FOUND A HEALTH BUILDING TONIC

A Nova Scotia Lady Was in an Anaemic Condition.

Men and women who do not sleep well and are not refreshed and strengthened by a night's rest, are generally suffering from thin, watery blood. The nerves fail to get the nourishment they demand and headaches and a worn-out feeling is the result. Building up the blood is the one sure step to renewed health and strength, and for this purpose nothing else can equal Dr. Williams Pink Pills. From first doze to last they enrich and purify the blood, and in this way promote better appetite, better rest at night, and renewed strength. Mrs. Mary E. Uhlman, Williamstown, N.S., writes:-"I have received

so much benefit from Dr. Williams'

Pink Pills, that I would feel myself

Mother-"Yes, but you see his life

Marshall (on phone)-"Yes, this is

New Bride-"Oh, no, I just want to

Seven Stages of Matrimony.

Patrimony

Ceremony

Parsimony

Inharmony

Acrimony

Out o', money

roommate the other day. He said:

Nothing can take the place of com-

He kissed Helen,

"The cat was making an awful noise

"Yes, ever since she ate the canar

It is said a diamond will turn green

when exposed to the rays of radium.

We have never tried the experiment,

for two reasons: One is that we have

no diamond, the other that we lack

He-"I saw an attractive selection

Man, who always used to like to

head the procession, now since the era

of short skirts seems to want to lag

Teacher-"Robert, here is an ex-

The only reason that most flappers

don't look more foolish than they do

is because they can't grow sideburns.

Edge-Holding Saws

Fast Easy-Cutting

SIMONDS

of garters on the street to-day."

"Just above the knee."

me how many went in?".

ind it in forgiveness.

Robert-"Yes'm, seven."

She.-"Where on the street?"

Hell ensued.

He left-Helen.

Helen sued.

she thinks she can sing."

st night."

the radium.

behind.

Alimony.

ungrateful if I did not let you know. "I was in a very had state of health and reached the stage where I had to remain in bed. A doctor was called in and he told me I had no organic trouble, but was simply run down from overwoork. I had been left with the fire department. Do you want to a family to support, which I did by report a fire?" dressmaking. The doctor said my blood had almost turned to water, and order coal for the winter." advised a rest cure. I did not see how it was possible for me to take a very long rest, so I decided to try Dr. Willlams' Pink Pills. Soon I found my strength returning and before very long I was able to go about my duties as usual again. This was a few years ago, and my health remained good until about a year ago, when I broke out with humor of the blood. Again I consulted the doctor, who said my blood had become so thin that it had really poisoned itself. I told him I had bought several boxes of Dr. Williams' Pink Pills, and he told me to go on taking them as he thought they were just what I needed. I took eight boxes and again was in good health. I can therefore recommend these pills

a lady with great long hair gathered Dr. Williams' Pink Pills are sold by up in a bump on top of her head and all druggists or will be sent by mail, held there with pieces of bent wire." post paid, on receipt of price, 50 cents a box. Try them to-day.

to all in a weak or run-down condi-

A sergeant-major, relating his experiences in the Great War, told the company in the mess-room that on several nights the temperature was down to zero. "That nothing!" remarked a sergeant. "What's nothing?" said the sergeant-major, evidently angered. "Zero!" was the ser geant's quiet answer.

NURSES

The Toronto Hospital for Incurables. in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and traveling expenses to and from New York. For further information write the Superintendent.

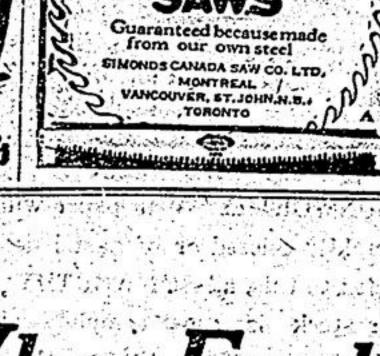
Save LABOR during the spring rush when time save in bags, freight, teaming, and | into the water. Now, can you inform | Ont.



Double Worth Because one

8-16-8 = two Tons 4-8-4 D. W. GUNN, LTD. 200 Vine Ave., Toronto, Ont.







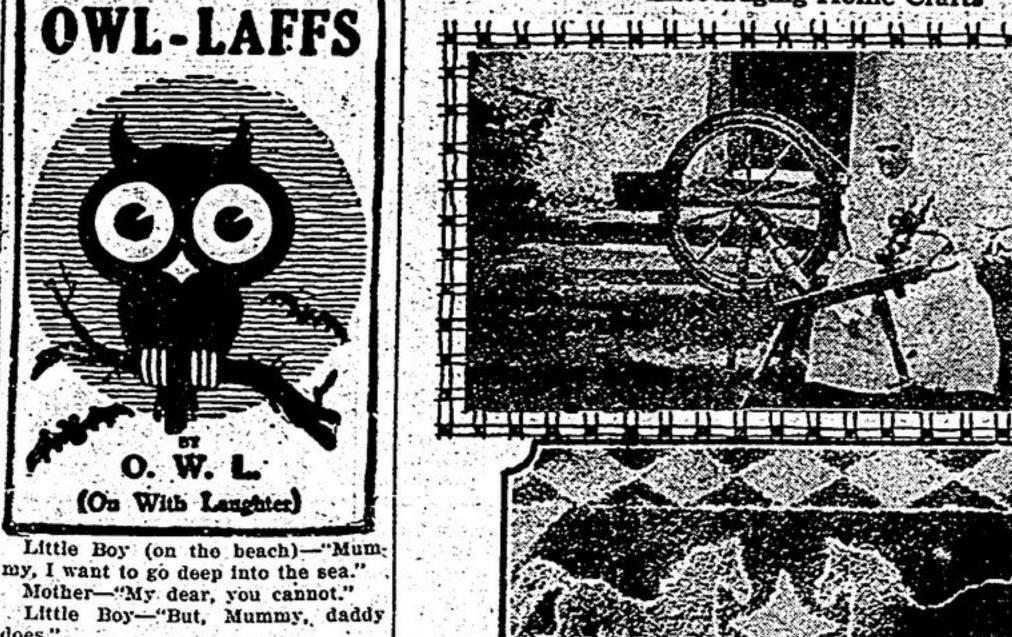
About two hours after eating many harmless. It has remained the standpeople suffer from sour stomachs, and with physicians in the 50 years They call it indigestion. It means that the stomach nerves have been come almost instantly. It is the apover-stimulated. There is excess acid. proved method. You will never use The way to correct it is with an alkali, another when you know. which neutralizes many times its vol- | Be sure to get the genuine Phillips'

ume in acid. watetr. It is pleasant, efficient and tions-any drugstore.

since its invention.

It is the quick method. Results

Milk of Magnesia prescribed by phys!-The right way is Phillips'-Milk of clans for 50 years in correcting excess Magnesia-just a tasteless dose in jacids. Each bottle contains full direcEncouraging Home Crafts



mense tourist traffic to Canada, especially in the eastern section, is the revival of home industries which in Province have been afforded the the workers live. privilege of seeing rug-weaving, which A friend of mine was discussing his of disuse.

tachment to and is representative of I Vancouver.

One extraordinary result of the im- the country they have toured. Rugi especially are much appreciated, and in scores of homes, nimble fingers are executing the designs of afty to a hundred years ago, while there is some cases have not been practised great rivalry in the creation of new to any, great extent for many years. and artistic patterns representative of So much so, that visitors to Quebec the country and atmosphere in which

The revival of an old industry is is again flourishing after many years due in part to the festivals promoted by th Canadian Pacific Railway, where Tourists naturally desire to take exhibitions of this art are shown and "Fred is one of those fellows who home with them something of unique greatly appreciated by interested would hold the lamp while his mother design or individual charm which can- spectators. Another festival of this not be obtained at home. They also kind will ge given soon in Quebec, look for something which had an at- while others will be held in Banff and

Asked by French League

Paris-An eight-hour day and one

day off a week for horses is the start-

ing point of an animals' - Magna

The French League for the Protec-

these proposed rights of dumb ani-

Dr. E. G. See, head of the protective

Woodsmen-Keep Minard's handy.

From Rab and His Friends

"Who made you?" was asked of

-This story was current in Scotland

The BABY

Why do so many, many babies of today escape all the little fretful spells and infantile ailments that used to worry mothers through the day, and

If you don't know the answer, you haven't discovered pure, harmless Castoria. It is sweet to the taste, and

sweet in the little stomach. And its gentle influence seems felt all through

the tiny system. Not even a distaste-

ful dose of castor oil does so much

Fletcher's Castoria is purely vege-

table, so you may give it freely, at

first sign of colic; or constipation; or

diarrhea. Or those many times when

you just don't know what is the mat-

ter. For real sickness, call the doctor,

always. At-other times, a few drops

.The doctor often tells you to do just that; and always says Fletcher's

Other preparations may be just as

pure, fust as free from dangerous

drugs, but why experiment? Besides,

the book on care and feeding of

bables that comes with Fletcher's

of Fletcher's Castoria.

keep them uphalf the night?

long before Topsy "Spects

growed."

8-Hour Day for Horses

"O mother, guess what! I just saw GREAT PRAISE FOR

The Dr. Williams' Medicine Co. has received the following letter from Mrs. Griffith, of 21 Merchison Ave., tion of Animals hopes eventually to East Hamilton, Ont., concerning her get the League of Nations to sanotion experience with Baby's Own Tablets:

Dear Sirs,-I wish to thank you for the handy little booklet you sent me on the Care of Children. My baby society, is actively seeking support boy was six weeks old when I first for his plan. His proposal is that a used Baby's. Own Tablets, being new number of laws applicable to the labor to Canada, but since the first proof of man be applied by the government of their many uses in bringing up a to the four-footed beasts which are family; I have never been without protected now only against extreme them, for they are worth their weight | physical abuse. in gold. There is no trouble in get- The eight-hour law, he says, and the ting the little ones to take them and six-day week, are needed as badly by they often prevent an illness if taken horses as by man. The difference in time. My first baby is now, at the that the horse has no vote and he age of four and a half years, a pic- doesn't go on strike for better workture of health, and my nine-months- ing conditions and more pay. He old baby is also well and happy. They works for his board and sometimes are both a real good sample of what doesn't get it. Baby's Own Tablets can do, for I have never yet needed a doctor for either of them."

The booklet to which Mrs. Griffith refers is entitled "Care of the Baby," and treats with what a mother ought me that length," indicating with her to know for baby's sake. A copy of two hands the ordinary size of a newample in subtraction. Seven boys the booklet will be sent free to any- born infant; "and I growed the rest is at a premium. Because D W went down to the creek to bathe, but one requesting same, from The Dr. Fertilizer is double strength, you two of them had been told not to go Williams' Medicine Co., Brockville,

American Women Gives

Church 32-Carat Diamond If you are looking for revenge you'll York, England .- A 32-carat diamond, the gift of an American woman, now. stude a golden chalice of York Minster, the cathedral which has celebrated the thirteen-hundredth annirersary of its founding.

The donor is Mrs. Lily Forepaugh, of Brewster, N.Y., a former Yorkshire woman. Mrs. Forepaugh visited England last summer and made arrangements for the presentation of the

ewel. Canon C. C. Bell showed Mrs. Forepaugh the various ornaments of the Minster, especially the chalices, but Mrs. Forepaugh was unable to find any which seemed suitable to enshrine the diamond. She then arranged to have a chalice and paten made at her own expense, the challes, to contain the diamond. Mrs. Forepaugh said the jewel had formed part o fa brooch which had been given to her as a wedding present by her hus-



"I trust that you're not a drinking girl like so many of our younger set of today."

"Nesirce! Not mel I'm cutting out the old domon for the New Vear."

Minard's Liniment for sick animals.

Catstoria is worth its weight in gold! 188UE No. 6-21

E M'is good tea'

The Orange Pekoe, at a little

extra cost, is extra good In clean, bright Aluminum

Mistress-"Why don't you light the fire?" Maid-"Because there's no coal." Mistress-"Why didn't you let me know before?" Maid-"Because we had some before."

Solicitor (at County Court)-"What are your husband's assets?" Wife-"All I know of is an unpaid motor

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Intrinsic values govern market prices eventually. We shall be glad to analyze your holdings from that angle without obligation.

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for Coughs and Colds There is an effective way to pleas-

antly relieve that distressing Cough. Buckley's Mixture is delightful and Triendly". Yet it acts like a flash in clearing the throat and chest. One does stops coughing—and there are 40 does in a 75-cent bottle! All druggists sell it under a money-back guarantee. W. K. Buckley, Limited.



STANDARD

For 58 years Dr. Gulla's Green Mountain Asthma Compound has sucdistressing paroxysms of Asthma.
Two sizes \$1.50 and \$50, also cigarettes (box of 24, 60c), at your druggist or sent direct post paid for cash.
FREE TRIAL box of 6 cigarettes with treatise on causes and treatment of Asthma, etc., sent on request.

J. H. GUILD CO., Dept. 22, Rupert Vt., U.S.A. Distr. for Can., Lyman's Ltd., \$44 St. Paul St. W., Montreal.

Sore Back

Drive away the pain by massage with Minard's.



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illustrated catalogue; also how to receive Home Study Course free of charges Address: Reppert's Auction School and Business College, Box 119, Decatury Indiana. A certain lecturer in Aberdeen told

a reporter who was present at one of his meetings that he had a few more engagements in the city and not to publish anything of the lecture, as it might spoil the attendance at the others. Next day he was horrifled to read in the papers: "Mr .- delivered an excellent lecture in the U.F. Church Hall. He told very good stories, but, unfortunately, they care not be printed."

OF MIDDLE AGE

Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life

Hamilton, Ontario. - "I have taken several bottles of Lydia E. Pinkham's Vegetable Com-



pound and I cannot speak too! highly of it as I wasat the Change of Life and was: all run-down and had no appetite. I was very weak and sick, and the pains in my back were so bad I couldhardlymove. I got very sad at

times and thought I had not a friend on earth. I did not care if I lived or died. I was very nervous, too, and did not go out very much. A friend advised me to try a bottle of Lydia E Pinkham's Vegetable Compound, so I did. I am a farmer's wife, and always worked hard until lately, and was in bed for two months. I began to feel like a new woman after the first bottle and brecommend it with great success, also Lydia E. Pinkham's Liver Pills. I am willing to answer letters from women asking about your medicines, as L cannot speak too highly of them."-Mrs. EMMA WILSON, 471 Wilson Street, Hamilton, Ontario.

Sold by druggists everywhere.



The whole world knows Aspirin as an effective antidote for pain. But, it's just as important to know that there is only one genuine Aspirin. The name Bayer is on every tablet, and on the box. If the name Bayer appears, it's genuine; and if it doesn't, it is not! Headaches are dispelled by Aspirin. So are colds, and the pain that goes with them; even neuralgia, neuritis, and rheumatism promptly relieved. Get Aspirin-at any drugstore-with proven directions.

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Aspirin is the frade mark (registered in Cunada) ladication Bayer Manufecture. While it is well brown that Americ means Bayer manufacture, to assure the pure against imitations, the Tablets will in stamped with their "Bayer Cross" transaction.