VICTIMS OF ANAEMIA

Need New, Rich Blood to Restore Health and Strength.

It is an unfortunate fact that nine women out of every ten are victims of bloodlessness in one form or another. The girl in her teens, the wife and mother, the matron of middle age—all know its miseries. To be anaemic means that you are breathless after slight exertion. You feel worn out and depressed. You turn against food and often cannot digest what you do eat. Sleep does not refresh you, and when you get up you feel exhausted and unfit for the day's duties. If neglected anaemia may lead to consumption.

You should act promptly. Make good the fault in your blood by taking Dr. Williams' Pink Pills, the most reliable blood enricher ever discovered. These pills purify bad blood, strengthen weak blood, and they make good blood, and as the condition of your blood improves you will regain proper strength, and enjoy life fully as every girl and woman should do. The case of Mrs. Mary Trainor, Perth, Ontario, shows the value of Dr. Williams' Pink Pills in cases of this kind. She says:—"I had not been feeling well for some time and had been gradually growing weaker. I found it very hard to do my housework; had severe headaches and was very pale. I took doctor's medicine for some time, but they did me no good. I was growing weaker and used to faint and take dizzy spells. In this condition I began the use of Dr. Williams' Pink Pills, and after a time found they were helping me. I continued their use until I found the troubles that afflicted me had gone and I am once more enjoying good health and strength."

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

Grasshoppers Like Alcohol.

In a campaign to exterminate grasshoppers it was found that a mixture used to poison the insects became so attractive when fermented that it was 50 to 75 per cent. more efficient.

An egg, which is not due to be laid till next April, was sold by auction recently for £2 11s. The bird whose eggs are so popular is a a homing pigeon.

Farmers' Bulletins how to Obtain Them

The Dominion Department of Agriculture has more than 400 pamphlets covering every phase of farming practice. They are written to help make farming more profitable and are FREE. The following are examples:

List of 400 Publications
Seasonable Farming Hints
Fox Ranching in Canada
Apple Recipes
The Feeding of Beef Cattle
Storage of Ice
Winter Production of Eggs
Fruit and Vegetable Recipes
Beautifying the Farm Home
Corn Borer Control
Crate Feeding
Poultry House Construction
Bulletin Filing System
Feeding Racks for Sheep
Insects Affecting Live Stock
The Farmer's Piggery
The Feeding of Sheep
The Milking Machine
Sweet Cream Butter
The Cranberry Industry

Cut out this advertisement, mark the bulletins desired, including the List of 400 Publications, fill in your name and address, and mail to:

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Why the Chinese Are So Calm.

One of the most noticeable characteristics of the Chinese, says Mr. Nevin O. Winter in Travel, is their passive indifference. They marvel at the nervousness and excitability of foreigners.

"I remember one hot day," says the writer, "when a party of us were crossing the hills in chairs. The way was rough and steep, the work for the coolies severe. At the highest point of our journey we stopped for ten minutes to let the men rest. Instantly they all sat in a row, brought out their pipes and began to laugh among themselves as if they had not a care in the world. In any country that had learned the virtue of forethought they would have devoted the moments to complaining of the heat in order to increase their tip. We, being Europeans, spent the time worrying whether the automobile would be waiting for us at the right place. Well-to-do Chinese would have started a discussion whether the universe moves in cycles or progresses by a rectilinear motion, or they might have set to work to consider whether the truly virtuous man shows complete self-abnegation or may on occasion consider his own interests."

Why are the Chinese so unperturbed by circumstances that apparently threaten their national existence? How can they remain calm when dangers threaten from without and from within? They have learned to wait for the fruition of slow natural processes. They will not be hustled, because nature can never be hurried. Haste means only vexation for yourself and accomplishes nothing. In addition to its other discoveries China has discovered the great art of standing still.

"You people of the West are so impatient, so—may I say—immediate. You think in years instead of in centuries. There can be no end to China. What can the conqueror as we call him do? He can make money out of us and for us, and he can rule us for a time, but he cannot absorb us, and we shall absorb him. China may be overrun, but in the end she will be triumphant. We are no doubt the weakest and most unpolitical of nations, but we are unconquerable." Thus it is that a Chinaman, sitting with his hands hidden in the wide sleeves of his silken coat, discusses in the most impersonal way and without the slightest suggestion of agitation the ills of his country and its possible conquest. He would receive the news of the occupation of Peking by the enemy in the same unagitated manner. Whatever the present may hold for China he feels certain that the future is secure. It is the same spirit that has prevented China from becoming a disturber in the world. Discontent and aggressiveness would have forced another people living such a hampered existence to seek an opportunity for betterment. Their very numbers would have made them almost irresistible.

First Snow.

First snow is fine snow
Slanting down the wind;
Not a twig will hold it,
Not a shelter mold it,
You'd think to see the way they act,
That purity had sinned.

First snow is thin snow,
The meadow's barely salted;
The brook is so pre-occupied
With brittle frost lace at its side
It has no thought beyond itself
And cannot feel exalted.

First snow is lost snow!
Each flake a pioneer
That dances down to certain death,
His span of life a frozen breath
That spins its seconds merrily
Between the Infinite — and Here.

There has never yet been a man in our history who led a life of ease, whose name is worth remembering. —Roosevelt.

We are interested in obtaining

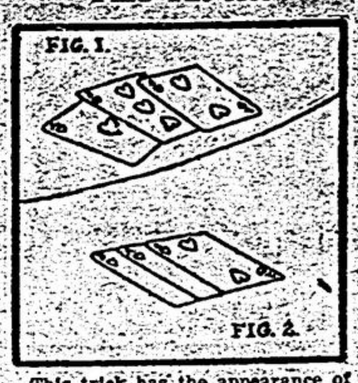
OLD and RARE BOOKS

ON CANADIAN SUBJECTS. Send particulars to the Wilson Publishing Company, 73 West Adelaide Street, Toronto, Ontario.

EASY TRICKS

No. 345

Find The Ace



This trick has the appearance of being a famous feat of sleight of hand but actually it demands no skill. The ace, the two spot and the three spot of any suit are shown and are placed face down on the table, the spectators being asked to keep track of the ace. The magician mixes the cards a little with the result that the most astute spectator is unable to discover which of the cards is the ace.

The cards are prepared. The figure 3, cut from another card from the same suit, is very neatly pasted over the A on one corner of the ace. The part pasted on should be shaved down very thin and colorless paste should be used. In a like manner an A is pasted over the 3 on one end of the three spot.

When the cards are first displayed, show them as in Figure 1, the false pips being hidden. Next, close the cards and turn them around, opening again, this time showing the false pips, but not the faces of two of the cards (Figure 2). As you turn the cards face downward, draw the three out and put it on the table. As the spectators saw the index of the ace, they take it for granted that this is the ace. The more closely they follow this card, the more they contribute to their own deception. When you pick up the cards, pick them up so that your finger tip hides the false index.

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

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saintes, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemantagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving al the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"And what do you do when your husband objects to your flimsy garments?"

"I object to some of his flimsy excuses."

Winter Bird.

My bird, my darling,
Calling through the cold afternoon!
Those round bright notes,
Each one so perfect
Shaken from the other and yet
Hanging together in flashing clusters!
The small soft flowers and the ripe fruit,
All are gathered.
It is the season now of nuts and berries
And round bright flashing drops
On the frozen grass.
—Katherine Mansfield.

Avoid loss when sending money by mail—Use Dominion Express Money Orders—the safe, convenient, inexpensive way.

A Garden of Rubber Flowers.

The art of incorporating color into rubber has resulted in the English invention of indestructible flowers, a display of which was made at the Wembley Exposition. The exhibit consisted of a small garden plot in which the floral display is surrounded with a bit of lawn. Grass, blooms and foliage were all of rubber composition, with an occasional worm and bug to lend realism to the scene. The flowers have the advantage over other things of the same character which have been made of fabric in the respect that a dose of water restores their brilliant color after they have been exposed to dust.

Minard's Liniment Relieves Pain.

A portable camera, weighing only thirty pounds, will detect hidden treasure or smuggled goods in brick walls or inside trunks.

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SMOKE

OLD CHUM

15¢ per Package

also in ½ lb. VACUUMIZED TINS

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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.

With all the elements of romance, the humble firefly has played his part in the drama of discovery of ultra-violet rays in the prevention and cure of rickets, a disease common in childhood. This insect, as is well known, gives off a cold light, as can be seen on any summer evening in the country where fireflies abound. This light from the firefly is manufactured by the oxidation of a substance in an alkaline medium, producing visible light rays. Would the same chemical action, applied to substances that cure rickets, produce invisible ultra-violet rays? Numerous experiments have proved this to be the case.

Within recent years there have been known two definite ways of curing this disease: the direct application of sunlight, a physical force containing ultra-violet rays, absorbed through the skin, and an oil taken from the liver of a fish, which enters the body through the mouth and digestive tract taken as medicine. At first glance it would seem as if there was little or no connection between radiant energy and cod-liver oil, and yet it has been proved that in their action on rickets, the results of these two therapeutic agents cannot be distinguished. When it had been demonstrated that direct sunlight cured rickets, the experiments went farther, and it was shown that mercury vapor light passed through quartz prevents and cures this disease exactly as does the natural sunlight; and since that process produces ultra-violet rays, it was readily inferred that it is these invisible cold rays in sunlight that exercise the curative effects upon rickets. That fact being established, it remained to learn whether cod-liver oil, if taken internally, likewise gave off emanations of ultra-violet rays cure rickets, and, moreover, that they play an important part in the normal functioning of many bodily processes, since they not only cure but prevent.

"Bottled sunshine" is a novel way of describing cod-liver oil, but that in the light of experimental studies in the curative values of certain remedies, is what cod-liver oil really is. The curative action of this oil in the treatment of rickets has opened up a new field for investigation. One thing is already certain: there is a definite similarity of curative powers between sunlight and cod-liver oil, especially in the treatment of rickets.

Two doctors in the Yale Medical School have been experimenting lately, and they believe they have already demonstrated that cod-liver oil taken internally, gives off ultra-violet rays which cure rickets.

Among the substances known to cure rickets are cod-liver oil, egg yolk, bile, sperm oil, and others. All these were oxidated, and specially prepared photographic plates, screened by quartz filters and exposed to the substances so treated, gave unmistakable indications of the presence of ultra-violet light. Similar substances, but not possessing the power of curing rickets, such as linseed, peanut and cottonseed oils were also oxidized, but showed no evidences of ultra-violet rays upon identical photographic plates. This is along the lines that the experiments were conducted in proving that cod-liver oil does prevent and cure rickets and that it is the ultra-violet rays contained in the oil that do the trick.

Upon this new discovery of the ultra-violet activity of certain food substances may be based further research and accomplishments that will be of benefit to all physicians and dietiticians interested in the prevention of disease and the preservation of the health of the child and adult alike.

With Britain's Compliments.

A short time ago the British Government presented to the Regent of Abyssinia the crown captured in war with that country fifty years ago. The incident recalls that on many prexious occasions the British nation has been the recipient or giver of a token of regard, in the form of a special present, for some other Power.

Probably the best-known gift ever received by Britain from the Government of another country is the good ship Resolute, of Arctic exploration fame, which the United States, at a cost of $200,000 voted by Congress, restored to Britain after the vessel had been abandoned in the ice some time previously. Twenty years afterwards Queen Victoria had a table made of the ship's timbers and presented it to the White House, Washington, where it still does duty as the President's writing desk.

The Statue of Liberty, which marks the entrance to New York harbor, was a gift to the United States from France. Over two hundred feet in height, it is the world's greate statue, and cost nearly $500,000.

France has also shown her esteem for Britain by giving the British Museum a magnificent specimen of a Sevres vase, while more recently she announced her intention of making a present of certain parts of the battlefields, as a permanent memorial to Britain's dead soldiers.

Spain has given England a gold model of the ship in which Columbus voyaged to America. Another unusual gift was the ancient cannon given to the British people by the Dutch. This brings to mind the two very old pieces of ordnance given by Britain to the United States as a memento of the fort built by the Pilgrim Fathers at Plymouth, Mass.

Another relic, an old mortar found in one of the American Army stores, was presented by Congress to the United Kingdom, it having belonged formerly to the 50th Royal American Corps, which afterwards became the King's Royal Rifles.

Minard's Liniment for Rheumatism.

This Crowded Life.

How sordid is this crowded life, its spite
And envy, the unkindness brought to light!
It makes me think of those great modest hearts
That spend their quiet lives in lonely parts,
In deserts, hills or woods, and pass away
Judged by a few, or none, from day to day.
And O that I were free enough to dwell
In their great spaces for a while; until
The dream-like life of such a solitude
Has forced my tongue to cry "Hallo!" aloud—
To make an echo from the silence give
My voice back with the knowledge that I live.
—W. H. Davies.

Making It Right.

"Two cows in the field," said a teacher to a class of small boys, indicating the writing on the blackboard. "Now, that sentence is wrong. Can any boy tell me why?"

One youngster sought to help her out of the difficulty. "P'raps one of them are a calf, miss!" he suggested.

What many automobiles need is not four-wheel brakes, but fore-sighted drivers.

MORE THAN 55,000 FARMERS have bought their farms in Western Canada from the Canadian Pacific. A remarkable Fact. Think! There is a reason. The large area of our holdings affording choice of location and of land to suit every farming need. Fair price, fair contract, and fair dealing combined with abundant fertility of soil, good climate and social conditions make farm life there desirable and attractive. Thousands more will select their farm from our virgin lands, from our improved farms, and with some capital and determination to work, can make a home and pay for it. Write for our booklet, "The Prairie Provinces" of Canada," and leaflet, "Western Canada Forges Ahead." C. L. Norwood, Land Agent, Canadian Pacific Railway, Desk W., Windsor Station, Montreal, Que.

December.

Oh! holly branch and mistletoe,
And Christmas chimes wher'er we go,
And stockings pinned up in a row,
These are thy gifts, December!

And if the year has made thee old,
And silvered all they locks with gold,
Thy heart has never been a-cold,
Or known a fading ember.

The whole world is a Christmas tree,
And stars its many candles be,
Oh! sing a carol joyfully,
The year's great feast in keeping!

For once, on a December night,
An angel held a candle bright,
And led three wise men by its light
To where a child was sleeping.
—Harriet F. Blodgett.

The Waiter's Favorite Dish.

Three men seated at table at a certain American hotel were discussing their favorite game food. The first declared that nothing could be compared with pheasant. The second preferred partridge. The third was enthusiastic over quail.

In order to decide which food really was the best they appealed to the colored waiter.

"Well, suh," replied the waiter slowly, "for mah part, I would rather have an American eagle served on a silvah dollah."

Very likely he got it.

War—what is it after all the people get? Why! taxes, widows, wooden legs and debt!

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KEEP YOUR EYES CLEAN CLEAR AND HEALTHY
WRITE FOR FREE EYE CARE BOOK · MURINE CO. CHICAGO ILL.

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That haggard, care-worn, depressed look will disappear and nervous, thin people will gain in weight and strength when Bitro-Phosphate is taken for a short time. Price $1 per pkge. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Getting Bald?

Save your hair by rubbing the scalp three times a week with Minard's.

MINARD'S "KING OF PAIN" LINIMENT

Don't Get Bald Cuticura Does Much To Prevent It

Dandruff, itching and scalp irritation point to an unhealthy condition of the scalp which leads to falling hair and premature baldness. Frequent shampoos with Cuticura Soap do much to prevent such a condition, especially if preceded by a gentle anointing with Cuticura Ointment.

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

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WINTER CRUISES 1925

	SS. Providence	SS. Patria	SS. Providence	SS. Patria
From: New York	Jan. 10	Feb. 17	Mar. 21	Apr. 28
To: Ponta Delgada 12 hrs.	Jan. 17	Feb. 24	Mar. 28	May 5
Madeira 10 hrs.	Jan. 19	Feb. 26	Mar. 30	May 7
Algiers 24 hrs.	Jan. 23	Mar. 2	Apr. 3	May 11
Palermo 12 hrs.	Jan. 25	Mar. 4	Apr. 5	May 13
Naples 12 hrs.	Jan. 26	Mar. 5	Apr. 6	May 14
Piraeus-Athens 24 hrs.	Jan. 29	Mar. 8	Apr. 9	May 17
Constantinople 24 hrs.	Jan. 31	Mar. 10	Apr. 11	May 19
Beyrouth 14 hrs.	Feb. 3	Mar. 13	Apr. 14	May 22
Jaffa-Jerusalem 39 hrs.	Feb. 4/5	Mar. 14/15	Apr. 15/16	May 23/24
Egypt 3 days	Feb. 6/8	Mar. 16/18	Apr. 17/19	May 25/27
Messina 8 hrs.	Feb. 11	Mar. 21	Apr. 22	—
Monaco 15 hrs.	Feb. 13	Mar. 23	Apr. 24	—
Marseilles	Feb. 14	Mar. 24	Apr. 25	May 31
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