

UNREFRESHING SLEEP

If You Are Tired Out When You Arise in the Morning Read This.

The woman who is tired out, who aches all over when she arises in the morning, who feels depressed most of the time, needs just the help that Dr. Williams' Pink Pills can give her—new blood and strong nerves.

The number of disorders that are caused by thin blood is amazing and most women are careless about the condition of their blood. Quickly the nerves are affected and the patient becomes irritable, worries over trifles, does not sleep as well as formerly and is not refreshed by rest. There may be stomach trouble and headache. This is a condition that calls for Dr. Williams' Pink Pills.

Give Dr. Williams' Pink Pills a fair trial and the first sign of new life will be noticed by your appetite. You will be hungry by meal time. As the blood becomes enriched it feeds and soothes the irritated nerves, sleep becomes sounder and more refreshing, your worries become less, your work lighter. These are some of the things that these tonic pills do. Try them for any trouble caused by thin blood.

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

Sea Monsters' Centuries of Life.

With land animals it is comparatively easy to get information as to their length of life. We know definitely that an elephant will live for more than a century, and that a goose can survive to the age of sixty.

But when we come to fish or to creatures whose life is spent in the waters, the difficulty of ascertaining their ages is very great.

Since it is usually the largest animals that live longest, we can assume that the whale is very long-lived. Of this fact we have also some definite proof. In 1866 a huge bull sperm whale was killed. In its body was found the head of an old harpoon, marks upon which showed that it belonged to a whaler which had been broken up forty years before.

It would seem that this whale had been hunted at least half a century earlier, and since the creature must then have been of fair size, it is probable that at the time of its death it was about a hundred years old.

Walrus certainly live to fifty years of age, and possibly longer, while a seal has lived in captivity for thirty years.

The longest-lived creatures are reptiles, and we are aware that the giant Galapagos tortoise has a life extending to two centuries. And since we know that the great sea turtles are very slow growing, yet reach a weight of six hundred pounds, we are justified in believing that these creatures, too, may live to be at least a hundred years old.

It is more than likely that monster devil-fish, the remains of which have at times been washed ashore on beaches, may have lived for centuries in the cold, black abysses.

Keep Minard's Liniment in the house.

A Pretty Good Test.

It is a valuable experience for a singer to appear occasionally before groups of children for, in order to attract and hold their attention she must live the song as well as sing it. She must bring her imaginative faculty into play and vivify the words with due accent, pause and inflection. Above all things she must be genuine in her desire and effort to please and entertain.

It will not do to come before these alert and discerning young souls with a song only half learned. They know. Another thing, if a conventional style of tone is adopted the singer will make very little headway into the hearts of her youthful listeners. Children are quick to detect and resent insincerity or affectation. The singer who has a notion that she will be able to deceive a child into believing that she is something which she is not will find that she has slipped a cog in her calculations.

All things considered, it is a pretty good test of a singer's all round ability to please the general public if she is a success with children. Singing for children is the most natural field in which a singer can work, and so it affords invaluable schooling and preparation for the art of singing for men and women who, after all is said, are in reality grown up children in sophisticated and conventional guise.

Guaranteed Eczema Remedy

We guarantee to give you immediate relief for the worst cases of Eczema or Salt Rheum. Prompt attention given to mail orders. Eight ounce bottle a dollar fifty, prepaid.

C. HUGHEL CO.
224 PARLIAMENT ST. TORONTO

ISSUE No. 39-23.



MRS. JULIA W. HENSHAW

During the war, Mrs. Julia W. Henshaw, F.R.G.S., of Caulfield, B.C., was awarded the British War Medal, the Victory Medal, and was decorated with the Croix de Guerre with Gold Star, the Ruban des Blesses de Guerre with Red Star, and the Grand Cross of the Order of Saint Charles for her work in connection with the Red Cross. She was also mentioned in despatches four times. Mrs. Henshaw is also well known throughout the English-speaking world as the author of "Wildflowers of the North American Mountains," and other botanical works. She is a lecturer on mountain science and is famous for her hand-painted lantern slides.

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that when the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Cure Yourself.

The human body is subject to many ills, and there are times, of course, when expert medical advice should be sought. But the following quick cures are not of the "quack" variety, and would be approved by doctors.

For indigestion eat less, and slowly. Masticate and re-masticate each mouthful of food.

For stoutness, drink less; eat much less; and walk six miles per day.

For thinness, eat fattening (farinaceous) foods; go to bed early and get up late; indulge, if possible, in an afternoon nap, and take a spoonful of olive oil after each meal.

For "nerves" eat prunes; don't smoke; reduce your consumption of tea; go for a quiet half-mile walk before breakfast, and use your will-power.

For a weak chest or tendency to colds, breathe deeply always.

For threatened baldness wear a light hat; brush your hair frequently, and rub in a little olive oil nightly.

For neuralgia, eat (because of its strong content of iron) spinach on every possible occasion.

For a flushed or pimply face, avoid all pastry; eat little meat, but much fruit and green vegetables; and drink no alcohol.

Finally, to keep good general health, use cold water—three large glasses daily internally, and a gallon or so externally.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Activity in Gold Mining.

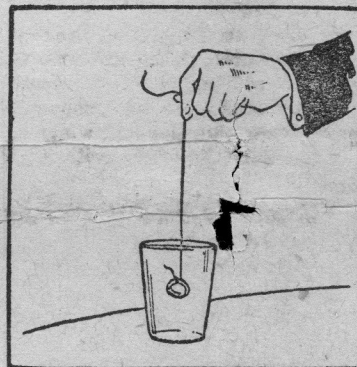
As the prices of commodities fall gold increases in value. At the same time gold mining becomes more profitable and the output of gold is greater. The present activity of the gold-mining companies is owing to the fall in prices and to the expectation of further recessions. The mines in Canada, the United States and the Transvaal are producing considerably more gold now than a year ago.

The figure 3 was the perfect number of the Pythagoreans, who said it represented the beginning, middle and end.

EASY TRICKS

No. 46

The Mind Reader



Tie one end of a thread, about two feet long, to a ring or other small object. Hold the other end of the string between the forefinger and thumb of your right hand. A tumbler should be on the table and the ring should be suspended so that it can swing two and fro within the tumbler. Concentrate your mind upon a number—any number. The ring, in the tumbler will swing idly for a few moments. Gradually the swinging will seem to have purpose. Then it will swing through a longer arc and finally it will strike the side of the tumbler. Slowly it will swing back and then strike the tumbler once more. If you concentrate your mind on the number of the ring will strike the number of which you thought. Then it will come to rest.

Without using the tumbler, you can, by concentrating your mind upon the direction desired, make the ring swing either "round and round or back and forth, changing direction as you will.

Try it. You will find it puzzling.

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

Ask for Minard's and take no other.

Rats are fought relentlessly on London's Underground Railway; when one is seen special rat-catchers are sent after it. The rats come out for the grease on the rails.

Repentance is not a matter of passionate weeping but of serious thinking.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address
by the Author,
H. CLAY GLOVER CO., Inc.
129 West 24th Street
New York, U.S.A.

Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

Tunes on Pocket-Handkerchiefs.

A piece of tissue paper and a comb have long survived as instruments of music—or of torture! The latest development in the manufacture of music is that of the pocket-handkerchief.

It is claimed that a pocket-handkerchief or a pillow-case can be converted into an instrument of sweetness by a simple process of immersion.

The patentee of this remarkable development claims that it is possible to impose eleven new tunes on the same piece of material, and that an inexperienced man can turn out a dozen of the new records in less time than it takes an expert to produce a gramophone record of the ordinary type.

A silk handkerchief, on which a well known piece of classical music had been played, was taken from the machine, thrown across the room, jumped on, replaced on the machine, and made to repeat the tune smoothly and distinctly.

A portion of linen pillow-case was made to give forth a striking reproduction of perfectly-blended stringed instruments.

The new records are almost indestructible, do not need any special protection in transit, and can be packed into the smallest possible space.

KENDALL'S SPAVIN TREATMENT

Keep Kendall's always in the barn. A strained muscle, a sprung tendon, a jolt or a knock demands immediate attention. A few hours' delay will result in a long lameness—perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the forty-year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask, too, for the Free Book or write for it to

DR. B. J. KENDALL COMPANY,
ENOSBURG FALLS, Vt., U.S.A.



Make Cuticura Your Daily Toilet Soap

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed. They are ideal for the toilet as is also Cuticura Talcum for powdering and perfuming. 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.

Classified Advertisements

BUSINESS OPPORTUNITY

FREE BOOK, OPERATE LITTLE MAIL ORDER business, home, evenings. Pier, 202A, 2A Cortland Street, N.Y.

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching foxes. 25 cents. Dr. Randall, Truro, Nova Scotia.

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take a page of 1 column, long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

The Wisdom of Friendship.

We take care of our health, we lay up money, we make our roof tight and our clothing sufficient, but who provides wisely that we shall not be wanting in the best property of all—friends?—Emerson.

MURINE You Cannot Buy New Eyes
But you can Promote a Clean, Healthy Condition
FOR YOUR EYES 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

WARTS

Minards, applied frequently, dries up and removes Warts.



MRS. BUDGE
SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

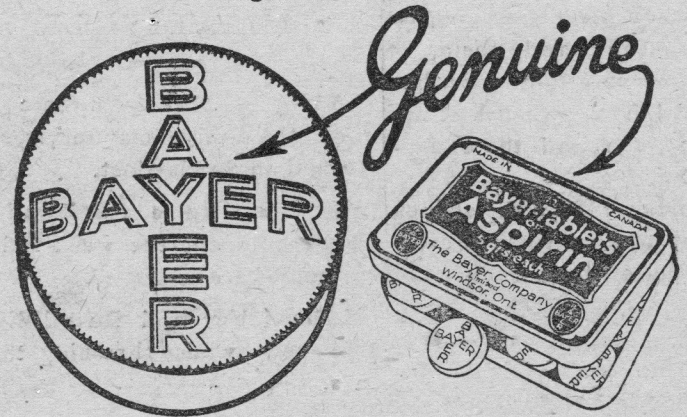
River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. A friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

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 Mono-acetic acid ester of Salicylic acid. 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."