

## THE DELICATE GIRL

What Mothers Should Do as Their Daughters Approach Womanhood.

If growing girls are to become well-developed, healthy women, their health must be carefully guarded. Mothers should not ignore their unsettled moods or the various troubles that tell of approaching womanhood. It is an important time of life. Where pallor, headache, backache or other signs of anaemia are evident you must provide the sufferer with the surest means of making new blood.

Remember, pale bloodless girls need plenty of nourishment, plenty of sleep, and regular open-air exercise. But to save the bloodless sufferer she must have new blood—and nothing meets the case so well as Dr. Williams' Pink Pills. These Pills increase the supply of new, red blood; they stimulate the appetite and relieve the weary back and limbs; thus they restore health and charm, and bring to anaemic girls the rosy cheeks and bright eyes of strong, happy girlhood.

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

### Wise Pat.

An Irishman called at a dairy and asked the dairyman if he could supply him with a dozen eggs laid by a black hen.

The dairyman was amazed at the Irishman's strange order, but informed Pat that he could pick them out himself.

After Pat had picked out his eggs, the dairyman asked him how he could distinguish eggs laid by a black hen.

"Oh, shure, man," replied Pat, "they're always the biggest."

When the winds fail, take to the bars.

## EASY TRICKS One Hundred



Two packs of playing cards are usually used for this trick but matches, toothpicks, buttons, coins, etc., can be used. You will take fifty of the cards and your friend will take fifty. Then you declare you will show him an obviously fair game at which he cannot win. You claim the privilege of dealing first and deal one card. He is to place on that card not more than ten cards. You are to deal alternately, the player dealing the 100th card winning.

The secret is simple and after you understand it thoroughly you will not have to claim the privilege of dealing first. Always deal on the other fellow's cards, enough to bring the total to one more than the next multiple of eleven. As he cannot add more than ten at a time, he will reach a point where he cannot prevent you from dealing the 89th card. The best he can do is to deal ten and you will need only to deal one card to make 100. If the other player understands the trick you will be unable to win unless you deal first and deal one card only.

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

Opportunity is often lost by pausing.

The least force suffices to break what is already cracked.

## MRS. CRANKER GIVES TANLAC FULL CREDIT

"As a Stomach Medicine and Tonic—Tanlac is Certainly Wonderful," Says Brockville Lady.

Adding her voice to the thousands who are praising Tanlac for the recovery of their health and strength, Mrs. Margaret Cranker, 84 Louis St., Brockville, Ont., says:

"Tanlac is such a grand, good medicine and has done so much for me that I will praise it. Following a spell of typhoid fever, two years ago, I was just a shadow of myself and remained so weak I couldn't walk across the floor. Stomach pains and backache

tortured me and I was almost frantic from nervousness.

"My husband, who had used Tanlac with fine results, persuaded me to try it, too, and it proved to be just what I needed. Six bottles helped me back to health and strength and I also gained 12 pounds. That was two years ago and I have felt fine ever since. As a stomach medicine and tonic Tanlac is certainly wonderful."

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

Tanlac Vegetable Pills, for constipation, made and recommended by the manufacturers of TANLAC.

**Bovril**  
makes your food nourishing!

## Cook with This Ware —It Uses Less Fuel

Save money by using SMP Enamelled Ware cooking vessels. They use less fuel. To satisfy yourself try this convincing test in your kitchen. Take an SMP Enamelled Sauce Pan and one of equal size made of aluminum, tin or other metal. Into each pour two quarts of cold water. Place each sauce pan over the fire. The water in the SMP Enamelled Sauce Pan will be boiling merrily when the water in the other is just beginning to simmer. Save your money. Use

### SMP Enamelled WARE "A Face of Porcelain and a Heart of Steel"

Three finishes: Pearl Ware, two coats of pearly-grey enamel inside and out; Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.



# Ogden's

## CUT PLUG TOBACCO

### Signboards Needed.

"Well, here you are," said the doctor, "a pill for the kidneys, a tablet for the indigestion, and another pill for the nerves."

"But, look here, doctor," said the patient, "how will the little beggars know where to go when they're inside?"

### BABY'S OWN TABLETS ALWAYS KEPT ON HAND

Mrs. David Gagne, St. Godfroy, Que., writes:—"I have used Baby's Own Tablets for my three little ones and have found them such an excellent medicine that I always keep them on hand and would strongly advise all other mothers to do the same thing." The Tablets are a mild but thorough laxative which quickly relieve constipation and indigestion; break up colds and simple fevers and promote that healthful refreshing sleep which makes the baby thrive. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Wembley's Naval Battles.

The Navy is represented at the British Empire Exhibition. A special water stage, seventy feet wide, has been erected, and on this indoor ocean ships take part in representations of famous battles.

Two of the most important British victories—the Armada and Trafalgar—are depicted with remarkable detail. It is impossible to portray the battle of Jutland in the same way owing to the immense area of sea over which it was fought. It has been decided, however, to illustrate the Navy's part in modern warfare by typical episodes of a naval action of to-day, and the storming of Zeebrugge is presented in full detail.

Spectators survey the whole history of the evolution of the ship of war and of the merchant ship, shown in a procession of vessels each of which is modelled upon its famous original, from the Mora, A.D. 1066, to H.M.S. Hood, A.D. 1920; and from the high-pooped, square-rigged merchantmen of the Normans to the steam-driven steel cargo boats of to-day.

### Gave Wife as Royal Token.

In the early days of Virginia the head of all the allied tribes of Indians was Powhatan, father of Pocahontas. In Powhatan was centred all governmental powers. He had a royal retinue as bodyguard, composed of 60 or 70 of the most stalwart and fearless Indian warriors. His subjects planted all his corn and gathered it for him when it was ripe. He had a large treasure house of many valuable possessions, such as skins, copper, paint and beads and arms of all kinds, and he had to himself the responsibility of many wives.

Most of the wives he left at home when he made excursions, but always carried with him two or more wherever he went. He is said to have had 20 sons and 12 daughters. When for any reason he became tired of a wife he gave her away to some of his friends as a token of his royal favor.

Powhatan had little relish for the coronation ceremonies that were inflicted upon him, and it is said that he accepted the gifts sent by the king of England with some apprehension, believing that in some way or other he would be obliged to give an account of them.

Buy your out-of-town supplies with Dominion Express Money Orders.

### Danger of Blow Torch.

Do not permit painters to burn off old paint with a torch. There are several inexpensive liquid paint removers on the market which will do the work better. Warn plumbers and repair men to exercise every precaution in using blow torches or heaters about a building. Carelessness of workmen has caused many fires. Our church was recently set on fire when a blow torch, used on the bottom of a door, ignited paper on the other side.—C. P. S.

Ask for Minard's and take no other.

### The New House.

Nothing dark or sorrowful  
Haunts the new house,  
And not a shiny cricket  
Or a quick-eyed mouse.

They are long sunny windows  
A wide fireplace,  
And sweet-smelling woodwork,  
Yellow like lace.

We will bring the little house  
Talk beside the fire,  
Laughter on the stairway—  
All its heart's desire.

Something eager calls to us  
In every room,  
And it's all like a garden,  
We are living into bloom.  
—Rose Henderson.

### Keep Minard's Liniment in the house.

#### Following Orders.

"Now, children," said the teacher, "write down all you have learned about King Alfred, but don't say anything about the burning of the cakes; I want to find out what else you know."

Half an hour later Jeanie handed in her effort:

"King Alfred visited a lady at a cottage, but the less said about it the better."

Better give the grass a good start before turning out to pasture. Early grass has little strength, and early pasturing kills it.

### CREAM

We want YOUR Cream. We pay highest price. We supply cans. Make daily returns. To obtain best results write now for cans to BOWES CO., LTD. TORONTO

### Chapped Hands or Face

Cured by one application of MEDORA CREAM. Leaves skin smooth and velvety. Used exclusively in Toronto General Hospital for ten years. Ask your druggist for 50c bottle and preserve your youthful complexion, or sent postpaid on receipt of 50c. J. A. MacDonal, Phm.B., 34 Hogarth Ave., Toronto.

YOU CAN USE YOUR SPARE TIME OR ALL YOUR TIME

THERE'S MONEY IN IT.

#### AND PUT

Money in Your Stocking!  
Money in Your Purse!  
Money in the Bank!

Act as our Agent. Sell our B. & E. Superfine Hosiery to your friends, neighbours and acquaintances.

The work is easy. The goods sell themselves. Any woman will at once recognize the high quality of B. & E. Hosiery. This class of hosiery is not generally obtainable locally. Therefore, people are anxious to buy from our agents.

Housewives who need more ready cash, schoolgirls with books and dresses to buy, teachers, men or women, any one can sell B. & E. Hosiery and make money. At the same time they do a real favor to their customers. Write to-day.

B. & E. MANUFACTURING CO. (Dept. H.)  
London - Ontario

Genuine

# ASPIRIN

Say "Bayer" - Insist!

For Pain Headache  
Neuralgia Rheumatism  
Lumbago Colds

Safe Accept only a Bayer package

which contains proven directions  
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 Monocetylacetic Acid of Salicylic Acid

That which is to be established once for all should be considered long.

### Classified Advertisements

PURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woollen Mills, Georgetown, Ont.

CHICKS FROM FAMOUS laying strains. Barded Rocks, Rhode Island Reds, Wyandottes, \$20 a hundred. Safe arrival guaranteed. Chas. Gillespie, Balsam, Ont.

**MURINE**  
Keeps EYES  
Clear, Bright and Beautiful  
Write Murine Co., Chicago, for Eye Care Book

## CORNS

For sure relief apply Minard's daily. Excellent for bunions.

**MINARD'S**  
"KING OF PAIN"  
LINIMENT

## CUTICURA HEALS SKIN TROUBLE

Face Broke Out In Pimples. Were Disfiguring. Extremely Sore.

"My face broke out in a mass of pimples that were very annoying as well as disfiguring. The pimples were small, hard, red lumps at first, but increased in size and came to a head. The pimples were extremely sore and tender, and I was very much discouraged."

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using two cakes of Cuticura Soap, together with the Cuticura Ointment, I was healed." (Signed) Miss Alberta Moore, Salt Springs Sta., Nova Scotia.

For every purpose of the toilet and bath, Cuticura Soap, Ointment and Talcum are excellent.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2016, Montreal. Price, Soap 25c; Ointment 25c and 50c; Talcum 25c. Try our new Shaving Stick.

## MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information.