends told me about Lydia E. Pinkham's Vegetable Compound, and it helped me so much that I soon felt fine."—Mrs. CHARLES BEELER, 501-14th St., Port Huron, Mich.

Women who suffer from any feminine ailment should try Lydia E. Pinkham's Vegetable Compound.