HOW ALL MOTHERS CAN KEEP HEALTH

Cares of Home and Children Often Causes a Breakdown.

The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls while hurried meals, broken rest and much indoor living tend to weaken her constitution. It is no wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown up to accept these troubles as a part of the lot of motherhood. But many and varied as her health troubles are the cause is simple and relief at hand. It is rich, red blood that keeps a woman well; when she is ill the blood is thin and watery, and she must take a tonic to enrich it to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one sure way to get this rich blood so necessary to health, and that is through the use of Dr. Williams' Pink Pills. Mrs. Henry Burke, Lower L'Ardoise, N.S., tells what these pills did for her. She says:—"I first used Dr. Williams' Pink Pills five years ago. After my baby was born I did not regain my usual health. I felt weak, miserable, and always tired, so I started taking Dr. Williams' Pink Pills. After taking five boxes I felt like a new woman. Ever since that time when I feel tired and overworked I take this treatment and always with great benefit. I have proved them to be a splendid medicine for nursing mothers, and I always recommend them to others."

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

Witty Wisdom.

If you can't laugh just now, smile until you can.

Bad luck is often merely a polite name for bad judgment.

Grumbling at your lot only helps to make it a lot worse.

The best way to acquire a host of friends is to be a host yourself.

Some people are so mean that the only thing they ever give is offence.

The greatest secret of popularity is to keep your troubles to yourself.

If we saw ourselves as others see us we might refuse to believe our eyes.

The eyes may be the windows of the soul, but the mouth reveals the company it keeps.

Two Tales of Church.

There is a story of two old ladies at a Scottish church service. After the minister had discussed all the points of his sermon from "firstly" to "seventhly," and just before the peroration began, one of the ladies said to the other: "Has he no din yet?" "He has finished," replied her companion, "but he won't stop."

One further church tale. A rector and a long-winded curate were called upon to speak in connection with a certain religious function. The curate spoke for about half an hour, and before sitting down turned to the rector, saying: "I hope I have not encroached upon your time." "Time?" growled out the impatient rector, "you have encroached upon eternity."

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Springtime begins the moment you board a Santa Fe train for California -on your way a sunny, scenic wonderland -

Fred Harvey dining service - another exclusive Santa Fe feature

Enjoy the out-of-doors this winter - take your family

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THE BEAUTIFUL LEAFLESS TREE

"Winter," says Gilpin, "discovers the nicer part of the ramifications of trees, the little tender spray on which the hanging of the foliage and the peculiar character of the tree so much depend. I am in doubt," he adds, "whether an old rough interwoven oak, merely as a single object, has not as much beauty as in summer. In summer it has unquestionably more effect, but in point of simple beauty and pleasure I think I should almost prefer it in winter."

He then proceeds to speak of this revealed character of tree sprays, which is so precious a winter gift. The spray of the oak breaks out nearly at right angles and is thick and interwoven. Three or four shoots will often spring from the same knot. In the case of the ash, the spray is more simple. It divides, not from the extremity of last year's shoot, but from the sides of it. As both shoots rarely come to maturity, the ash does not give the appearance of formality as is the case with spruce fir. Elm and beech sprays shoot out at acute angels, especially the beech, and in both cases the sprays are alternate.

On such things as the angle of the sprays, and the alternate occurrence of them or otherwse, does the shape of a tree depend. Winter is the time for the observation of these things. We can watch this character then as at no other season. That is one of winter's gifts. The leaves in their falling make possible a new enriching. In some ways one gets to know some wild creatures more intimately in winter than in summer.

The New Vision.

Not everybody has seen this beauty of the leafless tree. Sometimes, unless attention has been drawn to it, it is missed. It dawned upon me quite unexpectedly in the New Forest. The city in which I had lived for twenty years was virtually treeless. But having gone to live in the Forest, the revelation came. That is one of the attractive things about nature. There is ever some new revelation in store. Nor does one ever know in what place or at what hour the new vision may come. That winter's moonlight night, out alone in the Forest, there dawned upon me as I journeyed the beauty of leafless trees. Through a clump of them away in front of me, there was a glimpse of the moon. Behind others I caught the shining of the stars. The light transfigured them. There was, of course, nothing very unusual in it all, yet it was for me a vision splendid, that had never been in the city's gift. The thrill was doubtless akin to that of the watcher of the sky when a new star sweeps into his ken. At all events there it was, my discovery. It was not merely something I had read about. I had seen as never before the great boles and all the delicate tracery of the outermost sprays. Ever since then, trees have had a new interest in winter.

Winter Reveals Beauty.

"Leaves," as Richard Jefferies says, "conceal the finish of trees. They give color, but they hide the beautiful structures under them. The light and most elegant penciling at the bough summits of the beech, for instance, is not seen beneath the massed foliage of summer. That is winter's gift alone." The beauty of the leafless trees owes much to light effects. It is the light behind or falling athwart leafless strees, that makes them so memorable. I doubt if trees are ever more beautiful, even in spring or summer, than they are in winter transfigured by sunrise or sunset behind them. A clump of silver branches, for instance, in a snow scape, their dark trunks rising out of the snow, and the setting sun filling the tree spaces with mystic light, on every hand the snow glistening radiant, with the light on it and in it, how lovely a spectacle that is.

Then trees in winter, in the country, as Dixon Scott points out, seem a part of the fundamental framework of the earth. In towns, he says, trees often resemble surface decorations. They look detachable as flowers worn for ornament. But in the country in winter, reduced to their elements of bole and branch, they "are seen to sustain and complete the long lilt of the land." Winter brings out their fundamental strength no less than the beauty of their forms. The leafless tree is not the least of winter's gifts.

NO NEED FOR BATTERIES TO OPERATE RADIO SET

Rogers Canadian Invention Makes it Possible to Just Plug Into the Light Socket; Eliminating All "A" and "B" Batteries.

What is admittedly the most advanced step in Radio—and what all those interested in Radio have been looking forward to—(a set requiring no batteries) is now an accomplished fact and a proven success.

To a young Canadian—Mr. "Ted" Rogers,—goes the credit for perfecting this Batteryless Radio Set, which will operate from any electric light socket on either 25 or 60 cycle alternating current.

Canada can justly feel proud of this latest achievement, which bids fair to revolutionize Radio reception.

The Rogers Batteryless Radio Set—for that is its name—is already operating in thousands of homes throughout Canada and giving satisfaction. Transcontinental reception with batteries and even without aerial is common to most owners, while many Rogers owners reported hearing the Overseas stations during the Tests.

Some far-seeing merchants have realized that the Batteryless Set is the coming Radio Set, but if there is no dealer in your community who has been able to secure this valuable agency, just write the Q. R. S. Music Co., Toronto, who will be glad to send you full particulars.

P.S.—For those not possessing electric current in the home, Mr. Ted Rogers has also produced a battery set. Write for particulars to above concern.

From Pirate to King.

The discovery of the Indians who speak Elizabethan English is one of the strangest travellers' stories ever heard in these days. It is not, however, quite unique, for the late Mr. Cecil Sharp found in the Alleghanies numerous communities of English folk whose language, appearance, and customs dated from the end of the seventeenth century, and who had preserved a large number of English folk-songs that are no longer to be heard in the Mother Country.

Nor were private communities of the kind set up by Benjamin Sharp and his crew altogether unique, for we possess records of the famous English pirate, John Plaintain, who, having begun his career of crime in the West Indies, founded a State on Madagascar, of which he conquered a considerable part.

He introduced English characteristics, such as the use of rum, and reigned for some years until Admiral Matthew's squadron, in which Clement Downing was a sailor, chased him off the island. He then went to join Kanhoji Angria, the celebrated pirate of the west coast of India.

Model motor cars costing upwards of £46 and dolls' houses fitted with electric light supplied by a tiny dynamo, are among the "luxury" toys this Christmas.

Minard's Liniment for Grippe.

Getting Up in Winter.

A phrase very common among us at this season is—"Isn't it awful, getting up!"

Undoubtedly every day of our lives in the winter we begin with a conflict in the apparently simple act of getting up. Though not at Ephesus, you "fight with lions" in those dark moments when the bed and the room become fiendishly alive. For the bed excels itself then in seductiveness. Not al through the night has it been so warm, so soft. The coldness of the room, the blackness, the smell of frost, are all increased to an intensity that seems deliberate.

At seven on a winter's morning, life is full of struggle.

It makes no difference whether other members of the family have come through their conflict—are up, and a choir invisible, are vociferating to you to arise—or whether the house is asleep and you are the one whose duty it is to be up first, the caller, not the called. You are sublimely indifferent to what is going on beyond the door, for your soul is engaged in resisting, not the enticement or commands of some other human, but the powerful genius of the bed.

The conflict of the first person up is identical with the last. In both it is the case of the fine, tough, hardy spirit of our race warring with the insidious and unscrupulous temptation of the bed. There may be a trifle more intensity in the struggle of the first up, but this is because the first gets up—or should—in still greater blackness and coldness, not because he or she wages their war in silence. It is as hard to get up in the midst of banging and shouting as it is in the perfect silence of a sleeping world.

The disinclination to get up is not just that you want to go to sleep again. On the whole, you prefer to lie awake.

Asleep you do not realize how comfortable you are, but lying without thought or movement, staring at the slowly-paling ceiling, and drowning in warmth, you are conscious of bliss. You could remain like this a day—or all winter. Every moment it becomes more impossible for you to sit up and get up. The thought of sticking a limb into that icy wash of blackness outside the bed is an agony.

On the other hand, once you are up in the winter I do not think you are so conscious of the strangeness of that fact as you are in the summer.

Land in the heart of Melbourne has been sold at £2,595 a foot, a record.

For Pains in Back Headache, Indigestion

Don't neglect nature's gentle warning of kidney and liver disorders. If unheeded these troubles become chronic and lead to untold suffering and expense.

Warner's Safe Kidney and Liver Remedy is a safe and reliable remedy that has been used by millions in all parts of the world in helping nature in its important duties of eliminating poisons from the system. Do not neglect the kidneys and liver.

Sold by all druggists. Price $1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.

Via Sacra.

Here where a sudden radiance falls
On roof and walls,
The paths are thick with traffic long and loud,
The human floodtide flows;
And we may pass unconscious, with the crowd,
Of any noble aim to which it goes.
But here are greater things—
Hopes that would rise with struggling wings,
Faith that is anchored fast, and love that sings,
Hearts that endure with patience, souls that pray,
Eyes that can see the stars above their night;
And this dim street becomes a sacred way towards the light.

—A. L. S.

CHILDHOOD AILMENT

Can Be Quickly Banished With Baby's Own Tablets.

The ailments of childhood are many but nine-tenths of them are due to one cause and one cause only—a disordered condition of the stomach and bowels. To quickly banish any of the minor ailments of babyhood and childhood the bowels must be made to work regular and the stomach must be sweetened.

No other medicine for little ones has had such success as has Baby's Own Tablets. They banish constipation and indigestion; break up colds and simple fevers; correct diarrhoea and colic and promote healthful sleep by regulating the functions of the stomach and bowels. Concerning them Mrs. L. M. Brown, Walton, N.S., writes:—"I cannot speak too highly of Baby's Own Tablets as I have found them excellent for childhood ailments."

Baby's Own Tablets are sold by medicine dealers, or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

You Said It, Pa.

"Pa, what does it mean here by diplomatic phraseology?"

"My son, it's like this: If you tell a girl that time stands still while you gaze into her eyes, that's diplomacy; but if you tell her that her face would stop a clock, you're in for it."

The finest thing in the world to keep your stomach in tip-top shape is 15 to 30 drops of Seigel's Syrup in a glass of water. Any drug store.

Imperial Romanoffs Robes in State Film.

The regal costumes which clothed the central figure of the magnificent imperial court of the last of the Romanoffs are being used in the production of motion pictures under the direction of the Soviet State. The imperial robes of Nicholas II., and many other rich articles of his wardrobe, form a part of the "properties" used in "The Ninth of January," an anti-monarchist film which takes its name from the date in 1905 on which the revolution of that year opened.

Five thousand elaborate imperial military and dress uniforms belonging to the late Czar, and several thousand rich gowns, wedding dresses, coronation robes, Chinese coats and other articles of apparel worn by the former Czarina Alexandra have been bought by the state motion picture monopoly for $15,000.

Coughs and Colds Mean Restless Nights

which sap the vitality. Danger lurks in every hour a cold is allowed to run. Assist nature to bring your children quickly back to health and strength and avoid serious complications by the prompt use of Gray's Syrup — over 60 years in use.

Always buy the Large Size.

GRAY'S SYRUP of RED SPRUCE GUM

Montreal D. WATSON & CO. New York

RED ROSE TEA

"is good tea"

Over 30 years a standard wherever good tea is liked.

Let's Help!

Up the road and down the road,
Whatever the way we take,
We'll meet some soul with a weary load,
Some heart that is torn with ache;
We'll hear some voice that has dulled its song,
Some spirit that's lost its cheer—
For roads are rugged and roads are long,
And many a track is drear.

"We can't do much and we can't give much—
We're poor folk," we may say!
But the little we can with a friendly touch
May brighten the world's highway.
So out with your smiles and your neighbor-strength,
Your song and your sympathy, too!
We can't do much on the journey's length,
But the little we can, we'll do!

—Lillian Gard.

Who Invented Cards?

The playing cards we now use were invented in the fourteenth century by a French painter named Jaques Gringonneur. It is said that he invented them to amuse the mad King Charles VI. of France.

The kings were David, Alexander, Caesar, and Charles; the queens were Argine, Esther, Judith, and Pallas; the four knights, now called knaves, and vulgarly "Jacks," were Ogier the Dane, Lancelot, La Hire, and Hector de Garland, knights of old romance.

The Cardmakers' Company was incorporated in 1629, and as early as the reign of James I. cards were taxed. Probably the first game played in England was called "Trump." All the most important historical events have been at one time or another depicted on playing cards, and some of the packs are very rare and valuable.

Everything depends on the point of view. You couldn't convince a mouse that a black cat is lucky.

TAYLOR-FORBES

Tree Pruners GUARANTEED

For every purpose in the orchard, cutting limbs up to 1½ inches. Handles—4, 6, 8, 10 and 12 feet.

Your Hardware Dealer knows the quality

Our descriptive circular sent to any address on request.

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GRIPPE!

Stop it at the start. Heat and inhale Minard's, also bathe the feet in Minard's and hot water.

MINARD'S "KING OF PAIN" LINIMENT

Me.

Teacher—"Who can name one important thing we have now that we did not have one hundred years ago?"

Tommy—"Me."

Minard's Liniment for frost-bites.

Economy and industry placed the poor printer's boy, Franklin, at the table of kings and rendered his name illustrious throughout the earth as the friend and patron of mankind. He who possesses either of them can never be poor; he who possesses both must inevitably be rich and honored.

Use MURINE NIGHT & MORNING & KEEP YOUR EYES CLEAN CLEAR AND HEALTHY

Write for Free Eye Care Book—Murine Co. Chicago

WANTED

CIGAR STORE INDIAN

Formerly used in front of Tobacconist Store. Must be in good condition. State price and where can be seen.

H. WATKINS
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ARE YOU BUYING A HOME?

The MacLean Builders' Guide aids home builders; supplies information not generally obtainable except through professional sources. Fifty-two pages profusely illustrated. Send Twenty Cents for a copy or $1.00 for two years' subscription (8 issues). Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

COULD NOT DO HOUSEWORK

Woman Suffered until Relieved by Taking Lydia E. Pinkham's Vegetable Compound

St. Charles, Quebec.—"I was married three years and had no children. I was always troubled with pains in the abdomen and was not able to do my housework. After trying all other remedies suggested to me I have at last found that Lydia E. Pinkham's Vegetable Compound is the best in the world for me. It has done me more good than anything else I ever tried. I am well now and able to do my housework and care for my family. I recommend it to my friends as I am sure they will be satisfied."—Mme. J. D. ROBICHAUD, St. Charles, Co. Bellechasse, Que.

Nervous and Run-down

Hamilton, Ont.—"I was nervous and run-down, and always had a tired feeling and no appetite. I jumped at every sound and was always low spirited. My worst symptom was depression and I was this way for several months. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, and I have taken it for three months and am very much better and can work around more. I feel like another woman."—Mrs. P. L. GUY, 98 Tuxedo Ave. No., Hamilton, Ont. C

BAYER

Genuine ASPIRIN

Proved safe by millions and prescribed by physicians for

Colds Headache Neuritis Lumbago
Pain Neuralgia Toothache Rheumatism

DOES NOT AFFECT THE HEART

Safe — Accept only "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 Monoaceticacidester of Salicylicacid. (Acetyl Salicylic Acid. "A. S. A."). 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."

Soothe Itching Skin With Cuticura

Bathe with Cuticura Soap and hot water and follow with a gentle application of Cuticura Ointment. This treatment not only soothes but in most cases heals.

Sample Each Free by Mail. Address Canadian Depot: "Bimhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Shaving Stick 25c.