

## THE SYMPTOMS OF IMPOVERISHED BLOOD

Show in Pale Faces, Tired Feeling and Breathlessness.

People who are pale, languid, with palpitation of the heart and shortness of breath at slight exertion are suffering from thin, impure blood. If they have the resolution to take the right remedy and stick to it, they will find new health and strength. The remedy that can always be relied upon is Dr. Williams' Pink Pills. With every dose they improve and invigorate the blood, and this new blood means health and strength. Mrs. A. Griffiths, Pierson, Man., is one of the many thousands who have proved the value of these pills. She says:—"I was so badly run down in health that I was almost bedfast. The least exertion would leave me breathless. I suffered from headaches and backaches and had no appetite. I could only drag about the house and found even light housework almost impossible. I tried several remedies but they did not do me a particle of good. Then a friend came for a visit and she urged me to try Dr. Williams' Pink Pills. When I had finished the second box I could feel that they were helping me. By the time I had taken four boxes more I was a well woman and every symptom of my trouble had disappeared. It would not be possible for me to say too much in favor of this medicine, and I always recommend it to run-down people, and have seen it prove just as satisfactory in other cases."

If you are weak and run down you can begin getting new strength to-day by taking Dr. Williams' Pink Pills. Sold by all druggists or sent by mail at 50 cents a box by writing to The Dr. Williams' Medicine Co., Brockville, Ont.

### Holidays by Chance.

Of unusual holidays few can have occasioned more interest than that of a retired American brewer now visiting London on his way to Greenland. At his home in Milwaukee he has a globe of the earth's surface. When his annual holiday is due he takes a hat-pin and, giving the globe a spin, sticks the pin into it. Where the pin sticks, there the brewer goes!

Last year the pin indicated the Vale of Cashmere, in India, whither the brewer made his way. The previous year he found himself obliged to visit Germany, while the year before that a town not fifty miles from his home was the holiday resort thus chosen.

He has visited in this way places as far apart as Christiania and Melbourne, Montreal and Cornwall, and Stockholm and Cairo. When the pin sticks into the ocean the originator of this decidedly novel plan allows himself a second try.

### Broadcasting a Pin-fall.

A pin was dropped on a desk by Dr. Gano Dunn in the course of his address at the dedication of the new building of the National Academy of Sciences and the National Research Council in Washington.

That pin-fall was perhaps the most significant and widely heard of any in history. Without being warned to silence, every person in the high-domed, wide-winged hall heard the pin as it struck the woodwork. Thousands of wireless listeners hundreds of miles away, also heard.

Specially designed artificial stone walls made the sound clear, distinct, and without those hollow echoes which characterize old (high-vaulted) buildings. That pin-fall sounded an engineering triumph in the long-neglected science of acoustics.

He that riseth late must trot all day and shall scarce overtake his work at night.

Genuine  **ASPIRIN**  
Say "Bayer Aspirin"

INSIST! Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 24 years.

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 Monocetacidester of Salicylicacid



Sir Henry Imbert-Terry photographed while leaving Buckingham Palace, following an investiture of members of the Order of St. John.

### In a Devon Garden.

The spring was late in coming,  
The flowers were very shy,  
When in my Devon garden fair  
The sweet West Wind swept by.

She dropped some tears in passing,  
What magic in them lay  
That on the wall japonica  
Leapt forth in crimson spray?

The violets just unfolding  
Were startled into bloom;  
The witch in the genista-bush  
Waved high her golden broom.

The pixies through the soft red earth  
Thrust up their small green spears,  
Ah, would I had the magic touch  
Of West Wind and her tears!  
—Janet Read.

### The Fleet.

A swan on the river is sailing;  
I see her drift down to the bay!  
A convoy, she, unfailing  
To craft that know not the way!  
Oh, white the sails that are going  
To an isle in the waters below;  
And golden the paddles rowing  
In the calm of the stream's still flow!

A harbor there is in the rushes,  
A harbor all safe and sure  
With scarcely a bough that brushes  
The pool to a rippling lure!  
Then meadows there are out-spreading  
Where tufts of sea-rice grow;  
And a convoy heading, heading  
Her fleet of yellow and snow!  
—Leslie Clare Manchester.

As a countenance is made beautiful by the soul's shining through it, so the world is beautiful by the shining through it of a God.—Friedrich Heinrich Jacobi.

## EASY TRICKS The Mystic Figure

$$3 \times 9 = 27 \quad (2 + 7 = 9)$$

$$23 \times 27 = 621 \quad (6 + 2 + 1 = 9)$$

$$8234 \times 72 = 592848$$

$$5 + 9 + 2 + 8 + 4 + 8 = 36$$

$$(3 + 6 = 9)$$

The trickster's favorite number ought to be the number nine because many of his best tricks are based upon the mysterious qualities of that number.

Here is a simple stunt with which few are acquainted but which is decidedly interesting.

Write the digit "9" on a slip of paper and put the slip face down on the table. Ask a friend to write on another slip of paper any number he likes and to multiply it by nine or any multiple of nine. When he does this, he will show you the product and you will show him the slip on which you wrote the digit "9." Then it is your job to show him that his product really totals nine. Here are a few examples but you will have to look carefully sometimes to avoid missing the arrangement.

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

## SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not promptly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



The main line is usually open for the fellow who travels with a full head of steam.

### HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Brooklyn's bobbed-haired bandit has been landed in prison. The record of crimes committed by this dare-devil young woman has occupied the front page of all the daily newspapers for some weeks past. What is the record back of all this hectic career that led to prison? It is a sorry story, but one too often told. The young girl, Cecelia Cooney, had no proper upbringing. She was born on the East Side, the squalid section of New York City. Her father was a drunkard. She was reared in neglect. Sometimes she was cared for by the children's society and sometimes she slept in the coal-cellars when there was no other shelter for her. As a child she had to live by her wits, and growing up, she lived with whatever men she chanced to meet. Finally, she adopted as her philosophy the emmemorial attitude of criminals, "What the world does not give me, I take." From the very day she was born, Cecelia got a bad start. Her mother could neither read nor write. The father had very little education and had been an habitual drunkard all his life. He never worked steadily and never supported the family. What little support came into the family came through the mother. The children—there were eight of them, and Cecelia was the youngest—were sadly neglected; they were sent out to beg and as little children, had been known to sleep all night in a coal cellar and

in the morning be aroused and sent out on the street to beg for pennies to buy their father whiskey. Half the time they were scantily clad and had very little to eat. It is a sad story all the way through. The mother, heartless and indifferent, the father, a drunkard. What is the likely fate of the children of such parents? Just what we see here, a life of crime and then the prison. Character-building, uprightness, honesty and decency are products of heredity, but they are also products of environment. The family life, the home circle, must never depart from our country or its doom is sealed. A nation's greatness depends upon the character, uprightness and trustworthiness of its people. What a lesson there is here for parents to learn. What a clarion-call it is for them to bring up a child in the way he or she should go. The care of the child does not cease at weaning-time or when it goes to school. Intelligent supervision, kindly interest and true comradeship are necessary even up to college days and after if the young person is to benefit to the fullest from parental care. If more of the old family spirit, carried out amid the right environment, was in evidence, it is most likely that fewer young folks would stray from the paths of uprightness and honesty.

# RED ROSE TEA "is good tea" The ORANGE PEKOE QUALITY makes finer tea and more of it

### The Cure for Bashfulness.

"But, doctor, I'm different; I'm afraid of people. My hands and feet seem so big, and I can't talk, and if I walk into a room I'm sure to fall over something. How can I ever get over it?"

The doctor looked quizzically at the raw, half-developed boy before him. "When I was your age," he said slowly, "I was about as you are, only worse. I was poorer, bigger, slower in school and more awkward. It was real torture for me to meet people, especially women and girls.

"One day as I was going downtown barefoot I saw coming towards me two girls whom I knew by sight; they were well dressed and jolly. I thought of skipping down a side street, but I was in the middle of a long block and had to face them. Suddenly I noticed a cow in one of the side yards. Perhaps if I could seem to be driving her, my big hands and feet wouldn't show. Gathering a handful of pebbles and calling to her to 'huy-huy, boss!' I started her off.

"The girls came to where I was vigorously driving the animal from her chosen pasture. Then a clear, loud treble voice called from the house:

"You, boy, what are you doing with my father's cow?"

"You can imagine the rest. I had made a ridiculous spectacle of myself. In my confusion I stepped into a patch of sand burs with my bare feet. The pain made me wince; I lost my balance and fell into a muddy ditch. I can still hear those girls laugh!

"I hid out in the haymow for two days to think it over. When I came back I told my mother that I had been visiting, and she wisely professed to believe it. As a matter of fact I had visited myself. I reasoned that my fears of other people were groundless and foolish, and that I had been silly to imagine that the whole world was watching me. The roads and all the world were free to everyone, and I resolved to use them without fear.

"It was a fight of course, but I won. And I learned that people are not to be feared or avoided but to be loved and enjoyed. I'm not lonesome any more; you see that everyone calls me doc and how we all enjoy it. Why not live as you go along?"

"Why, doctor, I suppose that I—But there, I'm still trying to believe that I'm different from everyone else. I'm not! I'm going to have friends as other people have!"

And with chin up and eyes shining the boy started off to seek the great adventure of friendship.—Youth's Companion.

### Child Vagrants.

In Russia vagrancy among children is so prevalent as to shock even people who for ten years have seen little except suffering. Soviet newspapers report efforts by the Government to deal with the evil, but the children are many and the means of caring for them are insufficient. The newspaper Pravda recently estimated that there are fifty thousand vagrant children merely in Moscow and its suburbs.

Use **MURINE** FOR **EYES**  
IRRITATED BY  
**SUN, WIND, DUST & CINDERS**  
RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS  
WRITE FOR FREE EYE CARE BOOK, MURINE CO. CHICAGO, ILL.

## Thin People

Thin, nervous, underweight people take on healthy flesh and grow sturdy and ambitious when Bitro-Phosphate as guaranteed by druggists is taken a few weeks. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

## After Shaving

Rub the face with Minard's mixed with sweet oil. Very soothing to the skin.

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

### Robin.

He takes a lot of staccato steps, stops,  
Like a busy toe-dancer with dizzy tops

That never cease spinning, twinkling  
a minute  
Until they come to the end of what's  
in it.

He runs on a line like a tight-rope  
walker—  
Tries not to look scared—nor to an-  
swer a talker.

No matter how fast he may go or stop  
dead—  
He holds his head still—an oblivious  
head;

But just down below, they twist and  
they squirm—  
Like a terrified crowd or an angle-  
worm.

—Alfred Krenmborg.

### Minard's Liniment Relieves Pain.

#### Politeness.

A Chinese editor enclosed a rejection slip, when returning contributions, which read as follows: "We have read your manuscript with infinite delight. Never before have we revelled in such a masterpiece. If we printed it the authorities would take it for a model and henceforth would never permit anything inferior to it. As it would be impossible to find its equal within 10,000 years, we are compelled, though shaken with sorrow, to return your divine manuscript, and for so doing we beg 10,000 pardons."

## THEY TELL THEIR NEIGHBORS

### Women Tell Each Other How They Were Helped by Lydia E. Pinkham's Vegetable Compound

Woodbridge, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles. I would have headaches, backaches, pains between my shoulders and under my shoulder-blades and dragging down feelings on each side. I was sometimes unable to do my work and felt very badly. My mother-in-law told me about the Vegetable Compound and I got some right away. It has done me more good than any other medicine I ever took and I recommend it to my neighbors. You are quite welcome to use this letter as a testimonial if you think it will help some poor sufferer."—Mrs. EDGAR SIMMONS, R. R. 2, Woodbridge, Ont.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.



## Rough Pimply Skin Cleared By Cuticura

You may rely on Cuticura Soap and Ointment to care for your skin, scalp, hair and hands. Nothing better to clear the skin of pimples, blotches, redness or roughness, the scalp of dandruff and the hands of chapping.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25c and 50c. Talcum 25c. Try our new Shaving Stick.