

NEW BLOOD NEEDED IN THE SPRING TIME

Try Dr. Williams' Pink Pills as a Blood Improving, Health-Restoring Tonic.

Every man, woman and child needs new, rich, red blood at this time of the year. That is a scientific fact. All doctors know it. The blood grows thin and poor in the winter; there is not enough of it, and spring shows the effect. Take notice and see how many people are pale and sallow at this time of the year. They complain of being easily tired, their appetite is poor, and they are often depressed and low-spirited. That is Mother Nature urging them to improve their blood supply; but often their digestion is weakened so that they cannot turn food into blood without help. Here is where modern medical science comes to the rescue. Dr. Williams' Pink Pills have a direct action on the blood and enable you to get full use of the blood-making elements in your meals. You soon feel their effect—your appetite improves, your nerves are steadier, color returns to the cheeks and lips, you have more vim and energy and can work with less fatigue.

The value of Dr. Williams' Pink Pills to all who are in what is known as a run-down condition of health is proved by the experience of Mrs. Alex. McKenzie, Schumacher, Ont., who says:—"I was in a completely run-down condition. Nervousness, sleeplessness, and loss of vitality were all taking their toll. I felt miserable all the time and began to feel that my case was hopeless, as I had taken a number of remedies with little or no relief. I had often read of Dr. Williams' Pink Pills, and finally decided to try them. I got a half dozen boxes, and by the time I had taken about half of them, there was no doubt I had at last found the medicine I needed to restore my health. I continued the use of the pills, gaining strength day by day, until I was soon enjoying good health and happiness. I strongly recommend Dr. Williams' Pink Pills to every man, woman or child who is in a run-down condition, feeling sure that the pills will soon restore them to health and strength."

Whether you are seriously ill or merely feel easily tired and out of sorts, you should try Dr. Williams' Pink Pills this spring. They are sold by medicine dealers everywhere, or will be sent by mail at 50 cents a box, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

No Risks.
"Now I want a very careful chauffeur—one who does not take the slightest risks," warned the would-be employer.

"I'm your man, sir," answered the applicant. "Can I have my salary in advance?"

TORONTO OFFERS BEST MARKET FOR Poultry, Butter, Eggs
We Offer Toronto's Best Prices.
LINES, LIMITED
St. Lawrence Market, Toronto 2.

YOUR NEXT HOME
The MacLean Builders' Guide aids home-builders; supplies information not generally obtainable except through professional sources. Profusely illustrated. Several plans by prominent Canadian Architects. Send Twenty Cents for a copy. Questions answered. MacLean Building Reports, Ltd., 344 Adelaide St. West, Toronto.

Andrews' Plugs STOP TOOTHACHE INSTANTLY
Temporary Filling... which Lasts a Long Time. 15c.
SOLD EVERYWHERE
Moran S. Wright & Co., Limited, Distributors, Toronto

Are You Hitting on Six Cylinders

Do you tackle your duties with pep and vim or does every task seem a trial? You can't work well unless you feel well. Keep your body free of those dangerous toxic poisons that are at the root of so many physical ailments by regularly using

Sal. Lithofos

the gentle, effervescent laxative. A spoonful in a glass of water before meals and at bedtime provides an effective dose of sparkling freshness very pleasant to take.

For rheumatic and gouty conditions it is also recognized as an invaluable specific. In three doses—all druggists.

The Winge Chemical Co. Limited, Montreal

EARTH'S CRUST IS SHRINKING

It Wrinkles Up and We Call the Result Mountain Chains.



A sketch of the Matterhorn, the famous Alpine peak, is reproduced here. It is 14,705 feet high. A party headed by Edward Whymper was the first to ascend it. But four of the party lost their lives in the attempt. That was in 1865.

Secrets of Science.

By David Dietz.

The atmosphere, rains, rivers, glaciers and oceans, as we have seen, are continuously at work wearing away the land.

If these forces were the only ones at work, the continents would be levelled into featureless plains stretching from ocean to ocean and all the sedimentary rocks would be in even layers upon the ocean bottom.

But a second group of forces counterbalance the work of the first group. This second group tends to uplift the land.

As a result of these forces, we find the continents marked with great chains of mountains. We find layers of sedimentary rocks which formed under water now lifted high above sea level and bent and buckled and twisted out of their original shape.

We also find a third type of rock whose formation was brought about by these forces.

The forces which cause the uplifting of the continents and the mountain ranges upon them, are due to the contraction of the earth, many geologists believe.

Contraction is thought to be due to loss of heat and to molecular rearrangement of the materials in the interior of the earth.

As the earth contracts, the outer crust or surface of the earth becomes too large for it. Consequently it collapses. Parts sink. Other parts are buckled up into great wrinkles by this sinking.

Geologists know that the continents are composed of lighter rocks such as the granites, while the ocean beds are composed of heavier rocks known as basalts.

Consequently in these readjustments

due to shrinkage, the heavier ocean beds tend to sink while the lighter masses composing the continents are pushed up and elevated.

Geologists have a theory known as the theory of isostasy. According to this theory, the crust of the earth is considered as floating, so to speak, upon the molten but rigid interior of the earth.

According to this theory, the heavier materials, such as the ocean beds, settle down because of their weight. This causes the lighter materials, the continents, to rise.

Because of the rigidity of the earth, the contraction process cannot be a gradual one.

It is periodic. The tendency toward shrinkage sets up tremendous strains in the structure of the earth's crust. These strains next get so great that the material gives way to them.

The shrinkage first sets up strains which cause small movements of portions of the earth's surface. The difference of elevation caused by these small warpings is usually only several hundred feet.

These small warpings in time set up strains which cause a breaking and greater re-adjustment between the rising and settling portions. At these times, the shortening, folding and breaking of the earth's crust causes the rise of great mountain ranges.

Geologists believe that eight readjustments of this nature have taken place in North America in the course of the world's history.

Finally there are the great periods of major re-adjustment when the continents are lifted as units above sea level.

Geologists believe there have been six such major readjustments in the world's history.

Next article—Earthquakes.

EASY TRICKS Where Strength Doesn't Count



Hand to a spectator a spool of cotton thread. Ask him to double the thread and to see whether or not he can break it with his fingers. He will find little difficulty in doing this, although the thread selected for the trick should be strong enough to make him exert a little strength.

Tell him that the little effort he exerted was due to the fact that he was unable to exert the whole strength of his arm in the job. Ask him to stand erect, his hands, palms in, hanging at his side. Now lead the thread twice around his body, the strands resting on the middle joints of his fingers. Pull it tightly and tie it firmly.

He is now to break it by the outward pressure of his hands. While, in many cases, he can do it, he will find the effort required is out of all proportion to the effort he expended when he broke the same thread with his fingers.

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

Fine Words.

"Can a body eat with these things?" asked an elderly lady, looking at some dental plates.

"Madam," the dentist replied, "mastication can be performed with those with a facility scarcely excelled by that of the product of nature."

"Yes, yes, I know, but can a body eat with 'em?"

Minard's Liniment for sore throat.

In Nutcombe Wood.
One never knows—It may be you will meet
No one at all. It may be fairy feet
Will tiptoe lightly down the sun-splashed glade,
And they will stand and watch you unafraid,
Then vanish. Sometimes Peter Rabbit
Will stop to nod upon his homeward way.
And once—long years ago—(I shan't forget
That summer evening)—God himself
I met.
—Joe Walker.

BABY'S HEALTH IN THE SPRING

Can Best Be Guarded With
Baby's Own Tablets.

The Spring is a time of anxiety to mothers who have little ones in the home. Conditions make it necessary to keep the baby indoors. He is often confined to overheated, badly ventilated rooms and catches colds which rack his whole system. To guard against this a box of Baby's Own Tablets should be kept in the house and an occasional dose given the baby to keep his stomach and bowels working regularly. This will prevent colds, constipation or colic and keep baby well. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"Knights of Labor"

The cross of the "Knights of Labor" is a distinction planned to reward the merit of French workmen. It is intended to honor workers who in annual competition may earn special distinction for application, skill or productivity.

A bill before the Chamber of Deputies authorizes the government to prepare the decoration, choose the color of the ribbon, and announce the establishment of the order by decree. It authorizes the nomination of 1000 knights, 100 officers and ten commanders.

Gas, biliousness, heartburn, dyspepsia, and similar ills will not trouble you if you take Seigel's Syrup. Any drug store.

No Pacifiers of Babies.

French babies may howl, but their mothers may no longer hush them with pacifiers, nipples, which attached to rings, merely defraud infantile desires. Dr. Pinard, a famous baby specialist, has had a law put through the Chamber of Deputies forbidding manufacture of "sucettes," as the French call them, as causing adenoids and many childish complaints.

Among the most tireless helpers of the Medical Research Council are major ladies; one measures and examines skulls, a second inspects worms, while a third is investigating the question of telegraphists' cramp.

"DIAMOND DYES"

COLOR THINGS NEW

Just Dip to Tint or Boil to Dye



Each 16-cent package contains directions so simple any woman can tint soft, delicate shades or dye rich, permanent colors in lingerie, silks, ribbons, skirts, waists, dresses, coats, stockings, sweaters, crapes, coverings, hangings—everything!

Buy Diamond Dyes—no other kind—and tell your druggist whether the material you wish to color is wool or silk, or whether it is linen, cotton or mixed goods.



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 Monoacetic-acid ester of Salicylic acid (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."

RED ROSE TEA

"is good tea" TEA

You've been intending to try Red Rose sometime. Why not now?

The Twinge.

I was fifty when Mother died
Really I do not mind
Living alone. My thoughts range wide;
Everyone is kind;
Life slips smoothly along the groove.
I am too schooled to miss
What I never was free to have—
Love and a lover's kiss.

Only my vanity feels a twinge!
Now I shall never know
Whether Love would have turned the hinge
Had I been free to go;
For I have the chin of the Wentworth clan.

Unought women, but then
I have eyes like my mother's eyes
That had the "come-hither" for men.

Life is good and I am content
With its peaceful ebb and flow,
Only—my vanity feels a twinge.
Now I shall never know!

—May Williams Ward.

Minard's Liniment for dandruff.

Nightingale.

Amid the branches of the silver
bowers
The nightingale doth sing; perchance he knows
That spring hath come, and takes
the later snows
For the white petals of the plum's
sweet flowers.

—From the Japanese of Soeul (Chamberlain).

Some of the screws used in watches are so small that it takes 380,000 of them to weigh a pound.

Our skulls are changing in shape, according to Miss V. George, a London scientist, who believes that our faces are growing longer and narrower.

JOY STOMACH FOR SUFFERERS

The Only Reliable
Non-Narcotic Pain Killer of
Gas and Stomach Maladies.

EAST INDIA DROPS
ACT INSTANTLY

Complete information regarding this unrivalled East Indian remedy will be promptly mailed YOU free of charge, on application to FREDERICK EDWARDS' LABORATORIES, 1454 Yonge St., Toronto, 5, Canada.

Urgent cases should telegraph five dollars, with name and address, to "EDWARDS, TORONTO." On receipt of such messages, East India Drops are instantly mailed per Parcel Post, insured, to the name and residence of patient. By this means, lives are saved and incalculable suffering quickly relieved.

Classified Advertisements.

FOR SALE
WHITE OAK BRIDGE PLANK, AND
timbers. Held Bros., Bothwell, Ontario.

Peanut Shell Alcohol.
A factory for the manufacture of industrial alcohol from peanut shells is to be established at Marseilles, France.

100,000 Die Yearly From Kidney Diseases

Authorities Say 50% Due to Neglect

Kidney disorders are largely caused by poverty of the blood causing nervousness, headache, sleeplessness, etc. Warner's Safe Kidney and Liver Remedy helps improve the condition of the blood and its circulation as well as removing waste matter and poisons from the blood. Don't neglect the first symptoms but use this 50-year old remedy. Neglect will soon have serious troubles developing.
Sold by all druggists. Price \$1.25 per bottle. Warner's Safe Remedies Co., Toronto, Ontario.



TIRED FEET

Bathe well with Minard's in warm water. It quickly soothes and draws out the inflammation.



THIS WOMAN NOW WELL

Her Suffering Relieved and Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario. "I am certainly very grateful for the benefit I have received from Lydia E. Pinkham's Vegetable Compound, also the Sanative Wash and the Liver Pills. In the early spring I was suffering so much from loss of blood that I thought I would never be any better as doctor's medicine relieved me only for the time being. I saw the Vegetable Compound advertised in the Toronto Star, and I find the Vegetable Compound Tablets, the best for me. I have been taking them since Spring and I intend keeping them by me all the time. After reading your Private Text-Book I saw it was necessary to use Lydia E. Pinkham's Sanative Wash, and I can safely say I feel a different woman. My friends remark how well I look. I am a very busy woman, but I am ready at all times to boost your medicines. Mrs. CHARLES GIFFIN, 949 Lansdowne Avenue, Toronto, Ontario.

You may be having an experience similar to Mrs. Giffin's and will be interested to know what she did. Every sick woman can feel confident that Lydia E. Pinkham's Vegetable Compound will help her, since we are told that it does help 98 out of every 100 women who take it.
Sold by druggists everywhere.



Cuticura Soap Shampoos Keep The Scalp Healthy

Regular shampoos with a suds of Cuticura Soap and hot water, preceded by light applications of Cuticura Ointment, are most effective. They do much to cleanse the scalp of dandruff, allay irritation, stimulate circulation and promote the healthy condition necessary to a luxuriant growth of hair.

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